

Herbs INSTEAD of Probiotics

Website: [Healthy Christian Living - Living by the Blueprint](#)

Horopito

Horopito, or pepper tree, is a New Zealand herb that reportedly acts as a probiotic on fungal infections. This herb's main ingredient, polygodial, may fight yeast infections. NaturopathicDigest.com cites a 1982 study at Canterbury University in New Zealand. Candida albicans, a form of yeast, was produced to determine the effects of polygodial on its growth. Polygodial was successful in inhibiting the proliferation of the yeast.

Peppermint

Probiotics are suggested as a way to ease the gastrointestinal discomfort of those with irritable bowel syndrome, or IBS. Peppermint appears to have a probiotic effect on the symptoms of IBS, such as reducing nausea, stomach cramping, bloating and intestinal gas. However, more scientific evidence is needed to prove peppermint's effectiveness in treating digestive disorder symptoms.

Olive Leaf

Olive leaf was first used by ancient Egyptians for its medicinal benefits. This herb became popular when health professionals began using it in 1995. Olive leaf may have probiotic effects on gastrointestinal disorders by boosting the immune system as well as reducing diarrhea and yeast infections. Olive leaf, while thought beneficial, has not been scientifically proven to treat intestinal disorders.

<http://www.livestrong.com/article/267125-what-herbs-foods-are-probiotic/>

Slippery Elm

• Prebiotic

The soluble fiber of slippery elm acts as a prebiotic which feeds probiotics, the beneficial bacteria of the intestines. Through a natural fermentation process the soluble fiber is broken down, nourishing and encouraging proliferation of these necessary probiotic bacteria. In turn, these bacteria aid digestion and are vital to the immune system. They too play an important role in the production of SCFA's, overwhelm pathogenic (disease-creating) microorganisms and produce chemicals necessary for the immune system to function correctly.

FIBER -- at least 25 grams of fiber or more. WHY FIBER? Because good bacteria live and thrive in soluble fiber such as flax, psyllium, oat bran, and my favorite, slippery elm. When the good bacteria live in a high fiber environment, they multiply, and when they multiply enough, they can crowd the bad bacteria and maintain the proper balance.

Garlic and Probiotics

As a prebiotic, garlic can help probiotics thrive within the intestine. When consumed together, the indigestible prebiotics in the garlic will remain in the intestine where the probiotics that live there can use it as food. In this symbiotic relationship, the probiotics depend on the prebiotics for growth and survival. Without adequate prebiotics, the probiotics may not get enough nutrients to survive, and the natural flora of your intestine will change. If the beneficial bacteria are underpopulated, other, more harmful bacteria can move in, potentially causing gastrointestinal problems.

<http://www.livestrong.com/article/504711-garlic-and-probiotics/>

<http://www.bitsofscience.org/bee-honey-lactic-acid-bacteria-probiotic-food-5273/>

Conclusion

Substituting sugars with honey in processed food can inhibit the harmful and genotoxic effects of mycotoxins, and improve the gut microflora.

<http://www.biomedcentral.com/1472-6882/6/6>

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Medical Miracles

Researchers have demonstrated that there is a substance in bee pollen that inhibits the development of numerous harmful bacteria. Experiments have shown bee pollen contains an antibiotic factor effective against salmonella and some strains of bacteria. On the clinical level, studies have shown that a regulatory effect on intestinal function can be attributed to bee pollen. The presence of a high proportion of cellulose and fiber in pollen, as well as the existence of antibiotic factors, all contribute to an explanation for this efficacious effect.

Working with lab animals has demonstrated that the ingestion of bee pollen has a good effect on the composition of blood. A considerable and simultaneous increase of both white and red blood cells is observed. When bee pollen is given to anemic patients, their levels of hemoglobin [oxygen-carrying red blood cells] increase considerably.

It is reported that bee pollen in the diet acts to normalize cholesterol and triglyceride levels in the blood: Upon the regular ingestion of bee pollen, a reduction of cholesterol and triglycerides was observed. High-density lipoproteins (HDL) increased, while low-density lipoproteins (LDL) decreased. A normalization of blood serum cholesterol levels is also seen.

One of the most important articles ever published on bee pollen comes from our own United States Department of Agriculture. This article, entitled "Delay in the Appearance of Palpable Mammary Tumors in C3H Mice Following the Ingestion of Pollenized Food," is the work of William Robinson of the Bureau of Entomology, Agriculture Research Administration. It was published in the Journal of the National Cancer Institute way back in October 1948, five decades ago. According to the article, Dr. Robinson started with mice that had been specially bred to develop and subsequently die from tumors. He explains, "The age at which mice of this strain developed tumors ranged from 18 to 57 weeks, with an average appearance at 33 weeks. Tumor incidence was 100 percent."

The pollen used in this study was supplied by the Division of Bee Culture and, according to the report, "was the bee-gathered type." One group of mice was fed mice chow only; another group was fed mice chow with the addition of bee pollen at a ratio of 1 part bee pollen to 10,000 parts food. Dr. Robinson's article states, "Particular attention was given to the weight of the treated animals, since underweight

can in itself bring about a delay in tumor development. No decrease in weight occurred in the animals receiving the pollenized food. Instead, a slight but fairly uniform increase was noted, possibly due to a nutritional factor in pollen."

In his summary, Dr. Robinson reveals the dramatic results: "In the untreated mice [the mice not given bee pollen], mammary tumors appeared as expected at an average of 31.3 weeks. Tumor incidence was 100 percent. In the postponement series, [the mice given bee pollen], the average [onset of tumors] was 41.1 weeks, a delay of 9.8 weeks being obtained. Seven mice in this series were still tumor-free at 56 to 62 weeks of age, when the tests were terminated. I would like to emphasize that these mice were especially bred to die from cancerous tumors. Without the protection of bee pollen in their food, the mice developed tumors and died right on schedule.

Given the fact that cancer is the number-two killer in the United States (heart disease is number one), we can all certainly agree that this is an electrifying article. What happened from it? Nothing. Even the National Cancer Institute, which published it, failed to follow up on this very promising line of research. It was dropped with no explanation.

http://www.mercola.com/article/diet/bee_pollen.htm

Shock finding: Most probiotic supplements made with genetically modified flow agents, fillers

http://www.naturalnews.com/038783_probiotics_maltodextrin_gmos.html#

I just researched "pro-biotics" online and the History of its findings came in 1907 from Eli-Metchnikoff

I would like to share a quote with you where Sister White says if God has any "new light" for his people, we do not need to go to those in darkness (and she was referring to Sunday keepers who are Christians...what about the people of the world?), that He would give it to His people.

"If God has any new light to communicate, He will let His chosen and beloved understand it, without their going to have their minds enlightened by hearing those who are in darkness and error."
{EW 124.2}

This man was not an SDA. I don't even think he professed to be a Christian. If pro-biotics were important, God would have shown Sister White way before any worldly man discovered it. Remember TOBACCO? **We knew about it years in advance. Same with vinegar.**

"When the great question of health reform was opened before me, the methods of treating the sick were plainly revealed to me..." {20MR 373.2}

If using probiotics for digestive health was necessary, Sister White would tell us. Instead, she tells us everything to do for digestion, and this new method of using probiotics is not in accordance with our message.