

## **Gut Bacteria**

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Last April I attended a conference on anti-aging. It was awesome. I learned a lot.

Did you realize that your gut bacteria actually have a communication channel that goes right to your brain? Seriously. Scientists have not discovered how it actually works yet. But, your bacteria can trigger your mood for the day. Amazing.

As I wrote the last email about allergies, I could not help but point out info on the gut and the so important balance we have with bacteria. Here's a few things you may want to know.

Order [Balance-D](#) and consume a fermented probiotic beverage like kombucha to keep the gut healthy.

### **10 BENEFITS OF PROBIOTICS**

1. Digestive Health
2. Decrease in Antibiotic Resistance
3. May Improve Mental Illness
4. Immunity Boost & Decrease in Inflammation
5. Healthy Skin
6. Food Allergy Protection
7. May Treat Serious Diseases in Infants
8. Lowering Blood Pressure
9. Diabetes Treatment
10. May Improve Non-Alcoholic Fatty Liver Disease

And there is emerging research on probiotics benefits for other conditions, like cancer and Rheumatoid Arthritis, Dental Health, UTI, Kidney Stones and Weight Loss.

I like the [Balance-D](#) because it also has prebiotics. Prebiotics are the food for the healthy bacteria. Always remember that bad bacteria live on processed sugars and especially think of that when you have that next craving.

Yours in Health  
Dr Curtis Ficenec

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