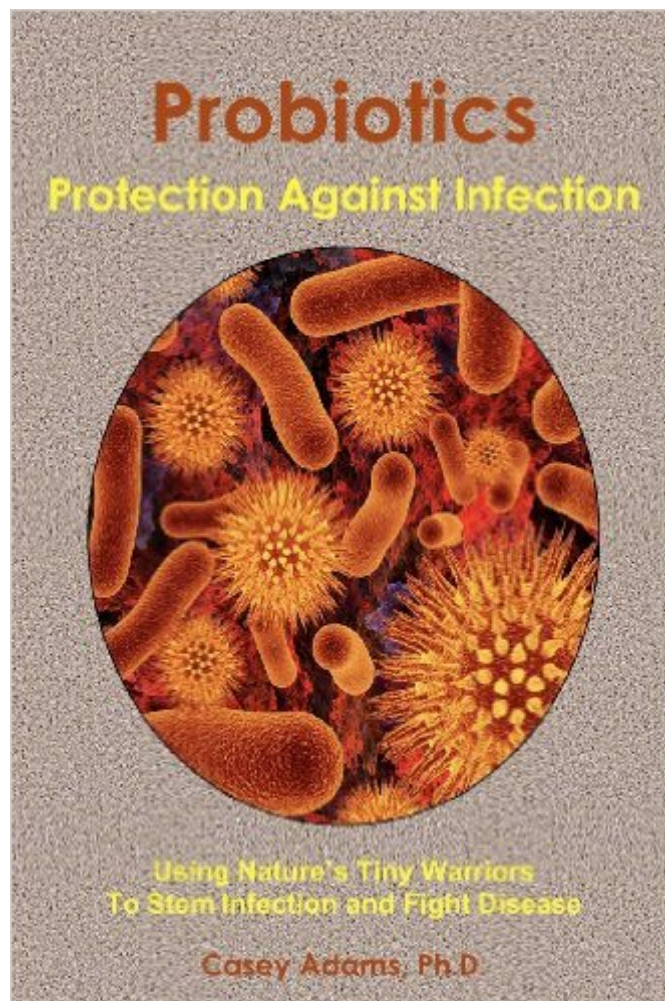


The book was found

Probiotics - Protection Against Infection: Using Nature's Tiny Warriors To Stem Infection And Fight Disease



Synopsis

We are surrounded, inside and out, by bacteria, viruses, fungi and other microbes. Meanwhile, the spread of infectious microorganisms has threatened millions during recent pandemics. More worrisome has been news that dangerous bacteria are becoming resistant to antibiotics. Is there any hope in winning the war against infectious disease with this growing legion of microbial threats? In "Probiotics - Protection Against Infection" we find clear evidence for probiotics' ability to directly engage and defeat infectious microorganisms. We find new clinical proof of probiotics' ability to specifically boost the immune system while under attack. Here we find the scientific facts separated from the hype and the myths; and the amazing discovery that we can fight fire with fire, as long as we properly arm ourselves with the correct strategies for achieving and nurturing strong probiotic colonies.

Book Information

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Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (20 customer reviews)

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Customer Reviews

I wish this book had been out back in 2008 when I was looking desperately looking for and needing this information.. since I still needed it, I am glad it arrived. This book has so much invaluable information. Some of the physiological blood, body chemistry information went over my head, but there is so much information in this book that this aspect is minor. This high tech information makes this book very fascinating for another type of reader with a different type of background. So anyone who is interested in having information about bacteria, whether the self seeking health oriented person looking for personal solutions to their own dysfunctions or the professional seeking

information to help clients. This book is excellent. This is one of my bookshelf reference books that I will keep for the rest of my life. This book has come out with great timing because most of the strains he talks about are now available on the market in individualized supplemental form. Meaning, it is possible to get a probiotic with just one beneficial bacteria vs being stuck with probiotic formulas that have several or many beneficial bacteria. As a result it is possible to individually tailor the beneficial bacteria to very specific individual needs vs the "one size fits all" probiotics of the past. I also have the Oral Probiotics book that he has also written. Although a bit of the information is repetitive, it still has invaluable additional information. It is a great additional complement.

This book is very educational. It is clearly written for the layperson. With the average North American diet there are so many factors affecting gut flora. It is wonderful to have such a clearly written missive to help one decide how to get some help.

There is a lot of information inside the book about probiotics. It pretty much covers all points necessary in order to understand what the bacteria are all about. This was a medium read for me. There is a lot of science in the book. This book identifies that probiotics help with digestion, elimination, and... the big one... the immune system. Read the book.

This is a tremendous book for the person who has a desire to learn about our bodies immune system and how it keeps us healthy, wealthy and wise. It does require the reader to have a basic understanding of the biological processes that the human body goes through and to follow these interactions that the immune system uses. I think it is GREAT.

Lots of useful information on individual strains. It has exactly what I have been looking for. The book will be helpful for lay people as well as health professionals

I read this book with great interest. The author has done an excellent job in researching this topic and I believe he has a thorough understanding of probiotics. This book has really increased my understanding of the role of living organisms in human health and how critical they are to our wellbeing. I really enjoyed the practical aspects detailing the different probiotics and cultured foods and how to effectively use them. Many of my questions on this topic have been answered by reading this book. A must read.

I was amazed at the sheer number of randomized controlled double-blind human clinical studies (isn't that a mouthful?) on probiotics for all types of ailments, syndromes, and diseases! I also learned new things about the nature of supplementing with probiotics, which I hadn't fully realized before, such as their transient passing in the intestines, while still providing many benefits. This is a good all-around book on probiotics, with a recent publication (2012), so the information is quite up to date. Thank you Case Adams for putting this book together! However, I must say, I feel the writing style and editing were wanting. There were some obvious typos found throughout the book, and the style and flow felt inconsistent. Abbreviations were used at different times; the names of specific species and strains were used differently from one page to the next; some scientific terms were not clarified to the reader; abbreviations for immunoglobulins, interleukins; and other biochemicals were inconsistent; etc. I think a second edition could use a major cleanup, as well an overhaul to the section on clinical studies to read more for the layman. (IL-10, IL-2, IgA, TNF-alpha, goodness me! I get lost fast!) Basically, the content is great and well researched, but the writing style and editing did not match the quality of information. I was very close to giving this book a 4-star rating, but I feel that the unfounded 1-star rating by another user needs to be canceled out.

I really have enjoyed your books on probiotics. Thank you SO much for writing them, they have helped make a mystical topic more understandable and more beautiful in it's complexity. I welcome your systems thinking on these topics :D

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