

# In-Liven Your Health

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Almost 100 years ago, the Russian born bacteriologist and 1908 Nobel Laureate, Ilya Mechnikov, stated: "Death begins in the colon."



Ilya Mechnikov  
1908 Nobel Laureate

In his groundbreaking book *Prolongation of Life*, Mechnikov documented in detail the unusually lengthy life spans of several societies that practised eating fermented foods and special bacterial cultures called kefir. He made consistent observations of 100+ year-old men and women that were still

leading highly active and healthy lives!

It was Professor Ilya Mechnikov that coined the term "probiotic" to describe friendly bacteria. His research made a direct link between human longevity and the necessity of maintaining a healthy balance of probiotics in the body.

## DEATH BEGINS IN THE COLON

TODAY . . . ALMOST A CENTURY LATER . . . Brilliant medical researchers from all over the world are refocused on the importance of probiotics in the diet, quietly reshaping the way medical science views health.

Building on Mechnikov's early research, their vital new discoveries are bringing more and more credence to this startling medical evidence:

**"Up to 90% of all known human illness and disease can be traced back to an unhealthy colon!"**

**Do we have a false sense of complacency about our health?** Do we believe that because we faithfully take our vitamins, or regularly bombard ourselves with silver bullets, pills and potions, that we won't contract a disease?

**CURRENT NEWS FLASH:** North Americans ingest more vitamin and mineral supplements per capita than any other educated population in the world. Yet, **1 out of 2 Americans will still die due to either heart disease or cancer!** Similar death rates for heart disease and cancer now exist worldwide.

**FUTURE FILE:** As the general public learns more about probiotics, and health practitioners acknowledge their importance in the maintenance of our health, **we will have connected the dots** between a healthy colon, sound health and increased life span.

**85% Probiotic Bacteria : 15% Pathogenic Bacteria** is the ideal ratio of good to bad bacteria in the gut

**85% Pathogenic Bacteria : 15% Probiotic Bacteria** is the ratio most people have

When you suffer from low quantities of good (probiotic) bacteria your immune system is severely compromised.

This leaves you predisposed to fatigue, joint inflammation, viral attack, parasites, allergies and all manner of digestive disorders and life-threatening diseases.

## WHY VITAMINS AREN'T ENOUGH!

Once harmful toxin-producing bacteria and fungi take over in the gastrointestinal tract, our immune system has become severely compromised.

Given our exposure to stress, toxic chemicals, antibiotics, steroidal drugs and carcinogenic substances, it is a must that we proactively guard the health of our gut and supplement with probiotics every day.

Without the correct balance of 85% probiotic bacteria to 15% pathogenic bacteria, some form of physical disease is likely to manifest itself.

Maintaining this critical ratio is the single most important thing we can do to ensure good health and longevity.

## Common Warning Signs of a Bacteria Imbalance

- Difficulty losing weight, sugar/carbohydrate cravings
- Frequent fatigue, poor concentration
- Frequent constipation or diarrhoea
- Faulty digestion, acid reflux and other gut disorders
- Sleeping poorly, possible night sweats
- Painful joint inflammations/stiffness
- Bad breath, gum disease & dental problems
- Frequent colds, flu or infections
- Chronic yeast problems, candida
- Acne, eczema, skin & foot fungus, etc
- Extreme menstrual or menopausal symptoms
- Allergies and food sensitivities

We are exposed to **BILLIONS OF METRIC TONNES OF POLLUTANTS** in our everyday lives.

Lead, mercury, cadmium (plus over 4500 other toxic heavy metal by-products), drugs, vaccines, and a host of other dangers are wreaking (creating) havoc in our bodies.

As our toxin levels rise and go unchecked, our immune system and other mission critical processes in our body become dangerously compromised and begin to fail.

## HOW BACTERIA WORKS MIRACLES IN OUR BODIES

Bacteria are at the base of all life on this planet. They were the original life and they most certainly will be the last, because absolutely no living thing on earth can exist without them.

Understanding how bacteria operates and rules the body is often the missing link in understanding the demise of our first line of defence: The Immune System.

**The proprietary strains of probiotics in In-Liven have been developed and perfected to deliver their benefits - in spite of interference from toxins.**

## THE MAGIC CYCLE

Bacteria have no teeth, but rather produce enzymes. These enzymes then identify, digest and deliver nutrients where they need to go. You have tens of trillions of cells, each of which needs 100,000 enzymes to function correctly.

**It is enzymes that are responsible for every metabolic process in your body.**

If there is a deficit of friendly (probiotic) bacteria in the human gut, then there is a deficit of enzymes.

Without these vital enzymes, nutrients do not get used. This lack of uptake of nutrients is at the heart of what causes most of the disorders in the human body.

You can consume the best nutrients in the world, but if you cannot digest and assimilate them, then everything is lost.

## Things that Kill Bacteria in the Body

- Antibiotics
- Birth control pills
- Steroidal/hormonal drugs
- Fluoride
- Chlorine
- Coffee/tea
- Carbonated drinks
- Man-made vitamins
- Synthetic ascorbic acid
- Radiation
- Stress
- Preservatives
- Additives
- Pesticides
- Fertilisers

Today, most of us have lost our ability to digest nutrients. This is largely due to the fact that the "anti-probiotic" things (see the things that kill bacteria above) we are exposed to have killed off the friendly bacteria necessary to produce the enzymes that digest these nutrients.

Enzymes are responsible for all building and repairs in the body, and they need amino acids to get these jobs done. It is crucial to good health to have amino acids floating in the body - available at a moment's notice - so that enzymes can utilise them when needed. In-Liven saturates the body in naturally occurring amino acids when taken daily. Amino acids also provide the building blocks for most of the hormones, neurotransmitters, neuromodulators and other information chemicals that regulate and control ALL communication in every cell of our body.

## THE COMPETITION TO SURVIVE

The strongest bacteria will always kill the weaker ones. Further, bacteria compete for food sources. Therefore, it is a fallacy to think you are helping the body by taking a probiotic supplement that only has one, two or maybe even four types of lactobacillus, and no food source with it. These new bacteria will deplete the number of bad and good bacteria in your body, as they compete for food.

That is why it is important to supply all **13 key Lactobacillus members** along with the foods they like to eat. Then they work in harmony as a unit, in order to balance the populations of pathogenic (harmful) bacteria in the body. The 13 probiotic Lactobacillus bacterium contained in In-Liven work synergistically to manufacture over 6,000 additional substrains of healthful bacteria that work in the body.

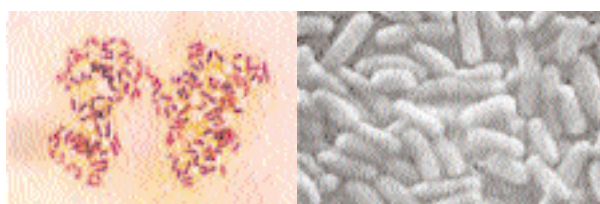
Another important by-product of our "bacteria wonder strains" is **Lactic Acid**. Bacteria manufacture lactic acid to protect themselves from bad bacteria. Lactic acid has a pH factor of 3.5 or less. NO BAD bacteria can live in this environment and, in fact, this low pH

environment promotes the growth of good bacteria.

It is vital to your health that a proper environment is maintained in the intestinal tract and that it has the proper balance of 85% friendly to 15% unfriendly bacteria. Without this proper balance of bacteria, all manner of physical disease manifests itself. This singular focus, of cultivating the proper intestinal flora, is the most important thing we can do to ensure good health. In the absence of abundant friendly flora, the body loses its fantastic ability to heal itself.

Probiotic bacteria (friendly bacteria) prevent the invasion and colonisation of harmful bacteria, fungi, yeast, viruses, moulds, and other parasites. Thus, these friendly bacteria prolong a healthy life.

They maintain chemical and hormonal balance, regulate nutrients, and stimulate correct digestion and proper immune function. They will process putrefied materials and pathogenic products like Candida, harmful bacteria and parasites, and in many cases will penetrate the permeable lining of the gut wall and permanently destroy potentially harmful organisms.



**In short, the main health benefits of probiotics include:**

Increased digestion, alleviation of digestive disorders, enhanced assimilation and synthesis of nutrients (including vitamins, minerals, and proteins), improved absorption of calcium, protection against E. coli infection, improved immune function, improved lactose tolerance and digestibility of all milk products, reduction of vaginal infections and yeast infections, increased anti-carcinogenic (anti-cancer) activity, reduction/prevention of peptic ulcers caused by H. pylori bacteria, reduction in bad cholesterol, and reduction of acne.

Each of the 26 certified organic whole food ingredients that comprise In-Liven are pre-digested by these 13 uniquely cultured probiotic lactobacillus for three weeks prior to bottling. This process is called "**bio-potentiating**" – as it increases the bioavailability of all the free-form nutrients.

Sporogenes are the most stable and "intelligent" of any of the Lactobacilli bacteria. It has taken several years to develop them to the point where they are compatible with our other 12 probiotic bacteria in In-Liven.

Sporogenes derive their name from spore-bearing lactic acid bacteria, and are an inspired and wonderful gift from the Tibetan monks who have been cultivating them for centuries from a cheese they make from yaks' milk.

When good bacteria die they give their bodies up as food to the others. Our Sporogenes actually convert these expired bacteria to nutrients for the body.

During the life cycle of this species it forms spores. Spores are a fully alive, but dormant, stage for these bacteria. They have developed a protective envelope in which they wrap themselves. Therefore they are totally unharmed by stomach acid and, in fact, are actually benefited by it, as it helps the Sporogenes release their outer envelope to begin their life cycle in the intestine. They are also not harmed by rather high temperatures.

Once they reach the intestine, they are very rapid and effective colonisers and are one of the most prolific lactic acid producers of all the Lactobacillus bacteria. As a result they soon lower the pH of the intestine, making it inhospitable to yeast and other putrefactive bacteria.

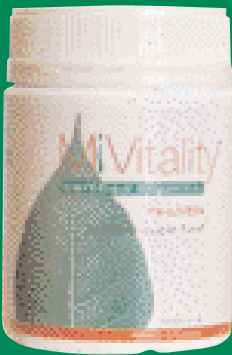
As the pH of the colon becomes normal, the putrefactive and pathogenic bacteria diminish in number, allowing beneficial bacteria including the Lactobacillus to multiply. The result is a rapid increase in lactic acid and butyrates, which serve as nourishing fuels for the cells that line the colon.

With the vastly reduced number of putrefactive and pathogenic bacteria inhabiting the colon, a substantially reduced level of toxic substances

leave the colon with the fluids absorbed into the hepatic-portal bloodstream that goes from the gastro-intestinal tract to the liver. With a manageable level of toxins to deal with, the liver is able to neutralise all of them, and the post-hepatic blood circulation is clear of even low levels of toxins. Hence, there is no longer a stimulation of the disease process or the breakdown of weak genes in the outlying tissue cells. **The hidden disease process is thus halted.**

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**In-Liven**

A certified organic probiotic nutrient saturation formula

A broad spectrum of living nutrients, NOT isolated synthetic "nutrients"

26 certified organic living wholefoods, 13 lactobacillus bacteria 18 amino acids, that provide the necessary materials to assist the body's natural defence system.




Sherrill Sellman, author of *MOTHERS, Prevent Your Daughters From Getting Breast Cancer*

**EXCERPTS FROM:**

**MOTHERS, Prevent Your Daughters From Getting Breast Cancer**

**W**e live in a chemical soup. They're everywhere, in everything and they're here to stay. How many? It is estimated that since World War II, more than 80,000 synthetic chemicals have invaded our world. About 40 million tons are manufactured worldwide.

It is shocking to learn that hardly any of these substances have been tested for safety, but have been added to our food, skin care, water, cleaning products etc. without our consent and, most of all, without warnings of their potential dangers. Approximately 1000 new chemicals are made each year.

Surprisingly, city dwellers use more chemicals per acre than farmers and spend more than one billion dollars annually. In a lifetime 50 lbs of toxic waste can enter a body from drinking water and at least 450 lbs can enter the body through the skin. Organochlorines are chlorine-based chemicals. They are extremely toxic and lethal. Herbicides, pesticides, including DDT, its metabolite DDE, dieldrin, atrazine, methoxychlor, hetachlor, kepone, chlorine bleach, most disinfectants as well as various plastics such as vinyl chloride made into the plastic products such as baby bottles and babies soft toys.

They accumulate in our bodies in many ways: from drinking water, from food grown with agricultural chemicals, from plastic migrating into canned and microwaved foods, and from food or body contact with chlorine bleached paper products (coffee filters, tampons, paper cups, toilet papers).

Although pesticides are designed to kill insects and other organisms, that's not all they do. In fact, only 2 per cent of the 1.2 billion pounds of pesticides sprayed on crops accomplish this purpose! The other 98 per cent are absorbed into the air, water, soil, or food supply – and into our bodies.

The majority of organochlorines are stored in fat cells and breast tissue. The tendency of organochlorines to stay in the body is evidenced by the fact that recent samples of fat and breast milk collected from women in the United States and Canada contained DDT, chlordane and dieldrin, organochlorines banned for over three decades (as well as those in current use such as DDE and PCBs). Women with high levels of agricultural organochlorines in their blood are 4 to 10 times more likely to develop breast cancer than women with low levels. Women with breast cancer have 50-60 percent more PCBs, DDE and other pesticides and organochlorines in their tissues than women without breast cancer.

The really scary thing about these pervasive chemicals is that fetuses and infants can be harmed by exposure to chemicals at levels that do not appear to harm adults. In fact, these hormone-

disrupting chemicals can have effects at extraordinarily low doses, as low as parts per trillion. Mixtures of chemicals can have effects that are different from those of individual chemicals. For instance, a combination of only two different organochlorines together in minute doses has been found to be 1000 times more potent in affecting human estrogen receptors as with the chemicals alone.

So, there's no escape. We're surrounded. Products that look innocent, such as commercial soaps as shampoos, can be harboring potent carcinogenic hormone disrupters. So are our foods. Our favorite salad green, lettuce, can be sprayed with pesticides as many as 12 times in its short life. The lawns our children play on, the household cleaners we use in our ovens, on the sink, for the toilet. The water we bathe in. These are just some of the ever-contaminating ways chemicals have silently infiltrated into our lives and put at health at risk. What do we do to survive the toxic onslaught? It has become obvious that going organic is really no longer an option. From eating organic fruits and vegies to using organic personal care products, household cleaning products and organic pest control, going organic is really the only way to go. A recent study found that pre-schoolers who were eating primarily organic foods had 6-9 times less pesticide residues in their bodies! So, just making small changes do make a difference!