



SOME BASICS (a work in progress) cont. #5

“**Some Basics**” is a list of ideas and nutraceutical/transferceutical products we compiled to assist people in getting into, what we consider, is a productive frame of mind with regards to herbal and nutraceutical and transferceutical supplements. It is by no means the be-all and end-all. We're sure others will have additional thoughts on this.

We started with ideas about **motivations and commitment** to taking care of yourself as much as possible. Then we went on to **the obvious importance of clean air and pure water**. We then reviewed **Transfer Factors, the immune system (your castle wall) product**. Our most recent email in the series dealt with the **use of a good food source multiple vitamin/mineral supplement**.

Previous installments of “**Some Basics**” are available at our website. <http://www.naturesbetterway.com/> Our complete list of **Some Basics** is located at the bottom of this article.

Next on our list are **Probiotics and Digestive Enzymes**.

The word **probiotic** was not understood by many people only a few years ago. Some knew that there was something helpful in yogurt or kefir but did not understand what it really was. People knew the word “antibiotic but, “probiotic was a ??”. Well they just weren't sure what it was.

In an article on <http://www.webmd.com/digestive-disorders/features/what-are-probiotics> Mary Jo DiLonardo describes probiotics this way, “**Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system.**” The idea of friendly bacteria is somehow foreign to us. Bacteria are bad things, right? They infect things, right?

In our email last November we included an explanation of “microbiome”. “Microbiome” is one of the natural health industry's **latest buzzwords**. What is it and why is it important? These 2 links are to PDF files with explanations essential to a person's understanding their bodies.

http://www.naturesbetterway.com/pdf/OTHER/Dr_Tripp_shares_the_science_behind_NSPs_Four_Newest_Products_100215.pdf

http://www.naturesbetterway.com/pdf/OTHER/The_Modern_Microbiome.FINAL%20042216.pdf

And just what are **Digestive enzymes?**

All foods require processing (digestion), and enzymes are able to break down food compounds for assimilation into the bloodstream. A number of different enzymes are needed to deal with differing food compounds. Some of these are produced by the body, some are found in foods. However, most processed foods lack the enzymes needed for proper digestion. This link takes you to an article first published in 2007. Some of us have known about these things for many years.

http://www.naturesbetterway.com/pdf/BACK_TO_HERBS/PASS_THE_%20ENZYMES_PLEASE_092107.pdf



We've all heard: "You are what you eat" Right? How about this: "You are what you digest and metabolize"

Please read our disclaimer!

Disclaimer: We do not directly dispense medical advice or prescribe the use of herbs or supplements as a form of treatment for illness. The information found here is for educational purposes only to empower people with knowledge to take care of their own health. We disclaim any liability if the reader uses or prescribes any remedies, natural or otherwise, for him/herself or another. Historically all of these herbs & vitamin supplements may nutritionally support the body's biological systems.

Please consult a licensed health professional should a need be indicated.

These are our ideas. We are not doctors nor do we play one on TV. We cannot diagnose and we will not prescribe. No claims are made. These are just our ideas based on a long family history (over 80 years) in and around the health and nutrition business. Do your own "due diligence" and investigate this. You are the most important person in the world! To you - you are! No one cares more about you than you do. Pay attention! We only go around once.

Some Basics list:

- **Real "Want to"**
- **Conviction**

- **Consistency**
- **Clean Air**
- **Pure Water**
- **Transfer Factor**
- **Multiple Vitamin/Mineral (Food Source)**
- **Probiotics**
- **Digestive Enzymes**
- **Hydrated Bentonite**
- **Psyllium**

You can do this if this is what you want to do.

If you have any questions, please do not hesitate to contact us.

To your health and wellness,

Chuck & Judy Erkitz

Natures Better Way

PO Box 261 - 870 W Dryden Rd., Metamora, MI 48455

www.naturesbetterway.com

www.naturesbetterway.my4life.com

www.naturesbetterway.mynsp.com

1-810-678-3131 erkfitz@erkfitz.com



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#114859

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