



The Road to Perfect Health - How Probiotics Balance Your Gut and Heal Your Body

Brenda Watson

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Millions of people suffer from digestive disorders including irritable bowel syndrome and chronic constipation, but comparatively few realize that good overall health begins in the gut. We're all equipped with our own "Gut Protection System", or GPS, populated by a delicate balance of friendly bacteria that help us digest and synthesize nutrients, defend us from toxins, and fortify our immunity to disease. When there is an imbalance of the bacteria (friendly vs. harmful) in the GPS whether from anti-biotics, antacids, poor diets, or simply the natural course of aging we experience digestive disturbances, which if left unchecked can lead to more serious health issues. In this publication, you will discover that by consuming probiotics (beneficial bacteria), especially strains of lactobacillus or bifidobacterium, you can safely and effectively restore balance to your GPS, ease digestive disturbances, and maintain optimum health.

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