



Probiotic Eleven and Probiotic Power

Broad-spectrum probiotics with eleven strains of beneficial bacteria

A healthy and normal human digestive tract contains about 400 types of friendly bacteria and other microorganisms. These microbes create a symbiotic relationship with us and act as part of our immune and digestive function. A healthy balance of these friendly bacteria help us metabolize nutrients, protect us from infection and help to break down toxins.

Unfortunately, antibiotics can destroy these good bacteria, along with harmful ones, thereby disrupting the health of the intestinal tract. Other drugs like birth control pills, corticosteroids, NSAIDs and aspirin also have a negative impact on our friendly flora. When intestinal flora is disturbed it can lead to yeast and bacterial infections, inflammatory bowel disorders, constipation, gas and bloating and other health concerns.

Fortunately, probiotic supplements can replace these friendly microbes and help to restore health. For instance, one study found that children between one and six years old who attended day care and were given milk containing *Lactobacillus rhamnosus* missed fewer days than children not receiving the probiotic.

Probiotic Eleven and **Probiotic Power** are probiotic supplements that contain eleven strains of beneficial bacteria. These bacteria support the health of the digestive and intestinal systems and strengthen the body's immune responses. Here are the eleven strains of friendly bacteria found in these formulas.

Lactobacillus acidophilus, more commonly known as just acidophilus, is one of the lactic acid producing bacteria. It digests milk sugars (lactose) and helps protect the intestines from other undesirable bacteria and yeasts. It also helps regulate bowel function and helps to break down and eliminate cholesterol from the body. It is one of the most commonly used probiotic supplements.

L. casei is a transient bacteria found in the large intestine and mouth. It is found in milk and cheese, and has effects similar to *L. acidophilus*.

L. rhamnosus is found primarily in the small intestine and the vagina. It has a prolific growth pattern and a high tolerance to bile salts, making it effective against bacterial infections. It may also be helpful in reducing gut sensitivity and helping with eczema and food allergies.

B. bifidus is a probiotic organism residing primarily in the mucus membrane lining of the colon and the vaginal tract. It prevents invading pathogenic bacteria from attaching to the intestinal wall and enhances mineral assimilation.

L. brevis is a beneficial bacteria found in milk, kefir, cheese, and sauerkraut. It also produces lactic acid and other natural anti-bacterial agents that inhibit unfriendly strains of microorganisms. This organism also helps with the synthesis of vitamins D and K.

L. bulgaricus is a transient but important bacteria in the ecology of the intestines. It is used along with *Streptococcus thermophilus* to create yogurt and is found in both yogurt and cheese. It helps digest lactase (milk sugar) to improve tolerance to dairy products and also produces lactic acid to inhibit the growth of harmful microbes.

L. plantarum is a transient bacteria found in dairy products, sauerkraut and pickled vegetables. It is another lactic acid producing strain of bacteria.

Streptococcus thermophilus is the other bacteria in yogurt culture. It produces lactase to digest milk sugar and is one of the best strains for helping the body break down dairy products.

B. infantis is an important strain that helps stimulate the immune system. It has action against pathological organisms like clostridia, salmonella and shigella.

L. salivarius helps normalize the intestinal microflora. It may inhibit *H. pylori*, the bacteria associated with stomach ulcers.

Probiotic Eleven

These capsules contain billions of bacteria per capsule in a base of prebiotics (food for friendly bacteria). For general use, take 1 to 2 capsules before meals on an empty stomach. Probiotics work best when taken first thing in the morning before breakfast. For rectal use, empty 3-5 capsules into a cup of warm water, dissolve, and inject using a bulb syringe to implant the bacteria right where they are needed. Probiotics are especially valuable when traveling abroad, as they help prevent traveler's diarrhea.

Probiotic Power

This product contains the same 11 probiotic species found in Probiotic Eleven in a chewable form for children. There are about a billion bacteria per tablet. Probiotic Power is in a base of whole food concentrates, fruit juice concentrates, micronutrients and prebiotics. Chew 1 to 2 tablets daily as a dietary supplement. Chew carefully and thoroughly before swallowing.

Selected References

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

PDR for Nutritional Supplements edited by S.S. Hendler, PhD and D. Rorvik

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Acidophilus and Bifidophilus

Probiotic nutrients for enhancing immunity and gut health

Our skin and mucous membranes are covered with a mix of friendly bacteria or “microflora” which ward off harmful bacteria and maintain optimum function. These bacteria also help maintain the natural balance of microflora in the intestines. The normal human digestive tract contains about 400 types of friendly bacteria that reduce the growth of harmful bacteria and promote a healthy digestive system. An unbalanced digestive system can be the cause of heartburn, indigestion, constipation, diarrhea, gas, bloating, fatigue, stomach pain, back pain, acne, general tiredness, allergies and more.

Probiotics are supplements that help to restore the friendly bacteria in our digestive tract. A growing body of clinical evidence suggests that probiotics balance the digestive system, regulate bowel motions, and improve the body’s ability to fight colds, flu and other infections. They may reduce bladder cancer recurrence, prevent and treat eczema in children, help to clear up vaginal yeast and urinary tract infections and control the body’s inflammatory response in conditions such as Irritable Bowel Syndrome (IBS).

Here are some of the many proven benefits of probiotics:

- They form a film that coats the intestinal tract, inhibiting other microbes from gaining a “foothold” on intestinal membranes
- They hold down the growth of infectious organisms by competing for food and producing chemicals that destroy harmful microbes, such as yeast
- They stimulate the immune system
- They reduce the risk of inflammatory bowel disorders
- They help the body digest dairy products, process fats and proteins and even synthesize certain essential vitamins, including B1, B2, B6, B12, folic acid and biotin
- They detoxify poisons in the digestive tract (such as ammonia, cholesterol, excess hormones)

Here are two great probiotic supplements you can take to obtain these and other benefits.

Acidophilus

Lactobacillus acidophilus, more commonly known as just acidophilus, is one of the lactic acid producing bacteria. It

digests milk sugars (lactose) and helps protect the intestines from other undesirable bacteria and yeasts. It also helps regulate bowel function and helps to break down and eliminate cholesterol from the body.

Each capsule of Acidophilus contains a minimum of 200 million organisms, freeze-dried to maintain viability. Take one to two capsules with food or between meals. You can also mix the contents of a capsule with food.

Bifidophilus Flora Force

This probiotic supplement contains *L. acidophilus* and three other strains of friendly bacteria: *L. casei*, *L. rhamnosus* and *Bifidophilus longum*. It is found in a base of prebiotics, fructooligosaccharides that act as food for friendly bacteria.

B. longum has similar benefits to acidophilus. It crowds out pathological organisms and undesirable yeast. Clinical studies show it reduces the frequency of gastro-intestinal disorders such as diarrhea and nausea during antibiotic use. It appears to suppress excess cholesterol production and help produce certain B vitamins as well.

L. casei is a transient bacteria found in the large intestine and mouth. It is found in milk and cheese, and has effects similar to *L. acidophilus*.

L. rhamnosus is found primarily in the small intestine and the vagina. It has a prolific growth pattern and a high tolerance to bile salts, making it effective against bacterial infections. It may also be helpful in reducing gut sensitivity and helping with eczema and food allergies.

Bifidophilus Flora Force provides four billion microorganisms per capsule. It may help to improve immune function and reduce the risk of infections in the respiratory system (especially in children) and the female vaginal and urinary systems. It also helps synthesize B vitamins, improve nutrient absorption and aid elimination.

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GastroHealth

Formula for fighting *H. pylori* and other gastrointestinal infections

For decades it was believed that ulcers were caused by excess acid in the stomach usually brought on by stress. In 1979, J. Robin Warren discovered a spiral bacteria, *Helicobacter pylori*, which researchers now believe to be the real cause of ulcers.

H. pylori are able to survive the strong stomach acids by living in the protective lining and producing an enzyme, urease, which makes ammonia and neutralizes the stomach acids. These bacteria are only present in inflamed tissues of the stomach. In 1987 a young, healthy male volunteer swallowed *H. pylori* and began a three year battle with inflammation, infection, and ulcers, proving that *H. pylori* was a cause of ulcers. Studies have continued to show that nearly all ulcer patients have *H. pylori* bacteria.

In June of 1994, the *International Agency for Research in Cancer* announced that *H. pylori* bacteria was a very dangerous carcinogen. Studies with gastric cancer show that *H. pylori* could be the first step in the process of changes that leads to cancer. More research about this subject is still required.

GastroHealth was designed as a natural agent to relieve inflamed stomach tissues or ulcers developing from the *H. pylori* bacteria, but it is also helpful for other gastrointestinal infections. GastroHealth won't destroy the "good" bacteria in the body as antibiotic treatments do. The following herbs are found in this combination:

Pau d'Arco

This is the bark of a tree from the rain forests. The native people have used pau d'arco to treat arthritis, diabetes, malaria, tumors and ulcers. Studies show this herb to be effective against candidiasis and that it may reduce tumors. Current research shows that pau d'arco is effective against *H. pylori* bacteria.

Cloves

This common kitchen spice was so popular in early Europe that wars were actually fought over the control of this herb's trade. Cloves are a stimulating spice with a mild anesthetic property. The oil in cloves numbs tissue and reduces pain. Cloves are also an excellent antibacterial agent and also help to fight intestinal parasites.

Inula racemosa

This is a closely related plant to *Inula helenium*, or elecampane, and has similar properties. Traditionally, inula has been used as a diuretic and an expectorant to treat colds, induce sweating, and clear and strengthen the lungs and skin. Experiments show that in extract form, inula has antiseptic, antibacterial, anti-yeast and

antiulcer properties. Recent studies show it is effective against *H. pylori* bacteria. It also contains inulin, which helps promote the growth of friendly bacteria in the colon.

Licorice

Long valued for its medicinal effects, licorice root has traditionally been used for colds, cough, arthritis, infection, cancer and ulcers. Studies show that licorice has antibacterial, antifungal and antiviral activities. They also show that deglycyrrhizinated licorice (the type included in this formula) is 75-80% effective in healing ulcers and produces no side effects.

Capsicum

A hot chili pepper used as a condiment to aid digestion, capsicum is known in the herbal world for its ability to help ulcers to heal. For years, doctors warned against the use of spicy foods like capsicum in ulcer patients, while herbalists used this hot seasoning to relieve ulcers. We now know that capsicum relieves the inflammation caused by *H. pylori* bacteria. It also stops the bleeding often occurring in ulcers. It is an antibacterial and antispasmodic agent and may have an anti-carcinogenic effect. It also increases the flow of stomach acid which is needed for proper digestion in ulcer patients.

Lecithin

Lecithin contains fat-like substances called phospholipids. It is a building block of cell membranes and an emulsifier of fats. It also contains choline, which is helpful for making acetylcholine, an important neurotransmitter.

Suggested Use

To combat ulcers and other intestinal tract infections, take 2 capsules four times daily with plenty of water. It can be helpful to take GastroHealth with Proactazyme between meals to eliminate recurrent intestinal infections.

Selected References

- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing
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- Herbs that Heal* by Michael A. Weiner, Ph.D. and Janet Weiner,
- Nutritional Herbology* by Mark Pedersen

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Candida Clear

A convenient pre-packaged program for reducing yeast overgrowth

Yeast are everywhere and can be useful critters at times. After all, they make bread rise and ferment carbohydrates to make beer, wine and other alcoholic beverages. They even produce antibiotics to help fight infection. Under the right conditions, however, these normally friendly micro-organisms can multiply out of control and destroy our health. The yeast most likely to do this is a little creature called *Candida albicans*, or candida for short.

Overgrowth of candida (candidiasis) or other yeast or fungus causes intestinal irritation and weakens the body's immune system. Obvious signs of yeast overgrowth include recurring vaginal yeast infections, thrush, athlete's foot, nail fungus and jock itch. However, yeast overgrowth can also be an underlying factor in chronic indigestion, asthma, allergies, chronic sinus congestion, skin problems like acne and general immune weakness.

A convenient way to bring yeast back into balance is with the Candida Clear Pack. This pack contains three anti-fungal agents that reduce yeast overgrowth and enzymes which help break down dead yeast. In concert with small dietary changes, Candida Clear can reduce yeast overgrowth and improve overall health. Here's what it contains.

Pau D'Arco

This bark is one of our most valuable antifungal herbs. It not only reduces yeast overgrowth, it also tones intestinal membranes and acts as a "blood purifier" to remove toxins and help clear skin conditions. Many people have successfully combatted yeast infections with pau d'arco alone.

Yeast/Fungal Detox

This is a blend containing several herbs that reduce yeast overgrowth, including pau d'arco, garlic and oregano and two antifungal compounds, sodium propionate and sorbic acid. It also contains echinacea, selenium and zinc, which help to rebuild the immune system. Yeast/Fungal Detox is available as a stand-alone formula, as well as part of the Candida Clear pack.

Caprylic Acid Combination

This blend contains caprylic acid, a medium chain fatty acid found in coconut oil and breast milk that is known to have anti-fungal and antimicrobial qualities. It also contains elecampane and black walnut, herbs known for their ability to combat parasites.

Enzymes

One of the problems associated with knocking down excess yeast in the intestinal tract is that their death results in cellular debris that can cause adverse reactions. To counteract this effect (often called a "cleansing reaction") Candida Clear contains a pack of enzymes

designed to be taken between meals. These enzymes "digest" the dead yeast and allow them to be destroyed without adverse effects. Without these enzymes, you have to take much lower doses of the anti-fungal products to avoid these die-off reactions.

Suggested Use

There are two packets in the Candida Clear program—the Candida Clear Combo (containing Pau D'Arco, Yeast/Fungal Detox and Caprylic Acid Combination) and the Candida Clear Enzymes. Take 1 Candida Clear Combo pack three times daily with meals and 1 Candida Clear Enzyme Packet three times daily between meals on an empty stomach.

It is also important to make dietary modifications in order for this program to work effectively. First, yeast love carbohydrates, especially simple sugars. So, while on the cleanse eliminate all simple sugars and refined grain products from your diet. Simple sugars include table sugar (or sucrose), glucose, fructose, corn syrup and even natural sugars like honey, brown sugar and fruit juices. Refined grain products include white flour, white rice, corn chips and breakfast cereals. You're going to have to read labels carefully because sugars are added to most prepackaged foods. If your problem is severe, you may even wish to avoid some complex carbs like whole grains, fresh fruit and starchy vegetables like potatoes.

Avoid alcohol and foods that contain yeast or mold, such as bread, beer, aged cheeses and so forth. Many experts also recommend avoiding pickled and fermented foods and vinegar. These foods don't cause yeast overgrowth, but eliminating them for a period of time seems to help get yeast under control.

Have a 3-4 ounce portion of high quality protein at each meal, such as fish, poultry, red meat, eggs, plain yoghurt, nuts or legumes. Meat and dairy products should be organic, as animals raised in non-organic farms are often fed antibiotics, which contribute to yeast overgrowth. Fill the rest of your plate with low glycemic carbohydrates (non-starchy vegetables) such as green beans, broccoli, cabbage, cauliflower, beets, chard, celery, lettuce, radishes, cucumbers, etc. Green foods are especially valuable. You can also eat low glycemic fruits such as raspberries and blueberries.

It is also important to include some good fats in your diet. A particularly good fat for fighting candida is coconut oil because it contains a medium chain saturated fatty acid called caprylic acid that helps control yeast. Other good fats are organic butter, flax seed oil, olive oil and Super Omega-3 EPA.

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