



The Probiotic for the Healthy Gut

PRODUCED BY JESSICA FALCONE

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Welcome!

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Welcome to Jessica Elizabeth Skincare! I'm Jessica Falcone, founder and aesthetician. I am so excited to give you this amazing guide on the tips to say goodbye to unhealthy pathogens in your gut.



It's my passion to teach and inspire others to live healthy so they can enjoy fuller happier lives. Through the Probiotic Healthy Gut Ebook, I will teach you how to boost your immune and thrive with the power of probiotics.

Love your gut and your gut will love you right back!

Lets get ready and work together!

Jessica Falcone



WHAT IS A PROBIOTIC?

The word “probiotic” is a Greek word, which means “for life.” It is the beneficial bacteria that live in the human intestinal tract. Probiotic capsules are available in drugstores and health food stores. You can also find probiotics in fermented foods like kefir and yogurt. These products usually have bifidobacteria and lactobacilli, which are the main probiotics found in the intestinal tract.

Benefits of Probiotics

Probiotics offer a lot of benefits, such as stimulating the gastrointestinal tract, improving systemic immunity, and promoting a healthy intestinal environment, or gut flora. By strengthening this part of the digestive system, probiotics can help with different health conditions such as urinary tract infections, cancer, food allergies, bacterial vaginosis, eczema, vaginal yeast infections, inflammatory bowel disease, lactose intolerance, irritable bowel syndrome, Crohn's disease, and ulcerative colitis.

What You Can Get from Probiotic Supplements

The adequate viability and characteristics of the strains that are found in probiotic supplements affect their quality. Viability at consumption depends on different factors such as the strain's hardness and the proper manufacturing, storage, and packaging of the product. This, of course, includes the right amount of moisture and the correct temperature.

Every species of bacteria has different strains. Some strains are weak and cannot kill or survive pathogenic bacteria. Other probiotic strains are strong and resilient, capable of obstructing pathogenic bacteria and surviving passage



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through the upper gastrointestinal tract. This means that you should use products made by companies that have performed the necessary research to guarantee their product's viability. You have to be a wise buyer when purchasing probiotic supplements. Talking to the supplement consultant at the health food stores in your area can help.

My Favourite Probiotics

Primal Defense Ultra

I have taken this probiotic for years. It has 15 billion CFU and 13 different probiotic strains. It is great for traveling since it does not need to be stored in the refrigerator.

RenewLife 50 Billion

Many of my clients take this probiotic, as it is a very reputable company when it comes to digestive wellness. It has 50 billion CFU and 10 different probiotic strains.

GUTPRO

Another favorite, GAPS-approved probiotic (a protocol by Dr. Natasha Campbell-McBride designed to heal the gut lining and restore the gastrointestinal tract) is GUTPRO.1 It has 25 billion CFU and eight different strains of live bacteria but does not have the strep strain. You can buy it here: <http://www.corganic.com/gutpro>.



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Uses for Probiotic Supplements

Gut flora plays an important role in your health, so probiotic supplements that support gut flora can improve your overall health. There are certain uses for probiotics based on clinical studies, such as in the treatment and prevention of UTIs, or urinary tract infections. Lactobacilli dominate the normal microflora in women's urethras and vaginas, and this strain plays a major role in preventing UTI.

Probiotic supplements can also help treat and prevent diarrhea caused by taking antibiotics. A common belief is that acidophilus supplements offer no benefit if consumed during antibiotic therapy, but research actually recommends the use of probiotics while taking antibiotics, as long as they are taken as far apart as possible. For example, if you are taking antibiotics at night, you should take probiotic supplements in the morning.

Probiotics also provide crucial support for children. Aside from preventing gastrointestinal infection, probiotics can also improve immune function. There are formulas that are specifically made for kids.

The dosage of a probiotic depends on the number of live organisms contained in the product. It is best that you use products that indicate the number of live bacteria at expiration instead of the time of manufacture. The best results are often obtained by consuming between 5 billion and 20 billion live bacteria every day.



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The Science Behind a Probiotic

Probiotics are live bacteria that, when consumed in adequate amounts, provide significant health benefits. Unlike nutritional supplements that are integrated into the bloodstream to serve the body's metabolic needs, probiotics don't enter the circulatory system and are restrained in the harsh environment of the gut.

About 30 to 50 trillion microorganisms live in the intestines. This large population is called the gut microbiota. It consists of about 1,000 different species and weighs 4 to 5 pounds. Only 1/3 of the microbes have something in common. This means that there is substantial variability when your gut microbiota is compared to the gut microbiota of another person. This may be the reason why people assimilate nutrients in a different way. There are people who eat lots of food without gaining weight, while others put on extra pounds even when they are eating little. One of the reasons for this difference may be due to what's in your microbiota.

How Probiotics Work

Remember that probiotics need to survive the harsh environment of the intestines to perform a good job. The probiotics you consume need to travel through the digestive system and encounter 50 trillion other microbes that are competing for the same nutrients and space. Clinical studies have proven the benefits of taking probiotic supplements. However, the high interpersonal variability of the gut microbiota means that it's impossible for one strain to be beneficial to everyone.



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For instance, if your preferred probiotic strain cannot establish a spot in your personal microbiota and compete for nutrients, it will be flushed out of the body immediately through your next bowel movement. Most commercial probiotics, on the other hand, are chosen from the guts of healthy human donors. As such, these probiotics are conditioned to survive the harsh gut environment and have the necessary resources to counterbalance threats and work for you, even if it's only temporary.

Probiotics are transient and don't permanently take over the gut, but they are doing a good job as long as the strain stays long enough to positively affect your health. Studies have demonstrated that despite being transient in nature, probiotics can still moderate genetic activity levels. This provides a positive impact on your health by controlling the breakdown of complex sugars and carbohydrates.

How to Benefit from Probiotics

There are various ways to get probiotics working for you so you can benefit from these good microorganisms. Each time you consume a probiotic, it enters a unique gut microbiota environment. If you want to make sure that your personal microbiota is ready to receive the probiotics you have chosen, there are some things that you should consider.

You must provide the probiotics with proper nourishment by eating lots of fruits and vegetables that contain prebiotic fiber. You can also take prebiotic supplements. You can take one of these supplements with the probiotic. It is also



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recommended that you take the probiotics with food to reduce your stomach's acidity and to increase the chances of the probiotics passing through the gut intact.

7 Great Probiotics

Probiotics are live, good bacteria that naturally exist in the gut and play an important part in maintaining your gut and overall health. There are probiotic supplements available in health food stores but expect high-quality ones to be expensive. However, there are foods that offer the same benefits as supplements, if not more. Here are some of them.

Yogurt

Yogurt is probably the most popular probiotic food. It's a fermented dairy product made by adding cultures to milk that produce lactic acid, resulting in a smooth and creamy food that is rich in good bacteria. Yogurt is a staple for people wanting to normalize their bacteria levels. It's often recommended for those with yeast infections or who are taking antibiotics. Just keep in mind that not all yogurts are made equal. Consuming heavily processed yogurt won't give you the same benefits as all-natural or organic yogurt, and may even do more harm than good.

Kombucha

Kombucha is a carbonated beverage that's made by fermenting sweetened tea with a combination of yeast and bacteria. It contains acids, probiotics, vitamins,



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and enzymes. Kombucha can reduce joint pain, improve immune support and digestion, and boost energy. The slightly sweet taste of this drink makes it a perfect substitute for juice drinks and high-sugar sodas that work against the good bacterial balance in your intestines.

Tempeh

Tempeh is native to Indonesia. It's made from soybeans that have a cake-like consistency when bound together by a fungus during fermentation. Tempeh is a popular substitute for meat. It is rich in probiotics, vitamins, proteins, and minerals. It can be used in a wide variety of recipes.

Kefir

Kefir is a fermented dairy product with a tart flavor. It's packed with probiotics, magnesium, vitamin B12, and calcium. Kefir supports the digestive system in various ways by encouraging lactose digestion and fighting inflammation.

Kimchi

Kimchi is pickled cabbage with some spice. The fermentation process for kimchi provides similar benefits as kombucha. This food is rich in vitamins, acids, enzymes, and probiotics, which means that it can increase your energy levels and boost the immune system.

Sourdough Bread

If you love carbs, you can celebrate. Aside from being one of the tastiest breads around, sourdough also contains live bacteria. It is created from a starter that



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contains both lactobacillus and yeast. The amazing air bubbles in the loaf are made during the fermentation process. The levels of good bacteria in the bread also increase during the process. You enjoy the delicious taste and your gut enjoys the benefits it offers.

Miso

Miso is popularly known in the U.S as the main ingredient in miso soup. The Japanese seasoning is made from fermenting soybeans, barley, or rice. Miso is not only a savory paste, but it also offers a lot of health benefits. It reduces the risk of cancer and heart disease and regulates the digestive system. Miso also lowers blood pressure, inflammation, cholesterol, and fatigue.



LACTOBASCILUS STRAINS

All members of the lactobacillus family produce lactic acid. Lactic acid lowers the gut pH to make it less hospitable for bad bacteria and yeast. Each strain has specific benefits and many of the benefits overlap between strains.

L. Acidophilus

- It has been researched the most
- Found in the stomach, urinary system, mouth, and vagina
- Can produce antibiotic substances such as acidolin, acidophillin, lactobacillin and lactocin
- Helps fight Candida Albicans, ulcers, salmonella, staph infection, and e.coli and prevent urinary tract infections
- Improves nutrient absorption such as calcium
- Makes some B vitamins and improves appetite
- Repairs leaky gut and prevent diarrhea
- People who do not colonize L. Acidophilus well are more prone to having difficulties digesting milk and are more likely to be lactose intolerant
- Helps with digestive issues such as gas and bloating, as well as stress-related digestive issues
- Improves cholesterol and blood pressure
- Helps the immune system fight bacteria and viruses as well as it prevents tonsillitis and reduces allergy symptoms
- Prevents kidney stones (by blocking the formation of the oxalates) and reduces anemia



LACTOBASCILUS STRAINS

L. Brevis

- It decreases levels of H. pylori, the bacteria that are involved with stomach ulcers, and can reduce mouth ulcers as well
- It helps with inflammation
- Make help suppress tumour activity especially in the colon
- It can also reduce the formation of oxalates to help reduce the risk of kidney stones
- Has anti-cancer properties especially for colon tumors

L. Bulgaricus

- Helps stimulate the growth of other beneficial bacteria and is often found in yogurt starter
- Helps decrease triglycerides, LDL levels, total cholesterol
- Can strengthen the immune system and help fight viruses
- Improves dairy digestion and decreases symptoms such as gas, bloating, diarrhea, nausea
- Is helpful for IBS and leaky gut
- Lowers inflammation
- May prevent tooth decay
- It is also helpful for the management of HIV symptoms
- Limits production of beta-glucuronidase (produced by pathogenic bacteria) that interferes will successful detoxification of estrogen in the intestines



LACTOBASCILUS STRAINS

L. Casei

- Inhibits pathogenic bacterial infections
- Reduces occurrence, risk, and symptoms of IBS
- Reduces severe systemic inflammatory response syndrome and inhibits pneumonia
- Inhibits respiratory tract infections and bronchitis
- Maintains remission of diverticular disease
- Inhibits H. pylori (and ulcers)
- Reduces allergy symptoms and asthma symptoms
- Inhibits Pseudomonas aeruginosa (pathogenic bacteria)
- Decreases milk intolerance
- Supports liver function and decrease the risk of cirrhosis
- Stimulates the immune system
- Inhibits and reduces diarrhea episodes
- Produces vitamins B1 and B2
- Prevents risk and recurrence of bladder cancer
- Inhibits Clostridium difficile
- Reduces constipation
- Reduces lower respiratory infections
- Inhibits Candida overgrowth and vaginosis
- Prevents colorectal tumor growth
- Stimulates the immune system among the elderly and decrease colds and influenza
- Decreases rotavirus infections
- Increases HDL-cholesterol and decrease triglycerides
- Decreases blood pressure



LACTOBASCILUS STRAINS

- Inhibits viral infections
- Inhibits malignant pleural effusions secondary to lung cancer
- Reduces cervix tumors when used in combination radiation therapy
- Inhibits tumor growth of carcinomatous peritonitis/stomach cancer
- Breaks down nutrients for bioavailability
- May aid estrogen detoxification

L. Gasseri

- Associated with weight loss both in obese humans and in animals. Some studies suggest that is especially helpful for losing belly fat and stimulating metabolism.
- It may be helpful for menstrual pain for women with Endometriosis
- Can help improve respiratory health and lower cholesterol, especially LDL
- Lowers histamine

L. Helveticus

- Reduces blood pressure by inhibiting angiotensin-converting enzymes (ACE) which are involved in constricting blood vessels
- Improves sleep quality including how long you sleep
- It helps to increase the levels of calcium in the blood and helps the parathyroid hormone which helps control calcium and phosphorus in the blood It is particularly
- Helpful for babies who have not been breastfed in helping develop the babies gut bacteria levels



LACTOBASCILUS STRAINS

L. Plantarum

- Is associated with weight loss in animals
- Can provide long-term protection against bad bacteria but does not contribute to antibiotic strains—is not easily destroyed by antibiotics and helps fight a bacterial infection.
- Improves the healing of burns and strengthens the immune system
- It also helps restore healthy liver enzymes
- Aids healing from colds and flu
- Reduces leaky gut and inhibit bad bacteria such as Clostridium difficile
- Reduces inflammation, fungal infections, IBS symptoms, pancreatic sepsis
- Blood pressure and postoperative infection
- It can also reduce the risk of kidney stones by reducing oxalates (formed when oxalic acid found in food such as spinach, rhubarb, and swiss chard binds with minerals such as calcium and iron)
- Lower histamine

L. Pentoaceticus

- Helpful for converting different types of carbohydrates to lactic acid and acetic acid

L. Paracasei

- Decrease non-rotavirus diarrhea and interferes with H-Pylori colonization

L. Reuteri

- Helps prevent infections
- Heals colic



LACTOBASCILUS STRAINS

- Treats and prevents diarrhea
- Prevents and treats female urogenital tract infections
- Suppresses occurrences of eczema
- Supports dental health
- Destroys streptococcus mutants, which hastens tooth decay
- May eradicate H. Pylori bacteria
- Inhibits E.coli
- It may help heal the gut lining

L. Rhamnosus

- Also known as Lactobascilus GG
- Helpful in managing glucose control and may help prevent diabetes
- It can boost the immune system to help fight colds, flu, ear, and respiratory infections
- Reduces vaginosis and inhibits H. pylori
- It can enhance immunity in HIV/AIDS patients and decrease symptoms
- It reduces inflammation in the body and decreases eczema
- Improves symptoms from leaky gut, constipation, and IBS
- From a cancer perspective, L. rhamnosus inhibits tumor activity and decreases colon cancer risk
- It also lowers LDL Cholesterol
- For infants, it helps fight diarrhea, decreases colic and stimulate infant growth
- May aid estrogen detoxification
- Lowers histamine



LACTOBASCILUS STRAINS

L. Salvarius

- Found in the mouth (prevents plaque build-up) and small intestines
- In cases of septic shock, it helps restore balance in the intestines
- Helps with traveler's diarrhea, colitis, and symptoms of IBS
- Works best when prebiotics are present
- Has antibacterial properties
- Lower histamine
- May aid estrogen detoxification

L. Thermophiles

- Improves digestion and decreases symptoms of IBS, diarrhea, and leaky gut
- Helps with ulcerative colitis symptoms, fights C. difficile
- Decreases AIDs symptoms and helps with upper respiratory infections such as pneumonia
- It can also help reduce the risk of kidney stones and symptoms of dermatitis
- It may also help increase anti-tumor activity
- It can also help improve HDL cholesterol
- Helps increase intestinal flora in children who have not been breastfed and may reduce colic

Streptococcus Thermophilus

- Often found in yogurt with L. Bulgaricus
- Helps with inflammation of the mucosa during chemotherapy, helps normalize cells and restore balance Prevents the formation of nitrosamines
- Helps with inflammation



BIFIDUS STRAINS

B. Animalis

- Inhibits inflammation in the gastrointestinal system and supports immune system function
- Prevents the formation of nitrosamines
- Helps with IBS symptoms including frequency of bowel movements and consistency
- Can help with preventing Salmonella infection
- Helps with edema and ulcerations in the colon

B. Bifidum

- Helps to fight yeast overgrowth especially Candida Albicans
- It increases immune function
- Decreases inflammation and allergies
- Reduces ulcers and diarrhea and protects against e. Coli infection
- Has antimutagenic and anticarcinogenic properties
- Lowers cholesterol
- Helps with Crohn's and colitis
- Also helps with allergies and other inflammatory conditions

B. Breve

- Inhibits E. coli and Candida Albicans
- Key strain for digestive health in babies
- Reduces the incidence of gas, antibiotic-associated diarrhea, and IBS
- Helps with allergies
- Decreases with age and the decrease are linked with poor digestive abilities in the elderly (which may be corrected with supplementation)



BIFIDUS STRAINS

B. Infantis

- One of the first strains a mother passes on to the baby through breast milk to help the baby establish its own good bacteria levels
- Supports the baby's immune system and reduces the inflammatory response related to allergies
- Can help reduce death for babies born underweight
- Helps with intestinal issues such as diarrhea and IBS
- Protects the vaginal canal from infection
- Helps reduce oxalates and prevent kidney stones
- Impedes growth of bad bacteria
- Limits production of beta-glucuronidase (produced by pathogenic bacteria) that interferes with successful detoxification of estrogen in the intestines
- Helps restore intestinal balance and digestive function
- Lowers histamine

B. Lactis

- Found in raw milk and starter cultures for some cheeses and buttermilk
- Helps fight tumors as well as support immune systems function and increase T-cell production including in the elderly
- Helps reduce respiratory diseases, colds, and flus
- Can increase the immune system response to vaccinations
- Decreases H pylori
- It can decrease leaky gut and lactose intolerance
- Improve IBS, diarrhea, and general discomfort of digestion
- Can decrease the bad bacteria that causes cavities



BIFIDUS STRAINS

- Helps with glucose control
- Improves total cholesterol and HDL

B. Longum

- Contains enzymes that repair free radical damage
- Secretes lactic acids (as do all bifidum) to lower the ph of the intestines
- Alleviates lactose intolerance
- Reduces cholesterol
- Reduces incidences of diarrhea from antibiotics
- Supports the immune system and has anti-cancer properties
- It is one of the first inhabitants in a baby's intestinal tract
- Helps with constipation
- Helps prevent allergies
- Lowers histamine

Bacillus Coagulans

Is fairly resistant to stomach acid and helps colonize the GI tract

It is often prescribed to patients with acute immune problems



YEASTS STRAINS

Saccharomyces Cerevisiae

It has been used for thousands of years to make beer and bread. Two tablespoons daily, in the form of “nutritional yeast” provides 52 percent of the recommended daily amount of protein. Also, it’s high in fiber, B vitamins, and folic acid. It contains beta-1,3 glucans, which can

- Support the immune system without making it overactive
- Lower LDL cholesterol
- Aid wound healing and can prevent infections
- Stimulate the production of macrophages which assist the maintenance of the intestinal flora
- Beta-glucans must be fermented by gut bacteria to be absorbed and utilized by the body

Saccharomyces Boulardii

- Works well with probiotics and other beneficial gut elements such as glutamine, SCFA, or prebiotics to improve overall gut health
- Helps to prevent and heal intestinal permeability (leaky gut)
- Decreases the incidence of acute diarrhea in children and adults
- Helpful in reducing the rate of recurrence of Pseudomembranous Colitis
Decrease bowel movement for IBS sufferers
- Reduces the risk of Travelers’ diarrhea
- Reduces the side effect of diarrhea, nausea, and cramping as side effects of antibiotics, both severity, and duration
- Assists in Anti-Inflammatory Protection by limiting secretions of pro-inflammatory cytokines especially in connection to E. coli, preventing attachment to intestinal receptor sites.



Thank You...

If you have any questions about The Probiotic for the Healthy Gut, please reach!

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