

Probiotics and Intestinal Health

by Wendy Munro

About the Author.

Wendy Munro was a psychologist and transpersonal therapist, working in private practice in Western Australia, and QLD. A vegetarian for 30 years, Wendy had 12 years training and practice as a medical scientist, and held a life-long interest in health and nutrition. Unfortunately, Wendy passed from this life in 2003.

Introduction.

Our modern lifestyle would seem to suggest that humans reliant largely on western diets are losing the war against disease. Statistics abound demonstrating the increases in cancer, heart disease, diabetes and numerous immune deficiency diseases.

On-going research continues to confirm the detrimental effect of our toxic-laden foods, and the over-use of synthetic chemicals in both the growth and preparation of our food. Our body is designed to overcome a certain amount of toxicity but over time too often breaks down or no longer functions in an optimal way.

The cause of the breakdown in health can be attributed to both external and internal influences. Health is not only determined by the food you eat, but also on your body's ability to break down those foods and process them in a way that is useful to the body. When the body is no longer able to break down the foods that we eat our health becomes greatly impaired, resulting in chronic diseases, serious illness and disease and even premature death.

Our digestive system is basically a tube that runs through the body. The small intestine is a major component of that tube and it has two major functions. The first is to allow necessary substances into the bloodstream in order for the body to use these raw materials to grow and function properly.

The second is a protective one. It prevents toxic substances and large molecules – mainly certain proteins - from getting into the bloodstream. These large molecules are not handled well by the body and frequently cause the immune system to produce antibodies against them. This may result in a series of inflammatory reactions that characterize food allergy reactions.

The immune system may also stimulate the body to produce antibodies against its own tissues, resulting in auto-immune disease as seen in some forms of arthritis and inflammatory bowel disease. When large molecules break through the intestinal barrier to enter the bloodstream, the person is said to have increased intestinal permeability, or "leaky gut syndrome".

Nutritional supplements are not the answer. If they were, many of these issues would be resolved, and people would be more healthy.

More than 99% of all vitamins and minerals sold today are synthetic. They do not contain living enzymes that are the life force of the plant and animal kingdom. Without enzymes, life cannot exist and without life, enzymes cannot exist.

The secret to good health lies in maintaining an optimal balance of and between friendly bacteria and harmful bacteria in the intestinal tract. Bacteria are everywhere. We swallow them with our food, drink them with water, they are in the air we breathe, on our skin, in our mouths, digestive tract, sinuses and all other areas of our bodies.

Some of them are very beneficial, some are neutral, and some are quite harmful. Some are extremely valuable for good health as they work harmoniously with our immune system.

In a healthy colon, there are literally billions of beneficial or "friendly" bacteria. Healthy "friendly" intestinal bacteria are essential to good intestinal health and without them, overall vibrant health is quite difficult to achieve and/or maintain.

Under favourable conditions, they multiply at a fast enough rate to keep pace with the large numbers that are lost during elimination. When they are located in the intestinal tract, they are referred to as "intestinal flora," "micro-flora", "good bacteria", "friendly/beneficial bacteria" or sometimes just "flora."

These friendly bacteria make (or synthesize) many important vitamins in the digestive tract including Vitamin K and some of the B vitamins. They also help the colon perform the very important task of maintaining a proper pH or acid balance. It is important to keep levels of antagonistic or "unfriendly" micro-organisms under control, and it is necessary for the pH to stay in the correct range in order for other health supporting bacteria to exist.

The appendix is attached to the small intestine and is also connected to the immune systems of the body. It plays an important role in maintaining friendly bacterial balance in the intestine and bowel. Without its function, the immune system may become weakened, and it may take much longer to recover from diseases, illnesses or certain other "conditions".

Where do we find 'friendly' intestinal bacteria?

Research has discovered that thirteen "families" of friendly bacteria (called lactobacillus) populate the human intestinal system. Each "family" consists of many species which are in proportion and balance in a healthy intestinal system.

The friendly lactobacillus bacteria are identified as Acidophilus, Delbruekii, Caseii, Bulgaricus, Causasicus, Fermenti, Plantarum, Brevis, Heleveticus, Lactis, Bifidus, Leichmanni and Bacillus Coagulans (also known as Sporogenes).

Most raw foods, especially those with chlorophyll, feed these friendly bacteria in the intestines, whereas cooked and processed foods inherently feed the harmful bacteria.

The ratio of good "friendly" bacteria in the gut, to "harmful" bacteria, is ideally in the vicinity of 80% good - 20% harmful. Many nutritionists believe that ratio is today reversed in most people, e.g., 20% good - 80% harmful. This can be due to a variety of factors, primarily the denatured diets we frequently consume, and the widespread use of antibiotics.

Yoghurt and Kefir have traditionally been a good source of friendly lactobacillus, however pasteurisation destroys the bacteria for the most part. We have lost the major sources of lactobacillus and are not receiving the quantities of these bacteria in our diets as we used to.

It is important that the products we use are guaranteed to contain live bacterial cultures at the time of ingestion.

Allergies may be good indicators of out-of-balance or missing friendly bacteria. For example, many people appear to be allergic to dairy products. The primary reason is usually that they cannot digest lactose, (or milk sugar), and this can lead to allergies, headaches, cramps, mucous formation and many other health problems. Some species of lactobacillus bacteria can digest lactose. When the lactobacillus levels or ratios are disturbed, or when the bowel ecology becomes out of balance, digestion is impaired, and health problems may develop.

Another example is that children may suffer one common cold after another because their immune system has been traumatised due to the use of antibiotics without replacing the lactobacillus bacteria. It is important to replenish the friendly bacteria as soon as possible after taking antibiotics in order to maintain good health.

In adults, bad breath and bad body odours are good indications that normal bacteria levels are critically low. When lactobacillus levels are low in the colon, partially digested food decays, producing foul gas and toxemia.

The prevalence of cold sores (herpes simplex), constipation, intestinal gas, diarrhoea, acne, vaginitis, headache, symptoms of hypoglycaemia, yeast infections and many others, are often signs of low levels of beneficial intestinal flora.

Research is now revealing that to attain the health benefits attributed to Lactobacilli fermented foods, live active bacteria need to be consumed on a regular, even daily basis. It is believed the life span in the human body of these cells is 3 to 10 days. Only the active forms have the ability to tolerate the acidity of the stomach and the alkalinity of the intestine to benefit our overall health through a stronger immune system.

Lactobacilli Bacteria alter the pH of the large intestine to a slightly more acidic level, thus inhibiting or destroying putrefactive bacteria, moulds, mould spores and yeast, particularly Candida. The bad smell of intestinal gas is usually the result of bad bacteria fermenting undigested food products. Repopulating the gut with good bacteria can reduce this unwanted population.

Research also suggests that *Lactobacillus* bacteria is needed to:

- 😊 Reduce cholesterol in the blood.
- 😊 Increase calcium assimilation.
- 😊 Help eliminate bad breath and gas.
- 😊 Reduce high blood pressure.
- 😊 Assist in elimination of ailments such a colon irritation, constipation, diarrhoea and acne.
- 😊 Retard yeast infections.
- 😊 Strengthen the immune system.
- 😊 Manufacture and assimilate B complex vitamins (which includes niacin, biotin, folic acid, riboflavin and B12).
- 😊 Help digest proteins, carbohydrates and fats.
- 😊 Produce natural anti-bacterial agents (antibiotics) which inhibit 23 known pathogens.
- 😊 Produce cancer or tumour suppressing compounds.
- 😊 Help alleviate anxiety and stress.
- 😊 Retard proliferation of vaginitis, flu or herpes.
- 😊 Produce certain necessary digestive enzymes.
- 😊 Control the pH factor or acidity-alkaline levels in the intestines.
- 😊 Reduce unhealthy bacteria in the intestinal tract.
- 😊 Detoxify poisonous materials in the diet.
- 😊 Detoxifies hazardous chemicals added to foods, such as nitrates.

Enemies of friendly bacteria:

- 😞 Drugs - especially antibiotics, as one dose can eliminate all friendly bacteria.
- 😞 Alcohol destroys enzymes and lacto bacteria, not to mention actual cells (particularly brain cells)

- ☹ Coffee- each cup can destroy 20% of the friendly bacteria.
- ☹ Meat - it feeds the bacillus coli (harmful bacteria), which in turn destroy the good bacteria.
- ☹ Bread - especially white flour bread, or any wheat product that was baked in an oven.
- ☹ Sugar - includes breakfast cereals, chocolate, cakes, pies, cookies, ice cream, soda pop and soft drinks etc.
- ☹ Fried foods - e.g. potato chips, fries, and anything fried in oil.
- ☹ The contraceptive pill.

Lactobacillus bacteria are living organisms, grouped into “families”. There are many species within each family, and billions of bacteria in each family.

Like soldiers in armies, these thirteen groups and the species within them all have specific and unique jobs to do, and they need feeding to operate efficiently. Once well-fed, they are healthy, active and content, and go about their designated work.

If the bacteria are in balance with each other they are at relative peace and the intestinal system is healthy, and the body’s immune system becomes very strong. However, if the balance between the “armies” is upset, chaos erupts, and the families of bacteria actually begin to fight each other for resources (tasks to do, and food). Some bacteria will even consume other types of bacteria as their food source.

The armies are now at battle or even all-out war. The strongest “armies” of bacteria begin to dominate, the intestinal system’s functions become compromised, and so the immune system becomes compromised. This can be seen in symptoms from low energy, chronic fatigue and tiredness, to the onset of serious diseases.

If the balance of the intestinal flora is badly compromised, the immune system can breakdown fairly quickly.

There are many “probiotic” products offered in today’s market that provide some Lactobacillus bacteria. Most use Lactobacillus bacteria from human fecal and/or synthetic matter. Very few use pre-digested natural nutrients to feed the bacteria as they work.

Many such as yoghurt-based probiotics are based on pasteurised dairy products, and even then only contain only a few of the Lactobacillus families. This throws the bacteria harmony out of balance. While Lactobacillus bacteria in these products are introduced to the intestinal system, most are “dead” (killed by the pasteurisation process), and the balance of the bacteria families becomes upset by those that have survived pasteurisation.

This is why it is critical for optimal health to find a way of ingesting the full range of balanced Lactobacillus Family bacteria that is all non-toxic and natural, and in a way that optimizes their effectiveness in the intestinal system.

And this is why **In-liven™** – Miessence™ Certified Organics **Probiotic Super Food** was created.

What is so special about OneGroup’s™ Certified Organic In-Liven™?

In-Liven™ is a broad spectrum of lactobacillus bacteria and pre-digested vital nutrients containing the base 20 Amino Acids, including the 8 essentials that the body needs every day in order to promote optimum health.¹ All nutrients in **In-Liven** are obtained from certified organic whole food sources.

¹ “The Structures of Life”. National Institute of General Medical Sciences.
<http://publications.nigms.nih.gov/structlife/chapter1.html>.

The formulation contains the thirteen complete Lactobacillus Families: Acidophilus, Delbruekii, Caseii, Bulgaricus, Causasicus, Fermenti, Plantarum, Brevis, Heleveticus, Lactis, Bifidus, Leichmanni and Bacillus Coagulans (also known as Sporogenes), and all are in exactly the same ratios and proportions as a healthy human intestinal system.

The friendly bacteria in **In-Liven's** Lactobacillus family are the result of over 25 years of research, and over time have been cultured into a "Super Strain". Over time, as colonies were formed, they were stressed through heat, cold, and doused with almost every toxin imaginable. Only the strongest survived.

In-Liven's lactobacillus bacteria are only produced from fruits and vegetables and not fast-tracked from faecal matter, a process often used to manufacture the majority of pro-biotic products.

During the three week preparatory phase a formula of nutrients is predigested by the thirteen families of lactobacillus in the same way as it would in our own body. Since the work of digestion is already done, the body is able to instantly assimilate the broad spectrum of nutrients. In effect it increases the potency of the product by up to 500%. This means your body needs less of these nutrients.

The results are a Super Family of very strong Lactobacillus unlike any others found in the world today. The unique combination of pre-digested certified organic whole foods and super-strength friendly bacteria assures you of a unique product that will optimize your health in the best way possible.

Because it is a nutrient rich food, cravings for addictive foods will usually be curbed.

In-Liven includes **Spirulina**, one of the single richest and most complete source of total organic nutrition in the world; **Alfalfa Grass**, a complete protein with vitamins A, B, C, D, E, F, K and rich in calcium, magnesium, phosphorus, potassium, and trace elements; **Barley Grass** which has an incredible concentration of minerals, vitamins, trace elements, protein and live enzymes and **Wheat Grass** which is extremely high in chlorophyll and has a molecular structure very similar to the haemoglobin of human blood. Chlorophyll is the blood of the plants and is extremely rich in nutrients.

Usage

Taken daily, **In-Liven™** will work over time to create and maintain an optimally balanced intestinal system, resulting in a very strong immune system. As a guide, it takes three to six months of daily use to develop a strong immune system, which then needs to be maintained for optimum health.

In-Liven is in powder form. It can be added to your smoothie, or can be mixed in a glass of purified water, or combination of pure water / unsweetened organic apple juice. Allow to stand for at least 30 minutes, and stir thoroughly before drinking. It is suggested to not eat or drink anything other than pure water, at least one hour either side of use. Unlike most other fruit juices, unsweetened apple juice will not alter the pH or balance of the formulation.

Use before retiring is recommended to allow the In-Liven to work overnight. Once an In-Liven jar has been opened, it should be refrigerated.

What if I think I am allergic to the ingredients in In-Liven™?

Many people who claim to be allergic to specific grains such as wheat or gluten, will find no such reaction to In-liven because it is prepared from the grass and not from the grain. Allergic reactions to grains are generally as a result of the synthetic chemicals used in the processing of the grain. All the processes used in the preparation of **In-Liven** are chemical free.

I am getting reactions to In-Liven™. What's Happening?

Any reactions are the result of the friendly bacteria doing battle with the unfriendly bacteria, and are normal. Typical reactions include diarrhea, gurgling tummy, intestinal pain, intestinal cramps, mild nausea, etc. Most discomfort symptoms will be gone within a few days.

In-Liven's™ formulation uses only LIVE bacteria that have been specially bred to withstand the rigors associated with today's modern lifestyle. By implanting the friendly bacteria for healthy intestinal flora, and eating mainly raw and unprocessed foods, you will be well on your way to a really healthier living experience.

Other References:

- 😊 "Lactobacillus feeding Alters Human Colonic Bacterial Activities", by Nutritional Reviews Vol. 42 No.4 Nov 1984.
- 😊 "Lactobacillus Acidophilus" by American Institute of Biosocial Research Inc. 1989
- 😊 "Assimilation of Cholesterol by Lactobacillus Acidophilus" by Applied and Environmental Microbiology Vol 49 No.2, Feb 1985

OneGroup Pty Ltd, trading as "Miessence".

Organic and Natural Enterprise Group (or ONEgroup™) is an Australian based company who creates and manufactures the world's first Certified Organic skincare, haircare, personal care, health care and cosmetic products. One Group trades as **Miessence**.

The Miessence range of products stand in a class of their own by being independently certified to international food grade standards by some of the world's most respected organic certifying organisations, namely, Australian Certified Organic (ACO), the US Department of Agriculture (USDA) and IFOAM (Europe).

Its products are available directly from Miessence, and at Retail Prices from a small number of health industry and organic retailers in several countries around the world.

Miessence's marketing of its products relies on word-of-mouth advertising and promotion. Its referral system is a legitimate way of rewarding Representatives for sharing their experiences, and is not to be confused with any so-called "pyramid schemes".

p.s. Since this article was written in 2001, Miessence have released a "Super" probiotic in liquid form called "Fast-Tract".. which is **gluten-free**. This form is used initially to "fast-track" the immune system, and to repair intestinal system damage. It is suggested to begin with Fast-Tract, then change to the powder form after 1-2 months. However if the liquid form suits you better, stay on it.