

Integrated Natural Ideas #126

The mind-blog of **Dr. Jay**

***What you can do to complement your health...naturally.
It is not alternative, it is original!***



**Doctorate & Ph.D. in Integrated
Medicine (IMD)**
Quantum Physics
Doctor of Humanitarian Medicine
Ph.D. Holistic Health Sciences
Ph.D. Traditional Naturopathy

**Board Certified: Orthomolecular
and Integrative Medicine (BOIM)**
- **World Organization of Natural
Medicine (WONM)**
- **Holistic Health Practitioner
(A.A.D.P)**
- **Reflexology (A.R.C.B.)**

It has been said “*it’s all about the biome, baby!*” The Microbiome, that is. This is where the 10,000 species of good bacteria live in your intestines. It can also house the bad ones. Keeping your biome replenished and happy (fibers and fermentation food) is a huge key to health and longevity.

NSP has upped the game once again. Introducing: **Eleven Elevated # 1514-0**. A boosted probiotic supplement featuring delayed-release vegetarian capsules. This helps ensure ALL the good guys get to where they are needed most, the gut.

More potent than the original Probiotic Eleven to ensure digestive health, immune strength, and balance.

Best to use: as a booster from prescriptions (antibiotics), trips to foreign countries, or increased stress.

Modern science is just beginning to unravel the vast and varied biological landscape within the digestive tract and the role that it plays in the health of the digestive system and throughout the entire body.

DOES ELEVEN ELEVATED REQUIRE REFRIGERATION?

Yes, to ensure the ‘Full Potency Through’ date on the label, this product should be refrigerated or frozen.

IS THIS PRODUCT SIMILAR TO PROBIOTIC ELEVEN?

Yes, this product contains the same blend of beneficial bacteria and prebiotics found in Probiotic Eleven, but with a higher CFU (Colony Forming Unit) count. Probiotic Eleven contains 18 billion CFU per *three* capsules and Eleven Elevated contains 30 billion CFU per *two* capsules. That means Eleven Elevated is approximately 67% more potent *per serving* and 150% more potent *per capsule*.

By the way, 2016 may also be big for regulatory issues. The FDA is releasing a New Dietary Ingredient guidance that could change the way regulators treat probiotics in the U.S. So make sure you always talk to your politicians and let them know you stand for supplements and don’t let them turn them into drugs!

I tend to teach that Bacillus Coagulans, and now the new Eleven Elevated, are for temporary usage whenever Rx or digestive upsets occur. Usually done for just a month of use or even shorter. The **Acidophilus #1666-7**, **Bifidophilus #4080-4**, and **Probiotic Eleven #1510-1** are for long term daily use in between. I recommend rotation of all of these as time goes by. Research (Journal of Clinical Nutrition/Allergy and Immunology) is showing using these on a daily basis have a big impact on allergies such as foods, pollen, pets, and pollution. Many studies are showing a reduction in symptoms with regular probiotic use. With such solid studies as these, the power of probiotics is nothing to sneeze at!

Many companies put their name on a product label and do not manufacture it themselves. We only trust Nature’s Sunshine (800-453-1422). **The largest and safest in the world!** Information is for educational purposes only and not meant to diagnose or treat any disease. See a competent health professional should the need arise. This information may be shared provided it is not changed in any way.