

The Nutritional Essentials

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Duben Chiropractic & Kinesiology

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From the Pen of Dr. Royal Lee

(1895-1967) Inventor,
Scientist, Genius, Founder of
Standard Process, Inc.

"Sour milk, yogurt and acidophilus yeast have long been known to be beneficial in correcting the local environment; they favor the friendly bacteria and block the growth of toxin producing organisms."

A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever

Ankle Swelling
Arthritis
Back Pain
Blood pressure - High or Low

Bronchial Conditions

Bursitis

Circulation, Poor

Colitis

Colon, Spastic

Constipation

Cough, Chronic/Allergic

Diarrhea

Disc Problems

Diverticulitis

Dizziness (Vertigo)

Emphysema

Fatigue, Chronic

Feet, Cold or Burning

Feminine Problems

Gall Bladder Disorders

Gas

Glandular Troubles

Headaches

Heart, Fast or "Nervous"

Hemorrhoids

Impotence

Injuries to Soft Tissues

Insomnia

Joint Pain

Kidney Problems

Knee Pains, Chronic Leg

Pains, Cramps, Tingling,

Numbness

Liver Problems

Nervousness

Neuralgia

Prostate Trouble

Sciatica

Shingles

Sinus Trouble

Throat, Sore / Hoarse /

Congested

Thyroid Conditions

Ulcers -- Stomach,

Duodenum, Skin

Yeast Infections

Bacteria Can Be Good - Probiotics Build Health

The word biotic is from the Greek *biotikos* meaning: *of or relating to life*. We often use the word anti-biotic. Which means, "against life." **Antibiotics kill bacteria but not all bacteria *should* be killed.** In fact, "healthy bacteria" are a health building essential to life, vitality and wellbeing.

Healthy bacteria in the soil feed nutrients through the roots of plants to help them grow and flourish, providing us with wholesome foods. Healthy bacteria in the human body protect and feed us in the same way, by helping with digestion and assimilation of essential nutrients.

That's right! Every healthy person has within their intestines a colony of bacteria nearly as large as their liver. It is estimated that a healthy person maintains more healthy bacteria than the total number of cells making up their body. The human body has approximately 13 trillion cells, a healthy bacterial colonization of the inside and outside of the human body is estimated at 14 trillion microbes of various types. These healthy colonies do the job of keeping unhealthy bacteria in check, and more.

Healthy bacteria in your body:

- ✓ Acidify the intestinal tract to make it uninhabitable by unhealthy bacteria, thereby supporting the immune system.
- ✓ Assist in the breakdown of carbohydrates and digestion of milk products.
- ✓ Provide for better food assimilation and toxin release by the large intestine.
- ✓ Healthy bacteria in the intestines can even create for you some vitamins you might not get otherwise!

These healthy bacteria have become known as **PROBIOTICS**. Published medical journals have featured PROBIOTICS over recent years. A recent MedLine search (published medical research internet site) showed 1813 probiotic citations, including 175 discussions of clinical

trials. A search of the same site for dates before 1990 showed only 13 citations. All of these studies indicate the varied benefits of healthy bacteria in our environment. Interesting to note, since these healthy bacteria have been serving human beings for thousands of years, why would they only recently come to the attention of medical researchers?

Antibiotics

Antibiotic use is likely the reason the health "industry" has recently been paying attention to the value of healthy bacteria. That's because healthy bacteria silently served their healthful purpose until antibiotics came along. Antibiotics kill healthy bacteria, upset Nature's balance within us and cause new diseases.

That right! When antibiotics are used, the healthy bacteria are killed right along with the unhealthy ones. We need to do something proactive to make sure the healthy bacteria can live in our environment serving Nature's purpose. If for any reason we take antibiotics, then we need to re-establish the healthy bacteria of our body. In fact, the same urgency which the "health industry" applies to antibiotics needs to be applied to probiotics.

The health problems that the published literature shows are improved by probiotic use are the very same conditions that often follow antibiotic use. If you or anybody in your family experiences these conditions from time to time you need to consider becoming proactive with probiotics.

Take a look at this brief list of conditions:

- Diarrhea
- Allergies
- Immune System weakness
- Irritable Bowel Syndrome.
- Inflammatory Bowel Disease
- Hypertension
- Vaginal Infections
- Kidney Stones
- Lactose Intolerance

