



# 10 THINGS

You Didn't Know  
Probiotics Could Do

---

*10 Surprising Ways Probiotics  
Can Boost Your Health*

By Dr. David Williams



About  
Dr. David Williams

Dr. David Williams is a leading authority on natural healing. A medical researcher, biochemist, and chiropractor, Dr. Williams is committed to using the best natural remedies, foods, and high-quality supplements to achieve peak health.

Dr. Williams is especially well known in the field of probiotics, a topic he has been researching for so long that when he first began his studies, the term “probiotics” wasn’t even in use yet!

During his early travels, he experienced firsthand the digestive health benefits of lactic acid yeast and traditional fermented foods. Always eating and drinking what the locals ate and drank, yet rarely suffering from “tourista,” Dr. Williams became convinced that the fermented foods and drinks of the native cultures—along with the bottle of lactic acid yeast that he never left home without—helped protect and even promote his digestive health.

Today, Dr. Williams is one of the foremost authorities on the science behind probiotics. He’s pleased to share those discoveries with you in this special report.

TABLE OF  
CONTENTS

**Welcome Letter** ..... 4

SURPRISING WAY #1

**Improve Your Mood and Support Your Mental Health** ..... 5

SURPRISING WAY #2

**Banish Persistent Bad Breath** ..... 7

SURPRISING WAY #3

**Improve Your Oral Health** ..... 8

SURPRISING WAY #4

**Fight Fatigue** ..... 9

SURPRISING WAY #5

**Boost Weight Loss** ..... 10

SURPRISING WAY #6

**Stop Cravings for the Foods You Don’t Really Want** ..... 11

SURPRISING WAY #7

**Improve Your Immune Health** ..... 12

SURPRISING WAY #8

**Improve Cholesterol Levels** ..... 13

SURPRISING WAY #9

**Eliminate Acid Reflux** ..... 14

SURPRISING WAY #10

**Support Vaginal Health** ..... 15



# WELCOME



Dear Reader,

Over thousands of years, our bodies have evolved to not only live in harmony with the bacteria, fungi, and viruses in and on our bodies, but also to depend on them for certain essential metabolic functions—especially gut bacteria.

As you would expect, our intestinal microflora performs specific functions that improve our ability to digest, absorb, and eliminate the foods we eat. However, the benefits of these bacteria extend well beyond digestion.

The right microflora (probiotics) can **improve your mood, stop bad breath, help you lose weight, and even protect you from heart disease**. And that's just the beginning.

In this guide, I'll share the top 10 ways bacteria influence our health, head to toe. Plus, I'll give you the specific probiotic strains that can help. I think you'll be amazed at just how incredible the right probiotics are for not only your digestion, but your overall health.

To your health,

*Dr. David Williams*

DISCLAIMER: The content in this report is offered on an informational basis only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the guidance of a qualified health provider before making any adjustment to a medication or treatment you are currently using and/or starting. All recommendations are "generally informational" and not specifically applicable to any individual's medical problems, concerns and/or needs.

## 10 SURPRISING WAYS PROBIOTICS CAN BOOST YOUR HEALTH

### 1 Improve Your Mood and Support Your Mental Health



*If you've ever felt "butterflies" in your stomach or felt as if it were "tied up in knots," you already know the gut and brain are connected. Our bodies have a "second brain" in our stomachs that controls and regulates the intestinal tract. It can work independently, or in conjunction with, the brain in our heads to sense environmental threats—much as our eyes, nose, and ears do.*

If your gut bacteria aren't balanced, your brain won't be either. Here are four ways your gut can affect your brain.

**1. DEPRESSION.** According to the Centers for Disease Control and Prevention (CDC), major depression is the leading cause of disability for Americans between the ages of 15 and 44. That's not something to ignore.

**2. ANXIETY.** The National Institutes of Health (NIH) reports that at least 40 million American adults (ages 18 and older) suffer from an anxiety disorder in any given year. This isn't mild, brief anxiety caused by a stressful event. These are disorders like panic, obsessive compulsive disorder, post-traumatic stress, phobias, and generalized anxiety that last six months or more and require treatment.

**3. ANGER.** Around 7 percent of individuals in the U.S. experience "intermittent explosive disorder" (IED). The symptoms include road rage and irrational, violent acts of extreme anger.

**4. ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD).** Incidences of ADHD are skyrocketing. The modern diet is a huge reason for the spike in ADHD percentages. We need to make up for this in the gut. But how?

Pharmaceutical companies have embraced the fact that there is a neurological connection between the gut and the brain by way of the tenth cranial nerve. It's no coincidence that anti-depressants are some of the most common pharmaceutical treatments used for irritable bowel syndrome (IBS).





In my humble opinion, drug companies are doing things backwards. They are treating the symptoms instead of the true cause of the problem. A much healthier approach would be to look at the problem from the “bottom up,” rather than “top down”—meaning start with the gut, instead of the brain.

### **Which probiotics can help your mood?**

Probiotics (try Probio’Stick), in conjunction with the South African plant extract,

Sceletium tortuosum, can improve your mental health without negative side effects. You also may want to increase your intake of live, fermented foods, which are naturally rich in beneficial bacteria. Plus, consider cutting out the artificial sweetener sucralose (Spenda) from your diet. Studies reveal that Splenda reduces the beneficial bacteria in the intestines by 50 percent.



## 2 Banish Persistent Bad Breath

*Bad breath doesn’t always come from not brushing your teeth well enough.*

It can actually result from an imbalance of bacteria in the gut. When your colon or large intestine breaks down undigested food, it produces gases.

Some of the gases are absorbed into the blood and exhaled through the lungs, rather than the other end. If your digestive system is not working properly, then the gases will be foul smelling—giving you bad breath. In order to get your digestive system back on track, use a probiotic strain that targets digestive issues.

### **Which probiotics can help bad breath?**

Try the *S. salivarius* K12 strain of probiotics. It is found in the oral cavity’s mucus membranes and can help inhibit the ability of other undesirable bacteria to grow. Tests have shown that using a lozenge that incorporates the K12 strain can help restore the natural bacterial flora of the mouth and throat, significantly reducing the volatile sulfur compounds that cause bad breath.





## 3 Improve Your Oral Health

*More than 600 species of bacteria have been identified in the oral cavity—including the mouth, throat, nose, sinuses, and ear canals.*

And researchers have found that the more beneficial microflora, the lower the incidence of everything from bad breath and cavities, to ear infections, strep throat, and tonsillitis.

Why? Because good bacteria in the oral cavity are often your body's first line of defense. The primary benefit of probiotic flora in the mouth and throat—and by extension, the nose, sinuses, and ear canals—is to support the immune system. That's because our first exposure to viruses and bacteria usually comes through the mouth and nose.

### *Which probiotics can improve your oral health?*

The most effective way to increase the number of good bacteria in the oral cavity is with a probiotic lozenge—especially one that contains the *S. salivarius* K12 strain of probiotics (the same one that helps bad breath). These bacteria produce compounds referred to as “bacteriocin-like inhibitory substances” or BLIS, which act as natural antibacterials that help to control the growth of invasive microorganisms that cause infections.



## 4 Fight Fatigue

*When your body is absorbing nutrients and ridding itself of toxins, it stands to reason that you will have more energy.*

This is also supported by science. Studies have shown that probiotics can be an effective way to fight fatigue—particularly chronic fatigue.

In a study, blood and saliva samples were taken for one month in eight athletes who had fatigue and declining performance. All were shown to have a reduced secretion of interferon, and most were found to be infected with the Epstein-Barr virus (EBV). (Most adults are carriers of this virus.)

When the athletes were given a probiotic supplement (*L. acidophilus*) for a month, not only did their interferon levels improve to levels found in healthy individuals, but only one was found to exhibit EBV shedding in the saliva. Also, the fatigue disappeared, and athletic performance noticeably improved. (*Brit J Sports Med* 06;40(4):351–354)

Admittedly, few of us are athletes—but there's still a takeaway here. Restoring bacterial flora to optimal levels can have a profound effect on your overall energy level and health.

### *Which probiotics can help to fight fatigue?*

Research shows that continuous use of the probiotic strain *L. acidophilus* can help to diminish fatigue.



## 5 Boost Weight Loss

*The bacterial flora in your gut influences how you break down foods and absorb nutrients that keep you lean and healthy. If your gut flora is imbalanced, it can cause weight problems.*

The right probiotic supplement can help. The more efficient your body becomes at extracting the necessary nutrients from the food you eat, the less food you will consume.

But don't expect to see immediate results after taking just one single probiotic supplement. Our bodies are complicated and probiotics need to be used in conjunction with other solutions and lifestyle choices.

### **Which probiotics can help you lose weight?**

Studies show that regular use of the strain *L. gasseri* over long periods of time can help individuals lose weight, especially visceral fat, which can be very dangerous for your overall health.

## 6 Stop Cravings for the Foods You Don't Really Want

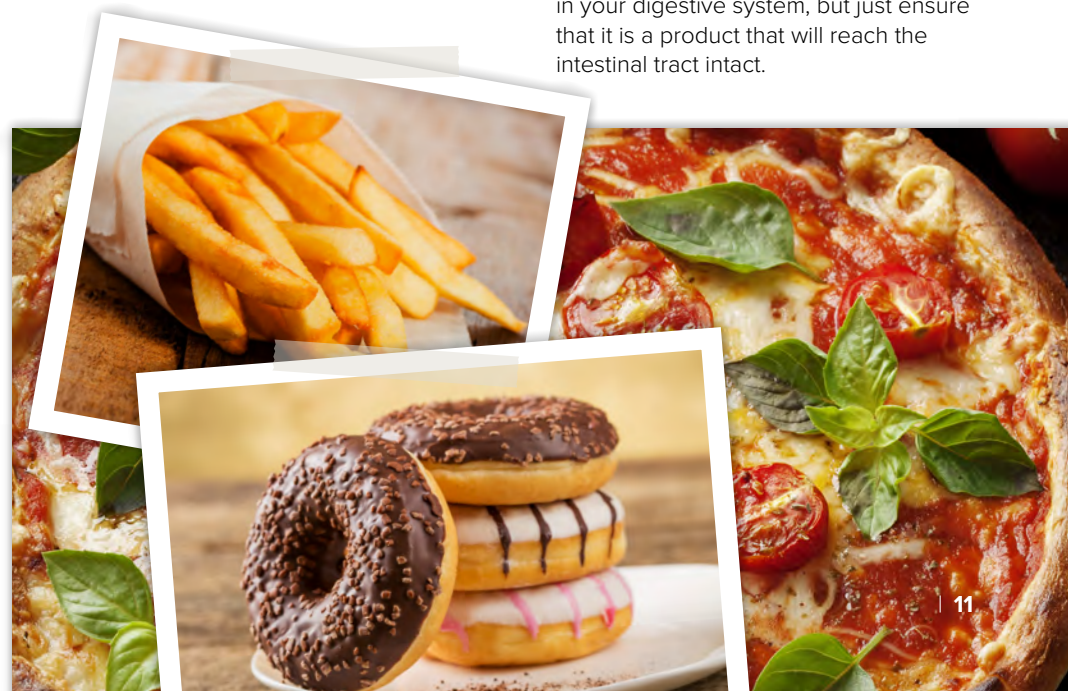
*Just as microbes in the gut can manipulate our mood and behavior by changing signals of the vagus nerve, they can alter our taste receptors.*

In other words, gut bacteria can influence our cravings—making you prefer chocolate over carrots, or chips over a healthy salad.

Our gut bacteria do this by releasing chemicals that make us feel bad when we consume something that's not to their liking. They also "reward" us by producing feel-good chemicals when we make the "right" choices. But often that "right choice" is actually the wrong one when it comes to our weight and overall health.

### **Which probiotics can help to curb unhealthy food cravings?**

Fortunately, you can "fight back" against the bad bacteria that are making you crave unhealthy foods with probiotics. Fortunately, it only takes small amounts of probiotics like *L. salivarius* or *B. longum* to change your gut for the better. Which strain you use depends on the kind of issues you are having in your digestive system, but just ensure that it is a product that will reach the intestinal tract intact.





# 7 Improve Your Immune Health

*One of the most well-known nondigestive benefits of good gut bacteria is a stronger immune system.*

This happens in a number of ways, but generally is the result of our microflora's ability to prevent pathogenic organisms from taking hold in our bodies.

The right bacteria:

## 1. DEFEND AGAINST BAD BACTERIA.

As a natural byproduct of their own metabolism, the microbes living with us produce substances that our bodies use to fortify our defenses against bacteria, yeast, and other invasive organisms. Research has shown, for example, that the bacteria lining your intestines reinforce the barrier that prevents pathogens from seeping out of your GI tract and into the body.

This is particularly important in your large intestine, where fecal matter accumulates before being excreted. Without a strong barrier in place, toxins from your feces can be reabsorbed, placing an additional burden on your immune system. (This is often referred to as leaky gut syndrome.)

## 2. KEEP YOUR DIGESTIVE SYSTEM ON THE RIGHT TRACK.

Gut bacteria support immune health by keeping the digestive tract at a pH level

where it's difficult, if not impossible, for undesirable bacteria, such as salmonella (which causes food poisoning), shigella (which causes diarrhea), and *E. coli* (which can cause intestinal disease and chronic kidney failure), to take root and grow.

Healthy gut flora also produces a volatile fatty acid which, along with other byproducts, makes it difficult for fungi and yeast to survive.

## 3. KEEP YOU REGULAR.

The shorter your bowel transit time, the less opportunity there is for toxins to be reabsorbed into your bloodstream.

## *Which probiotics can help to improve your immunity?*

Research has shown that people taking the *L. salivarius* strain of probiotics had increased markers of immune activity. An additional study found that supplementing with *L. salivarius* helps to prevent the colonization of undesirable bacteria.



# 8 Improve Cholesterol Levels

*It turns out the beneficial bacteria in your gut are gifted when it comes to processing cholesterol.*

First, these bacteria ferment dietary fiber into short-chain fatty acids, which enter the bloodstream and travel to the liver, where they inhibit cholesterol.

Second, increased bacterial action breaks down bile acids. Typically bile acids (needed to break down fats) are recycled or reabsorbed in the large intestine so they can be used again. With an increased breakdown of bile acids, more need to be created, and since cholesterol is a component of bile, it is pulled from the bloodstream and levels drop.

When people don't eat enough fiber or take probiotics, your "bad" microflora to take over the GI tract—throwing your

cholesterol out of balance and allowing too much oxidized cholesterol to accumulate.

When you eat a high-fiber diet and support good gut bacteria, it can help naturally rebalance your cholesterol.

## *Which probiotics can help improve cholesterol levels?*

With any probiotic you take, make sure it's one that's guaranteed to reach the intestinal tract, intact. Plus, and perhaps more importantly, remember to eat a high-fiber diet.



## 9 Eliminate Acid Reflux

*Tired of chronic heartburn and bitter burps?*

The best solution is not popping acid blocking medications, which may provide short-term relief but ultimately lead to additional digestive problems. Instead, I recommend probiotics as a much more effective natural remedy for heartburn and acid reflux problems.

### **Which probiotics help to eliminate acid reflux?**

Here are some naturally fermented, “live” foods I highly recommend for correcting acid reflux problems: fermented vegetables, fermented milk products (clabber, yogurt, cheese, buttermilk), kefir, fermented soy products (natto, miso, tempeh, soy sauce, fermented tofu), and homemade sauerkraut.

Another trick to solving acid reflux problems is chewing gum. Chewing gum has been shown to increase the volume of saliva by almost 140%. Saliva contains a long list of compounds that provide protection for the esophagus and reduce acid reflux symptoms.



## 10 Support Vaginal Health

*Apart from residing in the intestinal tract, beneficial bacteria also reside in the vagina and urinary tract, where they deter the growth of pathogenic bacteria and yeast.*

Although there are multiple species residing in the vagina, *Lactobacillus* is the most prominent. As it does in the gut, the lactic acid that these bacteria produce help to keep the pH level of the vagina and urinary tract slightly acidic, which reduces the growth of yeast and harmful bacteria.

If we look at women’s genitourinary health from this perspective, it’s easy to understand why some women experience recurring problems with UTIs. If the balance of bacteria is off in some way, pathogens are more likely to adhere to the bladder wall and cause infection.

Though antibiotics will effectively clear up the symptoms of a UTI, they also will

kill off the friendly microflora needed to protect the urinary tract in the first place. This sets the stage for an ongoing cycle of infection, like a yeast infection.

### **Which probiotics support vaginal health?**

The most effective way to break this cycle is not additional medication, but rather re-establishing healthy flora by taking probiotic supplements high in the *Lactobacillus* species. Once healthy microflora are restored, it’s reasonable to assume that subsequent infections will be much less frequent.





**Visit Dr. Williams on his  
website: [drwilliams.com](http://drwilliams.com)**

A dedicated medical researcher,  
biochemist, and chiropractor,  
Dr. Williams searches the world for  
better health. Visit his website to:

- ◆ Get complete health guidance and  
tools to help you make informed  
choices
- ◆ Learn the science behind his  
supplements
- ◆ Connect with Dr. Williams through  
Facebook

**HEALTHY**   
**DIRECTIONS**

6710A Rockledge Drive, Bethesda, MD 20817

Photocopying, reproduction, or quotation strictly  
prohibited without written permission from the publisher.

