

**Everyday we are exposed to numerous pollutants in our lives:**

Lead, mercury, cadmium (plus over 4500 toxic heavy metal by-products), drugs, vaccines and a host of other dangers inflict destruction in our bodies.

As our **toxin levels rise**, our immune system and other critical processes in our body become dangerously compromised and begin to fail. In order to protect ourselves we need to ensure our optimum health.



Medical researchers world-wide have startling medical evidence that: "Up to 90% of all known human illness and disease can be traced back to an unhealthy colon!"

**"Death begins in the colon" - Ilya Mechnikov - Nobel Laureate**

**The secret to good health lies within - in the friendly bacteria in the intestinal tract...**

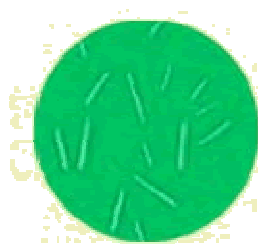
Lactobacillus bacteria form a significant part of the natural intestinal flora. Large populations of this and other lactic acid producing bacteria:

- A. Regulate the levels of friendly bacteria
- B. Reduce the levels of toxic pathogens that cause ill health.

Lactic acid producing lactobacilli bacteria alter the pH of the large intestine, making it inhospitable to undesirable bacteria, moulds, mould spores and yeast, particularly Candida. Putrefactive bacteria which are potentially detrimental to good health and increase foul wind production are inhibited by acidic conditions in the colon.

The presence of active bacteria in the gut can aid the digestive process by helping to break down foods. To attain the health benefits attributed to Lactobacilli fermented foods, live active bacteria need to be consumed on a **regular basis**. It is believed the life span in the human body of these cells is 3 to 10 days. Only the active forms have the ability to tolerate the acidity of the stomach and the alkalinity of the intestine to produce health benefits.

### Lactobacillus bacteria under a microscope



### Bacteria live and work in colonies.

There is a lot of confusion in the marketplace in relation to the abundance or "count" of bacteria in various probiotic products. Many companies are claiming that their products have "billions" more bacteria than other products to gain a marketing edge. This is very misleading and, in reality, is little more than sales hype.

Bacteria live and work in colonies. In scientific terms these colonies are called, Colony-Forming Units (CFU's). Some companies intentionally shake the colonies apart, separating the CFU's, to increase the bacteria count of their products, which is misleading to consumers.

### The single most important factor in Probiotic food is the reproduction ability of the bacteria.

The bacteria must be in their **natural state and alive** so that once they arrive in the gut they can multiply and produce all the sub-strains necessary to maintain a healthy intestinal flora.

To ensure that the bacteria are in a natural state and have not been tampered with or altered in any way it should be certified organic. In-Liven has been certified by the **ACO Australian Certified Organic**, Australia's largest certifying body.

### Common warning signs of bacterial imbalance:

- Allergies and food sensitivities
- Difficulty losing weight, sugar / carbohydrate craving
- Frequent fatigue, poor concentration
- Frequent constipation or diarrhoea
- Faulty digestion, acid reflux and other gut disorders
- Sleeping poorly, night sweats
- Painful joint inflammation, stiffness
- Bad breath, gum disease and dental problems
- Frequent colds, flu or infections
- Chronic yeast problems
- Acne, eczema skin and foot fungus
- Extreme menstrual or menopausal symptoms

## What kills good bacteria in the body?

- Antibiotics
- Birth control pills
- Steroidal / hormonal drugs
- Fluoride
- Chlorine
- Coffee / Tea
- Carbonated drinks
- Synthetic vitamins
- Radiation
- Stress
- Preservatives
- Additives
- Pesticides
- Fertilisers

## Research has shown that Lactobacilli bacteria:

- Reduce cholesterol in the blood
- **Increase nutrient assimilation, including calcium**
- Reduce high blood pressure
- **Assist in the elimination of ailments such as colon irritation, constipation, diarrhoea and acne**
- Retard yeast infections
- **Strengthen the immune system**
- Manufacture and assimilate B complex vitamins (which include niacin, biotin, folic acid, riboflavin and B12)
- **Help digest proteins, carbohydrates and fats**
- Produce natural anti-bacterial agents
- **Produce cancer or tumor suppressing compounds**
- Control the pH or acidity-alkaline levels in the intestines
- **Reduce unhealthy bacteria in the intestinal tract**
- Detoxify poisonous materials in the diet
- **Detoxify hazardous chemicals added to foods, such as nitrates**

#### REFERENCES:

Lactobacillus Acidophilus. American Institute of Biosocial Research Inc. 1989  
Lactobacillus feeding Alters Human Colonic Bacterial Activities, Nutritional Reviews Vol. 42 No.4 Nov 1984  
Assimilation of Cholesterol by Lactobacillus Acidophilus. Applied and Environmental Microbiology Vol 49 No.2, Feb 1985.  
Death Begins in the Colon. Dr Robert Chamberlain March. BS, MsT, RMT, ND.

## **The Lactobacilli bacteria used in In-Liven are the result of 20 years of research.**

Our unique lactobacilli bacteria have been subjected to a large number of stressors including: Heat, cold, chlorine, salt, alcohol and many preservatives found in food.

This results in a **"Super Family" of very strong Lactobacilli** unlike any others found in the world today. It is also important to note that all the bacteria in our formula are sourced from fruits, vegetables or grains.

## **An effective Probiotic product should contain Lactobacilli bacteria that can:**

1. Maintain its high and active count through processing and storage until consumption
2. Tolerate the acid conditions of the stomach
3. Tolerate bile salts
4. Increase its own numbers in the bowel and decrease the numbers of competing bacteria.

The unique combination of whole foods and friendly bacteria in In-Liven is a revolutionary breakthrough in the world of nutrition and will become the benchmark upon which all SUPER FOOD BLENDS will be measured.

## **The unique formulation of In-Liven provides the complete Lactobacillus family of:**

### **13 strains combined with 26 whole foods for 3 weeks prior to bottling.**

During this three-week preparatory phase the formula is **pre-digested** by those lactobacilli in the same way it is in our own body. When consumed, the body is able to instantly assimilate the broad spectrum of nutrients.

## **What if I think I am allergic to the ingredients in In-Liven?**

### **Allergic reactions to grains are generally caused by:**

1. Compromised gut bacteria resulting in the body's inability to break down the protein (gluten) in the wheat.
2. A reaction to the synthetic chemicals used to grow the wheat.

The In-Liven formula has been **pre-digested** by the lactobacilli bacteria, so all the protein has already been broken down, and all the ingredients are **certified organic**, eliminating the use of synthetic chemicals.

**In-Liven is a Super Food containing: 18 Amino Acids, including the 8 essentials; significant enzymes and a broad spectrum of essential nutrients.**

The formula **contains the complete Lactobacillus family**: acidophilus, delbruekii, caseii, bulgaricus, caucasicus, fermenti, plantarum, brevis, heleveticus, lactis, bifidus, leichmanni and sporogenes.

**It also includes:**

**Organic Spirulina** - one of the single richest and most complete sources of total organic nutrition in the world.

**Organic Alfalfa Grass** - a complete protein with vitamins A, B, C, D, E, F K and rich in calcium, magnesium, phosphorus, potassium, and trace elements.

**Organic Barley Grass** that has an incredible concentration of minerals, vitamins, trace elements, protein and live enzymes.

**Organic Wheat Grass** which is extremely high in chlorophyll and has a molecular structure very similar to the haemoglobin of human blood.

**Chlorophyll** is the blood of the plant and is extremely rich in nutrients.

**Other organic ingredients include:** Rolled Oats, Brown Rice, Wheat Grain, Pearl Barley, Linseed, Kidney Beans, Mung Beans, Adzuki Beans, Red Lentils, Chick Peas, Beetroot, Sweet Potato, String Beans, Zucchini, Cabbage, Silverbeet, Spinach, Chinese Cabbage, Asparagus, Broccoli, Malt Liquid and Molasses as well as Saccharomyces Cerevisiae and Saccharomyces Boulardii.

**For more information on In-Liven or any of our other products please contact the person who sent you this e-brochure.**

