



**PHI'ON**  
elements of life



## Human probiotic: Application note

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**Phi'on** range has three (3) probiotics for humans and comprises:

- A classic probiotic (**Harmony**)
- A calmative probiotic (**Serenity**) for added support to the immune and nervous system
- A enhanced probiotic (**Ignite**) for added stimulative support to the other probiotics as required and to increase the function of the circulatory, endocrine and immune systems; and provide ignition to passion and desire.

The probiotics contain additional herbs and trace minerals that are reported to specifically support the performance of the immune, endocrine, circulatory and nervous systems and generally support other systems of the body.

### **What is a probiotic?**

The term PROBIOTICS (beneficial microbes) is derived from the Greek language and literally means *for life*. Probiotic is used to describe the friendly microbes that live and work in the gut, guarding against harmful bacteria, fungi and viruses, and strengthening the immune and endocrine systems. Probiotics promote your body's natural immunity, aid digestion and improve overall health or wellbeing.

When harmful (pathogenic) bacteria overpower the balance of microbes in the gut system, they take up residence on the lining of the intestinal tract and gradually win the battle against the good or beneficial microbes. Consequently, the pathogenic microbes multiply and spread out, taking over even more of the intestinal area.

### **The importance of beneficial and balanced microbes in the gut**

Traditional naturopathic philosophy claims that if you sustain a balanced biological flora in the gut, a person will address up to 80% of human diseases. The gut is a robust system that sustains life energy and supports the nervous, endocrine, immune and digestive systems. This sustains the communication between the gut and the brain in a two-way communication. The gut is critical to the production of melatonin, serotonin (the happy hormone), dopamine, norepinephrine and gastrointestinal hormones (eg. ghrelin). The microbes in the gut and overall health are inextricably linked.

Human bodies contain billions of beneficial microbes (ie. bacteria, fungi, yeasts, etc.) and every single one is necessary to sustain nutrition, wellbeing and good health.

### **Why we need beneficial microbes**

Humans today are inundated with exposure to toxins and pollutants in the atmosphere, in food and on most surfaces (including the super-bugs in hospitals). The human body today has 500 more chemical toxins than our grandparents had, say prior to the 1950's. Our resistance to these threats is protected through the energy strength of our immune and endocrine systems that is supported by our general health.

Each person has an internal ecosystem within all organs (eg. liver and kidneys) working continuously to maintain a balance between all the healthy and not-so-healthy substances we put into the body each day. Therefore, it is critical for optimum health to sustain a balance of microbes through digestion of beneficial microbes as a probiotic (the opposite of anti-biotic). The balanced populations of microbes in the gut prevent, control and fight viruses and other health threats.

One of the hardest working internal organs is the intestine, and making sure the intestinal environment is healthy is one of the keys to overall health. Humans have more than 400 different species of micro-organisms inside their gastrointestinal (GI) tract, weighing in at around 1.5 kg. These good, bad and neutral microbes provide the body with important functions – and, in order to remain in good health, vast numbers of the good microbes are needed in the gut system.

When the intestinal biology is balanced or the gut is fed with beneficial microbes the thyroid is activated and this regulates all the glands around the body, including the pancreas, gall bladder, kidneys, adrenals and the liver. Most microbes have a life cycle of only 20 minutes and a species can go through 20,000 generations in a year. The dead microbes in the gut are excreted as human waste. Also, the liquid probiotic formulation will have dead microbes, however dead and living microbes are ingested all of the time with food and drinks.

Health conditions associated with an imbalance of gut biology (low or inadequate levels of beneficial microbes) include gingivitis, thrush, urinary tract infections, allergies (such as and hay fever), Candida, arthritis, chronic fatigue syndrome, cold sores, strep throat, bronchitis, acne, athlete's foot, psoriasis, constipation, chronic diarrhoea, Crohn's disease, irritable bowel syndrome (IBS), eczema, colic and nappy rash in infants, premature ageing, hyperactivity, gout, detoxification, hormonal balance and migraines.

These health conditions can be supported and perhaps eliminated by improving the biology of the gut through the daily intake of beneficial microbes, or probiotic. **In a nutshell the beneficial microbes in a probiotic are the bridge between nutrition and wellbeing.**

### **Contents of the probiotic mix**

The probiotic contains a range of readily available anti-oxidants, herbs, minerals (eg. carbonates) and beneficial (food grade) microbes that are listed under the Therapeutic Goods Act (TGA).

The contents of this formulation are fermented with beneficial microbes (eg. Lactic Acid Bacteria) over a period of 4-6 weeks so that the beneficial microbes potentiate the herbs, minerals, salts, acids, etc. through transmutations or transformations to organic forms of amino acids, enzymes, nutrients

and other compounds the body needs and can readily use. The herbs and minerals used in this formulation are in very small amounts and contained within a very fine grade stocking (tea bag) so that the particles are not contained within the brew, however their surface areas are exposed to the microbes in the liquid.

### **Directions for use**

An initial dosage of 5ml per day before breakfast is recommended for a period of 5 days, followed by an ongoing dosage of 10ml per day. A dosage of 20-30ml per day may be useful where beneficial results are desired during illness or disease. Always take the probiotic on an empty stomach (eg. before breakfast or 2 hours after the evening meal)

### **Storage**

This probiotic is alive and should be kept at room temperature and **NOT** stored in a refrigerator. The bottle is best kept air tight and where necessary you can **decanter** the probiotic into smaller bottles (ie. 250ml glass bottles) to minimise the air gap above the liquid. Yeast can form on the top of the liquid as a white fleck (or thicker cover) under certain storage conditions. This beneficial yeast is not harmful to swallow and can be removed (if desired) by straining the contents of the bottle through a tea sieve (the type that sits inside a cup with very fine cloth sides).

### **Not a Medicine**

This probiotic is a nutritional supplement (ie. food) and **not a medicine**. Similarly, the use of beneficial microorganisms or other substances in a probiotic are not medicinal, and no claims are made here as to the medical benefits of the product.

### **Disclaimer**

The information in this paper is for educational and research purposes only and it should not be used to diagnose or treat any disease or illness. This product makes no therapeutic claims, either expressed or implied that this information and/or product will cure or alleviate disease or illness, replace prescription medication, or supersede sound medical advice. Remember: consult with your qualified practitioner.

People who use these products or participate in trials of the products do so by choice.

### **Product Performance**

The products can achieve the outcomes described in this application note when the products are used in accordance with the prescribed directions and advice. Further information is at [www.phion.com.au](http://www.phion.com.au) and through phone (02-48428182) or e-mail ([rob@phion.com.au](mailto:rob@phion.com.au))