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What is Autoimmune Disease (AD)?

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You have heard of it- you may even live with the diagnosis. The body's immune system get's confused and begins to attack itself. This causes a variety of injuries and inflammatory situations affecting perhaps 50 million Americans.

AD is implicated in 80 to 100 different conditions, and 40 more are suspected. The most commonly encountered are Diabetes Mellitus Type I, Psoriasis, Rheumatoid Arthritis, Ankylosing Spondylitis, Hashimoto's Thyroiditis, Multiple Sclerosis, Inflammatory Bowel Disease, Crohn's Disease, Celiac Disease, and Ulcerative Colitis.

There is increasing evidence that the use of probiotics may protect against the development of various autoimmune diseases. Even more exciting, the use of probiotics may delay the onset, and lessen the effects of AD.

What causes Autoimmune Disease?

The exact cause is not clear. Researchers believe there is a genetic predisposition underlying the problem. Environmental factors, such as toxins, diet, infectious agents and loss of normal intestinal flora may tip the scale. These factors may cause the body to perceive itself as 'foreign'.

The gastrointestinal epithelium (GI tract) is the main interaction the body has with the outside world. *This system* contains over 70% of the body's lymphoid cells. It is the primary immune organ providing an interaction between the external environment and host defense. In a healthy individual this interaction is contingent upon a normal gastrointestinal microbial population - normal flora. A breakdown in this system may lead to a 'leaky gut' and *many* other problems.

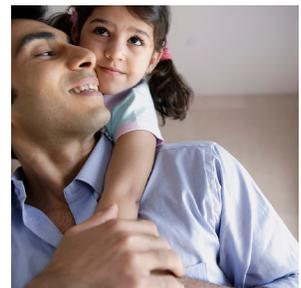
What can cause a breakdown?

Problems arise when there is damage to the tissue lining the GI tract. For instance, Crohn's disease, an allergy to gluten and/or milk, causes physical damage to the GI tract. Other problems may arise when there is damage to the good bacteria that normally live in the GI tract. Antibiotics kill both good & bad bacteria, including those that live in the GI tract.

Other factors that may contribute to autoimmune disease have been proposed. There is an increase in the number of C-section deliveries. Infants delivered by C-Section are not exposed to the normal flora that would occur in a regular delivery. The pasteurization of food and more use of disinfectants may also cause a change in normal flora. The CDC has an ongoing program to discourage the over-use of antibiotics in people (consider **Ultra Monolaurin** from Nutrition Pure and Simple instead). Many experts feel the use of antibiotics in animals in the food chain as well as GMO food use, are additional contributing factors.

What do these factors have to do with AD?

Our immune system seems to need exposure to various bacteria (and viruses) in order to build and sustain a healthy immune system. A breakdown in the flora in the GI tract (the wrong or missing bacteria organisms) may be responsible for, or aggravate, a variety of inflammatory conditions, allergy and autoimmune disease. A number of scientists have been studying the relationship between microorganisms that should inhabit the GI tract and autoimmune conditions.



What can be done to help AD?

For years doctors have been recommending the use of probiotics whenever there is a course of antibiotics given for various infections. Probiotics help replenish the 'friendly' bacteria that live in the GI tract.

Recently we learned that scientists are studying probiotics as they relate to autoimmune disease. There is increasing evidence (published studies) that the use of probiotics may protect against the development of various autoimmune diseases. Even more exciting, the use of probiotics may delay the onset, slow the development of, or lessen the effects of AD.

With these thoughts in mind, Dr. Jones has added **Ultra 4x6 Probiotics**, a Nutrition Pure and Simple product, to his Basic Nutritional Recommendations. He feels it is likely that the normal flora of the intestines has been negatively altered by our modern lifestyle and eating habits. Whether you are healthy or are suffering from less than successful treatment of your health issues, it is important to ensure the health of the GI tract.

What are probiotics?

"One widely used definition, developed by the World Health Organization and the Food and Agriculture Organization of the United Nations, is that probiotics are "live microorganisms, which, when administered in adequate amounts, confer a health benefit on the host". Probiotics are also defined as 'mono- or mixed cultures of live microorganisms which, when applied to animal or man, beneficially affect the host by improving the properties of the indigenous microflora'.

'A probiotic bacterium is required to fulfill certain criteria to be of benefit. These include being of human origin and having generally regarded as safe status, acid and bile stability, adherence to intestinal cells, persistence for some time in the gut, ability to produce antimicrobial substances, antagonism against pathogenic bacteria, and ability to modulate the immune response.'

Does the species in the probiotic make a difference?

Lactobacillus acidophilus DDS-1 is the super strain that was developed by Dr. Shahani, the senior author in over 200 articles on probiotics at the University of Nebraska. His DDS-1 patented lacto bacillus produces natural antibiotic-like substances. Acidophilin, for instance, suppresses bad bacteria and enhances immune function.

It is thought by most that a variety of strains of microorganisms, as is in Ultra 4x6 Probiotics, that benefit different parts of the GI tract are more effective than a single strain. In addition, the DDS-1 strain has been shown to persist in the GI tract.

What is Ultra 4x6 Probiotic?

Ultra 4x6 Probiotic contains 6 organisms, 4 billion CFU: 2 billion CFU of the patented, highly researched and clinically proven strain, DDS-1, plus 1.2 billion CFU Bifidobacterium bifidum, 200 million CFU Bifidobacterium longum, 200 million CFU Streptococcus thermophilus, 200 million CFU Lactobacillus bulgaricus and 200 million CFU Lactobacillus paracasei.

Caution:

It may be inadvisable to use yeast as a source of probiotics because there is the possibility of yeast overgrowth if broad-spectrum antibiotics are needed. Several species of yeast are capable of producing significant amounts of alcohol - especially if the individual is on a high carbohydrate diet. These levels of alcohol can be high enough to cause problems with mood and function - as well as with blood alcohol tests.

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