



THE FASTING PODCAST WOW: EPISODE 35 – PROBIOTICS & FASTING

EPISODE 35: PROBIOTICS & FASTING?

The Fasting Podcast WOW (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





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What are They & How do They Help Us?



- Antibiotic against life, probiotic for life - a microorganism introduced into the body for its beneficial qualities
- The “good bacteria” support immune function, digestion, nutrient absorption, & synthesis of key neurotransmitters, keeps “bad bacteria” under control, help digest dairy, reduce inflammation, decrease activity of at least 4 enzymes that may contribute to causing abnormal cells, may help to reduce cholesterol/triglycerides/blood pressure, may help reduce risk of abnormal cells in the colon, may enhance absorption of calcium & magnesium in large intestine, may help with iron & zinc, skin health, production of vitamin B12 & K2, may help reduce allergies/blood sugar problems/non-alcoholic fatty liver...
- “Lactobacilli” small intestine, “Bifidobacteria” large intestine



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More About Them – Can Enhance Fasting in Many Ways



- Found in supplements, food/drink (such as organic yogurt, miso, natto, tempeh, sauerkraut, kombucha)
- Number of organisms in gut can be > number cells in rest body
- 3-5 POUNDS of friendly flora
- Prebiotics & fiber important – creation of Hcl, control of candida
- What kills it? Antibiotics including those in animal products like meat/eggs, many Rx, too much stress, salt, sugar, etc.
- Pets & kids need them too - babies get 1st exposure in mother's birth canal, so Caesarian... and many kids take antibiotics
- Ask about our favorite probiotic/enzyme/mineral/chromate/herbal/D3 blend – and also add other brands occasionally



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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

