



Frackson Health Care

#105-1001 Cloverdale Avenue

Victoria BC V8X 4C9

Telephone 250.382.2225

www.fracksonhealthcare.com

July 2016 Edition



Happy
Canada Day



Our office will be closed on Friday July 1st for the Canada Day holiday. Enjoy the long weekend. Please note our staff summer holidays listed below:

Caitlin Milloy – July 22

Dr. Kavan Yu - July 25 – 29

Brodie Brookes – July 29

Office Closed – Monday August 1 for BC Day holiday

Rachelle Murphy - August 2 and 3

Be sure to book your appointments ahead of time to avoid disappointment. ☺

Healthy Bacteria

With outbreaks of *E. coli* and *Salmonella* reported in the news on a near-weekly basis, you might be surprised to learn that not all bacteria is bad.

In fact, your intestines are literally brimming with thousands of species of bacteria that actually provide a variety of important health benefits.

It sounds somewhat disturbing, but there are many types of bacteria that are essential to good human health. Humans co-evolved with beneficial intestinal bacteria, and we live in a symbiotic relationship with them. The intestinal environment is a perfect habitat for bacteria; they have a constant supply of food, warmth and moisture. In return, the "good bacteria" provide us with valuable health benefits including the following:

- They are a source of important nutrients like vitamin K and short-chain fatty acids.
- They secrete factors that fight pathogenic microbes.
- They boost immunity.
- They aid in absorption of minerals like calcium, iron and magnesium.
- They reduce the amount of toxic and carcinogenic substances in the gut.
- They promote colon health.

Most of these microbes live in a harmonious balance with each other and with us much of the time. However, sometimes this balance is disrupted by factors such as stress, antibiotic therapy or poor diet. Populations of good bacteria may decrease or disappear, depriving the intestine of the benefits they provide and often leading to overgrowth of pathogenic microbes that can then do us harm.

Prebiotics and probiotics help restore and sustain a healthy microbial balance. They have a long history of safe consumption without any major harmful side effects to human health. Let's take a closer look at these healthy bacteria and the benefits they provide.

Specific Health Benefits of Prebiotics and Probiotics

Prebiotics

Improve colon function and metabolism.

Increase production of short chain fatty acids, which helps prevent cancer.

Decrease pH of the colon, which inhibits growth of harmful microbes.

Reduce cancer-causing chemicals.

Reduce cancer-promoting enzymes.

Increase mineral absorption.

Support the immune system.

Probiotics

Prevent and reduce GI disorders.

Prevent and reduce duration of infectious diarrhea in infants.

Provide tolerance to antibiotic therapy.

Help control symptoms of lactose intolerance.

Support the immune system.

Produce antimicrobial substances that inhibit pathogenic bacteria.

Enhance calcium absorption.

Reduce serum cholesterol.

Retard tumor growth.

Prebiotics and probiotics help restore and sustain a healthy microbial balance in the gut, which is important because stress, antibiotic therapy and poor diet can disrupt this balance. <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1141>