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The Probiotic Cure: Harnessing the Power of Good Bacteria for Better Health

Martie Whittekin CCN

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In 1982, it was discovered that the vast majority of stomach ulcers are caused by H. pylori, nasty little bacteria found in the gut. In spite of the evidence, it took the U.S. medical community ten years to accept this finding and change their treatment of ulcers. In 2015, scientists have come to an equally startling conclusion: An imbalance in the bacterial community of your stomach can cause not only ulcers, but also a host of other serious and painful disorders? from allergies to diabetes to osteoporosis. Now, best-selling health author Martie Whittekin has written ***The Probiotic Cure***, a guide to overcoming many of our most common health issues. The Probiotic Cure is divided into two parts. Part One is designed to explain what our internal flora is and how it works in our gut. It examines what comprises this living community, specifically focusing on the natural balance of bad and good bacteria. It details how this community can become unbalanced from a poor diet, a toxic environment, or a number of medications, causing negative consequences for your health. It then goes on to explain how balance can be restored safely and effectively by using probiotics?good bacteria that are readily available in supplement form. Part Two provides a listing of the most common health disorders that may arise from a bacterial imbalance. Each entry includes a look at conventional treatments for the disorder along with the probiotics approach. Practical suggestions and points to consider are offered so that you can make the best decision possible for your well-being. Hopefully, it will not take another ten years for the medical community to recognize the power of probiotics. But with this book in hand, you can benefit today from groundbreaking research. ***The Probiotic Cure*** provides a safe, natural, and wonderfully effective alternative approach to treating many of the major health problems of our time.

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