

## Guillermou

Great information article. Over 80% of the immune system is located in the intestine. Most chronic diseases can not only be associated with bowel dysfunction, but can be greatly reduced through dietary corrections. Spore-based probiotics have colonizing habits, are resistant to stomach acid, antibiotics, heat and light. Spore-based probiotics can: 1) Recondition the intestine by increasing microbial diversity.---- 2) They promote the growth of beneficial bacteria.----- 3) They remain in the intestine between 21 and 28 days where they use quorum sensing (the exchange of information between individual bacteria within colonies to coordinate the activity of the entire colony) to understand their microbial environment and identify pathogenic and beneficial bacteria.- --- 4) They can destroy harmful intestinal bacteria and produce metabolites that promote the regrowth of useful bacteria.---- 5) Its bacterial spores leave your body through feces about 21-28 days after entering and return to their dormant state.----- Spore-based probiotics have the following benefits: 1) Help the cognitive function of the elderly,----- 2) Improvement of leaky gut syndrome by restoring the intestinal environment and rebalancing the microbiota, they can help repair the intestinal lining, fighting inflammation, reduce gas production by balancing the intestinal flora and improve the barrier functions of the immune system.-- --- 3) Improve post-exercise soreness - The spore-based probiotic strain *Bacillus coagulans* has been studied to aid in the recovery time of sore muscles.----- 4) Decreased incidence of respiratory tract infections Research studies on spore-based probiotics administered to older adults showed positive effects on the immune system to decrease infections.----- 5) Oral supplementation with spore-based probiotics was associated with a lower incidence of postprandial dietary endotoxins, triglycerides, and disease risk biomarkers.-----

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6) Improve the gut-brain connection The gut-brain axis refers to the chemical and physical connections between the gut and the brain. Millions of nerves and neurons travel between the gut and the brain; However, many of these neurotransmitters and other chemicals that affect the brain are produced in the intestine. Studies have found that altering gut bacteria can improve overall brain health. These probiotics have been called psychobiotics and have been shown to improve cases of stress, depression and anxiety by producing neurochemicals, gamma-aminobutyric acid (GABA), short-chain fatty acids (SCFAs) counteracting the long-lasting effects of chronic psychosocial stress and inflammation. 'Psychobiotics' can influence our mental state through their impact on the hypothalamic-pituitary-adrenal axis (HPA axis).----- [casadesante.com/es-eu/blogs/probiotics/are-soil-based-probiotics-the-s..](https://casadesante.com/es-eu/blogs/probiotics/are-soil-based-probiotics-the-s..) (2023).----- [es.youthandearth.com/blogs/blog/what-are-spore-based-probiotics-let-s-..](https://es.youthandearth.com/blogs/blog/what-are-spore-based-probiotics-let-s-..) [clarissalenherr.com/why-how-to-take-a-probiotic](https://clarissalenherr.com/why-how-to-take-a-probiotic) .----- [www.sciencedirect.com/.../S1756464619305675](https://www.sciencedirect.com/.../S1756464619305675) (2020).-- [www.ncbi.nlm.nih.gov/.../PMC5561432](https://www.ncbi.nlm.nih.gov/.../PMC5561432) (2020).-- [www.mdpi.com/.../488](https://www.mdpi.com/.../488) (2023).--- [www.mdpi.com/.../32](https://www.mdpi.com/.../32) (2021).--- [nyaspubs.onlinelibrary.wiley.com/.../nyas.14993](https://nyaspubs.onlinelibrary.wiley.com/.../nyas.14993) (2023).---- [www.mdpi.com/.../13394](https://www.mdpi.com/.../13394) (2023).---- [www.jrtdd.com/.../2017](https://www.jrtdd.com/.../2017) (2023).--- [link.springer.com/.../s12035-023-03691-3](https://link.springer.com/.../s12035-023-03691-3) (2023).-.-----

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## juststeve

Professor Gui, and along with all this, soil is the gut for life on Earth. As Vandana Shiva expresses, the tools of war have been used on the Life of the Soil. Depending on where we live, what the micro and macro climates are, if afforded healthy living soil, they are abundant in all the species and their benefits listed above in the article. Disrupted, killed off in our personal GI Tracts creating imbalanced emotional, mental, and/or immune health is likely a very large factor in our current mental illness and violence trends. The attacks on the Living Soil very likely has extreme impacts on energies of the Natural World having similar qualities as our emotional, mental or immune health. Heal the Soil, makes Healthy People who can Heal Society.

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## Guillermou

Just, your comment also feeds mental and intestinal health and that of the soil that gives life to our food. "Essentially, all life depends on soil... There can be no life without soil and no soil without life; they have evolved together." - Dr. Charles and Kellogg Researchers from Conicet and the National University of Rosario (UNR) discovered that a probiotic *Bacillus subtilis* bacteria that also resides in the soil and has been consumed for thousands of years by certain Asian peoples would slow aging and prolong life. This is the bacteria that, in addition to its beneficial effects on the immune system, has the property of slowing aging and prolonging human life through colonization of the intestine. *Bacillus subtilis* has been used for centuries in a traditional Japanese food "natto", precisely one of the countries with the longest population.

This bacteria has been consumed since ancient times in food by the population of certain Asian countries, such as Japan, which have longevity rates above the world average. Scientists assure that the regulatory pathways of aging in this bacterium are conserved throughout evolution and are basically the same as those of human beings. Until now, it was known that this bacteria produced a beneficial effect on innate immunity, that is, it provides protection against the development of infectious, neurodegenerative diseases and even cancer. [www.conicet.gov.ar/scientists-find-probiotic-gut-bacteria-related-to-l..](http://www.conicet.gov.ar/scientists-find-probiotic-gut-bacteria-related-to-l..)

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Probiotics use different mechanisms, such as improving the intestinal barrier, bacterial translocation, and maintaining intestinal microbiota homeostasis to treat cancer. The ability of probiotics to induce apoptosis against tumor cells makes them more effective in treating cancer. Furthermore, probiotics stimulate immune function through an immunomodulation mechanism that induces an antitumor effect. There are different strains of probiotics, but the most important are lactic acid bacteria (LAB) that have antagonistic and antimutagenic activities. Live and dead probiotics have anti-inflammatory, antiproliferative, antioxidant and antimetastatic properties that are useful in fighting different diseases, especially cancer.

[link.springer.com/.../s11033-022-08023-7](https://link.springer.com/.../s11033-022-08023-7) (2023).--- Oral probiotics favorably influence the oral microbiota and provide benefits to the oral ecosystem in periodontal diseases, cariology, halitosis, orthodontics and management of oral mucositis derived from cancer treatment. Probiotics commonly form biofilms as protective mechanisms against oral pathogens. They also fill spaces where cariogenic bacteria could reside and compete with pathogens to colonize the cavity.

Some probiotics have also been shown to inhibit the growth of oral pathogens associated with periodontitis. Other mechanisms include competition for nutrients or adhesion sites with other pathogens, production of antimicrobial substances and toxin-degrading substances, and local or systemic immunomodulation. Table 1 also describes several oral probiotics and their mechanisms of action against common oral pathogens that frequently contribute to chronic oral inflammation, which precedes oral cancer.

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Synbiotics were developed to increase the survival of probiotics in microhabitats such as the oral cavity. The administration of synbiotics could also help maintain the oral microbiome by preserving the survivability of beneficial oral bacteria in the oral cavity, subsequently preventing the colonization of oral pathogens such as *Candida* spp. and *Streptococcus mutans*. Furthermore, *Lactobacillus rhamnosus*, *Lactobacillus helveticus* and *Lactobacillus casei* have been shown to exhibit strong cytoprotective effects against cadmium-induced tissue injury, which could be due to their anti-inflammatory and antioxidant properties.

Postbiotic is defined as the “preparation of inanimate microorganisms and their components that confers a health benefit to the host.” It is suggested that postbiotics may have therapeutic and protective activities, similar to probiotics, with less risk, particularly for immunocompromised patients. Prebiotics could greatly help in promoting the growth of beneficial oral bacteria such as *Lactobacilli* spp, *Streptococcus parasanguinis* and *Streptococcus gordonii*. This is important as dysbiosis can contribute to unresolved inflammation in addition to other independent cancer-causing mechanisms that lead to oral cancer.

Arabinose, xylose and xylitol are the three saccharides that can potentially function as prebiotics. They act by supporting the growth of *Lactobacilli* spp. and prevent the growth of common oral pathogens such as *Strep. mutans* and *C. albicans*. Xylitol was also shown to have inhibitory effects on *Strep. mutans* and *C. albicans* in the presence of glucose. [link.springer.com/.../s12602-022-09985-7](https://link.springer.com/.../s12602-022-09985-7) (2023).--- [www.nature.com/.../s41432-022-0246-y](https://www.nature.com/.../s41432-022-0246-y) (2022).--- [www.mdpi.com/.../8070](https://www.mdpi.com/.../8070) (2023).--- [journals.lww.com/crst/\\_layouts/15/oaks.journals/downloadpdf.aspx?an=02..](https://journals.lww.com/crst/_layouts/15/oaks.journals/downloadpdf.aspx?an=02..) (2023).---

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## jnjgambee

A method of compensating for the lack of the birth-canal inoculation of ,hopefully normal microbes, from the mother, is to have mom insert a chemical-free tampon for 24 hours prior to the C-section. When the baby is delivered the tampon can then be used to wipe, inoculate, the baby.

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## CMT367

More info about that, including risks: [my.clevelandclinic.org/.../22096-vaginal-seeding](https://my.clevelandclinic.org/.../22096-vaginal-seeding)

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## wns115

I've heard about that as well...if a mother is giving birth in a women's holistic birthing center, they will slather the baby with mother's vaginal secretion to assist healthy microbiome...she may even give birth in warm pool of water to minimize birth trauma (with low lighting) assisted by a dula. None of this is considered inside the killing machines we refer to as 'hospitals'...they take the baby as soon as s/he's born into another room, scrub their tender skin with poison 'anti-infection wipes/cleaners and soon afterwards start poking the bottoms of their feet with needles (area of body with MOST nerve endings and greatest pain) - to 'test' them for their BS.

If that isn't sadistic / cabal-installed procedures, I don't know what is...It's kind of like the torture drips they give to patients with enormous pain...you get to push the button ever so many minutes but in between, you are SCREAMing in agony...'hospital looshing' evil. they did that to my husband following his 5 hour back surgery.

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Also the milk of the first stage, colostrum, is essential for the health of the child, because it provides defenses against all infectious-contagious diseases, but there are other components that go beyond the composition of milk, and that meet the needs mutual, emotional nourishment and communication. The milk of the first stage is like "liquid gold", because it provides defenses against all infectious-contagious diseases, and it is true. Breast milk has immunological virtues. Colostrum also prevents the adhesion of pathogens and covers the gastric mucosa with a protective layer that prevents bacteria from penetrating it.

Colostrum also has many more proteins than mature milk, which have an important task of protection, nutrition and, in addition, controlling the baby's blood sugar levels. This is especially important since babies have difficulty maintaining their blood sugar levels. Colostrum also has hormones involved in the child's endocrine balance, enzymes that help digest the fat in this fluid, antibodies that protect children against gastrointestinal infection, and elements that stimulate blood clotting.

Immunoglobulin, which has higher concentrations in breast milk, is IgA (90%), mainly in colostrum, but its importance lies in its biological activity.

In colostrum, IgA reaches levels of 300 mg/ml, decreasing in the second and third weeks, remaining constant in breast milk. About 75% of maternal IgA antibodies can be found in the feces of breastfed children. These antibodies accumulate in the epithelial cells of the proximal jejunum and interfere with bacteria and viruses. Breast milk also contains IgAs, the other immunoglobulins IgM, IgG, IgD and IgE. Together they form a defense against diseases.

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Bifido factor contributes to metabolizing milk carbohydrates, producing lactic acid and u formic and succinic acid, which create an acidic pH in the stool. They facilitate normal flora (gram +). Inhibits the growth of gram-negative bacteria, such as E. coli, Shigella, and other bacteria such as Staphylococcus aurea and Bacterioides fragilis. Lactoferrin, the main function is the uptake of exogenous iron, which reaches the intestine. It contains 10 to 15 mg/ml of transferrin, which has a bacteriostatic and anti-Candida action. Lysozyme is an antibacterial factor, its concentration in breast milk is 300 times higher than in cow's milk.

Its concentration increases, with increasing lactation time. Neuraminic acid, its antiviral and antibacterial activity. Its content in breast milk is 40 times higher than in cow's milk. Protein linked to B12, it has been found in high concentration in breast milk, in the feces of children fed to the mother's womb. The protein linked to vitamin B12 makes this vitamin unusable by bacteria for their growth. Lipase is an enzyme stimulated by bile salts in breast milk, inactivates protozoa and hydrolyzes long and short chain fatty acids.

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## mozo33

who lives in your head is a more pressing question ...

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## Naxossa

Absolutely no need for mouthwash if you brush your teeth with a mix of coconutoil and a sprinkling of baking soda.

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**jamNjim**

....."In one study, the use of the mouthwash twice daily was associated with a significant increase in systolic blood pressure after one week, while once the mouthwash was stopped, "recovery from use resulted in an enrichment in nitrate-reducing bacteria on the tongue"..... While I shouldn't be surprised, I actually am! I experienced something similar when I cut out all fluoride and alcohol containing toothpaste and mouthwash products 10+ years ago. I consequently stopped using all mouthwash products.

It wasn't as much as a decision I made. It was just too difficult to find. I would go months without any mouthwash and I noticed an improvement in my oral health during those times of abstinence. It was too difficult to find any natural mouthwashes that didn't contain alcohol or fluoride. I hate ordering off AMAZON for everything I can't find! When I finally would find one of my favorite alcohol/fluoride-free brands and resumed using it I noticed my oral hygiene got worse, not better.

After about 2 years of noticing this phenomenon, I decided to just give it up. No regrets! Just money saved! 99% of the oral hygiene products are a scam. Most of the ingredients are toxic waste byproducts that industries used to have to pay LOTS of money to dispose of. Now they refine these toxins and put them in things like toothpaste and mouthwash. It just shows, once again, how corrupt our federal agencies are. The FDA, EPA, CDC, NIH, and all the other alphabet-soup agencies are bought and paid for by the industries.

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**aheapoftibbets**

Does this include the use of hydrogen peroxide to gargle with? We used it on advice from FLCCC docs during Covid and still do when we feel an illness coming on. Should we stop all gargling?

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## stickybud

I think the good doctor recommends hydrogen peroxide for oral use (as well as with a nebuliser). If you are able to make it, I recommend chlorine dioxide solution as a mouthwash.

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## msrite

According to some studies a bad mouth bacteria may lead to heart disease. How should we get rid of the bad stuff without killing the good along with it? [elifesciences.org/for-the-press/d09b443c/oral-bacteria-may-increase-he..](http://elifesciences.org/for-the-press/d09b443c/oral-bacteria-may-increase-he..)

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## the\_science

Glyphosate and sucralose are two antibiotics that should be avoided. Glyphosate (Roundup) is the ever-present herbicide in corn, wheat, oats, and pulses, unless you choose organic. Sucralose (Splenda) is the sweetener found in many diet and energy drinks.

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## CMT367

Sucralose is not an antibiotic, it's an artificial sweetener. As Dr. Norm Shealy, co-founder of the Holistic Medical Assn., has ironically noted: "Spenda is NOT spendid". Best to avoid it.

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Recent studies reinforce that glyphosate may cause toxicity by modulating the gut microbiome, but evidence of glyphosate-induced gut dysbiosis and its effect on host physiology at doses close to reduced daily intake is reported in this paper. study. Examining fecal samples from mice shows that exposure to glyphosate at low doses significantly impacts the intestinal microbiota. These intestinal microbial alterations were associated with effects on intestinal homeostasis characterized by an increase in CD4+IL17A+ T cells and lipocalin-2, a known marker of intestinal inflammation.

[www.sciencedirect.com/science/article/abs/pii/S1382668923000911](https://www.sciencedirect.com/science/article/abs/pii/S1382668923000911) (2023)

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## Stephjask

Another important aspect is fermentative microbes such as the Firmicutes and Bacteroides species which produce endogenous H<sub>2</sub> gas. As many Mercola readers and enlightened doctors and scientists know, molecular hydrogen gas is tremendously important to human health and well being. Despite it's amazing healing role in so many disease models, research has been very slow and badly funded. Big pharma cannot profit from it because it isn't patentable, therefore it is likely that they even try to suppress any research and development. H<sub>2</sub> therapy really IS safe and effective, something which pharmaceuticals are never likely to achieve. Try looking up hydrogen therapy, hydrogen medicine etc on Big Pharma's mouthpiece and enabler Wikipedia or Wickedpedia as I refer to it.

Indeed, you will find nothing pertaining to health or curative properties. The mixture of molecular hydrogen and oxygen gas known as Brown's Gas which has effected so many cures and health improvements in millions of people is dismissed by that worthless misinformation online "rag" as pseudoscience!!! Not one single, solitary word about the thousands of scientific papers attesting to molecular hydrogen's wonderful healing and restorative properties and its bright and promising future.. Case proven.

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## Malanka

Yes Guillerrou babies should receive mother's breast milk. During my early ignorant years, doctors persuaded everyone from my generation to bottle feed the babies, said it was healthier. What did I know? Yes, all 3 sons were bottle fed and all 3 son now suffer from MS not sure if it is related or not but how can you be healthy if you don't receive the nutrition as an infant. I am learning you cannot trust the doctors who practice western medicine. I am a huge believer in supplements and organic food although the article on organic Kale was quite upsetting as I thought I was helping my family by using it in their smoothies. I am grateful for Dr. Mercola's articles and also all the comments where I am learning every day. Thanks to everyone.

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## WaterKat

Terry Wahls, M.D. TEDx talk Minding your mitochondria [www.youtube.com/watch](http://www.youtube.com/watch) She was able to put her MS in remission.

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## wns115

Someone asked how I healed my skin cancer from the inside out - I used a native American healing recipe called Two Feathers (website is called Two Feathers and guy's name is Robert). The majority of this healing (which took 2 months) occurred from the inside as I went on an anti-fungus diet and took Two Feathers internally 3x per day. On the 12th day in, I began applying it on my bleeding/oozing gooey cancer spot on my nose (that hadn't healed in 2 years). I put a bandaid on it and when I took the bandaid off several days later, I already noticed improvement...scab but no more bleeding/oozing. By end of month, when I took the bandaid off, all the cancer cells came with it leaving a small hole in my nose (with all new baby skin lining the hole).

By end of month 2, the hole closed up and healed (I remained on my anti-fungal diet for 3 months.) That was many months ago and my nose now looks like it always did (no scar, no hole, nothing to indicate it was there)...a friend of mine asked her skin cancer doc about what I did and they said..."oh but I'm sure she didn't get all the cancer markers out like WE do..." (LOL)...Yeah "Doc"...I'm sure my natural body defenses aren't as good as your knife which left gigantic crater in my friend that look like she had a shark attack where a large chunk of her arm muscle/flesh was removed.

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## billstri

For years, my dentist was saying one part H<sub>2</sub>O<sub>2</sub> with 4 parts water in a waterpik and use that on my teeth at the gum line after flossing and brushing. Over the last year, he now says 1 cup of 3% H<sub>2</sub>O<sub>2</sub> in a gallon of distilled water. He claims that flushes out much of the excess bacteria that causes tooth decay, but does not make a huge difference in beneficial bacteria in the hours after. Not sure this is best for overall health, but it has ended needing any procedures to remove tooth decay ever since I started it many years ago. I have not had a significant respiratory cold or infection in more than 5 years. I do take lots of supplements including "Complete Probiotics". Perhaps I need to add "Spore-based probiotics". Such a long list of different x-biotics supplements to choose from on Mercola market and I wonder if we should be taking every single one of them? That would be very expensive.

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## Ronald\_H

Regarding this part: "... but does not make a huge difference in beneficial bacteria ..." I wonder. So much we hear is regurgitated opinion based on nothing other than "everyone knows" and the like. How can we know? There's a book on the similarly assumed "eight glasses of water a day that "everyone knows" ... because they keep hearing it everywhere. But, that started with an opinion. We have the nonsensical "stand six feet apart rule" that was just made up by self-assumed "authorities." Last night the same question on killing bad and not good bacteria came up at a seminar on colloidal silver which I never take.

How do we know it kills bad bacteria and not good bacteria? Possibly marginally related are my other two posts on Oxalobacter Formigenes. It's good. But, how do we know if it's been killed off, if it's still there, if it can be reintroduced and what kills it off? I recently bought a laboratory quality microscope and if I can't get answers to my questions, then I might personally investigate.

RonaldHLevine4548@yahoo.com

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## stickybud

@Ronald\_H. The eight glasses of water, and the "stand six feet apart rule", remind me of something called "the 5 second rule", whereby if you dropped some food on the floor, it was safe to eat if you picked it up within 5 seconds! (I'm imagining all those tiny microbes scurrying towards the tasty morsel, before you manage to pick it back up). But, as has been shown many, many times over the last four years, most people will believe any old \$hit. Edit: I always pick up and eat any food I drop on the floor (as long as it's pickupable), and have never been ill because of it. I've heard it's good for the immune system.

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## Otorongo

There is one thing not mentioned here, and I see that no one else in the forum mentions. Digestion does not start in the mouth. It starts with our sense of smell. This sets the digestive tract into action, in preparation for the food to go into your mouth and start to be broken down. Maybe it even starts in our mind when we decide we want to eat and what we want to eat. There are more physiological processes to digestion than mouth to rectum.

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## mrrobb

Interesting how Run-away DARPA can control YOU..... and its just YOUR TAXES the fund this crap >>>  
[idstch.com/technology/biosciences/darpa-n3-developing-nonsurgical-brai..](http://idstch.com/technology/biosciences/darpa-n3-developing-nonsurgical-brai..) <<<

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## mrrobb

The WHO said it best in 1978 >>>> [www.youtube.com/watch](http://www.youtube.com/watch)

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## ghfinn

Just, Gui And the morons on the planet want to eliminate CO2 which will destroy plant's, that will be our demise.

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## **shaglus**

All these millions/billions/trillions numbers are hilarious. Yet I'm sure they're right on the money. LOL. Science is kind of embarrassing, people in lab's making things up. We were better off when we were free like the Chumash Or Nuwa. Those folks knew God.

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## **healingartist**

I'm guessing it would ferment in the same process as other veggies? I've only fermented apples and cabbage with caraway.

Posted On 02/21/2024

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## **bowgirl**

yes other veggies can be fermented. Google is your friend.

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## **destatongmail.com**

I've heard it explained that our entire digestive system is inside skin and certainly has it's role in immunity though I would really like to see more information on the lymph system. All the psyops that seem to be the norm now have me always thinking that what is put out there is just a diversion from what we really should be focusing on.

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**shaglus**

Good call. Seems they like to pull all these ludicrous numbers out of their a\$\$es at the same time.

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