

When Trusted Protocols Don't Work

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Trying to help patients over the years, we eventually realize "experience is what we get by not having it when we need it." When I get stumped, and stumped means "when common things don't work," I know my patient must have some form of dysbiosis.

Dysbiosis refers to microbial imbalances and is most prominent in the digestive tract. I use a test called the Comprehensive Stool Digestive Analysis offered by a variety of laboratories. The stool is cultured then examined 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. So which came first, the chicken or the egg? 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 conserva-



tive approach is to feed the good bacteria.

Here are some factors that cause what the researchers are calling intestinal overgrowth or bad bacteria. Stress causes a change in the pH of the bowel, causing the healthy bacteria to not proliferate as they should; low fiber starves out the healthy bacteria. A sugar-laden diet feeds the bad bacteria. High trans-fats or hydrogenated oils have a negative effect on biliary function. We need healthy bile flow to create the proper pH and to have the prop-

er transit time necessary for the proliferation of good bacteria.

Another factor: antibiotics, whether we take the pills or if we consume commercially prepared antibiotic tainted chicken, beef, or pork, we're getting the side effects of antibiotics. 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.

If you think about it, just about everyone we treat has one or more of these factors. So really, all of our patients should go on a periodic "re-seeding" of healthy probiotics. 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.

As many of you know, healthy probiotics have been shown to: improve digestive function, modulate the gut immune system up or down, increase the growth of an aerobic bacterium, decrease bad or unfriendly bacteria and reduce leaky gut.

Probiotics are a big factor in maintaining a healthy GI barrier. This barrier 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 healthy gastric mucosal linings.

Many of you are familiar with Biodoph-7 Plus developed by Dr. Gary Lasneski. Biodoph-7 Plus provides 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 double 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.

Many of the commercial preparations tested did not meet label claims in terms of the numbers of bacteria, and in many cases the healthy bacteria were already dead. In developing Biodoph-7 Plus, 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. 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 that increases the butyric acid which feeds the anaerobic bacteria. We also know that arabinogalactans have a positive effect on the immune system. Biodoph-7 Plus also contains marshmallow root, which is very effective for healthy mucosal lining. Bacteria live in the mucosal lining. The marshmallow root helps to grow nice healthy mucous, so healthy bacteria have a place to "hang out."

Here's the beauty of this product: in essence, Dr. Lasneski took the best prebiotics and added them to his new high-potency probiotic blend. Cultured, tested and manufactured by Biotics Research Corporation, the result is Biodoph-7 Plus. The "7" stands for seven different strains of probiotics, and the PLUS stands for the prebiotics.

The dosage is simple, 3 - 4 capsules at bedtime with water. Use it with patients having symptoms or if testing shows a deficiency. However remember all your patients would benefit from a periodic "re-seeding" to maintain healthy bacteria. One capsule at bedtime is a nice maintenance dose.

Surprisingly, Biodoph-7 Plus is inexpensive, as far as probiotics go; but more importantly, as both prebiotic and probiotic, Biodoph-7 Plus is clinically solid; and the feedback we've been getting from clinicians is very encouraging.

Thanks for taking the time to read this week Tuesday Minute edition. I'll see you again next Tuesday.