



Healthy Intestines for a Lifetime of Good Health



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Founder

Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

These supplements may be purchased on [Our Store](#):

[FreedomFromMenopause.com](#)

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Beneficial Bacteria

Food is vital to life because it supplies our bodies with the source of energy needed to function. Ensuring the body receives nutrition from food is dependent upon how well the intestinal tract is able to absorb and utilize the nutrients. Maintaining a healthy intestinal tract is more than just eating healthy and being regular. At 30 feet long, the intestines break food down into molecules small enough to be transported to the cellular level. The entire surface area of the gastro-intestinal tract is equivalent to the size of a football field! The intestines also help keep the immune system strong by killing harmful bacteria before they are able to reach the rest of the body. The intestines help to modify the immune system by balancing the bacterial flora present. Not all bacteria are harmful; in fact there are bacteria in our systems that are considered to be beneficial.

Probiotics

Probiotics, meaning "for life", refers to the benefits of "friendly" bacteria, such as Bifidobacteria bifidum and Lactobacillus acidophilus. Probiotics are live microbial supplements that benefit the body by implanting in the intestinal tract and improving flora.

How to get the most from your probiotic supplements

Be sure to only purchase products that state the potency not only at time of manufacture, but that list the potency guaranteed at the best-by date. Our labels always list both the amount of live bacteria at manufacture as well as at the end of the best-by date. Probiotic supplements lose their potency at a very fast rate and it has been shown that products that do not guarantee a specific amount at the end of a specific date often contain minimal or no live bacteria by the time of purchase and/or consumption.

Our Probiotic Product: Probiotic Quattro

- Provides a comprehensive blend of four different beneficial bacterial strains - all in one capsule
- Majority of research on probiotics utilized Lactobacillus acidophilus and Bifidobacterium
- The four strains chosen for this formula have synergistic effects backed by clinical research
- Shelf stable without the need for refrigeration
- Potency is guaranteed at the best by date, not time of manufacture
- High in LA-5® (Lactobacillus acidophilus) and BB-12® (Bifidobacterium), when compared to other products
- Supplies the following specific strains (per capsule):
 - Lactobacillus acidophilus.....840 million cells
 - Bifidobacterium.....840 million cells
 - Streptococcus thermophilus.....220 million cells
 - Lactobacillus delbrueckii ssp. bulgaricus.....100 million cells

REFERENCES:

de Vrese M, et al. Effect of Lactobacillus gasseri PA 16/8, Bifidobacterium longum SP 07/3, B. bifidum MF 20/5 on common cold episodes: a double blind, randomized, controlled trial.

Mack DR, et al. Role of probiotics in the modulation of intestinal infections and inflammation. Curr Opin Gastroenterol. 2004 Jan;20(1):22-6.