

CULTURELLE HEALTH WELLNESS PROBIOTIC

CULTURELLE HEALTH & WELLNESS PROBIOTIC: YOUR GUT'S NEW BEST FRIEND?

ARE YOU TIRED OF FEELING SLUGGISH, BLOATED, OR EXPERIENCING DIGESTIVE DISCOMFORT? DO YOU CRAVE THAT VIBRANT ENERGY AND OVERALL WELL-BEING YOU KNOW YOU DESERVE? THEN YOU'VE LIKELY HEARD WHISPERS ABOUT THE POWER OF PROBIOTICS, AND SPECIFICALLY, THE CULTURELLE HEALTH & WELLNESS PROBIOTIC LINE. THIS COMPREHENSIVE GUIDE DIVES DEEP INTO THE WORLD OF CULTURELLE, EXPLORING ITS BENEFITS, VARIATIONS, HOW IT WORKS, AND WHETHER IT'S THE RIGHT PROBIOTIC FOR YOU. WE'LL UNRAVEL THE SCIENCE BEHIND ITS EFFECTIVENESS AND ADDRESS COMMON QUESTIONS TO HELP YOU MAKE AN INFORMED DECISION ABOUT INCORPORATING THIS PROBIOTIC INTO YOUR HEALTH AND WELLNESS ROUTINE.

UNDERSTANDING THE CULTURELLE HEALTH & WELLNESS PROBIOTIC RANGE

CULTURELLE ISN'T JUST ONE PROBIOTIC; IT'S A FAMILY OF PRODUCTS DESIGNED TO TARGET DIFFERENT HEALTH NEEDS. THE CORE INGREDIENT ACROSS MANY OF THEIR PRODUCTS IS LACTOBACILLUS GG (LGG®), A SPECIFIC STRAIN OF BACTERIA EXTENSIVELY RESEARCHED FOR ITS BENEFICIAL EFFECTS ON GUT HEALTH. THIS ISN'T JUST ANY BACTERIA; LGG® HAS A PROVEN TRACK RECORD OF SURVIVAL THROUGH THE HARSH STOMACH ACID ENVIRONMENT, ENSURING IT REACHES YOUR INTESTINES WHERE IT CAN DO ITS JOB.

THE CULTURELLE RANGE OFFERS VARIOUS FORMULATIONS, INCLUDING:

CULTURELLE DIGESTIVE HEALTH: PRIMARILY FOCUSES ON SUPPORTING HEALTHY DIGESTION AND ALLEVIATING COMMON DIGESTIVE DISCOMFORT LIKE BLOATING, GAS, AND OCCASIONAL CONSTIPATION. THIS IS OFTEN THE ENTRY POINT FOR THOSE NEW TO PROBIOTICS.

CULTURELLE DAILY PROBIOTIC: A MORE GENERAL APPROACH TO SUPPORTING GUT HEALTH AND OVERALL WELLNESS. THIS OPTION IS EXCELLENT FOR MAINTAINING GUT BALANCE AND SUPPORTING IMMUNE FUNCTION.

CULTURELLE KIDS PROBIOTIC: FORMULATED SPECIFICALLY FOR CHILDREN, WITH A PLEASANT TASTE AND LOWER DOSAGE TO SUIT THEIR NEEDS. SUPPORTING HEALTHY DIGESTION AND IMMUNITY IN CHILDREN IS CRUCIAL FOR THEIR OVERALL DEVELOPMENT.

CULTURELLE COMPLETE 3-IN-1: THIS ADVANCED FORMULA COMBINES LGG® WITH ADDITIONAL BENEFICIAL BACTERIA STRAINS AND PREBIOTICS, OFFERING A WIDER SPECTRUM OF SUPPORT FOR GUT HEALTH AND IMMUNE FUNCTION.

EACH PRODUCT WITHIN THE CULTURELLE HEALTH & WELLNESS LINE IS DESIGNED TO OFFER TARGETED BENEFITS, ENSURING THERE'S AN OPTION TO FIT DIFFERENT INDIVIDUAL NEEDS AND PREFERENCES. LET'S EXPLORE THE MECHANISMS BEHIND THE EFFECTIVENESS OF THESE PROBIOTICS.

HOW CULTURELLE PROBIOTICS WORK: THE SCIENCE BEHIND THE BENEFITS

THE MAGIC OF CULTURELLE LIES IN THE POWER OF LACTOBACILLUS GG (LGG®) AND, IN SOME FORMULATIONS, ADDITIONAL BENEFICIAL BACTERIA STRAINS. THESE "GOOD" BACTERIA WORK IN SEVERAL WAYS TO IMPROVE GUT HEALTH:

RESTORING GUT MICROBIOME BALANCE: OUR GUT IS HOME TO TRILLIONS OF BACTERIA, BOTH GOOD AND BAD. AN IMBALANCE (DYSBIOSIS) CAN LEAD TO DIGESTIVE ISSUES AND WEAKENED IMMUNITY. LGG® HELPS RESTORE THIS BALANCE BY COMPETING WITH HARMFUL BACTERIA FOR SPACE AND RESOURCES.

STRENGTHENING THE GUT BARRIER: A HEALTHY GUT LINING IS CRUCIAL FOR PREVENTING HARMFUL SUBSTANCES FROM ENTERING THE BLOODSTREAM. LGG® CAN HELP STRENGTHEN THIS BARRIER, IMPROVING OVERALL DIGESTIVE HEALTH.

BOOSTING IMMUNE FUNCTION: A SIGNIFICANT PORTION OF OUR IMMUNE SYSTEM RESIDES IN THE GUT. LGG® HAS BEEN SHOWN TO STIMULATE THE IMMUNE SYSTEM, ENHANCING ITS ABILITY TO FIGHT OFF INFECTIONS AND ILLNESSES.

REDUCING INFLAMMATION: CHRONIC INFLAMMATION IS LINKED TO VARIOUS HEALTH PROBLEMS. LGG® CAN HELP REDUCE INFLAMMATION IN THE GUT, POTENTIALLY CONTRIBUTING TO OVERALL BETTER HEALTH.

THE SPECIFIC BENEFITS YOU EXPERIENCE MAY VARY DEPENDING ON THE CULTURELLE PRODUCT YOU CHOOSE AND YOUR INDIVIDUAL NEEDS. HOWEVER, THE COMMON THREAD ACROSS ALL FORMULATIONS IS THE FOCUS ON PROMOTING GUT HEALTH, WHICH FORMS THE FOUNDATION OF OVERALL WELL-BEING.

CHOOSING THE RIGHT CULTURELLE PROBIOTIC FOR YOU

SELECTING THE RIGHT CULTURELLE PROBIOTIC DEPENDS ON YOUR SPECIFIC HEALTH GOALS AND CONCERNS.

FOR GENERAL DIGESTIVE SUPPORT AND IMMUNE FUNCTION: THE CULTURELLE DAILY PROBIOTIC IS A GREAT STARTING POINT.

FOR SPECIFIC DIGESTIVE ISSUES LIKE BLOATING AND GAS: CULTURELLE DIGESTIVE HEALTH IS A TARGETED SOLUTION.

FOR CHILDREN: CULTURELLE KIDS PROBIOTIC PROVIDES A SAFE AND EFFECTIVE OPTION TAILORED TO THEIR NEEDS.

FOR COMPREHENSIVE GUT HEALTH AND IMMUNE SUPPORT: CULTURELLE COMPLETE 3-IN-1 OFFERS A MORE ADVANCED FORMULATION.

ALWAYS CONSULT WITH YOUR DOCTOR OR A REGISTERED DIETITIAN BEFORE STARTING ANY NEW SUPPLEMENT, ESPECIALLY IF YOU HAVE PRE-EXISTING HEALTH CONDITIONS OR ARE TAKING OTHER MEDICATIONS. THEY CAN HELP DETERMINE IF CULTURELLE IS THE RIGHT CHOICE FOR YOU AND GUIDE YOU ON THE APPROPRIATE DOSAGE.

INCORPORATING CULTURELLE INTO YOUR DAILY ROUTINE

MOST CULTURELLE PROBIOTICS ARE EASY TO INCORPORATE INTO YOUR DAILY ROUTINE. SIMPLY FOLLOW THE DOSAGE INSTRUCTIONS ON THE PRODUCT LABEL. THEY'RE USUALLY TAKEN ONCE DAILY, OFTEN WITH FOOD OR A DRINK. MAINTAINING A CONSISTENT INTAKE IS KEY TO EXPERIENCING THE FULL BENEFITS. REMEMBER THAT PROBIOTICS ARE PART OF A HOLISTIC APPROACH TO HEALTH; COMBINING THEM WITH A BALANCED DIET, REGULAR EXERCISE, AND ADEQUATE SLEEP WILL MAXIMIZE THEIR POSITIVE IMPACT.

CONCLUSION

CULTURELLE HEALTH & WELLNESS PROBIOTICS OFFER A CONVENIENT AND EFFECTIVE WAY TO SUPPORT YOUR GUT HEALTH AND OVERALL WELL-BEING. THE EXTENSIVE RESEARCH BEHIND LACTOBACILLUS GG (LGG®) MAKES IT A STRONG CONTENDER IN THE PROBIOTIC MARKET. WHETHER YOU'RE LOOKING TO ALLEVIATE DIGESTIVE DISCOMFORT, BOOST YOUR IMMUNITY, OR SIMPLY MAINTAIN A HEALTHY GUT MICROBIOME, CULTURELLE OFFERS A RANGE OF OPTIONS TO SUIT YOUR INDIVIDUAL NEEDS. REMEMBER TO CONSULT WITH YOUR HEALTHCARE PROVIDER TO DETERMINE THE BEST COURSE OF ACTION FOR YOUR SPECIFIC HEALTH GOALS.

FREQUENTLY ASKED QUESTIONS (FAQs)

1. ARE CULTURELLE PROBIOTICS SAFE FOR PREGNANT AND BREASTFEEDING WOMEN? IT'S BEST TO CONSULT YOUR DOCTOR BEFORE TAKING ANY PROBIOTIC SUPPLEMENTS DURING PREGNANCY OR BREASTFEEDING.
1. CAN I TAKE CULTURELLE WITH OTHER MEDICATIONS? ALWAYS INFORM YOUR DOCTOR OR PHARMACIST ABOUT ANY SUPPLEMENTS YOU'RE TAKING, INCLUDING CULTURELLE, TO AVOID POTENTIAL INTERACTIONS WITH OTHER MEDICATIONS.

1. HOW LONG DOES IT TAKE TO SEE RESULTS FROM TAKING CULTURELLE? THE TIME IT TAKES TO NOTICE IMPROVEMENTS VARIES FROM PERSON TO PERSON. SOME INDIVIDUALS MAY EXPERIENCE BENEFITS WITHIN A FEW DAYS, WHILE OTHERS MAY SEE NOTICEABLE CHANGES AFTER SEVERAL WEEKS.

1. WHAT HAPPENS IF I MISS A DOSE OF CULTURELLE? DON'T WORRY IF YOU MISS A DOSE; SIMPLY TAKE THE NEXT DOSE AS SCHEDULED. CONSISTENCY IS IMPORTANT, BUT DON'T STRESS OVER OCCASIONAL MISSED DOSES.

1. ARE THERE ANY SIDE EFFECTS ASSOCIATED WITH CULTURELLE PROBIOTICS? WHILE GENERALLY SAFE, SOME INDIVIDUALS MAY EXPERIENCE MILD SIDE EFFECTS SUCH AS GAS OR BLOATING INITIALLY. THESE USUALLY SUBSIDE AS YOUR BODY ADJUSTS TO THE PROBIOTIC. HOWEVER, IF YOU EXPERIENCE ANY SIGNIFICANT OR PERSISTENT SIDE EFFECTS, DISCONTINUE USE AND CONSULT YOUR DOCTOR.

📖 **culturelle health wellness probiotic:** The Keystone Approach Rebecca Fett, 2017-06-11
Healing Arthritis and Psoriasis by Restoring the Microbiome

culturelle health wellness probiotic: *The Microbiome Diet* Raphael Kellman, 2014-07-01 First diet book connecting the microbiome with healthy weight loss; featuring an easy wellness program with a 3-phase diet.

culturelle health wellness probiotic: *Faefever* Karen Marie Moning, 2008-09-16 In the third book of the Fever series from #1 New York Times bestselling author Karen Marie Moning, a woman explores the limits of her mysterious powers as she enters a world of ancient sorcery—and confronts an enemy more insidious than she could ever have imagined. He calls me his Queen of the Night. I'd die for him. I'd kill for him, too. When MacKayla Lane receives a torn page from her dead sister's journal, she is stunned by Alina's desperate words. And now Mac knows that her sister's killer is close. But evil is closer. And suddenly the sidhe-seer is on the hunt: For answers. For revenge. And for an ancient book of dark magic so evil, it corrupts anyone who touches it. Mac's quest for the Sinsar Dubh takes her into the mean, shape-shifting streets of Dublin, with a suspicious cop on her tail. Forced into a dangerous triangle of alliance with V'lane, an insatiable Fae prince with lethally erotic tastes, and Jericho Barrons, a man of primal desires and untold secrets, Mac is soon locked in a battle for her body, mind, and soul. As All Hallows' Eve approaches, the city descends into chaos as a shocking truth about the Dark Book is uncovered, and not even Mac can prevent a deadly race of immortals from shattering the walls between worlds—with devastating consequences. Karen Marie Moning's explosive Fever series continues DARKFEVER • BLOODFEVER • FAEFEVER • DREAMFEVER • SHADOWFEVER • ICED • BURNED • FEVERBORN • FEVERSONG • HIGH VOLTAGE • KINGDOM OF SHADOW AND LIGHT

culturelle health wellness probiotic: *Food Science, Technology and Nutrition for Babies and Children* Tomy J. Gutiérrez, 2020-03-13 Infants and children are regularly fed with processed foods, yet despite their importance in human development, these foods are rarely studied. This important book provides an exhaustive analysis of key technologies in the development of foods for babies and children, as well as the regulation and marketing of these food products. Contributors cover different aspects of food science and technology in development of baby foods, making this text an unique source of information on the subject. Food Science, Technology, and Nutrition for Babies and Children includes relevant chapters on infant milk formulas, essential fatty acids in baby foods, baby food-based cereals and macro- and micronutrients. This book also offers alternatives from the point of view of food technology for babies and children with special diet regimes associated to metabolic or enzymatic diseases such as allergy to casein, phenylalanine (phenylketonuria or commonly known

as PKU) and gluten (celiac disease), or lactose intolerance. This book also addresses some nutritional aspects of babies and children in terms of the childhood obesity, child's appetite and parental feeding. With its comprehensive scope and up-to-date coverage of issues and trends in baby and children's foods, this is an outstanding book for food scientists and technologists, food industry professionals, researchers and nutritionists working with babies and children.

culturelle health wellness probiotic: Probiotics, Prebiotics, and Synbiotics Ronald Ross Watson, Victor R Preedy, 2015-09-23 Probiotics, Prebiotics, and Synbiotics: Bioactive Foods in Health Promotion reviews and presents new hypotheses and conclusions on the effects of different bioactive components of probiotics, prebiotics, and synbiotics to prevent disease and improve the health of various populations. Experts define and support the actions of bacteria; bacteria modified bioflavonoids and prebiotic fibrous materials and vegetable compounds. A major emphasis is placed on the health-promoting activities and bioactive components of probiotic bacteria. - Offers a novel focus on synbiotics, carefully designed prebiotics probiotics combinations to help design functional food and nutraceutical products - Discusses how prebiotics and probiotics are complementary and can be incorporated into food products and used as alternative medicines - Defines the variety of applications of probiotics in health and disease resistance and provides key insights into how gut flora are modified by specific food materials - Includes valuable information on how prebiotics are important sources of micro-and macronutrients that modify body functions

culturelle health wellness probiotic: Healthy Gut, Healthy You Michael Ruscio, 2018-02-06 Thousands of years ago, Hippocrates said that all disease begins in the gut. Scientific research has proven this idea to be true. In Healthy Gut, Healthy You, clinician and researcher Dr. Michael Ruscio shows how modern lifestyle changes and the widespread use of antibiotics have made our guts more vulnerable than ever before.

culturelle health wellness probiotic: The Power of Probiotics Gary W. Elmer, Lynne V Mcfarland, Marc Mcfarland, Ethan B Russo, 2013-12-19 Get information you can trust to make the right decisions about probiotics The Power of Probiotics is a consumer-friendly guide to the selection and use of probiotics that have been proven effective in the prevention and treatment of human diseases. This jargon-free reference resource provides practical advice on how and when to use probiotics and how to select the best commercially available products, based on usefulness, quality, and safety, to lower the risk of disease and maintain a positive health image. The book offers objective information on evaluating product claims, making sense of regulations and labeling, and sorting through manufacturing and marketing issues. The Power of Probiotics presents an expert review of the scientific evidence for probiotics, illustrated with summary tables and diagrams for quick reference. Each chapter starts with a series of FAQs with clear and concise answers before moving into more in-depth analysis from the book's authors, who combine more than 20 years of research from the patient clinic and the bench laboratory with extensive experience in writing and translating medical articles for consumer-oriented publications. This unique book presents definitions and descriptions of probiotics and a history of their uses, a review of medical conditions prevented and/or treated by probiotics, available products (with brand names), uses with other medications, and risks and side effects. The Power of Probiotics examines the treatment and/or prevention of: allergies cancer colds and flu constipation dental health diarrhea high cholesterol indigestion inflammatory bowel diseases pseudomembranous colitis stomach ulcers stress urinary tract infections vaginal infections weight loss and much more! The Power of Probiotics is an essential resource for health-conscious consumers who are interested in natural alternatives to conventional medicines. Health professionals, educators, and students will also benefit from the book's extensive references.

culturelle health wellness probiotic: SIBO Made Simple Phoebe Lapine, 2021-01-12 If you're one of the 25 to 45 million Americans living with IBS, finding an accurate diagnosis, treatment, and ultimately good health can feel like an impossible mystery. SIBO Made Simple brings you answers. Small Intestinal Bacterial Overgrowth (SIBO) is a common cause of unwanted bloating, abdominal pain, weight fluctuations, and GI distress. In this guide for achieving long-term healing,

health advocate, chef, and SIBO sufferer Phoebe Lapine covers everything you need to know about SIBO and how to thrive in spite of it. Lapine answers all your questions, from what SIBO is (and what it isn't) to related conditions (Hashimoto's thyroiditis, Celiac disease, and more) to practical strategies for on-going prevention. With expert medical advice from dozens of top SIBO practitioners, SIBO Made Simple provides resources for all phases of treatment, offering a clear culinary road map that can be customized to fit a large variety of gut-healing diets, such as the Bi-Phasic Diet, GAPS, SCD, SIBO Specific Food Guide, and more. With 90 delicious, easy, low FODMAP recipes that make a notoriously tough diet doable and delicious, SIBO Made Simple is a one-of-a-kind toolkit for learning about your condition and tailoring your diet toward healing. Every recipe adds anti-inflammatory ammunition to your diet, while offering suggestions for how to add problematic ingredients back in as you diversify your plate. Getting healthy and feeling great doesn't have to be punitive. SIBO Made Simple offers a clear path forward, from someone who's been there.

culturelle health wellness probiotic: Microbial Endocrinology: The Microbiota-Gut-Brain Axis in Health and Disease Mark Lyte, John F. Cryan, 2014-07-05 The field of microbial endocrinology is expressly devoted to understanding the mechanisms by which the microbiota (bacteria within the microbiome) interact with the host ("us"). This interaction is a two-way street and the driving force that governs these interactions are the neuroendocrine products of both the host and the microbiota. Chapters include neuroendocrine hormone-induced changes in gene expression and microbial endocrinology and probiotics. This is the first in a series of books dedicated to understanding how bi-directional communication between host and bacteria represents the cutting edge of translational medical research, and hopefully identifies new ways to understand the mechanisms that determine health and disease.

culturelle health wellness probiotic: A Teen's Guide to Gut Health Rachel Meltzer Warren, 2017-01-17 Take charge of your gut health now with the low-FODMAP diet. Are you a teen dealing with stomach problems? If so, you're not alone! Fourteen percent of high school students have symptoms of IBS—such as pain, bloating, and frequent trips to the bathroom. Plus (as if that weren't bad enough!), poor gut health can mean missed school days and trips, awkward explanations, extra doctor's visits, and major cafeteria confusion. Here's the good news: In A Teen's Guide to Gut Health, registered dietitian Rachel Meltzer Warren explains how you can find relief—on a low-FODMAP diet. GET DIAGNOSED: Whether it's IBS, Crohn's disease, colitis, or something else, Rachel Meltzer Warren explains the differences and who can help. GET FODMAP SAVVY: "FODMAPs" are certain carbs that can be hard to digest, and they lurk in many kinds of good-for-you food, from apples to yogurt. Identify your triggers and learn to avoid them—with a twopart elimination diet, shopping lists, meal plans, and more. GET YOUR QUESTIONS ANSWERED: No topic is too embarrassing for Meltzer Warren. You'll also find "Real Talk" from real teens throughout! GET COOKING! Plus, 30 simple, gluten-free recipes that are low-FODMAP-approved and great for meals, snacks, and sharing.

culturelle health wellness probiotic: Gutbliss Robynne Chutkan M.D., 2014-10-07 A renowned physician shares her complete 10-day digestive tune-up for women, with important revelations about good gastrointestinal health. Many so-called cures for women's bloating and indigestion, from juice cleanses to specialty diets, are based on junk science. For women seeking true relief from that overall feeling of discomfort in any size jeans, Dr. Robynne Chutkan has the perfect plan for feeling light, tight, and bright in ten days. Gutbliss offers: A primer on the real reasons for gastrointestinal distress, and why it's much more common in women A look at the debilitating side effects of supposedly healthy habits—from Greek yogurt to bloat-inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet, lifestyle, and exercise can make a huge difference in a woman's digestive health, but the changes have to be the right ones. Going beyond the basics of top sellers such as Wheat Belly, Dr. Chutkan's Gutbliss empowers women to take control of their gastrointestinal wellness.

culturelle health wellness probiotic: Geriatric Gastroenterology C. S. Pitchumoni, T.

Dharmarajan, 2012-07-26 As aging trends in the United States and Europe in particular are strongly suggestive of increasingly older society, it would be prudent for health care providers to better prepare for such changes. By including physiology, disease, nutrition, pharmacology, pathology, radiology and other relevant associated topics, *Geriatric Gastroenterology* fills the void in the literature for a volume devoted specifically to gastrointestinal illness in the elderly. This unique volume includes provision of training for current and future generations of physicians to deal with the health problems of older adults. It will also serve as a comprehensive guide to practicing physicians for ease of reference. Relevant to the geriatric age group, the volume covers epidemiology, physiology of aging, gastrointestinal physiology, pharmacology, radiology, pathology, motility disorders, luminal disorders, hepato-biliary disease, systemic manifestations, neoplastic disorders, gastrointestinal bleeding, cancer and medication related interactions and adverse events, all extremely common in older adults; these are often hard to evaluate and judge, especially considering the complex aging physiology. All have become important components of modern medicine. Special emphasis is be given to nutrition and related disorders. Capsule endoscopy and its utility in the geriatric population is also covered. Presented in simple, easy to read style, the volume includes numerous tables, figures and key points enabling ease of understanding. Chapters on imaging and pathology are profusely illustrated. All chapters are written by specialists and include up to date scientific information. *Geriatric Gastroenterology* is of great utility to residents in internal medicine, fellows in gastroenterology and geriatric medicine as well as gastroenterologists, geriatricians and practicing physicians including primary care physicians caring for older adults.

culturelle health wellness probiotic: *The Sensitive Gut* Michael Lasalandra, Harvard Medical School, 2001-12-11 Looks at ways to prevent and treat such disorders as dyspepsia, reflux disease, irritable bowl syndrome, constipation, and diarrhea.

culturelle health wellness probiotic: **The Primal Blueprint** Mark Sisson, 2019 The New Primal Blueprint serves as the ultimate road map for anyone wishing to make the shift from flawed conventional wisdom about diet and exercise to a healthy, happy empowering lifestyle patterned after the evolutionary-tested behaviors of our hunter-gatherer ancestors. The book details the ten immutable Primal Blueprint lifestyle laws that enable empower you to reprogram your genes to direct in the direction of weight loss, health, and longevity. The Primal Blueprint laws are validated by two million years of human evolution as well as an ever-expanding body of contemporary scientific research. Sisson's philosophy was originally met with skepticism as he aggressively challenged numerous mainstream health tenets. Eight years later, mainstream medical and health science are validating the Primal Blueprint tenets assertions that a high-carb, grain-based diet will make you fat, tired, and sick; that a consistent routine of medium-to-difficult cardiovascular workouts can actually compromise your health and longevity and increase risk of heart disease; and that consuming (whole food sources of) fat and cholesterol does not lead to heart disease as we have been led to believe, but rather offers many health benefits. --

culturelle health wellness probiotic: **The Bulletproof Diet** Dave Asprey, 2014-12-02 In his midtwenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to hack his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge--and change--the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By

ditching traditional diet thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. The Bulletproof Diet is your blueprint to a better life.

culturelle health wellness probiotic: Plant Secondary Metabolites Alan Crozier, Mike N. Clifford, Hiroshi Ashihara, 2008-04-15 Plant secondary metabolites have been a fertile area of chemical investigation for many years, driving the development of both analytical chemistry and of new synthetic reactions and methodologies. The subject is multi-disciplinary with chemists, biochemists and plant scientists all contributing to our current understanding. In recent years there has been an upsurge in interest from other disciplines, related to the realisation that secondary metabolites are dietary components that may have a considerable impact on human health, and to the development of gene technology that permits modulation of the contents of desirable and undesirable components. *Plant Secondary Metabolites: Occurrence, Structure and Role in the Human Diet* addresses this wider interest by covering the main groups of natural products from a chemical and biosynthetic perspective with illustrations of how genetic engineering can be applied to manipulate levels of secondary metabolites of economic value as well as those of potential importance in diet and health. These descriptive chapters are augmented by chapters showing where these products are found in the diet, how they are metabolised and reviewing the evidence for their beneficial bioactivity.

culturelle health wellness probiotic: Innovate Bristol Sven Boormeester, 2019-12 *Innovate Bristol* highlights and celebrates those companies and individuals that are actively working at building a better tomorrow for all. Innovation Ecosystems thrive through the involvement and support of companies and individuals from all industries, which is why the *Innovate* series not only focuses on the innovators but also those people whom the Innovation Ecosystem, would not be able to thrive without.

culturelle health wellness probiotic: The Probiotics Revolution Gary B. Huffnagle, Sarah Wernick, 2007-05-29 If the thought of bacteria conjures images of germs that should be avoided at all costs—and certainly not ingested—think again! Some friendly bacteria, called probiotics, are not only beneficial to your health, they're essential. Now an internationally recognized scientist at a top U.S. medical school—one of the leading researchers in the field—sheds light on the extraordinary benefits of these natural health superstars. Thanks to an explosion of research in recent years, one thing is clear: probiotics, the healthy bacteria that inhabit the digestive tract, are the body's silent partners for good health, optimizing the power of the immune system to fight disease and the "bad" germs we fear. But how do they work? And in the face of factors like stress and poor diet, which decrease their numbers, how do you keep your supply well stocked? Here is an up-to-the-minute, highly accessible guide to probiotics and the foods and supplements that contain and support them—many of which may be in your diet already. *Discover: The key role of probiotics and prebiotics in restoring healthy balance to our bodies, improving immune system functioning, and curbing inflammation* How to use probiotic foods and supplements to prevent and relieve allergies, inflammatory bowel disease, irritable bowel syndrome, yeast infections, and the negative side effects of antibiotic use New evidence that probiotics may help fight asthma, cardiovascular disease, breast and colon cancer, autoimmune diseases, chronic fatigue, fibromyalgia—and even obesity Natural sources of prebiotics, the nutrients that help make the digestive tract more hospitable for probiotic bacteria *The Probiotics Revolution* also includes a step-by-step plan for incorporating the many food sources of probiotics and prebiotics into your diet, a complete buyer's guide to probiotic supplements, and how to introduce probiotics to your family and children.

culturelle health wellness probiotic: Fix Your Gut John W. Brisson, 2014-04-12 *Keys to unlock the gateway to health, starting with your digestion.* Years of research on the most cutting-edge gut interventions like probiotics, prebiotics, and herbal/mineral supplementation, combined with data and observation from regular consultation on digestive ailments, have culminated in this 3rd Edition of the definitive guide to your gut health, *Fix Your Gut*. Find out the real causes of surface-level digestive disturbances like acid reflux, heartburn, excessive

burping/indigestion, and even the occasional gas. Benefit from the holistic results of your new and improved digestion. There is an average of 70 million Americans diagnosed with digestive disorders every year. More and more Americans are rushing to their doctors to treat conditions like heartburn, gas, GERD, SIBO, IBS, ulcerative colitis, and Crohn's disease. In our modern world, more digestive diseases and problems are being discovered than ever before. The most concerning aspect in light of this onslaught of illnesses is that science and natural medicine are already way ahead of the curve in relieving them, yet patients are not being given answers. When digestion tanks, most people turn to conventional medicine, which is great for emergency procedures and life-threatening conditions, but often doesn't offer what is needed for the prevention and treatment of disease. In everyone's medical treatment, there are benefits from a balance of natural and conventional medicine. Individuals deserve to be given the information required to make their own decisions, not only in treatment options for problems that might arise, but in the development of a healthy overall lifestyle. This book gives you the best interventions to improve your gut health, including how to change your diet to optimize your digestive system and enhance total body function. An ideal digestive system eliminates toxins, governs the immune system, absorbs nutrients, provides peak mental health, and ultimately makes it possible to get the most out of life. This is the only guide that examines all available treatments for hacking and maximizing your microbiome, down to each species of probiotic bacteria and every molecule of prebiotic fiber that might be utilized. Probiotics, prebiotics, herbal remedies, diet and lifestyle changes, and even pharmaceutical drugs are held under the microscope to help determine a gut-healing protocol that's right for your specific goals. We are all individuals with different genetics, microbiomes, and allergies, so every contingency is accounted for in the diverging paths of healing provided within this guide. In his definitive work, John Brisson explores and explains everything you need to know about digestive health. Fix Your Gut covers (and helps you discover):

- How Your Digestive System Really Works-Tips to Improve Digestive Health-Probiotic Guide and Information (All Different Flora and Their Uses)-Supplement Brand Recommendations (Quality Matters)-Buying Supplements Online and Locally-Protocols for Most Digestive Diseases (GERD, LERD, SIBO, Gastritis, Gastroparesis, IBS, IBD, Esophageal Motility Disorders)-Protocols for Colon Cleansing and Parasite Elimination-Protocols for Constipation, Diarrhea, and Food Poisoning-Protocols to treat Candida, H. pylori, and C. diff Infections-The True Cause of Ulcerative Colitis and Crohn's Disease-Information on Different Diets and How They Affect Your Digestive Health-Gastrointestinal Cancer General Information and Alternative Treatments-Information on Antibiotics and Medicines Used to Treat Digestive Diseases-Information on Digestive Diagnostic Procedures

It's time to take back your digestive health! www.fixyourgut.com

culturelle health wellness probiotic: Skin Rules Debra Jaliman, MD, 2012-03-13 Skin Rules is a concise and practical instruction manual from a renowned Fifth Avenue dermatologist on how to attain beautiful skin, a taut and sculpted body, and a much younger appearance. Actors, models, and newscasters go to Dr. Jaliman for her cutting-edge technology and the latest in skin care, as well as for her reputation for being the last stop doctor, the one who fixes what others can't. Skin Rules has something for everyone, no matter where they live or how much money they have to spend. This small, invaluable guide supplies the same advice Dr. Jaliman gives to her celebrity patients, from lasers to remove sun damage and turn back the clock to suggestions for simple products and habits anyone can adopt for a small outlay of time and money. In Skin Rules readers will learn:

- about the one ingredient that should NEVER be in sunscreens, but often is
- how to use inexpensive Aquaphor to heal wounds and prevent scarring
- which drugstore products really work for acne and wrinkles

culturelle health wellness probiotic: Three Colours Trilogy Krzysztof Kiesłowski, Krzysztof Piesiewicz, Danusia Stok, 1998 The screenplays of Kiesłowski's trilogy of films based on the French tricolor and its motto, Liberty, Equality and Fraternity, which he made at a time when his homeland, Poland, was shaking off the chains of Soviet domination.

culturelle health wellness probiotic: Probiotics and Prebiotics in Pediatrics Francesco Savino, Yvan Vandenplas, 2019-05-13 The goal of this Special Issue, "Probiotics and Prebiotics in Pediatrics", is to focus on the importance of pediatric nutrition with probiotics and prebiotics to

improve gastrointestinal health in newborn, infants, and children. Specifically, the aim is to clarify if probiotics and prebiotics can influence gut microbiota composition and host-interaction favoring human health and preventing diseases. This new information will provide health care professionals with a widespread, clear and update evidence on probiotics and prebiotics and intestinal gut microbiota in pediatric care.

culturelle health wellness probiotic: Beyond the Pill Jolene Brighten, 2019-01-29 All women need to read this book.—Dave Asprey, author of The Bulletproof Diet Groundbreaking solutions for the common hormonal struggles women face both on and off birth control.—Amy Medling, founder of PCOS Diva and author of Healing PCOS A natural, effective program for restoring hormone balance, normalizing your period, and reversing the harmful side effects of ‘The Pill’—for the millions of women who take it for acne, PMS, menstrual cramps, PCOS, Endometriosis, and many more reasons other than contraception. Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women’s health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn’t have enough to worry about, that little pill we’re taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book Beyond the Pill, specializes in treating women’s hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, Beyond the Pill is an actionable plan for taking control, and will help readers: Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes Featuring simple diet and lifestyle interventions, Beyond the Pill is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

culturelle health wellness probiotic: Women's Health and Wellness Editors of Health Magazine, 2002-12-01 Over 70 Health magazine features organized into chapters based on the eight most important health issues concerning women--weight loss, aging, fitness, beauty, wellness, food and nutrition, stress control, relationships--have been collected into this one, easy-to-use volume. Also includes quick, easy-to-prepare, family-pleasing recipes and healthy cooking tips.

culturelle health wellness probiotic: Hormone Intelligence Aviva Romm, M.D., 2021-06-08 INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in Hormone Intelligence. Hormonal. We all know what it means when we hear it – and feel it. While hormonal shifts are natural throughout women’s lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more – all due to hormone-related problems. And too many are unable to get the answers they’re really seeking from their doctors. There is a solution. In Hormone Intelligence, Yale trained and internationally renowned women’s health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, Hormone Intelligence goes beyond treating symptoms to the deeper factors

impacting women's health, so you can reclaim your body, hormones, and self. Inside Hormone Intelligence, you'll find:

- Hormone Health 101: Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers.
- Symptoms and Root Causes Demystified: Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more.
- A 6-Week Action Plan: Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors, engage your body's natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones.
- Delicious, done-for-you meal plans to take you through the entire program, including vegan options.

Hormone Intelligence is an invitation to a whole new relationship with your body and hormones, the exhale you've been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for Hormone Intelligence can be found at the author's website.

culturelle health wellness probiotic: Probiotics Min-Tze Liong, 2011-07-28 Probiotic microorganisms have a long history of use, and their health benefits for hosts are well documented. This Microbiology Monographs volume provides an overview of the current knowledge and applications of probiotics. Reviews cover the biology and probiotic potential of the thoroughly studied prokaryotic genera *Lactobacillus* and *Bifidobacterium*, several eukaryotic microorganisms, probiotic strain characterization, and the analytical methods (such as FISH, microarray, and high throughput sequencing) required for their study. Further chapters describe the positive effects of probiotics on malabsorption disorders such as diarrhea and lactose intolerance, and document the clinical evidence of benefits in treating allergies and lung emphysema, and in dermatological applications. Also addresses are topics such as genetically engineered strains, new carriers for probiotics, protection techniques, challenges of health claims, safety aspects, and future market trends.

culturelle health wellness probiotic: *Body & Soul* , 2009

culturelle health wellness probiotic: *Healing SIBO* Shivan Sarna, 2021-02-02 By combining cutting-edge technical and medical information from health experts with her own expert advice and insights as a patient who has been there herself, Shivan Sarna has created an invaluable resource for the millions of people struggling with SIBO. -Dr. Allison Siebecker A guide to recognizing and overcoming SIBO, with a 21-day plan to stop feeling bloated, start losing weight, and fix your gut. Millions of Americans suffer from bloating, constipation, diarrhea, food intolerances, and other gastrointestinal symptoms. Many spend years in pain before they figure out just what's going on with their gut. And while irritable bowel syndrome (IBS) is commonly diagnosed, SIBO, a disorder with basically all the same symptoms, is not. Some studies show eighty percent of people who suffer from IBS, mostly women, likely also have SIBO, an overlooked health issue that is difficult to diagnose. So, what is SIBO? The acronym stands for Small Intestine Bacterial Overgrowth, a disorder in which bacteria that usually live in other parts of the gut start to proliferate and take up residence in the small intestine. This causes a whole confluence of symptoms, ranging from bloating and cramps, to uncontrollable weight gain or weight loss, to even malnutrition when the bacteria eat up vital nutrients from our food. After decades of dealing with debilitating symptoms with no relief, Shivan Sarna's life finally changed when she was diagnosed with SIBO. As she eliminated her symptoms one by one through lifestyle changes and help from her physicians, she started to synthesize her personal experiences with Western and naturopathic medicine and dedicate herself to advocating for those suffering from SIBO, or those who think they could be. Now, in this groundbreaking book, Shivan shares her step-by-step plan to treat, manage, and even heal SIBO, with information on what to eat and what to avoid, how to build a routine to manage your symptoms, and how to work with your doctor to find supplements and medications that promote healing. Shivan also includes a 21-day plan, which includes more than 40 recipes to put you on the path to recovery. Whether you're SIBO-diagnosed or SIBO-suspicious, this empowering guide will change the way you approach and think about your gut and overall health.

culturelle health wellness probiotic: The Autoimmune Solution Amy Myers, M.D., 2015-01-27 Over 90 percent of the population suffers from inflammation or an autoimmune disorder. Until now, conventional medicine has said there is no cure. Minor irritations like rashes and runny noses are ignored, while chronic and debilitating diseases like Crohn's and rheumatoid arthritis are handled with a cocktail of toxic treatments that fail to address their root cause. But it doesn't have to be this way. In *The Autoimmune Solution*, Dr. Amy Myers, a renowned leader in functional medicine, offers her medically proven approach to prevent a wide range of inflammatory-related symptoms and diseases, including allergies, obesity, asthma, cardiovascular disease, fibromyalgia, lupus, IBS, chronic headaches, and Hashimoto's thyroiditis.

culturelle health wellness probiotic: Digestive Wellness: Strengthen the Immune System and Prevent Disease Through Healthy Digestion, Fifth Edition Elizabeth Lipski, 2019-11-22 Optimize your overall health through digestive wellness! Fewer antacids and less bloating aren't the only benefits of good digestion. When your digestive system is healthy and balanced, you sleep better, have more energy, think more clearly, experience less pain, and combat disease more effectively. *Digestive Health* shows how everything from migraines to skin disease to arthritis are connected to your digestive system. And now, this go-to guide has been updated with critical new research and developments, including late-breaking information on: • Probiotics and Prebiotics • Celiac Disease • The Gut-Brain Connection • Carbohydrates • Leaky Gut Syndrome • Auto-Immune Conditions • Kidney and Bone Health • Cancer Prevention • Alzheimer's Disease You'll find practical solutions to numerous conditions and disorders, along with expert guidance on the newest advances in testing and diagnosis, nutrition, and natural therapies. A perfect balance of science and practical advice, *Digestive Health* explains how your digestive system works and what to do when it doesn't function properly. It provides everything you need to take control of your overall health through close, careful attention to your digestive system.

culturelle health wellness probiotic: Cracking the Metabolic Code B. Lavalley R.Ph. C.C.N. N.D., James, James B. Lavalley, 2009-06-16 Crack Your Code and Reach a New Level of Healing and Health Doctors traditionally prescribe a pill for every ill. But for most people, these single solutions don't work. The truth is, most chronic health problems, including stubborn weight gain, unbeatable fatigue, intestinal distress, high blood pressure, creeping cholesterol, and high blood sugar, are not found in simply one organ, but in several parts of the body (oftentimes in twos and threes). This is the result of years of slow, subtle challenges to your metabolism, which is as unique as you are. Your diet, lifestyle habits, stress level, prescription drug use, and relationships, as well as the genes you inherit and the environment in which you live-in effect, the sum total of your life experience up to this day-determine your personal metabolism and, in turn, your current state of health. Using a step-by-step, easy-to-implement system of diet, lifestyle strategies, and state-of-the-art nutrients and supplements, Dr. James LaValley will help you create an individualized program for reclaiming your metabolism and health.....At long last, this book provides readers with the information and tools that have been used successfully by thousands of Dr. LaValley's patients over the last twenty years to help them take charge of their diets, their health, and their lives.

culturelle health wellness probiotic: The Truth about Low Thyroid Joshua J. Redd, 2016-07-21 In this unique and engaging book, Joshua J. Redd, DC, MS, DABFM, DAAIM shares patients' stories of hope and healing. *The Truth About Low Thyroid* reveals the struggles and resilience of patients battling this often-invisible disorder and offers guidance for low thyroid patients and their families. You may find yourself relating to many of the stories in this book if you are experiencing low thyroid symptoms such as: Extreme Fatigue Inability to Lose Weight Thin or Brittle Hair Hair Loss Low Libido Brain Fog Insomnia Depression/Anxiety Feeling Cold Digestive Disorders If you or your loved ones are suffering with low thyroid symptoms, this book will encourage you to keep going, and will guide you to the help you are seeking. Do not give up. Do not give in. Do not lose hope.

culturelle health wellness probiotic: The UltraSimple Diet Mark Hyman, 2009-12 Dr. Mark Hyman describes his UltraSimple diet designed to help people boost their metabolism and safely

lose up to ten pounds in seven days.

culturelle health wellness probiotic: *The Autoimmune Wellness Handbook* Mickey Trescott, Angie Alt, 2016-11-01 The way autoimmune disease is viewed and treated is undergoing a major change as an estimated 50 million Americans (and growing) suffer from these conditions. For many patients, the key to true wellness is in holistic treatment, although they might not know how to begin their journey to total recovery. The Autoimmune Wellness Handbook, from Mickey Trescott and Angie Alt of Autoimmune-Paleo.com, is a comprehensive guide to living healthfully with autoimmune disease. While conventional medicine is limited to medication or even surgical fixes, Trescott and Alt introduce a complementary solution that focuses on seven key steps to recovery: inform, collaborate, nourish, rest, breathe, move, and connect. Each step demystifies the process to reclaim total mind and body health. With five autoimmune conditions between them, Trescott and Alt have achieved astounding results using the premises laid out in the book. The Autoimmune Wellness Handbook goes well beyond nutrition and provides the missing link so that you can get back to living a vibrant, healthy life.

culturelle health wellness probiotic: *The Dialectical Behavior Therapy Wellness Planner* Amanda L. Smith, 2015-09-15 Set goals and map your route to success using this DBT planner designed to build a life worth living.

culturelle health wellness probiotic: *Probiotic Bacteria and Enteric Infections* J.J. Malago, J.F.J.G. Koninkx, R. Marinsek-Logar, 2011-01-20 Every day many people suffer from intestinal diseases. These disorders can result from pathogens like bacteria, fungi, parasites and viruses, but the causes of non-infectious intestinal disorders and colorectal cancers remain to be elucidated. Disturbances to the normal gut flora (the microbiota) are central to the development of many, if not all, of these disorders. Disturbed gut microbiota is a prelude to public health issues like traveller's-, antibiotic- and Clostridium difficile-associated diarrhoea, irritable bowel syndrome, inflammatory bowel disease, and colorectal cancers. This book discusses the way intestinal disorders affect the microbiota, how the disturbed microbial balance leads to enteric disorders and the ways to prevent these disorders. Further his book explores the potential of probiotics (live microorganisms that when ingested bring a health benefit) in treating enteric disorders by analysing the probiotic genome through proteomics, metabolomics and functional assays. Discussed is how the ingestion of specific microorganisms repairs the disturbed microbiota and subsequently ameliorates enteric disorders. Finally this book addresses how genetic engineering and biotechnology will contribute to the development of effective and safe designer probiotics.

culturelle health wellness probiotic: *Probiotics and Prebiotics* Koen Venema, Ana Paula do Carmo, 2015 Composed of nearly a thousand different types of microorganisms - some beneficial, others not - the human gut microbiota plays an important role in health and disease. This is due to the presence of probiotic or beneficial microbes, or due to the feeding of prebiotics that stimulate the endogenous beneficial microbes (these promote health by stimulating the immune system, improving the digestion and absorption of nutrients, and inhibiting the growth of pathogens). The notable health benefits of probiotic organisms have prompted much commercial interest, which in turn has led to a plethora of research initiatives in this area. These range from studies to elucidate the efficacy of the various health benefits to analyses of the diet-microbe interaction as a means of modulating the gut microbiota composition. Research in this area is at a very exciting stage. With state-of-the-art commentaries on all aspects of probiotics and prebiotics research, this book provides an authoritative and timely overview of the field. Written by leading international researchers, each chapter affords critical insight to a particular topic, reviews current research, discusses future direction, and stimulates discussion. Topics range from the different microorganisms used as probiotics (lactobacilli, bifidobacteria, yeast, etc.), and the techniques and approaches used (metagenomics, etc.), to the reviews of the clinical and medical aspects. The provision of extensive reference sections positively encourages readers to pursue each subject in greater detail. ***
Librarians: ebook available on ProQuest and EBSCO [Subject: Microbiology, Life Science]

culturelle health wellness probiotic: *Gutalicious* Kirsty Wirth, 2017-12 Balancing your biome,

nourishing your brain. This book makes rebalancing the body and more specifically your gut microbiome delicious, absolutely nutritious, fun, colourful and of course full of gut loving bugs.

culturelle health wellness probiotic: *2-Day Diabetes Diet* Erin Palinski, Alisa Bowman, 2013-12-26 Diet just 2 days a week to drop the pounds and dodge type 2 diabetes! In a recent study, researchers in the UK found that restricting carbohydrates just two days per week was superior to a standard, daily calorie-restricted diet for both reducing weight (about 9 pounds lost vs 5 pounds) and lowering insulin levels (reduced by 22% vs 4 %). Based on this and other research indicating that safe weight loss is the key to reversing and preventing diabetes, Reader's Digest has partnered with registered dietitian and diabetes expert Erin Palinski to distill the latest science to create an easy-to-follow plan that allows people with diabetes to have their cake—and other carbs—and still keep their blood sugar under control. A diagnosis of diabetes can be overwhelming and frightening, and even many of those who have lived with diabetes for years often struggle with the question of what they can eat. The 2-Day Diabetes Diet makes it simple—there are no forbidden foods and no carb-counting. You just need to restrict what you eat for 2 days a week—and research suggests you will see the pounds drop off, your blood sugar levels stabilize, and your waist shrink. On those 2 days a week, you follow the low-carb “Power Burn” program, and consume approximately 600 calories of selected foods. What does that look like on your plate? How about a 2-egg omelet with onions and peppers plus yogurt for breakfast; a hearty bowl of carrot soup plus fresh fruit for lunch; meatloaf and broccoli for dinner with milk; and a cup of sweet grapes for a snack? Or Canadian bacon and spinach for breakfast with a cup of milk; vegetable soup and half a banana topped with peanut butter for lunch; grilled chicken and zucchini over pasta for dinner; and an orange with a cup of milk for a snack. With real delicious food filling your tummy, you won't believe it all adds up to only about 600 calories. For the rest of the week, you follow a delicious 1500-calorie-a-day Mediterranean-style eating plan—we call these “Nourishment” days. You can enjoy a bounty of brightly colored fruits and vegetables, lean proteins, whole grains, and even a few treats. The book will include: A 2-week day-by-day meal plan that lays out sample Power Burn and Nourishment days More than 60 meal options, including restaurant and frozen food options, so you can customize the menus to your taste and lifestyle More than 50 delicious diabetes-friendly recipes An optional easy walking and strength-training program to boost results even more Stress-reducing exercises to help you ward off cravings and reduce hunger Success stories from the 10 men and women who tried the plan with amazing results! The plan is designed to be flexible—you can do your Power Burn days whenever works for you, and you can personalize almost any meal to suit your tastes—and will work for both people with type 2 diabetes and those at risk.

culturelle health wellness probiotic: Complementary and Alternative Medicine in the United States Institute of Medicine, Board on Health Promotion and Disease Prevention, Committee on the Use of Complementary and Alternative Medicine by the American Public, 2005-04-13 Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement

Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

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