

The Wolfe Clinic News

PROBIOTICS AND BEYOND

Internal Biological Warfare - Good vs. Evil Bugs

All of us want to attain the healthy holy grail of detoxification, weight loss and a tip-top immune system. If you read the following you will learn how to achieve that objective.

To begin with, though, I must repeat something I have said many times; *the road to good health begins in the Colon. It is not necessary to resort to desperate and extraordinary measures to achieve vital health.*

The hard reality is; it's possible to have many disorders while never understanding the true cause and we have been "educated" into ignorance to hide that truth. The average person is overweight and one in four is carrying an extra 25 pounds of not just weight, but toxic waste. Why is that? For a more complete answer, read my booklets, "Spoiled Rotten" and "Reclaim your Inner Terrain," but in a "nutshell" the average person is, in fact, spoiled rotten. They are rotting from the inside

out. The Colon is a breeding ground for disease.



Your large intestine is the mother of all organs. It is the first organ developed in the Fetus because it is the most important of organs. Without a proper waste disposal, (sewage system) life would cease to exist before it even gets started!

All digestive diseases are a result of long-term infection and inflammation. People have turned their body's sewage systems

into living breathing cesspools of toxic bacteria, gases, viruses, fungus and worms; living off stagnant putrefactive waste. One would think that the causes should be blatantly obvious but for most people they aren't and are ignored; The main causes, of course, being Poor Diet, Improper Hydration, an out of balance Alkaline/Acid Equilibrium, Toxic Poisoning and Lifestyle.

Your gut contains an ecosystem that competes with a rainforest for complexity. In the colon there are 1,000,000,000,000 bacteria per gram of fecal matter. In a healthy person these are mostly good bacteria known as Probiotics. (A Probiotic is a specific type of living micro-organism, such as a good bacterium, that helps to

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The Wolfe Clinic
"FEAR IS THE GREATEST DISEASE"

support life.)

What they all do and how they interact is a mystery just beginning to be unraveled, but they can certainly turn genes on and off. The microbes, the immune system and the cells of the intestine are all intertwined.

The journal of Science has reported that just one single strain of Probiotics was involved in changing the behavior of a dozen or more genes, particularly those involved with absorbing and metabolizing sugars and fats and controlling cell repair. Obviously, then, when we limit or destroy the good Probiotic's ability to do their intended job, we are asking for trouble; the kind of trouble that causes Chronic Disease and sometimes Death.

Researchers from Europe, the UK and Japan described these good microbes as providing a constant in-house detoxification service, with the added benefit of lowering your risk of colon cancer and boosting your immune system. They also help with the painful inflammation of irritable bowel syndrome. Specific types of Probiotics, if taken in the right amount can fight disease. Studies have shown that Probiotics can relieve lactose intolerance; prevent allergies and bladder and vaginal infections.

Other scientific studies have concluded that newborns exposed to the friendly bacteria or probiotics around the time of

birth are 40 per cent less likely to develop the skin conditions by the time they reach the age of four. Previous studies



concluded that the bacteria helped infants guard against eczema until the age of two.

One better-studied example is a bacterial treatment for newborn intestinal diseases, mainly diarrheal. Over 16 million U.S. infants suffer from them each year and when third-world populations are taken into account, it is said that a child dies from these diseases every 15 seconds. Clearly, the stakes for any effective therapy are high. Several controlled studies show that children who are given Probiotics get better.

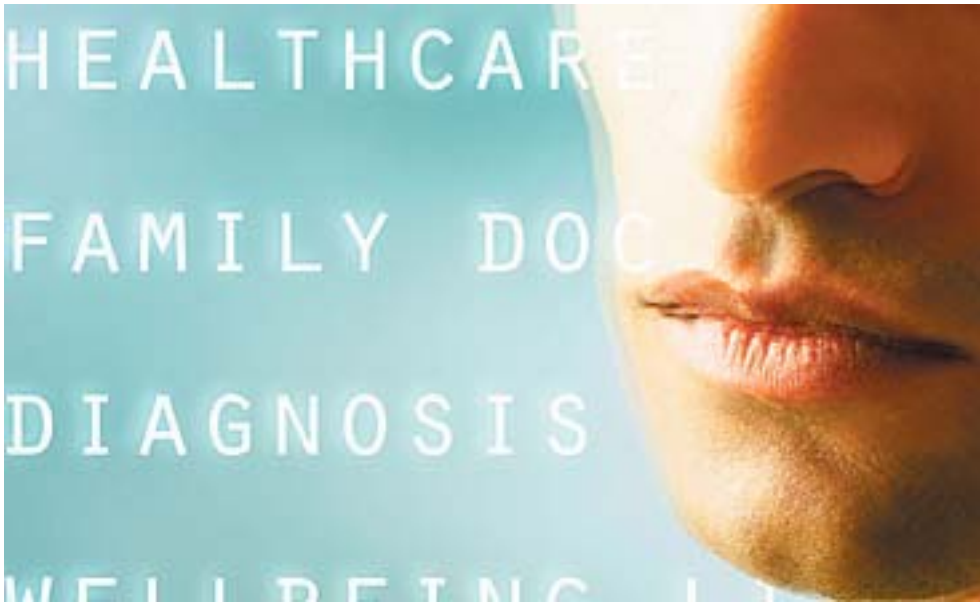
There are many other studies showing that probiotics boost health. There are scientific papers looking at people who are healthy and looking at different parameters, like mild conditions. Constipation would be one example. The

other area you have is in healthy children going to nursery school where they are in an environment that they are more exposed to bacteria and potentially picking up infections. These studies show that children on probiotics were better able to cope and had less use of antibiotics than other children.”

The research into Probiotics has clearly shown their tremendous potential for health benefits. Demonstrating exactly how beneficial bacteria work is a little more complicated and unfortunately, our society attaches a great deal of stigma to bacteria. From Influenza to the recent outbreak of SARS, the public has viewed microorganisms, particularly bacteria, with fear. Many people still hold the view that any bug must be a killer.

The fact is, though, the human body hosts a large number of bacterial species, without which we could not survive. It's a relationship that benefits both partners and science can help to tilt the balance to the host's advantage. We spend an inordinate amount of time trying to understand the human body, when in fact we're living in symbiosis with a bacterial population.

Most physicians' arsenals of medications are overstocked with antibiotics, drugs specifically designed to kill bacteria, and they are taken by millions each year. This combined with the antibiotics present in our food



creates other deadly problems.

The scientific evidence for the effectiveness of Probiotic protocols is overwhelming and yet there's been a lack of understanding among governments, hospitals, agencies and many physicians who still refuse to accept the evidence; probably due to the overwhelming power of the greedy drug cartels who cannot profit from Probiotics. Despite the incontrovertible facts these companies are pushing for tougher controls on products that contain 'friendly' bacteria purported to promote good health.

This "if I can't profit from it then I'll use my vast power to ban it" attitude leads to a great deal of unnecessary suffering and countless deaths each year.

For instance, one of the consequences of antibiotic use is the destruction of "good bacteria" in the intestine. This microbial population of the mucous membranes (the mouth and lower intestinal tract for example) is

essential to the maintenance of our health by fending off disease causing bacteria and producing essential vitamins. But, when this balance is affected by antibiotics or other causes such as an alkaline/acid imbalance, other microbial invaders can gain the upper hand.

One example, out of many, is the condition called antibiotic-associated colitis (serious inflammation of the colon). A bacterial strain called *Clostridium Difficile* is normally found in the intestines of 5% of healthy adults, but people can also pick up the bacteria while they are in a hospital or nursing home. In a healthy person, the harmless normal gut bacteria jostle for food and a place to live along the intestinal wall. Potential invaders do not have any room or food. However, when antibiotics are given or if there is an alkaline/acid imbalance most of the resident bacteria are killed. With fewer bacteria to compete with, the normally harmless *Clostridium Difficile* grows rapidly and produces toxins that damage the intestinal wall.

Probably, tens of thousands of hospital and nursing home patients are infected each year; with hundreds if not thousands of deaths reported from this bacteria.

Recently, CBC Radio reported that one Hospital in Quebec started a test program supplying Probiotics to their patients. The hospital's *Clostridium Difficile* infection rate dropped by 50% and their death rate due to this common infection dropped to zero. Reports such as this make me wonder about the mindset of the rest of the medical community. Why are they waiting to implement this protocol on a larger scale?

Some Natural foods that contain Good Micro-Organisms:

A) Milk based foods

Kefir, yogurt, cheese, and butter all use bacteria to acidify milk. But, like recipes in the kitchen, the presence of different ingredients, such as the strain of bacteria, other food sources, the temperature and other factors all work to produce different products.

1. Kefir

Kefir is one of those microbe-containing foods that have been part of human history for centuries. Marco Polo spoke of kefir in his epic journeys through the Far East in the 13th century A.D. and in the early 19th century, kefir was in vogue at sanitariums in North America for the treatment of tuberculosis.

The drink originated when Eastern nomadic shepherds accidentally discovered that fresh milk carried in leather pouches would sometimes ferment into a delicious and bubbly beverage.

The word kefir likely comes from the Turkish word “Keif” meaning “good feeling”, which aptly describes the sense of well-being felt by many having quaffed a glassful of the brew.

The heart of kefir is the group of lactic acid bacteria known as Lactobacillus. In particular, Lactobacillus acidophilus is a mainstay of active kefir and other foods including the ever-popular fermented dairy product called yogurt, as well as sauerkraut. Lactobacillus ferments dairy products and helps preserve other foods because it makes its environment acidic in the absence of alcohol production, via the production of lactic acid. This makes the food taste sour and helps make the environment nasty for the growth of other microbes that would otherwise ruin or contaminate the food.

In the Caucasus Mountains region of the Europe-Asia border between the Black and Caspian Seas, kefir is a popular drink.

Perhaps coincidentally, the natives are renowned for their longevity.

2. Yogurt

Yogurt has also been part of the human diet for centuries, since its ‘invention’ in Bulgaria. Most commercial yogurt uses cow’s milk and a culture of two bacteria (specific species of Lactobacillus and Streptococcus). The action of the bacteria changes the character of the milk, causing it to coagulate. Fruit can also be added to produce different tasting yogurt.

Yogurt is a good illustration of the growing acceptance of good food bacteria. Canadians eat 5 times as much yogurt compared to 20 years ago. And, increasingly, “live yogurt” that contains still-living bacteria is becoming the yogurt of choice.

3. Cheese and Butter

Cheese and butter making are other ancient crafts that rely on Lactobacillus. For cheese making, Lactobacillus lactis subspecies lactis is most commonly used. Butter-making typically utilizes another subspecies called cremoris.

There is often another microbial involvement early in the process of cheese making. Milk must be changed in texture (coagulated) using a combination of enzymes that is called rennet. A form of rennet called ‘vegetable’ rennet is derived from certain strains of fungi and bacteria. This type of rennet is becoming very popular in the making of organic cheeses.

Moulds can also play a role in cheese making. The blue streaks that are visible in Danish Blue cheeses are due to mould and the presence of mould is often especially evident in those stinky cheeses like Camembert and Roquefort that folks either love or hate. The mould, which can be added along with the bacterial “starter” culture or added to the partially complete cheese later in the process, breaks down protein.



This makes the cheese creamier, even runny, in texture.

B) A jug of wine, a loaf of bread: Yeast

Like a tasty slice of freshly baked bread? A glass of wine? Or a cool brew? Then thank another good food microbe, namely the yeast called *Saccharomyces*.

4. Bread, Wine and Beer

Yeast was the first domesticated microbe. Humans have used yeast in food preparation for millennia. For example, Egyptian hieroglyphics depict the making of bread and alcoholic beverages.



Yeast was behind both of these; although at the time the processes were thought of as mysterious or magical. The very first loaf of bread or jar of brew likely arose by happenstance. But, soon after, people learned that adding a bit of saved dough or brew sediment to a new batch reproduced and sped up the magic. Likewise, learning from their mistakes,

folks discovered that storage at cooler temperatures, for example, was better than storage in the hot sunshine. And so, the domestication of good food bacteria and other microbes had begun, even if their existence was not yet known.

The process by which yeast produces gas is a result of the conversion of sugar or starch and is called fermentation. It also produces alcohol. In the case of bread making the amount of alcohol produced in rising dough is very small and even that is baked away in the oven.

On the other hand the production of alcohol is sometimes the prime outcome desired by fermentation. Beer and wine are the result, and in moderation an

argument can be made that they too are healthy.

Interestingly, beer was long considered a food rather than a drink, reflecting the fact that early beers were probably low in alcohol and full of vitamins from the yeast used to ferment grain.

The scientific identification of yeast, as the agent of fermentation, awaited the

invention of the microscope and the brilliance of Louis Pasteur. In the late 1860s, Pasteur showed that bread making and alcohol production were due to the action of yeast. Commercial use of various strains of yeast was not far behind.

5. Vinegar, Pickles & Sauerkraut

Once wine was discovered, vinegar was not far off. Vinegar literally means sour wine (although vinegar can be made from many other things than just wine) and is the result of the activity of one more bacterium (*Acetobacter*), which converts ethanol to acetic acid. The acid prevents the growth of bad bacteria, and this property was recognized as seen in references to the use of vinegar as a wound dressing in Roman times.

Just as vinegar is derived from the French words for sour wine, we have “sauerkraut” - German for “sour cabbage”. Sauerkraut, though usually thought of as a German food, has actually been traced back to food for workers building the Great Wall of China more than 2,000 years ago. In the Chinese version this food is made from shredded cabbage fermented in rice wine,

European style sauerkraut is made by shredding cabbage, adding salt and sometimes spices, and allowing the mixture to ferment. The fermentation process depends on the normal mix of bacteria found on cabbage leaves and uses the salt mix to promote the growth of those specific “good”

bacteria that will produce lactic and acetic acid.

Not only does sauerkraut allow one to preserve cabbage through long winter seasons, it's full of vitamins, including vitamin C. In fact, it wasn't limes that first prevented scurvy on English ships undertaking long sea voyages; it

was sauerkraut.

6. Marmite and Vegemite

Not only have yeasts helped us to make and preserve other foods, they have become foods themselves. From England comes marmite and in Australia, vegemite. Both of these products are nutritious pastes, often had for breakfast on toast or bread. With a taste that is

best described as "distinctive" for palettes raised on peanut butter, these two products are made from spent brewers yeast that was previously discarded. It was a German chemist, by the name of Liebig, who found that this yeast could be made into a concentrated vitamin rich food product.

What Can Be Done?

The human body requires foods that are nutritionally fortified with microorganisms and compounds such as herbs and vitamins. We all need healthy food. We also need healthy water. Did you know that chlorinated water not only kills harmful bacteria in drinking water, but also kills the "good" bacteria in your digestive tract as it passes through?

Having a balance of "friendly bacteria" will help stop harmful bacteria taking a hold and causing disease, much like having a garden filled with good plants rather than weeds. This along with a proven protocol that includes Detoxification, Probiotics like

Royal Flora SBO's, a restructured, electron charged, alkalizing water and proper supplementation is required to obtain and maintain vital health.

Consider a corn field that has all the proper minerals and friendly microorganisms in the soils. Bugs will not attack or eat the corn because it has a proper pH. In other words, it is not acidic. When the terrain is in proper balance the corn is healthy and bug-free because it contains its own anti-bug properties. Why would humans be any different?

Start your journey on the road to vital health, today. It's time to call me and reclaim your inner terrain. Don't live in fear of disease; educate yourself and

remember the road to good health begins in the Colon. It is not necessary to resort to desperate and extraordinary measures to achieve vital health.

One last point; the CBC News show "Marketplace" reported last year that they tested several supplement products for live active cultures. The products they tested, failed miserably. Obviously, their effectiveness in any proper health program would be questionable. The Wolfe Clinic recommends, and uses, only the most advanced Probiotics; organisms that are proven superior, effective and a step beyond all others.

Personal Care



Royal Flora Soil Based Organisms (SBO's)



Royal Flora SBOs are non-pathogenic friendly micro-organisms that crowd out pathogens and harmful bacteria while re-colonizing the good bacteria in your bowel to restore vital health. They assist in restoring the natural alkalinity of the blood by eliminating harmful acid wastes.

Royal Flora SBOs help to balance the hormonal system by stabilizing blood sugar and restoring glandular integrity. These beneficial bacteria stimulate the immune system to produce powerful immune chemicals. Royal Flora creates an environment that negative micro-organisms cannot live in. By oxygenating the bowel, non-aerobic pathogens (like candida and parasites) simply do not thrive.

Wellness Filter



The most advanced ionized electron-charged ALKALINE water system available anywhere.

GreensFirst



Healthy Never Tasted So Good!
The Proven Antioxidant Power

Bioxy



A specially formulated MAGNESIUM PEROXIDE compound with OXYGEN (ozone) enhancement and pro-oxidant VITAMIN C with BIOFLAVONOIDS.

Super Oregano



Super Strength Oil of Oregano is a highly concentrated oil of oregano. Wild, it is grown chemical-free and the oil is extracted via a completely natural process.

Maximizer



The Maximizer plant enzyme supplement is the most potent up-to-date digestive enzyme formulation available.

Barley Gold



Contains SOD, superoxide dismutase, a powerful antioxidant that neutralizes free radicals and prevents damage to cell membranes.

Super Silver



Colloidal silver has been used for thousands of years for health care.

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