

## Probiotics, Part 1

### What Are Probiotics?

The word biotic is from the Greek biotikos meaning: of or relating to life. We often use the word anti-biotic. Which means, “against life.” **Antibiotics kill bacteria but not all bacteria should be killed.** In fact, “healthy bacteria” are a health building essential to life, vitality and wellbeing. Healthy bacteria in the soil feed nutrients through the roots of plants to help them grow and flourish, providing us with wholesome foods. Healthy bacteria in the human body protect and feed us in the same way, by helping with digestion and assimilation of essential nutrients. That’s right! Every healthy person has within their intestines a colony of bacteria nearly as large as their liver. It is estimated that a healthy person maintains more healthy bacteria than the total number of cells making up their body! The human body has approximately 13 trillion cells; a healthy bacterial colonization of the inside and outside of the human body is estimated at 14 trillion microbes of various types. These healthy colonies do the job of keeping unhealthy bacteria in check, and more.

### What Do The Healthy Bacteria In Our Body Do?

- Acidify the intestinal tract to make it uninhabitable by unhealthy bacteria, thereby supporting the immune system.
- Assist in the breakdown of carbohydrates and digestion of milk products
- Provide for better food assimilation and toxin release by the large intestine.

- Healthy bacteria in the intestines can even create for you some vitamins you might not get otherwise!

These healthy bacteria have become known as **PROBIOTICS**.



### Why Have Probiotics Become So Important Today?

Antibiotic use is likely the reason the health “industry” has recently been paying attention to the value of healthy bacteria. That’s because healthy bacteria silently served their healthful purpose until antibiotics came along. Antibiotics kill healthy bacteria, upsetting Nature’s balance within us and lead to disorder and disease. That right! When antibiotics are used, the healthy bacteria are killed right along with the unhealthy ones. We need to do something proactive to make sure the healthy bacteria can live in our environment serving Nature’s purpose. If for any reason we take antibiotics, then we need to re-establish the healthy bacteria of our body. In fact, the same urgency which the “health industry” applies to antibiotics needs to be applied to probiotics.