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Probiotic and Colon Cleansing

It is important to consider taking probiotic when you are performing your colon cleansing. This is because it has many properties that are beneficial to our body and its daily proper functioning. Did you know that our body actually has many an ecosystem existing within as well that includes many millions of microorganisms?

It is the nice balance between these microorganisms that allow our colon to work efficiently. They perform many useful functions:

- Fermenting unused energy substrates
- Training the immune system
- Preventing growth of harmful species
- Regulating the development of the gut
- Producing vitamins for our body (such as biotin and vitamin K)
- Producing hormones to direct our body to store fats.

There are actually more than 400 species of these microorganisms living in our digestive system doing all these things for our body.

Probiotic helps to replace and balance our gut flora so that beneficial ones will replace those harmful microbes. All the beneficial gut flora are actually naturally introduced into our body and allow it re-establish themselves within our gut. Some of its benefits:

- **Prevention of Colon Cancer:** Human trials have shown that they have anti-carcinogenic effects of certain enzymes known to generate carcinogens in our digestive system.
- **Manage Lactose Intolerance:** Lactic acid bacteria helps to convert lactose into lactic acid and help them to tolerate lactose better.
- **Improve Immune Function and Prevent Infections:** They are known to improve our immune system by generating more T-cells and Natural Killer Cells as well as improving phagocytosis that can assist in getting rid of pathogens and antigens (e.g. bacteria and virus). They are also known to reduce respiratory tract infections and acute diarrhea.
- **Reduce Inflammation:** Known to reduce inflammatory bowel diseases in adults.
- **Restraining Growth of Harmful Bacteria**

We are recommending [Latero Flora Probiotic](#) which has been shown to provide significant effectiveness in easing gastrointestinal symptoms. This product is derived from the soil in a remote part of Iceland. The probiotic strain is known as Bacillus Lacterosporus (BOD strain). They are "transient" microorganisms that do not stay in the gastrointestinal tract. Instead they build up small colonies in short period of time and are later flushed from our intestinal system via our bowel movement. They are actually spore-bearing bacteria and so can survive well under our stomach acids. It therefore bloom and flourish in our colon to establish colonies that builds up our immune system.

More about Oxygen Colon Cleansing and the various ingredients:

[Easy Oxygen Colon Cleansing \(Beginner\)](#)

[Oxygen Colon Cleansing \(Advanced\)](#)

[Quick Colon Cleanse](#) (Overnight Cleanse)

[Functions of Oxygen Colon Cleansing](#)

[Use of apple cider vinegar in cleanse drink](#)

[Use of aloe vera in intestinal cleanse drink](#)

[Use of lemon juice in colon cleanser](#)

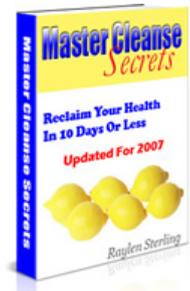
[Types of colon cleansing fruits](#)

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Recommended Detox eBooks

The Master Cleanse Secrets

The Most Complete Advice & Tips For Your Detox Program Through "The Master Cleanse"



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Colon Cleanse Your Way to Better Health

All-natural, 100% easy, no pain, no strain, no fuss colon detox techniques.



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Written by Credible Medical Researcher, Nutritionist, Health Consultant, and Former Candida Yeast Infection Sufferer

