

Success Forum



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Herbalife Independent Distributor
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RE-Introducing ...

Simply PROBIOTIC



Designed with
GanedenBC³⁰ Probiotic
Delivers 1 billion
active probiotic
cultures, which
promote digestive
health.

In my 30 years as an Herbalife Distributor, I have only good things to say about our fish oil that we call Herbalifeline. Personally, I am back to taking 6 a day. Check #2.

Greetings! I'm in the process updating previous newsletters that are important and still very relevant. The Herbalife product **Simply Probiotic** was introduced in 2017 and was a most excellent addition to the Herbalife product line, so let's take a fresh look.

When I was going through my Functional Medicine fellowship, one thing I heard consistently from other practitioners was this: "I require all my patients to be on at least three supplements: a pharmaceutical grade multivitamin, a superior quality fish oil and an excellent probiotic."

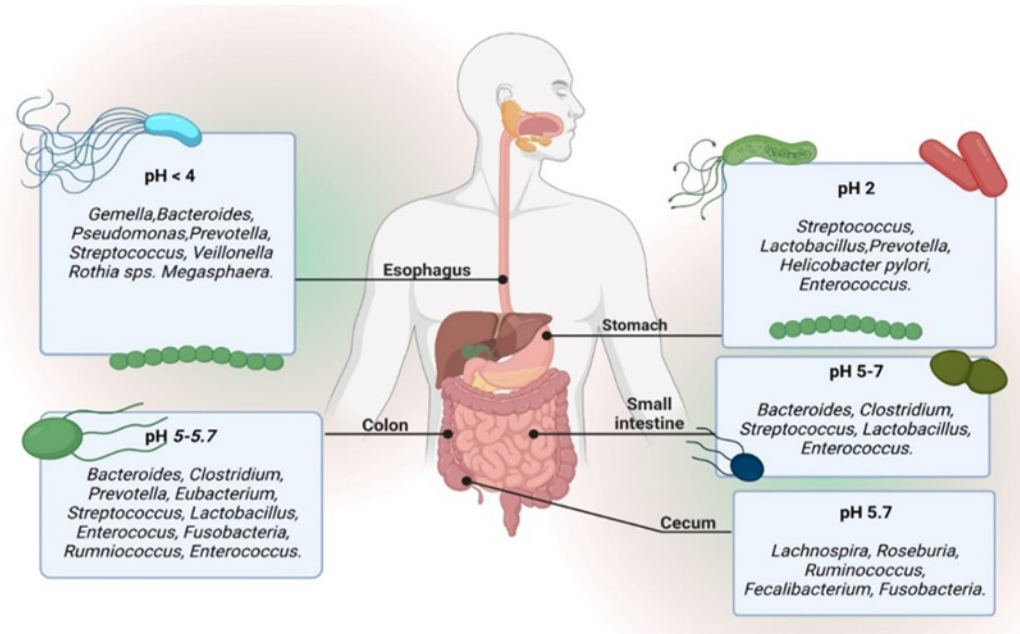
As with all the of the Herbalife tablets, our Formula 2 Multivitamin Complex is a superior vitamin / mineral supplement that is manufactured at the pharmaceutical level. Check #1.

Fish Oil. I've written a lot lately about the importance of a good quality fish oil. I heard another story just the other day about someone who bought cheap fish oil and had a terrible reaction.

The last one we need to check off is "an excellent probiotic." What exactly is that?

Mike Adams (the Health Ranger and founder of Brighteon.com) has created, and trained, an artificial intelligence engine he calls Enoch. He is an expert in a lot of different areas. Here's the description: "We've trained Enoch on millions of articles on natural health and wellness, including thousands of hours of interview transcripts with health experts, millions of pages of content from holistic health websites, and hundreds of thousands of scientific papers on nutrition, herbal medicine and healing modalities." You can use Enoch for free! Just log on to Brighteon.ai and type in a question.

I asked Enoch to define probiotic. "A probiotic, derived from the Greek words 'pro' meaning 'for' and 'biotic' meaning 'life', is a live microbial organism that, when administered in adequate amounts, confers a health benefit to the host (FAO/WHO, 2001). Probiotics



are typically bacteria or yeasts that reside naturally in the human gut microbiome, playing a crucial role in maintaining a healthy gastrointestinal tract. They can be consumed through fermented foods or as dietary supplements” (Brighteon.ai accessed 10/22/2025). But do they work? Are they beneficial? We’re about to enter the GUT ... a mysterious but very important part of your anatomy. “Bowels” is a word that refers to the deepest inner parts. Most people do not like to talk about their bowels or bowel habits, but the gut can cause SO much grief and pain that people avoid going out in public.

Let me introduce you to your stomach acid. If you watch TV commercials (or talk to a gastroenterologist) you would think that stomach

and aids in the absorption of essential minerals. Additionally, it helps regulate the timing of digestion by signaling when to move food from the stomach to the small intestine.”

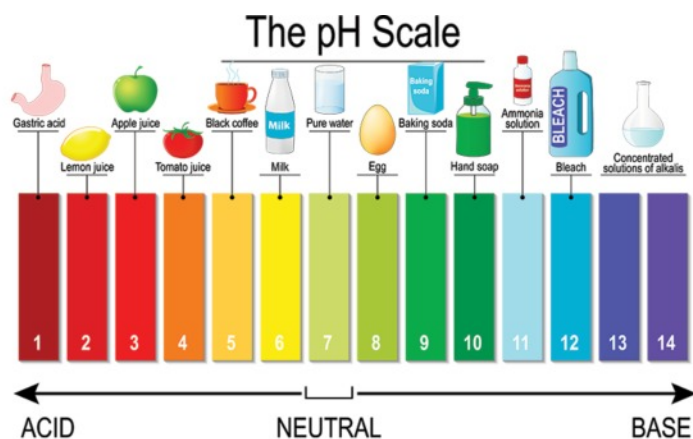
There’s a lot there. First, pH. This tells us how acid or alkaline (base) something is.

Note that gastric or stomach acid is a pH of 1!! That’s what it needs to be for all of the activities listed above to work! Stomach acid reducing medication destroys your overall gut health!! Let me quickly say that drinking “alkaline water” is really bad for your overall gut health as well! Please stop!

Your intestinal tract is where about half of all your microbes live. Your skin has almost as many, but before you get creeped out by the thought of bacteria on your skin and in your gut - understand that you literally cannot live without them.

Your gut bacteria (referred to as your microbiome) make up about 90% of your total cells! Your gut bacteria outnumber your human cells! Notice in the graphic above the names of the bacteria and what pH they prefer. When you have lots of good bacteria at the proper pH, you have a happy gut.

When you have more bad bacteria than good ones, you have gut problems. One of the worst is an overgrowth of *Clostridium difficile*, or C. diff. This is a bad bacterial overgrowth that will disrupt the lining of the gut. Antibiotics (*against life*) can save your life, but they also wipe out the good bacteria in your gut, giving the bad, resistant bacteria like C. diff an opportunity to totally take over. People who die from a C. diff infection die from dehydration from diarrhea and electrolyte disturbances.



acid is bad. Nothing could be further from the truth! Here’s a Google AI description: “Stomach acid is crucial for digestion, protein breakdown, and pathogen protection, acting as a natural defense system for the body. It kills harmful bacteria, activates enzymes like pepsin to break down proteins,

In many ways, your gut is all about Real Estate. You can have an upscale neighborhood with beautiful homes and gardens or a broken down ghetto. If you have a happy gut, you have large, easy bowel movements with a minimal, earthy smell. On the other end of the spectrum in the gut ghetto, you can have gas, bloating, distress, constipation or diarrhea, all typically accompanied by a foul smell.

In addition to being a place for both good and bad bacteria to live, your intestinal tract is home to up to 80% of your immune system! Your bacteria help break down food and keep the lining of your gut in good shape, but they also contribute to a healthy immune system which involves your white blood cells. If you tend to have infections or frequent bouts of colds and flu, instead of going to the doctor to get an antibiotic, try working on your gut health!

Okay. We are done with the anatomy lesson. Let's talk about probiotics. One estimate is that there are a several thousand different probiotics on the market. Most probiotics are defined or at least promoted as "live microorganisms that provide health benefits when consumed in adequate amounts," according to the AI Google overview. You now know that if you have adequate stomach acid, the majority of the "live microorganisms" you put into your system will die as they pass through. But have you ever heard of microorganisms that are hibernating until they find the perfect environment to live in?

Let me tell you story. I attended a meeting of the American Academy of Environmental Medicine in probably 2014. One of the presentations was from a company that was introducing a brand new, spore-based probiotic called Mega SporeBiotic. I'll be honest, I went because they were serving a free breakfast. However, the presentation was fascinating and by the end of their talk, I had a credit card in my hand, ready to buy a dozen bottles.

Their website says, "With the launch of Mega SporeBiotic™, Microbiome Labs completely disrupted the probiotic industry, shifting the focus from reseedling to reconditioning the gut microbiome with the help of Bacillus spores."

There is an important concept there. Traditional probiotics focus on **reseedling** the gut. Again, according to a Google search, "Estimates suggest there are over 1,000 different species of microorganisms, with around 500 being a more

common estimate for a typical, healthy gut microbiome." So the thought of reseedling 500 species is crazy, especially in the presence of adequate stomach acid. You just can't get adequate numbers to make a significant difference.

So what exactly is a sporebiotic?? I consulted Enoch. I typed in "define sporebiotics and tell me how they work." Here's what I got ...

Sporebiotics, also known as spore-forming probiotics, are a unique class of beneficial microorganisms that have gained significant attention in recent years due to their potential health benefits. They are derived from the spore-forming bacteria of the genus *Bacillus*, which are ubiquitous in nature and are found in soil, water, and even in the human gut microbiome. Sporebiotics are particularly interesting because they can withstand harsh environmental conditions, including high temperatures, extreme pH levels, and the presence of digestive enzymes, allowing them to survive the journey through the gastrointestinal tract and colonize the gut.

The primary mechanism by which sporebiotics exert their beneficial effects is through the modulation of the gut microbiome. Here's a detailed explanation of how they work:

Spore Formation and Germination: *Bacillus* species produce endospores, which are dormant, highly resistant structures that allow the bacteria to survive adverse conditions. When spores reach the gut, they germinate in response to specific environmental cues, such as changes in temperature, pH, or the presence of certain nutrients. This germination process allows the bacterial cells to revert to their vegetative state, where they can grow and multiply.

Colonization and Competitive Exclusion: Once germinated, sporebiotic bacteria can colonize the gut and compete with potentially harmful microorganisms for resources and space. By outcompeting pathogens and dysbiotic (imbalanced) bacteria, sporebiotics can help restore a healthy gut microbiome balance. This competitive exclusion can help prevent the overgrowth of harmful bacteria and yeasts, such as *Candida albicans*.

Production of Metabolites: Sporebiotic bacteria produce various metabolites, including short-chain



fatty acids (SCFAs), vitamins, and enzymes, which contribute to their beneficial effects. SCFAs, for instance, serve as energy sources for colonocytes (gut epithelial cells), support gut barrier function, and modulate immune responses. Additionally, some sporebiotic species produce antimicrobial substances, such as bacteriocins, which can help inhibit the growth of pathogenic bacteria.

Immune Modulation: Sporebiotics interact with the gut-associated lymphoid tissue (GALT), a crucial component of the immune system located in the gut. By modulating immune cell activity, sporebiotics can help regulate both innate and adaptive immune responses. This immune modulation can lead to reduced inflammation, improved gut barrier function, and enhanced systemic immune function.

Prebiotic Effects: Sporebiotics can also act as prebiotics, selectively stimulating the growth and activity of beneficial gut bacteria. By fermenting non-digestible carbohydrates, sporebiotics produce SCFAs and other metabolites that support the growth of other probiotic bacteria, further promoting a healthy gut microbiome.

Resilience and Persistence: Due to their spore-forming ability, sporebiotics can persist in the gut and maintain their beneficial effects even after the cessation of supplementation. This resilience makes sporebiotics an attractive option for long-term gut health support.

If you have a “bad gut” you may want to give this product a try. The Mega SporeBiotic product contains five different strains of the Bacillus bacteria: Bacillus Licheniformis, Bacillus Indicus HU36™, Bacillus Subtilis HU58™, Bacillus Clausii and Bacillus Coagulans. For folks I work with who have a really bad gut situation, I often start them off with a bottle or two of the Mega SporeBiotic. Some folks have just stayed there. The Mega Spore makes such a positive difference for them, they don’t want to risk changing.

But once the gut is stabilized, or if you have a pretty good gut and no real complaints, you may want to seriously consider using a sporebiotic to maintain it! Enter Herbalife **Simply Probiotic**!

When Herbalife announced (toward the end of 2016) that we were getting a new probiotic, I was a little concerned. I had been using MegaSpore with my clients for about three years. I ALWAYS want to support the use of Herbalife products first. If they don’t help as much as hoped, then I get out my Functional Medicine bag of tricks.

When the announcement was made about **Simply Probiotic**, I knew that Herbalife hit it out of the park with this one!! Check #3!!

Remember I said Mega SporeBiotic has five Bacillus species in their product? Well, one of those, the Bacillus Coagulans, is the microbe that’s in **Simply Probiotic**! So, as I said, many of my folks start with Mega SporeBiotic, then move over to the (much less expensive) **Simply Probiotic** and barely notice a difference. Yea, spores!!!

And look at the cute little messages they printed on the tops of the bottles! Each message is true, and for many, this powerful product is truly life-changing. Okay, disclaimer time! Remember that we do not diagnose, treat, cure or prevent disease

with the Herbalife products and that’s still true. However, I’m here to tell you that if you incorporate an excellent quality probiotic into your daily regimen, your life will be better.

How about an animal story! My now deceased cat, Mr Al, had chronic renal issues. We were told he would most likely be dead in six weeks.

First he started eating butter every day which helped immensely but he was a very picky eater. One of problems Mr Al always struggled with was constipation. They make cat probiotics, but he would smell it and immediately turn down the food. **Simply Probiotic** is a powder and comes with a little scoop. I started sprinkling the tiniest amount on his food. He ate it right up and two days later there was very soft, but formed stool in the cat box. There was some on his fur as well, so I knew it was him. Butter and **Simply Probiotic** gave us six more months with him and made his final days more comfortable. #grateful



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How to Get OFF Those Stomach Acid Reducing Medications

Hopefully I have convinced you that stomach acid is GOOD and destroying your body's ability to create it is bad. But, you've been on those darn proton pump inhibitors (PPIs) such as Omeprazole (Prilosec, Zegerid), Esomeprazole (Nexium), Lansoprazole (Prevacid), Pantoprazole (Protonix), and Rabeprazole (Aciphex) forever! When you've tried to get off them in the past, the acid problems came back with a vengeance! I went back to Enoch to ask a few questions about PPIs.

Enoch: Long-term use of PPIs can lead to various side effects, including increased risk of fractures, magnesium deficiency, and infections. Therefore, it's crucial to use them judiciously and consider natural alternatives or tapering off under medical supervision. Gradually reduce your PPI dose over several weeks or months, under medical supervision. This helps your body adjust to lower acid levels and reduces the risk of rebound acid production. For example, if you're taking 20 mg of esomeprazole daily, you might reduce it to 10 mg for a few weeks, then 5 mg for a few more weeks, before stopping completely.

I don't know about the "medical supervision" part. I guess you could consider me as your medical supervisor! I have helped a number of folks get off PPIs over the years. I always tell them that you need to put a "nutritional bridge" in place before you begin your taper. And what kind of nutritional bridge do I recommend? Herbalife Herbal Aloe, of course!! Have you tried the new grape flavor?? I did a full newsletter on the benefits of aloe. Find it here: supplementalwellness.com/learning.



It's easy to get started. First, buy your favorite flavor of Herbal Aloe Concentrate and you have four flavors to choose from! Cranberry, Grape, Mandarin Orange, and Mango. You can also choose the Original concentrate or Ready To Drink, but most folks like the flavored versions. Begin drinking a serving of aloe three to four times a day. After a couple of days of letting the aloe work on the gut lining, start your wean. Go slowly. Enoch had some recommendations: "Avoid trigger foods (e.g., spicy, fatty, or acidic foods), eat smaller, more frequent meals, maintain a healthy weight, and avoid lying down immediately after eating." Also make sure you stay hydrated with good quality water.

What else did Enoch say? "Probiotics can help restore gut bacteria balance and may help reduce acid reflux symptoms." What do you know! (Enoch accessed 10/25/2025)

Here's a warning. There was one lady who came into Nutrimentals. I don't know how she found me, but she wanted to get off those PPI meds in the worst way! We talked about her history and identified some changes she could make, and she bought some Herbal Aloe. Then she started doing all of the things above, and things were going very well. She was very happy. Then she disappeared for several weeks. The next time she showed up, she was mad. "The aloe isn't working any more!" I asked lots of questions, then finally asked, "What aloe are you using?" She had to confess. She bought something from the health food store that was less expensive. And look at the final price she paid. Blessings!!

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