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News Update - PROBIOTICS

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If you had only one nutritional supplement to take, the choice would be a Probiotic for the overall enhancement of your internal terrain, wellness and immune system.

Since the 1980's clinical studies have established that Probiotic therapy can assist in the treatment of gastrointestinal conditions, allergies, urinary and vaginal infections in women, building a strong immune system and much more.

WHAT ARE PROBIOTICS?

Probiotics are live microorganisms (single cell bacteria) that are similar to the beneficial microorganisms found in the gut. They are known as "friendly" bacteria that confer a health benefit to the host. An estimated 100 trillion microorganisms representing more than 500 different species inhabit every normal healthy bowel.

Wow, bet ya didn't think there could be numbers bigger than the national debt, did ya?

Wait a second. You mean I have living bacterial bugs in my body that are keeping me healthy? Yes.

I thought bacteria are bad for me. Well, these gut dwelling microflora bacteria keep harmful bacteria or pathogens in check, aid in digestion and nutrient absorption and contribute to a healthy immune system. And they love to hang out and play in your gut and multiply like rabbits providing you with legions of good bacterial defense.

HOW DO MY NEWLY FOUND FRIENDLY BUGS WORK IN MY BODY?

Glad you asked! Due to our S.A.D. (Standard American Diet), which is quite SAD, the over prescribing of antibiotics, excess alcohol and coffee, and the toxicity created from emotional, chemical and environmental stress, any number of these bacterial types can be thrown out of balance. And that is when the party starts. When the good bacteria that suits our body decrease allowing the harmful ones to thrive, this creates the threat to our health. And those harmful bacteria love to party causing all kinds of havoc and conditions that do not respond to conventional drug therapy. In fact, most of the drug therapies prescribed assist in proliferating the bad bacteria instead of arresting them and charging them with indecent exposure!

WHERE'S MY BANG FOR THE BUCK BENEFIT OF PROBIOTICS?

Great question! Get ready because this one is an E-ticket (Disneyland Circa 1960 a.d.) roller coaster ride that never ends while it just keeps getting better.

Probiotics have profound and numerous benefits to our health. They can halt the unfriendly bacteria and suppress their growth and activity in conditions like diarrhea, irritable bowel syndrome, Crohn's disease, inflammatory bowel disease, leaky gut or dysbiosis, skin and vaginal infections.

Hey, wait another second, here. I thought that is why my doctor prescribed Antibiotics? Gosh, another great question. Antibiotics are like a carpet bomb with no concern for any living and healthy thing. Antibiotics destroy everything in its path without providing any health building nutrients and often leave the immune system ravaged. Probiotics gently overtake the bad guys and start restoring health and a strong immune system. They secrete enzymes that aid in digestion and the enhancement of the working of immune system cells.

Controlled studies have shown that specific strains of probiotic can shorten the course of infectious diarrhea especially in infants and children. Brief studies also suggest that probiotics reduce the diarrhea associated with Antibiotic treatment by 60% when compared with placebo.

We have used Probiotics extensively in remote areas where infectious giardia is an issue and reduced the time of infection to less than 12 hours from what is usually a several day ordeal and very painful. As a preventative measure, we recommend doing a "Probiotic Load" for one week prior to traveling to remote areas or foreign countries as well as carrying Probiotics with you.

WHERE CAN I GET MY FRIENDLY BUGS?

Probiotics are sold as a Nutritional supplement and can be purchased from most health food stores.

However, products vary in effectiveness, number of species and whether or not they are refrigerated.

We have used a variety of Probiotics from most manufacturers from around the world in our clinics for almost 30 years and are keenly in tune with what works and what does not. We have literally thousands of clinical case studies that have prompted our conclusions regarding Probiotics.

We, at Retreat Quixotica, have created our own line of Energy Quixotica supplements and believe that our refrigerated FloraBiotica Plus is superior to anything we have used clinically, in the past. It has 10 strains of bacteria and is non-GMO, Soy Free and Dairy Free with 25+ billion CFU's to include the most critical species. It has taken us almost one year to fine tune this product for superior effectiveness. And assays on our product express a consistent 36.9 billion live organisms over the 25+ billion goal and all in one capsule. I knew I should not have fed them performance enhancing anabolic steroids! Wow.

FloraBiotica Plus also proliferates well after ingested, has a high survivability rate as they pass thru the gastrointestinal tract and facilitates maximum nutrient absorption from your nutrition and other supplementation.

Health benefits are usually strain-specific and not all strains are necessarily useful, so you should consult a health care practitioner that is keenly familiar with Probiotics to discuss your options. Regrettably, very few are.

We now have medical researchers that wish to be called “Gastrointestinal Wildlife Mangers”. Seriously. I can’t make this stuff. up They are changing the name of Probiotic to Microbiome. Here is the good news....finally they are getting it and starting to understand thru their “Wildlife Management” programs that antibiotics are not the end all and that Probiotics are far more superior in managing the “internal terrain” if they will ever figure out what that means. Don’t hold your breath, though, cuz Probiotics will never make the amount of money that antibiotics will for the American Pharmaceutical Cartels. Carry on “Ranger Microbiome” and make sure Yogi and Booboo get some Energy Quixotica Florabiotica Plus in their “pikanick” basket!

Folks, you need to clearly understand that medical researchers, in the year 2013, are just now finding out about Probiotics. Wow. It boggles the mind to know how many guts they have destroyed with the subsequent loss of health through the indiscriminate use of antibiotics over the last 70 years. The health of your gut is critical and can and will dictate your overall wellbeing and your appearance. This is not revelation. It has been known for many, many, many, many (get the idea?) many years!

HOW DO I TAKE PROBIOTICS?

You can ingest probiotics in two ways, one is food and the other is a nutritional supplement. Foods rich in good bacteria would be fermented foods such as yogurt, kefir, cabbage kimchee, sauerkraut, etc. We do not recommend soy in any form, nor any probiotic cultured in soy. And most probiotics are cultured in soy or dairy. So, read labels and be careful. 95% of all soy in America and around the world is Genetically Modified and we are just now seeing the havoc GMO food sources are creating in the human body. Also, the dairy used in probiotics is pastuerized and chemically treated which is not optimal for your health. More on GMO's and pastuerized versus raw dairy products in a future essay.

To receive the maximum and pure benefit of what Probiotics can do for your health, we highly recommend supplementation especially in therapeutic cases where immediate Probiotic intervention is needed for quick action. After an initial load period of several days, depending on your condition, one can reduce the intake to 1 to 2 days per week. That’s it. That is the protocol we use clinically. As you stress your body more through either chemical, emotional, physical or environmental, you may want to increase the usage to daily, once again, until you balance your stressors. If you are not on a Probiotic as the basic nutritional supplement infrastructure to make sure you can even absorb what you are eating or supplementing with, do not waste your time with any other nutritional supplements. You are only creating expensive urine. Many times, simply taking a probiotic and correcting the nutrition will deter the need for any other supplements. It is a very cheap health insurance policy.

Now, go get some Energy Quixotica FloraBiotica Plus bugs and watch what happens to your health. And here is the best part; your skin might just start looking better, as well. Great side effect, huh? One could say that this just might be the “You look marvelous” Probiotic.

P.S. The dosage is one capsule per serving versus 4 capsules per serving required by other brands. This means, after your initial load on the probiotic, one bottle will last you 6 months or more. At \$45 a bottle or a around \$7 per month it is cheap insurance for your health!

For Information on Engery Quixotica's Florabiotica Plus or to place an order email
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