



What You Need to Know About Probiotics

Jini Patel Thompson

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Top quality probiotic supplementation is an integral part of healing the root cause of inflammatory bowel disease (IBD) or irritable bowel syndrome (IBS), and then maintaining ongoing health. Symptoms that can be helped or resolved using probiotic therapy include heartburn, gas, bloating, constipation, diarrhea, excess mucous, intestinal spasms or cramping, ulceration and inflammation.

Probiotic therapy benefits people with IBD and IBS in many ways. If you get too many “bad” bacteria in your gut and not enough “good” bacteria, the bad bacteria (and other pathogenic microorganisms like yeast, fungi, parasites, etc.) will degrade the mucosal lining of your intestine, and even penetrate through the intestinal wall. Aside from resulting in an increase of mucous, inflammation, ulceration and bleeding, this will also result in undigested particles of food passing directly into your bloodstream - where they are perceived as allergens and trigger an immune response.

Repopulating your bacterial flora to contain predominantly good bacteria (via probiotic supplementation) will result in a drastic reduction - if not elimination - of many harmful pathogens like yeast, fungus, mold, parasites, viruses and bad bacteria from your gut environment. The good bacteria will also form a protective coating of your mucosal cell lining (gut biofilm) and produce B vitamins and digestive enzymes. Gradually, proper digestion and absorption of nutrients will be restored.

In *What You Need to Know About Probiotics*, colon and bowel syndrome expert Jini Patel Thompson shows you how to choose a potent probiotic - one that is capable of colonizing your gut and “sticking to” the intestinal wall. She also explains how to take probiotics (depending on whether you tend towards constipation or diarrhea), and how much you need to take to see significant results. She also discusses issues like the Herxheimer Effect and intolerance to bacteria.

This informative eBook also includes Jini's interview with the recognized probiotics expert Natasha Trenev - whose probiotics standards were read into congressional record, and are largely considered the industry standard. It also includes an article by guest author Dr. Cora Rivard in which she explains what to look for on the label of a probiotics supplement, and helps you to understand probiotic regulation in the U.S.

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Brenda Wright:

In this period globalization it is important to someone to obtain information. The information will make you to definitely understand the condition of the world. The health of the world makes the information better to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The book that recommended for you is What You Need to Know About Probiotics this e-book consist a lot of the information with the condition of this world now. This specific book was represented how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. The writer made some investigation when he makes this book. Honestly, that is why this book ideal all of you.

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