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Dr. Brimhall's One More Piece of the Puzzle for Wellness

Dr. Brimhall's Health Puzzle Piece | **January 29, 2007**

2007 Seminars:::			
	February 1 Northwestern College of Chiropractic **Dr John Brimhall** Minneapolis, MN 952-885-5446 or 952-888-4777	**February 2-4** Basic, Interm. & Adv. **Dr. Brett Brimhall** Newport Beach, CA 800-541-1588 or 949-829-9245	**February 7-9** Parker Chiro Seminar Parker Homecoming Las Vegas, NV Parker Seminars 888-727-5338 or 214-902-2435

Pro-active Pro-biotics

The Nutri-West nutritional guru, Dr. Lynn Toohey, presents today's Puzzle Piece on **Pro-Active Probiotics**.

Research shows that, among many beneficial effects, they boost the immune systems of healthy people, as well as those in a compromised health condition. Dr. Lynn presented cutting-edge research on nutrition at the 2007 Homecoming seminar. If you missed the notes, even if you couldn't attend the seminar, please call her at 1-866-271-8888 to get them.

Dr. Lynn demonstrated the powerful **N-Compass Health program** at Homecoming, and is extending the Homecoming discount for the program another week (deadline Friday, Feb. 2, 2007.). Only 299.00 to Nutri-West customers! Link to www.ncompasshealth.com for more information, or call the above number.

I can't promise it will make you as smart as Dr. Lynn but it is a great start! You can't consult or diagnose what you don't know. Put yourself in the Know, now!

Over the years, many have heard us lecture and expound on the benefits of probiotic supplementation. **Probiotics are not just for replacing imbalances caused by antibiotic drugs, they can be proactive in strengthening the immune system!!!** A recent study verifies this, and suggests that even the immune systems of healthy adults benefit from probiotic supplementation. In a pilot study involving 10 healthy adults aged between the ages of 24 and 54 years, daily intake of a 4-species probiotic supplement was found to enhance innate immune function. A significant increase in the percentage of phagocytosing monocytes

and neutrophils was observed over the intervention period. Thus, the authors of this study concluded, "…nutritional supplementation with probiotics has the potential to improve innate immune function in healthy adults" (Daily ingestion of a nutritional probiotic supplement enhances innate immune function in healthy adults, Berman SH, Eichelsdoerfer P, et al, Nutr Res., 2006; 26(9): 454-59).

Of course, there are many specific conditions that are supported by probiotics, but here are just a few:

Gastrointestinal Disorders:

In a randomized, placebo-controlled pilot trial involving 72 subjects with symptoms of functional gastrointestinal disorders (FGID), subjects given a nutrient combination subsisting mostly of probiotics experienced "clinically notable improvements" (Efficacy of Probiotics and Nutrients in Functional Gastrointestinal Disorders: A Preliminary Clinical Trial, Kim LS, Hilli L, et al, Dig Dis Sci, 2006 Nov 1.)

Inflammation:

Researchers have determined that probiotics are considered among the nutrients that have the ability to modulate immune response and counter inflammatory processes, and may even "have the potential to protect against cancer development and progression (when related to inflammation). We suggest that immunonutrition may provide a less invasive alternative to immunotherapy in protection against cancers associated with chronic inflammation" (Philpott M, Ferguson LR. Immunonutrition and cancer. Mutat Res. 2004 Jul 13;551(1-2):29-42).

Leaky Gut/Food Allergy:

These results suggest that probiotic bacteria may promote endogenous barrier mechanisms in patients with atopic dermatitis and food allergy, and by alleviating intestinal inflammation, may act as a useful tool in the treatment of food allergy (Majamaa H, Isolauri E. Probiotics: a novel approach in the management of food allergy. J Allergy Clin Immunol. 1997 Feb;99(2):179-85.)

Infant Allergies:

"Over the last two decades the incidence of allergic diseases has increased in industrialized countries, and consequently new approaches have to be explored. The potential of probiotics to control allergic inflammation at an early age was assessed in a randomized double-blind placebo-controlled study"… Conclusions of the study were that probiotics modified the changes related to allergic inflammation, and furthermore that probiotics may counteract inflammatory responses beyond the intestinal environment. Researchers also suggested that probiotics would guide infants through the weaning period, when sensitization to newly encountered antigens is initiated. "The probiotic approach may thus offer a new direction in the search for future foods for allergy treatment and prevention strategies" (Isolauri E, Arvola T, Sutas Y, Moilanen E, Salminen S. Probiotics in the management of atopic eczema. Clin Exp Allergy. 2000 Nov;30 (11):1604-10.)

Total Probiotics

High Potency Total Vegetable Intestinal Flora (Enteric Coated)

A healthy balance of intestinal flora supports healthy immune function. This formula contains FOS molecules, which attract bifidobacteria in the gut.

Each 500 mg Capsule Supplies: Jerusalem Artichoke (rich source of Fructooligosaccarides) 200 mg, Cellulase 1200 CU, Lactobacillus Acidophilus 400 million, Acerola Extract (fruit) 25 mg, Rose Hips (frit) 25 mg, Bifidobacterium Bifidum 200 million, Bifidobacterium Longum 200 million, Protease 7500 HUT, Lipase 52 LU, Lactobacillus Casei 100 million, Lactobacillus Plantarum 100 million, Lactobacillus Rueteri 100 million, Lactobacillus Salivarious 100 million, Amylase 275 DU, EDS® Mineral Mix (Kelp, Calcium Ascorbate, Magnesium Citrate, Zinc Gluconate, Manganese Gluconate), in a base of pure plant fiber. Refrigerate after opening. Hard gel capsule (vegetable source.)

This is one nutritional support we take daily and the Probiotic of choice for our families and patients.

Lynn Toohey PhD
John W Brimhall, DC

NEW DVDs Available

Make sure to visit our web store to pick up the newly released DVDs!

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The perfect compliment to the CA Training Disk #1

2040 - Advanced Seminar DVD Set 1 - 4
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