

Nutricheck



Functional Guide

The Bowel Flora

Please Note: This *Bowel Flora Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

BOWEL FLORA

The healthy intestine of humans normally contains large numbers of bacteria and fungi. Over 100 types of organisms are found in the intestine and many of these are capable of producing a variety of toxic chemicals which can irritate the bowel and adversely affect the function of organs such as the liver, the nervous system and the immune system. Ideally, the activity and growth of these toxigenic organisms are controlled and neutralised by other bacterial organisms which are more friendly and often are even positively beneficial. The two most common friendly bacteria are called LACTOBACILLUS and BIFIDOBACTERIA.

The presence of a large population of friendly bacteria in the intestine (over 90%), appears to be essential for good health. These bacteria have been shown to benefit your body in many ways. They improve immune system function, hormone balance, food absorption and bowel function. They also reduce the levels of cholesterol, cancer-causing chemicals and the toxin-producing organisms. They protect the bowel lining and enhance the liver's detoxification ability.

An excessive growth of toxigenic organisms in the intestine occurs when the population of friendly bacteria is decreased. This condition is called BOWEL TOXICITY or BOWEL DYSBIOSIS and often plays a major role in the development of chronic ill-health.

If you have a BOWEL TOXICITY problem you should consult your health practitioner to discuss the best method of correcting the imbalance in the bowel flora.

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