

# PROBIOTICS BOOK INTRODUCTION

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### DISCLAIMER

The purpose of this book is to provide you with knowledge about probiotics and what they can do for your health. The information herein is based on extensive scientific research. However, the book is not intended as a substitute for professional medical advice. No book can possibly replace the services of a health care practitioner who knows you personally. The author and publisher expressly disclaim responsibility for any adverse effects that may result from the use or application of the information presented here. If your health care provider is unaware of what probiotics can do for you, this book will help you educate her or him about their benefits.

## PREFACE: WHY READ THIS BOOK?

My Probiotic Experience

Development of a Health Disaster

Discovering Probiotics

The Bonus for You

## INTRODUCTION

### 1. FRIENDLY MICROBES IN YOUR GUT

- A. What Are They?
- B. What Are They Doing Inside You?
- C. A Lifelong Balancing Act
- D. The Microbiome is Dynamic

### 2. WHAT IS A NORMAL MICROBIOME?

- A. Location, Location, Location
- B. Mouth
- C. Throat
- D. Stomach
- E. Small Intestines
- F. Large Intestines (Colon)
- G. Normal, Yet Potentially Dangerous
- H. First, Do No Harm

### 3. HARMING YOUR MICROBIOME

- A. When Things Go Wrong
- B. Diet
  - 1. Refined Sugars and Other Processed Carbohydrates
  - 2. Refined Vegetable Oils
  - 3. Conventional Meats, Poultry, and Eggs
  - 4. Dairy Products
  - 5. Hydrogenated Fats
  - 6. Additives and Adulterants
    - a. Artificial Sweeteners
    - b. Salt
    - c. Emulsifiers
    - d. Organic Solvents
    - e. Meat Glue
    - f. Nanometric Particles
    - g. Other Additives: Too Many to Count
- C. Antibiotics Everywhere: A Modern Crisis
  - 1. Rise of the Superbugs

2. Antibiotics in Foods
  3. MRSA: The Nastiest Superbug of All?
  4. Clostridium and Antibiotic-Associated Diarrhea
- D. Acid Reflux Drugs
1. Antacids
  2. H2 Blockers (Histamine Type 2 Receptor Agonists)
  3. Proton Pump Inhibitors
- E. Other Non-Antibiotic Drugs
- F. The Microbiome-Destroying Herbicide
- G. The Biggest, Baddest Harm to Your Microbiome Ever?

## 4. PROBIOTICS TO THE RESCUE

- A. Probiotics in Foods
- B. Commercialization of Probiotic Foods
1. Yogurt
  2. Kefir
  3. Coconut Kefir
  4. Sauerkraut
  5. Kimchi
  6. Natto
  7. Miso
  8. Kombucha Tea
  9. Raw Dairy
  10. Buyer Beware
- C. Probiotic Supplements
1. The Science Behind Probiotics for Human Health
    - a. Digestive disorders
    - b. Metabolic syndrome
    - c. Diabetes
    - d. Obesity
    - e. High blood pressure
    - f. Cardiovascular disease
    - g. Cancer
    - h. Osteoporosis
    - i. Respiratory infections
    - j. Antibiotic resistance
    - k. Skin disorders
    - l. Nonalcoholic fatty liver disease
    - m. Aging
  2. There's a Friendly Fungus, Too

## 5. THE "BIG 3" OF PROBIOTIC POWER

- A. Immunity Starts in Your GI Tract
1. Immune System and Inflammation
  2. Allergies

- 3. Autoimmune Diseases
- B. When Your Gut is on Fire
  - 1. Leaky Gut Syndrome
  - 2. SIBO
  - 3. Candidiasis
- C. Taking Care of Your Two Brains
  - 1. What Exactly is Your Second Brain?
  - 2. The Gut-Brain Axis
  - 3. Science Behind Your Two-Brain System
  - 4. Microbiome-Gut-Brain Connections
    - a. The Vagus Nerve
    - b. Gut Hormone Signaling
    - c. Microbes on the Brain

## 6. PROBIOTIC GUIDELINES

- A. Dosage
- B. How Many Species?
- C. Other Considerations
  - 1. Acid and Bile Resistance
  - 1. Special Formulas
  - 3. How Long Should You Take Probiotics?
  - 4. What to Do When Taking Antibiotics

## FINAL REMARKS

## REFERENCES

## PREFACE: WHY READ THIS BOOK?

The overriding goal of this book is to provide you with what you need to know about the value of microbes to your health and longevity. The knowledge that you gain here is meant to be a guide for making well-informed decisions about your well-being.

As you will see, your life literally depends on friendly microbes, specifically those that live in your digestive system. Your mission is to take care of them so they will take care of you. This book provides what you need to know for accomplishing that mission.

Unfortunately, many aspects of modern living harm your gut microbes, much to the detriment what should be your long and healthy lifespan. The good news is that you can take control of your health by restoring and maintaining the balance of beneficial gut microbes that you need for healthy living.

The central theme herein encompasses the increasing importance of what science now refers to as your **microbiome** – that is, the community of microorganisms that live inside you. Keeping it – and you – healthy relies on many factors. One of the most important of such factors throughout human history has been the consumption of **probiotics**. That term literally means “for” (*pro*) “life” (*bios*).

More specifically, probiotics are defined by the Food and Agricultural Organization of the United Nations and the World Health Organization (FAO/WHO 2006) as follows:

*Live microorganisms which when administered in adequate amounts confer a health benefit on the host.*

In other words, probiotics are living microbes that you ingest for your health. Knowing about probiotics, however, is just the beginning. Getting optimal benefits from them also depends on taking good care of your own internal microorganisms.

Since so many modern lifestyle choices can harm your gut microbes, you must know what those choices are so you can make better decisions for your health. This book points out the most common sources of damage and how to reverse it.

Countless modern diseases are either caused by or made worse by a faulty microbial population somewhere in your GI tract. You will also learn what those diseases are and how they can be treated.

In addition you will discover how microbes in your gut influence the health of your entire body, top to bottom. They impact much more than just your digestive system.

Scientific research on probiotics has accelerated at a tremendous pace over the past couple of decades. You will learn about research that explains how you can get the greatest value from them.

More than likely, you or a friend or a family member suffers from a medical condition for which conventional therapies have failed. Prescription and over-the-counter drugs treat symptoms. They do not promote true healing.

Too many people are caught in a downward spiral of chronic, nagging diseases that only seem to get worse. Most are unaware of how the microbiome underlies an amazingly broad array of them.

This book also provides you with a tool to educate your own doctor about probiotics. Medical schools focus on the roles of microbes in infectious disease. They do not teach our future doctors about the friendly microbes that we depend on for good health. Furthermore, once in practice their continuing education rests largely on pharmaceutical sales representatives and promotional information that touts the use of patented drugs.

Research in the medical literature on the microbiome clearly explains its benefits and the value of probiotics for keeping it healthy.

Before you read on and find out for yourself what your microbiome does for you and how you can reap the benefits from it, let me tell you how a personal medical disaster led me to discover the importance of gut microbes and the role of probiotics to my own health.