

DIET AND INTESTINAL HEALTH

As food passes from the stomach to the intestines, our ability to convert it to usable energy is directly related to the type of bacteria growing along the intestinal wall. The beneficial ones convert foodstuffs into energy and assist the intestines in producing 95% of the body's Serotonin (the feel good hormone) and IgA (a major participant in the body's immune system). If you consume lots of sugars and carbs, the wrong bacteria dominate which can lead to depression along with frequent colds and illnesses. Improving your diet and supplementing with a good quality Acidophyllis product will help restore balance and lessen these symptoms as well as those associated with IBS, Chron's Disease and Colitis. I recommend Floragen-3 (20billion cultures per capsule). F.O.S. taken with Floragen is even better. See Larry at the pharmacies for more information or see our website at www.Larryspharmacies.com.