



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

By Casey Adams Ph.D.

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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. This book has been updated with recent research in 2016.

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Review

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About the Author

The author is a California Naturopath and holds a Ph.D. in Natural Health Sciences. His books are focused upon science-based natural health solutions.

"People look to natural solutions because many of those presented by conventional medicine are not sustainable due to side effects and/or damage to the environment. My objective is to separate hype from reality. To accomplish this, I present the clinical evidence and scientific research on natural healing methods together with their historical use. I seek to empower the reader with the facts, enabling wise health decisions."

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