



Synbiotic Therapy

UNREPORTED BENEFITS OF SYNBIOTIC THERAPY DISCOVERED AT GLEN ELLYN PHARMACY

Two pharmacists, Kelly Karpa, Ph.D, R.Ph. and Robert ListECKI, R.Ph., and two bacteriologists Robert Deibel, Ph.D. Bacteriology, and Dave Sullivan, B.S. Bacteriology, collaborate on the health benefits of the new findings of high quality synbiotic therapy. Dave Sullivan reports the following 3 bacteria: *Lactobacillus acidophilus*, *Bifidobacterium lactis*, and *Bifidobacterium longum* (Florajen3®) survive oral dosing (resistant to bile degradation) the best and multiply the fastest, thereby occupying the greatest space to compete and reduce the numbers of disease causing microorganisms in the intestinal tract. Adding a probiotic of 95% fructooligosaccharides (FOS) greatly enhances the activity, creating synbiotic therapy. FOS is also called “fast food” for the friendly bacteria that keeps us healthy.¹

Dr. Kelly Dowhower-Karpa has explained the benefits to health in her book, “Bacteria for Breakfast: Probiotics for Good Health.” It was the near loss of her son to *Clostridium difficile* diarrhea which laid the foundation for the book. Dave Sullivan has claimed Dr. Karpa’s book to be the best on the subject to date. The serious intestinal infection by the *Clostridium difficile* microorganism creates problems in hospitals and nursing homes with some patients expending thousands of dollars and months of suffering trying to eradicate the infection. She has seen complete resolution of *C. difficile* with just 2 days of therapy in some patients.

Robert ListECKI has followed the lead of this information with success in over 5,000 patients with hundreds of related health problems (see center listing) using synbiotic therapy. Because this nutritional therapy is not patentable and not supported by millions of dollars in clinical studies, the prudent pharmacist must think in the mode of N=1 clinical trial and follow up with each patient’s level of success or side effects. If you have time to talk to your patients, you can dramatically improve their health with synbiotic therapy.

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Florajen3®

50% *Lactobacillus acidophilus*

40% *Bifidobacterium lactis*

10% *Bifidobacterium longum*

Probiotic Dietary Supplement



Acidophilus

Bifidum

Longum

15 Billion
Cultures
Per Capsule

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“Over 5,000 patients have successfully been treated with Synbiotic Therapy consisting of Florajen3® & 95% FOS powder.” Reported by Robert Listecki, Pharmacist.

For information on FOS, please
Contact Robert Listecki at
(630) 469-5200.

These statements have not been evaluated
by the Food and Drug Administration.
These products are not intended to diagnose,
treat, cure, or prevent any disease.

Florajen3®

A Probiotic

Our bodies contain 10 trillion cells, but the number of cells that live in our intestinal tract and surface of the skin are 100 trillion cells, meaning that we are only 10% of ourselves!² It then becomes clearer that these 400 to 1,000 different microorganisms compete for space every 20 to 40 minutes (72 life cycles in 24 hours). It is conceivable that this therapy can affect health in such a dramatic fashion.

You may be wondering how our bodies acquire these organisms. When we are born, we should acquire *Lactobacillus acidophilus* from the birth canal and bifidobacteria, the most plentiful friendly bacteria, from breast feeding. In the first two months of life, these bacteria colonize and then keep us healthy for life. After age 50, the bifidobacteria in our body decrease at a steady rate until our death. Thus, we now see why older patients have more problems on the list of the conditions reported.

We can also alter these 100 trillion intestinal population toward less friendly varieties by antibiotic use, steroid therapy (only being used since the 1940's), and by our diet. High glycemic index carbohydrates (sugars) feed yeast over more friendly bacteria and cause their numbers to increase, disrupting the balance of “good” and “bad” microorganisms. High fiber, low glycemic carbohydrates favor more friendly microorganisms. Stress, consuming Splenda (sucralose), and alcoholics are 3 other factors unbalancing the gut (dysbiosis). 80% of our immune system and 80% of our brain chemistry are thought to come from our intestines. Understanding these facts gives stronger meaning to the saying, “You are what you eat.”

95% FOS

A Prebiotic

FOS is a source of food that the bifidobacteria consume and make short chain fatty acids. These are needed for the health of the intestinal tract cells, especially the ones that line the intestines.

We obtain FOS naturally in our diet. Garlic and honey, followed by rye, brown sugar, banana, onion, barley, and tomato all contain some FOS, however one would have to eat a significant serving of these foods with every meal every day to get a useful dose.¹

95% FOS are essential: They are non-nutritive to the body and contain only 1.5 calories per gram. If FOS is less than 95%, it then contains too many simple sugars as glucose, fructose, and sucrose. These are the sugars that feed the yeast, which can contribute to the ill effects on the body.

Consuming a gram (¼ teaspoonful) of FOS a day will cause a 5-fold increase in growth of the bifidobacteria in a month. Consuming Florajen3® and FOS together will increase the friendly bacteria in 24 to 48 hours. This is why this combination therapy is so fast and effective. Most health care professionals have not been trained to recognize the key role a healthy gastrointestinal tract plays in maintaining overall health.¹

Synbiotic Therapy May Help in the Following Conditions (Prebiotic, 95% FOS + Probiotic, Florajen3® = Synbiotic Therapy)

Digestive

- Indigestion
- GERD
- Bloating, Belching, &/or Gas
- Inflammation of the Intestines
- Leaky Gut Syndrome
 - Mucus in Stool
 - Food Allergy & Intolerance
- Constipation &/or Diarrhea
- Travel Diarrhea Prevention
- Colon Cancer Prevention
- Inflammatory Bowel Disease
 - Crohn's Disease
 - Ulcerative Colitis

Respiratory

- Asthma
- Wheezing/Chest Tightness
- Chronic Sinusitis
- Nasal Congestion
- Recurrent Bronchitis
- Dry Mouth/Throat
- Chronic Otitis

Central Nervous System

- Headache
- Dizziness & Inappropriate Drowsiness
- Incoordination/Loss of Balance
- Poor Memory, Fogged Thinking, or Trouble Concentrating
- Fatigue/Lethargy
- Depression
- Anxiety
- Neuropathic Sensations: Numbness/Tingling
- Schizophrenia
- ADD/ADHD

Skin

- Acne
- Eczema
- Rosacea
- Itching (esp. at night w/out evidence of rash)
- Psoriasis
- Chronic Hives
- Undiagnosed Break-Outs of Urticaria
- Coated Tongue
- Athlete's Foot
- Diaper Rash
- Scleroderma

Genital/Urinary Tract

- Cystitis
- Urinary Frequency/Urgency
- Nocturia
- Vaginal Burning, Itching, &/or Discharge
- Vaginitis/Prostatitis
- Jock Itch
- Impotence & Infertility
- Endometriosis
- Cramps & Menstrual Irregularities
- PMS
- Yeast Infections (*Candida albicans* overgrowth)
- Kidney Stones (oxylate type)

Autoimmune Illnesses

- Over 100 conditions could be considered autoimmune
- Rheumatoid Arthritis
- Autism
- Thyroid Disease
 - Graves' Disease
 - Hashimoto's Thyroiditis
 - Transient Thyroiditis
- Lupus
- MS
- Ankylosing Spondylitis
- Autoimmune Hepatitis
- Type I Diabetes
- Autoimmune Kidney Disease
- Myasthenia Gravis
- Vasculitis
- Sjögren's Syndrome

Other

- Breast Cancer Prevention
- Increased Craving for Sweets
- Vitamin/Mineral Deficiencies
- Hypoglycemia/Hyperglycemia
- Shaking/Irritable when hungry
- Food Allergies (sensitive to wheat, corn, milk, citrus);
Burning & Tearing of Eyes
- Muscles Aches/Weakness
- Fibromyalgia/Chronic Fatigue Syndrome
- Pain & Swelling of Joints/Gout
- Sleep Disturbances
- Restless Leg Syndrome
- Reactivation of Latent Viruses
 - HSV I (cold sores) & HSV II (herpes)
 - Warts
- Low Body Temperature (cold hands & feet)
- Bad Breath
- Foot &/or Body Odor
- Clogged Ears (fluid in ears/wax build up)

List adapted from Roby Mitchell's, M.D., lecture at PCCA 2001:
"Yeast overgrowth may be a potential factor in the following conditions." & "Health Benefits of FOS" by Robert Crayhon



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2. Kelly Karpa. "Bacteria for Breakfast: Probiotics for Good Health." 2003.
3. Dave Sullivan, Bacteriologist – University of Wisconsin, American Lifeline, Inc., Makers of Florajen Probiotics.
4. Roby Mitchel, M.D. Lecture: "Yeast overgrowth may be a factor in the following conditions." PCCA 2001.
5. Robert ListECKi, Pharmacist with over 5,000 patients successfully using Synbiotic Therapy.
6. Gary B. Huffnagle, Ph.D. "The Probiotics Revolution." 2007.
7. Natasha Campbell-McBride. "Gut and Psychology Syndrome." 2004.

Dosing & Side Effects

Newborn and Adult:

The normal dose of a probiotic (Florajen3[®]) cell count is 10 to 60 billion cells (1 to 6 capsules) daily with non-chlorinated water, fruit juice, or milk on an empty stomach (1 hour before or 2-3 hours after a meal). Capsules may be opened and dispersed in liquid as they are tasteless.

The normal dose of 95% FOS powder is from ¼ teaspoonful (1 gram) to 3 teaspoonfuls daily. 95% FOS is ½ as sweet as sugar so it can be added to any food or be placed directly into the mouth. It can be dosed separately from the Florajen3[®].

A Herxheimer like reaction of nausea can occur if the synbiotic therapy kills yeast and fungus cells quickly. A remaining protein fragment from the dead cells can act as a nausea irritant. This side effect occurs in less than 10% of patients in the first 3 to 5 days (rare up to 2 weeks). Because it is dose dependent, reducing the dose to 1 capsule every other day and ⅛ teaspoonful of FOS usually corrects this effect of nausea.