

# 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>

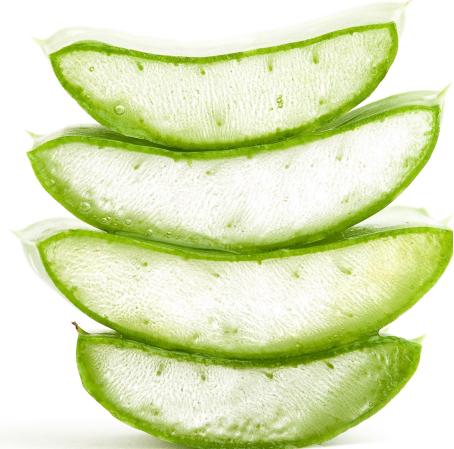
<https://www.wikipedia.org>

Google Scholar

**Some book recommendations:**

Missing Microbes by Martin J. Blaser

Bacterial Benefits FREE at <http://www.stephjackson.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=1-m3z\\_d531E](https://www.youtube.com/watch?v=1-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

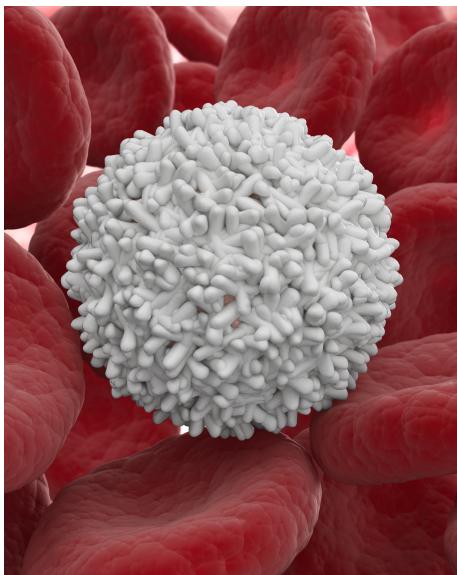
Using \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

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:**