

Maximum Healthy Digestion, Nourishment, and Immune Protection

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Poor digestion is often caused by poor dietary habits, hurrying through meals, and overusing antibiotics. Symptoms: gas, stomach pain, rumbling, bloating, belching, nausea, and a burning sensation.

Avoid sugar, alcohol, coffee, greasy, spicy, refined foods, junk foods, and legumes. Chew food thoroughly, do not eat when upset, and avoid liquids when eating to improve digestion.

A shortage of friendly bacteria can be the cause of poor digestion, which can result in yeast infections, allergies, and malnutrition. Chemo, oral contraceptives, cortisone, chlorinated water, heavy metals, poor diet, and underlying illnesses can be other complicating factors. Supplemental probiotics help restore the normal balance in the GI tract and vagina and reduce yeast overgrowth.

Probiotics produce B vitamins, vitamin K, and byproducts that reduce populations of unfriendly bacteria and cancer cells. These probiotics help maintain good health by digesting milk products and reducing disease-causing bacteria, viruses, and yeast. They help development of a healthy immune system, preventing allergies and malabsorption problems. They protect against radiation, pollutants, and help recycle estrogen. Supplements have helped treat acne, psoriasis, eczema, allergies, migraine, gout, arthritic conditions, cystitis, fungal-yeast, irritable bowel, and some forms of cancer.

Take probiotics on an empty stomach away from mealtimes. After opening a bottle, store them in the refrigerator.

L-Glutamine Plus™

New and Improved Formula

L-Glutamine provides fuel for the intestines and building blocks to regenerate the small intestine; helps the stomach heal and may help treat ulcers; protects friendly bacteria against alcohol poisoning; reduces sugar and alcohol craving in humans, both of which can harm digestion.

Chlorophyll helps relieve constipation; has wound healing, antioxidant, and anti-inflammatory properties; soothes the lining of the intestinal mucosa, provides intestinal nourishment, helps ulcerative conditions, and helps detoxify the GI tract; has natural antibiotic properties and helps stimulate growth of new tissue.

N-Acetyl Glucosamine helps maintain digestive organs and secretions; helps in candidiasis, food allergies, respiratory allergies, skin problems, vaginitis, asthma, bursitis, tendonitis, and arthritis.

Lipoic Acid helps convert food into energy; enhances liver function; helps protect against free-radical damage to cells; enhances other antioxidants; helps diabetic neuropathy and pain.

Acidophilus levels decline with poor diet, stress, pollution, and antibiotics. *Acidophilus* helps digest milk products and suppress bad bacteria and yeast. Its byproducts protect against botulism, salmonella, shigella, staphylococcus, herpes virus, vaginal infections, *Monilia* and *trichomonas* vaginitis. It kills 50% of 27 different disease-causing bacteria and protects against cancer-causing chemicals.

Bulgaricus encourages the health of friendly bacteria and produces natural antibiotics that kill harmful bacteria.

Bifidus produces special acids that protect against invading yeast, bacteria, and some viruses; helps detoxify bile; manufactures B vitamins; and helps prevent toxicity from nitrates in foods. It helps control *E. Coli*, *Staphylococcus*, the cause of toxic shock syndrome, and shigella.

Vitamin E is essential for tissue repair, promotes normal blood clotting, and healing. Vitamin E protects cell membranes against oxidation damage from fats, protects vitamin A and C levels, as well as sulfur amino acids and selenium; protects against free radicals that can suppress the immune system, protects against carcinogens and the aging process.