

When to take Probiotic 11

- 1.) Digestive issues
- 2.) Yeast issues
- 3.) If you have taken any antibiotics since the last time you took **Probiotic 11**.
- 4.) Four times a year. After a cleanse then two weeks of **Probiotic 11**.
- 5.) If you eat non-organic animal products regularly.
- 6.) If you drink non-purified tap water.
- 7.) If you shower in chlorinated water.
- 8.) If you're under stress.
- 9.) If you need to boost your ability to fight infections.

What Good Bacteria do for You

Probiotic 11 has 11 different strains of good bacteria.

- 1.) Research suggests good bacteria provide 80% of your passive immunity.
- 2.) Good bacteria help digestion
- 3.) Good bacteria digest fiber (which you can't digest properly without them.)
- 4.) Good bacteria produce Vitamin B which helps you handle stress, gives you energy, and helps nerve healing and function.

Yeast Protocol

- 1.) **DO NOT** eat refined carbs or sugar
- 2.) Reduce your stress.
- 3.) Complex carbs are ok.

Examples: Sweet potatoes, Ezekiel or prairie bread

- 4.) Increase water - R/O is the best, distilled is the second best.
- 5.) Use a humidifier if the heat is on.
- 6.) Take **Probiotic 11**
- 7.) Take **Yeast and Fungal Detox**



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