



Jacksonville Chiropractic Center

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DYSBIOSIS

DEFINED.

Dysbiosis is the decrease in the number of favorable intestinal bacteria and subsequent increase in unfavorable organisms.

SIGNS AND SYMPTOMS:

- Foul smelling bowel gas
- Bloating
- Abdominal pain
- Alternating diarrhea and constipation

ETIOLOGY AND CONTRIBUTING FACTORS

- Fungal overgrowth
- Impaired digestion
- Inadequate liver and gallbladder functioning
- Low fiber diet
- Decreased immune function
- Altered stool pH
- Poor food choices (e.g. lack of essential fatty acids; fried foods, processed foods)
- Food additives (e.g. dyes, MSG, nitrates)
- Eating before going to bed
- Not chewing thoroughly
- Tap water (e.g. fluoride, chlorine)
- Antibiotics (prescribed or added to foods or drug therapy)
- High-protein diets
- High refined sugar intake
- Stress
- Hypothyroidism
- Intestinal parasites
- Food Intolerance

TREATMENT CONSIDERATIONS

First address the cause of the gut flora dysbiosis. Once this has been addressed, reseed the bowel with a probiotic. The two most important types of flora to set the stage for a healthy intestinal environment are *Lactobacillus acidophilus* and *Bifidobacterium bifidum*.

Lactic Acid Yeast Disruption of intestinal flora, an antibiotic therapy adjunct, flatulence (not foul), halitosis, toxemia, malassimilation disorder constipation

Prosynbiotic - Restores bowel flora, contains 2 prebiotic, 5 antibiotic resistive probiotics and health yeast.