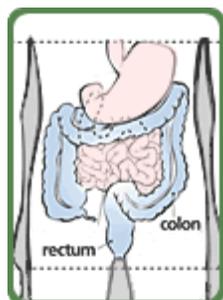


Intestinal Health Research Report



Florify™ by Melaleuca

Researched and Written by Karen MacKenzie

This report is on the probiotics: Lactobacillus acidophilus, bifidobacterium and the prebiotic: fructo-oligosaccharides. It is based on the ingredients that are in Melaleuca's exciting new product: **Florify™**.

If you think that taking probiotics is a waste of time, think again. The secret of being healthy, and staying healthy, right through life is maintaining an efficient digestive system. Poor internal flora is indicated in many of the 21st century illnesses that are plaguing the industrialized world today. High cholesterol, irritable bowel syndrome, Candida albicans, skin problems including eczema, reduced immunity, shortened life span, infections, food poisoning. And probably most importantly of all, research now suggests that a good intestinal flora can reduce nitrosamines, which are implicated in causing several types of cancer.

Probiotics – Florify™ by Melaleuca

Everyone needs to keep their internal flora in balance, [especially after taking antibiotics](#). Dr Michael Klaper answers questions from the Institute of Nutrition Education and Research. He graduated from University of Illinois College of Medicine in Chicago in 1972. He trained in surgery, anaesthesiology, orthopaedics and obstetrics at the University of California Hospitals in San Francisco.

[In this very informative press release](#), from The University of Michigan Health System, the effectiveness of probiotics is explained.

This study, published in the British Journal of Nutrition, suggests that probiotics can stop DNA damage to colon cells, so are identified as having anticarcinogenic activity. Oberreuther-Moschner D L, et al. [Dietary intervention with the probiotics Lactobacillus acidophilus 145 and Bifidobacterium longum 913 modulates the potential of human faecal water to induce damage in HT29clone19A cells](#). Volume 91, Issue 6, June (2004), pp. 925-932.

Lactobacillus acidophilus – Florify™ by Melaleuca

Lactobacillus acidophilus and Bifidobacterium have many beneficial effects in the human body. This paper points out that a staggering 60 to 70 million Americans suffer from digestive diseases, most of which could be reduced by the regular intake of a good probiotic.

[Diagnose-me.com](#) is an expert run website that provides health information to patients and doctors alike. This is what they have to say about Lactobacillus acidophilus.

This study shows that Lactococci is capable of reducing serum cholesterol and also states that bacteria of the Lactobacillus family can actually reduce them too. Kimoto H, Ohmomo S, Okamoto T. [Cholesterol removal from media by Lactococci](#). J Dairy Sci. 2002 Dec;85(12):3182-8.

Lactobacillus acidophilus can increase HDL cholesterol (the good cholesterol), which is needed

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"Being a Melaleuca Marketing Executive, it is an advantage when we can show clinical studies to back up our claims about the benefits of becoming a Melaleuca customer. So once again, thank you." S.B.

"All the reports are very informative and helpful. They will definitely be of great help in getting my customer base interested. Many thanks..." S.D.

"Excellent! Thorough and informative. Thank you!" J.A.

"I just wanted to say

to reduce the risk of coronary heart disease.

Kiessling G, Schneider J, Jahreis G. [Long-term consumption of fermented dairy products over 6 months increases HDL cholesterol](#). Eur J Clin Nutr. 2002 Sep;56(9):843-9.

Lactobacillus acidophilus has the capability of reducing heart disease by 6-10% in individuals diagnosed with high cholesterol levels.

Anderson JW, Gilliland SE. [Effect of fermented milk \(yogurt\) containing Lactobacillus acidophilus L1 on serum cholesterol in hypercholesterolemic humans](#). J Am Coll Nutr. 1999 Feb;18(1):43-50.

Lactobacillus acidophilus can colonize the intestines to create the right environment that gives us good health, and, in particular, anticarcinogenic protection.

Mital BK, Garg SK. [Anticarcinogenic, hypocholesterolemic, and antagonistic activities of Lactobacillus acidophilus](#). Crit Rev Microbiol. 1995;21(3):175-214.

Bifidobacterium – Florify™ by Melaleuca

Research studies have shown Bifidobacterium to have significant immune enhancing effects. Once in the digestive tract, they resist acid digestion and the action of bile salts, they survive the journey through the intestines and reach the colon. B. lactis can actually improve constipation; prevent diarrhea, especially in children; and ease inflammation of the colon. In addition, the anti-microbial properties reduce the effect of negative bacteria, especially E. coli and Salmonella.

This study of elderly individuals shows that Bifidobacterium lactis can enhance cellular immunity, especially in those who have reduced immunity.

(Gill HS, Rutherford KJ, Cross ML, Gopal PK. [Enhancement of immunity in the elderly by dietary supplementation with the probiotic Bifidobacterium lactis HN019](#). Am J Clin Nutr. 2001 Dec;74(6):833-9.)

This study shows that supplementing the diets of 27 infants, with an average age of 4.6 months, greatly reduced atopic eczema, which is categorized as allergic inflammation.

Isolauri E, Arvola T, Sutas Y, Moilanen E, Salminen S. [Probiotics in the management of atopic eczema](#). Clin Exp Allergy. 2000 Nov;30(11):1604-10.

Anti carcinogen Properties of Bifidobacterium.

Reddy BS. [Possible Mechanisms by Which Pro- and Prebiotics Influence Colon Carcinogenesis and Tumor Growth](#). Journal of Nutrition. 1999;129:1478S-1482S.

Fructo-oligosaccharides (FOS) – Florify™ by Melaleuca

All bacteria, good and bad, need a food source. The problem is, if there are too many sugars present in the digestive system the bad bacteria can outgrow the good. This leads to reduced immunity, inflammatory diseases, digestive problems and even food poisoning. A prebiotic, such as: fructo-oligosaccharides (FOS) is the good guy's power food. This study shows that while Lactobacillus acidophilus and Bifidobacterium bacteria thrive with FOS, salmonella strains do not.

Oyazabal OA, Conner DE. [In vitro fructo-oligosaccharide utilization and inhibition of Salmonella spp. by selected bacteria](#). Poult Sci. 1995 Sep;74(9):1418-25.

More good reasons for taking FOS containing supplements

FOS does not only help good bacteria to colonize the gastrointestinal system. A daily dose of FOS improves the protective effects of soy isoflavones on skeletal bones.

Mathey J, Puel C, Kati-Coulibaly S, Bennetau-Pelissero C, Davicco MJ, Lebecque P, Horcajada MN, Coxam V. [Fructo-oligosaccharides Maximize Bone-Sparing Effects of Soy Isoflavone-Enriched Diet in the Ovariectomized Rat](#). Calcif Tissue Int. 2004 May 28.

thank you for the report and to let you know how helpful I found it. — A really useful newsletter! Thanks." D.H.

"A real gold mine of info." J.K.

"Thanks for your tireless pursuit of truth. It is a huge resource to us!!" P.L.

"I love this report, and the leads generated from it..." D.B.

Fructo-oligosaccharides not only enhance bifidobacterium activity within the colon, but also assisted the absorption of magnesium and reduced the development of colon tumors in an animal model.

Bornet FR, Brouns F, Tashiro Y, Duvillier V. [Nutritional aspects of short-chain fructo-oligosaccharides: natural occurrence, chemistry, physiology and health implications.](#) Dig Liver Dis. 2002 Sep;34 Suppl 2:S111-20.

Comments From Your Researcher

I would love to know what you think about this intestinal health report. You may [contact us](#) with any suggestions or comments about this report.

August 2004

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