

## Beyond Digestion--The Power of Probiotics

Years ago, scientists discovered that taking certain “healthy” bacteria could clear up digestive ills—eliminating gas, bloating, and indigestion. Then, new research revealed several strains of beneficial bacteria play a specific role in optimal health—including bolstering a strong immune system. But gastrointestinal and immune health aren’t the only areas where probiotics can come in handy. In fact, the millions of strains of healthy bacteria in your body perform so many varied roles that I often refer to them as a virtual “medicine cabinet.”

What’s really exciting is that the latest science has revealed that certain strains can actually help improve dental health and fight off allergens. Let me explain how they work...

### **Brush, Floss, and Take Probiotics**

It’s a fact that as we age, the “good” bacteria in our bodies start to dwindle. But what most people don’t realize is that these healthy bacteria actually play a role in dental health.

Scientists have uncovered a unique strain of beneficial bacteria called *Lactobacillus paracasei* (LP-33)—which has been put into a usable form called **Dental-Lac™**.

Clinical trials have shown that Dental-Lac can significantly alter the balance of bacteria commonly found in the mouth to create a healthier oral environment. This balance sets the stage for optimal oral health and encourages strong, resilient teeth and healthy gums.

### **New Help Against Seasonal Irritants**

The recently discovered LP-33 addresses the source of your **seasonal discomfort**. As strange as it sounds, it works on irritants by targeting the immune cells in your intestines. That’s where over half your body’s immune cells reside.

What LP-33 does is stimulate those immune cells—which in turn helps fight off seasonal and everyday irritants. We’re talking about everything from dust, to dust mites, animal dander, and pollen. So, in the end you feel better.

### **Back to Digestion: There’s More to the Story**

Because probiotics for digestion have been around for so long, there are many brands on the market. But unfortunately, not all of them work. It is important to look at the types and amounts of bacteria they contain.

I’ve done a lot of research on this and there are **five strains of bacteria** in the *Bifido* bacteria and *Lactobacillus* families that are most beneficial for digestion. The problem is that many manufacturers cut corners and put in whatever’s cheapest for them to produce.

Another aspect to consider is the delivery method, and in probiotics this is critical. These healthy bacteria are extremely delicate—and without **proper encapsulation**, they can die right in the bottle. Or, they can be digested by stomach acids before they ever reach your intestines where they’re needed. For more information on this, **click here**.

### **A Word to the Wary About Yogurt**

Low-fat, unsweetened plain yogurt is a great source of probiotics—particularly when you make it yourself. Making fresh yogurt is surprisingly easy. All it takes is warm milk and the right beneficial bacteria. You should be able to find a yogurt starter at your local health food store.

When it comes to store-bought yogurts, you need to be a little wary. I’m sure you’ve noticed, as I have, that many yogurt manufacturers are jumping on the probiotic bandwagon. But the truth is, the labels on those yogurt containers only have to state how many active bacteria there were in the yogurt at the time of *manufacturing*.

Because probiotics are so delicate, many of them can die on the delivery truck before the yogurt ever reaches the store—making it almost impossible to tell how many active cultures remain when you eat it. So I wouldn’t rely on store-bought yogurt as your only source of probiotics.

The breakthroughs in probiotic research are truly amazing. I’m continually staying on the forefront of these scientific discoveries and promise to bring you the newest breakthroughs as I hear about them.

Yours in good health,

**Julian Whitaker, MD**