

JUST JESS on HEALTH:

Probiotics



Our system houses trillions of micro-organisms. These micro-organisms are acquired through the birthing canal, they are then further added to through the consumption of our mother's breast milk. These micro-organisms contribute to the micro-biome/microbiota within the body. There should always be a balance between the "good" and "bad" bacteria within our system. However, when the "bad" bacteria outweigh the "good", our micro-biome is negatively affected. This can lead to; recurrent infections, poor digestion, constipation, diarrhoea, candida, eczema, acne, brain fog and so on. The gastrointestinal micro-biome has a direct relationship to our immune system, as well as other major systems in our body.

Supplementing with a multi-strain probiotic, reaching for a diet rich in fruit and vegetables, consuming fermented foods, leading a healthy lifestyle will all assist in maintaining this internal micro-biome. One of my favourite probiotics that I use in my practice is Rawbiotics. It is a 28 strain liquid probiotic, which does not need refrigeration. It also consists of gentle herbs, which maintain the balance among the bacteria in our system. It also aims to nourish the lining of the gut and boost the immune system.

It is very important to remember to take a probiotic when you have been put on a course of anti-biotics. This is because anti-biotics cannot distinguish between the "good" and "bad" bacteria in our systems - it kills almost everything. Remember to wait about 2 hours after consuming your anti-biotic before you take your probiotic, if you take them together the anti-biotic will kill the probiotic. Frequent anti-biotic use and heavy conventional medication use can degrade the lining of the gut, damage the intestinal micro-biome and lead to a lot of unnecessary symptoms.

I do not prescribe anti-biotics in my practice, but always reach for anti-bacterial and anti-microbial herbs. What is so amazing about the herbs is that they kill off the "bad" bacteria (microbes), but act as a food (pre-biotic) for the "good" bacteria!

If you feel your gut is in a bad way, let's personalise your treatment so you can reach your health goals.

If you would like to book your appointment please don't hesitate to pop me an email/message. I am available for online and face-to-face consultations during this time.

Kind regards
Dr Jess



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