

THE DOCTOR IS IN:

Harnessing the Power of Probiotic Fermentation

by Taryn Forelli ND



Probiotically fermented foods like yogurt, miso, and sauerkraut are arguably some of the healthiest foods in the world. People who consume them regularly enjoy immune health, stronger bones, digestive health, and normal cell growth. Since probiotic fermentation essentially pre-digests foods by breaking macromolecules like carbohydrates and proteins down into smaller constituent parts, probiotically fermented foods are extremely easy to digest and very well tolerated. In fact, many people who are sensitive to milk or soy do just fine with yogurt and miso. Fermentation also makes nutrients in foods more bioavailable and plentiful. For example, genestin, a phytonutrient in soy, is transformed into a more bioavailable and beneficial form called genistein through the process of fermentation. Additionally, the probiotic organisms responsible for fermentation secrete thousands of metabolites which function to modulate blood pressure, support healthy cholesterol metabolism, and promote a healthy balance of microbes in the colon.* In a nutshell,

fermenting foods with probiotics offers a unique way to maximize their nutritional value and health benefits. If you wanted to improve your health and well-being, you'd be wise to eat fermented foods every day.

Master herbalist, Paul Schulick, had all of this in mind when he set out to create a line of whole-food vitamin and mineral supplements superior to the standard ones which feature inorganic forms of synthetic and isolated nutrients, also known as USP vitamins. He realized by fermenting USP vitamins with beneficial probiotics in a base of certified organic whole foods, he could transform them into dynamic whole food complexes, complete with vitamin co-factors, enzymes and hundreds of health-promoting ferment metabolites. Paul co-authored a book with Tom Newmark called "The Life Bridge" which provides a solid scientific rationale for using probiotic fermentation in this innovative way.

Paul named his creation Probiotic Nutrients™, and, today, they are one of the top selling brands of multi-vitamins (newchapter.com). Not surprisingly, scientific studies have proven that Probiotic Nutrients™ are more bioavailable and display significantly greater antioxidant power than USP vitamins*. People who use Probiotic Nutrients™ rave about the difference they feel and love the fact that the vitamins can easily be taken on an empty stomach. They are, after all, food. But they aren't just any food... Probiotic Nutrients are some of the finest probiotically fermented organic whole foods available. Taking them every day makes it easy for you to be healthy *and* wise.

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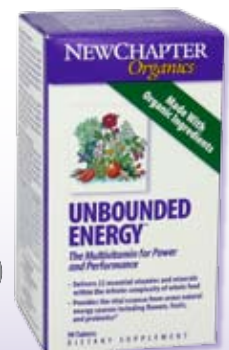
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