



Weekly Insight

July 29, 2009

PROBIOTICS

“Take good care of your body, it’s the only place you have to live.” –Jim Rohn-

I don’t watch a lot of T.V. so I didn’t see this program but my friend told me about it. Apparently, on the Oprah show, Suzanne Sommers said that she took over 100 supplements every day. That is amazing to me because I take quite a few myself, but nor near anything like that and I wondered how she could swallow that many supplements every day. Her cupboard must look like a mini-health food store.

In my e-book www.LiveYourPerfectWeight.com, I suggest, in addition to a daily multi-vitamin supplement, some other supplements that help to keep you healthy and to help you release that unwanted weight. I have people ask me “is it really necessary to take all these supplements?” or “I can’t afford to take all those supplements; isn’t there something else I can do?” Sometimes people ask, “If I eat healthy are vitamins really necessary or is this just something to pad the supplement companies’ pocket book?”

They are all valid questions, which I address in my e-book, but I will say if you can only afford to buy one supplement then I would suggest it be “**probiotics**”. What exactly are probiotics?

Probiotics are a natural occurring flora in your intestines, which help with the digestive process, and help keep your system in balance. You can throw off the healthy balance by taking antibiotics, by a poor diet, (too much sugar) and using prescriptive drugs . Even some healthy alternatives like oregano oil (to fight infection) which is available in a gel cap at the health food store or in a tincture that you can take, can throw off the balance of good flora in your intestines.

The problem with antibiotics and oregano oil is that they not only kill off the bad bacteria but also the good bacteria that helps to regulate your digestion and elimination. So it’s important to replace this good flora with a probiotics formulation.

Why probiotics? Because almost every problem can be traced back to the “gut”. If you do not have proper digestion then you will not be getting the nutrients from your food, and if you have poor elimination then you will have toxic buildup which can create all sorts of havoc and health issues.

What you must understand is that probiotics are in the refrigerated section at your health food store and not on the shelf with other supplements. They need to be kept in your refrigerator when you return home because heat destroys their potency. For that same reason you should not leave them in your car if it is hot outside; otherwise you will have wasted your money.

The best probiotics are the ones that your doctor can recommend, and she/he may have a supply in their office. Your doctor will probably have a superior brand that contains *all* of the beneficial probiotics. There are different probiotics but one of the most beneficial is called "lactobacillus acidophilus..Before purchasing at a health food store check out the company and read the product label, so that you know you are getting something beneficial.

Taking probiotics can help with allergies, irritable bowels syndrome, immune problems and yeast infections.

Do you have bloating, belching, gas, indigestion and weight gain? This is caused by an yeast overgrowth which is an indication that your good flora is out of balance.

Your doctor can tell you how much to take, and usually one gel cap a day will do the job unless you have some real health issues, then you may have to take more. Ask your doctor how many and how often you should take these "good guys".

Remember that probiotics are considered safe — they're already present in a normal digestion system. They are also available from some foods, such as yogurt (no sugar added please) miso, tempeh, soy beverages, fermented juice drinks and fermented milk. As always, let your primary care provider know what you're doing and ask them to recommend a good probiotic for you.

That said, I actually hope you can afford two supplements, because the second important one is cod liver oil, as mentioned in a previous "Insight".

"Life is not merely to be alive, but to be well.: -Marcus Valerius Martial-

Hope this helps.

Till Next Time,

Rosemary Evans
Live Your Perfect Weight

www.LiveYourPerfectWeight.com