

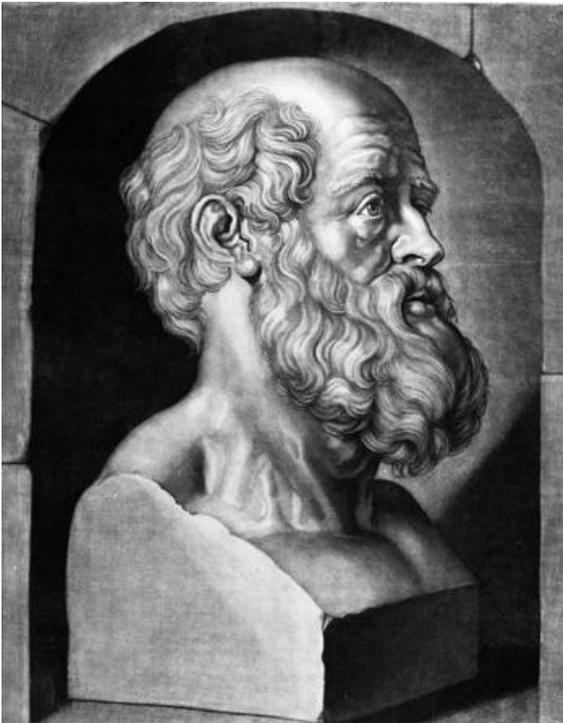


Introducing Xooma Probiotix™

by Dr. Melissa Bennett

I am so excited to announce the arrival of Xooma's new probiotic formula, Probiotix™! It is a great addition to the excellent line of products that Xooma offers our Members. While many are familiar with probiotics, I want to give you a brief history of the origin as well as an overview of the benefits of what probiotics can offer you and your family.

History of Probiotics



While it was Hippocrates who said, "All disease begins in the gut," the history of probiotics started in the early 20th century. A scientist who became known as the father of probiotics, Elie Metchnikoff, discovered that a particular group of people who lived in rural Bulgaria were living to very old ages. This was unusual since they were living in poverty and in very harsh climates. Elie theorized that health could be enhanced and senility delayed by manipulating the intestinal microbiome with host-friendly bacteria found in sour milk.

Scientists at this time did not support his hypothesis. He endured much opposition, particularly from scientists who claimed that only body fluids and soluble substances in the blood (antibodies)—and not cells—destroyed invading microorganisms. This view became known as the 'humoral theory of immunity'.

For the next 50 years this was considered mainstream.

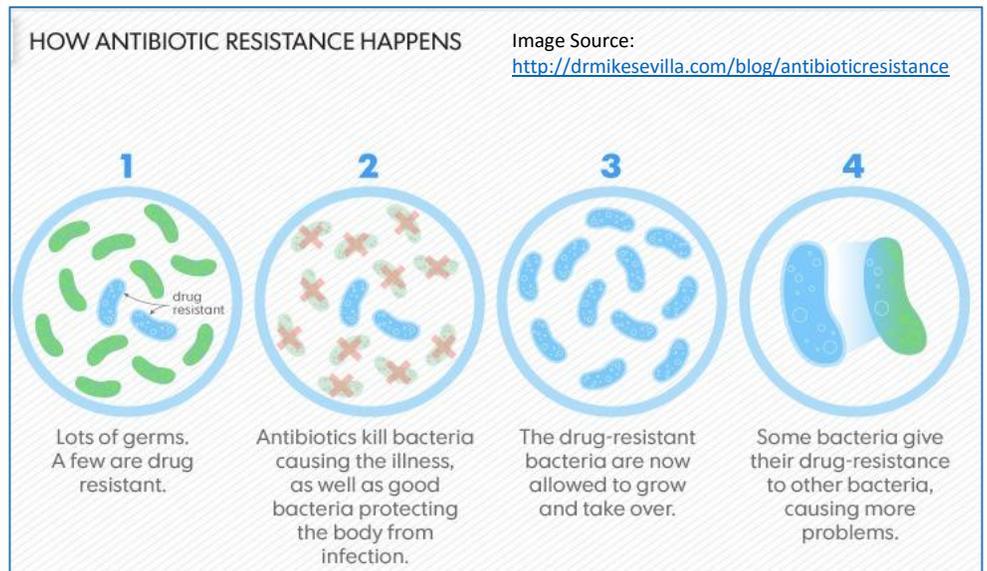
However, in the 1940s scientists began to reexamine the role

cells play in fighting infections. Eventually, Metchnikoff's theory of cellular immunity was vindicated when aspects of both schools of thought became integrated into the modern understanding of immunity. Metchnikoff devoted the last decade of his life to investigating means of increasing human longevity and advocating the consumption of lactic acid-producing bacteria. It is ironic that many ideas in healthcare came from those who questioned 'mainstream' and sought wisdom to gain knowledge. In this case, due to the diligence of Elie Metchnikoff, we were introduced to the wonderful world of probiotics!

The root of the word 'probiotic' comes from the Greek word pro, meaning 'promoting', and biotic, meaning 'life'. When one thinks of beneficial bacteria, it can be a little difficult to understand. How can bacteria be beneficial especially when many take antibiotics to kill bacterial infections and our world is consumed with antibacterial lotions and soaps? It would appear that we are in a constant all-consuming battle to kill the ever-present bacteria invading our lives. It is true that the wrong bacteria in the wrong place can cause problems.

Personally, I had not taken an antibiotic in 20 years. Yet as I sit here writing this newsletter, I am currently on an antibiotic which is helping my big toe who injured itself (from no fault of my own) while I was hiking down Stone Mountain recently! The inflammation and severe pain subsided after starting the antibiotic, and I was greatly relieved to see my big toe not be as big and the color going back down to the lovely pale pink from the screaming red of bacterial infection. Antibiotics are 'anti-microbial'. Therefore, they are on a mission to wipe out any source of bacteria – 'good' or 'bad' – to complete their job. I am glad to say my toe and I are happy to have them!

Unfortunately, according to the CDC overuse and misuse of antibiotics can promote the development of antibiotic-resistant bacteria. Every time a person takes antibiotics, sensitive bacteria (bacteria that antibiotics can still attack) are killed, but resistant bacteria are left to grow and multiply. Repeated use of antibiotics can increase the number of drug-resistant bacteria. Antibiotics have also



been prescribed yet are not effective against viral infections like the common cold, flu, most sore throats, bronchitis, and many sinus and ear infections. Widespread use of antibiotics for these illnesses is an example of how overuse of antibiotics can promote the spread of antibiotic resistance. (Centers for Disease Control and Prevention)



I feel probiotics have the greatest impact from a preventative standpoint. We all have an estimated 100 trillion microorganisms representing more than 500 different species that inhabit every normal, healthy bowel. These microorganisms (or microflora) do not make us sick; most are helpful. These gut-dwelling bacteria keep pathogens which are harmful microorganisms in check. They also aid digestion and nutrient absorption and contribute to immune function. The problem occurs when the flora become out of balance. If you're dealing with any of the following, you might have an unhealthy gut.

Gastrointestinal

We all have different standards of what is to be considered 'normal' with our digestive system. But certain issues, especially those that are chronic, can have a considerable impact on our health and quality of life. The following is a short list of conditions that may indicate your gut is out of balance.

- Gas
- Bloating
- Heartburn/acid reflux
- Diarrhea
- Constipation
- Irritable Bowel Syndrome
- Irritable Bowel Disease (including Crohn's and Ulcerative colitis)



Mental Issues

Your gut is your second brain! Have you ever felt that deep sinking feeling in the pit of your stomach? The feeling you are having is a visceral reaction to emotion. So it makes sense that the health of your gut affects the health of your brain. Your gut bacteria produce neurotransmitters such as GABA and serotonin. In fact, 90% of serotonin is produced in the gut which is responsible for appetite, mood, sleep and relaxation. Studies are now showing the correlation between people with certain mental disorders and disturbances within their gut bacteria.

- Depression and Anxiety
- Brain fog
- OCD
- Autism
- Vitamin and Mineral Deficiencies



Nutritional Deficiencies

A healthy gut also plays an important role when it comes to helping your body produce and synthesize vitamins and minerals. When your gut bacteria are out of balance, your body has a harder time getting enough of the following essential vitamins and minerals. I provide micronutrient testing in my practice to identify depleted nutrients. If there is an excessive amount of nutrient imbalance, I offer testing to check the microflora and 'SIGA' levels of the gut to see what is out of balance.

- Vitamin D
- Vitamin K
- Vitamin B12 and B7
- Magnesium

Antibiotics



Correct usage of antibiotics can be beneficial. Using them incorrectly can create issues. Antibiotics prescribed for viral infections that are used in the food industry on factory-farmed animals are **not** useful. Antibiotics wipe out bad bacteria, but they also wipe out many of the good bacteria in the gut that are essential for your health. Research also suggests that good bacteria are destroyed by antibiotics and do not replace themselves unless you intervene.

Chronic, Unmanaged Stress

Unmanaged stress raises cortisol levels, which can stop the gut from working properly. If you've been stressed for the past few months (or years or decades) but haven't acted to manage your stress, you're more likely to have an unhealthy gut.



Skin Conditions



Many people are not aware that the skin is your largest organ. It can reflect what is happening inside your body. The problem isn't with the skin itself, it's with an unhealthy gut. If you have any of these skin conditions, it could be due to unbalanced gut bacteria:

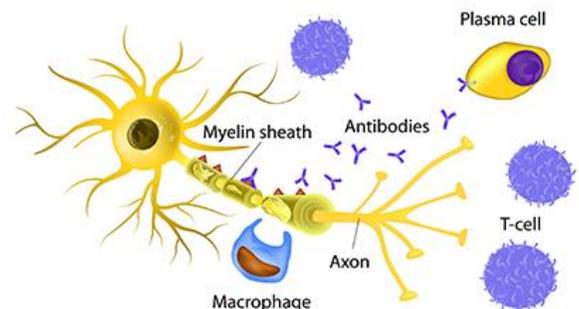
- Acne
- Rosacea
- Psoriasis
- Eczema

Autoimmune Diseases

Autoimmune diseases can be difficult to manage because the body is attacking itself. Autoimmune diseases are also hard to diagnose for many doctors. Research is emerging that links autoimmune diseases to an unhealthy gastrointestinal system. Balancing your gut flora is a foundational approach which may help relieve symptoms if you're dealing with any of the following:

- Hashimoto's
- Rheumatoid Arthritis
- Inflammatory Bowel Disease

AUTOIMMUNE DISEASE



Growing Prominence of Probiotics

Probiotics are safe because they are already present in a healthy digestive system. However, it is important to know that not all probiotics are the same. Health benefits are strain-specific, but not all strains are useful.

The good news is that a growing body of scientific evidence suggests that you can treat and even prevent some illnesses with foods and supplements containing certain kinds of live bacteria. Northern Europeans consume a lot of these beneficial microorganisms, called probiotics because of their tradition of eating foods fermented with bacteria, such as yogurt. We've seen an increase in probiotics being added into yogurt, yet it most likely won't make a significant enough contribution. Probiotic-laced beverages are also big business in Japan. Here in the U.S., these beverages may not be as popular given their 'taste'.



The United States has jumped on board the probiotic bandwagon and now almost every yogurt commercial praises the benefits of probiotics and its amazing ability to help with our immune system. Some digestive disease specialists are recommending them for disorders that frustrate conventional medicine, such as Irritable Bowel Syndrome (IBS).

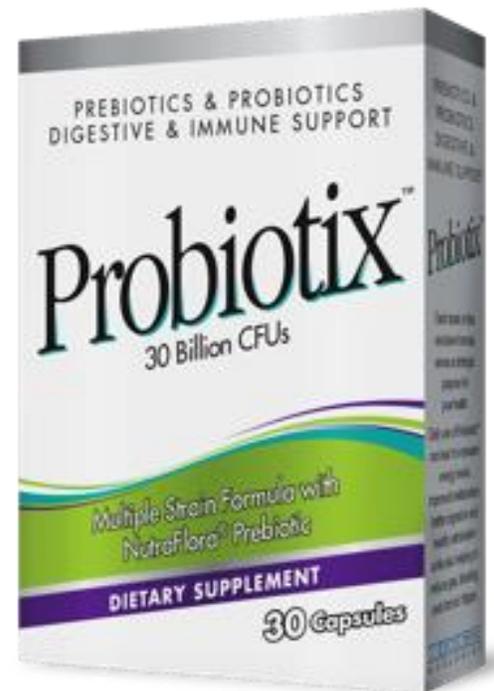
Since the mid-1990s, clinical studies suggest that probiotic therapy can help treat several gastrointestinal ills, delay the development of allergies in children, and treat and prevent vaginal and urinary tract infections in women. It can also help with other GI issues such as diarrhea (studies in children and infants showed that probiotics reduce antibiotic-associated diarrhea by 60% when compared to a placebo). I have used probiotics to help patients with chronic sinus infections as well as those with yeast infections.

Xooma Worldwide has produced many incredible products over the years which are so very beneficial for our health and longevity.

Adding a probiotic completes the foundation for overall health within Xooma's premium line of nutritional supplements.

Xooma's new Probiotix™ formula

Probiotix contains 30 billion CFUs of beneficial bacteria. This exclusive formula contains clinically meaningful dosages of 8 key strains. It has the additional health benefits of the NutraFlora® branded prebiotic blend. The even better news is this probiotic formula can be taken once per day and is shelf-stable (which means it does not have to be refrigerated). Xooma's Probiotix supports ideal levels of good gut bacteria for a healthy digestive system and strong immune system.



If you or a family member are suffering from any of the conditions listed in this newsletter, you may want to consider adding Probiotix into your daily routine to maintain balance within your digestive system. This will help your body function to the best of its abilities!

Yours in Health,

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Dr. Melissa Bennett, ND is the owner of The Olive Leaf, LLC which is an integrated practice with two locations in Atlanta, Georgia. She is also the Naturopathic Consultant of New Vitality Medical Institute's age-management program.

Melissa Bennett, ND, CTN, CNW is Certified as a Traditional Naturopath through the American Naturopathic Certification Board. She is board certified in nutritional wellness and has completed her accreditation as a health partner in predictive medicine through Emory University. She is also a member of the American Association of Christian Counselors through Liberty University.

Dr. Bennett is a Certified Natural Health Practitioner and is skilled in the Zollinger method of reflexology from the Heal Center. A devotee of the science of blood type, she is an IfHI Master – earning her designation under the guidance of Dr. Peter D'Adamo. Melissa focuses on total wellness and prevention. Her mission is to help people achieve optimal health and Xooma's products help her fulfill that mission. Melissa personally recognizes that all aspects of health care serve a constructive purpose. In 2000 she was diagnosed with breast cancer on her 33rd birthday. She underwent two years of chemotherapy and 46 radiation treatments. In part from this experience, Melissa is an advocate of integrated healthcare and knows what it feels like to be sick and also the blessing of being healthy. She believes true health is achieved when your Spiritual, Emotional and Physical states are in harmony. She also believes our Lord is the true Healer and He will direct you if you place your trust under His guidance.

Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to prevent, cure or treat any illness or disease.