

"I work with Mother Nature not against her."



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How Can Probiotics Help Fight The Common Cold?



February 22, 2013 [Health](#)

A new study, led by Registered Dietician Tracey J. Smith, with the University of Medicine and Dentistry of New Jersey-School of Health Related Professions, shows that Common cold symptom severity and cold duration are both lessened by probiotics supplementation.

The study, published in the British Journal of Nutrition, followed 198 Framingham University of Massachusetts dormitory- resident college students, ages 18-25 for 12 weeks. The study showed that while all the students caught colds, those that supplemented with probiotics experienced shorter duration colds (4 days as opposed to 6 in the other placebo group), missed less days of school, and had symptoms that were 34% less severe. Smith explains, "Cold symptoms like a stuffy nose and sore throat are the body's inflammatory response toward a virus, not a direct action of the virus itself. Probiotic microorganisms may soften your immune system's reaction by reducing your body's inflammatory response."

The findings of this study emphasize and corroborate what I know to be true – Probiotics form one of the primary immune systems of our bodies. One increases the balance of their gut by frequently consuming REAL fermented foods, and taking REAL probiotics, instead of consuming pickles or sauerkraut preserved with distilled white vinegar, or consuming GMO probiotics that are manipulated and programmed to die in 3 days.



Photo Credit: Kittikun Atsawintarakul

These are readily sold in stores. If you want to find out if your probiotic is GMO (Genetically Modified Organisms), then call the company and ask them if they manipulate their probiotic strains.

The problem with GMOs is that they contain the DNA from plants, animals, fungus, viruses, bacteria, and other chemicals, creating end products known as funny sugars, proteins and starches. Why are they funny? Because neither scientists nor Mother Nature recognize these things as normal natural sugars, proteins, and starches. They are much "longer" and bizarre in structure. The truth is, NOBODY knows exactly what these GMOs can do or how they will influence future generations. And that is NOT a good thing. (We have seen increases in cancer and infertility, but cannot pin the blame on GMOs without more study.)

My Non-GMO Inner Garden™ is a natural, full-spectrum culture commonly found in Nature. Because it supports the natural culture for your digestive colony, it makes sense to consume it as a digestive aid. However, now with this study’s findings, the immune enhancing qualities increase in importance.



As you know, I am a scientist who is always experimenting and pushing the envelope. Understanding the immune system potential, I started brushing my teeth with Inner Garden™ which resulted in stronger, tighter, healthier gums. Since then, others have used Inner Garden™ to brush their teeth, saving loose teeth and tightening their gums. Inner Garden™ not only helped in assisting the infected gums and bones, but also assisted to tighten the gums and firm up the bone in order to tighten loose teeth.

Presently, I’m doing some experiments with re-growth of hair. Hair seems to fall out because the hair follicle is no longer healthy. I reason that if it can help teeth and gums get healthier, why can’t it make the scalp get healthier?

We already know Inner Garden™ works well on the fur and skin of cats and dogs with raw spots or serious skin irritations. When I complete the experiment, I will find out whether or not applying Inner Garden™ to my slight bald spot will help to eliminate it.



Nutdanai Apikhomboonwaroot

If you have dandruff issues or a balding spot, you may want to participate in my experiment. If you’re interested in participating, please give me a call; I will provide a free scalp applicator with the purchase of a 32oz Inner Garden™ for any brave adventurous souls.

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