

Considerations to Create Healthy Probiotics

1) Fermented foods 2 tbs per day (see attachment below but as you scan the internet you will literally find thousands of recipes that will satisfy your taste buds). Remember to restrict the use of the ones that contain sugar. They are okay for a treat or for maintenance clients however, the sicker the patient the more they need to reduce the sugar and of course sugar substitutes. However Stevia as a natural sweetener does appear to be okay. Fermented foods not only help control pH which is needed for the bacteria to thrive. But contain bacteria on the food as well. If SIBO (small intestinal bacteria overgrowth) exists and it is very common with chronic disease the additional bacteria on the foods themselves will cause bloating. If fermented foods cause bloating cut back and see if the issue resolves in a day or two, if it does not consider the SIBO protocol. If skin issues like rashes, flushing or hives present themselves, assume SIBO and treat accordingly. Also consider doing a comprehensive to identify if pathogens are present. As a side most things found in the stool (barring large worms) will be eliminated by doing the SIBO program. However the testing does improve compliance.

[Fermented Foods](#)

[Small Intestine Bacterial Overgrowth Tuesday Minute](#)

2) Increase plants. Plants feed the healthy bacteria. Plants provide the fiber needed to remove toxins and of course add natural antioxidants.

3) Stop all refined carbohydrates and fructose. Refined carbohydrates turn to sugar easily and feed the pathogenic agents causing the dysbiosis. We want to starve the dysbiotic organisms.

4) Increase natural sources of healthy oils: avocados, pumpkin seeds, sunflower seeds, coconut oil, ground flax seeds, and Chia seeds. Every cell has a bi-lipid layer and good oils are needed to promote healthy epithelial cell membranes. If daily oils from food cannot be consumed add **SunFlax Caps** 3 tid or **Optimal EFAs** 2 tid

5) For cases of GERD or Ulcers it is important to create healthy mucus to protect the tissue in the stomach and small intestine from the patient's own digestive juices but also for the healthy bacteria to thrive. They live in the mucus. **HCL-Ease** 3 bid will help accomplish that goal.

6) Balance pH, especially in the stomach. If symptoms of deficient hydrochloric acid are present do a therapeutic trial for 30 days and reevaluate. Start with 2 **Hydro-Zyme** in the middle of the meal and increase as needed. Remember healthy bile flow is essential to keep the pH of the bowel in a healthy range for the healthy bacteria to thrive and reproduce. This is a very important step as each person has their own genetic bacteria. Ultimately we want to cultivate the colon like a garden to allow each person's individual probiotics to flourish.

Here's how Dr. Harry Eidenier discussed the use of hydrochloric acid, "The only good way is to dose it in the middle of the meal and dose it until the patient gets a slight burning in their stomach and then reduce. Another words, start them with a tablet or capsule or whatever you feel is the correct starting dose and increase it every other day until they start feeling a burn and then go back down. There's a young lady doctor in Lansing, she's not here, who got to 21 **Betaine Plus HP** capsules before we were able to get the burn. But in the meantime, her asthma and her allergies and her joint pain all went away. They went bye-bye. That's a lot of hydrochloric acid, that's 21 times 700 mg's. You can do the math. But it did the job and that is the important thing."

Personally I believe the reason why patients get can such dramatic relief in these cases if they are affecting the microbiome and by changing the pH, you change the bacteria and you affect the cytokines those bacteria, fungi and parasites activate.

Tuesday Minute

7) Use multiple sources of Probiotics. Everyone is different and have different GI tracts. **Lactozyme** 3-5 tid due to the small tablets. Small tablets are ideal for children, however. **BioDophilus-FOS** in capsules, 2 tid with the third dose at night. It also comes in powder and can be added to shakes or smoothies. **BioDoph-7 Plus** is the premier product and has the greatest number of bacteria, 20 billion per capsule. It contains 7 different strains and the prebiotics to create healthy mucus. One of the strains has been shown to genetically reduce inflammation, one tid with one of the capsules taken at bedtime.

8) VERY IMPORTANT - Follow the anti-inflammatory diet from the 3 step detox for 30 days. Add potential allergy foods one at a time after 30 days every 3 days and if the symptoms return avoid those foods. For most people gluten and dairy should probably not be added as they have so many side effects. Foods that cause reactions not only are they causing inflammation in the gut but are promoting leaky gut and an immune over-activation, what many believe to be a major cause of autoimmune disease.

[Anti-Inflammatory Diet](#)

9) The cellular turnover of some of the cells in the bowel is 3 days. This takes tremendous energy; therefore, consider mitochondrial support for serious cases.

10) **Butyric-Cal-Mg** 2 tid to provide healthy food for the epithelial cells of the colon and heal leaky gut may be needed for advanced cases.