

Knocked out by antibiotics? Fight back!

Esther Lurie, ND BHSc AdvDipNat

Most of us have taken antibiotics before. Infections are common and antibiotics generally do work well for bacterial infections that our immune system is having trouble dealing with. There are also times when some of us have taken antibiotics for viruses and in this case, they're not effective at all.

Australians are some of the world's biggest consumers of antibiotics, at around 19 million prescriptions per year.¹ Whether we use them correctly or not, they still take a toll on our gut bacteria.

The good bacteria in our digestive system is very important. As they inhabit the intestines, you would be right to assume that they help to break down food and absorb nutrients. One of the most

important functions of our intestinal bacteria is its crucial role in our immunity. Several types of immune cells are developed in the gut, alongside and aided by gut microflora.² Some symptoms of gut bacteria out of balance might be bloating, flatulence, diarrhoea or candida.³

Many of the prescriptions we take of antibiotics are "broad-spectrum", meaning they attack a wide range of bacteria types. This has an impact on our own bacteria too, as numbers of gut flora can be markedly reduced during treatment.

Intestinal bacteria has a remarkable ability to regenerate and taking a probiotic supplement during and post antibiotic treatment may actually help maintain your intestinal microbiota.^{4,5}

In choosing a probiotic supplement, it's important to select one that will do the best job

at replenishing our inherent stock. The probiotic strains lactobacillus and bifidobacterium are the most prominent members of human gut flora.⁶

UltraBiotic 500 contains 14 probiotic strains, predominantly bifidobacterium and lactobacillus. It is a high-potency probiotic supplement, specifically designed for during and post antibiotic treatment. One sachet contains 500 billion colony forming units (CFU) per sachet. Designed as a 7-day treatment plan, it is a simple and effective way to protect your gut bacteria during or after a course of antibiotics.

So if you are currently taking antibiotics, have taken them recently or just want some digestive or immune support, these strains may be just what you need. Fight back from sickness and antibiotics and give your gut what it needs.

References available on request

UltraBiotic 500
AUSTL 232673
SUPER STRENGTH, 14 STRAIN PROBIOTIC

- High strength, 7-day intensive probiotic.
- 14 probiotic strains providing 500 billion CFU.
- Convenient one-a-day dose.
- May help to maintain intestinal microbiota when taken during and after antibiotic therapy.
- Aids digestion and supports digestive health.
- Supports a normal healthy immune system.
- Halal and Kosher certified.



A probiotic-rich diet can help strengthen your immune system or an unbalanced gut.

Integrative oncology: concepts and strategies for clinical practice

Amie Skilton, ND DBM BHSc (Comp Med)

Dr Lise Alschuler is indeed one of the leading voices in the field of complementary cancer care. She delivered a comprehensive overview of the biomolecular rationale and evidence, indications and contraindications for specific natural cancer therapies, as well as provided a framework for practical application for those of us in clinical practice.

As a naturopathic physician with board certification in naturopathic oncology and a cancer survivor herself, she brought intimate, personal knowledge – as well as professional expertise – of the extraordinary impact of natural therapies to support health and healing in people diagnosed with cancer.

There is so much that can be done to support the health and wellbeing of cancer patients during and after treatment. Dr Alschuler's knowledge was ideal to impart confidence to those of us who attended. What I loved most was how skillfully she combined her own kindness and compassion with her extraordinary skills; mastering the art of applying the science at its best.

I'd certainly like to think that integrative oncology will become a standard component of practice for the treatment and support of patients with cancer but, even if it feels a bit beyond the scope of your practice, there were some key things that anyone can recommend that will make a difference:

Regular exercise. Movement reduces your risk and it does not have to be aerobic. Walking or yoga can be enough.

Diet matters.

- Adequate and digestible protein is imperative to avoid cachexia.
- Consuming vegetables ubiquitously lowers your risk of cancer and increases your survival time. The fibre and flavonoids have powerful influence on the outcome – 'colour kills cancer'.
- Meat consumption does not increase your risk of cancer unless cooked incorrectly. Or cooked until it is encased by charcoal.
- Blood sugar balance is important to reduce cortisol, insulin resistance and obesity. Low GI/GL eating is key.

"Natural therapies are powerful weapons in the fight against cancer. The safe and effective integration of natural therapies with conventional cancer treatments to improve outcomes as well as the use of natural therapies to reduce cancer risk brings health, healing and vitality to people diagnosed with cancer," says Dr Alschuler.

Listen to our exclusive podcast with Dr Lise Alschuler at www.fxmedicine.com.au/podcast

Reduce inflammation. It plays a central role in cancer and must be addressed.

Adequate sleep. Recovery is an energy-dependent process and sufficient sleep is a must.

Mindfulness-based stress reduction. This practise lowers cortisol and improves natural killer (NK) cell activity – both crucial elements of survival.

Vitamin D. Attaining and maintaining adequate levels is critical to optimal immunity.

Almost without exception, environment appears more important than genetic mutations and the most encouraging message from the event was that the profound changes that culminate in cancer are ultimately reversible.

The tremendous potential for lifestyle interventions and natural medicine to reverse errant epigenetic and tissue alterations, to preserve cell-to-cell communication, and to restore a healthy epigenome in order to reverse carcinogenesis is almost limitless.

To view Dr Lise Alschuler's webinar on integrative oncology, go to the education section on our website www.biocuticals.com.au



Top: Dr Lise Alschuler, world-leading naturopathic oncologist. Bottom: Seminar delegates had substantial notes to follow during the workshop.