

COUNTER THE SIDE EFFECTS OF ANTIBIOTICS



Many researchers say that probiotics are the answer to the ever-increasing problem of antibiotic resistance. Relying too heavily on antibiotics, as we have since the 60's, we've sort of created another, bigger problem for ourselves. Disease germs are now more virulent and more persistent than ever before and we have antibiotics to thank for that.

Other researchers say that probiotics play an important role in stimulating the immune system, preventing toxicity in foods, preventing or controlling food and skin allergies, bacterial and viral infections, inflammatory bowel diseases, recurrent ear, bladder and yeast infections, dental cavities, chronic and travellers' diarrhea. Some even say that probiotics can help lower blood cholesterol by degrading cancer-causing agents which inhibit the growth of certain cancers.

I'm a Celiac. Celiacs are prone to infections and viruses more so than non-Celiacs. That's because of our impaired ability to assimilate foods properly. For example, my body barely absorbs iron. It just goes straight through my body. Even a horse's dose does not help. It only constipates me. A couple of years ago, when I traveled to Punta Cana, a lot of people at the resort where I was staying fell ill with travellers' diarrhea and fever. We happened to be there at a time when hurricanes had swept up from the sand bacterial species not usually found in the atmosphere. Combine all these pathogenic bacteria with blistering heat and humidity and you end up with the perfect environment

for their proliferation. That's why so many people got sick. But guess what? I did not when, technically, I should have been one of the first ones to get sick. Why, do you ask? I was one of the lucky few who had been offered samples of our soon-to-be-released Matol Probiotics formulation. For months prior to our trip, I had consistently provided my body with 'friendly' bacteria that ensured that the majority of bacteria in my body was healthy and strong.

When the majority of your bacterial population is healthy, your body is able to resist ill-intended bacteria. When there is more 'bad' bacteria in your body than 'good', that's when you get sick.

The word probiotics is derived from the Greek phrase 'for life'. The World Health Organization defines probiotics as 'live micro-organisms which, when administered in adequate amounts, provide a health benefit'.

Antibiotics means 'against life'. European doctors have, for decades already, provided their patients with 'probiotics' whenever they prescribed 'antibiotics' to them because they know very well that while 'antibiotics' can kill intruding bacteria, they also kill the good bacteria in our body, hence the necessity to repopulate our friendly bacteria.

Until this practice becomes mainstream in North America, it is up to you and I to make people aware of the need for probiotics when on antibiotics.

The human body harbors about 100 trillion bacterial cells from at least 400 species - 10 times the number of human cells. And that's not counting viruses and fungi. Most of these are what we call friendly or at least harmless.

Friendly bacteria - or probiotics - serve a multitude of functions important to our survival. Some aid in digestion, some keep harmful bacteria in check and some stimulate the immune system.

Matol has developed two probiotic formulas. Matol Probiotics 24B and Matol Probiotics 24B for Women feature a variety of strains of 'friendly bacteria'. Five from the *Lactobacillus* family, which are inhabitants of the small intestine, produce lactase to digest milk sugar which in turn produces a wide variety of enzymatic activities that have a direct impact on the immune system's functions. And three additional strains from the *Bifidobacteria* family, the main lactic bacteria of the large intestine and the colon. These micro-organisms prevent invading bacteria, yeast and some viruses from colonizing. They also prevent toxicity in food and manufacture B Vitamins.

Our second probiotic formula was specifically designed for women with three *Lactobacillus* strains, 3 *Bifidobacteria* strains and one additional strain specific to vaginal health, *Streptococcus thermophilus*, which can help prevent vaginal and urogenital infections, including yeast infections caused by *Candida Albicans*.

You'll find that the majority of probiotic formulas on the market only feature *Lactobacillus* strains as opposed to the wide variety of strains offered in Matol's two probiotic formulas.

Another feature is Matol Probiotics 24B's potency: 24 billion live cells per capsule. It actually starts out much higher than that. That's because we want to ensure that from our lab to our warehouses, where Matol Probiotics 24B are kept in a freezer, to your door, that a bare minimum of 24 billion cells per caps remain alive and fully charged.

To stabilize your Matol Probiotics 24B, keep them in the freezer. Once opened, keeping them in the fridge is okay too but freezing them will extend their shelf life, as it will for any other solid or powder form of nutritional supplements.

Another way Matol Botanical International Ltd. ensures that our probiotic formulas are fully 'charged' is through their *Gastric Guard Guarantee*. That guarantee ensures you that Matol's probiotic blends can survive through the stomach acid pH fluctuations, even 3 hours after ingestion. Most probiotic formulas on the market, including yogurts that feature probiotics don't survive past the stomach, much less make it to the gastrointestinal tract, because they are destroyed by the acid in the stomach.

In addition, Matol has special shipping protocol for Matol Probiotics 24B, faster than usual, to ensure that your order reaches you in mint condition, with a minimum of 24 billion live cells per capsule, as featured on the label.

Finally, Matol Probiotics are veggie-encapsulated in powder form, which makes them highly dissolvable: a must for their effectiveness.

50 million North Americans suffer from Irritable Bowel Syndrome which causes abdominal pain, bloating, irregular bowel movements, such as diarrhea one day and

constipation the next. A half million others suffer from Ulcerative Colitis, an inflammatory bowel disorder which causes severe abdominal pain, diarrhea, rectal bleeding and fatigue. Matol Probiotics 24B can make a real difference in these conditions, either by helping to achieve a remission or a marked decrease in symptoms. And unlike the drugs administered for these diseases, Matol Probiotics 24B are exceptionally safe, with no significant side effects. This being said, probiotics are not a replacement for a medical treatment but can be used parallel to the treatment.



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Your mind is like a garden that you can cultivate intelligently or allow to run wild. Whether cared for or neglected, the garden will grow. But if no useful seeds are planted, many undesirable ones will fall into the fertile ground, and weeds will take root.

Just as gardeners cultivate their plots, keeping them free of nettles and thorns and growing the flowers and fruits they desire, so can you tend the garden of your mind. You can uproot all your negative, useless beliefs and consciously nurture powerful, positive thoughts instead. By doing so, you'll eventually discover that you're the master gardener of your soul and the director of your life.

Excerpt from
The Power of a Single Thought
by James Allen,
revised and edited by
Gay Hendricks and Debbie DeVoe

PROBIOTICS 24B & PROBIOTICS 24B FOR WOMEN



- Recommended for restoring and maintaining healthy intestinal flora and vaginal flora in a natural and safe way.
- Maximizes probiotic potency with a concentration of 24 billion active cells per capsule.
- Laboratory tests show a 100% survival rate for all microorganisms for maximum potency and probiotic activity.



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