Disease that Probiotics Will Help

By Luann Lavin, nurse practitioner

It is amazing to see all the different major diseases that probiotic balance will benefit. When your gut lining is disturbed and or broken down, the bacteria in your gut do not function well and are not able to live. Some bacterial colonies need a specific amount of oxygen, some need specific amounts of food and others need the correct pH balance. **When you are eating food and consuming probiotics, it is important that you are aware of what healthy bacteria and what bacteriocidals (**things that kill bacteria**) you are putting in to your gut.**

When bacteria are not able to do their job in your intestines, you will experience breakdown such as the diseases listed below. Over a long period of time, you will notice significant symptoms that quite frequently will need a significant focus to be corrected. Physicians will often times provide medications for the side effects of imbalanced bacteria such as Proton Pump Inhibitors or PPI medications (**Nexium/eosomoprazole, Dexilant/dexlansoprasole, Aciphex/rabeprazole, Prevecid/lansoprazole, Prilosec/omeprazole, Protonix/pantoprazole)**. Unfortunately, these medications may be prescribed to address the symptoms of gut imbalance but are not typically addressing the root cause of the problem. If these medications are taken for an extended period of time (longer than 4 weeks), the healthy gut bacteria will typically not be able to survive due to the change in pH. This will exacerbate your problem and start you down a wrong path for growth of disease. **Most primary care practices today do not do testing for microscopic bacteria when the following diseases are diagnosed.**

Diarrhea/Constipation
Irritable Bowel Syndrome (IBS)
Autoimmune Disease (Hashimotos Thyroiditis, Lupus, Erythematosus, Sjogren syndrome, Rheumatoid arthritis, diabetes, polymyosistis, scleroderma, Addison disease, vitiligo, pernicious anemia, glomerulonephritis, pulmonary fibrosis.
Multiple Sclerosis
Skin Disorders
Immune System Disorders

HIV
Chronic Infection
Lyme disease
Epstein Barr (Mononucleosis)
Lung Disease
Gastroesophageal Reflux Disease (GERD)
Sinusitis/Allergies
Common Cold and Flu
Oral Health
Depression / Anxiety
ADD /ADHD
Arthritis
Dementia/Alzheimer's
Heart Disease/Hypertension
Cystitis/Urinary Tract Infections (UTI)
Yeast infections
Sexually Transmitted Disease
Diabetes
Cancer
Food Sensitivities
Overweight and Obesity

You can **visit a gastroenterologist** and have your upper and lower gastrointestinal tract reviewed. This type of testing can be very important to make sure there is no cancer or breakdown of cells in your gut but it is **not able to view your microcytic bacteria** which may be out of balance, over grown or missing important bacteria that function to keep you healthy. **The best way that I know to have your gut bacteria checked for balance is to do a stool test through a Functional Medicine Practitioner, such as myself.**

Let's take **anxiety for example**. If your gut bacteria is out of balance, the bacteria that make your neurotransmitters may no longer be able to make your "gaba" neurotransmitter, which is your "anti-anxiety" neurotransmitter.   You may find yourself becoming anxious over things that never used to bother you and taking medications can sometimes even make this worse.

Let's look at **skin disease** such as psoriasis or acne. You can apply a topical steroid cream to decrease inflammation or take a medication orally, but then it quite often will come back. If you are fortunate to be able to change your diet and get more probiotic rich food in your gut or possibly ingest a probiotic that just by chance may be the one that you are low on, then you *may* actually fix the

underlying cause of why your gut bacteria are not able to signal proper healing your skin problem. **Instead of leaving such an important issue up to chance, consider working with functional medicine and consider a Microbiome / Gut Test to learn what bacteria you have in your microbiome and how you can get it as balanced as possible!**