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WHAT DO YOU DO FOR GASTRITIS?

Take antibiotics or proton pump inhibitor (PPI)?

DID YOU KNOW?

Doctors are taking note; PPIs are not intended for long-term use beyond 6 weeks. Antibiotics are also beginning to become problematic. Not only are antibiotics costly, but the overuse of antibiotics is creating drug-resistant microbes that can be difficult to manage.

THE CAUSE OF GASTRITIS AND GASTRIC ULCERS

Gastritis and gastric ulcers are usually caused by an overgrowth of H. pylori bacterium. This is why, in addition to proton pump inhibitors, patients that present these symptoms are prescribed an antibiotic.

STUDIES FOUND BENEFICIAL MICROFLORA ARE THE KEY TO TREAT GASTRITIS

Several studies have found Lactobacillus to be extremely effective as a preventative measure against gastritis, as well as in resolving gastritis, in healing the lining of the stomach, and in alleviating diarrhea, nausea, and vomiting. PROBIOTICS are an amazing way to build the reserves of these bacteria in the gut.

One recent study has revealed that Bifidobacterium bifidum, a particular strain called CECT 7366, has a 95% in vitro inhibition rate of H. pylori.

B. bifidum is a beneficial microbe that is commonly found in fermented milk products, such as yogurt and whole milk kefir. It tends to colonize in the large intestine and has been used to remedy inflammatory gastrointestinal disorders and harmonize the immune response system.

Researchers of the study conducted their trials in mice. They found that after 21 days, mice treated with B. bifidum CECT 7633 developed significantly fewer ulcers than the control group. They concluded that the probiotic treatment partially relieved the damage of gastric tissue caused by H. pylori colonization and that the probiotic has functional activity against H. pylori.

While H. pylori infection is falling in industrialized countries, and with it peptic ulcers and gastric cancer have decreased continuously over the past 30 years, gastroesophageal reflux disease (GERD) and esophageal carcinoma have increased continuously in the same time period.

Some scientists believe that total eradication of H. pylori may actually be related to an increase in mortality rates for GERD and esophageal adenocarcinoma. Evidence has been collected that shows H. pylori protects against esophagitis and related complications. If this proves consistently the case, then using beneficial microflora to keep H. pylori overgrowth in check may prove therapeutic and preventative.

Current treatment protocol for gastritis and gastric ulcers aims at completely eradicating H. pylori.

This method has a 90% efficacy rate and therefore is considered successful. However, the medical community as a whole has been encouraging the reduction of antibiotic use due to the increase of antibiotic resistant superbugs.

In fact, recently James Hughes, former director of the National Center for Infectious Disease at the Center for Disease Control (CDC), made a public plea that medical providers severely restrict their use of antibiotics. (5)

Probiotic use of B. bifidum and Lactobacillus has been shown to protect the entire digestive tract.

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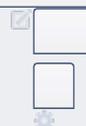
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Unfortunately, as effective as antibiotics are at eradicating *H. pylori*, growing evidence suggests that it may be more advantageous to support the integrity of the inner ecosystem with beneficial microflora that are able to keep aggressive colonizers, like *H. pylori*, in check.

Growing interest and confidence in beneficial microbial therapy is an effective answer to the problem of antibiotic overuse, which prominent medical doctors and health leaders are now actively addressing.

KEY TAKE AWAY

Beneficial microflora are exceptional in controlling gastritis. They also help heal the tissue of the stomach lining and promote a healthy immune system response.

Consuming foods and beverages that are fermented on a daily basis is an excellent way to guarantee that your inner ecosystem is healthy and thriving!

PROBIOTICS IS THE ANSWER FOR GASTRITIS

There are many probiotics in the market. How to choose a good one that is effective?

Well very simple, you just need to look for two things:

1. Are the bacteria live or dead? In order for your body to benefit from probiotics, they need to be living. So the form in which the product is created must enable the bacteria both to remain alive and healthy while on store shelves, and to reach the areas in your gut.
2. Number of different strains of bacteria that it includes. Because the different strains of probiotic bacteria have slightly different functions and are concentrated in various places along the digestive tract, probiotic supplements that contain multiple strains tend to be more effective overall than products containing an extremely high concentration of just one or two strains.

WHY 4LIFE PROBIOTICS?

4Life's Probiotics contains a proprietary blend of five active probiotics strains to provide a wide range of probiotic support.

Helps restore and maintain a healthy intestinal balance for better nutrient absorption

Concentrated active cultures - provides 10 billion live bacteria at the time of manufacture

Broad spectrum - includes 5 strains of good bacteria

Requires no refrigeration

Convenient - blister packs, easy-to-carry, and share

IFANCA Halal Certified. Comes in vegetable capsules

No artificial flavours, colours or preservatives

And it includes 5 strains of Live Bacteria

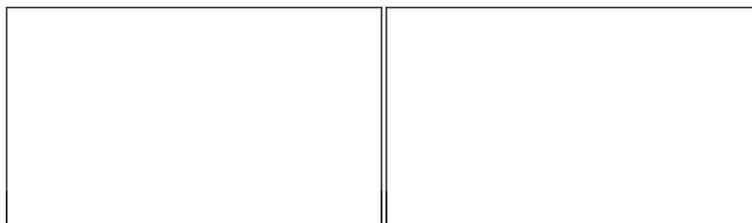
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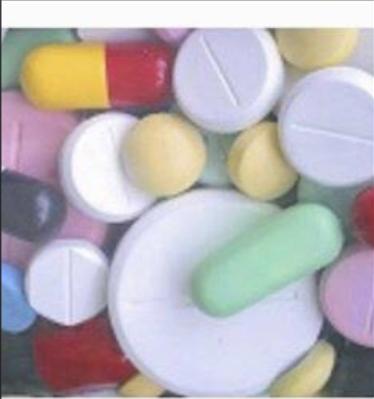
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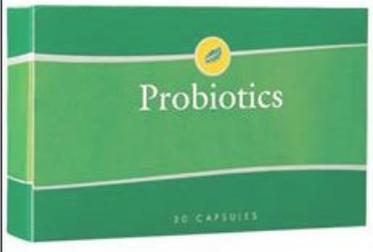
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