

Good Bacteria vs. Bad Bacteria

Various species of beneficial bacteria, as well as various species of potentially detrimental bacteria, populate the colon. Up to 500 species of bacteria may be present in the adult human large intestine. It is estimated that bacteria account for 30% to 50% of the volume of the contents of the colon. In the colon, beneficial bacteria ferment insoluble fiber, starch and undigested carbohydrates. The short-chain saturated fatty acids (SCFA) produced by this fermentation are the principal source of energy for the Epithelial Cells of the colon.

Let's start from the beginning. On the way through the birth canal during a normal delivery, a newborn gets dosed with bacteria from their mother. This event starts colonization in the infant's gastrointestinal (GI) tract of *good bacteria*. Compelling new research now shows many caesarean-section infants have less-than-optimal health after birth. This is most likely because they are not exposed to the mother's healthy bacteria in the birth canal which would then serve to populate its own GI tract.

The goal is to improve the ratio of *good bacteria* to *bad bacteria*. This is where probiotics can have a profound effect - not just on our GI health, but on our overall health as well. 80% of our immune system actually lives in your gut.

BioDoph-7 Plus is an outstanding broad-spectrum prebiotic and probiotic product, with 20 billion healthy bacteria per capsule. The advantages to probiotics include aiding in digesting food (particularly hard-to-digest foods and foods to which some individuals are more sensitive), enhancing the synthesis of B-vitamins and improve calcium absorption, helping to keep a healthy balance of intestinal micro flora, promoting vaginal health in women, and supporting our immune system.

Research studies show increasing prebiotics and probiotics decreases symptoms or conditions such as flatulence, abdominal pain, Irritable Bowel Syndrome (IBS), Small Intestinal Bacterial Overgrowth (SIBO), Colitis, Crohn's Disease, and Urinary Tract Infections (UTI). Flatulence was also significantly reduced in a test group compared with the placebo group. Normal intestinal flora (beneficial bacteria) protect the small intestine from SIBO by maintaining a lower pH. Butyric acid (Butyrate) helps to feed beneficial bacteria in the gastrointestinal tract.

Butyric-Cal-Mag supplies 1033mg Butyric acid as calcium and magnesium butyrate per two capsules. It is a highly effective and beneficial product for all with GI tract issues. Butyric acid is the SCFA that makes the greatest contribution to the integrity of the colon. It is the preferred metabolite for colon cells (colonocytes) and thereby contributes directly to energy for colon cells. Butyric acid assists mucosal integrity in the colon.⁷ Butyrate has antineoplastic properties against colorectal cancer cells and is the preferred oxidative substrate for colonocytes. Like acetate and propionate (both SCFA's), butyrate is produced by colonic fermentation of dietary fibre.⁸

Consider [BioDoph-7 Plus](#) and [Butyric-Cal-Mag](#) to improve overall GI function and the immune system. Please feel free to schedule a free 15 minute consultation with us to answer any of your fitness and nutrition questions.

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