

THE TRUMPET SOUND

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Probiotics

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Most disease originates in your digestive system. This includes both physical and mental disease.

- Mercola.com
(story at a glance)



FLAG CORNER:

The 50 star flag design was submitted in 1958 to congress by Robert G. Heft, a seventeen-year-old. It was originally created as a school project, but was chosen and adopted by presidential proclamation after Alaska was admitted to the union in 1958 and Hawaii in 1959. At least three of fifteen hundred designs submitted to Dwight D. Eisenhower were identical to Hefts, but Heft's design has received the most publicity. His grade was reconsidered.



Wisdom Corner

When you know you are wrong, change your way of thinking and pursue what is right

PROBIOTICS FOR YOUR LIFE

Probiotics, a Greek word meaning “for life”, have been benefitting humanity by assisting the body to keep a balance of good bacteria in the digestive system. Why is this important? Eighty per cent of the immune system lives in the gut with the ideal balance for optimal health being 85% good bacteria and 15% bad bacteria. Many times this balance is lacking due to processed foods, chlorinated water, regulations to rid ourselves of all bacteria including the good, and antibiotics; however, the importance to your health is paramount. Maintaining the balance of good and bad bacteria forms the foundation for good health — physical, mental, and emotional says Dr. Mercola in his article [“Why This Single Organ Powerfully Dictates Whether You’re Healthy or Sick”](#).

Probiotics benefit the body in many other ways. They



are essential for the digestion of food and the absorption of nutrients. They help your body produce vitamins, absorb minerals, and eliminate of toxins. Probiotics limit inflammation and also aid in the protection against an overgrowth of bad microorganisms that could cause disease.

Hippocrates, known as the father of medicine, made a

statement that all diseases begin in the gut. Dr. McBride, in her book, *Gut and Physiology Syndrome*, says “the more we learn now with all our modern scientific tools, the more we realize just how correct he was.”

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THE POWER OF PROBIOTICS...REAL RESULTS

Testimony: to Healthy Living, Brenda Watson—

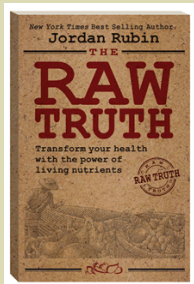
I am writing to let you know that the [Ultimate Flora probiotics](#) you recommend not only helped me recover from a debilitating disease, but made it

possible for me to continue nursing my baby. In 2004, I originally came down with Clostridium difficile colitis (C. diff) and spent six months in and out of doctor's offices and hospitals trying to get cured. Every time a course of antibiotics (first Metronidazole, then Vancocin) would stop the symp-

toms, they would come back as soon as I went off. It wasn't until I did my own research and tried tapering down the antibiotics while tapering up probiotics that I got rid of the disease.

.....cont pg. 2

Transform Your Health
With the Power of Living
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Jordan Rubin

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free eBook!

Probiotics helped me get back
on my feet after painful stom-
ach and intestinal distress. I
can't go a day without them"

- Liz

(from Brenda Watson.com,
Healthy Living , Real Testimonials)

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PROBIOTICS FOR YOUR LIFE...CONTINUED FROM PG 1

One way the microflora in your body is compromised is when you take antibiotics. Not only do you get antibiotics at the doctor's office, tons of antibiotics are feed to American livestock, both cattle and chickens, on a daily basis. When you consume beef, dairy products, and eggs, your body is getting plenty of antibiotics without



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for more information
and/or to purchase

you even realizing it unless you purchase products that state no antibiotics have been given.

The problem is, antibiotics kill **all** bacteria, both bad and good. When intestinal bacteria die, candida yeast, a powerful member of the fungi family, and other hostile bacteria thrive and can literally poke holes in the lining of the intestinal wall. This is known as leaky gut syndrome.

Dr. McBride explains, "Once you heal and seal your gut lining, and once you make your digestive system healthy and working properly again, you'll be surprised how many various symptoms in your

body originated from your digestive system. Most (symptoms) start disappearing because the health and the disease are usually born in side your digestive system. That's where they originate from."

You can help restore your gut flora with therapeutic-strength probiotic supplements and fermented foods because without their presence, no healing can occur in your digestive tract. At [Green Med Info](#), (data references are from Pubmed.gov) you can find more than 200 studies that show probiotics can be helpful for over 170 diseases.

- Lesa Hukill

POWER OF PROBITIOCS...CONTINUED FROM PAGE 1

But, as has been known to happen, this year (2010) it returned, after the birth of my 3rd child. After a few days of symptoms, I had a feeling what might be wrong. Sure enough, a clinical test turned up positive for C. diff. I was told that I would need to start Metronidazole right away, and that it would no longer be safe for me to nurse my baby. I told the clinician to hold off on ordering the prescription, and

let me try something first. I went to my local health food store and purchased Ultimate Flora Super Critical (200 billion cultures) probiotics. After two weeks of Super Critical therapy, my symptoms were mostly gone. Two more months of daily maintenance on Critical Care (50 billion cultures), and I had no more symptoms at all. I have not relapsed in the 6 months since this happened. I am com-

pletely confident that nothing short of the Super Critical product you recommend could have cured this virulent disease. I have you to thank for my health, and that of my baby, who is still nursing at 7 months. ~ Rachel P.

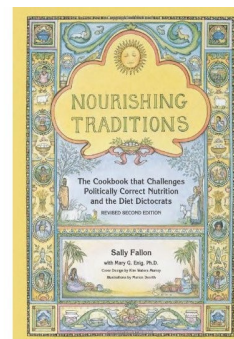
Please note:
C. diff is a very serious, often fatal condition and should only be treated under the care of a qualified physician. Most physicians are now treating C. diff with a combination of probiotics and antibiotics.

HOW TO MAKE YOUR OWN FERMENTED FOODS

Here are some easy steps to make your own fermented foods, which is a good source of probiotics. When making fermented foods it is important to use organic produce and unrefined sea salt.

1) Wash the food and cut into pieces. 2) Put cut pieces into a bowl, add sea salt, and pound pieces to release their juice. You can add herbs or spices for added flavor. 3) Put food pieces and their juice

into a wide mouthed jar leaving about an inch of space at the top. Seal jar tightly to prevent air from getting in as this will interfere with fermentation. 4) Keep jar at room tempera-



Nourishing Traditions

ture for 2 to 4 days. 5) Store jar in dark cool place at about 40 degrees Fahrenheit. Either a cold basement or top shelf of refrigerator will suffice.

Recipe for [Pickled Cucumbers](#) from Nourishing Traditions by Sally Fallon.