



# WHAT'S YOUR GUT FEELING?

MANY OF US MAY EXPERIENCE UNPLEASANT INTESTINAL SYMPTOMS SUCH AS BLOATING, BURPING, FLATULENCE, IRREGULAR BOWELS AND QUEASINESS.

Some of us may view these digestive processes as normal, however, these disruptions (or eruptions) may indicate dysbiosis – an imbalance in our good gut bacteria.

## Bacteria that's good for you

We tend to think of bacteria as nasty and infectious, yet coexistence of the right species within us in a balanced fashion is essential for good health. These beneficial microbes are called probiotics – live bacteria that “support life” through colonising our gut. These help promote efficient digestion, strengthen gut integrity and help maintain a healthy immune response.

Probiotics may deter detrimental microorganisms in both the gastrointestinal and genitourinary tracts. Healthy probiotic populations may prevent proliferation of undesirable bacteria through competitive occupation – in other words crowding them out. Moreover, microbiologists now believe that microbial gut flora are able to communicate with their host, encouraging correct immune activity against foreign substances and discouraging hypersensitive reactions.

## Bringing back the “good guys”

Dysbiosis is most often caused by chronic diarrhoea and antibiotic use. Contributing factors may include poor diet (refined sugars, processed foods and lack of fibre), hormonal changes, oral contraceptive use, compromised immunity and stress.

Some of these factors may be unavoidable, but we can transform dysbiosis back to symbiosis through a daily dose of Primadophilus® Reuteri. Lactobacillus reuteri possesses some very unique benefits in that it is resistant to most commonly used antibiotics and promotes fast colonisation of friendly bacteria. It is known to secrete reuterin, a substance that may provide broad spectrum help to strengthen the gut lining

Research has found that this special good gut bacteria effectively colonises the human gastrointestinal tract effectively maintaining good gut health and a healthy immune system.

The fastest way to bring balance back to your digestive system this summer is with Primadophilus® Reuteri – your gut deserves it!

