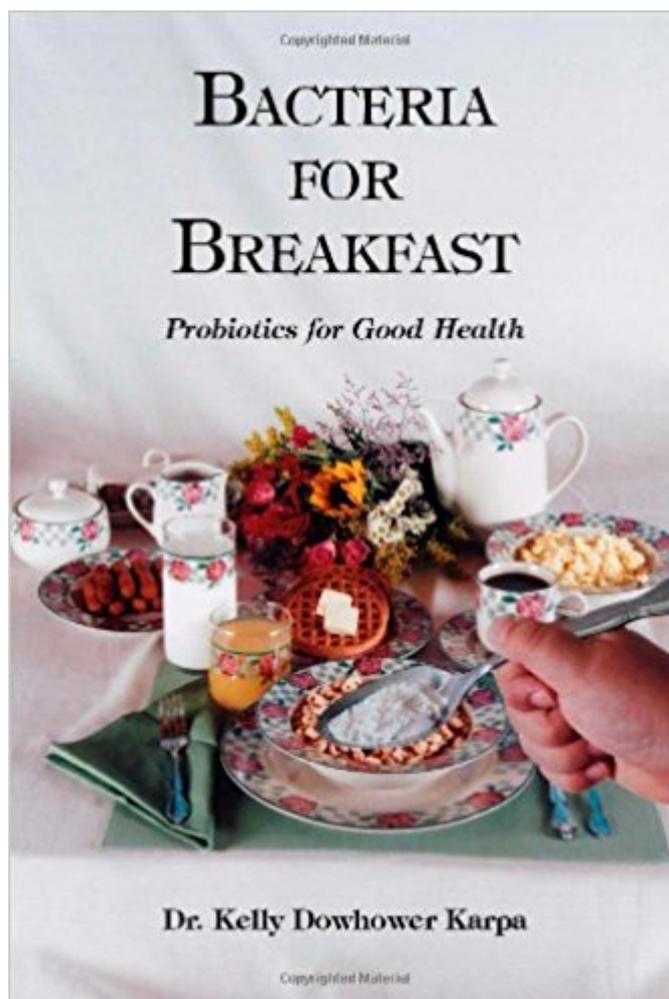


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# Bacteria For Breakfast: Probiotics For Good Health



## Synopsis

Although in Western society the beneficial aspects of bacteria have been increasingly minimized, we actually need bacteria in our digestive tracts for good health. This resource explains, to laymen and physicians, how probiotics support immune function, prevent urogenital infections, and maintain good gastrointestinal health.

## Book Information

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## Customer Reviews

The information in this book literally saved my mother's life. She was hospitalized and contracted C Diff and no antibiotic helped; in fact, the information in this book will help you understand how antibiotics can be hazardous. If you know anyone who suffers from this heinous infection, buy this book, read and find solace and information that can help cure you. Bless you, Dr.Karpa.

And very well presented.The science, while not fully resolved is clearly explained. Both what is known and what isn't (yet)

This is an easy book to understand, for such a complex topic, and will convince you of the need to protect the health of your digestive system, which, in my case, had been compromised by antibiotics. The author researches the topic very carefully and comprehensively, explaining why one's health is improved by, for example prebiotics.

I am a pharmacist, but this book is a great book for everyone, but especially mothers-to-be. How

bacteria play into our immune system is amazing. I had no idea. A must read for all physicians and pharmacists.

I heard this is a great book, can't wait to read it.

Interesting read. I like to ferment my own food and this book helps you to understand how good bacteria works in your body.

The author knows her subject but I was reading to get some suggestions for adding probiotics to my morning routine. The book ended where I hoped it would begin.

I was very excited to get this book on probiotics. Looking at the cover, I was led to believe it would share amazing ways to get probiotics via wholesome food like, fermented foods, kombucha, kefir,... Instead, it was heavy on the pharmaceutical drugs that have partially worked or failed with certain diseases like Crohn's. She talks about getting probiotics via pharmaceutical companies and went so far to say something about "reputable pharmaceutical company". Reputable and pharmaceutical company is an oxymoron. We are saturated with drugs and vaccines and yet we are the sickest country and worse off than we were 30, 40, 50, 100 years ago when there was less of it. In addition, she mentions all of the drugs that have been used for gut illnesses, like colitis and it's evident there is nothing that cures, at least not pharmaceutical related. I finished half way as it leaned heavily towards the pharmaceutical industry. She's a pharmacist so I can see why this is her slant, but I still feel the title and cover was very misleading. If you want an excellent book on probiotics mother nature's way, that actually remedies health issues without the damaging side effects, read The Body Ecology Diet by Donna Gates!

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