



**\$39.00**

### What are probiotics?

Your digestive system is home to trillions of microorganisms, creating an ecosystem called the “gut flora.” Probiotics are the good bacteria, which are needed to create a balance throughout the body.

The body has both good and bad bacteria. The word “probiotic” literally means “good life,” which is fitting since it has been proven to treat many uncomfortable symptoms. For women, an imbalance of bacteria in the vaginal area may lead to a yeast infection. If there is an imbalance of bacteria in the urethra, a urinary tract infection may develop. The gut also needs to have a balance of bacteria, or else diarrhea, constipation, gas, and bloating may be experienced.

### Why you should consider a probiotic supplement.

Imbalances of flora in the body may occur for many different reasons. Some common culprits for throwing it off balances include:

- Aging
- Eating a nutritionally depleted diet
- Stress
- Alcohol consumption
- Smoking
- Steroids
- Birth control pills
- Antibiotics; keep in mind that a large amount of meat and dairy consumed today have been treated with antibiotics, which affect our flora
- Chemicals in food, soaps, lotions and perfumes
- Diabetes; sugar provides food for bad bacteria

# Dr. Liz Cruz, Sought After Digestive Health Expert

## Probiotics 101



Probiotics are needed to fulfil many functions. They act as a barrier to protect us against invaders in the body; bad bacteria, parasites, fungi, viruses, toxins etc.

On a daily basis, we unconsciously consume various microbes that could potentially cause sickness. In a body that has plenty of “good bacteria,” these microbes will pass with no negative effects. However, if bad microbes are ingested in a body with an imbalanced gut flora, these microbes will cause sickness. The “bad bacteria” that are constantly in our system, are kept under control by the “good bacteria.” If the good bacterium becomes imbalanced, “bad bacteria” is given an opportunity to break through the gut walls and invade other parts of the body.

More than half of our immune system is located in the gut wall, so it is vital to keep that part of our body healthy. Many illnesses can be linked back to an abnormal gut flora. In addition to aiding our immune system, probiotics support digestion. They aid in producing enzymes, which help to break down food, and transport vitamins, minerals, and other nutrients. Several nutrients cannot survive in the body if they are not quickly absorbed, so without a healthy gut flora, nutrient deficiency is likely.

To ensure that Dr. Liz Cruz and her family are supporting their immune systems with healthy bacteria, they take their Pleasant Probiotics™ supplement. To order yours, either speak with a staff member, or order online at [www.drlizcruz.com](http://www.drlizcruz.com).

**Medical Grade / 100% Dr. Cruz Formulated Plant Based / All Natural / Vegan / Organic High Potency / No Fillers / Made in the USA**