

The SHOCKING root cause of rheumatoid arthritis Plus, the all-natural ways to STOP it!

By Glenn S. Rothfeld, M.D.

It's no secret that rheumatoid arthritis can ruin your life.

The constant swelling... painful aching... and stiffness in your joints is enough to drive anyone mad.

But that's just the beginning of your problems.

Your mainstream doctor will tell you these illnesses are just a "normal" part of aging... and that the only way to fight it is with risky drugs.

Well, I'm here to tell you that's just a bunch of BULL.

Because there's a driving force behind this painful disease... and it's something your conventional doc isn't even thinking about.

Fortunately, there are some all-natural ways to STOP this life-changing ailment.

Here's everything you need to know.

It's all in your gut

Two terms have entered our vocabulary recently:

1. **Microbiome**—the collection of good and bad bugs in your stomach; and
2. **Leaky gut**—a digestive condition caused by gaps in your intestinal walls that

allow bacteria and toxins into your bloodstream.

And with good reason.

They both play a role in developing neurological illness, heart disease, muscle and joint problems, psychiatric disorders, and of course, digestive issues.

This is because most disease is linked to the food that you eat... and the way your body digests and absorbs nutrients, or doesn't.

Rheumatoid diseases—particularly **rheumatoid arthritis**—is one such illness.

We know from twin studies that having the genetic coding for rheumatoid arthritis isn't a guarantee that you'll get the disease. In most cases, one twin is likely to have a much worse case, while the other may have only a mild case, or none at all.

In fact, only 15 percent of identical twins with rheumatoid arthritis have a twin who also has the illness, even though they share the same genes.

And your microbiome has everything to do with this.

You see, many factors impact those tiny bugs in your gut. And, in turn, these changes can have direct effects on the target organ of rheumatologic diseases. These factors include:

- ▶ Food
- ▶ Antibiotics and other drugs that affect the lining of your gut
- ▶ Stress
- ▶ Nutrition
- ▶ Exposure to toxins
- ▶ Dental health
- ▶ Certain prenatal and newborn factors such as type of childbirth and breastfeeding

The gut-immune connection

There are at least as many bacteria in your body as there are

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Dr. Glenn S. Rothfeld's

NUTRITION & HEALING

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Nutrition & Healing is dedicated to helping you keep yourself and your family healthy by the safest and most effective means possible. Every month, you'll get information about diet, vitamins, minerals, herbs, natural hormones, natural energies, and other substances and techniques to prevent and heal illness, while prolonging your healthy life span.

Glenn S. Rothfeld, M.D. operates the renowned Rothfeld Center for Integrative Medicine in Waltham, Mass., and he regularly scours the globe looking for the latest advances in natural health.

For nearly 35 years Dr. Rothfeld has helped patients identify and conquer the true underlying causes of diseases like diabetes, arthritis, and even cancer. His cutting-edge research into neurological diseases is creating exciting new avenues of treatment for seniors struggling with everything from Alzheimer's to Parkinson's disease.

Dr. Rothfeld's commitment to uncovering the latest health breakthroughs and educating his fellow physicians and patients is never-ending. He was named a fellow at Harvard University's prestigious Channing Laboratory, and developed one of America's first courses on alternative health for the world-class Tufts University School of Medicine.

As an author of nine books on everything from thyroid disorders to back pain, Dr. Rothfeld has helped thousands of patients find lasting solutions to even the most stubborn health problems. Now you can access all these latest health discoveries each month through Dr. Rothfeld's *Nutrition & Healing* newsletter.

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RHEUMATOID ARTHRITIS

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cells. And this count doesn't even include yeast and other fungi, parasites, viruses, and mycoplasma—all of which make up your gut microbiome.

This collection of organisms weighs about 3 pounds and they line your entire digestive tract—from your mouth and gums down to your anus. This living barrier prevents dangerous toxins and organisms from entering your bloodstream and also stops nutrients from being wasted.

But when this barrier breaks down, it causes a leaky gut, which allows organisms, partially digested foods, chemicals, and other toxins to invade your body.

And this process sends your immune system into **OVERDRIVE**.

You see, your immune cells recognize these particles as dangerous invaders and react against them. And unfortunately, this debris can mimic your own cells, which causes an immune attack on your body.

If it's a lining cell of joints (called the synovium) then the resulting inflammation is called rheumatoid arthritis. If it's the lining cell of the gut, it's called ulcerative colitis, etc.

There's ample evidence that bacteria in the gut is related to rheumatoid arthritis.

For one thing, antibiotics have long been used to treat RA. (The Road Back Foundation have been supporters of this approach for decades.)

For another, specific types of bacteria are known to increase the production of specific types of immune cells.

Organisms called segmental filamentous bacteria, for example, can stimulate Th17 lymphocytes.

This process promotes inflammation. Conversely, bacteria called clostridia will increase regulatory T cells, which decreases inflammation. As scientists get more familiar with gene sequencing and can identify the specific organisms in the microbiome, more connections like this come to light.

RA starts in your mouth?!

Just as digestion starts in your mouth, so does the hunt for organisms affecting rheumatoid arthritis.

You see, your mouth is particularly susceptible to environmental effects, including rapid changes in temperature, acidity, and various pollutants. It's no surprise then, that oral health is associated with immune system health, and therefore with the risk of rheumatoid arthritis.

In fact, a bacterium—called *Porphyromonas gingivalis* or *P.gingivalis*—is one of the main culprits behind gum disease. This same bacterium is also commonly found in the mouths of rheumatoid arthritis patients than the population at large.

The idea that gum infection can lead to systemic disease, and RA in particular, is actually more than 100 years old.

However, the idea was out of vogue by 1930 when scientists discovered that the mechanisms of the two conditions were similar.

Specifically, they both involved inflammatory messengers like Interleukin-6 (IL-6) and tumor necrosis factor-alpha (TNF alpha). And they also found autoantibodies to rheumatoid tissue (Rheumatoid

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BLAST UTIs with these 5 natural remedies (Amazing!)

Put an END to these nasty infections without antibiotics

By Glenn S. Rothfeld, M.D.

Do you know what the second most common bacterial infection is?

It's a UTI, or a urinary tract infection.

And if you're one of the millions of Americans who have had one, you know just how painful it is.

The never-ending uncomfortable urges, and the intense stinging pains can leave you feeling miserable... and desperate for a cure.

Unfortunately, your mainstream doc will waste no time giving you a worthless antibiotic.

But with the rise of antibiotic resistance—I think it's time to start finding alternatives.

That's why today I'm going to share with you five of the BEST treatments nature has to offer.

Stay tuned...

Avoid this UTI mistake

Is there anything more painful and ANNOYING than a UTI?

Constantly running to the bathroom... a burning sensation when you urinate... and uncomfortable pelvic and back pain.

That's no way to live!

But no matter how desperate you get... please DON'T fill that prescription.

The mainstream has been overprescribing UTI drugs for decades.

And as a result, UTIs have become more serious than ever.

Some people have found themselves chronically on antibiotics, leading to digestive and immune problems.

Why? Because UTIs are becoming antibiotic-resistant.

In fact, the emergence of resistant bacteria has SKYROCKETED in recent years, with resistance to trimethoprim/sulfamethoxazole (Bactrim)—a UTI drug—increasing by 25 percent from 2000 to 2010.

Even worse? ALMOST HALF of *E. coli*—a type of bacteria that causes UTIs—samples have been showing resistance to ampicillin.

The inability of conventional medicine to eradicate UTIs properly made it very clear to me how important it is to find natural cures that will END your UTIs for good.

And boy, did I...

How to beat UTIs once and for all

Before I dive deep into five of the BEST treatment options I found, I first want to tackle PREVENTION.

The No.1 thing you can do to SLASH your risk of ever getting a UTI is to make sure you're drinking enough water.

If you're well-hydrated, that water pumping through your system will help prevent *E. coli* from ever getting a handhold.

How do you know if you're staying hydrated enough?

You can tell you're drinking enough water if your urine is a pale yellow. Also, be sure to empty your



The mainstream has been overprescribing UTI drugs for decades. And as a result, UTIs have become more serious than ever.

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Miracle supplement duo REDUCES death risk by 39 percent And it'll only cost you pennies a day!

By Glenn S. Rothfeld, M.D.

We're now officially into the third month of the year—and boy, do I have some exciting new research to share with you.

Imagine my surprise when I found a study that shows a popular joint supplement could also keep your heart in tip-top shape.

I'd call that a win-win for your health!

And incredibly enough, researchers believe **this supplement could be just as effective as exercise.**

In fact, it works so well that it could SLASH your all-cause mortality risk by 39 percent. And it'll only cost you pennies a day.

Fountain of youth... in a bottle?!

I'm talking about **glucosamine and chondroitin.**

Glucosamine and chondroitin are structural components of cartilage, the tissue that cushions your joints. They've been used to help treat and prevent bone disorders—like osteoarthritis—for decades.

And now, new research finds the benefits of these compounds go much further...

In a new study published in the *Journal of the American Board of Family Medicine*, researchers found glucosamine/chondroitin could reduce the risk of all-cause mortality and cardiovascular (heart) related death.

Over the course of 11 years, researchers assessed data on 16,686 participants.

After accounting for several factors (age, sex, smoking status, and activity level) researchers discovered that taking glucosamine/chondroitin every day for a year was associated with a **39 percent drop in all-cause mortality.**

And it was also linked with a **stunning 65 percent reduction in cardiovascular-related death.** That includes deaths from stroke, coronary artery disease, and heart disease—the leading cause of death in the U.S.

In fact, the researchers concluded that taking glucosamine/chondroitin could reduce your death risk as effectively as exercise.

This is GREAT news for anyone looking to improve their overall health.

The TRUE cause of heart disease

As I already mentioned, glucosamine/chondroitin is a popular supplement among aging Americans.

But only a few are using it for its heart health benefits.

Here's why this is so mindboggling to me...

For years, we've known that many people take glucosamine/chondroitin to help repair their collagen in their knees or hips.

But what about the collagen in their arteries or veins?

Think about it... if these compounds can help repair collagen, and slow down the progression of arthritis by providing the build-

ing blocks of cartilage... couldn't they also reinforce other collagen-dependent structures in your body?

This theory has been studied and promoted by one of the most famous scientists on the planet, Dr. Linus Pauling.

According to Dr. Pauling, **heart disease is caused by weak arterial walls. And the walls become weak from a lack of sufficient vitamin C—a building block of collagen.**

Once your artery wall and collagen become weak, your body goes into a protective mechanism by producing excess cholesterol in your liver. The cholesterol is then used to repair and fortify your weakened or injured arteries.

If your collagen levels are not restored (with supplements like glucosamine/chondroitin or vitamin C), then your arteries might start to fill up with cholesterol and plaque buildup—leading to hardened arteries.

Not to mention, without enough vitamin C, your coronary arteries can suffer from a pre-scurvy effect—a disease caused by a deficiency of vitamin C—because they're subject to the greater degree of mechanical stress from the pumping action of the ever-beating heart.

Of course, it's important to note that humans do NOT make their own vitamin C. Instead, you must get vitamin C from food sources or supplements.

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HUGE mainstream fail

I probably don't have to spell it out for you why the mainstream has yet to accept low collagen levels as the root cause of heart disease.

Because if word gets out that treatments for the No.1 killer in America only costs pennies a day... they'd lose BILLIONS of dollars.

There is no way that Big Pharma would allow that to happen. And sadly enough, conventional docs would much rather listen to their drug reps rather than a scientist with two Nobel Prize wins under his belt.

But if you have heart disease or you want to prevent this dreaded disease, vitamin C and glucosamine/chondroitin are pretty much essential.

Most people get a small amount of vitamin C from their multivitamin, but I usually recommend a minimum of 1,000mg daily. It'll only cost you about \$10 from your local CVS pharmacy.

But I caution against using more than 1,000mg a day because too much vitamin C can cause diarrhea or loose stool.

There is also some controversy about the acidic nature of vitamin C and the heartburn it can cause.

So, I will sometimes recommend the liposomal version of vitamin C to my patients to limit the acidity and gut irritation.

And for glucosamine/chondroitin, I recommend finding a quality supplement that contains at least 400mg of glucosamine and 450mg of chondroitin. You can find it at Walmart for \$15.

Remember, after just ONE YEAR participants in the glucosamine/chondroitin study saw amazing results.

Just imagine how these compounds could benefit your health after five years! **GR**

BLAST UTI'S

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bladder as completely as possible—most UTIs appear as a result of a flow problem.

Now, if you do wind up with a UTI, here are some treatment options I suggest you try.

Cranberries

Ever hear the old wives tale that cranberries can stop and treat a UTI?

Well, it's true!

Cranberry has long been used as a folk remedy for urinary infection prevention and treatment. It was once thought that cranberry lowered the pH (a low pH indicates a higher acidity) of your urine, but we now know this to be false.

Instead, it appears that cranberry has the unique ability to stick to the walls of your bladder—similar to *E. coli*—displacing the bacteria and preventing the cascade leading to infection.

And no attachment means NO infection.

In one randomized controlled

trial, cranberry juice (concentrated and diluted with mineral water) was compared to placebo and mineral water on *E. coli* strains.

The cranberry extract prevented the adhesion of the *E. coli*, while the placebo was also found to have some activity.

A recent meta-analysis (a study combining several smaller studies) showed that **cranberry lowers the risk of UTIs by 26 percent.**

The effect seems to be more pronounced in uncomplicated UTIs (not associated with chronic bacteriuria, or kidney pathology). This type of UTI is mostly caused by *E. coli*, and these results reflect cranberry's ability to prevent *E. coli* from sticking to the walls of the bladder.

In a study using Ocean Spray cocktail versus placebo in 376 elderly men and women, the cranberry cocktail group had **HALF the bladder infections of the placebo group.**

Whether cranberry can actually be used to treat an existing bladder

infection is another matter, and one of which researchers are still not sure of.

But it seems clear that cranberry is useful in preventing uncomplicated UTIs.

Interestingly, similar results have been found from using pure juice, sugar cocktails, cranberry capsules, and tablet extracts.

In one study of 150 sexually active women of all ages, **cranberry juice and tablets both REDUCED the use of antibiotics, and lowered UTIs by about 20 percent in just one year.**

Those are amazing results!!

So, what makes cranberries so effective against UTIs?

Polyphenols (the chemicals that give plants their color, odor, and taste) are responsible for the anti-adhesive properties of cranberry.

To get the benefits of cranberries for yourself, I recommend taking

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Factor or RF) in increased quantities in gum tissue.

In the 1990s it was discovered that the presence of *P. gingivalis* can lead to higher levels of citrullinated peptides, which can cause the immune system to attack joint tissue.

A recent meta-analysis showed that **RA patients are 13 percent more likely to have gum disease than non-arthritis patients.**

And a Swedish case-controlled study showed that gum disease presents before the appearance of rheumatoid arthritis, suggesting that poor gum health is a trigger for RA.

The intestinal portion of your microbiome may also play a role in RA. The bacterium *Prevotella copri* has been found repeatedly at higher levels in RA patients, and in patients who were “pre-clinical” (that is, having RA antibodies or vague symptoms but not enough to be diagnosed) than in a control population.

“In fact, only 15 percent of identical twins with rheumatoid arthritis have a twin who also has the illness, even though they share the same genes.”

Although it’s not yet known why this happens, this finding is generally taken as evidence that dysbiosis (imbalance of bacterial flora) in the microbiome has a relationship to RA.

Additionally, animal models show increased inflammation when the animal is fed *P. copri*. Antibodies to *P. copri* have been found in RA patients and it is known to stimulate the production of various inflammatory cytokines (messenger proteins) and immune cells.

Other differences occur, with there being a relative lack of *Bifidobacteria* (a common bowel constituent) in the stool of RA patients,

compared to patients with osteoarthritis (wear and tear arthritis).

Several studies have demonstrated a difference in intestinal bacteria between RA patients and other groups, including fibromyalgia patients.

In addition, in animal models the injection of bacteria fragments causes arthritis, but this does not happen in sterile (without bacteria) conditions.

Several studies have tried to look at the use of probiotics (mostly lactobacillus strains) on rheumatoid arthritis models. Some (but not all) studies have documented a decrease in inflammatory markers with probiotics.

Of course, your microbiome is very complex and it’s a question of whether a single probiotic supplement can have such a broad effect.

Your respiratory system is another microbiome site that may have a link to RA and other autoimmune diseases. Citrullinated peptides—a hallmark of RA—are found in the bronchial tissue of patients with RA or who are in the early stages of developing the disease. And RA-associated antibodies are common in the lung tissue of these patients.

End your RA pain naturally!

Now that you know the importance of your microbiome, particularly your gut, in developing rheumatoid arthritis and other autoimmune illnesses, you probably want to know how to FIX it naturally.

Fecal transplantation—the process of placing bacteria-rich stool into the colon of the patient—has

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Most disease is linked to the food that you eat... and the way your body digests and absorbs nutrients, or doesn't. Rheumatoid diseases—particularly rheumatoid arthritis—is one such illness

BLAST UTI'S

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600mg of a cranberry extract twice daily at the first sign of a UTI.

You can find them online or at your local pharmacy.

Berberine

Another plant substance that's been studied for its effects on UTIs is **berberine**.

This chemical is found in many of the herbs used in traditional Chinese and Ayurvedic (Indian) medicine.

Berberine is known to have antibiotic activity against bacteria, viruses, parasites, and fungi, including *E. coli*.

Like cranberry, **berberine can help prevent bacteria (including *E. coli* and *Streptococcus pyogenes*—another bladder pathogen) from adhering to the wall of the bladder.**

Several studies have looked at the positive effects of berberine on the intestinal flora, which is critical since most UTIs are thought to originate from bacteria migrating from the anus.

Even hemorrhagic cystitis, a side effect of cancer and organ-rejection medications, seems to be prevented by berberine.

In a rat study, 1-2 doses of berberine prevented hemorrhagic cystitis caused by cyclophosphamide.

"The No.1 thing you can do to SLASH your risk of ever getting a UTI is to make sure you're drinking enough water."

As opposed to cranberry, berberine is NOT considered safe during pregnancy, as it can bring about uterine contractions or cause miscarriage.

While berberine can be consumed via herbs like goldenseal and Oregon grape, it's usually taken in supplement form.

A typical dose is 300-500mg twice daily with food.

You can pick up a bottle of berberine at your local supplement shop, or online.

Uva ursi

Also known as bearberry or beargrape, uva ursi is a low-growing shrub native to the Northern Hemisphere.

Uva ursi has a long history of treating urinary tract conditions—in fact, it was the treatment of choice for UTIs before antibiotics.

It helps relieve symptoms quite quickly—sometimes in just a few hours!

It contains a significant amount of arbutin, which acts as a urinary antiseptic when converted in the urine to hydroquinone.

In clinical studies, participants were given either extracts of uva ursi or arbutin and their urine was evaluated. The uva ursi group's urine **showed significant antimicrobial activity against *E. coli* and over 70 other urinary bacteria.**

In a different clinical study, **uva ursi was shown to be more effective than placebo as a preventative against UTI.**

According to experts, you should NOT take uva ursi for longer than a week, or more than five times a year.

It can be toxic when taken in high doses—and it should not be used in pregnancy or by anyone with a kidney infection.

You can pick up an uva ursi supplement from your local vitamin shop, or find it online.

The recommended dose is between 420-600mg three times daily.

Vitamin C

Many other botanicals (herbs) have activity against bladder organisms, but it is important not to forget a nutrient that has many other uses in the body.

I'm talking about vitamin C.

In the test tube, vitamin C has been found to inhibit *E. coli* and *Klebsiella pneumoniae*, two of the most common causes of bladder infections.

In one non-randomized trial, 110 pregnant women were either given 100mg of vitamin C or a control for three months. Urine samples from both groups revealed

Could you be at a greater risk for UTIs?

It's shocking how much more a UTI—even a moderate one—can affect seniors.

I can still remember back when I was an intern, we'd admit elderly patients with UTIs who were delirious...almost comatose, even. But once we treated them for their infections, within 24 hours they'd be back to their normal selves. It always makes me think that some of the dementia that we see in some of the nursing home patients could really just be lingering UTIs. I feel that cranberry juice should be used as a preventative measure in nursing homes, and that it should be mandatory for anyone with an indwelling catheter or a history of recurrent UTIs.

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RHEUMATOID ARTHRITIS

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been suggested as a therapy for autoimmune diseases, and some RA patients have used this successfully.

But there are easier ways to get REAL results...

Diet can also help treat RA.

In my patients, I've seen the most success with an elimination diet. This is the process of finding food sensitivities and eliminating the foods for a minimum of 3 months.

I also look for candida (yeast) as a marker for leaky gut and bowel dysbiosis and trigger food

allergies. If found, we'll treat the yeast as well.

Additionally, "anti-inflammatory" or "autoimmune" diets, which mostly eliminate inflammatory foods and foods which commonly cause sensitivities, are frequently effective.

I've written before about serum bovine-derived immunoglobins (SBI)—which can help with IBS—and I frequently use these with autoimmune diseases, including RA.

And we give a broad probiotic. In my office, we might do a stool

analysis that shows the bacterial balance in the gut, and prescribe the appropriate probiotic according to the findings.

Nutrients that help heal the intestinal mucosa include zinc, vitamin A, folic acid, essential fatty acids, and butyrate (which provides food for a healthy gut).

We might also include so-called prebiotics like gamma-oryzanol and n-acetyl-glucosamine, to prepare the intestinal lining for colonization with the good bacteria. **GR**

BLAST UTI'S

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UTI symptoms were REDUCED in the vitamin C group.

When an infection is present, I recommend taking 500-1,000mg of a vitamin C supplement. But do not take more than 1,000mg as this can cause diarrhea or an upset stomach.

Visit your local pharmacy, or you can find a bottle of vitamin C online.

Probiotics

As you may know, probiotics help to populate your gut with healthy bacteria that keep the pathogenic bacteria in their place.

But what you may not know is how this indirectly leads to a healthy urinary tract.

A study of 139 women with acute UTIs found a decreased risk of UTI reoccurrence in those who regularly consumed fresh juices and fermented milk products. This led researchers to believe it was the probiotics found in the fermented milk products that were responsible for the positive impact.

Many studies have found that supplement and vaginal suppositories containing certain *Lactobacillus* strains can significantly decrease UTI rates.

In one double-blind placebo-controlled study, a vaginal suppository containing *Lactobacillus crispatus* was superior to placebo in prevent-

ing UTIs in premenopausal women who had previous UTIs.

In another study, oral *Lactobacillus rhamnosus* did not cause antibiotic resistance while lowering UTI recurrence. Antibiotics, on the contrary, caused a high amount of resistance after treatment.

The most powerful probiotics can be found in fermented foods such as sauerkraut, yogurt, kefir, kombucha, and many others.

Or you can pick up a premium probiotic supplement at your local pharmacy or online.

Make sure to look for a product with multiple strains and BILLIONS of CFU (colony forming units). **GR**

ALTERNATIVE HEALTH RESOURCES

American College for Advancement in Medicine (ACAM)

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www.acam.org

American Academy of Environmental Medicine (AAEM)

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