

# 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





HOW DO BACTERIA INTERFERE WITH ENERGY?

A man in a blue button-down shirt is sleeping at a desk. The wall behind him is covered with many yellow sticky notes. On the desk, there is a computer mouse, a pen, and a small cup.

## 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





# 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



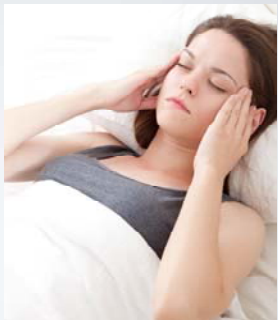
# YEAST IMBALANCES

- 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



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PROBIOTICS

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THANK YOU