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Innate Choice Healthy News - Volume 4: Tending Your Internal Garden with Probiotics

Spring has officially arrived and for many it comes as a welcome relief. With warmer weather and longer days, many of us will shift our focus to outdoor pursuits. If you are fortunate enough to have access to some land, growing a garden is a wonderful way to commune with nature and produce some of your own food in the process. As any experienced gardener will know, you cannot continue to expect the soil to produce without proper care. The same holds true for our bodies.

Did you know that we are the same as the soil? In fact, we are simply "animated earth" or living soil. Without the right nutrients we cannot be healthy. One group of overlooked nutrients is the beneficial bacteria that live within our intestinal tract. These bacteria are known as "probiotics" which comes from the Latin and Greek words meaning "for life". A healthy person will have as much as two pounds of these bacteria living peacefully within their digestive tract. Unfortunately in our modern world very few of us begin life with the right amount from our mothers because they are deficient. In addition the consumption of sugar, grains, trans fats, alcohol, antibiotics and prescription drugs kill our healthy bacteria as do deficiencies in the consumption of fruits and vegetables and omega 3 fatty acids. Current research is supporting the ABSOLUTE necessity to supplement probiotics for overall health and protection from illness.

Probiotics, or friendly bacteria, are vital to the proper development of the immune system, to protection against bacteria-causing organisms, and to the digestion, absorption and even production of food and nutrients. The intake of probiotics has been associated with beneficial effects on the immune system, such as improved disease resistance and diminished risk of allergies (Ezendam, Nutr Rev, 2006, Jan;64(1):1-14). Several animal and human studies have provided unequivocal evidence that specific strains of probiotics are able to stimulate as well as regulate several aspects of our immune responses (Gill, Adv Exp Med Biol, 2008;606:423-54). More good news - probiotic consumption is safe! Current probiotics are considered safe for food use and also have a long history of safety (Gueimonde, Scan J of Food and Nutr, 2004:42-48).

Now you know the facts. Your "internal garden" needs tending. What is the next step? Ask your Wellness Practitioner about Innate Choice™ Probiotic Sufficiency™. It is the only probiotic formula developed according to the human Innate Diet™. It is the first probiotic designed exclusively to provide sufficient healthy organisms for digestive, immune and overall wellness by providing the strains of bacteria consumed by our ancestors and current healthy populations. To ensure that the product is available for "Everybody - Everyday - For Life™" the formula is derived from 100% vegetarian culture and contains no dairy, wheat, or soy products. Go ahead and take that next step - "feed the soil and reap the harvest" - of HEALTH and WELLBEING!