

## DETOX SYMPTOMS AND PROBIOTICS

We find that nearly everyone we test is low in beneficial intestinal microbes. These good bacteria, fungi, and yeasts make up about 85% of our immune system. They are necessary for digestion of fats, carbohydrates, and proteins, and they help our bodies make B vitamins and absorb minerals. Beneficial bacteria fight skin infections, and help with detoxification. If we are low in these, the result is malabsorption, nutrient deficiencies, and toxicity. Some doctors are finding a correlation between certain bad bacteria and specific illnesses.

Antibiotics kill our good bacteria so avoid them as much as possible. Especially be very careful to only eat meats from animals that are not fed antibiotics for fast weight gain.

To replenish your good bacteria and ensure a steady supply be sure to eat cultured foods, such as sauerkraut, like our ancestors did. You will find many recipes in *Nourishing Traditions Cookbook* by Sally Fallon. You may want to take a probiotic capsule for a short time. We find adults often need acidophilus and children need bifidus.

It takes a few weeks for these good bacteria to get established in the gut. For a while you may have a little war going on as they kill the bad bacteria, fungi, candida and yeast. Also, remedies that cause your body to detoxify heavy metals, chemicals, fossil fuels, and other toxins will often cause uncomfortable symptoms for a while. But the benefit of a clean body is worth it.

Die—off Symptoms:	Fatigue	Sugar cravings	
Itching	a cold	runny nose	bowel changes, gas
depression or out of sorts, anger, sadness		children—bad behavior	
aches, pains, stiff muscles, joints, due to bacteria in joints		hair loss	
ears popping, blocking, if fungus in ears		odor	canker sores
headache	just about anything	fever	flu
rash, especially under your ring or watch		pain under the right shoulder blade	

Evidence indicates that, when fungi experience extreme stress, such as that caused by sugar deprivation, they spit out even more mycotoxins. They may make you feel under the weather. In addition, as the fungi actually die, they release endotoxin-like substances, which may add to your discomfort. Ironically, this feeling terrible is a sign that you are on the right track toward healing yourself.