

## Do I really have *friendly* bacteria?

“No way,” you say – but yes, it is true – you do have friendly bacteria - living in your intestinal tract! In fact, about three pounds worth.

*And* you really do need them.

These bacteria and yeasts are essential to the health of the intestinal tract, and they produce many chemicals that are essential to your brain, hormones, and your entire body.

“Really?”

“Yep”

You need them so that you function well and stay healthy. Unfortunately, there are many ways that the body’s supply of ‘good’ bacteria can be decreased, including the use of antibiotics, poor food choices, lack of digestive enzymes, stress, and overuse of laxatives.

Symptoms of a lack of friendly bacteria include brain fog, vaginal infections, jock itch, joint aches and pains, bad breath, diarrhea, constipation, “bad” digestion, inflammation, thyroid problems as well as autoimmune issues.

Follow our guidelines for digestive health. Supplementing with a variety of probiotics can help to normalize the intestinal tract but that is not enough. The more diverse your diet, the more different organisms you will ingest and the healthier you will be.

You have to feed these bacteria correctly so that they live and do their job. They need lots of fiber – like fruits and vegetables. They hate sugar, chemicals in food, antibiotics, and anything fake. They love correct digestive enzymes.

How do you know which one(s) you should take? Make an appointment and come in for nutrition testing and we will discover that together.