

The POWER of Probiotics

Bacteria is not a dirty word even though we have been taught that it is something to disinfect and eradicate. In fact, inside each of us is about 100 trillion bacteria, most of which reside in the gut. This is 10 TIMES the number of cells in our body! The bacteria that grow naturally in the intestinal tract aid in the nourishment and defense not only of the digestive tract but of the whole body. These beneficial bacteria are known as PROBIOTICS which actually means “for life”.

Just like we all have a unique set of fingerprints, we all have a unique bacterial make up in our body. The bacterium that is established in your intestinal tract within the first two years of life is what you will have into adulthood. This microbial “fingerprint” may dictate the difference between someone who has strong digestive health and someone who does not.

What do these bacteria do?

- Synthesize vitamins such as thiamine (B1), folic acid (B9), pyridoxine (B6) and vitamin K.
- Produce digestive enzymes and aid in the absorption of calcium, magnesium and iron.
- Improve the strength and function of the lining of our colon. This mucosal barrier helps to prevent harmful organisms and toxins in the intestinal tract from passing into the bloodstream.
- Help to control inflammation in the body.
- Stimulate and support the immune system.
- Maintain regularity and health of the bowel.

Pathogenic organisms are always present to some extent in the GI Tract but are normally outnumbered and neutralized by the beneficial bacteria. When the beneficial and harmful bacteria levels become imbalanced you have what is called DYSBIOSIS. This can lead to digestive upsets in the short term and sets the stage for the development of disease in the long-term. A variety of factors can cause dysbiosis including antibiotic use, antacid use, lifestyle factors such as poor diet, yeast overgrowth or parasites, and even aging. As we have seen, you don't have to suffer a major illness to upset the balance of bacteria in your gut. To combat this, you can make sure to eat a diet rich in organic vegetables, eat fermented foods, drink purified water and minimize your use of antibiotics/antacids. But along with these behaviors for healthy living, you'd be well advised to boost the levels of good bacteria in your gut with probiotic supplements. Bottom line is that whether you are 1 or 100, if you have a colon you should be taking a probiotic!

Which probiotic is right for me?

With so many probiotics on the market, it can be confusing. There are over 500 types of bacteria in the digestive system and they weigh around 4 pounds (the weight of a brick!). There are two main strains of bacteria that we are familiar with, Lactobacillus for the small intestine and Bifido-bacterium for the colon. A good rule of thumb is to look for a multiple strain probiotic with lots of L's for the “little” intestine and B's for the “big” intestine.

Ultimate Flora Critical Care by Renew Life contains therapeutic levels of both Lactobacilli and Bifidobacterium, making it the most complete and effective probiotic supplement on the market. Each capsule provides 50 Billion active cultures from 10 different strains in a 'once a day' serving. Ultimate Flora Critical Care also contains FOS (fructooligosaccharides), which is an optimal food source for probiotics. FOS aids in the colonization of probiotics in the intestinal tract.

Ultimate Flora Critical Care is formulated to help;

- Treat chronic intestinal ailments in both the large and small intestine, such as I.B.S., Crohn's, and Colitis.
- Treat chronic candida overgrowth.
- Replenish good bacteria and restore normal intestinal flora after antibiotic use.
- Promote healthy immune function.
- Enhance cleansing programs that deal with colon, parasite, and candida problems by fortifying the balance of bacteria in the intestinal tract.
- Promote regularity in cases of chronic constipation.

If you are a woman and prone to vaginal yeast infections or chronic urinary tract infections, then Ultimate Flora Vaginal Support (VS) by Renew Life is the product you should reach for. Ultimate Flora VS is formulated to help maintain a healthy balance of vaginal and urinary tract bacteria. Each capsule contains 45 billion live Lactobacillus cultures and 5 billion live Bifidobacteria, mirroring the prevalence of Lactobacilli and the lesser numbers of Bifidobacteria in the vagina. The 9 strains in the Ultimate Flora VS formula were chosen for their prevalence in a healthy vagina and urinary tract.

Ultimate Flora Critical Care and Ultimate Flora VS both use a unique water-based enteric coating that protects the probiotics against being destroyed in the acidic environment of the stomach, yet still allows for the probiotics to populate the intestinal tract. They also contain no starches, fillers, or excipients - making them the cleanest probiotics available. Whatever your health concern or goal, Renew Life probiotic formulas offer the ULTIMATE in probiotic protection.