



The Gut Immune System

The immune system is made up of special cells, proteins, tissues and organs, which defend the body against invasion of harmful bacteria and germs, infections and diseases.

One of the immune system's primary defenses is the good bacteria, known as intestinal microflora, which prevent the overgrowth of potentially harmful bacteria in the intestines and also form a barrier on the intestinal wall so that harmful bacteria and germs cannot enter into the blood and lymph systems.

What Exactly Are Probiotics?

There are literally trillions of microorganisms in the digestive tract. Some are beneficial, some are harmful, and some are neutral. Probiotics are the good type of bacteria that help crowd out the harmful bacteria in order to keep your animal healthy. This is important because more than 70 percent of immune defenses can be found in the digestive tract.

Ideally, there should be about 80 percent good/neutral bacteria to about 20 percent harmful bacteria in the gut. Factors such as diet, stress, travel, exposure to illness and even the use of certain medications can diminish the number of healthy bacteria in the digestive tract and upset a balanced intestinal environment. This allows unhealthy microbes to flourish and may lead to intestinal issues such as diarrhea or constipation, as well as a decline in healthy immune function. Feeding a daily probiotic supplement can help replenish good bacteria and restore a healthy bacterial balance. In order to have a properly functioning immune system, one must have a healthy digestive system. 70% of the immune system is associated with the digestive tract, it has the most profound effect on overall health out of all the internal organs.

Maintaining a healthy balance of intestinal microflora is one of the best ways to build and enhance digestive health and thus the immune system.

Living within the human digestive tract is a delicate balance of about 700 trillion microorganisms, many more in cattle. Their purpose is to:

- Maintain proper digestion
 - Produce essential nutrients
 - Stimulate a healthy immune response
 - Inhibiting bad microbes
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- Crowd out disease-causing bad bacteria, fungi, etc.
 - Promote healthy digestion and intestinal integrity
 - Facilitate the removal of toxins from the body
 - Reduce inflammation and boost immunity
 - Support the productions of healthy levels of enzymes and B-vitamins



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How the Gut Maintains Health or Causes Illness

The health of the gut determines what nutrients are absorbed and what toxins, allergens, and microbes are kept out. It is directly linked to the health of the whole body. Intestinal health could be defined as the optimal digestion, absorption, and assimilation of food.

This ecosystem of friendly bacteria must be in balance for healthy animals.

Filtering out the good molecules from the bad molecules and protecting your immune system is yet another important factor in gut health.

Did you know the gut, actually contains more neurotransmitters than the brain? In fact, the gut has a brain of its own. It is called the "enteric nervous system" and it is a very sophisticated piece of biology that is wired to the brain in intricate ways.

Messages constantly travel back and forth between the gut-brain and the head-brain, and when those messages are interfered with in any way, health will suffer.

The gut must get rid of all the toxins produced as byproducts of your metabolism, which the liver dumps into bile. If things get backed up when an animal is constipated, it can become toxic and its health will suffer.

The gut must break down the feed into its individual components, separate out the vitamins and minerals, and shuttle everything across the one cell-thick layer so it can get into your bloodstream and nourish the body and brain. The gut has quite a lot to manage. There are endless insults that can knock digestive systems off balance; it is very difficult to maintain excellent digestive health.

How to Know if Your Gut is Out of Balance

To fix your digestion, you first need to understand what could be sending the gut out of balance.

- Overuse of medications that damage the gut or block normal digestive function. anti-inflammatory medications and antibiotics
- Chronic low-grade infections or gut imbalances with overgrowth of bacteria in the small intestine, yeast overgrowth, parasites, or even more serious gut infections
- Toxins like mercury and molds, which damage the gut
- Lack of adequate digestive enzyme function or zinc deficiency
- Stress, which can alter the gut nervous system, cause a leaky gut, and change the normal bacteria in the gut

What happens then is obvious. Animals get sick.

It's important to understand is that many diseases that seem to be totally unrelated to the gut ~ such as eczema or psoriasis or arthritis -- are actually **CAUSED** by gut problems.



What Are the Benefits of Probiotics?

Vital to a healthy immune system, probiotics produce antibacterial compounds and acids that help support the growth of good bacteria in the gut and inhibit the growth of potentially harmful bacteria. As a result, they help to improve overall immune function.

Digestive health and the immune system are inextricably linked. Since 70% of the body's immune system is linked to the digestive tract, maintaining balanced digestive health is crucial to the body's overall well-being.

The **Digestive System** is absolutely central to your health. It is connected to **EVERYTHING** that happens in your body.

Give a dose of **DIGESTADE** every day to your animals for optimal digestive health. During times of extreme stress, travel or illness, give a double dose for added benefits to combat disease and disorder.

A dose of **DIGESTADE** will provide your animal with 500 million beneficial bacteria to aid in the health and performance of your animals . . . **DIGESTADE** contains many of the same bacteria found in yogurt and serves a similar purpose, to provide the animal with a daily dose of beneficial bacteria.



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GARY HUFFNAGLE, PH.D.