

Consider yourself a human “super organism”, for inside you lives an intimate, highly organized community of microbes. These intelligent beings including bacteria, yeasts, fungi, etc., inhabit our digestive, respiratory and urinary tracts, as well as the surface of our skin – in the trillions! They are essential for performing countless metabolic duties, digestive processes, immune supporting functions, detoxification protocols and so much more.

Science tells us there are over 500 known species of beneficial, neutral and pathogenic microbes, and they’ve been with us since we began inhabiting this earth. The *beneficial* microbes are more commonly referred to as “probiotics” meaning “for life”. Each of these types of microbes share a symbiotic relationship and are abundantly present in our bodies at all times. In fact, they outnumber our human cells by a 10:1 ratio with new species being discovered every day. In the words of Dr. Jeffrey Gordon, gastroenterologist turned full-time microbiologist at Washington State University’s School of Medicine in St. Louis, “We are discovering parts of ourselves that we weren’t even aware of. It’s a whole other planet down there”.

The most recognized probiotic strains are from the lacto and bifido species. They are widely used to formulate probiotic supplements and to culture foods like sauerkraut and yogurt (lacto-fermentation). Transient in nature, they enter our bodies, do their work (if they survive stomach acids) and leave in the stool without colonizing in the intestinal mucosa in large numbers. Mainly acquired through dietary sources, the lacto and bifido species are necessary components of our microbial communities, but they play a much smaller role than previously thought. Largely overlooked until late 2005, the broad spectrum of microbes *actively* colonizing in the intestinal mucosa began to gain some attention. These permanent dwellers, including Acinetobacter, Bacillus, Bacteroides, Brevibacterium, Kurtha, Myothecium, and Streptomyces, are environmental in nature, meaning they enter our bodies via the air, soil and water supply. Unlike their lacto and bifido cousins, environmental microbes colonize within us in larger numbers and are highly resistant to stomach pH, resilient in the destructive path of antibiotics and possess powerful anti-viral, anti-fungal and anti-parasitic properties.

Much of the microbiota we carry throughout our lives, we attain at birth as we make our journey through the birth canal from a mostly sterile womb to a microbe-filled outer world. Microorganisms present in a woman’s birth canal mirror the same composition of microbes found in her environment and in her intestines. Those born by cesarean section sadly miss out on this crucial “microbial vaccination” that only a natural birth can provide. A new mother’s colostrum and breast milk should also contain a healthy microbial profile, which she will then pass on as a second inoculation during breast feeding. Interestingly, in the animal kingdom it is not uncommon for a nursing mammal to instinctively consume soil to pass on beneficial soil-borne organisms (SBO’s) to her young during lactation. Essential nutrients in a woman’s breast milk, mainly the organic sugars, serve as a food source for the microbes, allowing them to proliferate and colonize in the mucosal lining of a baby’s digestive tract. This is the beginning of the human immune system!

Beneficial “super organisms” transferred during birth should comprise of 80 to 85 percent of the total human microbiota. Any other ratio can lead to poor health. Chronic ear, urinary tract or yeast infections, constipation, diarrhea, excess bloating, flatulence or belching, sleepiness after meals, acne, eczema, hormonal imbalances, chronic halitosis, toenail/fingernail fungus, and a white coating on the tongue are just some of the classic symptoms of an imbalanced microbiota. Even a person’s weight may be influenced by the microbes they carry. “Life-giving” probiotic organisms help us to manufacture vitamins (especially B and K); digest food and absorb nutrients; create end-stage digestive enzymes; balance intestinal pH; fight off parasitic invasions; attack, quarantine, and neutralize toxins; trigger hormones; increase and improve bowel transit time and movement; and protect our intestinal walls. They are truly essential to our well-being!

After birth it is our responsibility to maintain and nourish our inner microbial environment. Unfortunately, a stressful lifestyle, a diet high in refined sugars and carbohydrates and the over use of antibiotics, contraceptives, vaccinations and pharma drugs will permanently alter the delicate composition of the human microbiota. In general, microbes eventually bounce back on their own, but never to their original, healthful composition. Antibiotics, meaning “against life”, pose the most serious threat to our microbial partners. Just one or two courses can negatively impact your inner ecology. Antibiotics destroy all forms of bacteria, allowing other microscopic organisms such as yeasts and fungi to dominate the inner environment. This sort of pathogenic over growth weakens the immune system, compromises intestinal function and stresses the body’s natural pathways of detoxification – greatly increasing the risk of disease. Many of today’s most prominent health disorders including Autism, ADD/ADHD, Candida, Crohn’s, Colitis, Depression, IBS, GERD (acid reflux), and Leaky Gut – among many others - are a direct, long-term result of a lack of beneficial microorganisms in the digestive tract.

## **TIPS TO RESTORE, PROTECT AND MAINTAIN YOUR INNER MICROBIAL ENVIRONMENT**

### **1) Take a high quality probiotic/prebiotic supplement.**

In our modern day, science and technology have given way to the production of probiotic supplements. They are an ideal and convenient way to repopulate your gut with life-giving microorganisms. Be aware, as not all probiotic supplements are created equal! Look for a high quality, prebiotic/probiotic supplement containing as many beneficial species as possible. A broad spectrum approach is best. Broad spectrum antibiotics destroy a wide range of bacteria – from beneficial to pathogenic. This massive die-off creates a critical demand for the replacement of broad spectrum probiotics into the digestive tract. “Prescript Assist” (or P-A), short for “*Prescription Assistant*” is my probiotic supplement of choice. I often refer to Prescript Assist as “mother nature’s microorganisms and minerals in a capsule” and I believe it to be a breakthrough in probiotic/prebiotic technology. No other probiotic delivers such a comprehensive profile of environmental microbes. Minerals in the form of humic and fulvic acids serve as a food source for the microbes and make up the “prebiotic” portion of Prescript Assist. Compared to P-A, other probiotics contain only the transient lacto/bifido species. They are cultured in a controlled environment and are not tested to withstand the hostile environment of the human digestive tract. They are very weak and require loaded doses of up to 15 capsules or more for efficacy. Four years of clinical trials have shown that just **two** P-A capsules per day can drastically reduce or even eliminate gastric upset by restoring balance to the intestinal flora. If you must take antibiotics or any other flora disturbing medications, it is suggested that you increase your P-A dose to 5 or 6 capsules per day until the course of therapy ends. Return to the recommended dose of 2 capsules per day thereafter. As an on-going preventative measure, consuming two P-A capsules per day (for 30 days) at least twice a year (January and July) is recommended.

### **2) Eat cultured foods on a daily basis.**

Probiotic-rich “super foods” such as organic kefir, organic cultured vegetables, unpasteurized miso, natto, cultured raw butter, organic yogurt, and other cultured foods will do wonders for your mind, mood, body and spirit and they’re incredibly delicious, too! The sour taste of cultured foods emphasizes the flavors of other foods. Just 3 to 4, half-cup servings per day will go a long way! Cultured foods have been traditionally prepared for thousands of years as a safe and effective way to preserve food before refrigeration. Ancient civilizations thrived on these medicinal culinary delights and many modern civilizations still consume cultured foods knowing that they improve digestion and support the immune system - bringing forth robust health and vitality. Please keep in mind that most commercially produced cultured foods (yogurt, kefir, sour cream, butter, etc.) yield very weak strains of microbes. Preparing your own cultured foods can be fun and easy. Homemade cultured foods are much more economical and therapeutic compared to commercially produced cultured products. Cultured foods are rich in the lacto and bifido probiotics.

**3) Eliminate refined foods from your diet and reduce your consumption of starchy carbohydrates.**

Refined foods and starchy carbohydrates quickly break down into sugar in the body. Sugar is the preferred food source of opportunistic microorganisms. Excess sugar can even kill off beneficial microbes. Reducing, or better yet, eliminating refined foods and starchy carbs such as white flour, breads/bagels, pasta, cereals, crackers, candies, cookies, cakes, pies, ice cream, brown and white rice, potatoes, couscous, beans, chips, soda, and so on will cause an overly acidic condition in the body in which opportunistic microbes thrive! Depriving these microbes of this environment will starve them, forcing them to leave your body. This will allow the beneficial microbes to flourish, returning balance and harmony to your inner environment. Once you have balanced your inner microbiota, you can slowly begin to add whole, organic breads, grains, potatoes, brown rice, quinoa and other healthful carbs back into your diet in moderate portions without deleterious effects. You may wish to eliminate unhealthy foods that are deodorized, deep fried, hydrogenated, ultra processed, pasteurized, homogenized, and refined from your diet for the rest of your life!

**4) Go Organic! Better yet... Go Biodynamic!**

Conventional food crops are heavily sprayed with pesticides, insecticides and fungicides. These hazardous substances have a sterilizing effect on soil, depleting its minerals and killing off the naturally occurring soil-borne organisms. Foods grown in these depleted crops carry very little beneficial microbes to the consumer and are deficient in essential vitamins, minerals and phytochemicals. The rise in demand for organic foods has the giants of Agri-business seeing big dollar signs. They are quickly jumping on the organic band wagon to profit from this demand, but their integrity is not intact. Organic crops are resting less and less, yielding harvests that are nearly as deficient as conventional crops, once again leaving the soil severely depleted. Conversely, biodynamic farming practices focus on farming techniques that emphasize food quality and soil health. Most biodynamic crops are found in Europe, the USA, Australia and New Zealand. For a fantastic article about biodynamic agriculture, please copy and paste this URL into your browser: <http://www.attra.ncat.org/attra-pub/biodynamic.html>. Going organic, or better yet, going biodynamic protects your health and supports the farmers who are dedicated to saving our soil and protecting our precious food supply

**5) Reduce your exposure to chlorinated water.**

Chlorine is a powerful anti-microbial. Bathing in and drinking chlorinated water has a grave effect on the human microbiota. When chlorinated water was first introduced to societies in England, Europe, and Asia, these populations experienced an epidemic of appendicitis. The microbes in the water supply were obviously beneficial to their gut function. Installing a shower filter can reduce your chlorine exposure by 99%. The millions of pores on your skin can absorb and hold up to 2 pounds of water during the course of a normal bath or shower. Tap water is commonly laden with chlorine if supplied by a municipal source. Quality water filters have become extremely affordable. Cooking with and drinking purified water can protect your digestive tract from the damaging effects of chlorine.

**6) Eat your meals in a relaxed environment.**

When we eat on the run, gobbling down our food without chewing it properly, we set ourselves up for gastric disaster. Any type of stress - emotional, environmental or physical - stimulates the human nervous system to shift into a mode of protection and armoring commonly referred to as the "sympathetic mode" or "fight or flight". Once in this mode, the brain sends out a signal to the digestive system, instructing it shut down until the perceived danger passes. At this point, the body's main priority is survival. With digestion now at a complete stand-still, the foods trapped in the GI tract begin to ferment, putrefy and rancidify. Gases begin to build up eventually giving way to the release of powerful digestive juices and acids into the esophagus. This common condition is known as GERD (Gastro Esophageal Reflux Disease). Conversely, when we sit down to enjoy a meal with family and friends, while savoring every bite by

thoroughly chewing our food, our nervous system shifts into the “Para-sympathetic mode”. In this relaxed state, digestion is optimal and the body is nourished at a cellular level. Sadly, Americans live their lives in a perpetually stressed state. The simple act of setting time aside to eat and digest properly makes a world of a difference in how we feel before, after and in between meals.

## **PROTOCOLS**

As a practicing NTP, I am thrilled with the results I achieve with my clients through the Functional Evaluation (FE) and Lingual Neural Testing (LNT). Utilizing these valuable tools has helped me to provide my clients with targeted supplemental support, respecting the uniqueness of their biochemical individuality. Unlike allopathic medicine, the entire NTP program honors the innate intelligence of the human body, finally giving it the credibility it deserves.

If your client’s NAQ and resulting Symptom Burden Analysis/Report show a high priority in the area of the Digestion/large intestine, you may wish to LNT the corresponding FE points by following the supplemental protocols and conversion charts located on your Student Resource Disk. In some cases you may wish to energy test each supplement for a proper dose in addition to the LNT process. Other, more comprehensive protocol manuals are available by Biotics, Standard Process, Apex and Nutriwest, as well.

Probiotics are considered an accessory nutrient and are mainly listed under the large intestine categories, but I strongly believe that the entire alimentary canal and its function cannot be optimal without the proper balance of friendly microbes (colonizing and transient). Therefore, even though probiotics are not listed as a supplement to LNT under the small intestine categories, I LNT several probiotic supplements and cultured foods for both the small **and** large intestine, as well as the entire digestive system. Even GERD (stomach/duodenum) can be effectively eliminated with the addition of a probiotic supplement or cultured food in some individuals. Keep some spoons and some small serving dishes in your office and have cultured foods available to LNT as well. Cultured veggies, young coconut kefir and cultured raw butter are medicinal foods that are easily tolerated by most as opposed to cultured dairy such as yogurt or milk kefir and they are rich in the mostly transient lacto and bifido strains. Prescript Assist or P-A, is abundant in the colonizing, native strains of probiotics and it has absolutely no flavor at all. P-A easily sprinkles onto your client’s tongue - directly from the capsule.

In my opinion, Biotics has the most to offer regarding probiotic supplemental support in comparison to other companies, but their probiotics are mainly formulated using the lacto and bifido strains. Adding Prescript Assist and the aforementioned cultured foods to your Biotics test kit or any test kit for that matter, will round out the spectrum of organisms your client may need if balancing their intestinal microbiota is a NAQ priority.

### **Biotics Probiotic Protocol**

BioDophilus Caps

BioDophilus – FOS

Colon Plus – Caps or Powder

Lactozyme

Consuming cultured foods and probiotic/prebiotic supplements, combined with eating a wholesome, organic diet and living a healthy lifestyle are powerful healing tools in any health improvement protocol. Everyone can benefit from the power of probiotics. Health begins and ends in the gut. What’s in yours?

To order organic cultured vegetables, culture starters, culturing kits and Prescript Assist, please visit [www.culturednutrition.com](http://www.culturednutrition.com). To register for an Immunitrition event or to sign-up for the *Certified Healing Foods Specialist Program*, please call Immunitrition at (877) 773-9229.

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Caroline Barringer, founder of Immunitrition, Inc. is a Certified Healing Foods Specialist (CHFS), Nutritional Therapy Practitioner, Lead NTA Instructor (Eastern USA), author and international health lecturer. She is best known for creating the *Birth Renaissance Foundation*, the *G.R.O.W.W. Foundation*, and the *Certified Healing Foods Specialist Program* in New York.

Caroline's mission is to change the way the world eats - one person at a time! She advocates self care, education and growth, where an individual has the right to make health decisions based on their own intuition and research.

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