

Chiropractic Works

“THE ULTIMATE IN SPINAL CORRECTION”



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WORKS

Volume 2, Issue 4

Fall 2006

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Have we got a speaker for you!

Book:

Dr. Scott Szela

As A Speaker For Your Organization

Topics Include:

- What is Chiropractic?
- Posture and Ergonomics
- Nutritional Concepts:
 - > Vitamins: How do they work, which ones and how much?
 - > Fad Diets: The Facts

Presentations can be customized for your audience and time available.

Contact our office!

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PROBIOTICS: GOOD BUGS VS. BAD BUGS

Probiotics are the **essential** bacteria you should have in your digestive system. You have more bacterial cells in your digestive system than **all other cells** in your body combined. Balancing the good bacteria is a key to remaining healthy.

Most of us have **greatly reduced** the amount of good bacteria in our systems by a **poor diet** too high in refined carbohydrates and simple sugars. These foods promote the growth of the bad bacteria and can encourage **yeast growth**.

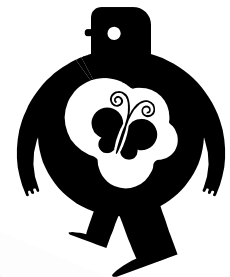
Ever since the discovery of bacteria causing disease we have waged a war aimed at eradicating them, but have overlooked the fact that **we are also eliminating the essential bacteria** we need to remain healthy.

Antibiotics are another major cause of reduced healthy bacteria counts in our digestive systems. Antibiotics will kill off the offending bacteria they are prescribed for but they are **non selective** and will also kill off the good bacteria. If you don't take antibiotics regularly you may still be exposed to them by eating meats that are not organic. (For more info on eating organic see our

spring 2006 newsletter available on our website) Traditionally raised meats are often treated with antibiotics and residues of these antibiotics can enter our system.

Having a **properly balanced** population of bacteria in your digestive system has been shown in published research studies to aid in digestive disorders such as Crohn's disease, inflammatory bowel disease, and diarrhea. The bacteria contained in probiotic supplements help to **breakdown** the foods we eat and reduce inflammation in the intestines.

Probiotics have also been shown to greatly reduce the effects of **allergies**. Seasonal, pet, and food allergies can all be reduced by probiotic supplementation. Your digestive tract is the **first line of defense** in your immune system. Good bacteria supplied by probiotics enhance the function of your key immune cells and reduce the oversensitivity that cause allergies. They also help aid digestion of foods that people are commonly sensitive to such as the **lactose** found in milk products. Probiotics even help metabolize fats that are eaten and play a key role in preventing heart disease



The enhancing effect probiotics have on your immune system also helps explain how they reduce the symptoms from auto-immune diseases. Typically an auto-immune disease is due to an oversensitivity of the immune system causing the body to attack its own tissues. The balancing effect probiotics have on the immune system help alleviate some of the symptoms of these diseases.

Probiotics can also **detoxify carcinogens** (cancer causing substances) found in foods such as cooked or processed meats. These carcinogens have been linked to colon cancer and research studies using probiotics have found reduced incidences of colon cancer.

Lets face it none of our diets are **perfect**. Occasionally the lawn needs reseeding to fix barren spots. Your digestive system is no different. You need probiotic supplements to re-populate your intestine with these healthy bacteria.

OFFICE UPDATES

It's **Patient Appreciation Pumpkinfest** time again! Once again we at Chiropractic works are inviting all of our current patients and their immediate families to **Mack's Apples** in Londonderry for pumpkins on us. We will be meeting at the number 2 orchard on Adams Road at 10:00 am on Saturday October 14th. Current patients please R.S.V.P. to the office by October 6th.

Last year everyone had a **great time** despite it being a little chilly and overcast. Hopefully we will have better weather this year! We really enjoyed the



looks on the children's faces as they ran through the pumpkin patch picking out their pumpkins. Check out our **website** for pictures from last year.

We will also be at the **Health and Wellness** fair on Sunday September 24th held by the **Nashua Telegraph**. This event ,held at Crowne Plaza in Nashua from 12:00 pm until 6:00 pm, will feature health professionals from many different disciplines. Stop by to meet Dr. Scott and discuss your health concerns. You can also enter to win a **Tempeurpedic®** pillow!

We hold this event as a **thank you** to all of our patients for choosing Chiropractic Works as their **spinal, and overall**, health providers.

For more information about our office call to schedule a complimentary health consultation. During this visit we can sit down and discuss your health concerns and how structural spinal correction may be able to help you.

SOURCES OF PROBIOTICS

The only way to effectively get enough of the **beneficial bacteria** you need is to add it to your diet with supplements. Some yogurts contain a **small** amount of these bacteria but there is currently no way to verify if what the package claims is in them. The other problem is most commercial yogurts contain a large amount of **processed sugars** which will only benefit the bad bacteria and tip the balance in your digestive tract towards

these bad bacteria and promote **yeast overgrowth**.

The more processed sugars, refined carbohydrates, and non organic meats you eat **the more you need to supplement with probiotics**. You should also increase your intake if you are taking antibiotics for any reason. As stated in the front story antibiotics wipe out any bacteria in your digestive tract, good or bad.

The better your diet is the less supplementation you need. Once you re-populate your system with the beneficial bacteria they should remain somewhat stable. We still recommend taking a **lower dose** of probiotics to keep the balance in check.

In the office we carry **Pure Encapsulations®** because every batch of product is tested to verify it contains live, viable bacteria.

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