

# Women's Health

## LETTER

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### Inside This Issue



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## Don't Waste Your Money on Mediocre Probiotics

### These Are the Best Ones I've Ever Found

Last month, you saw how taking the wrong probiotics can cause major health problems. Now, I'd like to show you how taking the right probiotics can save your life!

The doctor told Joan that her 95-year-old mother, Bernice, was unlikely to survive the night. The massive doses of antibiotics she had been given for her severe bacterial infection were not working. Her doctor advised against giving her any probiotics because he didn't know what they were.

But Joan felt there was nothing to lose. She knew that probiotics were beneficial bacteria that fight harmful ones, so she gave Bernice the strongest probiotic formula I'd ever found. The next morning, her mother was sitting up in bed and eating!

"I saw a tunnel," she told Joan. "At the end of it was a white light and lots and lots of white clouds." She had also seen her parents and long-dead husband. Bernice had certainly been close to death. Now she was back for awhile, thanks to a probiotic so strong it's been shown in university-based studies to kill antibiotic-resistant superbugs.

Don't expect results like this from just any probiotic. Many have very little activity. They may help your digestion or reduce your candida symptoms, but they won't turn your health around like the best formulas can. Unfortunately, you can't judge probiotics by the company that sells them. Some good supplement companies sell friendly bacteria that don't do much. Let me tell you how to identify the best.

### The right strain

Most probiotics list the species of bacteria used, but not the strain. Saying a product contains *Lactobacillus acidophilus* is not enough. The strain appears after the type of probiotic

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### The Best Probiotics:

- ✓ Contain identified strains proven to be safe and effective
- ✓ Are coated to survive stomach acids
- ✓ Stick to the intestinal lining and colonize
- ✓ Are, and remain, potent

(*Lactobacillus*) and species (*acidophilus*), like *Lactobacillus acidophilus* R0052 or *L. acidophilus* NAS.

There are more than 400 species of protective and harmful bacteria in your digestive tract and hundreds of strains within each species. Some strains are harmful and some are ineffective. Others may be safe with little activity, or both safe and potent. There's no way to know unless the strains are identified. Every strain of probiotics you take should be listed and tested for safety and effectiveness. Testimonials alone just won't do. If the label doesn't list the strain, ask the manufacturer.

### Survival and the fittest

Bacteria need to stay alive after passing through your stomach. But live bacteria often don't survive the trip to your intestines because stomach acid (HCl) kills both good and bad bugs.

For better survival, you can take probiotics after meals when your stomach contains less acid. Or on an empty stomach the first thing in the morning and before going to bed at night. But there's a better, simpler way. Take only probiotics that have been coated to survive stomach acids, not those in ordinary capsules.

Probiotics don't necessarily contain the amount of bacteria listed on their labels. They may have when they were manufactured, but many may have died off in the bottle. Look for a guarantee of potency after the bottle has been opened. Here are the best probiotic formulas I've ever found.

### #1 – Dr. Ohhira's Probiotics 12 Plus

The strongest, most effective probiotic product I've ever found is Dr. Ohhira's Probiotics 12 Plus, which is distributed in the U.S. by Essential Formulas. It's an enteric-coated product that contains 12 strains of lactic acid bacteria as well as micronutrient by-products such as vitamins, minerals, amino acids, FOS (probiotic food), and bacteriocins (nature's own antibiotic).

Ninety-two plant products are fermented together for five years to produce this product, which also contains organic acids. These acids help the probiotics stick to the intestinal walls and colonize. No other company I know of has done research on the adhesion ability of its particular formula like Dr. Ohhira.

He also developed a special strain of bacteria, *Enterococcus faecalis* TH10, from a fermented soy food (tempeh). This strain is more than six times stronger than any other naturally occurring lactic acid bacteria. It's the formula I gave Joan for her mother. I also used it with patients whose intestinal problems did not respond to other strong probiotics. In every case it worked, and it worked quickly.

Studies show Dr. Ohhira's is effective against *H. pylori* (a source of ulcers and migraines), *E. coli* (food poisoning), and even the superbug that causes staph infections (methicillin resistant *Staphylococcus aureus*). It helps regulate the bowels like no other formula I've heard of. And an added bonus is its ability to help increase bone density in women over 40.

Dr. Ohhira's formula does not need to be

The amount of probiotics in a formula isn't as important as their survival rate.

The product should be coated. If it isn't, a 10 billion-organism formula could leave fewer probiotics in your colon than a coated product with two or three billion organisms.

refrigerated and has a three-year shelf life. If you have a serious problem, or a condition that isn't responding to other probiotics, try it for at least one or two months. Then take one capsule a day or switch to a good, less-potent formula. Dr. Ohhira's formula normally costs \$53.95 for 60 capsules, a one-month supply. I've arranged for Healthy by Nature (877-262-7843) to send you this formula for \$45.86 if you mention Women's Health Letter. If you order online ([www.probiotics12.com](http://www.probiotics12.com)) and enter the code: DrNan, you'll get this 15 percent discount on all of their products.

## #2 — Natren's Healthy Trinity

Natren has always produced excellent probiotic products. I've used them for nearly 20 years. Of these products, Healthy Trinity is my favorite. It's Natren's strongest formula and contains three well-studied super strains, *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, and *Bifidobacterium bifidum*.

One of them, *Lactobacillus acidophilus* NAS, sticks well to the intestinal lining. A special oil matrix separates each of the three probiotics in this formula to keep them from competing with one another. Its gelatin capsule dissolves in the stomach, but stomach acid can't break down the oil and destroy the bacteria. So the friendly bacteria in this formula easily pass through your stomach untouched until they get to your intestines.

Healthy Trinity is particularly helpful for people with acid reflux (heartburn), *H. pylori*, diarrhea caused by *Clostridium difficile* (from taking antibiotics), and chronic candida. If you have any persistent diarrhea, or if you've had diarrhea for a week or more, you may want to take Healthy Trinity for two weeks to a month.

Natren guarantees the potency of Healthy Trinity through the expiration date on its label. It costs \$59.95 for a one-month supply of 30 capsules (877-962-8736) and needs to be refrigerated. Mention Women's Health

Letter and your price drops to \$47.96 for as long as you order this product from them.

## #3 — Advanced Probiotic Formula

There are dozens of probiotic formulas that are less expensive, and less potent, than Dr. Ohhira's and Healthy Trinity. But they may still be fine for most people if they contain effective strains, are coated, and are guaranteed to be strong. Unfortunately, few fall into this category.

The formula I use most often is Advanced Probiotic Formula (800-728-2288). It contains six strains of friendly bacteria normally found throughout the intestines. Each strain works alone and with the others to stick well to the intestines. They fight infections, such as food poisoning or candida, help regulate bowel movements, and support your immune system. If you have a serious or long-standing problem, you may want a stronger formula. Other-wise, this one should work well.

One hundred percent of the coated bacteria in Advanced Probiotic Formula survives an hour's exposure to stomach acid. That's impressive! Capsules that are not coated have only a five percent survival rate. Since you don't have to refrigerate this product like most others, pack a bottle in your suitcase when you travel and keep some in your purse. It's very affordable. A one-month supply of 30 capsules is just \$19.99. Buy half a dozen bottles and you get two free. So the price drops to just \$15 each.

Interested in knowing more about other probiotics? Then pick up a copy of *The Probiotic Solution* by naturopath Mark Brudnak (Dragon Door Publications, Inc., 2003). He explains the differences between many other popular formulas. ■

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