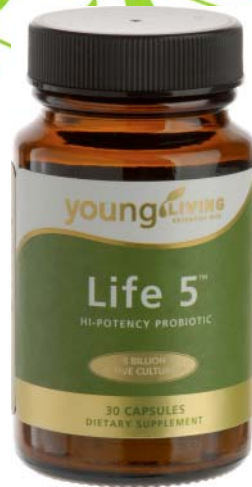


# Zia's Essential Connection

Vol. 8 No. 4



## When bad bacteria outnumber the good

The following symptoms – among others – have been linked to low levels of good microorganisms:

- Symptoms of GI sensitivity such as cramps, diarrhea, constipation, bloating, gas, IBS
- Gluten and other food sensitivities
- Yeast infections, cold sores, UTIs
- Headaches, migraines, stuffy nose
- Rosacea, acne, other skin problems
- Inflammatory conditions
- Increased symptoms of PMS, perimenopause or menopause<sup>1</sup>

These symptoms could also indicate a more serious condition: Some researchers believe that declining levels of friendly bacteria in the intestinal tract may actually mark the onset of chronic degenerative disease. See your healthcare provider for any ongoing symptoms.<sup>1,2</sup>

## When good bacteria outnumber the bad

While there has been skepticism about the health benefits of probiotic supplementation, more recent studies have linked the following health improvements to the presence of a probiotically-optimized intestinal tract:<sup>2</sup>

- Enhanced immunity
- Lower cholesterol
- Better nutrition, improved absorption
- Improvement in the health and appearance of the skin.
- Protection against lactose and casein intolerance.
- Protection against Candida overgrowth and yeast infections
- Prevention and correction of constipation and diarrhea, ileitis and colitis, irritable bowel syndrome, and a whole range of other digestive tract dysfunctions.<sup>2</sup>

## Probiotic Reinforcements Needed for Optimal Health

Just three pounds of bacteria defend your body against infection. Most of this small but mighty army of an estimated 750 trillion friendly bacteria, yeast and other microorganisms is stationed in your gastrointestinal tract, the source of core health and vitality. Its duty is to support optimal health by:<sup>1</sup>

- Protecting your body – The bowel is the command center of the immune system and your first line of defense against infection. By killing off invading pathogens and producing immune-boosting bio-chemicals such as transfer factor and lactoferrin, your *intestinal flora* is responsible for 60-70% of your immune system's activity.<sup>2</sup>
- Transferring nutrients to the bloodstream and producing Vitamins B and K
- Eliminating waste products

When our *intestinal flora* thrive – so can we. However, if the bowel is not working properly, optimal health is impossible and the body becomes vulnerable to myriad conditions. We can upset the natural balance of friendly bacteria in the digestive tract by:

- Taking antibiotics, antibiotic herbs, birth control pills and NSAIDS
- Eating a diet high in processed foods and in antibiotic-laden meat and dairy
- Drinking chlorinated water
- Smoking, drinking alcohol and living a stressful lifestyle
- Not sending in fresh reinforcements to replace your worn-out microorganisms.<sup>1,2</sup>



### Jeanmarie Hepworth, Crown Diamond

This newsletter is being sent to select Young Living members within the Zia Essential Oils organization. As a member of your Young Living upline, I have produced this newsletter for purposes of education and not solicitation. Previous newsletters and other information is available on my website. If you would like a free information packet or I can be of service to you, please let me hear from you.

PHONE (303) 404-9612  
EMAIL ZiaEssOils@comcast.net  
WEBSITE [www.ZiaEssentialOils.com](http://www.ZiaEssentialOils.com)  
YL SPONSOR #1040

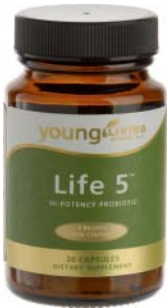
## Probiotic Reinforcements Needed for Optimal Health

### Diet tips for healthy flora

What we eat is the most important factor in keeping a healthy level of intestinal bacteria. Start with a diet rich in vegetables, fruits and fiber, because good bacteria feast on fiber. On the other hand, bad bacteria thrive on refined sugar and animal fat.<sup>1</sup>

When symptoms do hit, eliminate fatty foods, dairy products, sugar, and alcohol, which will reduce phlegm. But for many, diet alone is inadequate when we need to reestablish healthy *intestinal flora*: The answer is to supplement with probiotics.<sup>1,3</sup>

### Recommended Young Living® products



#### Life 5™ high-potency probiotic

After years of research, Young Living has formulated a probiotic supplement that exceeds the criteria for superior effectiveness. **Life 5** probiotic contains active and hearty cultures of recognized strains of beneficial bacteria. Five clinically proven strains, including two super strains, were chosen for their various abilities to

adhere to and colonize the intestines, to improve nutrient absorption, relieve bowel distress and help restore pH balance in the digestive tract. The specific strains are *L. acidophilus* [LA-14], Howaru™ Rhamnosus, Howaru™ Bifido, *S. thermophilus* and *B. bifidum*.<sup>4</sup> In addition, Life 5 contains an all-important prebiotic, a special mixture that feeds and sustains the probiotic's growth.

Item #3099 30 caps

Whsl \$24.75 Pref Cust \$28.66 Retail \$32.57

If you're already taking a multi-vitamin, try switching to **Core Supplements™** which offers Life 5 as part of its daily foundational nutrition.

It contains four premium nutritional supplements for overall health and wellness: Life 5 high-potency probiotic, Omega Blue essential fatty acids, Longevity immune support, True Source whole food multi-vitamin mineral supplement. Divided into portable packets for morning, noon and night.

Item #3504 30 packets

Whsl \$104.75 Pref Cust \$121.29 Retail \$137.83



### References

<sup>1</sup> <http://www.womentowomen.com/digestionandgihealth/probiotics.aspx>.

<sup>2</sup> <http://www.jonbarron.org/probiotics-revisited/2008-10-27.php>

<sup>3</sup> <http://www.vitacost.com/Healthnotes/Supp/Probiotics.aspx>

<sup>4</sup> Essential Desk Reference. 4th ed. 2007. Essential Science Publishing. p. 202-203.

### Balance Complete™ nourishes friendly bacteria

As stated earlier, dietary fiber is key to improving your intestinal health. The V-Fiber™ blend in **Balance Complete** contains a prebiotic fiber that nurtures beneficial microflora such as *Lactobacillus* and *Bifido* bacteria while decreasing pathogenic bacteria.<sup>4</sup> Use to add fiber to your diet, replace a meal and as part of the Five Day Nutritive Cleanse.

Item #3292

Whsl \$44.75 Pref Cust \$51.82 Retail \$58.88



#### Essentialzyme™ multi-enzyme formula

Helps reestablish proper enzyme balance in the digestive system and throughout the body, improves intestinal flora.

Item #3272 100 tabs

Whsl \$29.75

Pref Cust \$34.45

Retail \$39.14

#### Di-Gize™ essential oil blend

Relieves digestive problems including indigestion, heartburn, gas and bloating. Combats candida and parasite infestation. Promotes digestion with ginger, peppermint, lemongrass essential oils. Apply topically to stomach and Vita Flex points. Avoid possible skin sensitivity by diluting with pure vegetable oil. For internal use, dilute 1 drop Di-Gize to 4 parts vegetable oil, place in capsule. Take 1 before each meal or as desired.

Item #3324

Whsl \$32.00 Pref Cust \$37.05 Retail \$42.11

In conclusion, by building intestinal health with **Life 5** probiotics, Core Supplements, Essentialzyme and Di-Gize, you can enhance the function of virtually every body system. Feel better today, stay healthy for life.

### Radiant Health News

editor Bonnie McDermid, Ind YL Distributor

phone (612) 920-9205

email [RadiantHealthNews@comcast.net](mailto:RadiantHealthNews@comcast.net)

website [RadiantHealthNews.com](http://RadiantHealthNews.com)

© 2010 Radiant Health News

DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration. The information contained in this newsletter is intended for educational purposes only. It is not meant to substitute for medical care or to diagnose, treat, cure or prevent any specific health condition or disease. The author, publisher and subscriber assume no responsibility to or liability for any loss, damage or injury resulting from the use or misuse of any information in this newsletter.