

What You Need To Know

about

Probiotics



listen 
to your gut

Jini Patel Thompson

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HOW CAN PROBIOTICS HELP ME?

Probiotic therapy benefits people with IBD (Inflammatory bowel disease) and IBS (irritable bowel syndrome) in many ways. If you get too many “bad” bacteria in your gut and not enough “good” bacteria, the bad bacteria (and other pathogenic microorganisms like yeast, fungi, parasites, etc.) will degrade the mucosal lining of your intestine and even penetrate through the intestinal wall. Aside from resulting in an increase of mucous, inflammation, ulceration and bleeding, this will also result in undigested particles of food passing directly into your bloodstream - where they are perceived as allergens and trigger an immune response.

Repopulating your bacterial flora to contain predominantly good bacteria (via probiotic supplementation) will result in a drastic reduction - if not elimination - of many harmful pathogens like yeast, fungus, mold, parasites, viruses and bad bacteria from your gut environment. The good bacteria will also form a protective coating of your mucosal cell lining (gut biofilm) and produce B vitamins and digestive enzymes.

As a result, proper digestion and absorption of nutrients will gradually be restored. Top quality probiotic supplementation is an integral part of healing the root cause of IBS or IBD and then maintaining ongoing health. Symptoms that can be automatically resolved as a result of this healing include heartburn, gas, bloating, constipation, diarrhea, excess mucous, intestinal spasms or cramping, ulceration and inflammation.

Probiotic Therapy For Inflammatory Bowel Disease

People with inflammatory bowel diseases (IBD) like Crohn’s disease, ulcerative colitis and diverticulitis are very sensitive to many foods, herbs and therapeutic protocols that work well for people with normal digestive systems. Many substances like MSM, standard aloe vera and vitamin C (ascorbic acid form) that are healing for most people can actually aggravate the digestive systems of people with IBD. When you get into the arena of probiotics, whose action is almost exclusively in the gut, reactions can be quite pronounced.

When trying to work out why and how probiotics work, the field of misinformation is vast. I consulted well-known naturopathic physicians, professors of microbiology, gastroenterologists, and read extensively, but received conflicting information at every turn. I experimented with different brands of probiotics off and on for seven years and each time I tried supplementing, my symptoms (gas, bloating, bleeding) worsened. Although the science behind probiotics and why they should benefit me seemed sound, my experience proved contrary.

Finally, when I was nearly ready to give up, a naturopathic physician convinced me to try Natren probiotics. He insisted they were the best brand and that I would see good results from them. I started with Natren's Bifido Factor powder and for the first time, experienced an improvement as a result.

Thus, when I first began recommending Natren probiotics to my readers, I did so for one reason only; they worked. At that time I knew very little about the different strains of probiotics. For example, I had no idea that *Lactobacillus Bulgaricus* DDS-14 (DDS-14 is the strain) is a potent strain capable of antibiotic action against numerous harmful bacteria including *E. coli* and *Staphylococcus aureus*, while *Lactobacillus Bulgaricus* DDS-13 is a weak, ineffectual strain with none of the above capabilities. As you know, most probiotic manufacturers do not even list the strain on the bottle, so you have no idea of the effectiveness of the bacteria you're consuming.

I was also not aware of how the different probiotic manufacturing and extraction processes greatly affect the potency, safety, and bioavailability (how much of the substance ingested the body can actually use) of the finished product. Basically, I knew very little about the technical and scientific reasons why Natren's products were so superior. All I knew, from extensive trial and error, was that Natren's probiotics worked and other brands of probiotics were likely to have either no effect, or produce a worsening of symptoms.

I say all this, not because I am a sales rep for Natren – I receive no financial compensation or gifts from Natren - but simply because I want my readers to know why they haven't been getting the results they should from their probiotic supplementation.

The Herxheimer Reaction

Now, you may have heard of the Herxheimer Reaction, or die-off effect. This is where probiotic supplementation can cause a brief increase in detox symptoms – like gas, diarrhea, bloating, headaches, skin eruptions, nausea, etc., as all the pathogens are killed off and excreted from your body. However, this reaction can be minimized, or avoided entirely, by proceeding very slowly with probiotic supplementation, starting with only *one* species and gradually, over time, building up to the required dosage. By proceeding slowly, you prevent the pathogen die-off from overwhelming your body, and allow your body to get rid of the toxins at a rate that doesn't result in too much discomfort.

A gastroenterologist I know in Toronto has seen some patients with colitis achieve remission with acidophilus, and others whose colitis flared because of it. Unfortunately, she didn't track which brand or strain of acidophilus her patients were taking. Dr. Michael McCann, an MD in Cleveland, Ohio, has found that once his IBD patients have achieved remission, every one of them who's continued to take potent probiotics has remained in remission to date.

Whether they'll still be in remission in 20 years remains to be seen, but the evidence is certainly encouraging. One of my readers was passing a cup of mucous with every bowel movement and after only 12 days on probiotics, the mucous was completely gone. Her story is only one of dozens I've received from readers. I tell my readers they have to use potent, therapeutic-grade probiotics in their healing regimen, otherwise their results will vary.

For myself, prior to taking Natren's *B. bifidum*, the only thing that had worked to stem my chronic diarrhea was L-glutamine (on an empty stomach only). However, within three doses of Natren's Bifido Factor, my stools began to firm up and excess water was reabsorbed. I tried Natren's Megadophilus (*Lactobacillus acidophilus* DDS-1) next, but did not tolerate that as well as the *B. bifidum*. In searching for reasons why, I came

across this bit of research that showed that in states of inflammation the overall tolerance to bacterial flora is greatly reduced:

“It is possible that the products of the commensal flora promote inflammation in the presence of an impaired mucosal barrier or injury to the mucosa... These results indicate that, in health, there is tolerance to autologous [your own] but not allogeneic [foreign source] intestinal flora, and tolerance is lost during inflammation. Evidence also exists that animals are tolerant to their own flora in health but not after colitis develops.” (Source: *Inflammatory Bowel Disease: Etiology and Pathogenesis* by Claudio Fiocchi, *Gastroenterology* 1998, Vol.115, page 185)

Unfortunately, this bit of research doesn't stipulate which species of bacteria the body loses tolerance for, and which strains of which species. Nevertheless, it provided me with a clue by which to proceed, and as my own program of supplementation was successful, I then recommended the same conservative course of action to my readers. I know many people have experienced good results from more aggressive supplementation, however, I favor the kinder, gentler approach to healthcare that's likely to work for the greatest number of people and not risk triggering adverse reactions. Feedback from hundreds of readers since has confirmed the effectiveness of this approach.

Probiotic Dosing

My recommendation is this: The multi-pronged approach to healing inflammation, ulceration, bleeding, etc. is best. For more information on natural ways to accomplish this, see either of my books, [Listen To Your Gut](#), or [The IBD Remission Diet](#). However, I do recommend you try supplementing with either Natren's Life Start (*B. infantis*) or Bifido Factor (*B. bifidum*) right away because if you can tolerate it, it will help speed your healing. Start with only 1/8 tsp. of probiotic and gradually build up to the full dosage of one tsp., three times a day.

B. infantis is the species of bacteria predominantly found in the bowel of breastfed infants. However, if your mother did not have a healthy gut flora, you were born by cesarean, or you were not breastfed very long, you likely never received this species, or not enough of it.

Therefore, many people find going back to the beginning the most highly tolerated form of probiotic supplementation. So you may want to start with Natren's Life Start (in a cow or goat milk base) first and then move on to the adult species of *B. bifidum* – found in Natren's Bifido Factor.

Once you've successfully used Natren's Bifido Factor for a few weeks, next try adding Megadophilus (*L. acidophilus*), if you tolerate that well, then finally add their Digesta-Lac product (*L. bulgaricus*) to your regimen.

You ultimately need to ingest the complete spectrum of probiotics as each is particularly active and healing for different parts of your intestine: *Acidophilus* for the esophageal tube, stomach and small intestine, *bifidum* for the large intestine, and *bulgaricus* is a transient species that travels throughout the intestinal tract and also assists the action of *acidophilus* and *bifidus*.

If you suffer from irritable bowel syndrome (IBS) you can start immediately with Life Start and then after a month or two, add all three (Megadophilus, Bifido Factor and Digesta-Lac) in powder form. Whether you tend toward diarrhea or constipation, or some mixture of both, the probiotics will normalize your bowel function and you should see positive results within a month or so.

I recommend people with IBD take the probiotics in powder form so that (a) you can reap the benefits in your mouth (mouth ulcers), esophagus and stomach (*acidophilus* reduces or eliminates heartburn – even while pregnant) and (b) to ensure effective utilization, as people with IBD often have very fast transit times through their gastrointestinal tract, so capsules are not always broken down and absorbed properly. If you tend towards constipation though, then you may be fine to take the Healthy Trinity capsules instead.

Follow dosage instructions on the bottle and you can mix all three powders together in one glass of room temperature, filtered or spring water. I also like to take one tsp. of each powder (mixed together in a glass of room temperature filtered or spring water) before bed (on an empty stomach) so the bacteria have all night to colonize undisturbed. For ongoing maintenance, once you're completely healed and symptom-free, I like to take one dose in the morning, 15 to 20 minutes before breakfast, and then one dose before bed.

The key point to keep in mind regarding dosage is this: clinical trials have shown that to see therapeutic results from probiotic supplementation, you need to ingest a minimum of 7 to 10 billion CFU (colony forming units) of each species, per day. So start at 1/8 tsp. and then gradually work up to full dosage.

For an infant with bowel problems, supplement with Natren's Life Start (*B. infantis* bacteria) only – do not give the adult probiotic species directly to an infant (although a nursing mother can and should ingest other species including *B. infantis*). 1/8 tsp. two to three times a day should produce fairly swift results for a baby. You can let your baby suck it off your finger (on an empty stomach); mix it into breast milk or formula; mix it with room temperature filtered or spring water, or mix it with applesauce (wait 20 minutes before following that with any food other than breast milk).

If you've already tried probiotics with mixed results, I encourage you to give them one last try. But remember, start with just one species of bacteria first and gradually increase dosage and variety from there. If you have a gastrointestinal infection – like *C. difficile*, candida, Crohn's disease, colitis, diverticulitis, etc. – and you want detailed probiotic dosage instructions, including Jini's Probiotic Retention Enema and Jini's Wild Oregano Oil Protocol, along with all the scientific evidence supporting efficacy, then see my eBook, [*Jini's Healing Guide: Natural Treatments for Gut Infection.*](#)

But for complete healing of any digestive disease (not just infection, but inflammation, ulceration, bleeding, etc.) you really should get one of my comprehensive books: *Listen To Your Gut*, or *The IBD Remission Diet*. You can read chapter one of each at: www.ListenToYourGut.com

Note: You can purchase any supplements that I recommend in this report at my online health store: www.LTYGshoppe.com Or just use my LTYG Holistic Health Shoppe to see which brands I recommend and why, then order them from your local health store.

PROBIOTICS 1 TELESEMINAR

WITH PROBIOTICS EXPERT NATASHA TRENEV

Jini:

Probiotics is definitely the topic people ask the most number of questions about, so I thought that would be a good one to start out with because of the high interest in the area.

Natasha:

You have big players coming in now. The unfortunate part is that it's the marketing message and not the science that's coming in clear and loud. That's what we have to dispel because it's a very important area. We need to set the criteria, and then we can move onto better and greater things.

Jini:

Let me introduce you properly Natasha, and also myself. It's 6 o'clock now so we're going to start the call. I know there are some people that are not part of JPT Wellness who are also on the call, so I'm going to tell people who I am as well.

My name is Jini Patel Thompson. I write books on natural healing for digestive diseases like Crohn's, colitis, IBS, and everything else in between. People can find out more about me and my books, blog and everything if they go to www.ListenToYourGut.com . Now I hope everybody does have a pen and paper, as we get into the call Natasha will be giving you information that you're going to need to write down.

Now let me tell you a little bit about Natasha Trenev, whom I'm interviewing today. Natasha Trenev comes from a long, multi-generational line of yogurt makers and her family supplied yogurt to King Peter II, and many generations of the royal family from Yugoslavia. Her parents came to the United States when she was eight years old. Her father continued in the yogurt business but Natasha, after attending university, really got

interested in probiotics, a more concentrated and more potent form of bacteria found in foods like yogurt.

So along with her husband Yordan, Natasha founded Natren Inc. 25 years later, Natren Inc. has 70 different probiotic products and a staff of over 50 employees. Natasha is constantly called on to educate medical professionals around the world about the benefits of probiotics. She's an internationally recognized expert and authority.

Her work is so respected that her probiotic production standards were read into the U.S. congressional record, and are currently cited as the probiotics industry standard. She was also invited to speak at the World Health Organization Congress of Health in Adelaide, Australia. So that is just a tiny bit of your illustrious reputation, Natasha. I know from our discussions that you are just a wealth of information on probiotics and probiotic manufacturing. Thank you very much for agreeing to join us today.

Natasha:

You're one of my favorite people and this is such an important topic. We have to get it right, and this is coming from science and not from a marketing position. Bacteria are what I call "single cell brains". They are very smart and they'll do things because they like it. Right now, there's so much misinformation about beneficial bacteria and the whole category of probiotics, which I actually brought to the United States in the late 1970's. Until we establish some criteria for evaluating this topic, we cannot experience the miracle that they promise as the natural medicine of the 20th century.

If I can take a moment to establish important criteria of how to select a proper probiotic in order to have a unit of measure. You have to be able to measure what you are ingesting in order to know how it's affecting your body.

First of all, there is a huge confusion, not only by the lay people but also medical professionals that don't understand what a species is, and what a strain is. They assume when they see all these names of species of a probiotic product, that these are all strains. By and large, I would say less than 2% of these products on the market list

strains or identify strains in their product. The rest is just a mumbo jumbo of a list of species, and doesn't offer any kind of guaranteed benefits to the end user.

All the literature says that in order to get a true probiotic effect, you have to have not only the accurate species but also a DNA fingerprint of the strain you're using. That strain has to be available to the end user, in sufficient quantities to play a part in the beneficial effect on the host that we're seeking.

Jini:

That's one of the points that I'm continually having to stress, because they're saying, "I'm taking this and I'm taking that". I say "How much are you taking?" Because all of the clinical studies show that you need to consume at least 7 to 10 billion CFU (colony forming units) a day to see a therapeutic effect.

Natasha:

That's right, but you have to know what you are consuming. And one of the things that irritates me the most, is that all of these products list five or more species, but they don't tell you exactly what you're getting. They put numbers behind the species and fool the consumer into thinking that just putting a number behind a species name, that they're identifying a strain. No, you have to identify a strain to a third independent party to validate the benefits and effects it has on the host.

Jini:

That's right, and just to give some people some background. Natasha, something I read in your first book was that - let's take acidophilus, for example. How many different strains of acidophilus have been identified to date, roughly?

Natasha:

I would say several dozen.

Jini:

So out of that several dozen, how many demonstrate potent antibiotic activity against pathogenic bacteria?

Natasha:

I'd say less than a couple.

Jini:

Right, so let's say you've got 2 out of 50, that actually have ability to even kill the bad bacteria.

Natasha:

Right, and they have to have a genetic feature first of all that allows it to produce hydrogen peroxide. Without this feature it cannot kill or subdue a virus, yeast or a bacteria. You can list species and names on the box, but if it doesn't have the ability to produce hydrogen peroxide, it's not going to be considered a super strain.

Jini:

Could you, as a consumer, possibly know 1. Which strains would be good to consume and 2. How much of that strain you're actually getting in the bottle, because nobody even specifies this information. If you get different species together, let's say you've got acidophilus and bifidus in there together. They don't tell you how much of each, they only give you a total bacterial count.

Natasha:

That's the thing, that bacteria are not by nature symbiotic. By mixing all these together you're not getting any results. By not telling you what the strain is, or what the feature of that strain is, you're just wasting time and money. If you are fighting yeast or a serious pathogen that's infested your GI tract, unless you identify the strains and you know that that strain has the capacity to produce hydrogen peroxide, you're wasting your time and money.

Jini:

Yes, in fact one of our questions we were emailed during the call is from Angela. She says, "I would like to hear more about the whole single strain (I think she means single species) versus multiple species formulation debate. Specifically what are the drawbacks to taking a multi-species powdered blend?" Let's say Natasha, let's talk about your powdered probiotics. You can have either acidophilus in one jar or bifidus in another jar,

and then you've got bulgaricus in a third jar. Most of the probiotic manufacturers put all three in one jar, add seven others, then put them all in the same jar or the same capsule - she wants to know about that.

Natasha:

Well let me clear that from the beginning. Basically the mixture of those organisms is not based on science, but based on marketing needs. You have all the people who sell their probiotics to their consumers, do not manufacture them. Once you mix all those species together it is very time consuming to figure out what exactly you have in the product. If you have 30 or 40 customers buying a species of probiotics from you, it's not economically feasible to grow single strains for all of these customers.

So what they do is, many times they don't even have the blend listed on the label. They just list the organisms and they have the same blend, which they sell to all their customers. The reason I say that is because it is extremely expensive to do that.

Next, you as the customer have to say that 1. In microbiology, there is absolutely zero information that mixing species produces a better product or gives a better result. All of the information we have in probiotics, every major article, says that it is strain and species specific. By mixing the organisms you are diluting the efficacy of the product. Many of these species being dumped into the product are what I call "filler organisms". They're just there to look good on a plate in a laboratory.

Because bacteria do not behave in a way that benefits us, unless they are stimulated to produce certain effects on the body. When you mix all these organisms together, they have no vested interest in expressing these features for you. Because allowing them to be in such a mix gives no compulsion for them to behave once you ingest them into the body.

Jini:

I think that's a really key point. A lot of us tend to think that probiotics are just another form of supplements, but these are live, intelligent evolving organisms and need to be treated like you said. You have to say, why would this bacteria want to benefit me as its

human host? How have you bred it and what conditions are you putting it into, in order to make it behave a certain way?

Natasha:

Let me give you a simple explanation, because at one time I was the exclusive licensee at the University of Nebraska. One of the things that they found when they were first isolating the DDS1 organism, which by the way makes the third party validation, that it has the organism cited in literature as DDS1. No one else that I have seen in the marketplace even has validation. The science says that unless it is grown in milk it will not exhibit its anti-microbial properties. To me it's so unethical to take an organism that the published research says, "You have to grow it in milk in order to exhibit its properties" and then say it is non-dairy based - that is duping the public.

Jini:

When you produce your acidophilus that is a non-dairy base, you use a different strain that is not DDS1?

Natasha:

Exactly, I use a strain that doesn't need the presence of a calcium ion, to adhere to the epithelial tissue and I use a strain that has a genetic feature. It's called the NAS Natren Adhesion Strain. It has a feature called an exopolysaccharide cell wall which has a little bit of a Velcro effect, so that it can stick to the attachment sites (parking spaces) on the intestinal wall. Each bacteria is chosen for its specific properties.

Then I choose a medium to grow this bacteria, so that it will willingly express these properties once it's grown in that culture medium. The bacteria will not waste their energy expressing these features for us because they like us. And the more bacteria you grow commercially and mix together, the less they're likely to produce the beneficial effects for us when they're consumed.

Once you place the bacteria in the bottle, they are not in a dormant state. These bacteria still keep growing. They might be in an arrested state, but anything in a bottle or capsule is what we call a closed-ended system. In other words, nothing is coming in and

nothing is going out. Eventually, from sitting on the shelf, it absorbs all the available food and competes with the other organisms inside the capsule or inside the bottle for living space.

Jini:

Yes, I've heard of that as "competitive exclusion", which is why you can't put different species together in one jar, or one capsule. How does that actually work? Do they kill each other or do some of them just die off because other strains are more robust?

Natasha:

Exactly, it is survival of the fittest, that's the bluntest way I can put it. In fact there was a wonderful article published by a famous researcher Dr. Gilliland, who founded a mother culture of the NCFM strain, which was isolated at the University of North Carolina. The mother culture, which was grown and kept under pristine conditions – there were two or three mutants that grew on the mother culture and were producing anti-microbial byproducts, which were knocking each other off.

Jini:

Interesting.

Natasha:

For us to assume that these are benign creatures, which do not want dominance in the microbial world... Dominance and proliferation in your own kind, is a key to survival.

Jini:

You don't want to put different species together because they will try to kill each other off, and the stronger species will dominate.

Natasha:

Exactly. The only way I will mix my organisms is if I microenrobe them in oil, because I know from physiology it will keep them separate. We know that oil can only be emulsified by bile action, and since the bacteria don't produce bile, they will not be able to release themselves into the bile until the capsule is released into the body.

Jini:

Natasha has a product called “Healthy Trinity” which has three different species of bacteria in one capsule. But inside that one capsule, each species is encapsulated in its own oil bubble. So the different species do not touch or interact with each other, which is how she can put the different species in one capsule. I saw that phenomenally expensive machine that you have; I don’t think anybody else has that machine.

Natasha:

Yes, that is a special technology developed by me, because I know how important it is to keep the bacteria separate now. Once that bacteria is put into the body, if you think of the GI tract as an open-ended system, the body acts as an open-ended system. With food coming in and waste coming out, the bacteria will go to its most desirable niche in the GI tract to proliferate. If you want to mix my single strain powders together in a glass and drink it, that’s perfectly ok.

I just wanted to add that Health Canada is forcing manufacturers to substantiate to them why they’re mixing the species, and if the effects of mixing are greater than if they were a single strain.

Jini:

So somebody’s starting to ask good questions in the probiotic industry.

Natasha:

That’s what I have always driven for. I always ask people to ask those they’re buying the products from if they’re the actual manufacturer, or if they are just distributing from the manufacturers.

Jini:

You can go on the internet and find a probiotic company that’ll send you a checklist where you just check off which ones you want. “Oh, tick, tick.” There’s no science behind it; there’s no analysis of what they’re going to do when you mix them together. I’ve seen some studies that show mixing can create a toxicity that’s dangerous for people with any immune disorder. This industry is just out of control.

Natasha:

It's the Old Wild West state. Many times you can't call these companies and speak with anybody that really knows anything about the product.

Jini:

There's nobody to monitor the safety of these products. As you know, Dr. Mercola, who has the #1 health site on the internet, recommends a bacterial soil organism for his probiotic blend. Dr. Andrew Weil, who is also very famous, is also recommending bacterial soil organisms as a probiotic.

Natasha:

That to me is unconscionable because Dr. Weil doesn't know anything about probiotics, and all of his products, unfortunately, are contract manufactured. If you were to look up bacillus coagulans, which is the real name of the organism used, it is a cousin of bacillus anthracis.

Jini:

Anthrax? Oh my lord.

Natasha:

That's right. It's definitely not as toxic as anthrax, as there are other organisms. It has the same ability to form spores, once it's in your body it's virtually indestructible because once it's in your body, antibiotics cannot destroy or damage spores. To me it is sheer folly, and the only reason they put this into the product is because spores, and soil organisms will survive mistreatment with un-refrigerated packaging.

This is a marketing decision. A lot of them are so unscrupulous that, as Dr. Marion Sanders responded on, they use the word Lactobacillus sporogenes – which was never accepted in the microbial world as a definition of bacillus coagulans. The only reason they misbrand this organism is so that people would assume it comes from a safe genus of Lactobacilli.

Jini:

Just so people understand, Lactobacilli are bacteria that are traditionally cultured on milk or other food products. Whereas the bacillus organisms are usually bacteria that exist in soil.

Natasha:

And are usually found as contaminants in food products.

Jini:

Yes, now here's a quick question: For your Natren products, what are the pros and cons of the Healthy Trinity capsules (which do not contain the growth medium) versus the powders? Which, like yogurt, contain the growth medium the bacteria is grown on? Can you talk about when you should use which one and the pros and cons?

Natasha:

As you all know, the reason why we make all these separate products is so that each person can design the right program for themselves. Literally we have to jam the cells in, in order to get the 30 billion CFU count in with the oil inside the capsule. The reason we made the capsule is because it's like a powerhouse hit of the bacteria that is geared for the intestinal track.

The bacteria will survive 100% in the acid medium of the stomach, then be multiplied by the bile produced lower down by the gall bladder, and since all of our organisms are bio tolerant, again you will have 100% survivability and you get 20 billion bifidum going to the large intestines, 5 billion NAS acidophilus going to the small intestines, and the bulgaricus also being part of the what I call "controlling/transient flora."

The advantage is that you will have more of the supernatant. Research and science has shown to us that these bacteria impart certain beneficial byproducts (fermentation end-products) in the supernatant that have tremendous effects in the body. For instance, the *Lactobacillus bulgaricus* will impart certain enzymes that will help us break down protein.

It will also impart other enzymatic structures inside the supernatant that will help us break down the food that will not aggravate the immune system. It will also provide something called micro-lectins, which are necessary positively-charged proteins that help the beneficial bacteria stick to the intestinal walls.

You will also find production of hydrogen peroxide inside the supernatant, other anti-microbial properties, and a multitude of peptide and amino acids. We know that these amino acids and peptides have anti-carcinogenic properties, properties for helping maintain proper blood pressure (this is published work), and is a huge benefit. Some researchers show that when you include the bacteria in this intrinsic supernatant/culturing medium, the beneficial effects of this organism increases 50% - 60% *more than if the organism was just by itself.*

Jini:

Capsules obviously are easier to take, rather than scooping powders out and mixing and drinking it. It almost is sounding to me that if you can, especially if you're someone that has a digestive illness, that you really should take the powders. That way, you get not just the bacteria, but also the other helpful elements.

Natasha:

The optimal thing is to do what I call the layering system, I told this to you before. You take the capsule, which is a big hammer with a lot of cells that are healthy going into the GI tract. Then you take the powder, which we offer in a capsule. They're lower in potency but even the capsules maintain a greater percentage of the supernatant.

So if you're really averse to powder, you can take the regular products that come in the regular powdered capsule, not just the oil matrix. If you learn about the products, there is a big payday. Each one of our products has different measurable benefits.

Jini:

Do you have people that are taking both the Healthy Trinity oil capsules, and the powders?

Natasha:

Absolutely, people that have Crohn's disease or IBS... Many IBS patients take our Life Start 2 product which has the exclusive organism of Bifidobacterium infantis grown on goat's milk. That organism has been found to have the most quieting effect on a hyperactive immune response that causes IBS. But we also tell them to take the Life Start 2 along with the Healthy Trinity because there are multiple factors responsible for IBS. You can take the Life Start 2 to stop the hyperactivity, but the other bacteria found in the Healthy Trinity contributes to overall digestive health if you suffer from Crohn's or irritable bowel syndrome.

Jini:

That leads us right into another question that Germaine emailed in, she says: "I would like to ask can you take too many probiotics? Can the good bacteria ever cause inflammation themselves? That probably sounds stupid, but you know some vitamins can be taken in excess. Others get excreted by the body if not needed, however it still requires processing by the liver and kidneys? So I think that both things can be overdone, and I'm wondering if that is true with probiotics?"

Natasha:

First let me clarify. You must buy any bacteria from a reputable manufacturer, who makes certain that only a bacteria from the Lactobacillus genus or the Bifidobacterium genus are present in the product. Several years ago there were 600 citations presented to the FDA to show that there are no known toxic levels from any species found in the Lactobacillus or the Bifidobacterium genera.

Now why am I saying you have to trust the manufacturer? Many times unscrupulous contract manufacturers will add spore-forming bacteria to boost the count or to get some kind of an effect and they will put enterococci in their products. Enterococci faecalis or faecium are potential pathogens, and if you don't trust the manufacturer sometimes they will list these bacteria on their labels, sometimes they will not. You definitely can do too much of these bacteria and they can turn against the body under certain conditions.

I can tell you there are no known toxic levels of Natren probiotics because I know exactly what goes into these products, but I can't vouch for anybody else. All I can tell you is that you have 100 trillion organisms lining your GI tract. You have bacteria in your blood, in every orifice in your body, your organs. A former medical view that there are sterile parts in the body has been totally eradicated now. Bacteria can be found in every part of the body.

Jini:

Another thing I've been reading about is how we've been educated to think: Bacteria? Bad! But the majority of the bacteria are actually required by the body and are beneficial to the body.

Natasha:

In fact we were going to talk about the effects of obesity. The radical change in our microflora can not only make us fat but also cause us to waste away. In the 70's, 80's, and 90's, people with AIDS were wasting away. Now in the year 2000, we find data that AIDS patients are now becoming obese. When we say obesity, it goes either way. Radical changes in your microflora, usually associated with antibiotic, use or some form of infection by virus or other form of bacteria, can cause you to be too thin or too fat.

Jini:

Yes, you sent me a bunch of articles on that. They said based on the bacteria that are in your gut, you can eat the same bowl of Cheerios that somebody else eats, and you will take in twice as many calories from those cheerios as the other person.

Natasha:

Exactly. I also have a theory which was cited in one of these articles, that the fact that we did change our diet to include complex carbohydrates and sugars, the diet can also change which organisms become prevalent and which die away. The consumption of things like high fructose corn syrup we know is deadly for people who want to lose weight. It is also what can be the cause of obesity you see in the young children - everything is sweetened with high fructose corn syrup.

Jini:

The other thing people are not making clear in this literature is the difference between regular fructose and high fructose corn syrup. They're tending to just say "fructose" ,which is inaccurate because high fructose is a completely different molecular structure to regular fructose. High fructose corn syrup is a chemically synthesized product which is not naturally found in nature.

Natasha:

Not only that, but they also found with the people that had a problem with obesity that they had the ability to break down polysaccharides; which you know that normal people cannot break down polysaccharides.

Jini:

Right, of course. [Note from Jini: Natasha is talking about resistant starches here like prebiotics – FOS, inulin, etc.]

Natasha:

There is a number of changes, and it's important for me to say that in order for us in alternative or complementary healthcare to make progress, we have to demand (whether it is a probiotic manufacturer, an oil manufacturer or a vitamin manufacturer, or a multiple vitamin manufacturer) some third party validation of the accuracy of the statements that are being made on the label. And then we can really get to the point where we're helping people.

And we've got to stop taking the information out of context, because the body is very complex. There is scientific evidence now showing that we are super hybrids of microbes and human mammalian. We are 90% microbes and only 10% human cells. The genes of these microbes can be switched on and off and can determine if we are healthy or ill.

Jini:

You know what else I read recently, and I know you know Dr. Thomas Borody down in Sydney, Australia who has been spearheading the mycobacteria research and looking at

it as the cause of Crohn's and possibly colitis. He's got a very interesting article he wrote, along with a couple other scientists, where they're looking at probiotics not just from the angle of, okay well they can dominate all the bad bacteria in your gut and therefore increase the digestion, but also what you've talked about before – which was these beneficial bacteria can produce substances that regulate the immune system.

So if you're having a ton of inflammation because for some reason your immune system is turned up on high, ingesting these beneficial bacteria can bring your system back to balance. He's saying "Jeez, we need to look at all of the ways the bacteria impact and interact with the body to get a really good understanding of where need to go with all of this."

Natasha:

Here's the new research: #1 you have to find the bacteria that has the most quieting effect on the immune system if you have inflammatory and allergic responses. That would be the *B. infantis* that we sell. If you have inflammation issues or allergies that would be your #1 choice.

Jini:

And how much would you want to take of that?

Natasha:

Two or three capsules, three or four times a day would be a good starting point. These are the bacteria that are found in healthy infants in third world countries. Unfortunately for us in the westernized countries, the mothers have loss of bacteria so for the last 30 to 40 years we have not been transmitting this to the children. This is speculated to be the cause of our learning disabilities, our intolerance to allergens, and the hypersensitivity of our immune system to normal proteins.

Jini:

Allergies are just insane in the western world, so many people are allergic to so many things.

Natasha:

And I argue with researchers that say we have a too sterile environment, and I say “no”. The pathogens that are now in the community are so deadly that you dare not desensitize the environment. The stupid theory that you’re now going to somehow miraculously, without controlling the microbes, desensitize the immune system is to me sheer folly- like having a child play with nitroglycerine.

A little bit of information can be very deadly. The important thing is that specific strains of these beneficial bacteria have an intimate communication with the immune cells on the intestinal wall. As you know, 70% of your immunity is found on the intestinal wall.

They can actually communicate with each other by emitting light photons, or by biochemical means. Beneficial bacteria can actually tell the immune cells to stop producing pro-inflammatory or pro-allergy cytokines to calm down. Or they can tell us now that we have an invader; you need to make sure the macrophages – the Pac Man of the immune system – are called in to engulf the invader to protect the body.

Jini:

There is so much communication going on that we’re not even aware of.

Natasha:

To tell you how smart the pathogens have become and why probiotic supplementation is so important in this day and age is that MRSA is not only a US problem but a Canadian problem as well. And that’s the Methicillin-Resistant Staph Aureus that’s still in our community. The MRSA in our community is so smart that it has learned how to defeat the immune system. It can actually produce an enzyme to break apart neutrophils, which are the white cell components of our immune system, to give themselves a head start in taking advantage of the body. The deaths from MRSA are now outpacing the death of AIDS in America.

Jini:

For people who are not in America we are referring to M-R-S-A, a new super bug.

Natasha:

So, I just wanted to give you those two examples, one positive and one negative, of how the bacteria try to take control of their environment. As I said, they're extremely smart, and we have to get smart in utilizing their abilities to protect us.

Jini:

Another question for you from Rachel. She said, "I had ulcerative colitis, and had a colostomy years ago. I now often have pouchitis. I've tried many different probiotics including Culturelle, VSL#3, etc., expensive/inexpensive versus refrigerated etc., over the last several years and spent many dollars. I know I do react negatively to milk and cream. I've had no relief by using probiotics. How can I test probiotics effectiveness and potency by the time it reaches my intestine?"

Natasha:

That's a hard one because testing fecal samples for bacteria is like trying to find a needle within a haystack. 40% of your dry weight fecal matter is bacteria. She mentioned VSL, that's another one of those products that are sold to doctors' offices.

My problem with that is they have a potency but they list like seven organisms, and none of them are strains. They're just the names of species, so how can you tell if what you're putting in your body is having any effect? She just knows it's not impacting her positively.

For people who have pouchitis or ulcerative colitis, my recommendations are seven Healthy Trinity's, three times a day, three full teaspoons of each of the powdered probiotics at least three times a day.

Jini:

Oh lord. That's a massive dose.

Natasha:

That is a massive dose, but when you compare that to the half a trillion dose that you're talking about with the VSL suite of unknown bacteria, that's not a massive a dose. As I

told you, they're completely safe in any numbers, but when you have pouchitis, it is a serious situation. A very restrictive diet is also very important when you're on these high doses of these beneficial bacteria in order to ensure that the pouches are not infected.

Jini:

Would a probiotic retention enema be a good way for her to get relief?

Natasha:

No, it would only help in certain regions because remember, it would help in the lower rectum and possibly the descending colon.

Jini:

You don't think it would get into the J-pouch?

Natasha:

It may, but it's anybody's guess. The bacteria as I said will go where they think they will thrive. They don't go there just because we think we're putting it there.

Jini:

I know; I get it. It's not an herbal supplement; this is an intelligent organism that has its own agenda.

Natasha:

Exactly. You have to keep prodding it so that it will assume that role because it uses your body as the best place to thrive. It has a vested interest to keep you healthy because it realizes that you are the best environment for it to survive.

Jini:

Question for you, what's your opinion on using probiotics if you have active bleeding - Crohn's or colitis? Do you think it's best to wait until you think you've got the bleeding in check or mostly healed, or do you think you should start right away? Tell me about that.

Natasha:

That's a dangerous question for me to answer legally because you're not supposed to tell someone to take anything when you are bleeding. However when you are bleeding, you are getting fecal matter into your bloodstream, which is pretty dangerous. You're getting the microbiota, which is found on the intestinal wall, into your bloodstream.

So my unofficial position is yes, you will take the probiotics because they will produce substances to help you heal and that is important to help minimize the toxins that are being intravenously absorbed now. That is a good strategy to adopt because there is nothing that the orthodox medical world can give you that can help with the amount of toxins and poisons you're going to be accumulating where the site of bleeding is.

Jini:

I remember when we were talking another day and you were telling me about a woman that had C. difficile infection. She also had to take a massive dose of probiotics together.

Natasha:

Yes, that was Mrs. Gray I believe, and it was four capsules of Healthy Trinity three or four times a day and she was in her 80's. That was one of my best cases because her family was very supportive. Because doctors were so ignorant that they'd take her off the probiotics and give her more antibiotics, to the point that she was close to death. Her family was able to intervene and forced the medical practitioners to make sure that their mother got the proper dose of probiotics.

And within six months of her therapy; she was not passing any C. difficile in her stool. All the ulceration and the bleeding stopped. Matter of fact, as long as they could remember, she'd had severe arthritis in her hands so that she could not straighten her fingers. For the first time in 15 or 20 years she could straighten her fingers and the signs of arthritis had completely abated.

Jini:

That's the other thing that I talk about when I talk about people who get joint swelling as a side effect of Crohn's and sometimes colitis, and I give them the research that shows

that the bacteria travels throughout the body and gets into the joints. That will often cause the joint stiffness, pain, and the swelling.

Natasha:

Well you know how all the auto-immune diseases are caused - the bacteria tricks the immune system into attacking the mammalian cells who resemble their physiological makeup, so that the immune system doesn't attack them but attacks the body's cells.

Jini:

So there we get into that "smart little critter" thing again.

Natasha:

And that was the really great work that I published in my first book with Dr. Leon Chaitow. There was a fellow by the name of Dr. Eppenger who actually identified the cells that resembled an organism that called proteus and gave them numbers. It showed how the immune system was attacking V-Cells that were part of the connective tissue, rather than attacking the intruder. The intruder very cleverly tricked the immune system into thinking it was attacking the intruder, when in reality was attacking the cellular structure of the body.

Jini:

Okay... if you and I press *5 again, that will take us off the private conversation and open us to everyone else. If you have a question don't be shy, just start speaking and we'll try to get everyone's questions answered.

Question: I had a question: You talked about the probiotics, the Trinity, encapsulated, and in the oil. I'm assuming it breaks down when you swallow it?

Natasha:

First of all the gelatin capsule will break down in the stomach because you have a low pH in the stomach and digestive juices. The oil will not break down due to basic physiology. The oil will be emulsified by bile action in the gall bladder region. Since all

the bacteria in the Healthy Trinity are bile resistant, they will not be harmed by the emulsification process.

Question: When is the best time to take the probiotics?

Natasha:

It depends, some people like to take it before meals; some people like to take them after meals. The oil matrix you can take either before or after meals. I have a recommendation for the powders, take them at least 10 to 15 minutes before meals, so that you can have better survival of the ones that are in the intrinsic supernatant.

Jini:

And when you say take them after meals, for the Healthy Trinity capsules, how long after?

Natasha:

You don't have to wait any length because remember, It's not digested in the system, the Healthy Trinity. The gelatin capsule is broken down in the stomach and the oil is emulsified where the bile action is.

Jini:

Interesting. That's something I didn't understand either.

Question: If I don't have a gall bladder, does that make a difference in what I should be taking?

Natasha:

No because, you don't stop eating oils because you don't have a gall bladder. I can tell you the amount of oil in the Healthy Trinity capsule is less than a gram, so it should not cause any hardship.

Question: You mentioned Life Start 2, is that the name of it?

Natasha:

No, Life Start 2 is the product we made specifically for hyperactive immune systems, evident in people that have irritable bowel system.

Question: So if I have IBS I should be taking that?

Natasha:

Yes, Life Start 2 would be the preferable product to start with.

Question: Start with, and so then I can alternate and take the powder also? And go back and forth?

Natasha:

Yes, you may. There is no incorrect way to take our product. There's a better and best way to take it, but each person has to find the right fit for their body and lifestyle.

Question: Do you know anything about the company Metagenics DS?

Natasha:

Yes, Metagenics was my distributor when I first started to do business. They do buy from reputable contract manufacturers, but they never had *B. infantis* and they never will, because their contract manufacturers doesn't grow that bacteria provided.

Question: I have acid reflux; I'm lactose intolerant; I have inflammation issues, and I have a liver full of fat. What probiotics should I take?

Natasha:

I would take the Healthy Trinity to start with, and then I would take the Gastro pH Chewable Capsule. You would chew a couple before and after meals, even though they're dairy-based, it has the *Lactobacillus bulgaricus*, which is the most prolific producer of lactase - the enzyme necessary to break down lactose - and will stimulate your own body's production of lactase. That's what I would do in your case.

Question: So Healthy Trinity and Gastro pH?

Natasha:

That is correct.

Jini:

And Gastro pH is a Natren product as well, Natasha?

Natasha:

Yes, the Gastro pH is a chewable wafer made with beet fructose, which has a low glycemic index. It is great because it's easy for people to remember to chew before and after meals.

Question: If acid reflux is what it is, you just continue to take your Nexium or whatever?

Natasha:

Well you would try to wean yourself off of the Nexium because we know there is a host of side effects when you're on Nexium. Many people who have started our Healthy Trinity and Gastro pH program were able to wean themselves off Nexium within 72 hours to a week.

Question: I just finished taking some antibiotics and had a bacterial infection, and I'm supposed to take intravenous antibiotics. I was just wondering which products I was supposed to take and for how long?

Natasha:

Did you finish your antibiotic dosage?

Question: Yes.

Natasha:

I would recommend that you take at least 1 Healthy Trinity a day, along with a half a teaspoon of each powder 3 times a day, so that your body gets coated with the bacteria.

You get a bigger punch with the Healthy Trinity bacteria going into your large intestines. If you don't have any side effects, then that would be the dosage. If you experience diarrhea, bloating, fatigue, I would take more.

Question: So you said 1 Healthy Trinity daily and a half-teaspoon of...

Natasha:

That would be the three powders, in un-chilled filtered water, before meals, three times a day for a couple of months. The World Health Organization recommends that you take a good probiotic every day, because as we age over 40, we can lose 40% - 60% of our beneficial bacteria. This is one of the things that cause disease and premature aging.

Question: So take 1 Healthy Trinity every day after the couple months is up?

Natasha:

Yes, I would do it as an every day part of your life. Much better than having a cup of coffee every day!

Question: I have a toddler and she will not take the Life Start. Do you see a problem just putting it in applesauce or a sugar base? Is it bad to put it in a sugar base?

Natasha:

Some of them don't even like the sugar, funnily enough. I would prefer that you give her the unsweetened applesauce, but getting her to take it is better than not getting her to take it. If you want to mix it with apple juice, I would get the filtered kind because we're not taking the apple juice for health benefits, but as a carrier. So that it will not interfere with the bacteria or the ingestion of them.

Question: I've been able to get it in her in chocolate pudding, applesauce not so much. I figured it was better to take it than to not take it. I'm not quite sure if I should be changing it. She's three and a half and taking a quarter of a teaspoon a day. Should that change as she's growing into her toddler-hood or would it still be good?

Natasha:

No, I'd say as she's getting older, you would get up to half a teaspoon. Is she healthy right now?

Question: She gets a lot of congestion and coughs a lot.

Natasha:

That's not a good enough dose for her then, and I would give her half a teaspoon a day of the Life Start. I would add the other powders to her regimen, at least a half a teaspoon somewhere down the line in the day. I know you're a mom and it's hard but her congestion and mucus might be caused by dairy products.

Questions: I've given her almond milk instead of milk. I mean she does have cheese, but I've seen a tremendous improvement in her ability to recover when I took her off the dairy products.

Natasha:

For some reason the dairy has become bad in westernized countries, but keeping them off of wheat and dairy will definitely restrict that mucus buildup.

Questions: I have been diagnosed with *Klebsiella pneumoniae* and I've had excellent results from *Megadophilus*, but I started the *bifidus* and I've had terrible indigestion, gas - all those things. I don't know if that's a typical Herxheimer reaction or what I should be doing?

Natasha:

You are having a Herxheimer reaction, so keep taking the *Megadophilus* and possibly *Digesta-Lac*. Start maybe adding the *Bifido Factor* at maybe 1/8 of a teaspoon at a time. None of these bacteria cause the gas and the bloating, because they're just displacing something. *Klebsiella* are a prolific biofilm former. Sometimes one bacteria will be able to break apart the biofilm. When one bacteria is more effective in breaking apart the biofilm, that is why you're having this reaction.

Questions: My daughter's 15 and she has Crohn's. She's about 72 lbs. I've wondered if dosage depends on how much you weigh, or I wonder what kind of dosage she should take?

Natasha:

Jini's book has a really good regimen for Crohn's disease and she has the proper diet and gives you the dosage in there. I would follow Jini's recommendation because Crohn's is a serious illness and requires both diet, probiotics, and vigilance. I don't know Jini, which book of yours has the most data?

Jini:

Listen to Your Gut has the most information and has 3 different approaches. If you want to proceed cautiously, I present a plan where you can just start and gradually ramp up. People with Crohn's and colitis can have very severe Herxheimer or die-off reactions. That makes them so scared that they don't want to continue, so just start small and gradually increase so that you don't kill too many pathogens all at once. So that you don't make yourself really ill. For you, you might want to start with her on the cautious approach. Because she's 15, she will take the same dosage as adults.

Question: For mild or moderate IBS, what and how much would you take and how often. Are there any negative reactions with food and drugs that I should be aware of?

Natasha:

If you get the Life Start 2 you can go on the website or give us a call, and one of our health consultants can tell you how much to take. We offer you a free low carb diet or you could go on Jini's diet as a quick start. You definitely have to watch what you eat and consume, there has been a lot of talk about IBS being aggravated by certain drugs, especially to people that are sensitive. If it's mild now and you don't take care of it, it might get much worse.

Question: Were you saying that probiotics can help arthritis?

Natasha:

Absolutely, arthritis is an autoimmune disease. Autoimmune diseases are caused by infectious bacteria that divert the immune systems attention to joints that resembles the physical structure. We have found that by taking the probiotics that you can get phenomenal relief, especially from osteoarthritis.

Jini:

Do you have a general dosage recommendation?

Natasha:

At least one Healthy Trinity, three times a day to start with. I would definitely go on a diet that you would recommend, or a low carb diet we'd developed by a medical doctor for people to start. I also recommend a half-teaspoon of the powder before meals every day.

Question: You said it helps allergies?

Natasha:

Yes. Allergies are basically your body's intolerance towards environmental stimuli or intestinal stimuli. One of the things that's very necessary in allergies, which pertains to Life Start 2, is that you need a probiotic that has proven what we call "down regulation of the immune system". So that it doesn't react adversely to either environmental or intestinal stimuli.

Question: I have Crohn's; I happen to live right in the Irvine area. Do you have any consultations you can do in person?

Natasha:

Well I can't do that because I am not a licensed physician. However I recommend Jini – she has done her homework. I only align myself with who I feel are ethical people who provide products that are meant to help people. I will not do lectures with the majority of people; Jini is someone I will.

She really has a great approach in her book which shows you how diet and the levels of probiotics can contribute to have a tremendous effect on your Crohn's disease. I think she also provides support off her website, which is very important when you have any inflammatory bowel disease.

Jini:

Natasha you also have an '800' number which people can call?

Natasha:

Yes, it's 866-4-NATREN and we work with Jini together, so you can call all of our people that we've been working with for 10 years or more. Who are very familiar. We give support here and Jini gives phenomenal support in her book and she is someone that researches everything she recommends.

Jini:

Natasha is that a free call...

Natasha:

Yes, '866' is a toll free number.

Jini:

That number is 1-866-462-8736 and you can talk to one of Natasha's probiotic consultants, with 10 years experience with all different kinds of conditions. They can give you some good but free advice on which probiotic products to take, when to take them, powder vs. pills. You can get a more personalized opinion on how to take the products.

Natasha:

Our medical director is a licensed pharmacist. We have two people in our professional division who will be happy to speak with your doctor, as am I.

Question: My husband has been suffering from Crohn's and actually he was doing some kind of a acupuncture which has kept him under remission, but then the blood results

came up, he was not on any medication or on any of the probiotics, but when the blood results came in we did have some lows and highs regarding the MCH/MCV hemoglobin and his good cholesterol was low. So I just want to know what kind of probiotics should we start for him? It's like, he doesn't get severe flares really, it's still painful but when he starts the discomfort I give him the acupressure and it does help him a lot with that.

Natasha:

I think both Jini and I are both fond of any Chinese art, like acupressure or acupuncture. But it's only going to take care of the physiology and not take care of anything that's going on in the digestive track. I would recommend, if your husbands not adverse to it, at least one Healthy Trinity, three times a day, along with a half teaspoon of each powder in un-chilled, filtered water before each meal.

Again you can call and talk to our health consultants who can help your husband figure out the most advantageous regimen for him, or you can go on Jini Patel Thompson's website. She also has recommended diet programs and regimens for helping people with Crohn's, irritable bowel syndrome and inflammatory bowel disease.

Question: I have a son that who always has inflamed sinus glands.

Natasha:

We usually find that sinuses are host to a yeast infection. That's why if you call one of our health consultants, they can give you a more specific regimen because it's a little complicated to get into now. Call Natren or Jini - we can help you with the sinuses. What they usually do is give these kids antibiotics and it gets them into a life-long procession of inflammatory conditions that are never resolved.

Question: Yes, they do have a lot of side effects. Thank you very much!

Natasha:

My pleasure.

Question: I had a question about shipping. I have several of Jini's books and have benefited in a great way both from the information that is in there, and also the products that I have ordered from her website. Being from Hawaii, I'm a little concerned. And I understand they're packed in dry ice, but that's why I haven't ordered the probiotics yet.

Natasha:

You know it comes directly from our factory.

Question: So with the delay in time and shipping and the higher temperatures?

Natasha:

Let me tell you, we're the only people in the world to ship our probiotics like plasma. It comes in a thermally controlled box and we do use dry ice and blue ice, where we know the temperature validates that use. We do check temperatures across the country to ensure we put in enough ice so that the product is kept cool to touch.

Question: As long as it arrives and is cool to the touch, it should be ok?

Natasha:

It is ok. What we don't want is that most of these products, people are not aware of this, are exposed in un-air-conditioned warehouses. They're exposed to temperatures of anywhere of 100 to 140 degrees Fahrenheit for days on end, and that's where the danger comes in.

Most probiotics are stable at 70 degrees Fahrenheit, but they're not stable above 80 degrees Fahrenheit. That's why you have to ship them refrigerated and demand that they're refrigerated at all times. Most people are not aware that UPS, FedEx and U.S. Mail warehouses are not refrigerated, and not even air-conditioned.

Jini:

The other thing you might want to try for shipping probiotics to Hawaii, since you're already ordering from the LTYG Holistic Health Shoppe and you may want it all sent together, is to order your probiotics from the LTYG Holistic Health Shoppe, and if they do

not arrive cool we will issue you a refund. The Shoppe uses gel packs, and specifies that to somewhere like Hawaii it needs to be overnight shipping to make sure that it's not sitting somewhere getting warm.

Question: I've been getting the Megadophilus and Bifido Factor from the local Down to Earth Health Food Shop. Of course they're refrigerated in the store, but how am I sure that the whole chain of shipment has been refrigerated?

Natasha:

You see we are in the perishable distribution system. That's where the other companies get into big trouble. Our products have to be shipped like yogurt or cheese or milk, and not with the dietary supplements. If we're dealing with a store direct, it comes shipped from us direct. Otherwise, if they're shipped by a distributor, they need to be shipped along with other perishable goods.

Jini:

So you're saying that if a retail health store is stocking Natren probiotics, then it has been shipped direct?

Natasha:

That is right, or at least we're hoping. We suspect that if we put it in the perishable section then they wouldn't dare ship them along with the other drugs.

Question: Do you have any research or ideas about how your probiotics can help with parasite infections like worms, anything like that?

Natasha:

No, we don't have any research about that, and by parasites do you mean Entamoeba histolytica or Giardia? Honestly, anybody who has a worm needs to take the proper deworming. Whether they want to use herbs or oregano oil, they need to be taking massive amounts of a good probiotic like Natren, to help the intestinal wall heal.

Let me give you some perspective, a parasite such as Giardia is about 500 times bigger than a bacteria. They can literally chew up parts of the intestinal wall. The probiotics will actually minimize the symptoms and side effects, but cannot get rid of them on their own. They're very necessary as a protective agent while you're trying to eradicate the worm or the parasitic infection. I hope that answers your question.

Question: A parallel question, I know you recommend taking the probiotics while doing the oregano treatment, but if we're doing a hardcore treatment like 10 drops three times a day, will the probiotics still be any good?

Natasha:

Absolutely, just don't take it at the same time. Because believe me, even if you took a whole bottle of oregano oil every day, it's not going to get rid of all the bugs in your GI tract. There's something called displacement taking place, whether you're using a natural device or an antibiotic. Anytime you're displacing something you need to be pumping your system with a lot of beneficial bacteria because you want them to be *taking up those parking spaces or attachment sites, so that something else that you don't want doesn't start taking up that space.*

Question: And how far apart?

Natasha:

I would say two hours apart.

Jini:

Also, in the wild oregano protocol, I recommend that you take a high amount of probiotics, last thing before you go to bed at night. So then you have all night without any wild oregano going into your system, so it has quite a bit of time to perform its protective function.

Question: Do you have a product for heartburn?

Natasha:

Yes. Heartburn is caused by the displacement of acid. Usually a H. pylori bacterium in your stomach, along with the yeast, will form zones of buffer and you can be producing the normal amount of acid (hydrochloric acid) to digest. But because you have these buffer zones inside your stomach, it will be displacing the acid up your esophagus. So, you need to take the probiotics to help eradicate the H. pylori and yeast, so that your stomach and GI tract can go back to normal digestive function.

Question: Ok, so which of your products would you recommend first?

Natasha:

I recommend the three powders, a teaspoon of each, before each meal. If that's not convenient you can take four or five of the Gastro pH tablets before and after each meal, and at least one healthy trinity capsule a day.

Question: Did you say that if someone is hypersensitive or bloated they should take more or less?

Natasha:

Less. You're not getting bloated from the product, but from the Herxheimer or the healing crisis effect.

Question: Right, so start slowly and build up. Is that what you're saying?

Natasha:

Right, we don't want someone to get discouraged and stop.

Question: Do the docs go along with these protocols? Everyone that I talk to says that these are "incidental."

Natasha:

No, the research on probiotics is so significant, as I said earlier. I'm working with a number of GI doctors who've seen the published research, and the interest is still coming on board. But let me tell you, there's been about 10,000 articles on probiotics published

in the most prestigious journals in the world, and the medical community in the U.S. is standing up and listening. Because, basically all the drugs they have are either becoming ineffective or they're being pulled off the market.

Question: I've lost most of my hair and I've only had Crohn's for seven months and I'm sick of taking all these pills.

Natasha:

That means that you're not absorbing something, and Jini has a wonderful protocol for Crohn's along with the probiotics, and she's been really successful. I know I've been around for 25 years and I haven't lost a person yet.

Question: How does the product Align by Proctor and Gamble differ from your product?

Natasha:

First of all I'm the only manufacturer in the world who has sold a *B. infantis* strain of probiotics for the last 18 years. The big difference between my products and Proctor Gamble's product is that they don't manufacture the product, and they didn't do the original research. They have no potency guarantee. Unfortunately the research they cite talks about a potency guarantee, but the growth medium that they use in their capsule is not the same growth medium that they use in their research. That's the big problem I have with that product.

Question: Unfortunately my GI told me that it was the only product that was backed by the typical double blind, placebo controlled studies...

Natasha:

So is our product, and I just spoke with a Dr. Savor who is a part of the College of American Gastroenterologists and he says, based on the research he's seen from me, that's the only product that he's going to recommend to his peers and his patients. But remember, Proctor and Gamble have much more money, and as I said in the beginning of this teleconference, most doctors are uninformed about bacteria, just like lay people.

Jini:

It's not covered in their medical training, that's for sure.

Natasha:

No, they just know how to eradicate the pathogens by using antibiotics. They don't know anything about how they impact the body.

Question: Are the studies on your Natren website?

Natasha:

Some of them are, but you can call into our professional division and you can talk to Lawrence and Joel. They can provide you with the studies, at the same 866 number. Just ask for the professional division.

Jini:

Natasha, thank you so much. It's been a wonderfully informing hour and half with you. I want to just give it out to people again. If they want to learn more about the Natren products, they can just go to the website, which is www.natren.com or they can call any of the Natren probiotic consultants for a free consultation, 1-866-462-8736. And Natasha, thank you so much. We've enjoyed having you.

Natasha:

Thank you so much for your support; I love speaking to your people. Anytime you need me I'll be more than happy to do these teleconferences with you.

Jini:

All right. Oh, and I should just mention again, if people want to find my books, they're available at www.ListenToYourGut.com

Thanks everybody for tuning in, and maybe we'll have Natasha back before too long.

THE PROBIOTIC JUNGLE: UNDERSTANDING PRODUCT REGULATION IN THE U.S.

By Cora Rivard, N.D.

Probiotics: As naturopathic doctors, they are arguably one of the most important supporting tools in our medicinaries. Because they are living products, we have to be particularly mindful of the complexities involved in assuring that they are manufactured, delivered, and stored in a way that will guarantee a potent and viable product every time.

Some of my colleagues may remember mention of a pilot study performed by faculty scientists at Bastyr University a few years ago, where a number of probiotic products from area health food stores were cultured and tested to compare product labeling with actual contents.⁽¹⁾ Only one matched, and many were found to be completely unviable.

One even had contaminating strains of undesirable bacteria! The researchers were so thoroughly hounded by several product manufacturers represented in the pilot that the planned follow-up study was never performed.

But wait a minute; aren't we supposed to trust that the label honestly represents what is inside? Not necessarily. Under the Dietary Supplement Health and Education Act of 1994 (DSHEA), it is up to the dietary supplement manufacturer to ensure that a dietary supplement or ingredient is safe before it is marketed,⁽²⁾

The FDA is responsible for taking action against any unsafe dietary supplement product, only after it reaches the market. Manufacturers are not required to register their products with the FDA, or to get FDA approval, before producing or selling dietary supplements. In the U.S., the FDA has only recently introduced Current Good Manufacturing Practice (cGMP) guidelines in 2010, and there have been reports of failures for certification at this level by many manufacturers within the past two years upon audit.

When a company has passed GMP certification, it means that it has demonstrated proper documentation on such details as personnel, warehousing procedures, equipment, grounds maintenance, sanitation, quality of operations, and other processes.

Dietary supplements in the U.S. may opt to have voluntary compliance overseen by the Natural Products Association (NPA) to ensure that manufacturers meet certain truth in labeling requirements. The NPA has developed its own self-regulatory GMP certification program which includes onsite inspection and review of quality control issues, among other things.⁽³⁾

While compliance is always voluntary for GMP certification and is not required to sell products, it is still in the best interest of a company to at show that its processes have been inspected and approved for the health and safety of its consumers.

If a supplement company is closely following the updated cGMP's, it will be operating close to pharmaceutical grade standards. However, there is a loophole here - in the U.S., dietary supplements are classified as food products under the Dietary Supplement Health and Education Act (DSHEA). Because dietary supplements are not required to be effective in the same way as a drug, it means that product makers do not have to demonstrate process validation for submission requirements.

This means that they do not have to prove that products are consistently the same from batch to batch. While this makes sense when the food product is, say, a zucchini or a loaf of bread where some variation is to be expected, this lack of requirement means that there is no required regulation to ensure that the number and viability of probiotic strains in a capsule matches the claims made on the bottle.

With International Drug GMP, a company is audited to not only meet the documentation requirements for meeting standards in process, it must also show rigorous documentation that what is inside a pill or capsule matches exactly what is listed on the label. Meeting U.S. cGMP requirements does not necessarily ensure that the probiotic products in your office refrigerator contain any live bacterial at all, or what types are in it, or if there is any contamination by unwanted strains.

One example of a certifying entity to reach the International Drug GMP standards is the Therapeutic Goods Administration of Australia (TGA). It requires mandatory, annual or biannual re-certification, and annual on-site inspections (domestic GMP requirements do not necessarily require any on-site inspections, and they only need to be re-certified every three years).

When it comes to product control, the TGA audit process gives much attention to product specifications; this includes: product uniformity, homogeneity, product ingredient release and estimation of shelf life. It also ensures that a company routinely tests each batch of end products, as well as at other points during production, and clearly specifies relevant production conditions for a particular product.

The Therapeutic Goods Act of 1989 also requires that an expiration date reflects valid stability studies conducted on the goods. In the case of probiotic products, this should mean an expiration date specific for each strain of bacteria listed on the label.

What to Look For on the Label

When choosing a probiotic product, there are several important factors to consider. This is my quick and easy checklist for consumers:

- 1. Refrigeration:** a probiotic product must be stored in refrigeration to ensure its potency of live beneficial bacterial strains. Bypass all products kept out on a store shelf.
- 2. Expiration Dates:** Always make sure that the product is not expired (and not getting too close to expiration.)
- 3. Check the label for where the product was manufactured:** Most product labels do not state where they were manufactured, only that they were formulated for the listed brand name. This is because most companies subcontract out for manufacturing, often overseas to the lowest bidder! This can mean lapses in product integrity and safety standards. Look for products manufactured in the U.S.

4. Avoid Synthetic FOS: Much of the inulin and fructooligosaccharides (FOS) listed as the prebiotic ingredients added to probiotic supplements are artificially synthesized from sucrose or otherwise chemically extracted. Studies on these prebiotics show that they change the metabolic activity of the colon through selective fermentation by resident bacteria - and it is difficult if not impossible to predict which species will be affected.

FOS stimulates the growth of *Klebsiella pneumoniae* and possibly other pathogenic organisms.⁽⁴⁾ Think of it as adding gasoline to a fire: not a good idea for an intestinal situation already affected by dysbiosis. In mouse studies, including inulin in feed has been shown to increase potential for developing intestinal tumors and colon cancer.⁽⁵⁾

Consumption of FOS causes rapid fermentation in the colon and may produce undesirable effects such as fullness (bloating), abdominal pain, production of copious amounts of gas and loose stools. By advising our patients how to instead add whole fruits (especially blueberries), vegetables and whole grains to their diet, we can teach them how to access natural sources of healthy prebiotics to help support a healthy gut.

5. Pharmaceutical level certifications: Be aware that there are pharmaceutical manufacturers which also manufacture probiotics, but that does not necessarily mean that those products are held to the same standards as their pharmaceuticals. What, if any, third party regulatory agencies audits their practices and/or tests their ingredients for potency and safety?

When it comes to supplement safety and efficacy, as well as knowing exactly what is in a pill or capsule (and resting assure that there are no contaminants), and for consistently supporting the best outcomes in patient care results, I believe it is worthwhile to choose probiotic products that are certified to meet pharmaceutical GMP requirements.

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ABOUT THE AUTHOR

A former journalist, Jini Patel Thompson is an internationally recognized expert on natural healing for colitis, Crohn's, diverticulitis and IBS. Her books have sold in over 40 countries. She has appeared repeatedly on radio and TV shows giving hope to those suffering from gastrointestinal disease. Jini is a popular speaker at natural health-related conferences, and her health articles have been published in magazines and journals in the U.S, Australia and the U.K., and on the Internet worldwide.

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