



- ★ Purity
- ★ Potency
- ★ Freshness

# Probiotic Supremacy

Healthy Bacteria For Life



By Zoltan P. Rona, MD, MSc

## Probiotics – The Healthy Bacteria You Don’t Want to Kill

Gastrointestinal complaints are a common cause of lost work days and visits to the doctor. Like millions of others, you may not realize that bloating, acid reflux, indigestion, constipation, and diarrhea are not a normal part of your digestive process. Symptoms like these indicate an imbalance in your intestinal microflora that may lead to more serious disease.

### Do You Recognize Any of These Symptoms of Poor Digestion?

- Bloating
- Nausea
- Parasites
- Gallbladder Disease
- Fullness
- Belching
- Rectal Itching
- Candida
- Iron Deficiency
- Flatulence
- Weak, Cracked Fingernails
- Food Allergies
- Psoriasis
- Hives
- Diarrhea
- Acne
- Eczema
- Rosacea
- Arthritis
- Constipation
- Dermatitis
- B12 Deficiency

### Where Did All Your Good Bacteria Go?

**Processed-Food Diet** - A processed-food diet filled with refined flours and synthetic sugars deplete your natural gut bacteria and encourage the growth of candida yeast.

**Caffeine** - Too much coffee, tea or cola causes hyper-secretions in the stomach, which can lead to chronic gastrointestinal disease.

**Antacids** - Antacids interfere with your normal digestive process by inhibiting the release of necessary digestive enzymes and probiotics.

**Tobacco** - Smoking and chewing tobacco products depletes essential intestinal microflora.

**Prescription Antibiotics** - Prescription antibiotics do not differentiate between beneficial & harmful bacteria; they just eradicate everything!

**Steroids** - Corticosteroids destroy your healthy gut bacteria if taken over long periods of time.

**X-Rays** - Excessive use of X-Rays can also damage your intestinal flora. If you have these procedures often, your depleted gut bacteria must be replaced.

**Fluoride** - Fluoride has been proven to cause chronic gastrointestinal complaints due to depleted gut microflora.

**Ageing** - The more mature gut will greatly benefit from probiotic supplementation as probiotics deplete as you age.

### How Probiotics Work

Probiotics boost your immune system and protect you from viruses, fungus, bacteria, allergens, and chemicals by surrounding and neutralizing the offending substances. These good bacteria form a barrier along your intestinal lining, preventing viruses from passing into your bloodstream.



## Prebiotics Work in Harmony with Probiotics

Prebiotics are non-digestible or partially-digestible food ingredients that encourage the growth and proliferation of good bacteria.

These foods “team up” with the healthy bacteria in your gut to stimulate peristalsis (intestinal muscle movements), which improve your digestion and elimination naturally.

### *Foods highest in gut-healing prebiotics include:*

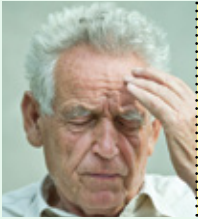
- ✓ Garlic
- ✓ Onions
- ✓ Asparagus
- ✓ Leeks
- ✓ Burdock
- ✓ Legumes
- ✓ Broccoli
- ✓ Cauliflower
- ✓ Brussels Sprouts
- ✓ Cabbage
- ✓ Collard Greens
- ✓ Kale
- ✓ Chicory
- ✓ Jerusalem Artichokes
- ✓ The Dahlia Plant

## The Health Benefits of Probiotics are Virtually Endless!

The health benefits of beneficial bacteria are virtually endless. Everything from autoimmune disease to depression can be effectively treated using these beneficial bugs!

### Autoimmune Disease

High-quality probiotics have been shown to correct autoimmune disease by treating chronic inflammation, stabilizing an overactive immune system, and decreasing intestinal permeability.



### Mental Health

Regular probiotic supplementation has been shown to improve memory, behavior, and cognition even for those with developmental disorders such as autism and ADHD. Probiotics do this by decreasing chronic inflammation in both the brain and gut and heals the nervous system.

### Candida Infection

Regular probiotic supplementation helps counteract yeast overgrowth, eliminating the need for anti-fungals and antibiotics that only make the problem worse.



### Treats Digestive Disorders

Regular probiotic supplementation activates your “gut protection system” and helps treat common digestive conditions such as inflammatory bowel disease, acid reflux, stomach ulcers, leaky gut syndrome, gas, bloating, flatulence, and H. pylori infection can all be treated using probiotics.

### Prevents Osteoporosis

If you're not absorbing vitamin D3, calcium, and magnesium due to low gut bacteria or chronic intestinal inflammation, your bones could be at risk. Probiotics reduce this risk by healing your gut and decreasing inflammation.



### Skin Health

Allergic skin conditions such as acne, dermatitis, eczema, and psoriasis all respond well to high doses of probiotics. Probiotics reseed your gut, boosting your immune system and encouraging your body to heal itself.

### Allergies

Probiotics give your immune system the boost it needs to treat allergies at their source while providing relief from chronic sinus congestion and discomfort.

### Protects Against the Adverse Effects of Radiation Treatment

Studies have shown that the probiotic strain, lactobacillus rhamnosus GG, may protect against long-term intestinal side effects of cancer radiation treatment.

### Stabilizes Blood Cholesterol

Studies have shown that probiotics bind to cholesterol in the lower intestine, preventing it from being absorbed into your bloodstream.



### Enhances Fertility

Probiotics not only improve chances of conception, they minimize complications during pregnancy by decreasing systemic inflammation and risk of premature birth. Probiotics also support the future health of your child by providing a healthy dose of beneficial bacteria during birth.

### Counteracts the Side Effects of Antibiotics

Common side effects of antibiotics include vaginal yeast infections, diarrhea, nausea, vomiting, and fatigue. Probiotics help counteract this effect by protecting your gut from candida overgrowth.

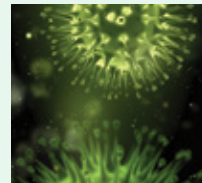


### Aids in Weight Management

Yes, probiotics can even be used to aid in your weight-loss efforts. The better you are able to absorb nutrients from food, the more full and satisfied you'll feel after meals.

### Prevents Periodontal Disease

Poor gum health is a strong indicator that something is going wrong in your gut. Adding a probiotic supplement to your diet can help prevent the pain, discomfort, and halitosis associated with periodontal disease.



### Protects Against “Super Germs”

In high doses, probiotics help prevent the spread of pathogenic bacteria while strengthening your immune system. This gives you a chance to build up a natural resistance to these ever-evolving superbugs.

## Common Probiotic Myths

### “Yogurt is Enough”

Most commercial yogurts are very high in synthetic sugar (13-17 grams) and food dyes that do nothing to improve your health. Also, the culture count in yogurt is much too low to be of medicinal benefit.

### “HSOs are Best”

Homeostatic soil organisms (HSOs) work for many people but the

major problem with HSOs is they can enter the bloodstreams of people with leaky gut or depressed immunity, causing a bloodstream infection called septicemia.

### “Avoid Probiotics When Taking an Antibiotic!”

If you take the antibiotics and probiotics at different times, both the antibiotic and the probiotic do their jobs, with the probiotic making up for the damage caused by the antibiotic.

## What Makes a Probiotic Supplement Superior?

With so many probiotic supplements on the market, it can be difficult to know which one is best for your individual needs.

### *Here are some things to look for:*

#### Number of Strains

In order for a probiotic to be effective, it must contain a varied number of strains as each strain is responsible for a different function.

#### Probiotic Contraindications

Probiotics are generally considered safe and well-tolerated in the usual dosages prescribed. However, highly-sensitive individuals occasionally report indigestion (nausea, heartburn), which disappeared when the supplement was discontinued or the brand of probiotic was changed. Very rare cases of liver abscesses due to *L. acidophilus* have been reported in cases of chronic pancreatitis undergoing surgery.

#### More is Not Necessarily Better

When you're struggling with digestive disorders or other chronic conditions, once you find the right supplement, it can be tempting to overuse it. More is not necessarily better in this case. Too high a dose of probiotics could actually be harmful to your health.

#### Add L-Glutamine to Your Probiotic for Leaky Gut Relief

The lining of your intestines is only one cell-layer thick. Overuse of antibiotics, NSAID pain relievers, synthetic hormones, and poor diet can deplete this vital lining, allowing undigested food particles, bacteria, and viruses to enter into your bloodstream. This encourages chronic inflammation and allergies as well as mental and behavioral disturbances. In addition to probiotics and prebiotics, I also recommend another supplement; L-Glutamine. L-Glutamine is a free amino acid found within skeletal muscle and blood. L-Glutamine improves gut integrity and water absorption in the gut, thus hydrating the entire body.

#### TriStar Probiotic Supremacy – The Perfectly-Balanced Probiotic

TriStar Probiotic Supremacy is a perfectly-balanced probiotic you can trust. It contains varied probiotic strains to protect your health, boost your immune system, and treat your digestive problems encased in protective enteric capsules. Since the intestinal micro-ecosystem typically carries up to 400 strains of bacteria, it makes sense to use a product that provides a broad spectrum of viable organisms.

Some suppliers claim that the probiotic strains can only work if given one at a time. There is no evidence that this is true. Single strain probiotics are sufficient for individuals with healthy digestion and a relatively strong immune system who just want a little extra boost. Most individuals, however, could benefit from multiple strains. After all, certain single strains do not have the near-magical properties that some advertising hype would lead you to believe. The best advice here is to consult the knowledge and experience of health care practitioners familiar with probiotics.

*Dr. Zoltan P. Rona practices Complementary Medicine in Toronto and is the medical editor of "The Encyclopedia of Natural Healing." He has also published several Canadian best-selling books, including "Vitamin D, The Sunshine Vitamin." For more of his articles, see [www.mydoctor.ca/drzoltanrona](http://www.mydoctor.ca/drzoltanrona) and [www.TriStarNaturals.com](http://www.TriStarNaturals.com).*

For complete references please download the full article from [www.TriStarNaturals.com](http://www.TriStarNaturals.com)

#### Delivery System

You could take a 50 billion colony forming unit probiotic supplement with all the right strains and still not receive health benefits if you don't have the right delivery system. That's why I recommend my patients take probiotics in enteric capsules that survive passage through your stomach acid.

#### No Additives and Preservatives

Many store-bought probiotic supplements contain unnecessary and sometimes dangerous additives and preservatives that do nothing to improve the quality of the supplement.



We have  
**a gut feeling**  
 about how  
 you can help  
 improve your  
 digestion!



★ Purity ★ Potency ★ Freshness

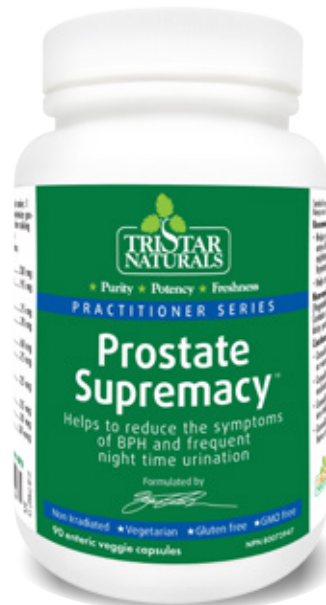
- ▶ 250 mg of L-Glutamine to remedy leaky gut
- ▶ 45 billion CFU input during production, 16 billion CFUs guaranteed at expiry date
- ▶ Balanced strains & potency for everyday use

- ▶ Support digestive health
- ▶ Fight Irritable Bowel Syndrome
- ▶ Fight bloating & constipation
- ▶ Strengthen immunity
- ▶ Aids in weight management



“The purity, potency and freshness of Probiotic Supremacy makes it an excellent choice.”

Zoltan P. Rona, MD, MSc



[www.tristarnaturals.com](http://www.tristarnaturals.com)