

Bifido Bacteria Enable Attacks on Tumors...

by Ann Cameron, author of *Curing Cancer with Carrots*

The body normally uses signaling cells to identify tumors and stop their development when it starts. Here are some new and useful details on this process...

T Cells are a type of immune system cell that attack foreign invaders in the body--including tumors. The T cells attack tumors when they get proper signals from dendritic cells--also called "APC cells"--short for "antigen presenting cells." Dendritic cells are produced from the bone marrow, and become sentinels that carry bits of invading matter (called antigens) to the T cells. You might compare the dendritic cells relation to T cells to someone training bloodhounds to follow a criminal by presenting the dogs with sample of the scent from his clothing. Like the bloodhound trainer sticking a scent under a dog's nose , the dendritic cell's work is to capture an antigen in the blood stream and stick it under the "noses" of T cells, so they will recognize it where they find it, and attack. Unfortunately tumors have ways of hiding from dendritic cells, , masking themselves with molecules that prevent dendritic cells from recognizing them as foreign. Just last year (2015), researchers discovered the surprising relation of a gut bacteria to this process. To quote the researchers: "Bifidobacteria activate dendritic cells, which present antigens from bacteria or cancer cells to T cells, training them to hunt down and kill these invaders."

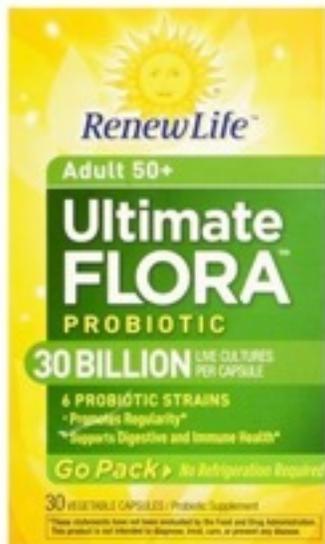
Bifidobacteria make up 80 to 90% of the intestinal flora of breast-fed infants--but the older we grow, the fewer of them we have. To protect against cancers, I think it can be a very good idea to supplement your diet with a bifidobacteria capsule daily. The following, with six different bifido strains, is what I'm currently taking: Renew Life Ultimate Flora Adult 50+ Probiotic Go Pack 30 Billion (Formerly RTS Senior), six strains 30 count. Renew Life has many products easily confused with this, so look closely when buying to be sure you're getting this one, or another brand with identical bifidos. Most inexpensive source I've found is Amazon. Also, here is a link to the research article on the mice and probiotic bifido bacteria...

<http://www.the-scientist.com/?articles.view/articleNo/45616/title/Microbes-Meet-Cancer/>

PS from FactorReady: The following is information on the Probiotic she suggests plus excerpts from a discussion article at Amazon on probiotics and probiotics in general. Re: RENEW LIFE Ultimate Flora Adult 50+ Probiotics is a Go Pack of 30 Billion count per capsule of 6 of the Bifidobacterium strains in 30 capsules (1 mo. supply - formerly RTS Senior), per suggestions for potential cancer prevention or treatment aid by Ann Cameron (author, "Curing Cancer With Carrots"). This type probiotic should be particularly valuable in that regard. It is especially for digestive and immune support and is time released. The company advises their capsulation and time release formula resolves normal stomach acid issues. They advise to take 1 daily with or without food. Note: Ann recommends the Bifido strains (regardless of probiotic brand) for it's anti-cancerous activity based on her research and the laboratory recognized article she sites above. The specific product she references for her personal use is found on the Amazon web site at...

amazon.com/Ultimate-Flora-Probiotic-Billion-Formerly/dp/B00I5UZS36/ref=sr_1_6_a_it?ie=UTF8&qid=1471725957&sr=8-6&keywords=renew+life+ultimate+flora+50++probiotics+30+count+renew+life+probiotics

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Supplement Facts	
Serving Size: 1 Capsule	
Servings Per Container: 30	
Amount Per Serving %DV	
Adult 50+ 30 Billion Blend	
<i>Bifidobacterium lactis (A)</i>	***
<i>Bifidobacterium lactis (B)</i>	***
<i>Bifidobacterium bifidum</i>	***
<i>Bifidobacterium breve</i>	***
<i>Bifidobacterium infantis</i>	***
<i>Bifidobacterium longum</i>	***
Total Bifido Probiotic Cultures	30 billion
***Daily Value (DV) not established.	

NOTE: Do acquire Ann Cameron's "Curing Cancer With Carrots" at Amazon or others (a Spanish version is available as well). It fully describes her amazing story of overcoming cancer naturally. She is the author of numerous Children books as well. Also, do visit FactorReady.com and review our inspired health articles from various knowledgeable and user experience sources such as Ann. It would certainly appear to us that usage of this type probiotic (especially after any antibiotic rounds) and especially in possible connection with Transfer Point Beta Glucan (to safely boost immune systems) should really provide a helpful and fully natural assistance means of keeping cancer cells in check and preventing footholds of same. Of course an appropriate diet along with other appropriate supplementations such as a good natural multi-vitamin, curcumin, fish oil, green tea and the Budwig health mix should all help with prevention factors too. It is our hope for you to Stay Well, Stay Prepared and Stay Prayed Up!

GENERAL DISCUSSION on Probiotics & Prebiotics...(from excerpts posted at Amazon)... Probiotic bacteria supplements are very popular, and for good reason. "Good bugs from yogurt" were once considered a solution to digestive issues like irregularity and nothing more. But we now know that gut health and the collection of healthy bacteria in our gut (called microbiome or gut flora) play key roles in several seemingly unrelated chronic diseases like obesity, allergies, rheumatoid arthritis, and depression. Some specific types of probiotic bacteria strongly influence our mood - they help produce most of the neurotransmitters like serotonin and dopamine in the gut. Other probiotic strains have been shown to reduce cholesterol. And yet others help ease colic in newborns. We all have unique blends of probiotics in our guts. We get them from our mothers during birth and then through breastfeeding. After that, we get more from the environment (mostly dirt). By age three, our probiotic fingerprints are established, so it is critical that you expose to your kids to fermented foods, pets, probiotics, and yes, even dirt at an early age. Children born via C-section, then fed formula, or given antibiotics, and raised in ultra clean

homes have poor gut bacterial diversity. This has been linked to several lifelong health issues like allergies, asthma, skin disorders, obesity, and according to some publications, even autism.

PROBIOTIC VS PREBIOTIC...

PRO-biotics are bacteria. PRE-biotics are a special kind of fiber that the beneficial bacteria eat as food. Prebiotics are a food source for probiotic bacteria. The good bacteria convert prebiotic fibers into several healthy nutrients and begin to strongly influence many aspects our health. Prebiotic fibers are found naturally in many vegetables, tubers, nuts, seeds, and fruits. They are found in artichokes, onions, beans, leeks, chicory root, and raw green bananas, dandelion greens, etc. Humans do not digest these fibers. They can only be digested by bacteria. Without prebiotic fibers, most of our gut flora will starve. With a steady dose of prebiotic fibers, the number and variety of good bacteria in our guts will dramatically and rapidly increase. Our understanding of probiotics and their effect on health is in its infancy. But the health effects of some of these bacteria are so strong that the FDA is requiring scientists researching them to consider them "Investigational New Drugs." In the not-too-distant future, doctors will be able to tell what diseases we might have by looking at our gut flora fingerprint. We are not far from having prescription bacteria.

HOW TO SELECT A GOOD PROBIOTIC SUPPLEMENT...

1. LOOK FOR A HIGH VARIETY OF STRAINS. A healthy human gut has over 1000 different species of bacteria. So, the higher the number of species or strains that a probiotic has, the better. Most simple all-purpose probiotic formulas have between 2 and 10 strains. Some probiotics like Lactobacillus GG or Bacillus BC30 have unique and scientifically proven benefits - in those cases, one or two strains are fine. While there are no probiotics that have 1000 strains, many contain 15-30 strains. These are often called "broad spectrum" probiotics.

2. LOOK FOR HIGH NUMBER OF LIVE CULTURES AT EXPIRATION DATE. ..

This refers to number of live bacteria per pill - usually in the billions. Here, too, more is better. But supplement companies often use marketing tricks to make their products look better than the competition's. Bacteria are live creatures that die off gradually through the life of the product. The live culture count will always be much higher at the time of manufacture. The bacteria count drops sharply during the first several of months after manufacture. If a product is stored according to instructions, you will be left with approximately 10% of the original bacteria count. Example: if a product is made with 100 billion live cultures, it could have about 30 billion after a few months and about 10 billion after 2 years. Some products will claim 100 billion on the label and not mention that it was at time of manufacture. Deceptive marketing is common. Always choose products that list the live culture count at time of product expiry.

3. BUY PRODUCTS WITH STOMACH ACID RESISTANCE...

More than 95% of probiotic bacteria don't make it past the stomach alive. Buy products that provide acid-resistance technology in the form of acid-resistant capsules or proprietary technologies like Bio-Tract. Probiotic bacteria, like Bacillus strains don't need stomach acid protection. All others require acid protection, regardless of what the label says. Without a guarantee of live cultures at time of expiration and without stomach acid protection, a capsule with 100 billion cultures (at time of manufacture) may only deliver 1 billion into your gut.

4. PROBIOTIC + PREBIOTIC TOGETHER IN ONE PILL ...

Probiotics are the good bacteria and PRE-biotics are soluble fibers that the good bacteria feed on. Prebiotics = bacteria food. Prebiotics may be even more important than the bacteria itself.

After all, if you don't feed the bacteria with fibers from vegetables and tubers, the probiotic bacteria may starve to death. You need anywhere from 10-20 grams a day of prebiotic fibers to improve your gut flora. Some probiotic formulas claim to be better because they have built-in prebiotics. This is a misleading marketing tactic in our opinion. The few mgs of prebiotics that are present with live cultures is virtually useless because it simply isn't enough. You'd need dozens of capsules of prebiotics to make a dent in your gut flora. This is why prebiotics are best eaten as food or supplemented separately at much higher doses. We feel there is no benefit in buying `PRE + PRO' combos even though it sounds like a great idea.

5. LOOK FOR UNIQUE STRAINS...

Let's take *Lactobacillus acidophilus* SD-5212 as an example. The word "Lactobacillus" is the genus. The word "acidophilus" is the species. The code "SD-5212" is the unique strain. Having a unique strain is not necessary or required by FDA, but it helps with identification and traceability. It will help you trace back the strain to a particular source or company. All of the reliable probiotic culture growers use unique strains with known identity and characteristics. Having a strain designation provides an added level of scrutiny and oversight. Low-cost generic strains coming from China usually do not have unique strain identification.

6. GLUTEN-FREE...

Gluten is harmful to the gut lining where probiotic bacteria colonize. Even though many people are not hyper-sensitive to gluten, those who need probiotics already have compromised gut health and will benefit from gluten elimination. You should choose a probiotic that is proven to be gluten free. However, a recent study showed that of the 22 top selling probiotics, 12 contained gluten. The study did not (unfortunately) disclose the brand names. There are different levels of "Gluten free" status. The FDA considers 20 parts per million gluten as "gluten free." Other testing organizations consider 10 ppm to be gluten free. The strictest Celiac support organizations require products to have less than 5 parts per million. If you are gluten sensitive, make sure your product is third-party tested to contain less than 5 ppm.

7. REFRIGERATION IS NOT NECESSARY. ..

Some probiotics require that you refrigerate them. Cold storage is useful for keeping the number of live cultures high. The only reason some probiotics require refrigeration is simply to meet high live culture label claims. Refrigeration has nothing to do with efficacy or health benefits. If you store these products at room temperature, you will still get health benefits, but you will get fewer live cultures than the label promises. A good probiotic must be able to survive human body temperature of almost 100 degrees F - otherwise it is useless. Any bacteria that cannot survive room temperature is not going to survive both stomach acid and human body temperature. Refrigeration required products are also more expensive.

Note from FactorReady: Please do consider supplementing your health regiment with a good quality probiotic meeting above suggested guidelines. We would certainly recommend following Ann's specific selection input concerning cancer tumors if wishing to prevent cancer or aid in the treatment of same. Stay Well, Stay Prepared and Stay Prayed Up!