

## Is Your Stomach Killing You Softly?

### *Digestive Stress Accelerates The Aging Process!*

#### Editor's Note:

The information presented in this newsletter is changing the way doctors and health professionals view the aging and disease processes of the human body. Researchers worldwide are coming to grips with the fact that mainstream medicine as practiced today has given us some great gifts, but also has some significant problems.

Instead of going to the hospital to get well, many will die from what they get after they are admitted. Your doctor prescribes you a medicine designed to help your condition, but to your dismay, the pill comes with a list of side effects a mile long. Even worse yet, the elderly are overtreated, and overmedicated by the very medical system we have come to depend on for wanting to live a longer healthier life. Yes, we now live longer, but is the quality of life worth living? Is anyone really looking forward to growing old?

Our intention is not to criticize mainstream medicine or the well-meaning doctors found around the world today. Instead, we are making this vitally important information available to you because we feel that it is to your benefit to understand that your health is your most valuable asset.

We also feel the information presented will help keep your body at your maximum, peak ability far into the future regardless of your current age!

Do you have any of these symptoms:

- **Low Energy/Fatigue?**
- **Gas/Bloating?**
- **Water Retention?**
- **Weight Gain?**
- **Acid Indigestion?**
- **Irritable Bowel Syndrome?**
- **Nausea?**

Would you like to have:

- **Lots more energy?**
- **Better health and immunity from chronic diseases?**
- **Enhanced Mental Clarity?**
- **Ability to eat without getting sick to your stomach?**

If you answered yes to any of these questions, read on.

You'll discover one of the easiest ways in the world to fix your digestive system and in

doing so, fix your health!

#### **The Center Of Your Body!**

Did you know that your stomach is the center of your body? It's true. In fact, your stomach is the "Kitchen," or the "Oven," for your body. Your stomach prepares essential nutrients from your food for metabolic absorption.

If you could build a Castle called Health, what would be its Foundation? And if you knew how to strengthen this Foundation—make it strong and supportive for a long, long time—would you do it?

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#### **What Causes Digestive Chaos?**

- 1. Stress**
- 2. X-rays**
- 3. Antibiotics**
- 4. NSAIDs**
- 5. Mercury**
- 6. Steroids**
- 7. Pollution**
- 8. Sugar**
- 9. Birth Control Pills**
- 10. Parasites**

## Are You Malnourished?

The Foundation to the glorious Castle of Health is simple: thorough and proper digestion of the foods we eat. Certainly we

must select the best diet we can among the food choices available in the modern world, yet even when we've done our very best to eat a healthy diet our bodies can fail to digest and absorb all the nutrients we've

taken in.

A healthy diet in the absence of good digestion creates the illusion that we are getting the nutrition we need—even while we may be failing to assimilate critical dietary elements for well-being and disease prevention. You could be “eating healthy” and be malnourished at the same time!

The secret to building this Foundation is to maintain a healthy balance of good bacteria in your stomach. To do this requires a good solid diet, but also a probiotic that maintains a healthy array of microbes to help digest and metabolize what you eat.

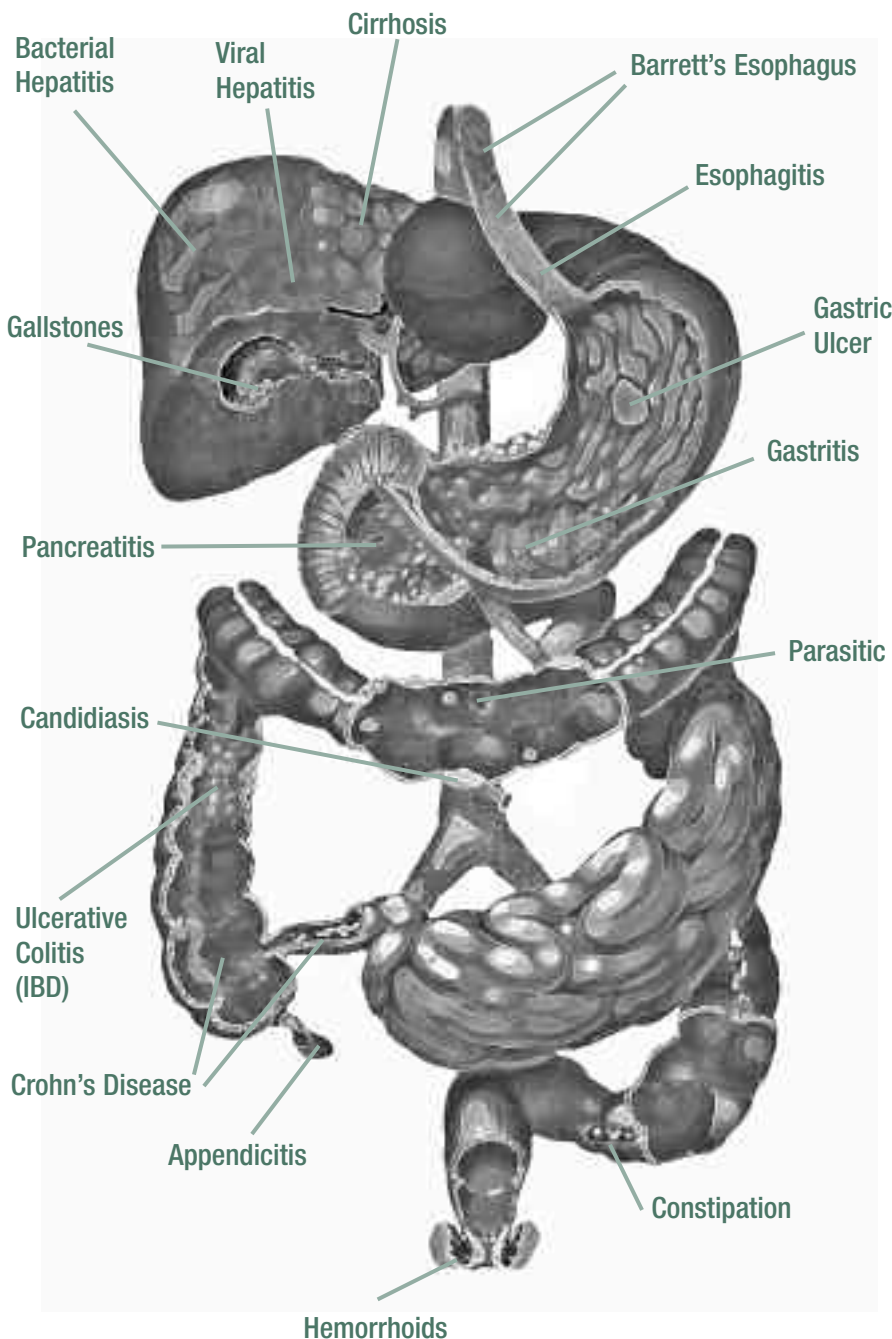
There is one probiotic formula in particular that has surpassed all its competitors in potency, and is completely unlike anything you can buy off the shelf at any health food store. It's called **Vibrant Flora 15/50™**.

## Your Best & Strongest Health-Building Tool!

**Vibrant Flora 15/50™** is the product of years of careful research by top scientists working in the field of health and nutrition today. It contains 15 strains of friendly bacteria that help build the Foundation of your Castle of Health, and make it strong.

Many people don't realize that digestion is actually dependent on our symbiotic relationship with friendly strains of intestinal bacteria. Without the action of these tiny allies, we

## Compromised Digestive System



wouldn't be able to break down the large and complex molecules of some of the foods we eat. We would not be able to actually absorb the nutrients of our diet through the tiny capillary walls lining our intestines, regardless of how healthy our diet.

### **15 Bacterial Strains & 50 Billion Colony Forming Units!**

**Vibrant Flora 15/50™** not only contains a broader range of helpful bacterial strains than almost any other product of its kind; it also contains a far, far greater NUMBER of helpful bacteria. Each capsule of this remarkable product contains 50 BILLION CFU's (colony forming units) of health-giving microflora, in a delivery system that ensures that they will arrive and thrive where they can do you the most good! These "friendly soldiers" form your valuable front-line in the battle for your health.

### **There's A War Going On**

You see, there's a war raging at the very base of your Foundation of good health—your digestive tract is constantly being threatened by the presence of microorganisms that are NOT beneficial. Dangerous strains of bacteria and certain viruses, yeasts and molds can gain the upper hand and grow to outnumber the healthy bacteria in your intestines.

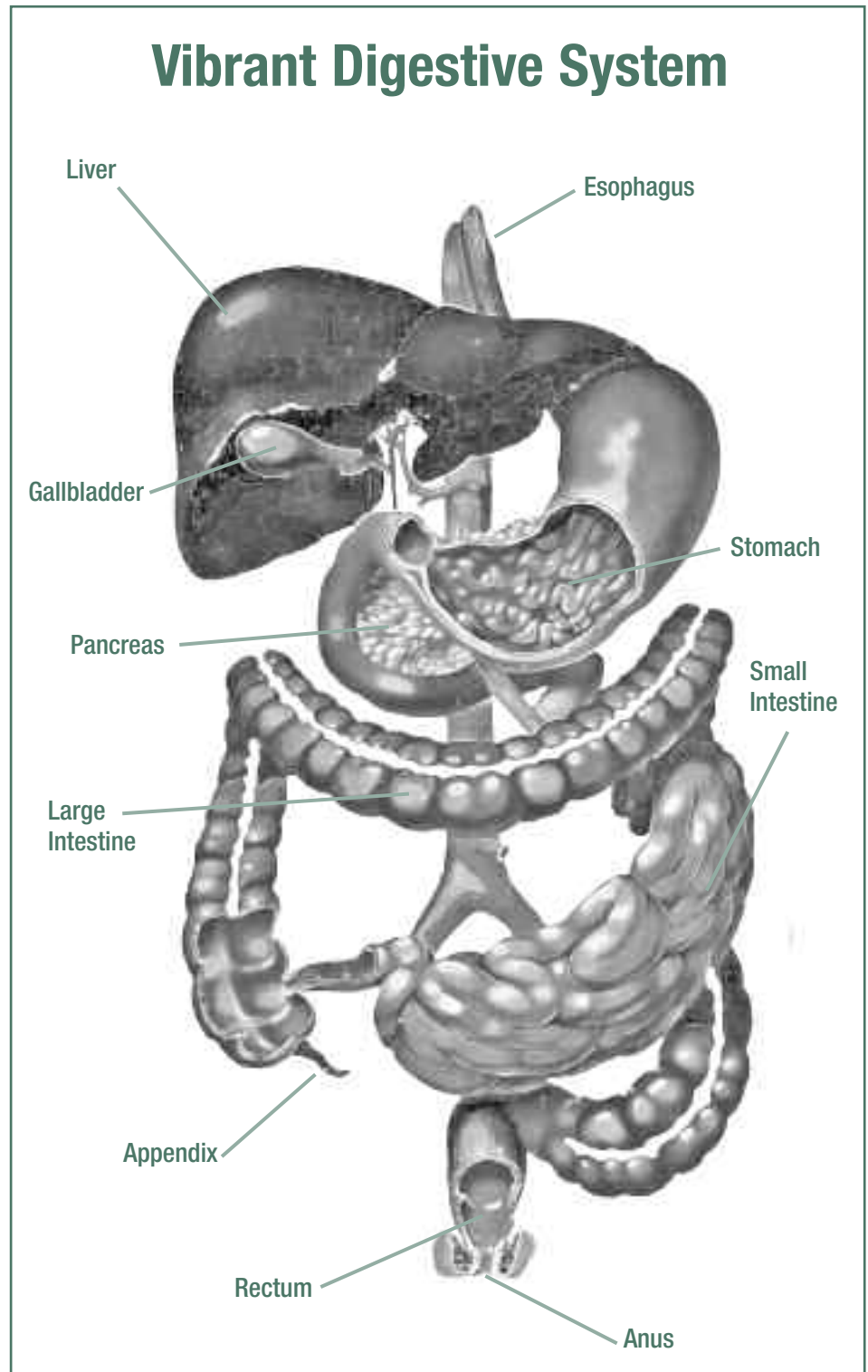
When that happens, your whole immune system can

decline! Your body fatigues more easily, you may age more quickly and you become vulnerable to infections and diseases not only in your digestive system, but in ALL of the systems of your body.

That's why numbers count.

Most dietary probiotics that you can pick up at the grocery or health food store contain only three (3) strains of bacteria, and only three (3) million total of these little micro-soldiers.

But **Vibrant Flora 15/50™** is



entirely unique in providing not  
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only a broader range of helpful intestinal flora, it also delivers a sound blow to the “unfriendly” microorganisms invading your gut by deploying **50 billion** CFU’s of beneficial bacteria to win the microscopic war for good digestion.

### **Probiotic Means Pro-YOU!**

The term “probiotic” refers to something that fosters or nurtures life itself. The beneficial microflora living in your intestines say “Yes” to your life, your energy level and your health by fostering good nutrition and keeping your defenses strong.

#### **Fortifies Your Immune System**

**Vibrant Flora 15/50™** helps keep your immune system effective by keeping a healthy balance in place between the tiny germs doing battle inside you—

- Since the intestinal tract is one of the primary zones in which the human body interfaces with substances from the outside world, about 70% of the immune system’s functioning is performed there. Making certain you have the right soldiers (good bacteria) in place, and in the right “troop strength,” (50 Billion Colony Forming Units – CFU’s) is critical to keeping the Foundation of the Castle of your Health strong!
- **Vibrant Flora 15/50™** can aid in the production

of the body’s own, natural antibiotics and it can enhance the production of immune system cells.

- It may enhance the functioning of immune cells in general, and the activity of the “natural killer” spleen cells that stop tumor growth. So it not only increases the number of circulating immune cells, it makes them more efficient and effective as well.

#### **A Boon to Good Nutrition, Vigor and Vitality**

Yet there are far more benefits provided by this marvelous boon to good nutrition. Vibrant Flora 15/50 will help the Foundation of your Castle of Health stay strong so many ways!

#### **Enhances Nutrient Absorption**

- It can help you digest dairy products, wellsprings of great food value that they are, by breaking down milk sugars and helping you absorb protein, vitamins and calcium.

#### **Decrease Bacterial Toxins**

- By aiding regularity it can decrease the time the body is exposed to both the environmental toxins it would otherwise absorb from the food supply, and also the bacterial toxins and waste products that form when food remains too long in the intestinal tract.

#### **Nutrients Easily Permeate Intestinal Wall**

- Colon cells themselves can remain healthier and more efficient, because they are not hampered in their functioning by the presence and action of great numbers of harmful microflora and their toxins. Nutrients can literally get through the intestinal wall more easily, and into your bloodstream and other bodily systems.

#### **Produce More Enzymes & B Vitamins**

- It can enhance the production of the enzymes and B vitamins required to digest fats, making them easier to metabolize.

#### **Fight h. pylori bacteria**

- **Vibrant Flora 15/50™** provides a type of bacteria believed to fight the presence of the h. pylori bacteria, which is suspected of being a primary cause of peptic ulcers.

#### **Supports Cardiac Health**

- It can also help bind cholesterol molecules to other substances in the intestines, allowing them to sweep out of the body rather than being absorbed by it. This can aid your circulation and your cardiac health!

#### **Alleviates Common Digestive Problems**

- By creating a healthy

“Diabetes and thyroid imbalances, lactose and wheat intolerance, and even a sedentary lifestyle can make your digestive processes less effective.”

balance again between microorganisms in your body it can help alleviate and heal many common conditions, such as:

1. dermatitis
2. yeast infections
3. athlete's foot
4. constipation
5. irritable bowel syndrome
6. discomforts associated with indigestion and abdominal distension
7. food allergies and even accelerated aging

### Digestive Effectiveness Diminishes With Age

**Vibrant Flora 15/50™** boosts the digestive effectiveness that begins to wane as we age, and helps ensure that we actually receive the nutrition we think we are getting from our food.

Aging is a process that begins at birth—it's not something that our bodies suddenly

start doing at a certain age. Since the digestive and regenerative capacity of youngsters is so high, we seldom notice the aging process until certain processes begin to slow down.

### Malnutrition & Absorption of Toxins

Your body's store of helpful, beneficial microflora tends to decline as you age. Researchers are trying to determine why, but we do know the result: improper digestion and disease states that come from malnourishment and the absorption of toxins.

The body also begins to produce lower quantities of digestive enzymes in response to food intake, and that makes it harder for the food breakdown and assimilation process to begin.

### Damaging Microorganisms Create Pain & Discomfort

Undigested or partially digested food can “feed” the wrong kind of bacteria in your intestines, and create pain and discomfort. It can also throw the normal intestinal pH off, creating an abnormal environment

that plays host to additional colonies of damaging microorganisms.

Neither a too-alkaline nor a too-acid system is good for you, of course...but when the improper digestion of our heavily protein-based American diet shifts the intestine's pH too far into the acidic range, a number of age-accelerating metabolic processes are initiated. The pH balancing quality of **Vibrant Flora 15/50™** is a critical factor in helping your digestive tract act more youthful and efficient... and it can help boost your resistance to infection, as well.

### Appetite Declines With Age

Other aspects of aging affect diet and nutrition. Your appetite tends to decline with age. Perhaps this is because our sensory organs, like the taste buds and the olfactory glands that

### Sources of Digestive Parasites

1. Raw Fruits & Vegetables
2. Uncooked Meat
3. Sushi
4. Polluted Water
5. Camping
6. Pets
7. Infant Care
8. Travel
9. Mosquitoes

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“**Vibrant Flora 15/50™** can actually have a protective value when you have been over-doing it with your favorite dietary vice!”

enhance our experience of food, become less efficient. Perhaps it *continues...*

is related to declining energy requirements—but typically people will begin to consume fewer calories as they grow older.

Glandular diseases that affect nutrition are also more common among the older set. Diabetes and thyroid imbalances, lactose and wheat intolerance, and even a sedentary lifestyle can make your digestive processes less effective.

When these factors are introduced, your body and your health suffers due to declining nutrient intake, your immune system develops insufficiencies, you become more vulnerable to diseases—all because the front-line of your body’s nutritional defense system hasn’t been properly maintained by the beneficial microflora so abundant in **Vibrant Flora 15/50™**.

Now consider how declining nutrient absorption due to the aging process actually robs your body of the nutrients it needs to rebuild itself every day, and you see the spiraling problem: as we age we are eating less, absorbing fewer nutrients, and therefore

gaining fewer chemical building blocks to shore up our Foundation of good Health.

### **Your Diet and You**

There are other invaders, too, trying to shake that Foundation. Your nutritional uptake from the foods you eat is already affected before you begin your meal!

How? By the diminished quality of the modern food supply. The modern world demands that our food be easy to produce, disease resistant and have a long shelf life. Yet all of the herbicides and pesticides, all of the hormones and antibiotics, and all of the preservatives, artificial colors and flavor enhancers that are put into the food chain at some point to achieve this goal end up in you!

### **Nutritional Value of Food Declining**

Many of the very things we do to the food supply diminish either the nutrient value or the safety of those foods—or both. Indigestion and diminished nutrient assimilation can result from the introduction of these substances, and the nutritional value of our meals declines even more.

**Vibrant Flora 15/50™** can help protect you against these

ingestible environmental toxins, and help ensure that you get the maximum nutritional benefit from the good food that actually does reach your table.

It can do so by keeping your system in balance, as nature intended, long before we added artificial additives and harsh chemicals to the mix!

Now think of how your own lifestyle factors can affect your diet. Is it just too easy to fall into the sofa on Friday night, order a pizza and drink a few beers rather than fix a salad and blend a nutritious smoothie? Are you becoming more sedentary, letting the gym membership lapse and going for fewer walks in the neighborhood now that the kids are older? Did graduating from high school or college mean the end of thinking about your exercise program?

**Vibrant Flora 15/50™** can help make up for some of these—ahem—“behavioral lapses.” It introduces the right amount of the proper kinds of beneficial intestinal flora to achieve maximum digestive health.

### **Protective Value – Restores Balance**

The ingestion of too much alcohol, sugar or refined starch can set off the proliferation of unhealthy bacteria in the intestine. Once again, **Vibrant Flora 15/50™** can actually have a protective value when you have been over-doing it with your favorite dietary vice! It can restore balance and comfort

## Do You Have Parasites

Here are a few symptoms that may indicate you have parasites:

1. **Constipation**
2. **Diarrhea**
3. **Gas**
4. **Bloating**
5. **Cramps**
6. **Fatigue**
7. **Poor Sleep**
8. **Skin Irritation**
9. **Irritability**
10. **Allergies**
11. **Sugar Cravings**
12. **Joint Pain**

when your habits have caused discomfort and indigestion.

Regularity is another lifestyle issue, and one that is truly important to long-term health. Food is supposed to go through the system at a certain rate, called a “normal transit time.”

Some people may generally process food more quickly or slowly than others due to genetic factors, current metabolic rate or their level of physical fitness. Healthy, fit people tend to have a

generally faster, more efficient transit time for all of their food than do folks who are sedentary or who are challenged with health problems.

But an imbalance in intestinal flora can disrupt the healthy rhythms that typically guide your digestive tract’s functioning, and cause constipation or diarrhea. One can lead to capillary damage and diverticulosis, the other can lead to dehydration and advanced fatigue.

**Vibrant Flora 15/50™** can help restore balance to your system when you suffer from these all-too common problems. It can alleviate many health issues—naturally.

### A Vibrant Life Awaits You!

This marvelous preparation, carefully blended after much scientific research in the fields of health and nutrition, can benefit you greatly in your quest to build the perfect Foundation for your Castle of Health. **Vibrant Flora 15/50™** can help give you good nutritional uptake, enhanced energy and resistance to disease.

That’s why **IVL** is making a special offer to all readers. You can purchase a 30-day supply of **Vibrant Flora 15/50™**, for just

\$39.95, a 3-month supply for just \$119.85 and a 6-month supply for \$199.

The great thing about **Vibrant Flora 15/50™** is that it goes to work immediately. In fact many report that they can feel the difference within 24-48 hours while others say it takes a week or two.

### What Does It Feel Like?

Every one is different, but most folks say that their stomachs simply feel better, stronger and that they can eat almost anything without fear of diarrhea, gas, bloating, cramps, etc. When this happens it’s important to feed your body the highest quality of nutrients that are user friendly and easy to absorb.

### Special FREE Bonus With Your Order!

By balancing your digestive system, your ability to absorb vital nutrients increases. To take advantage of this enhanced absorption, every order for a 3-month supply or more of **Vibrant Flora 15/50™**, will receive a special free bonus of our amazing “**Fruity ZING**”, a \$39.95 value, which contains 32 vital nutrients that are easy to absorb and should be taken with **Vibrant Flora 15/50™**.

By the way, “**Fruity ZING**” contains a highly specialized and absorbable nutrient called **RESVERATROL**, that functions as an antioxidant hampering free radical damage linked to cancer, increased HDL cholesterol,

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“The pH balancing quality of Vibrant Flora 15/50™ is a critical factor in helping your digestive tract act more youthful and efficient... and it can help boost your resistance to infection.”

High concentrations of **Resveratrol** are found in red wine. That's why many health studies have declared the benefits of drinking a glass of red wine on a daily basis. With “**Fruity ZING**”, you get the health benefits of red wine without the alcohol. This is a limited offer and available only to our newsletter readers.

### Where to Buy Vibrant Flora 15/50™

We give **Vibrant Flora 15/50™** our highest recommendation. It's available only from the **Institute For Vibrant Living™**.

A one-month supply of **Vibrant Flora 15/50™** (ITEM# VF01) is only \$39.95, plus \$6.95 shipping and handling.

When you order a 3-month supply of **Vibrant Flora 15/50™**

(ITEM# VF02Z) for \$119.85 plus \$6.95 shipping, you'll also get a **FREE** canister of **Fruity Zing**. That's a **savings of \$39.95**.

You may order by calling toll-free, **1-800-218-1379**. For your convenience, you may charge your order to your Visa, MasterCard or Discover card. You may also send a personal check or a money-order to: **Institute For Vibrant Living, P.O. Box 3840, Camp Verde, AZ 86322**.

Please refer to your savings code (below) when ordering . You can also place your order online at: [www.ivlonline.com](http://www.ivlonline.com).

**VF062** ← Savings Code

### For Maximum Results

The repair and rejuvenation of the digestive system does not

occur overnight — which is why we believe the most dramatic health changes from **Vibrant Flora 15/50™** will appear over a sustained period of time.

That is also why we highly recommend you take advantage of the large savings you get if you order a 6-month supply of this remarkable, health-boosting product (ITEM# VF03Z). You will **save \$40.70** off the regular price when you order the 6-month supply, plus get 2 canisters **Fruity Zing** absolutely **FREE** and get **FREE** shipping and handling to boot. That's a **savings of \$127.55**. You pay only a total of \$199. And for the biggest savings of all, ask about IVL's Autoship plan.

### 100% Money-Back Guarantee

If **Vibrant Flora 15/50™** is not everything we say it is — and a whole lot more — you can expect a 100% refund of your purchase price, less shipping within 60 days of receiving your order. At the **Institute For Vibrant Living™**, we want your satisfaction with this remarkable product to be **100% GUARANTEED!**

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