

BioDoph-7 Plus

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Even though many of your patients come in initially for pain related conditions, you don't have to ask too many questions to realize how many of your patients have digestion issues. Many Wellness clinicians start with the patient's initial complaint then head straight for the gut. Why, because the gut is essential for health and in many cases the patient can feel a dramatic difference right away.

I like to use a test called the Comprehensive Stool Digestive Analysis offered through a variety of laboratories. They take the stool, culture it, and then examine it to see what kind of bacteria, amoebas, parasites, or what kind of fungal forms may exist.

Two things are common: one, there is a proliferation of bad bacteria or bad "bugs"; and secondly, there's an absence of healthy bacteria. It's the chicken and the egg scenario, which came first? Did the bad bacteria



come first and crowd out the good bacteria or was it an absence of good bacteria that allowed the proliferation of the bad bacteria? Well a conservative approach is to feed the good bacteria.

What researchers are calling "intestinal overgrowth" can be caused by: stress, which causes a change in the pH of the bowel allowing the healthy bacteria to not proliferate as they should; low fiber, starves out the healthy bacteria; a sugar laden diet, feeds the bad bacteria; and high trans-fats or hydrogen-

ated oils, which have a negative effect on biliary function. We need healthy bile flow to create the proper pH and to have the proper transit time necessary for the proliferation of good bacteria.

"Intestinal overgrowth" can be caused by antibiotics, and whether we take the pills; or if we consume commercially prepared antibiotic tainted meat, chicken, beef, or pork, we're getting the side effect of those antibiotics.

Also, eating too fast can cause the growth of bad bacteria. If we eat too fast we're not digesting our food properly and our enzymes are not killing the bacteria that are naturally present in our food.

So if you think about it, just about everybody we treat has one or more of these factors. The more research accumulates, the more we find that gut problems are a contributing factor to just about every condition.

A huge part of fixing the GI tract is balancing the gut micro-flora. Healthy probiotics have been shown to improve digestive function, to balance or modulate the gut immune system - up or down, to increase the growth of anaerobic bacteria, to decrease bad or unfriendly bacteria and to reduce leaky gut. Probiotics are a big factor in maintaining a healthy GI barrier, which selectively blocks unhealthy organisms and antibodies from entering the blood stream. Healthy probiotics have also been shown to improve liver function, to stimulate phagocytosis, and to benefit the healthy gastro-mucosal lining. Many of you are familiar with BioDoph-7 Plus developed by Dr. Gary Lasneski. BioDoph-7 Plus is a prebiotic/probiotic formula with over 20 billion bacteria per capsule. Clinically, it's difficult to measure how fast these micro-organisms double.

World renowned bacteriologist, Dr. Klem Shahani said they double every 20 minutes. Other commercial bacteriologists say they multiply about every two hours. But regardless of the number, they multiply very fast; so if you're getting 20 billion viable or living organisms per capsule, you're going to get a strong dose of the healthy bacteria.

Dr. Lasneski took all the commercially available bacterial strains that had really solid research and tested them energetically. First, he tested them individually to see

which were the best strains and then he tested them in combination to find the correct ratios. He then tested a variety of prebiotics that are valuable, to make sure that the healthy bacteria can grow; kind of like putting starter fertilizer on new grass.

For example, he added inulin which increases the growth of the bifidobacterium. He also added arabinogalactans, a soluble fiber which increases the butyric acid which feeds the anaerobic bacteria. We're also familiar with arabinogalactans having a positive effect on the immune system of our bodies; also marshmallow root, which is very effective for a healthy mucosal lining. That's where the bacteria live... in the mucosal lining. The marshmallow root helps to grow nice healthy mucous, so healthy bacteria have a place to "hang out".

The BioDoph-7 Plus stands for seven different effective and balanced strains of probiotics; the Plus stands for the added prebiotic nutrients. One of the reasons I've been enthusiastic about BioDoph-7 Plus is that it's surprisingly inexpensive as far as probiotics go; but more importantly, because it's clinically solid. Over 20 years ago Biotics Research applied a technology that preserves healthy bacteria without refrigeration. The process leaves bacteria in a viable state and they multiply rapidly. The feedback we get from clinicians is very encouraging.

The dosage is simple - just 2 - 4 at bedtime with water. Use it with patients having symptoms or if testing shows a deficiency. However remember all your patients would benefit with a periodic "re-seeding" to maintain healthy bacteria. One capsule at bedtime is a nice maintenance dose.

Thanks for reading this week's edition. I'll see you next Tuesday.