

NATUROPATH

Probiotics and Immune Health

Probiotics literally translates into 'for life' – this emphasizes the importance of these tiny friendly bacteria present in our gut.

We hear the term *"We are what we eat"* but more importantly we are what we digest and absorb. It is the nutrients provided to the body that nourish us. Quality gut bacteria are also nutrients to the body, they fuel up the colon cells and provide a beneficial anti-inflammatory action, especially when fibre is also available.

For optimum health we also need a strong vital immune system. A healthy relationship with beneficial bacteria in the gastrointestinal tract is our major line of defence. The immune system sets off a string of reactions whenever a dangerous microbe is ingested, but cleverly the immune system never attacks our friendly bacteria, sometimes referred to as friendly flora. If you have a deficiency of friendly flora and a foreign invader hits the gut, you can fall ill very quickly.

Our immune systems are overloaded in this busy era we live in, with so many extra chemicals that our grandparents never had to contend with. If strong colonies of friendly bacteria are present in the gastrointestinal tract, the foreign invaders will not be able to penetrate the intestinal wall, reducing the load on the immune system.

If you want to age gracefully, look for a blend of beneficial bacteria in your supplements. It is a powerful, simple way to enhance your wellness.



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