

Essential Oils Healthline News

Vol. 8 No. 4

When bad bacteria outnumber the good

The following symptoms – among others – have been linked to low levels of good microorganisms:

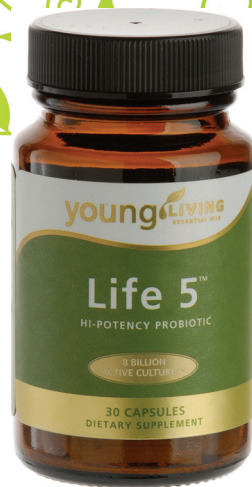
- Symptoms of GI sensitivity such as cramps, diarrhea, constipation, bloating, gas, IBS
- Gluten and other food sensitivities
- Yeast infections, cold sores, UTIs
- Headaches, migraines, stuffy nose
- Rosacea, acne, other skin problems
- Inflammatory conditions
- Increased symptoms of PMS, perimenopause or menopause¹

These symptoms could also indicate a more serious condition: Some researchers believe that declining levels of friendly bacteria in the intestinal tract may actually mark the onset of chronic degenerative disease. See your healthcare provider for any ongoing symptoms.^{1,2}

When good bacteria outnumber the bad

While there has been skepticism about the health benefits of probiotic supplementation, more recent studies have linked the following health improvements to the presence of a probiotically-optimized intestinal tract:²

- Enhanced immunity
- Lower cholesterol
- Better nutrition, improved absorption
- Improvement in the health and appearance of the skin.
- Protection against lactose and casein intolerance.
- Protection against Candida overgrowth and yeast infections
- Prevention and correction of constipation and diarrhea, ileitis and colitis, irritable bowel syndrome, and a whole range of other digestive tract dysfunctions.²



Probiotic Reinforcements Needed for Optimal Health

Just three pounds of bacteria defend your body against infection. Most of this small but mighty army of an estimated 750 trillion friendly bacteria, yeast and other microorganisms is stationed in your gastrointestinal tract, the source of core health and vitality. Its duty is to support optimal health by:¹

- Protecting your body – The bowel is the command center of the immune system and your first line of defense against infection. By killing off invading pathogens and producing immune-boosting bio-chemicals such as transfer factor and lactoferrin, your *intestinal flora* is responsible for 60-70% of your immune system's activity.²
- Transferring nutrients to the bloodstream and producing Vitamins B and K
- Eliminating waste products

When our *intestinal flora* thrive – so can we. However, if the bowel is not working properly, optimal health is impossible and the body becomes vulnerable to myriad conditions. We can upset the natural balance of friendly bacteria in the digestive tract by:

- Taking antibiotics, antibiotic herbs, birth control pills and NSAIDS
- Eating a diet high in processed foods and in antibiotic-laden meat and dairy
- Drinking chlorinated water
- Smoking, drinking alcohol and living a stressful lifestyle
- Not sending in fresh reinforcements to replace worn-out microorganisms.^{1,2}



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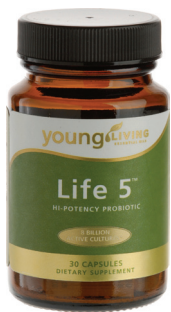
Probiotic Reinforcements Needed for Optimal Health

Diet tips for healthy flora

What we eat is the most important factor in keeping a healthy level of intestinal bacteria. Start with a diet rich in vegetables, fruits and fiber, because good bacteria feast on fiber. On the other hand, bad bacteria thrive on refined sugar and animal fat.¹

When symptoms do hit, eliminate fatty foods, dairy products, sugar, and alcohol, which will reduce phlegm. But for many, diet alone is inadequate when we need to reestablish healthy intestinal flora: The answer is to supplement with probiotics.^{1,3}

Recommended Young Living® products



Try Life 5™ a high-potency probiotic

After years of research, Young Living has formulated a probiotic supplement that exceeds the criteria for superior effectiveness. Life 5 probiotic contains active and hearty cultures of recognized strains of beneficial bacteria. Five clinically proven strains, including two super strains, were chosen for their various abilities to adhere to and colonize the intestines,

to improve nutrient absorption, relieve bowel distress and help restore pH balance in the digestive tract. The specific strains are *L. acidophilus* [LA-14], Howaru™ Rhamnosus, Howaru™ Bifido, *S. thermophilus* and *B. bifidum*.⁴ In addition, Life 5 contains an all-important prebiotic, a special mixture that feeds and sustains the probiotic's growth. Item #3099 30 caps
Whsl \$24.75 Retail \$32.57

If you're already taking a multi-vitamin, try switching to **Core Supplements™** which offers Life 5 as part of its daily foundational nutrition. It contains four premium nutritional supplements for overall health and wellness: Life 5 high-potency probiotic, Omega Blue essential fatty acids, Longevity immune support, True Source whole food multi-vitamin mineral supplement. Divided into portable packets for morning, noon and night. Item #3504 30 packets
Whsl \$104.75 Retail \$137.83



Balance Complete™ nourishes friendly bacteria

As stated earlier, dietary fiber is key to improving your intestinal health. The V-Fiber™ blend in Balance Complete contains a prebiotic fiber that nurtures beneficial microflora such as *Lactobacillus* and *Bifido* bacteria while decreasing pathogenic bacteria.⁴ Use for added fiber.

to replace a meal, and for the Five Day Nutritive Cleanse.

Item #3292 Whsl \$44.75 Retail \$58.88



Two Enzyme formulas improve intestinal flora

Essentialzymes-4 helps break down problematic foods such as excessive fats and starch. New formula Essentialzyme helps reestablish proper enzyme balance in the digestive system and throughout the body.

Essentialzymes-4 - New

Item #4645 60 caps Whsl \$49.75 Retail \$65.46

Essentialzyme - New Formula

Item #3272 90 tabs Whsl \$39.75 Retail \$52.30



Di-Gize™ essential oil blend

Relieves digestive problems including indigestion, heartburn, gas and bloating. Combats candida and parasite infestation. Apply topically to stomach and Vita Flex points. For internal use, dilute 1 drop Di-Gize to 4 drops vegetable oil, place in capsule. Take 1 capsule before each meal or as desired. Item #3324 Whsl \$32.00 Retail \$42.11



In conclusion, by building intestinal health with **Life 5** probiotics, **Core Supplements**, **Essentialzymes-4** or **Essentialzyme** and **Di-Gize**, you can enhance the function of virtually every body system. Feel better today, stay healthy for life.

Radiant Health News

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Publisher Sound Concepts

Phone 800.524.4195

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References

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² <http://www.jonbarron.org/probiotics-revisited/2008-10-27.php>

³ <http://www.vitacost.com/Healthnotes/Supp/Probiotics.aspx>

⁴Essential Desk Reference. 4th ed. 2007. Essential Science Publishing. p. 202-203.

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