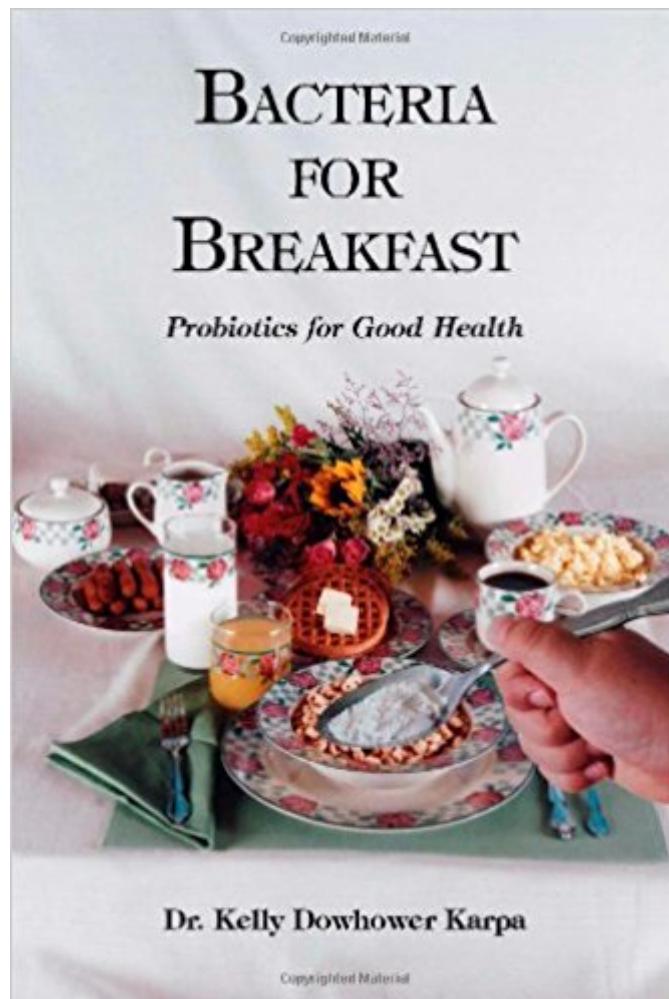


The book was found

# Bacteria For Breakfast: Probiotics For Good Health



## **Synopsis**

Although in Western society the beneficial aspects of bacteria have been increasingly minimized, we actually need bacteria in our digestive tracts for good health. This resource explains, to laymen and physicians, how probiotics support immune function, prevent urogenital infections, and maintain good gastrointestinal health.

## **Book Information**

Paperback: 334 pages

Publisher: Trafford Publishing (2003)

Language: English

ISBN-10: 1412009251

ISBN-13: 978-1412009256

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 16 customer reviews

Best Sellers Rank: #858,322 in Books (See Top 100 in Books) #20 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Asthma #13620 in Books > Health, Fitness & Dieting > Alternative Medicine

## **Customer Reviews**

The information in this book literally saved my mother's life. She was hospitalized and contracted C Diff and no antibiotic helped; in fact, the information in this book will help you understand how antibiotics can be hazardous. If you know anyone who suffers from this heinous infection, buy this book, read and find solace and information that can help cure you. Bless you, Dr.Karpa.

And very well presented. The science, while not fully resolved is clearly explained. Both what is known and what isn't (yet)

This is an easy book to understand, for such a complex topic, and will convince you of the need to protect the health of your digestive system, which, in my case, had been compromised by antibiotics. The author researches the topic very carefully and comprehensively, explaining why one's health is improved by, for example prebiotics.

I am a pharmacist, but this book is a great book for everyone, but especially mothers-to-be. How

bacteria play into our immune system is amazing. I had no idea. A must read for all physicians and pharmacists.

I heard this is a great book, can't wait to read it.

Interesting read. I like to ferment my own food and this book helps you to understand how good bacteria works in your body.

The author knows her subject but I was reading to get some suggestions for adding probiotics to my morning routine. The book ended where I hoped it would begin.

I was very excited to get this book on probiotics. Looking at the cover, I was led to believe it would share amazing ways to get probiotics via wholesome food like, fermented foods, kombucha, kefir,... Instead, it was heavy on the pharmaceutical drugs that have partially worked or failed with certain diseases like Crohn's. She talks about getting probiotics via pharmaceutical companies and went so far to say something about "reputable pharmaceutical company". Reputable and pharmaceutical company is an oxymoron. We are saturated with drugs and vaccines and yet we are the sickest country and worse off than we were 30, 40, 50, 100 years ago when there was less of it. In addition, she mentions all of the drugs that have been used for gut illnesses, like colitis and it's evident there is nothing that cures, at least not pharmaceutical related. I finished half way as it leaned heavily towards the pharmaceutical industry. She's a pharmacist so I can see why this is her slant, but I still feel the title and cover was very misleading. If you want an excellent book on probiotics mother nature's way, that actually remedies health issues without the damaging side effects, read The Body Ecology Diet by Donna Gates!

[Download to continue reading...](#)

Probiotics: No More Ulcers, Constipation, Stomach Ache, Diarrhea, and Much More: Probiotics, Probiotics Book, Probiotics Guide, Probiotics Info, Probiotics Facts Bacteria for Breakfast: Probiotics for Good Health Probiotics: No More Ulcers, Constipation, Stomach Ache, Diarrhea, and Much More: (Probiotics, Essential Oils, Aromatherapy, Vitamins, Supplements) Breakfast Recipes: 50 Quick and Healthy Breakfast Recipes (Quick & Easy Breakfast Recipes, Delicious Breakfast, Everyday Recipes) Gut Crisis: How Diet, Probiotics, and Friendly Bacteria Help You Lose Weight and Heal Your Body and Mind Oral Probiotics: Fighting Tooth Decay, Periodontal Disease and Airway Infections Using Nature's Friendly Bacteria Outline of Bacteria: Bacteria (School

and College students) Glencoe Life iScience Modules, From Bacteria to Plants, Grade 6, Student Edition (GLEN SCI: FROM BACTERIA TO PLT) Breakfast: Meals, Dining, Bountiful Breakfast Cookbook - 90 All-Time Classic, Amazingly Easy, Incredibly Delicious, Quick-To-Make Breakfast Recipes Fit ... The Whole Family (Cookbooks Best Sellers 3) 50 Quick and Easy Recipes For Breakfast âœ Including Pancake Recipes, Waffle Recipes and Crepes Recipes (Breakfast Ideas - The Breakfast Recipes Cookbook Collection 2) Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1) Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free, Gastroparesis, Constipation, ... & More (Digestive Wellness) (Volume 1) Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications What is a Probiotic, Probiotics against Obesity, Colon Cancer, Inflammatory Bowel Disease, Heart Disease, Multiple Sclerosis, Weight Loss, Cholesterol, Diabetes and Autism. Digestive Wellness What Is a Probiotic? Probiotics Against Obesity, Colon Cancer, Inflammatory Bowel Disease... Bernice Chesler's Bed & Breakfast in the Mid-Atlantic States: Fifth Edition--Delaware, Maryland, New Jersey, New York, North Carolina, Pennsylvania, ... and Breakfast in the Mid-Atlantic States) Breakfast in Bed (Bed & Breakfast) Easy Crepe Cookbook: 50 Delicious Crepe Recipes (Crepe Recipes, Crepe Cookbook, Breakfast Recipes, Breakfast Cookbook Book 1) Pancake Cookbook: Top 50 Pancake Recipes (pancakes, waffles, syrup, book, breakfast) (pancakes, protein, abs, waffle, syrup, book, mix, breakfast) (Volume 1) Baking for Breakfast: Sweet and Savory Treats for Mornings at Home: A Chefâœs Guide to Breakfast with Over 130 Delicious, Easy-to-Follow Recipes for Donuts, Muffins and More

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)