

Functional Probiotics

3 Keys to Success with Chronic Digestive Distress

Notes and Worksheet

You can fill in this worksheet with information from the Functional Probiotics presentation. A full copy of all the slides and a PDF with clickable links to these resources is available at

<http://www.stephjackson.com/SHINE>

1st Key to Success

The first key to success is _____

What is this?

Knowing what the bacteria _____

Knowing what the bacteria _____

Knowing the bacteria's _____

Knowing the bacteria's _____

Knowing where the bacteria _____

Knowing the bacteria's _____

I suggest making a cheat sheet for some of the most important bacteria, starting with the probiotic ones and some key species.

Some good places to get started:

<https://microbewiki.kenyon.edu/index.php/MicrobeWiki>

<https://www.wikipedia.org>

Google Scholar

Some book recommendations:

[Missing Microbes](#) by Martin J. Blaser

[Bacterial Benefits](#) FREE at <http://www.stephackson.com/SHINE>



2nd Key to Success

The second key to success is _____

What is this?

Knowing the _____ of the body

Understanding and studying _____

Understanding the body _____

Looking at health _____

Knowing what the body _____

Knowing what the body doesn't _____

Notes:

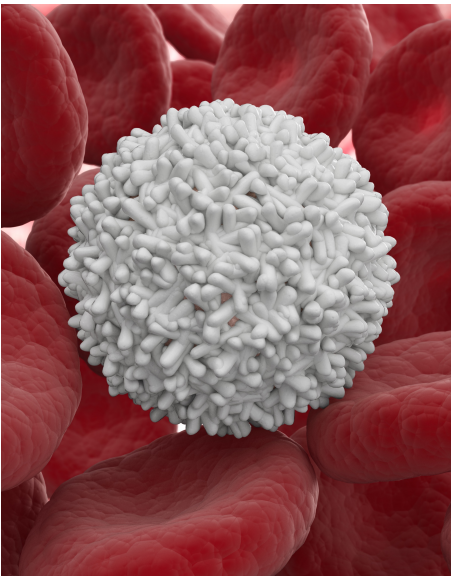
Some places to get started:

https://www.youtube.com/watch?v=r-m3z_d531E must watch

<https://www.boundless.com/physiology/textbooks/boundless-anatomy-and-physiology-textbook/the-digestive-system-23/overview-of-the-digestive-system-216/anatomy-of-the-digestive-system-1065-7492/>

[Eating Alive](#) (Book by Jonn Matsen N.D.) The anatomy part is fun, not sure about the dietary recommendations

<http://www.amazon.com/Dicken-Weatherby/e/Boo8LW3BZU>



3rd Key to Success

The third key to success is _____

WHAT's THAT???

Avoiding the _____ mind set

Using _____, _____ and _____

for a _____ not a _____

Dodge the _____

Replacing _____ with _____

Replacing _____ with _____

Big Food, Big Pharma, Big _____

Same BIG mistake

Our ancestors, if you go back far enough,
were all bacteria... and most of us
earthlings still ARE

Notes:



The Old Paradigm:

The Bacteria are the Problem

Our Choice: