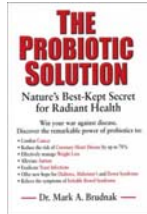


## “The Probiotic Solution”



**Author:** Dr. Mark Brudnak  
**ISBN:** 093804575X  
**Format:** Paperback, 163 pages  
**Publication:** May 2003  
**Reviewed:** September 27, 2003

### **Background:**

As Dr. Brudnak tells us, there are more bacteria in your gastrointestinal tract than there are cells in your body. Moreover, there are a group of “good” bacteria that serve a vital role in helping keep us free of disease and infection.

But, in this age of antibiotic overuse and mammoth processed food consumption (over 90% of the Western diet comes from processed food), we have depleted our bodies of the “good” bacteria and have become a safe haven for pathologic bacteria in our intestines that has resulted in a myriad of diseases, from heart disease to diabetes to irritable bowel syndrome.

(Yes, heart disease may be caused by what happens in our intestines!).

### **Synopsis:**

Dr. Mark Brudnak introduces us to the future of wellness...probiotics. Although around for nearly a century, the concept of probiotic supplementation to increase health and wellness is only now starting to garner a foothold in healthcare circles due to increased research and clinical trial successes in treating heart disease, autism, diabetes, yeast infections, even Cancer!

### **Strengths:**

1. Dr. Brudnak does a very good job of explaining the idea behind probiotic supplementation and how vital our gastrointestinal tract is to our continued health and wellness.
2. Dr. Brudnak gives an excellent list of reputable sources for probiotic supplements.
3. Makes difficult topics, such as cholesterol's role in heart disease, easy to understand.

### **Weaknesses:**

1. Although he mentions research concerning clinical trials and gives a bibliography, the studies are not specifically cited, so further reading and investigation (for those of us interested) is very difficult.

### **Overall Impression:**

The topic of probiotics in the healthcare paradigm is in its extreme infancy. This book provides an excellent resource for the budding topic of probiotics and its role in preventive healthcare and wellness.