



## **IHHS-HEALTH & WELLNESS CENTER**

**1607 SO. H STREET**

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***The Local People Serving You***

# **Sporebiotics: A Foundational Food The Ultimate Probiotic for Health Enhancement**

The human body's microbial genes outnumber human genes by 100 to 1. The effect of microbial intestinal health on human health has been vastly underestimated. Certain microbial derived compounds (nucleic acid sequences) and/or noxious exudates of Gram-negative bacteria, excreted in the gastrointestinal (GI) tract are showing up in inflammatory pathological conditions, as well as neurological and immune disruptions, including the Central Nervous System and Alzheimer's.

These intensely pro-inflammatory Lipopolysaccharide (LPS) neurotoxins arising from Gram-negative bacteria in the GI tract are being found abundant in the Alzheimer's brain. They are transported via the GI tract due to damage such as leaky gut and other inflammatory GI tract conditions. Part of the cause of this is the toxic American diet and even our tap water damaging normal flora while feeding toxic bacteria. For example it takes two weeks for the GI tract to recover from one fast food meal's toxicity. Another cause of damage is the prolific use of antibiotics in Western Medicine causing healthy microbial death compromising the integrity of the GI tract and it's proper function.

This damage contributes to an array of illnesses that include; food sensitivities, mood issues, fatigue, auto immune disease, malabsorption of nutrients, inflammatory bowel disease, inflammatory skin conditions, and allergies. Essentially one's immune system becomes compromised on many levels.

Trying to put healthy bacteria back into the GI tract has been difficult at best, as illustrated by the growing number of small intestinal bowel overgrowths (SIBO) that are difficult or impossible to heal. Typical probiotics release histamine and cause extreme painful bloating due to fermentation with no relief in site. People are suffering.

Most probiotics are not resilient enough to make it through the human stomach acid to the GI tract. Up to 99% of healthy bacteria are killed before they can make it to the duodenum, the first part of the intestinal tract. Additionally there are 20 trillion microbial cells in the GI tract. Supplementing with even 100 billion is not enough to make a difference in diseased conditions. Where did all these microbial cells come from? Bacterial spores germinated and grew. They are so resilient they can survive in space and going through your stomach acid. However, once they enter the duodenum they become activated and begin to replicate in their active unprotected form, stimulating healthy bacterial growth, such as medicine has not seen before.

There are only 2 million spores in the human GI tract. Supplementing with 4 billion creates a growth surge of healthy bacteria capable of healing a damaged or leaky gut in 30 days! When spores enter the duodenum they begin to eat, poop, and sleep. The good news is that the food they prefer are the toxins from Gram-negative bacteria, Lipopolysaccharides. As they digest these toxins the integrity of the GI tract returns, the circulation of neurotoxins to the brain and other tissues is halted, thereby preserving brain and GI tract health, which leads to immune health as well.

More than this they also begin pooping out highly bioavailable forms of lycopene, astaxanthin, zeaxanthin, beta carotene, and lutein. They produce carotenoid's in RDA level amounts. They also produce short chain fatty acids from carbohydrate metabolism, which become powerful anticancer agents in the GI tract, reducing GI inflammation, repairing the colon, supporting the growth of

favorable bacteria, as well as help fat metabolism. The spores are capable of increasing short chain fatty acids 40% above what a normal healthy GI tract is capable of.



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Interestingly they can be taken with antibiotics and when entering the intestine they can sense if an antibiotic is present and will wait to activate until the offending antibiotic is gone. This allows for less GI tract damage and some restoration of flora.

This makes MegsSporeBiotics the first probiotic/antioxidant combination on the market, with implications for impressive enhancement of overall health. They do not cause the release of histamine or bring about the bloating from fermentation of typical probiotics. They are a true Foundational Food everyone should consider consuming.

Currently MegaSporeBiotic is the only true sporebiotic product on the market that makes use in SIBO possible. It contains Bacillus Licheniformis, Bacillus Indicus/HU36, Bacillus Subtilis/HU58, Bacillus Clausii, and Bacillus Coagulans. With each having their own health enhancement characteristics they make a great combination

Saccharomyces Boulardii, a friendly probiotic yeast can also be taken to enhance GI tract repair due to its synergistic action with HU58 and Bacillus Clausii. This dual action provides comprehensive digestive support for difficult cases. For the most severe cases HU58/Bacillus Subtilis can be taken individually to prevent GI tract bacterial overgrowths, increase detoxification, and reduce inflammation and pain. However, all strains are contained in MegaSporeBiotic which should be tried therapeutically first.

## **A culmination of research shows the spores in MegaSporeBiotic confer the following benefits:**

- Immune modulation to reduce allergies and asthma
- Immune stimulation of T-lymphocytes and B-lymphocytes to fight colds, flu, and infections
- Decreased frequency of urinary tract infections
- Reduction in side effects related to antibiotics (and can be taken with them)
- Effective treatment for small intestinal bacterial overgrowth (SIBO)
- Diminished duration of diarrhea in children 3 to 36 months of age
- Reduced incidence of irritable bowel syndrome diarrhea
- Immune response to adenovirus and influenza A in vitro
- Improvement in the pain scale of Rheumatoid Arthritis patients
- Reduces inflammation associated with Crohn's disease, IBS, and ulcerative colitis
- Improved growth of natural flora
- Improved digestion of food and thus improved absorption
- Production and absorption of critical nutrients i.e., carotenoids, quinols, vitamins, and enzymes
- Reduced risk of cardiovascular disease
- Reduction in cholesterol
- Detoxification of the GI tract
- Effective colonization of the GI tract