

ParaProbiotics Probiotics 101

Steven Wright,
HealthyGut.com





Steven Wright Health Engineer

Experience:

- Kalish Functional Medicine
- Saw over 350 tough cases
- Spent over \$400,000 on my own health experiments and healing process
- Researching and writing about gut health since 2009
- HealthyGut.com

Gut Bug Support 101

- Probiotics - Alive helpful bugs
- ParaProbiotics - Dead helpful bugs
- Prebiotics - Speciality foods for helpful bugs
- Fiber - General food for bugs
- Resistant Starch - Specific food for special bugs
- Postbiotics - symbiotic output of helpful bugs
(SCFA, butyrate, enzymes, etc.)



Probiotics - Alive SPECIFIC helpful Bugs

- Must be Specific Strains of Bugs - research is pretty clear now - that basic bugs without Strain names listed are possibly harmful, likely waste of money, not likely helpful
- Alive bugs can help crowd out harmful bugs through resource competition
- Alive bugs may help shift the colony to more good bugs
- Alive bugs can stimulate certain desired outcomes (brain PS128, certain bugs Megasporebiotic, SCFA - LGG, constipation HN019)
- Alive bugs are more “risky” than dead ones to immunocompromised people

ParaProbiotic - Dead SPECIFIC helpful Bugs

- Dead bugs are better at Immune Support than Alive bugs (Allergies, Skin, Brain, Food)
- Dead bugs are safer than Alive bugs
- Dead bugs do not compete with live bugs (good or bad ones)
- Dead bugs and Alive bugs do different things

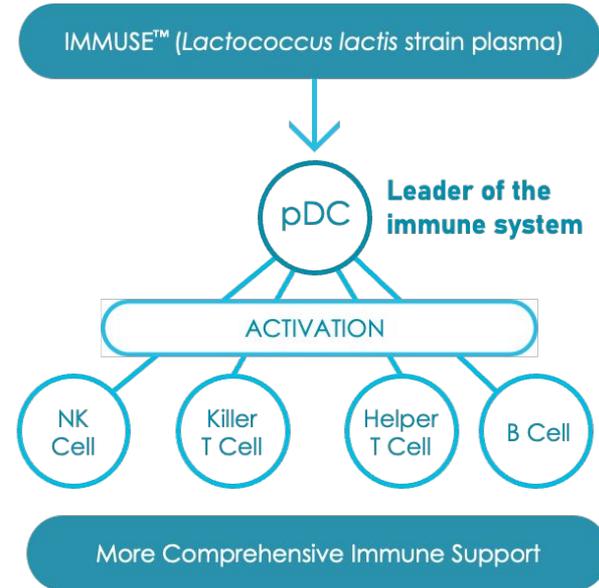
Immuse™ Lactococcus Lactis

Plasmacytoid dendritic cells (pDCs) are an important leader of the immune system.

The roles of pDCs:

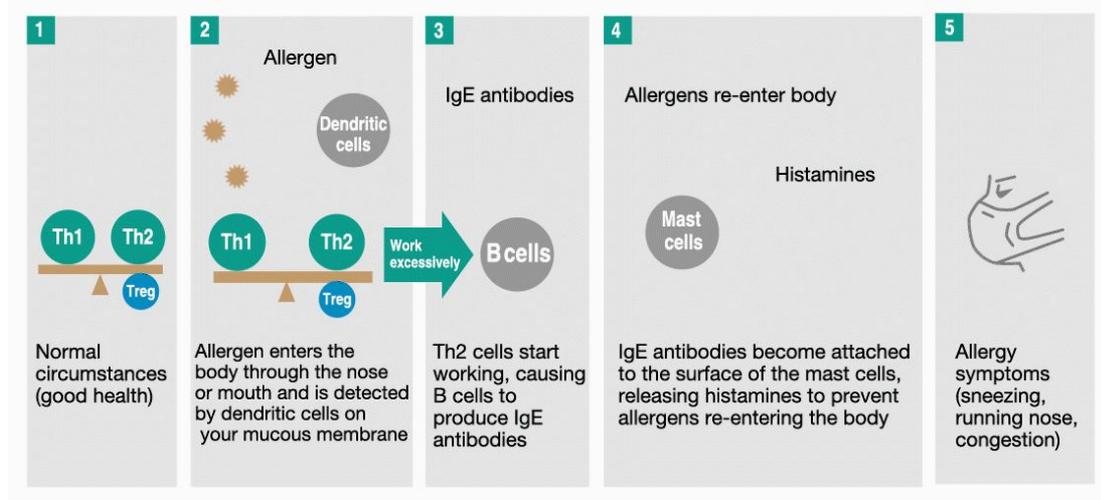
- Detect harmful invaders (especially, viruses)
- Present antigen to immune cells
- Secret IFN- α , an important signal molecule

to activate other immune cells

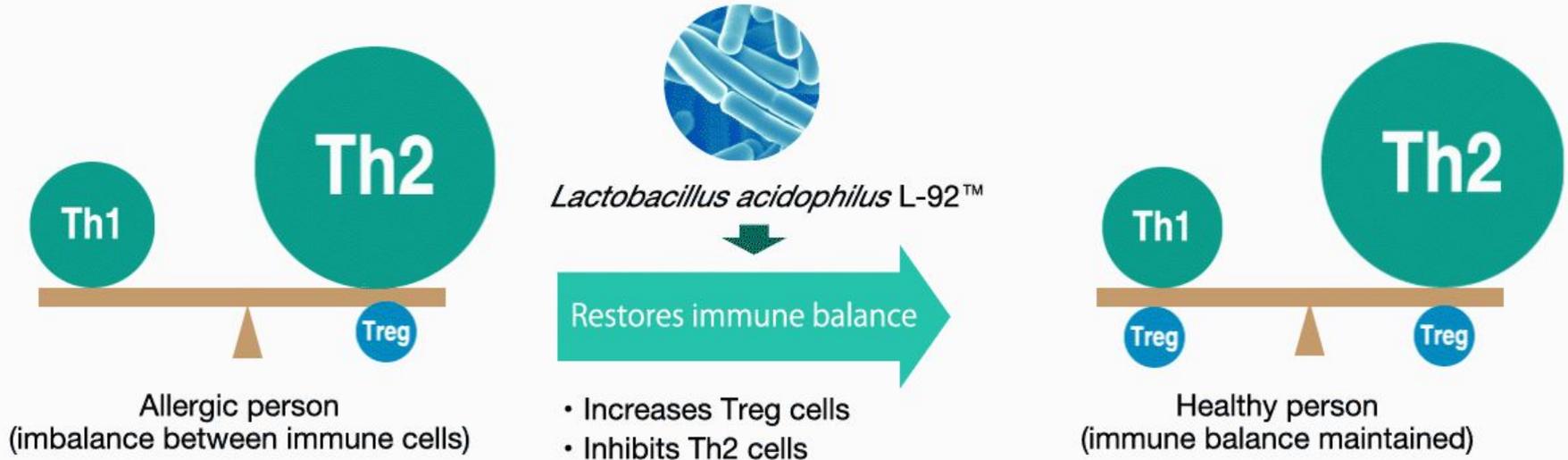


Lactobacillus Acidophilus L-92

- Boosts Treg cells which help to balance the immune response
- Helps block excessive IgE formation
- Supports Eczema
- Supports Hay Fever

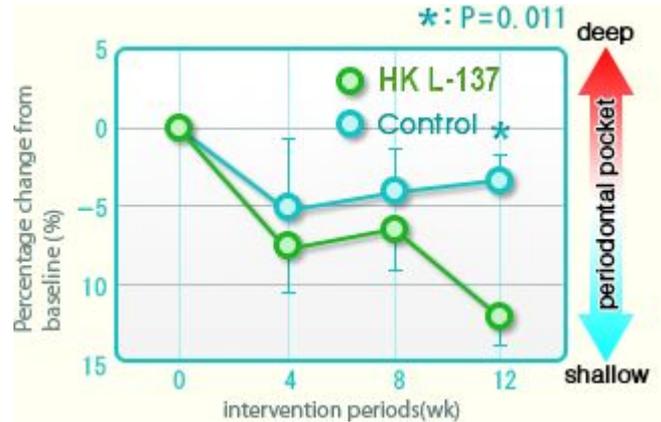


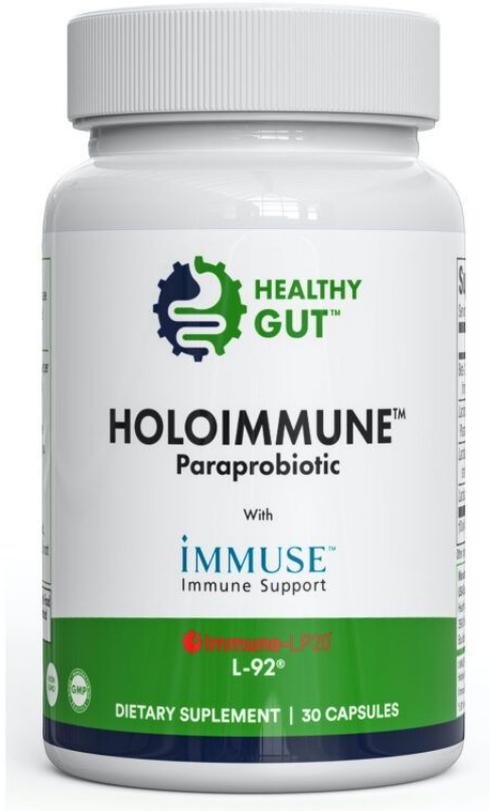
Th1 and Th2 in Allergies



Immuno-LP20 ~ Lactobacillus plantarum HK-137

- Boosts IL-12
- Helps Dry Skin
- Periodontal pockets
- Helps Recovery from cold and flu
- Lowers inflammation





Healthygut.com

HoloImmune:

- 3 ParaProbiotics
- 250mg 1-3, 1-6 Beta Glucans
- Over 50 human supportive studies
- First product in the world to combine these types of potent supportive products
- Like a Software Update for Your Gut-Immune System
- Users Report:
 - Better Allergies - less antihistamine usage
 - Better Brain - better thinking and memory
 - Better Skin - less rashes, acne breakouts, plumper
 - Better Eating - less food reactions