

PROBIOTICS FOR ENERGY

How Our Microbiome can Zap Our Energy
or give it back!

WE WILL COVER

- How digestive bacteria can make/break our energy
- What sets us up for bacterial imbalances
- How to choose the right probiotics for your unique micro-biome





ALMOND YOGA

Yogurt made
from almonds

Probiotic
Dairy free

PLAIN - NATURE



Yogourt faites
des amandes

Probiotique
Sans laitiers

550 GR.





PREVENT ABSORPTION OF NUTRIENTS

- Minerals
- Amino Acids
- How? By changing the digestive environment

PRODUCE TOXINS

- Some bacteria can deactivate our dopamine detox
- Some yeasts produce acetaldehyde
- Some bacteria and yeasts can produce quinolinic acid (neurotoxin)



(A JOKE)

ha ha ha

LEAKY GUT

- Inflammation
- Loosening of the “tight junctions” through depleting the mucosa, nutrient deficiencies or direct interference
- Decreasing mucosal defence
- Contributes to food allergies and other complex conditions (p.s. this makes us tired)

SLOWING ELIMINATION OF TOXINS

- Toxins produced in our own bodies
- Toxins on a cellular level
- Toxins processed by the liver
- Toxins in our foods that we just need to get out of there

DISTRACTING IMMUNITY

- Poorly digested foods
- Allergens
- Lipopolysaccharides (LPSs)
- Inflammation

ANTIBIOTICS

- Not really indiscriminate
- Bacteria have different defences against different substances
- Almost all plants have some form of natural antibiotic substance
- Tap water, processed foods and electromagnetic radiation...
- Tinctures, extracts, essential oils and pharmaceuticals are all concentrated constituents from plants OR bacteria



3 TYPES OF BACTERIA

- Smart - like Staph, Strep, Clostridium, H. Pylori
- Tough - like E. Coli, Enterobacter, Klebsiella
- Popular - like Lactobacillus Plantarum



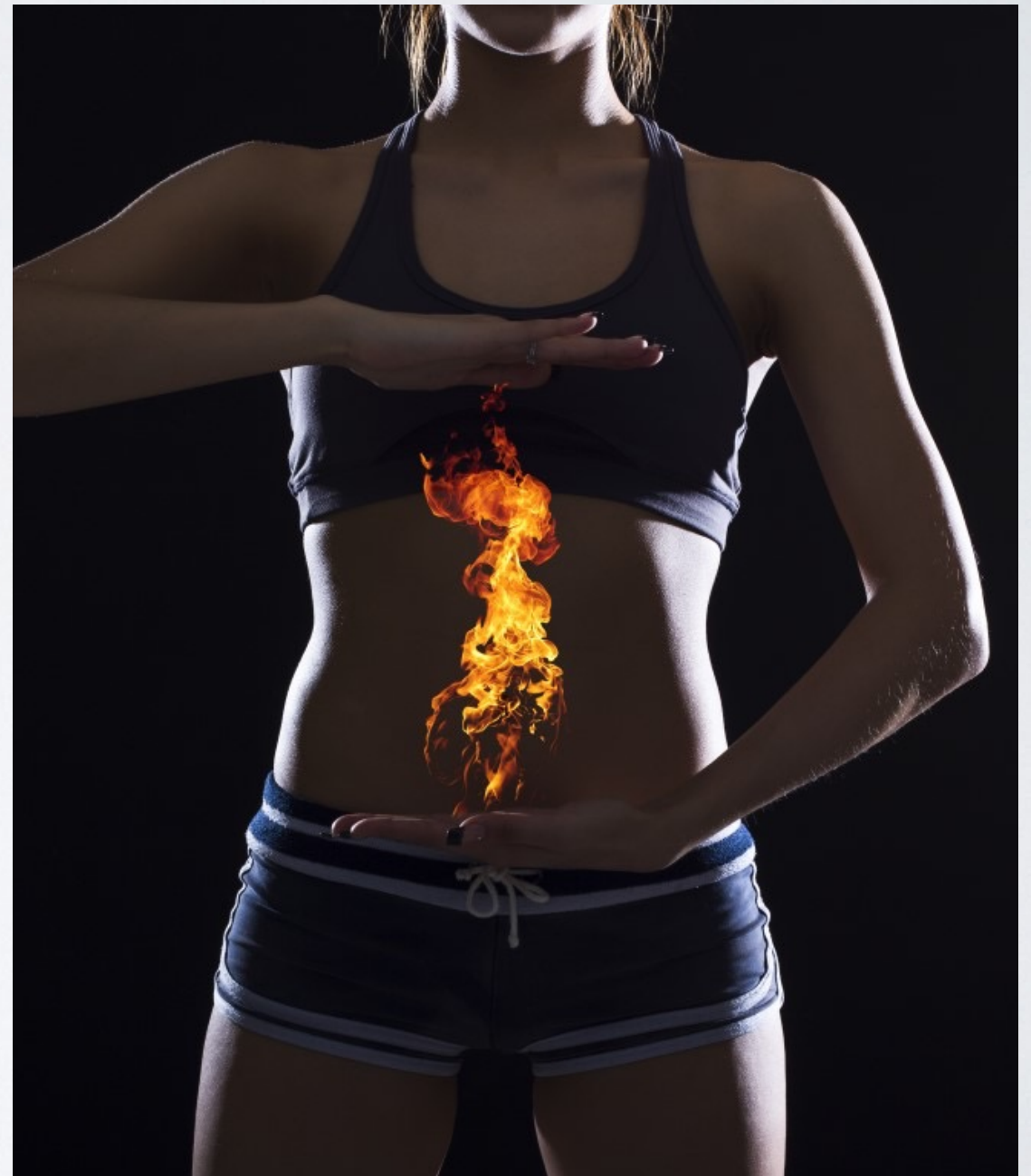
FRESH REAL FOOD

and fermented foods

BUT WHICH BACTERIA
ARE RIGHT FOR ME?

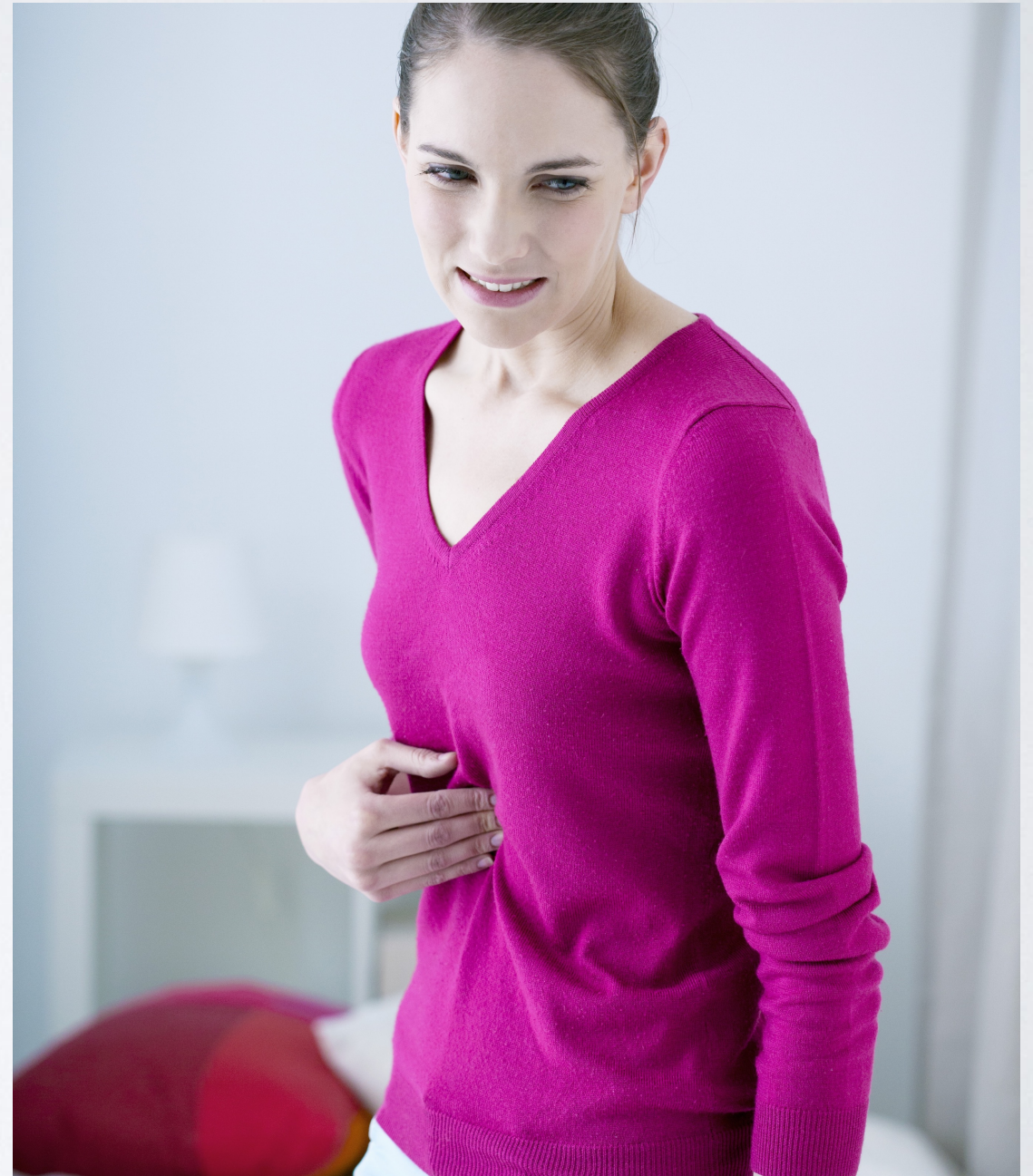
GUIDING PRINCIPLES FOR HEALING WITH PROBIOTICS

- Work Down from the Top
- Work In from the Outside
- Move Toward Diversity
- Good Always Wins!



STOMACH DYSBIOSIS

- Protein/zinc/iron deficiencies
- Heartburn, reflux or GERD
- Food feels like a heavy brick after eating
- L. Salivarius, L. Rhamnosus, S. Salivarius, Bacillus bacteria
- Improve stomach acid production



SMALL INTESTINAL DYSBIOSIS

- Gas or bloating after eating (first 3 hours usually)
- Mineral and protein deficiencies
- Difficulty digesting certain foods like cruciferous veggies or some greens
- L. Salivarius, L. Rhamnosus, Bifidobacterium
- Work on alkalizing the small intestine (liver function, stomach, food choices, improving motility)



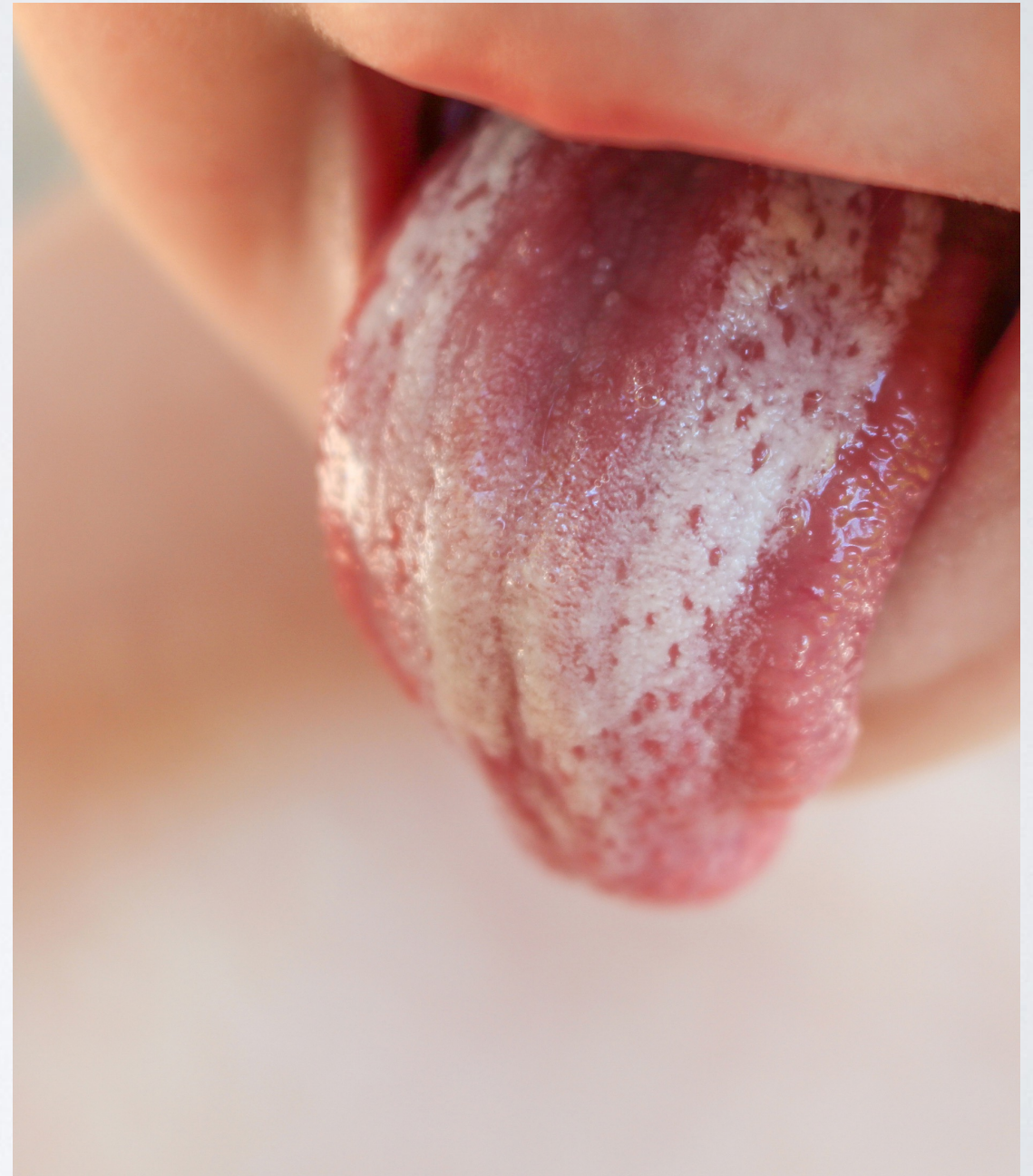
IRRITABLE BOWEL

- Constipation and/or urgency
- Continual gas with or without bloating
- Bifidobacterium, broad spectrum lactobacillus, soil based organisms (prescript assist etc.)
- Diet (fiber and real foods), hydration, diversity



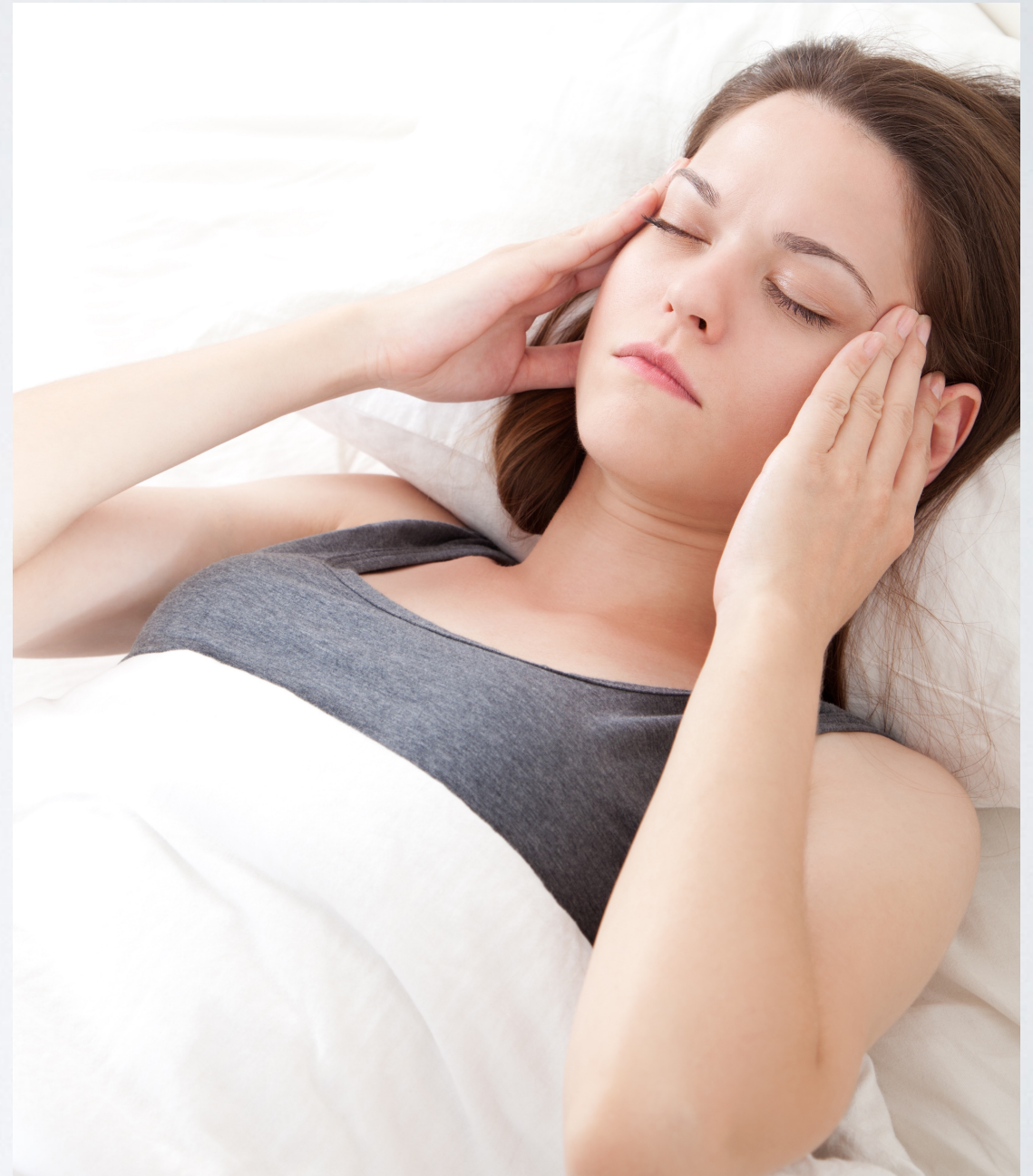
YEAST IMBALANCES

- Itchiness on any skin
- Foggy braininess
- Exhaustion
- Blood sugar symptoms or cravings
- Bacillus (Megaspore), L. Casei, L. Plantarum, L. Lactis, L. Helveticus, L. Sporogenes, S. Boulardii (not for autoimmunity)



IMMUNE IMBALANCES

- Any autoimmunity
- Lymphatic bloating
- L. Plantarum, L. Paracasei, L. Casei, Bacillus Subtillis, Bacillus Clausii
- Removing triggers, removing immune distractions, addressing inflammation



GUIDING PRINCIPLES FOR HEALING WITH PROBIOTICS

- Work Down from the Top
- Work In from the Outside
- Move Toward Diversity
- Good Always Wins!



THANK YOU