Review of Sedona Lab's iFlora Probiotics
By the Minnesota Wellness Directory

Probiotics (formerly the Sedona Labs Product Review)

In Dr. Weston Price's research of the various primitive cultures, he found a wide variety of diets. Eskimos naturally did not eat the same things as the Polynesians who did not eat the same things and Africans and so on. However, they all had one thing in common: they all had a form of fermented food.

Fermented foods contain good bacteria that we now refer to as probiotics.

The term good bacteria sounds like an oxymoron. Most of us think of bacteria as things that cause illness. However, probiotics are things that prevent illnesses and actually fight the bad bacteria that cause infections and inflammations. Recent studies show that probiotics actually help fight the common cold.

Dr. Elias Metchnikoff took home the Nobel Prize for Medicine when he discovered phagocytes and a variety of other components to our immune systems. He noted a direct link between longevity, immune function, and maintaining healthy intestinal flora. Since then, modern medicine, modern science, and modern marketing have done everything in their power to destroy our intestinal flora.

There are nearly 400 varieties of probiotics in our gut, weighing up to four pounds. Some are resident while others are transient, passing through our bodies, performing their duties and then are passed on.

While interviewing Dave Durenburger, a past senator for our State of Minnesota, I was asked what the wellness community thought of irradiating our food; they were shocked to find out that we were against it. When asked why, I quickly responded, “Radiation kills good bacteria along with bad bacteria.” Not surprising, he and his advisors had never heard of good bacteria.

Pesticides also can kill off the good bacteria, so the only way you'll get some varieties of probiotics is to eat fresh, rinsed (not scrubbed) raw, organic veggies.

When we discuss the resident bacteria in our bodies, balance is the key word. Our good bacteria must live in balance with the bad. If we kill off the good bacteria, the bad begins to grow and spread. If we increase our good bacteria, it will reign in the bad.

As a journalist, I am almost embarrassed to pass this next tidbit off to you, because I learned it way back in the early nineties when I was researching cancer. Since then I've lost my notes, but the story, being so powerfully etched in my mind, lacks all the usual references of who, what, where, etc. So, you'll just have to believe me (since I cannot reference it) and accept my veracity.

There was a man (you see? I've even forgotten this man's name) who was a virologist. He was hired by the US Department of Agriculture (USDA) to study bacteria. He was quick to remind them that he was a virologist, but to the government, all things small must be related, somehow.

His first investigation was bifidus (Bifidobacterium bifidum, Bifidobacterium lactis, Bifidobacterium longum) and its influence on e-coli.

Bifidus is passed to babies in mothers milk. Mothers milk is a key ingredient to a baby's immune system. In children, bifidus is the primary probiotic in their system up to about the age of seven; then acidophilus becomes the dominant probiotic.

This researcher discovered something very important. He discovered that if a baby is taken off
mother's milk and put on cow's milk, its bifidus count begins to drop, slowly at first, and then quickly. As the bifidus count drops the e-coli count increases. By the time the colony of bifidus is depleted, the number of e-coli has gone from 10 to the 7th power to 10 to the 14th power. This is NOT double. This is a doubling seven times.

He also found that at that amount (10 to the 14th), that the e-coli produced an endotoxin that stopped the heart and lungs for a period of time.

Do you see what's going on here? It had been known that Sudden Death Syndrome was more prevalent in bottle fed babies than in mothers milk fed babies, but now we'd found a probable cause.

He wrote up his findings and passed them to his higher ups. He never heard back from them. He arranged a meeting and it was then that he learned that his research was not going to be published. In effect, they told him, “Sure, like the USDA is going to go out and tell mothers not to feed their kids cows milk.”

He quit. He went on the road to get the news out. He gave lectures at any venue that would have him. This is how I finally heard the story. And now I've passed it on to you.

It is interesting to note that a breastfeeding mother who supplements with acidophilus will feed her baby breast milk chock full of bifidus. In fact, a study recently published in *Lancet* [03;361(9372):1869-71] had breastfeeding mothers take a daily dose of lactobacillus acidophilus for the first six months. Their babies where then followed for four years. Apparently this short regimen was shown to protect the children from eczema for the first two years of their lives. We also know that mothers taking bifidus will pass that on to their babies too, without having to convert anything.

An imbalance in the intestinal flora of babies seems to be the cause of their eczema, but even more important, building good intestinal flora early is absolutely critical to their developing immune systems. Eventually, an imbalance in the intestinal flora will cause their immune systems to react to practically everything. This is the beginning of allergies.

Asthma and allergies in our children are growing at unprecedented rates. A study out of Henry Ford Health Systems showed that children given antibiotics in their first six months increased their chances of developing allergies (and asthma) by age seven. From the study: "Dr. Johnson theorizes that use of antibiotics may affect the gastrointestinal tract and alter the development of a child’s immune system." [http://www.sciencedaily.com/releases/2003/10/031001064200.htm]

Antibiotics will upset the balance of your intestinal flora and it is imperative to replace the probiotics as soon as you start taking antibiotics and for a few weeks after you've gone off the drugs.

In *Epidemiological Review*, we found a study that showed that children given antibiotics during their first six months were 2.6 times more likely to come down with asthma. If given a full spectrum antibiotic, they were 8.9 times more likely to develop asthma, and, interestingly enough, in families without pets, they were still 11.6 times more likely. [Ep Rev 02:24(2):154-75]

Advertisements that tell you to fear bugs and chlorinate this and bleach that and spray this effluvium all over everything our babies touch is junk science. Our kids need to get a little dirt in their lives. A child's immune system has to be challenged. *JAMA* even reported that children exposed to two or more pets during the first year of their lives have fewer allergies and allergic asthma than children raised without pets. [JAMA 02:288(8):963-72]

Our children need to build a healthy immune system and here is where probiotics come in. If you go to www.consumerlabs.com, you will see that they tested 25 probiotic products (you will have
to become a paid member to see the entire study). Of those 25, 8 failed the test with less than 1% of their claimed live bacteria. Six had only a few thousand live bacteria from the advertised 1 billion. iFlora came out on top with 16 strains, 4 times greater than the runner up, and 15 billion cells per capsule. The runner up in this category had 2.4 billion cells. And Sedona Labs advanced micro-encapsulation process keeps the cultures alive at room temperature.

My favorite form of probiotics is Sedona Labs' iFlora. Since discovering them, and since the Consumer Labs testing, we've found other probiotic formulas that are just as good as iFlora, like the Probiotic Advantage which has an "enteric" coating to protect the probiotics from stomach acid. There are some good probiotics out there but, they are much more expensive than the Sedona Labs products.

iFlora 4Kids contains the six strains children need to build a healthy immune system. Here they are:

- **Bifidobacterium longum** – helps eliminate nitrates that are found in digested foods and can turn into nitrates which are carcinogenic.
- **Bifidobacterium lactis BB-12** – helps resist acid digestion and promotes bowel regularity while suppressing inflammation.
- **Bifidobacterium bifidum** – inhibits rotavirus replication and helps fight off intestinal disturbances.
- **Lactobacillus paracasei** – promotes healthy bowel function and builds the immune system.
- **Lactobacillus acidophilus** – first line of defense against invaders to the small intestine and prevents pathogens from lining the intestinal wall.
- **Lactobacillus rhamnosus** – helps increase resistance to yeast overgrowth and urinary tract pathogens.

If your child needs antibiotics, then s/he needs them. But be careful not to use them for every sniffle that comes along. And if antibiotics are administered, you must help to rebuild that baby's intestinal flora. iFlora 4Kids is the best product I can think of for this purpose.

For you people fighting off a systemic yeast problem, here is the product of the century: iFlora Complete Yeast/Candida Control Formula [Now called YC-7™]. It has 7 specific probiotic strains that are known to fight off yeast. Each capsule is guaranteed to have 20 billion living, healthy cells.

We are very impressed with these products. I know how my immune system has been protected from the time I discovered probiotics. I've used probiotics when antibiotics were called for during a kidney infection once. Worked perfectly.

Let's take a look at the wide variety of benefits from probiotics.

Probiotics:

- **Relieve chronic indigestion.** When you've tried everything and nothing has worked, it could be your probiotics. Probiotics will make your digestion more efficient, enhance lactose digestion, break down undigested foods, including those tough carbohydrates. In the end, probiotics relieve cramping and bloating.
- **Relieve IBS** (irritable bowel syndrome), inflammatory bowel, colitis, Crohn's Disease, and gastroenteritis.
• Reduce flatulence. If you have a bad gas problem, try probiotics first.

• Maintain proper colon pH. We've talked about pH a lot. The pH of the body should be slightly alkaline. However, your colon should be acidic. Probiotics are the key to proper colon pH.

• Relieve constipation. Probiotics decrease the transit time of waste through your bowel.

• Relieve diarrhea. Two forms of diarrhea are relieved by probiotics: traveler's diarrhea and antibiotic-associated diarrhea.

• Control the growth of harmful yeast and mold. Probiotics are well-known for fighting intestinal yeast and mold.

Sedona Labs makes a special form that is especially good at fighting yeast: iFlora Yeast/Candida. Vaginal yeast infections and other infections associated with Candida are targeted by probiotics. Many naturopaths tell women with vaginal yeast infections to dip a tampon in yogurt and insert it for an hour or two. Prevention is the key here, and a study published in the International Journal of Gynecology and Obstetrics attributed the increase in recurring vaginal candidiasis worldwide to a lack of sufficient Lactobacilli in many women, as well as the growing problem of antibiotic resistance. Lactobacilli constitute (according to the study) the vagina's primary defense mechanism against Candida.

• Absorb vitamins and nutrients more efficiently.

• Create B Vitamins and omega-3 essential fatty acids. Yes, this is the amazing thing about probiotics. They excrete things our bodies need. Additionally, they help take flax oil (Alpha-linolenic Acid) and convert it to DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). Without probiotics, you have to get DHA and EPA from marine sources.

• Boost immune function. This occurs in the following two steps:

• Neutralize carcinogens, metabolites (harmful byproducts of digestion) and waste materials. The removal of waste products adds to your overall energy levels.

• Help form antibodies.

• Reduce and possibly eliminate food allergies. "Whenever a food allergy is felt to be behind a medical problem, probiotics will prove beneficial." Dr. Robert C. Atkins.

• Relieve urinary tract infections. Acidophilus is one of the dominant healthy bacterial colonies in the urinary tract (kidneys and bladder). E-coli, though usually thought to inhabit only the colon, actually makes its way into the urinary tract, too.

• Relieve bad breath; reduce body odor. Let's face it, some bad breath problems don't just start in the mouth, but come up from the digestive system.

• Protect against leaky gut syndrome. This in a subject we'll have to cover in another article, but maintaining proper flora in your gut will help prevent this terrible condition.

• Relieve inflammation. Inflammation has become the disease of this new century. Studies published in Gut; 2004, Vol. 53, 108-17 show that bowel surgery patients who took probiotics had an 85% chance of remaining pouchitis free (inflammation of the pouch that usually follows bowel surgeries) while those taking the placebo had only a 6% chance of avoiding it.
Additionally, the National Institute of Allergy and Infectious Diseases (NIAID), a branch of the National Institute of Health, published a study that showed that DNA from dead probiotics helped reduce inflammation in mice. [www.nih.gov/news/pr/feb2004/niaid-03.htm]

- Relieve allergies and eczema. The above study also went on to point this out. It's always been suspected that skin problems begin in the gut. This is just one more piece to the puzzle that's been discovered.

- Prevent, palliate, and reduce the effects of the common cold. This one is amazing. I discovered a paper on line (in PDF format) published by the Institute for Physiology and Biochemistry of Nutrition from Kiel, Germany that told of a study they had begun. I found the results at the Health Sciences Institute web site. The results showed that the group taking the probiotics had 13% fewer respiratory infections, and of those who got the infection, the probiotic group had a 19% reduction in symptoms over the placebo group. Influenza symptoms were reduced by 25% and the number of days of fever was reduced by 50%. Overall immune response was significantly higher in the probiotic group, especially during the first 14 days of supplementation.

There is no secret to maintaining proper flora in your system. Eating a good yogurt or kefir or homemade sauerkraut is a good start, along with organic vegetables and a good flax oil. Additionally, you will want to eat lignan precursors found in such foods as flax seed (mentioned already), the cruciferous vegetables (cauliflower, broccoli, Chinese cabbage, boc choi), spinach, carrots, millet and buckwheat). Lignan precursors, when metabolized by our probiotics, create chemicals that protect us from cancers, strokes, heart disease, and osteoporosis.

You might also wish to supplement with FOS (Fructooligosaccharide) a primitive sugar that your body cannot digest, but your probiotics love.

We never really kill off all of our probiotics, but we can quickly and easily disrupt this fragile balance. Here are the things that can put our good bacteria/bad bacteria ratio out of whack:

1. Stress
2. Excessive Sugar consumption
3. Excessive Yeast consumption
4. Chlorinated water
5. Processed foods
6. Excessive Alcohol consumption
7. Colas and carbonated beverages
8. Anti-inflammatory drugs and pain killers (both prescription and OTC)
10. Traveling outside the country two, three or more times a year.
11. Tobacco smoke.
12. Estrogen.

If you don't know by now, Sedona Labs creates my favorite form of probiotics. They've developed a process that coats the various bacteria and they do not have to be refrigerated or taken on an empty stomach. Consumer Labs ranked their iFlora the best of the best.

http://www.mnwelldir.org/docs/nutrition/digestion02.htm#Probiotics_