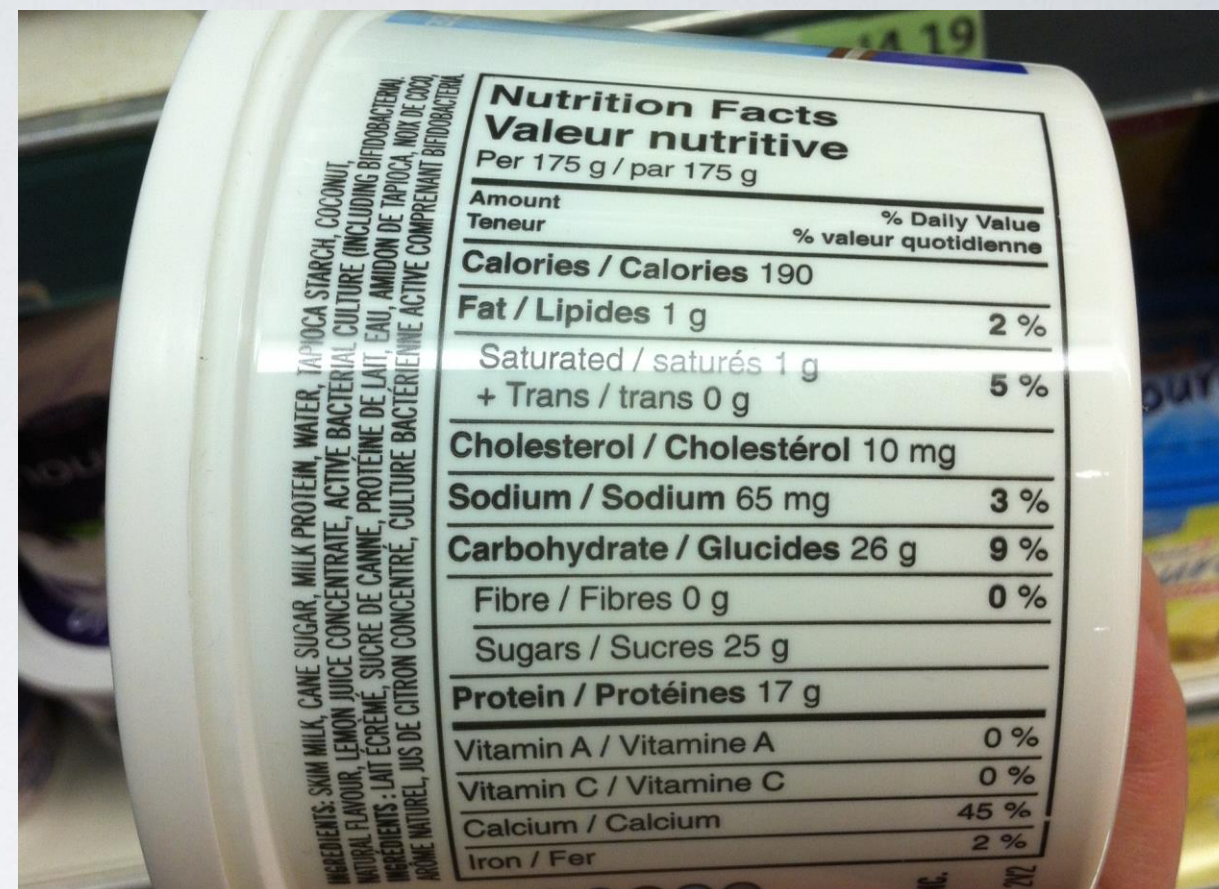


FUNCTIONAL PROBIOTICS

Three Keys to Success with Digestive Distress







ALMOND YOGA

Yogurt made
from almonds

Probiotic
Dairy free

PLAIN - NATURE



Yogourt faites
des amandes

Probiotique
Sans laitiers

550 GR.





BACTERIA SMARTS

#3 Key to Success

BACTERIA SMARTS IS:

- Knowing what individual digestive bacteria eat
- Knowing what they make/do
- Knowing their specialties
- Knowing their weaknesses
- Knowing where they live
- Knowing their friends

MACROBIOME GAME

- Be **safe**, aware of others
- Find what you need
- Move **only** during music
- Without talking ;) gotcha!
- We all win





BODY SMARTS

#2 Key to Success

BODY SMARTS IS:

- Learning the mechanics of the body
- Learning biochemistry
- Knowing the body's systems
- Thinking holistically
- Knowing what the body needs
- Knowing what the body doesn't need



BIAS SMARTS

#1 Key to Success

BIAS SMARTS IS:

- Avoiding the this-for-that mindset
- Using food, herbs and bacteria with a person in mind, not a condition
- Dodge the dogma
- Replacing warfare with communication
- Replacing dominance with participation

“US VERSUS THEM”

TAKE "THIS FOR THAT"

Food
Herbs
Plants
Physical activities
Pharmaceuticals
Probiotics

 October 16 at 2:57pm

Sounds interesting... [Stephanie](#), what do you think?

Research has matched probiotic strains by ailment ...



... are you taking the right ones?

Probiotic Strains Matched to the Illnesses They Heal

Research has shown that not all probiotic strains are created equal as some are much better at healing certain ailments than others.

WWW.THEHEALTHYHOMEECONOMIST.COM

 Like  Comment  Share

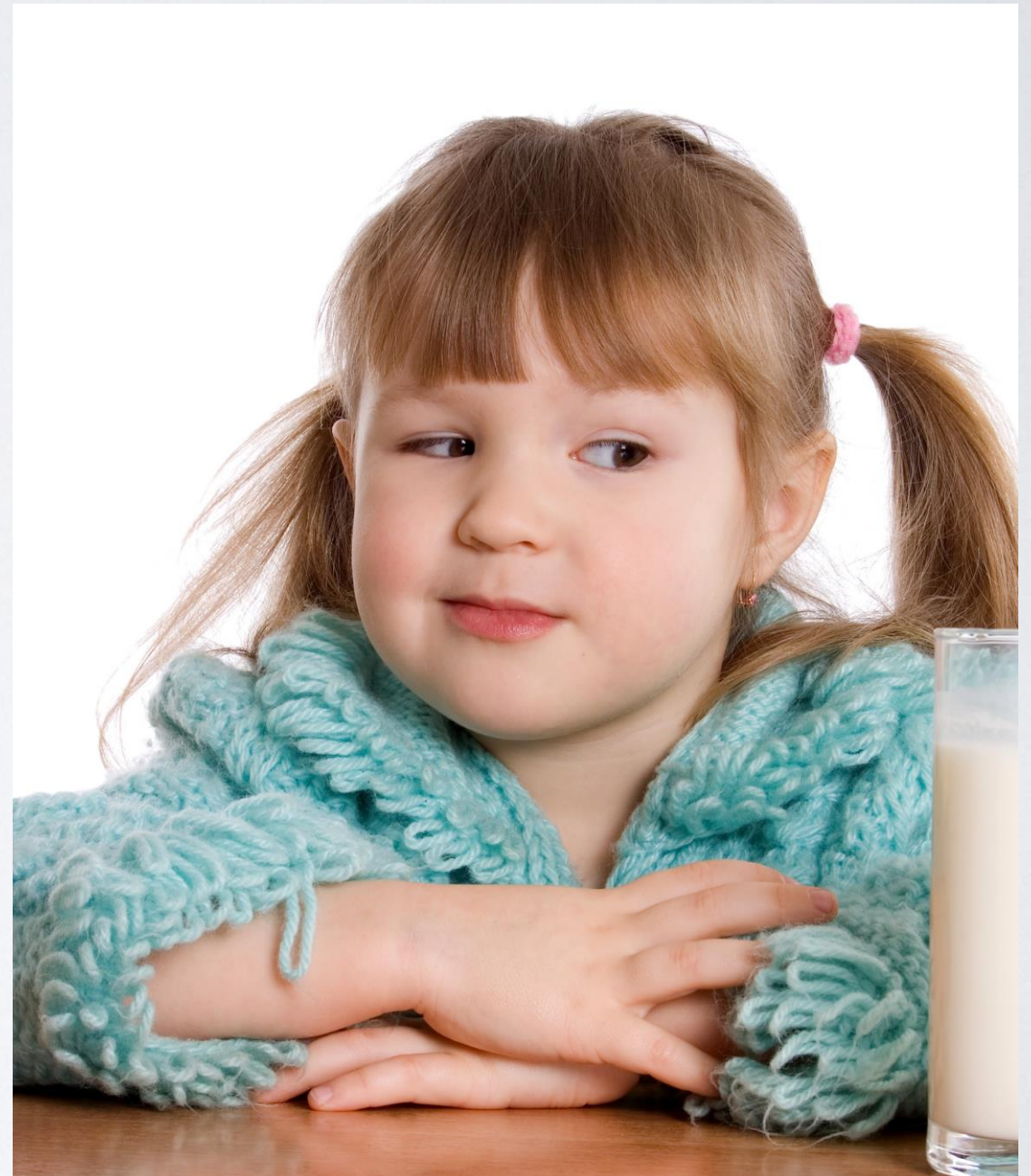
 like this.  Seen by 42

[View 18 more comments](#)

 I'm a huge fan of the sci-fi sub-genre of "steampunk," and once on a panel someone was going on about how great it was, with the scientists always solving all the problems, blah blah blah, and "conquering Nature." And I just calmly responded with "Yea..." [See More](#)

“BIG” FOOD

- Taking isolated constituents and using them to make products
- Assumption that we “need” particular things
- Focus on something other than the body



“BIG” PHARMA

- Taking isolated constituents and using them to make products
- Assumption that we “need” particular things
- Focus on something other than the body



“BIG” FLORA

- Taking isolated constituents and using them to make products
- Assumption that we “need” particular things
- Focus on something other than the body



YESTERDAY

The bacteria are the problem

TODAY

The bacteria are here, nature is here to serve
us

or

We are a PART of nature