



# Love your Probiotics!

doing probiotics in this amount as well.

How do you know your body is lacking good bacteria?

There are several factors that can lead to low healthy flora in the gut. The most common and biggest reason why maintenance dose probiotics is needed is due to highly refined food diets. With all of the refining processes our foods go through, all the chemicals and pesticides that are added to our foods to preserve them all contribute to the death of our healthy bacteria. Next is Antibiotics and other medications such as antacids, laxatives, muscle relaxants and immune suppressors) that can kill off or lower our good bacteria. In the case of Antibiotics they kill off the bad bacteria which is why we take the antibiotics in the first place but it also kills off your good bacteria as well, probiotics can be taken to help offset the

good bacteria die off but also to prevent against yeast infections and bacterial infections post antibiotic. Antacids lower

name a few.

So now that we are taking probiotics are we taking the right ones?



*Probiotics can be your best friend this spring.*

There are many different strains of probiotics that have very specified areas to target and help. In our bodies we have over 1000 different strains of bacteria that reside in the gastrointestinal tract. As stated above if you are not treating any symptoms or conditions a

stomach acidity and can impair digestion leaving the gut and intestines susceptible to bad bacterial infections. Laxatives of course speed up the elimination of rectal contents which include good bacteria. Taking too many laxatives can decrease the amount of good healthy flora. Signs or symptoms that your body is lacking good bacteria is gas, bloating, constipation or diarrhea, abdominal cramping, and conditions like leaky gut, crohn's, colitis, diverticulitis and IBS to

maintenance dose of around 5-10 Billion of a general acidophilus and bifidus strain will do. Acidophilus is a strain of bacteria that resides in the stomach and up portion of the small intestine. If you are treating say gas and bloating in the region of the stomach or upper abdomen getting a probiotic that is concentrated in this strain will be of most benefit. The amount of bacteria depends on the intensity of the symptoms or how chronic the complaint is and can range

from 30- 100 Billion. Bifido bacteria strains reside in the large intestine to lower bowel. Due to this, conditions such as crohn's, colitis, diverticulitis and IBS or any bowel irregularity will benefit incredibly from doing a probiotic concentrated in these strains in an amount of around 50-100 billion.

Lactobacillus Genus is a strain of bacteria that is a girl's best friend. This strain of bacteria resides in the vagina and is in charge of keeping bad bacteria at bay in this region. Women who are prone to chronic yeast infections due well with a multi-strain probiotic with concentrates in this form.

While almost anybody will get results out of doing a high potency multi-strain probiotic, catering towards your individual symptoms can greatly improve the results and in a more timely manner.

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With spring in the air it's time to love your GI tract. We are raised with the thought that bacteria is bad. Bacteria brings about infections, mucous, inflammation, and can be the cause of many chronic diseases. But there are also good bacteria known as probiotics that are healthy and naturally existing in the body. These bacteria are vital when it comes to our health. But who should take these? How much should we take and for what?

In general anyone can take a probiotic for maintenance to ensure good immune function, proper absorption of all your vitamins and minerals and to prevent yeast and bacterial infections. On average for adults 5-10 billion probiotic count is a good maintenance dose. As we age the amount of probiotics our body produces decreases so seniors may find a big difference

## Feel Good This Spring!



- 100 billion CFUs
- 10 strain blend specifically designed for adults
- Bifidobacteria & Lactobacilli strains
- Replenishes microflora during/after episodes of distress & irregularity



- 90 billion CFUs
- 10 strain blend specifically designed for adults
- Bifidobacteria & Lactobacilli strains
- Higher potency of bifidobacteria for colon health
- Replenishes bifidobacteria levels that decline with age

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