

TRANSIENT VS RESIDENTIAL BACTERIA



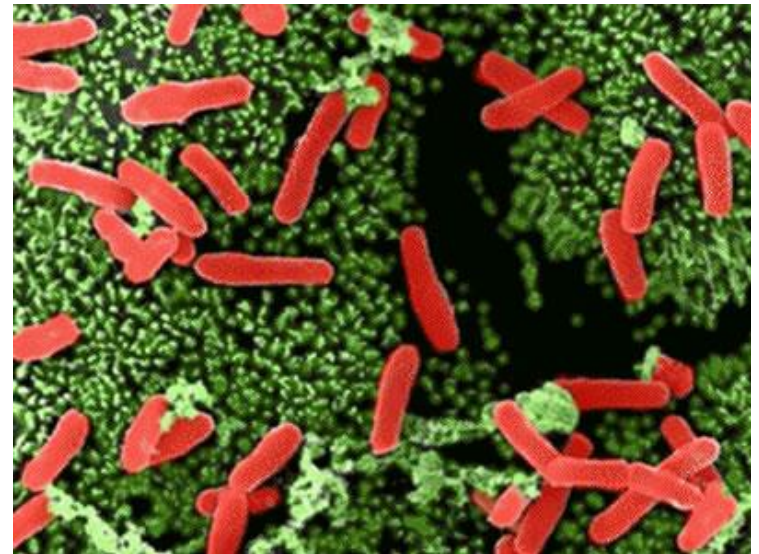
Good Bacteria

- There is a lot of misunderstanding about the role of fermented foods and probiotics
- Understanding the difference between residential and transient will help clear up the confusion



Residential

- This is the bacteria that is native to you – good or bad
- It has a genetic component in that it will be similar to the bacteria that is in your family members
- Our residential bacteria develops as a baby and it is at it's adult level by age two
- Diet and lifestyle affect it and it evolves as we age
- It is the only bacteria that can colonize in our gut

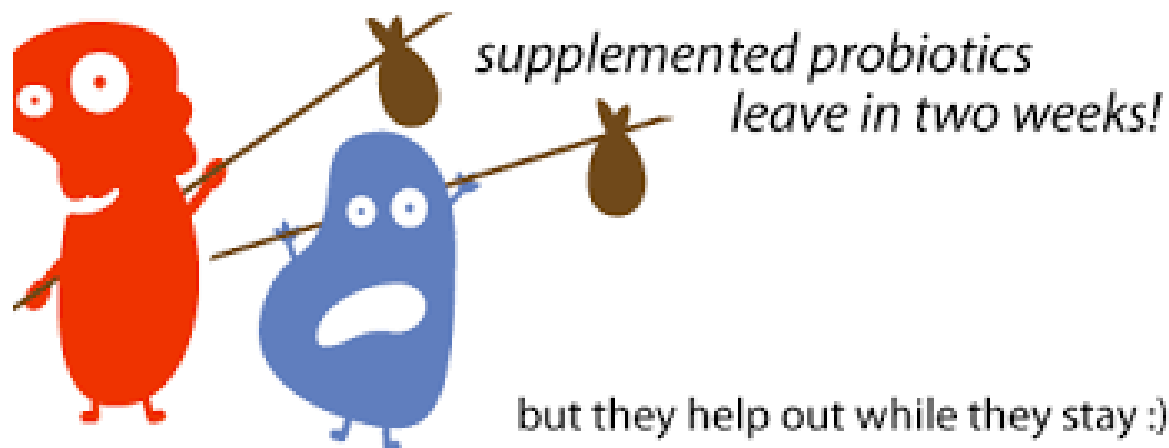


Residential

- Most gut bacteria health issues are a factor of the small intestines,
- It is the much more difficult to re-colonize the small intestines than the large
- So probiotics that favour the small intestines are preferable (unless a colon issue is present)
- The quality of the intestinal wall lining is also important for colonization.

Transient Bacteria

- It is the bacteria we get in probiotics and fermented foods
- They just pass through
- While there, they can perform the same functions as our residential but they do not stay and colonize
- Human microflora in probiotics lasts the longest (up to two weeks after a person stops taking them).



Transient

- Pathogens that are ingested are also transient – they are not colonizing
- Long term health issues related to pathogenic bacteria are due to residential pathogens that have been allowed to proliferates due to lack of good bacteria
- This also includes fungus and yeasts
- Some fungus and yeast actually plan a beneficial role but require the good bacteria to keep their numbers low
- Specific *Aspergillus niger* strain perform useful functions

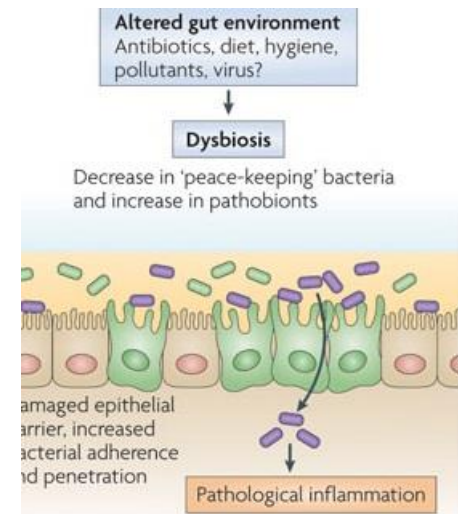


Aspergillus Niger

- Aspergillus niger makes an enzyme called asparaginase which prevents the formation of acrylamide (a potentially carcinogenic substance that forms between asparagine and glucose when heated)
- Aspergillus niger produces the phytase enzyme to prevent phytates.
- Also produces an enzyme called transglucosidase (TGD) which can produce oligosaccharides, a type of fibre that feeds the good bacteria, from the starch in foods like white flour
- Aspergillus niger also produces aflatoxins – which can cause numerous symptoms – good bacteria deactivates the potential for this

Dysbiosis

- Dysbiosis is the term for lack of good bacteria
- Prebiotics food may be poorly digested causing numerous symptom
- Pathogenic bacteria, yeast and fungus can produce toxins that cause symptoms
- Fermented foods and some probiotics may cause symptoms (only in those with severe issues)
- Protocols must be slowly introduced based on the severity of symptoms especially colon and intestinal issues or brain and nervous system disorder



Replenishing Gut Bacteria

- Prebiotic foods help the residential colonize - be aware of clients potential issues with prebiotic foods
- Probiotics and fermented foods can take pressure off and create an environment helpful for residential to colonize
- Enhancing the health of the intestinal wall lining helps aid the colonization process for the residential bacteria
- SCFA can help heal the gut along with glutamine and other intestinal nutrients.
- Creating a proper protocol for each client must take into consideration their specific needs.

