



## DOCTOR'S OPTIMUM PROBIOTIC

### What are probiotics?

Probiotics are live bacteria that are both beneficial and essential components of our digestive systems known as flora. In nature, a probiotic is a species found in both our environment and in our digestive system. This means it is not formulated by people in a laboratory and it doesn't have contamination from manufacturing or food allergens.

### Why take a probiotic?

Even clean, healthy diets come up short in our ability to eat and absorb nutrients that are necessary to support the human probiotic population due to changes in soil, toxin exposure, and the food industry. From a health prospective, this is not advantageous. Probiotics are necessary because they regulate the digestive system on how food is broken down. This is important as the gastrointestinal (GI) system is about 70% of our immune system and where probiotics live. More specifically, probiotics break down foods that are eaten and then made into hormones, neurotransmitters, enzymes, and other necessary building blocks to keep us healthy. They also act as a first line of defense against infections and foreign invaders, aide in weight loss, and are anti-inflammatory and mood stabilizers. Most importantly, what probiotics do is necessary for proper brain function to maintain an intact brain-gut axis and other neurological functions. In short, gut health is brain health. Of course anyone can live without a probiotic supplement. However, the probability of quality of life is most likely decreased if a probiotic is not part of a daily supplement regime. Keep in mind, digestive health is essential and paramount to our overall health. Without a healthy GI system, we can get an overgrowth of pathogenic bacteria (bad and toxic), yeast, parasites, and even other disease states that can lead to further inflammation such as food allergies and sensitivities, bloating, other infections, fatigue, malnutrition, autoimmune disease, diseases of the joints and nervous systems, migraines, and the list goes on. This means food, no matter how clean and healthy it is, without a proper functioning GI system, cannot adequately be broken down leading to symptoms of constipation, diarrhea, gas, bloating, acid reflux, eczema, weight gain, brain fog, headaches, and others symptoms before and after diagnosis of a condition.

In addition, anyone who has had a traumatic brain injury, automobile accident, concussion, whiplash, or headaches after trauma will have some level of GI distress as there is a gut-brain relationship. This is why individuals with neurological disorders – ADD, ADHD, Alzheimer's, Parkinson's, dementia, Aspergers, Autism, Cerebral Palsy, Epilepsy, anxiety, depression, confusion, brain fog, and Down's Syndrome – will need a probiotic to help support the neurological dysfunction. On the flip side, those who have taken antibiotics, eat meat and other

animal products that have been fed or injected antibiotics (it passes through the meat to you and kills your own flora), have autoimmunity, thyroid disorders, high blood pressure, indigestion, GERD, acid reflux, irritable bowel, inflammatory bowel, constipation and/or diarrhea are candidates who need a probiotic for systemic conditions.

### Why select **DOCTOR'S OPTIMUM Probiotic**?

This probiotic formula was created to be broad spectrum – it can be used any time and is to be used continuously. Some probiotics are only intended to be taken for a week or two following antibiotic use and should be discontinued after that time period. **NOT ALL PROBIOTICS ARE CREATED EQUAL.** Unfortunately, many probiotics contain pathogenic strains that commonly grow due to combining bacterial strains. Even worse, many of these strains are rarely tested for cross-pollination and the outcome is a mutated pathogenic (disease-causing) strain. For a probiotic to perform properly, it is imperative that it gets past the acidic environment of the stomach and arrive in the intestines alive and with enough numbers present to make a difference. Therefore, the capsule must be acid resistant. Many probiotics, and a relatively high number of nutrition supplements, do not have these types of capsules and are killed once they hit stomach acid regardless of number, capsule, or type of probiotic species. Once dead, the cells are not arriving in force and you end up wasting your money. If a probiotic requires refrigeration, it is because it is fragile. Our question is: then how can it survive the stomach acid and the temperature of the body? Our research shows that the majority of probiotics do not survive. Our blend survives and arrives in the GI tract to perform its probiotic function and why we formulated **DOCTOR'S OPTIMUM Probiotic** for our clients.

**DOCTOR'S OPTIMUM Probiotic** is based on what is truly a probiotic:

- Exists in nature and in our GI system;
- Is stable enough and does not need to be refrigerated (refrigeration is an indicator of the instability of a probiotic);
- Can pass the stomach acid and has been proven to slow the growth of undesirable bacteria and yeast while supporting the immune response;
- Is easy and convenient because it does not require refrigeration.

Of course, **DOCTOR'S OPTIMUM** products are gluten and dairy free and vegetarian in a viable capsule without the need for cross-reacting fillers or prebiotics. In addition, **DOCTOR'S OPTIMUM Probiotic** contains bacillus spores that have been through extensive human clinical trials and a long history of use. They normally occur in the GI system in levels with a population of around two million and our dose of two billion overrides the concentration naturally existing to control the population. It goes even further that many of these types of Bacillus probiotic strains actually produce natural antibiotics within the GI tract and kill foreign invaders.

Try **DOCTOR'S OPTIMUM Probiotic** with **DOCTOR'S OPTIMUM VITAMIN D** for our recommended *Immune Support program*.

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