



Wellness Update August (2) 2017

by Susan Hanly - Naturopath

The New News on Probiotics

Probiotics - The Wonder Bugs!

The gut microbiota, which describes the microorganisms living and growing inside your digestive tract, is a hot topic right now! Exciting new research indicates, these microbes have a profound impact on the many aspects of your health and well-being. Taking probiotics (specific strains of beneficial bacteria) can positively influence these microorganisms and lead to improvements, not only in your digestive and immune health but the health of your whole body.

Is Your Gut Out of Balance?

An imbalance in the gut microbiota is linked to numerous health conditions, both within the gut and throughout the body. You may have experienced symptoms such as bloating, wind, abdominal pain and discomfort; signs of poor immunity (eg frequent colds and flus); or been plagued by allergies or skin conditions such as eczema. These may arise due to disturbances to the intricate balance of intestinal bacteria. Many common lifestyle factors including alcohol consumption, medications (e.g. antibiotics), processed foods and stress can disrupt this delicate balance and lead to an increase in undesirable bacteria or deficiencies in beneficial bacteria. This imbalance has been associated with conditions such as irritable bowel syndrome (IBS), asthma and autoimmune diseases (e.g. rheumatoid arthritis). In these cases, probiotics can help to restore the correct balance of bacteria and ultimately reinstate health. It is more important than ever to support your gastrointestinal microbiota!

How Do Probiotics Work?

Specific probiotic strains help to rebuild the disrupted microbiota and act like policemen within

the gut, restoring peace amongst the 'citizens' of the microbiota. Probiotics have a regulating effect on both disease-promoting and beneficial bacteria; undesirable bacteria are kept at minimal levels, meanwhile promoting growth of beneficial bacteria. This exciting new news is in contrast to earlier thoughts that probiotics repopulated the gut by directly replacing any bad bugs living there. Instead, probiotics help to restore the numbers and types of beneficial bacteria unique to you; rebuilding a healthy and diverse community of beneficial microbiota, and enabling them to function at their best, so you too can feel your best!

The Correct Strains at the Right Dose

There can be significant variation between probiotic strains. Different strains not only have different actions in your body, but also deliver different health benefits. Additionally, different doses of the same strain can have varying effects in the body. I can tailor your treatment by selecting specific probiotic strains at the right dose to address your individual health concerns. These may include:

- Bifidobacterium animalis ssp lactis (BB-12®) – This super strain assists in rebuilding the gut microbiota, and helps to rebalance bacteria after a course of antibiotics.



- Lactobacillus rhamnosus (LGG®) – Commonly referred to as LGG®, this probiotic strain helps to regulate immune function, and in doing so may be useful for

KU-RING-GAI NATUROPATHIC CLINIC

ABN 65 003 012 771

Email: suehanly@iinet.net.au

www.suehanly.com.au

Suite 2, 793-795 Pacific Highway Gordon, 2072 (enter from Park Ave) Ph. 9499 4244. Fax 9498 5603
Herbal Medicine, Clinical Nutrition, In Clinic Health Assessment, Cellular Health Analysis, Weight Management



the treatment of autoimmune conditions, allergies and eczema.

Probiotic Protection

Appropriate probiotic storage is of utmost importance to ensure the bacteria remain live, strong and healthy – essentially in a healthy state to restore your healthy state. In nearly all instances, probiotics must be stored at stable temperatures with the fridge to keep them live and active. The only exception is when they are protected by PROTECTAIR™ technology as this has been shown to minimise moisture levels (moisture ‘activates’ probiotics, which you don’t want to happen until they are in your body!) This technology has been developed to allow certain probiotic strains to remain out of the fridge for a set period of time, while still remaining stable and effective, so you get results.

Practitioner Recommended Probiotics Are Best

It is essential to source your probiotics based on the recommendation of a qualified Natural Health Practitioner. This ensures that the formula contains the correct strains at the right dosage and combination to address your specific health needs. A Practitioner prescribed probiotic will provide high strength, therapeutic doses of bacteria that will be beneficial for managing your health. Restore peace and balance amongst the ‘citizens’ of your marvellous microbiota!

Talk to me today about the right probiotic for you!

Remember

The Cold and Flu Season is certainly not over yet!

It is important that you keep up your immune enhancing supplements for a while yet. This is shaping up as being the worst flu season for 15 years. Many who are getting the flu have also had the flu vax. There have been literally twice as many presentations to Emergency departments with the flu than in a usual winter.

Immune stimulating herbs, which I have mentioned many times, zinc, vitamin C will all help your immune system. Washing your hands is important especially after being on public transport. Those pesky little bugs can last for hours on hard surfaces.

HOLIDAY LEAVE

I will be away on leave for 5 weeks from September 2nd and will be back in the clinic on October 9th. I’m going to check out the real Mediterranean diet. The clinic itself will be open so you can top up your supplements if needed but you might find it easier to check your supplies and get organised before I leave. If there is anything important you can email me as I will be accessing emails regularly.

There is still 2 weeks to make an appointment before I go!

KU-RING-GAI NATUROPATHIC CLINIC

ABN 65 003 012 771

Email: suehanly@iinet.net.au

www.suehanly.com.au

Suite 2, 793-795 Pacific Highway Gordon, 2072 (enter from Park Ave) Ph. 9499 4244. Fax 9498 5603
Herbal Medicine, Clinical Nutrition, In Clinic Health Assessment, Cellular Health Analysis, Weight Management