

Probiotics therapeutics

I find that most folk who come to WLC aren't knowledgeable about probiotics. Some have heard of them and either buy the commercial yoghurt type products (Yakult; Actimel and the like) or something they pick up from the drugstore. I don't recommend either approach for reasons mentioned in other info pieces.

But there's lots of hype around probiotics, and lots of potential for being misled. After a fair bit of reading around the subject I have decided it is one product that absolutely is synergistic with Colon hydrotherapy. I believe it's important to give clients the opportunity to have suitable Probiotic strains to repopulate the gut post-colonic. After all probiotics enjoy a rare window of opportunity to re-colonise at that point. The pathogenic bacteria are in retreat, so to speak, having been shaken by the experience of the colonic tsunami. It's an ideal time for the good guys, the probiotics, to stroll into town and reclaim the terrain from the bad guys.

So WLC have sourced a high quality range of probiotics from Optibac, which we will offer to clients at a price a little below the Optibac on-line price.

We know that clients sometimes want to source their probiotics themselves on the basis they might be able to obtain them cheaper.

Fine, if you can get the Optibac (or other highly regarded brand) probiotics cheaper elsewhere,

But please don't go for just any old product without doing your homework. Not all probiotics are created equal – there is wide variability, given the different strains around (which have different functional attributes), and also the hardiness of the strains. There's also the issue of fillers, etc.

We like Optibac's approach, quality control, research-led approach and values; and have settled on them as our *supplier of choice* for high therapeutic grade products with a proven track record.

And by being upfront about how we are pricing the Optibac products (ie cheaper than RRP) we are removing the possibility that our clients would have *buyers remorse* about getting the product from us. We are upfront about giving information about the products. We don't want folk to think we just want to sell them products –rather we think that colonics without probiotics is the job only 3/4 done.

In health related matters, there's a lot to be said for striking when the iron is hot. The best window of opportunity to start taking the probiotics is immediately (within a few hours) after the colonic treatment, not days or weeks after.

We will recommend the specific product, which we believe best fits the clients needs, however it should be said that peoples responses to probiotics are rather individualistic, although very rarely negative.

Clients who we see for multiple session may be asked to take different probiotic strains depending on their response, and therapeutic indications.

Presently we intend to offer 8 of the 10 ranges Optibac have, believing them to be most relevant to our clients needs.

Key words for all probiotics on offer from WLC

- Vegetarian
- Sugar free
- Gluten free
- Yeast free
- Free from artificial colour
- Probiotic
- Antioxidant
- Natural
- Immunity
- Vitality
- No refrigeration required
- Survive stomach acidity
- Well researched strains with proven efficacy (not marketing led)
- Plenty of independent reviews of the product range collected (see the Optibac website)
- Does not create dependency; safe to take on a long term basis
- Guaranteed standardized strength up to date of expiry
- WLC have priced products slightly below web site prices on Manufacturers site (Optibac)
- Clearly defined target populations for each product
- Safety: Probiotics are very safe, however they are not indicated for use in people patients who are severely immunosuppressed, have pancreatitis, are in Intensive Care, have blood in the stool, have central venous catheters; or to post-surgical patients with open wounds, or infants with short bowel syndrome; *unless under a doctor's care.*

Summary of products and prices

1. Probiotics -Everyday use to help maintain overall digestive health, immunity and energy

60 caps (1 month supply) RRP £12.75 incl P&P; WLC price £ 11
180 caps (3 months supply) RRP £31.75 incl P&P; WLC price £30

2. Probiotic -For every day (as 1 above but EXTRA Strength)

Dysbiosis: For those on long term antibiotics; those who suffer from conditions such as IBS, or IBD (e.g. Crohn's Disease); people with skin conditions such as eczema or acne; people with busy lifestyles

30 caps (1 month supply) RRP £24.75 incl P&P; WLC price £ 23
90 caps (3 months supply) RRP £61.75 incl P&P; WLC price £ 60

3. For daily immunity

30 caps (1 month supply) RRP £12.75 incl P&P; WLC price £ 11

4. For a flat stomach Probiotic & Prebiotics

Bloating caused by trapped wind, food intolerances, PMS or stress.

7 sachet (7 consecutive days supply) RRP £10.45 incl P&P; WLC price £ 9.00

5. Probiotic for those taking antibiotics

10 caps (10 days supply) RRP £7.40 incl P&P; WLC price £ 6.00

6. *Saccharomyces boulardii*

For dysbiosis; anti pathogenic

8 caps RRP £5 incl P&P; WLC price £ 4
16 caps RRP £ incl P&P; WLC price £ 23
80 caps RRP £27.30 incl P&P; WLC price £25

7. Probiotics for travelling abroad

20 caps (20 days supply) RRP £12.00 incl P&P; WLC price £ 10
90 caps (3 months supply) RRP £61.75 incl P&P; WLC price £ 55

8. Bifidobacteria & fibre Probiotic & Prebiotic

Bowel regularity; constipation

30 caps (1 month supply) RRP £21.75 incl P&P; WLC price £ 20
10 caps (10 days supply) RRP £9.75 incl P&P; WLC price £ 8

1. Probiotics -Everyday use

Why? Probiotics & Prebiotics to help maintain overall digestive health, immunity and energy.

Daily use (2 capsules) provides 5 billion live probiotic microorganisms + 88mg of prebiotic fibres.

Take with food, preferably with breakfast

Drink plenty of water with probiotics.

The capsule can be opened and contents mixed with a cold meal or beverage.

Lactobacillus acidophilus Rosell-52 and *Lactobacillus rhamnosus* Rosell-11: well-researched and documented species of probiotics naturally resident in the human gut.

These strains survive gastric acidity and bile salts and reach the intestines without damage; colonise, support immune cells and create a healthy lactic acid environment.

Bifidobacterium longum Rosell-175, *Bifidobacterium breve* Rosell-70 and *Bifidobacterium bifidum* Rosell-71: Colonise primarily in the large intestine (or colon). Here they promote the production of antibodies, support the body against toxins and inhibit the development of undesirable bacteria by competitively excluding their attachment to the intestinal wall lining. A healthy balance of Bifidobacteria furthermore supports the intestines in assisting transit and optimising a healthy frequency and regularity of bowel movements. *Lactococcus lactis* Rosell-1058: This probiotic strain is obtained from the kefir culture and is renowned for its antimicrobial benefits; supporting the body against undesirable harmful bacteria and some fungi.

Prebiotics: The non-digestible prebiotic FOS (Fructooligosaccharides) acts as a food source to stimulate growth of your body's probiotics, the Bifidobacteria in particular; creating what is known as a 'bifidogenic' effect. The symbiotic relationship between probiotics and prebiotics in the colon has a great impact on supporting intestinal health and wellbeing.

2. Probiotic -For every day EXTRA Strength

Premium probiotic with *L. acidophilus* NCFM® to help maintain digestive health, immunity & energy.

Each capsule provides 20 billion live probiotic microorganisms

This advanced dairy-free supplement contains 5 extensively researched probiotic strains, such as *L. acidophilus* NCFM® and *B. bifidum* Bb-02, in an extra strength dose of 20 billion live microorganisms per capsule. (*Lactobacillus acidophilus* NCFM® is thought to be the most researched strain of acidophilus in the world.) For whom? People with a severe imbalance of good and bad bacteria in intestines may include:

- Those who suffer from conditions such as IBS, or IBD (eg. Crohn's Disease)
- People with skin conditions such as eczema or acne
- People with busy lifestyles
- Those on long term antibiotics

3. For daily immunity

Helps to support your body's resistance to infection and promotes a healthy immune system. For those with regular coughs & colds, or those with active, demanding lifestyles.

Each capsule provides 2.5 billion live probiotic cultures guaranteed + 235mg antioxidants (polyphenols).

Lactobacillus acidophilus and *Bifidobacterium breve* ensure that the intestinal lining throughout the gut is well colonised with a good coating of friendly bacteria.

A unique synergy exists between the Vitamin C, the natural plant extracts and the probiotics. Natural plant extracts: Grape Seed Extract, Pine Bark Extract and Green Tea Extract standardised and rich in polyphenols (antioxidants). These antioxidants provide powerful & natural free radical scavengers that are rapidly absorbed and distributed throughout the body. Antioxidants seek out the free radicals (chemicals that can cause cell damage in the body) and neutralize them. Grape Seed Extract is one of nature's most powerful antioxidants +OPCs known for their properties in performing regenerative functions such as maintaining the structural strength of blood vessels and assisting in the healthy development of capillary walls. Vitamin C has been proven to contribute to: the normal function of your immune system, to the protection of cells from oxidative stress (ie. an antioxidant), and to the reduction of tiredness and fatigue.

Probiotics: *Lactobacillus acidophilus* - one of the most well-known probiotic species naturally resident in the human gut. It supports immune cells and creates a healthy lactic acid environment that limits the growth and survival of harmful bacteria such as *Listeria monocytogenes*.

Bifidobacteria strains: *Bifidobacterium longum*, *Bifidobacterium breve* and *Bifidobacterium infantis* settle primarily in the large intestine or colon where they play a key role in maintaining immunity.. A good balance of Bifidobacteria supports the intestines to assist transit and optimise healthy regularity of bowel movements.

4. For a flat stomach Probiotic & Prebiotic

For those who suffer from abdominal bloating caused by trapped wind, food intolerances, PMS or stress.

Each sachet provides 5 billion live probiotic microorganisms + 0.3g prebiotic fibres. As a natural food supplement For a flat stomach can be given to adults and children from 4 years old & up, with the following recommendations: Take one sachet daily with breakfast for a 7 day course, or as professionally directed.

For best results:

- Pour an inch of water into a tall glass, leaving plenty of room for swirling.
- Shake the sachet well before gently sprinkling in the powder.
- Leave powder to dissolve naturally.
- Vigorously swirl the water around in the glass.
- Drink, wait, and enjoy

Take for 7 consecutive days. Most clients are asked to take this course once a month, but it can take as often as desired. This 7-day course is ideal for those needing a short term, high quality natural bacteria supplement.

Abdominal or stomach bloating is usually associated with food intolerances, constipation, over-eating, PMS or intestinal gas; leaving the abdomen feeling uncomfortable, full and tight. If you have poor digestion, waste materials and the gases they produce can remain in the gut for long periods of time, often at high temperatures and pressures. This causes bloating and stretching of the gut walls beyond their comfortable limits. An imbalance of bad bacteria and friendly bacteria in the gut can result in poor digestive health, bloating, production of smelly and uncomfortable gases, and sluggish bowels. This imbalance is known as dysbiosis.

Lactobacillus acidophilus Rosell-52 is a natural resident of the intestinal microflora; this strain of acidophilus has been shown to survive gastric acidity and biliary salts, and to reach the intestines without damage. *Lactobacillus acidophilus* naturally adheres to the gut wall, where it inhibits harmful pathogens and supports immune cells.

Bifidobacterium bifidum Rosell-71 naturally resides in the large intestine, *B. bifidum* supports the production of antibodies, promotes detoxification and maintains resistance to undesirable pathogenic and putrefactive bacteria which can cause gas and bloating. In the colon, *B. bifidum* flourishes well with Fructooligosaccharides (prebiotics) where it supports the intestines to assist natural transit, promote comfort and optimise a healthy frequency and regularity of bowel movements.

Lactobacillus casei Rosell-215 is an extensively studied species naturally residing in the intestinal flora; our strain has been researched in its ability to resist gastric acidity and bile salts in order to reach your small and large intestines where it exerts its probiotic benefits. *L. casei* has been shown to modulate the composition and growth of Bifidobacteria in the colon and to support regularity.

Lactococcus lactis Rosell-1058 is extracted from the kefir culture, *Lactococcus lactis* is renowned for its antimicrobial benefits in supporting the body against undesirable bacteria and some fungi.

Fructooligosaccharides (FOS) predominantly settles in the large intestine where it acts as a food source to stimulate the growth of your body's probiotics. The symbiotic relationship between Bifidobacteria and prebiotics in the colon has a great impact on supporting natural intestinal health and wellbeing, reducing the unpleasant effects of bloating.

5. Probiotic for those taking antibiotics

Probiotic supplement to maintain healthy levels of friendly bacteria. Take during and after your antibiotics course. Each capsule provides 4 billion live cultures, guaranteed until end of expiry.

Antibiotics are the drugs equivalent of *friendly fire* killing friendly and harmful bacteria alike indiscriminately leading to side effects such as thrush, diarrhoea, or poor immunity.

For people who are taking antibiotics (e.g. amoxicillin, penicillin, tetracycline, doxycycline), or who have recently finished an antibiotic course, the probiotics in this supplement are especially selected to maintain a good balance of friendly bacteria in the intestinal tract during and after your course of antibiotics. These two high quality strains of natural bacteria, *Lactobacillus acidophilus* Rosell-52 and *Lactobacillus rhamnosus* Rosell-11, have been extremely well-researched, and are scientifically proven to survive to reach the gut alive, even during a course of antibiotics.

Lactobacillus acidophilus Rosell-52 is a natural resident of the intestinal microflora; this specific probiotic strain has been well studied to survive gastric acidity and bile salts expected at mealtimes and to reach the intestines without damage. In addition, *L. acidophilus* Rosell-52 is tested to ensure adherence to the cell wall lining of the intestines; where it inhibits intestinal pathogens and supports immune cells.

Lactobacillus rhamnosus Rosell-11 is a natural component of the friendly bacteria in the intestines; this species is one of the most studied in the probiotic world. *L. rhamnosus* Rosell-11 has been proven to resist bile and gastric acidity over pH 3 - therefore if taken at mealtimes (when pH is around 4), it will pass through the stomach without being damaged. The probiotic strain *L. rhamnosus* Rosell-11 is able to bind strongly to the intestinal cells and helps maintain a good digestion and a strong immune system.

These two probiotic strains have been scientifically tested and shown to be safe to take during your course of antibiotics.

6. *Saccharomyces boulardii*

- Take one to four capsules depending on severity of symptoms and up to six capsules daily, or as professionally directed
- If taking anti-fungals, take separately (at least 2 hours apart).
- For infants and children the dose should be lowered
Drink plenty of water with your course of live cultures.
- For anyone unable to swallow capsules, capsule can be opened and contents mixed with a cold meal or beverage.

Support your body's natural defence against bad bacteria in the gut.

Each capsule provides 5 billion live cultures of pure, shelf stable *Saccharomyces boulardii* is a natural and safe microorganism with vast scientific research and documentation.

This strain has been internationally acclaimed as a well-researched and unique microorganism, and has been safely used for the last 50 years. *Saccharomyces boulardii* is a natural food supplement, and not a medicine. It has undergone extensive clinical research, demonstrating its ability to support the body's natural defence against pathogens.

This microorganism is more robust to environmental stressors than more common bacterial live cultures, and shows strong resistance to heat, humidity and stomach acidity levels. These live cultures of *S. boulardii* have been tested and shown to be especially stable and resistant.

7. Probiotics for travelling abroad

Each capsule provides 5 billion live probiotic cultures.

Take one capsule daily with food, preferably breakfast, starting 3-5 days before departure, continuing during travel abroad and for a few days upon return from travel. For anyone unable to swallow capsules, the content of the capsules may be mixed with a cold meal or beverage.

Probiotic to support healthy digestion & immunity whilst abroad. Take prior to and during your travels. Good for Travellers seeking advanced probiotic support in foreign environments (e.g India, Egypt and Mexico).

This supplement contains 4 high quality live probiotic strains, such as:

Lactobacillus acidophilus Rosell-52. The particular strains in this live cultures supplement have been shown to survive at higher temperatures, making this a suitable travel companion for destinations with hotter, more humid climates than that of the UK.

Lactobacillus acidophilus Rosell-52 is a natural resident of the intestinal micro flora; this strain of acidophilus has been well studied to survive stomach acidity and biliary salts; and to travel to the intestines without damage. *L. acidophilus* Rosell-52 will adhere to the cell wall lining of the intestines and inhibit intestinal pathogens; support immune cells, and provides a protective barrier against foreign microbes.

Saccharomyces boulardii is a unique probiotic yeast sold widely across Europe, especially in France and Germany. *S. boulardii* has undergone extensive scientific research documenting its safety, and ability to flush out pathogenic bacteria such as *E. coli* and *Salmonella* (responsible for 70% of Traveller's Diarrhoea) in order to maintain normal digestive health during travels.

Lactobacillus rhamnosus Rosell-11 is a natural component of the intestinal friendly bacteria; the rhamnosus species is one of the most studied in the probiotic world. *L. rhamnosus* Rosell-11 has been proven to resist bile and gastric acidity over pH 3 - therefore if taken at mealtimes (when pH is around 4), it will pass through the stomach without being damaged. *L. rhamnosus* Rosell-11 is able to bind strongly to the intestinal cells and helps you maintain a strong immune system. *Bifidobacterium longum* Rosell-175 colonises primarily in the large intestine or colon. Here it promotes the production of antibodies, supports the body against toxins and inhibits the development of undesirable bacteria by competitively excluding their attachment to the intestinal wall lining.

A review of 12 different studies has shown that overall probiotics can reduce the chance of getting Travellers' Diarrhoea - which is usually described as passing watery stools three or more times a day, either during or shortly after travelling. It usually lasts for around three to five days and is a common but usually mild illness that is spread through poor hygiene.

8. Bifidobacteria & fibre Probiotic & Prebiotic

- Take one sachet initially, and up to four sachets a day if required, or as professionally directed.
- For ongoing use one sachet daily will often suffice, although more can be taken as desired.
- Dissolve in water, mix with food or pour directly into your mouth.

Drink plenty of water with this supplement. Ideally avoid mixing with hot foods or fluids, or acidic drinks such as orange juice.

This supplement does not interfere with medicines or other products for constipation. Maintaining a healthy balance of good bacteria in your gut can help to make bowel regularity an everyday thing.

'Bifidobacteria & fibre' (For maintaining regularity) is a natural supplement containing a probiotic strain and a prebiotic fibre specifically selected to support normal bowel function. Each sachet provides 5 billion live probiotic microorganisms + 4g of prebiotic fibres.

Bifidobacterium lactis BB-12® has been scientifically researched to help maintain regular bowel movements, and is thought to be the world's most researched strain of the entire Bifidobacteria family. 'Bifidobacteria & fibre' can be taken once a day for ongoing maintenance; or as and when desired, in which case we recommend taking up to 4 sachets a day. It is a safe and gentle food supplement. It is appropriate for long-term use, can be taken by infants from 1 year and up, and is gentle enough for pregnant & breastfeeding mothers, as well as the elderly.

Note: The high dose of prebiotic fibres in this supplement, Fructooligosaccharides, may initially result in flatulence and/or bloating in some people. This is a positive sign that the friendly bacteria in your body are being stimulated, and side-effects should soon cease. If these side effects do continue for more than 3 - 4 days, consider reducing the dosage of 'Bifidobacteria & fibre' before gradually building up again.