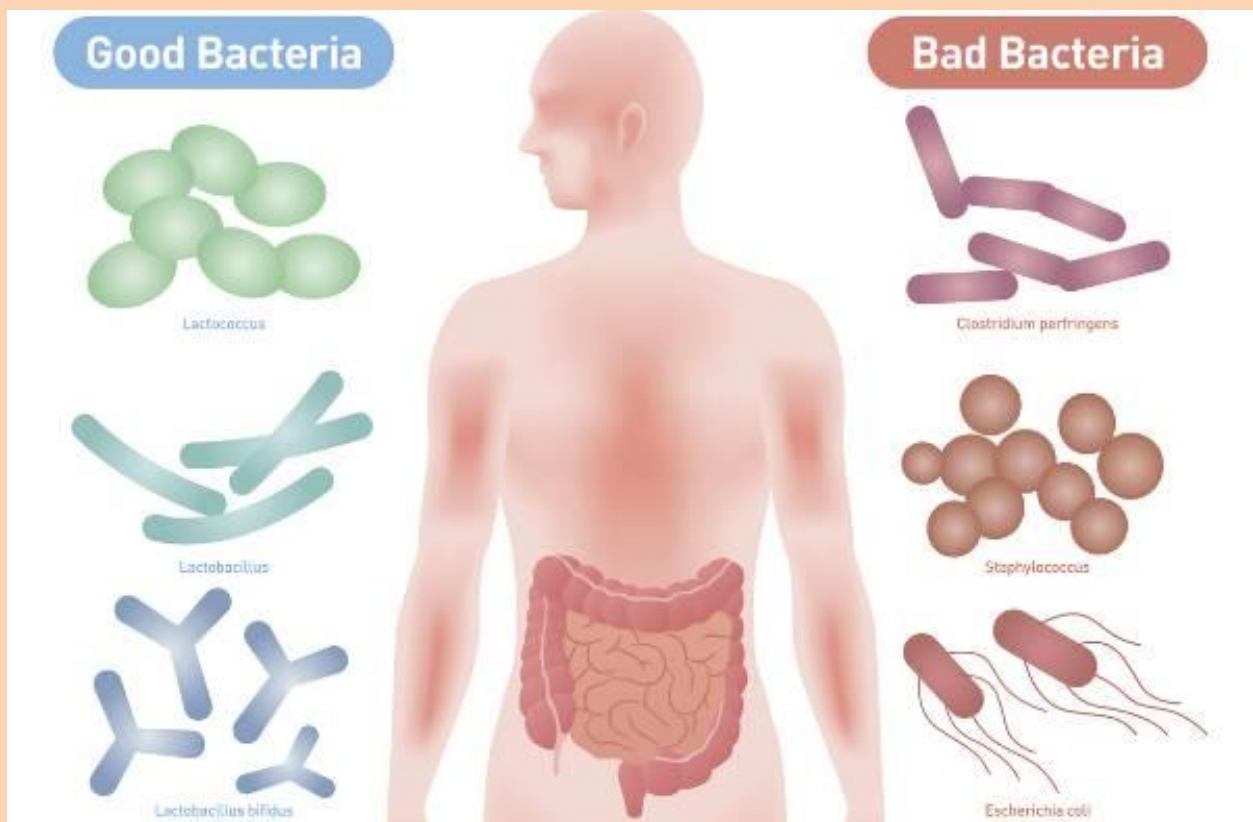


Stop being a victim and build your natural Immunity to viruses.



Daily doses of natural antivirals are contained within cultured foods. If you learn to make probiotics in your home you can protect yourself very inexpensively.

Every one of us has trillions of good microbes (bacteria) in our guts and these microbes play a huge role in natural virus defense.



We call these 'friendly flora' and they spend their days destroying some of their harmful cousins that are bad bacteria or pathogens.

As we see with the Coronavirus, being a germophobe probably won't save you. It is time to fight back.



Cultured foods can be made inexpensively at home and they contain microbes that create antiviral, antibiotic and antimicrobial compounds when cultured. You can very inexpensively load your body with these compounds.

Generations of people before our time would create cultured foods in order to preserve those foods. They had no scientific studies and may not have realized that they were inoculating themselves by consuming them.



Their microbiomes became resistant to natural viruses that are in the earth. You can do the same.

We depend on a vast army of microbes to stay alive: a microbiome that protects us against germs, breaks down food to release energy, and produces vitamins.

Intestinal Flora Affects Your Health

The microbes that live inside your intestines influence your health in beneficial and harmful ways

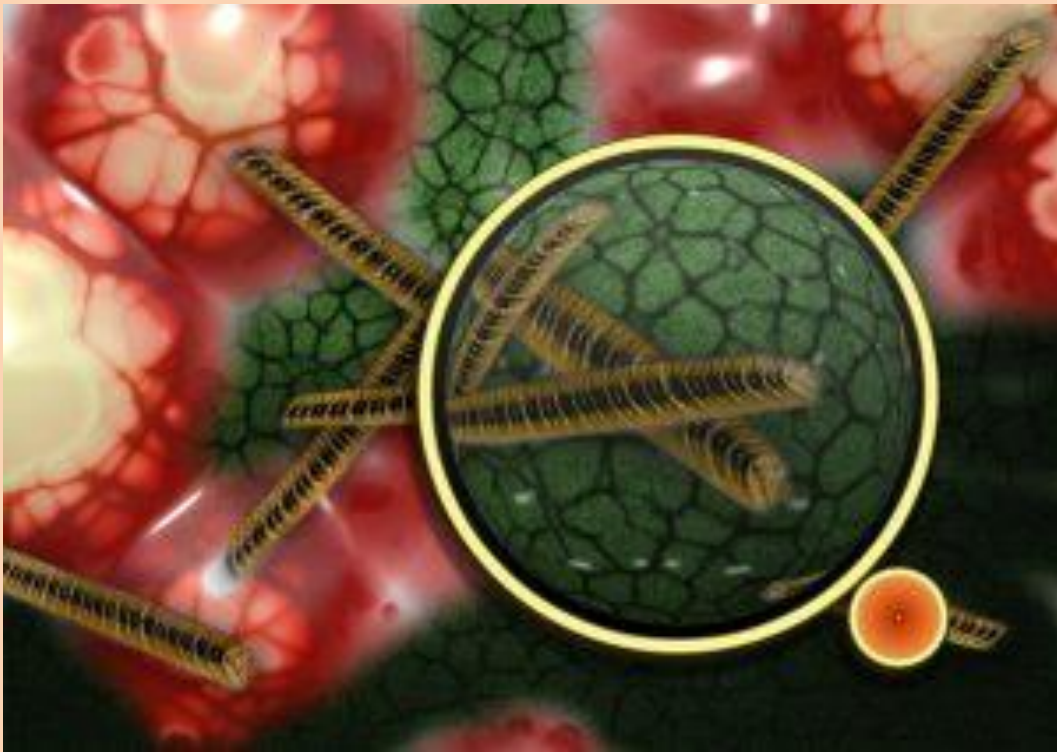
- Immunity**
Providing a physical barrier to invasive microbes, our gut flora enhances the functionality of the immune system.
- Obesity**
In 2009, Dr. Krajmalnic-Brown discovered gut bacteria of obese patients differs significantly from normal individuals.
- Vitamins**
Bacteria in the gut plays a direct role in the synthesis of vitamins B and K as well as the absorption of calcium and iron.
- Inflammation**
Gut flora likely plays a major role in the development of various inflammatory diseases including IBD and colitis.
- Metabolism**
Metabolic activity of the gut flora allows our body to utilize food that would otherwise not be digested.
- Autism**
New research by Dr. Krajmalnic-Brown suggests a link between autism and decreased gut bacterial diversity.

Bad Gut Microbes = **Increased Inflammation** = **Poor Quality of Life**

DRJOCKERS.COM
SUPPORTING YOUR HEALTH

Improving your microbiome has great potential to make vitamins more powerful and improve your health in a number of ways.

Many of us are seeing terrific benefits and the World Microbiome Project says we should seek to build a robust and diverse microbiome.



Learn more here:

<https://pswscience.org/meeting/2419/>

<https://www.culturedfoodlife.com/anti-viral-cultured-foods/>