

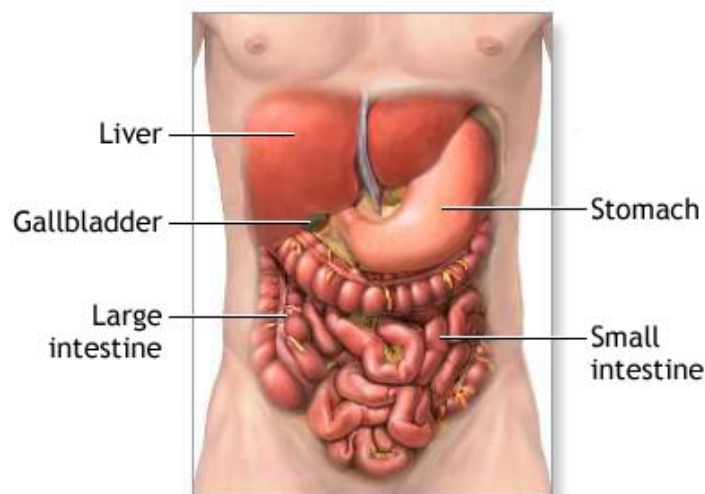
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## Importance of Bowel Bacteria in Maintaining Your Health

Western medicine has taught or conditioned most of you to think bacteria is a bad thing and needs to be obliterated from your body. It is my hope, after you read this essay, you will understand and become aware of the fact that your body has “good” or “friendly” bacteria too and they are tremendously important to your overall health and longevity. In fact, these “good” bacteria play an important role in your digestion of toxic wastes as well as assimilation of important nutrients needed for optimal health.

Unfortunately, the belief that all bacteria are bad has led to treatments that keep people sick. Most western medicine health professionals do not study or understand digestion and nutrition and unknowingly many of the treatments they recommend kill “good” bacteria, allowing “bad” bacteria to proliferate, keeping or making us sick. I know, your reaction is probably, “How can that be, you are bucking a system that works”. So stay with me. I am here to teach you otherwise, to open your eyes to a whole new world. I simply invite you to listen to a story about “good” and “bad” bacteria and then you can draw your own conclusions and make decisions about what might makes sense and what might work for you.

The story of course begins with nutrition and includes what you eat and how you digest what you eat. We are going to follow your food through the digestive process.



For starters, when you put food in your mouth your salivary glands secrete saliva. In fact, sometimes you might even secrete saliva simply from the site or smell of food. What you probably don't know is one teaspoon of saliva contains fifty thousand to five billion microorganisms (you might call them friendly bacteria, flora or little bugs).



These “good bugs” are your friends. They secrete the enzymes and acids your body needs to digest or break food down into smaller particles. They also help with salivary enzyme phosphatase, thus increasing the acidity in your mouth. Don't get lost on the big words. Enzyme phosphatase is necessary because it helps keep your mouth acidic so the “bad bugs”, such as herpes viruses and candida fungi are killed. Yes, if you have enough “good bugs” and their acidic secretions are adequate, many potentially dangerous bugs are stopped cold in your mouth. Unfortunately, if their acidic secretions are not up to snuff, these “bad bugs” continue their travels and adventures heading “downstairs” into your body.

After the mouth, your chewed and salivated food now proceeds to your stomach where hydrochloric acid breaks the food down further. Your stomach juices, if healthy, contain about 5,000 “good bugs” per teaspoon. These “good bugs” kill “bad bugs” and neutralize toxic substances harmful to your body. Many stomach ulcers are caused by a loss of good bacteria, whose absence then allows bacteria, like *Helicobacter Pylori*, to bore holes in your stomach wall and to initiate early “leaky gut syndromes”.

The next stop for your food is your duodenum, which is the first 10” to 12” of your small intestine. Here the food particles encounter digestive enzymes from your pancreas, liver and gall bladder. These juices contain digestive enzymes and bile that break the food particles into yet smaller bits. A healthy duodenum contains 50,000 “good bugs” per teaspoon, mainly *Lactobacillus Acidophilus* and “good” *streptococci* bacteria. These microbes secrete lactic acid, hydrogen peroxide and acetic acid. This is a celebration for you because these acidic secretions not only help make food more digestible, they also create a very inhospitable environment for the bad microbes which need an alkaline environment to live.

When the job is done, the smaller food passes to the lower portion of your small intestine, the ileum, where more highly concentrated enzymes and microbes (an incredible 500 million microbes!) per teaspoon further break the food down, increasing your body's ability to digest and assimilate nutrients. At this point most minerals and vitamins are passed into your bloodstream and are more digestible and functional because your friend the “good” gut bacteria produced acidic secretions. Also, intestinal microvilli, which are like fibers on a shag rug, contain tiny capillaries that connect to larger blood vessels to carry nutrients to the liver.

The food you originally put in your mouth is now mainly liquid and passes through a check valve into your large intestine, also known as the colon. Your colon is the primary “city” for your “good” bugs and if your colon is healthy it contains up to five-thousand billion microbes per teaspoon! This is amazing and exactly what your body needs to break down the food’s final nutrients to be digested and assimilated by you. The most important bacteria in your colon are called *Bifidus*. These “last stop” good bacteria help eliminate harmful microbes and neutralize poisons that are then excreted through your bowel movement.

To illustrate further, when you think about digestion and your gastrointestinal system from your mouth to your anus, simply think of it as a coating of “good” microbes or a “wall” of your body’s protective soldiers. Now listen, this is really important to understand and remember. **Approximately 85%+ of your immune system and your resistance to most diseases are the microbes in the mucous coating of your gastrointestinal system.** Their job is to keep bad bugs and poisons out of your bloodstream while maximizing your assimilation of nutrients. When this defensive wall has been penetrated by “bad bugs”, undigested food particles and disease-causing microbes can sneak through your bowel wall into your bloodstream and on to your liver to create “leaky gut” and trouble for you. Your intestinal microbe “soldiers” are frequently not understood and are greatly unappreciated heroes. They are the key to your body’s health and resistance to disease. They are your first line of defense.

What you may not know is you have more microbes than cells in your body! That’s right; you have 20 times more microbes than you have cells in your body. The entire human body has a mere 75 trillion body cells compared to more than 200 trillion microbes in your gastrointestinal (G.I.) system. Each of us is host to over 1,000 different microbe species which together create a very lush forest in our gut. In fact, the total average weight of your intestinal microbes is 3-4 pounds, which is the same weight of the human liver!

To recap, we have learned that not all bacteria are bad. We now understand there are “good” bacteria and “bad” bacteria in the human body. And we have learned that the “good” bacteria are soldiers that form a protective wall from our mouth to our anus. The important functions these “good” bacteria perform include breaking down our food, killing bad bugs, neutralizing poisons, and basically keeping us alive. The “colonizing” bacteria, the ones who create “settlements or cities” on you bowel walls, are mainly the *Lactobacillus Acidophilus* in your small intestine and the *bifida bacteria* in your large intestine. These colonizing bacteria actually fasten themselves to the walls of your intestines and hold on with a little foot. They are sometimes referred to as “sticker” bacteria.

The little foot on the colonizing bacteria is really important. **Imagine your intestinal walls as several gigantic parking lots with billions and trillions of parking spaces.** What the “good” bacteria, like *Lactobacillus Acidophilus* and *bifida bacteria* do is aggressively take up as many of the parking spaces as they can by attaching to the space with their foot. They are quite active, reproducing every 20 minutes to fill up the parking lot with their own kind. When “bad-guy” bacteria, viruses and fungi come along, and find “good-cops” in all the parking spaces, they keep moving on down through your body until they are pooped out. It is like the situation in old western movies where the sheriff tells the bad guy, “There ain’t room in this town for both of us.”



Illustration: Don Smith

What happens is the “good-cop” bacteria of your bowel secrete lactic acid, acetic acid, formic acid and hydrogen peroxide. The increase in acidity speeds up digestion of food, particularly protein. It also allows more nutrients to be assimilated. The bad bacteria, like *E-coli*, *shigella*, *salmonella*, *candida*, *streptococcus*, etc., need an alkaline environment to survive so they tend to keep moving away towards your bowel to be pooped out. When you have a lot of “good-cop” bacteria in the parking spaces, they can successfully “keep a clean battlefield” in your body, which is very important to your health.

On the other hand, medical drugs, toxic industrialized foods and other things that burden the body tend to litter your body’s “battlefield” with dead enemy bugs. This in turn creates toxicity in the body and necessitates the sacrifice of your valuable immune cells to clean up the “carcasses and prepare them for burial”. You lose energy if your cells need to cleanup “bad bug” carcasses from the battlefield versus the “bad bugs” leaving all by themselves.

Right about now you might be asking “What can you do to keep the “good bugs” in your body so you can fight the “bad bugs” and stay healthy?” We are back to nutrition folks. You need to feed the body the right things. The next question might be, “What foods help restore and maintain gastrointestinal “good” bacteria and what are their favorite foods?” The answer is foods that do not weaken and kill the “good” bacteria.

Raw goat milk, raw goat yogurt and bone/gelatin broth are probably the best all-around foods for restoring and healing your digestive system. I know, many of you might be asking, “Why goat milk?” Although raw cow milk, cheese and yogurt are good too, raw goat products are better because they have a wonderful balance of proteins and essential fatty acids, are an excellent source of bowel bacteria and are more easily digested than raw cow milk products. What you probably don’t know is far more people in the world use goat and sheep products than they use cow! So if you cringe about goat products suck it up and try them! If you don’t like them, raw cow milk products are still good for you. If you haven’t picked up on the word raw goat or cow milk products pay attention. Pasteurized milk products do not have the nutritional value or bowel bacteria found in raw milk products because they are heat treated, destroying the nutrients and killing the “good” bacteria. Basically, pasteurized milk products are “dead” food. Some other foods you can eat to maintain optimal health and well-being (to increase your “good” bacteria) are fermented foods such as yogurts, kefir, sauerkrauts, fermented cabbage, kimchi and miso.



Ideally, all of us would **only** eat “good” foods and don’t need an extra boost to increase our “good” bacteria. I understand in today’s world of extra stress and industrialized foods most of us will not have a perfectly clean diet and may consume things or take things that kill our “good” bacteria including coffee, alcohol, street drugs, pharmaceutical drugs, cigarettes, processed sugars, genetically modified foods or foods sprayed with pesticides, foods with hormones, antibiotics, toxic preservatives, dyes, colors and more. So don’t beat yourself up. Accept you are human and do what you can to offset the damage. Are you following me so far? If so, you might now ask me, “What can I do, in addition to food, to increase my friendly bacteria?”

I would suggest taking a good probiotic. A probiotic is a supplement that is commercially sold and contains “good” bacteria. It can be found in powder, liquid and pill form. Please understand that although the labels on these products may state they contain billions per unit of bacteria, many of those bacteria are lazy wimps or dead. To counteract this problem, try to buy a refrigerated probiotic as the “good” bacteria will live longer and you will have fewer dead ones in the count. Also, most probiotics are cultured in soy or garbanzo bean mediums rather than in nourishing whole raw milk or plant mediums. Dr. Tony has custom formulated 2 probiotics, to help give your body a boost. The products are Energy Quixotica’s FloraBiotica Plus Enhanced in capsule form and Energy Quixotica’s FloraBiotica Synergy, ideal for children and the elderly as it comes in powder form. Both are cultured in healthy mediums, are non-GMO based and have the ideal strains of flora for optimal health.. If you need a second boost, in addition to your food, take Energy Quixotica’s probiotic or a product that is similarly produced.

I mentioned several things that destroy your “good” bacteria including antibiotics, coffee, alcohol, drugs, and pesticides. Let me elaborate further, so when thinking about using these things, you at least can make an educated decision. Ticking time bombs to our health include:

**Antibiotics** – What you may not know is antibiotics do not merely kill the “bad” bacteria. They also kill large numbers of your necessary, healthy “good” bacteria. If you lose “good” bacteria or your “soldiers” the environment is ripe for more “bad” bugs, particularly fungi to grow in your body. As the “good” soldiers die, the billions of “parking spaces” on the walls of your intestines become vacant and available. And the “bad” guy bacteria, viruses and fungi don’t waste time. These rowdy, aggressive, obnoxious bacteria start taking up the newly vacated parking spaces on your intestinal wall. And when they are there, poisons, undigested molecules of food (such as pasteurized milk products), their own poop and more pass through your intestinal wall into your bloodstream and then on to your liver. This harmful intrusion is

allowed because your “good” guard bacteria are dead from the antibiotics you took and is often the start of “leaky gut” syndromes including IBS, Crohn’s disease and diverticulitis.

**It is important to understand these “holes” in your intestinal wall mark the beginning of most infection and disease:**

- (1) If numbers of friendly flora are down in your mouth, fungal and viral infections like *Herpes* can occur.
- (2) In your stomach area, *ulcers, gastritis and heartburn* occur.
- (3) A depletion of friendly flora in your small intestine can result in *duodenal ulcers*.
- (4) In your large intestine you might experience *colitis, Crohn’s disease, spastic colon, diverticulitis, ulcerative colitis, polyps, irritable bowel syndrome (IBS) and cancer* if these other conditions are not handled.
- (5) *Autoimmune disease* responses, including rheumatoid arthritis are now being associated with poor bowel bacteria.
- (6) *Allergic responses* appear when your intestinal bacteria are too low, allowing undigested molecules through your bowel wall into your bloodstream. An example is the “allergy” to processed cow milk (versus raw, organic, unpasteurized milk). In raw products or fermented products the milk is “predigested” by bugs before passing through your bowel to your bloodstream and therefore you will not get an allergic reaction.
- (7) *Heart disease increases* when your friendly bugs are depleted because they are not available to recycle your bile and break down “bad” processed/hydrogenated oils and the consequent “oxidized” cholesterol (bad cholesterol) that trashes your artery walls.
- (8) *Yeast Infections* such as *Candida* become rampant because yeast love the alkaline areas created when your “good” bugs aren’t there to create the acid secretions.
- (9) *Constipation* may occur because the food cannot be broken down properly.
- (10) *Diarrhea* results when the body must quickly eliminate “bad” bugs not killed by “good” bugs.
- (11) *Osteoporosis* (demineralization of the bones), leading to fractures and humpback, is increased because estrogen cannot be properly saved and recycled. Healthy bowel bacteria recycle estrogen to be used again.
- (12) Many cancers are made possible by the incomplete breakdown of processed, pesticide laden, hormone-treated foods. In particular, commercially grown animal protein without sufficient essential fatty acids in the bowel due to insufficient bowel flora or “good” bacteria to break it down. The U.S. has one of the highest cancer rates in the world ranking 7<sup>th</sup> in 2011, in part because we go way out of our way to kill all microbes possible, regardless of their essential relevance. People, even in the medical arena often do not realize that proper microbes are responsible for optimum health. The sad

but simple truth is most of these cancers could have been prevented with lifestyle and dietary changes that protect your “good” bugs.

**Stomach Antacids** – The acidity of your stomach and bowel is decreased if you take stomach antacids. You have learned that the more alkaline the environment, the more those “bad” bugs proliferate. “Bad” bugs that would normally be killed in the stomach grow and move beyond your stomach to your intestines. Further, the alkalinity prohibits the proper breakdown of foods, particularly proteins, which need hydrochloric acid in the stomach to break them down properly. This means that many people that take antacids go on to have more serious bowel problems. Further, many antacids also contain aluminum which is toxic and poison your brain cells, often leading to memory loss disorders such as Alzheimer’s disease.

**Laxatives** – Normal “peristaltic action” of your bowel is slowed down when laxatives are used. Peristaltic action is necessary as it is a normal, rhythmical contraction that moves your food along so it does not stay put, rotting and causing trouble by poisoning your “friendly” bacteria. If contractions are slower, due to use of laxatives, food has time to ferment, putrefy and create poisons which knockout your “good” bacteria. Then the “bad” bacteria sneak in and take up the parking spaces that were previously occupied by “good” bacteria. So you guessed it, this is the beginning of bowel diseases, all of which start with simple inflammation of the bowel wall and early “leaky gut syndrome”. If contractions slow even further, it can end up as bowel cancer. Your body’s immune response becomes inadequate or is eliminated.

**Chemotherapy & Radiation** – Normal intestinal bacteria are killed with chemotherapy, allowing fungal infections, such as Candida, to develop. Typically, these infections are treated with more drugs (instead of nutritionally), so the vicious cycle of bacteria taking over the parking places of the “good” bacteria continues. We do not recommend chemotherapy EVER. It is a biohazard poison, destroying good cells in a mission to obliterate bad cells. **You CANNOT poison yourself back to health.** Many die from chemo toxicity. If one survives chemotherapy or radiation, it is because they had a stronger constitution than most and are often younger. Unfortunately, once administered, that person, even if they do live, is “behind the eight ball” and the chemotherapy, deep in one’s tissues, can rear it’s ugly head again months or years later to the detriment of the individual. **We can’t say it enough, stay away from chemotherapy.** If you need more information, watch a DVD called “Cut Poison & Burn” and see firsthand how **chemotherapy is not about health, but instead is about sickness and death.** If after thorough research, you or a loved one still chooses chemotherapy, please eat lots of good whole-milk yogurts, kefir, miso, raw sauerkraut and raw kimchi between doses and load up on a high quality, bifidus laden probiotic. Do not eat low-fat, sugared, non-organic yogurt or pasteurized white vinegar sauerkraut.

**Birth Control Pills and Spermicidal Gels and Creams** – Unfortunately, birth control pills and spermicidal gels and creams create excessive alkalinity, thus allowing fungal infections to grow. Remember, the normal vaginal and fallopian flora is *Lactobacillus Acidophilus*. With the loss of acidity, nutrient assimilation goes down, especially in the Vitamin B area. The AIDS virus cannot live in an acidic environment, but does nicely in an alkaline one.

**Preservatives in Food** – Please remember that preservatives kill both the “good” and the “bad” bacteria. Nitrites and Nitrates in foods like hotdogs, sausage, bacon and bologna kill your much needed “good” bacteria. So do sulfites in many wines and restaurant salads. If you eat these foods try to choose ones that do not contain preservatives (“no nitrite or nitrate” versions) or at the very least replenish your “good” bacteria with other foods and supplements.

**Pesticides and Herbicides** – Commercially grown fruits and vegetables, particularly strawberries and grapes, contain very strong pesticides that kill your intestinal bacteria. Many of the fruits and vegetables from Mexico and Central America contain pesticides already banned in the U.S. Basically, American companies, focused on money dump them there because they are banned here. It should tell you about how poisonous they really are as the U.S. allows the use of toxic pesticides, and only bans some of them. Sprayed mangos, bananas, papayas and pineapples are susceptible too. To give you an understanding of how bad pesticides are let me give you an analogy. Pesticides are made to kill things, like insects and other unwanted creatures, so by nature they are toxic. Humans are impacted too. We just have more body mass so it takes us longer to die! Try to buy organic foods whenever possible as there is a strong link between pesticides and cancer, especially breast cancer in women. The San Francisco Bay area, particularly Marin County, has the highest incidence of breast cancer in the world. The culprit you ask? Pesticide runoff in the water supply is the primary cause.

**Genetically Modified Foods (GMOs)** – GMOs occur when the DNA of one species is inserted into the DNA/seed of another species in ways God and mother nature never intended. In many of the seeds, to include corn, soy, canola, Hawaiian papaya, yellow and green zucchinis, the BT-soil toxin is inserted directly into the seed in an effort to make the plant more pesticide resistant. Unfortunately this means the pesticide grows in the DNA of the plant, which is far worse than a plant being sprayed with the pesticide directly. These living organisms continue to propagate in our guts, long after we eat the food, destroying healthy gut flora and making us sick. Further, the toxins are passed from mother to fetus making future generations sick.

**Drugs** – Prescription drugs and over-the-counter drugs, including cortisone, kill, maim and disfigure your “good” bacteria. Alcohol, tobacco smoke and coffee (magnified if grown with herbicides) weaken your intestinal bacteria, thus slowing the assimilation of necessary nutrients and inhibiting your elimination of poisons. This means cancer cells have an environment that they can thrive in and lots and lots of parking spaces that they can now occupy.

By now I hope I have gotten your attention. You have learned about “good” bacteria versus “bad” bacteria and the importance of keeping our digestive process and gut healthy so we stay as healthy and disease free as possible. And I hope I have gotten your attention of the importance of eating the right foods and supplementing properly, to increase and maintain a healthy level of “good” bowel bacteria. Just in case you still aren’t convinced let me share with you a few more amazing things these friendly bacteria do for you:

1. Good bacteria recycle your used bile. Bile, which is made in the liver, is necessary to break down the fats in your body. People with poor bowel bacteria have increased fat levels, because they also have less bile.



2. *Lactobacillus Acidophilus* bacteria digest cholesterol carried by the bile. Bad cholesterol levels go down five to ten percent after seven days of building back normal bowel bacteria.
3. Estrogen is recycled by proper bowel bacteria. Women with poor bowel bacteria lose up to 60 times more estrogen in their bowel movements than women with healthy bacteria. This in turn contributes to early osteoporosis.
4. Healthy bowel bacteria manufacture “natural” antibiotics such as *acidophlin*, *lactobacillin*, *bulgaricon* and *bifidin*. These powerful killers discourage bad bacteria from reproducing and viruses and fungi from developing. Unfortunately, medical antibiotics work only on certain bacteria and do not work at all for fungus and viral infections. Further, they contribute to other side effects including killing your good bowel bacteria. The best medicine is to have an army of good bacteria that produce acid secretions. Vaginal herpes, yeast infections, herpes simplex (mouth), polio and AIDS viruses cannot survive these acid secretions.
5. The white blood cells of your immune system (macrophages) increase their activity 400% when surrounded by *Lactobacillus Acidophilus*. One of the things they do is create hypochlorate which is like a “household bleach” that kills and increases your resistance to diseases like cancer that thrive on weakened immune systems.
6. Newborn babies with proper bowel bacteria, *bifidobacterium infantis*, absorb and maintain more nitrogen. This means higher protein production which helps your baby gain a healthy weight. Vitamin B assimilation is increased too, which is good for the nervous system. These babies also have less gastrointestinal issues.
7. Mother’s without healthy bowel bacteria are more prone to premature births and their babies are more likely to have a low birth rate.
8. Good bacteria break down the cancer causing agents “procarcinogen” enzymes.
9. Good bacteria break down nitrites which are toxic and often found in commercially-processed meats like hotdogs, bacon and sausages. Nitrites, if left unchecked can form into nitrosamines, which are extremely carcinogenic.
10. Good bacteria manufacture lots and lots of B vitamins, which are crucial to the normal functioning of the nervous system and also help your body with repairs. A lack of B vitamins can result in neurological diseases.
11. *Lactobacilli* help create and release the amino acid tryptophan, which your body converts into serotonin. Serotonin is a neurotransmitter responsible for elevated, happy moods. Drugs like Prozac breakdown the serotonin putting your body under stress. If you want to sleep better, drink a glass of warm, raw goat’s milk, which contain the bacteria that enhance serotonin development.
12. Healthy, good bacteria help increase your assimilation of “trace elements” needed for proper utilization of minerals and vitamins.

The bottom line is, go buy some unpasteurized yogurt (preferably goat) and raw, unpasteurized milk and start paying attention to which foods and products kill your good bacteria and which one's enhance your good bacteria production and hence your health. And use a good probiotic, like Energy Quixotica's FloraBiotica Plus and FlorBiotica Synergy to help offset the emotional, environmental, chemical and physical stress your body endures, which in turn destroys your healthy flora.



Supplement Facts	
Serving Size 1 Capsule • Servings Per Container 60	
Amount Per Capsule	
Probiotic Blend (25+ billion CFUs) in a base of inulin (derived from chicory root)	300 mg*
<i>Bifidobacterium</i> species	18+ billion CFUs*
<i>Bifidobacterium infantis</i>	
<i>Bifidobacterium longum</i>	
<i>Bifidobacterium breve</i>	
<i>Bifidobacterium bifidum</i>	
<i>Bifidobacterium lactis</i>	
<i>Lactobacillus</i> species	7+ billion CFUs*
<i>Lactobacillus acidophilus</i>	
<i>Lactobacillus rhamnosus</i>	
<i>Lactobacillus gasseri</i>	
<i>Lactobacillus casei</i>	
<i>Lactobacillus plantarum</i>	
*Daily Value not established.	

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), proprietary polysaccharide complex, and L-leucine.

Manufactured for:  
**Energy Quixotica™**  
 817 Torrance Blvd. # 162  
 Redondo Beach, CA 90277  
 Toll Free (877) 97-FLORA  
 info@energyquixotica.com  
 www.retreatquixotica.com

**Suggested Use:** 1 capsule daily with food. Capsules may be pulled apart and nutrients taken separately.  
 Do not use if full-bottle shrinkwrap is broken or missing.  
**KEEP OUT OF REACH OF CHILDREN.**

**Storage:** Refrigerate and keep tightly closed to maintain product potency.

This product was made in a GMP and ISO 9001:2008 registered facility.



Think smart. Get the bad out through a good cleanse or detoxification program, replenish your good bacteria or flora with food and a good probiotic like Energy Quixotica's FloraBiotica Plus and eat smart to refeed your cells with the minerals, nutrients, enzymes and amino acids your body needs for optimal health. Take these steps and feel the difference in your health!

Anthony M. Antonacci, NMD, CSCS, BCIM, DC, FASBE

Lisa Fiore, MIM, Live Blood and Bio-Terrain Nutritional Certified

[doctor@retreatquixotica.com](mailto:doctor@retreatquixotica.com) : [Lisa@retreatquixotica.com](mailto:Lisa@retreatquixotica.com)