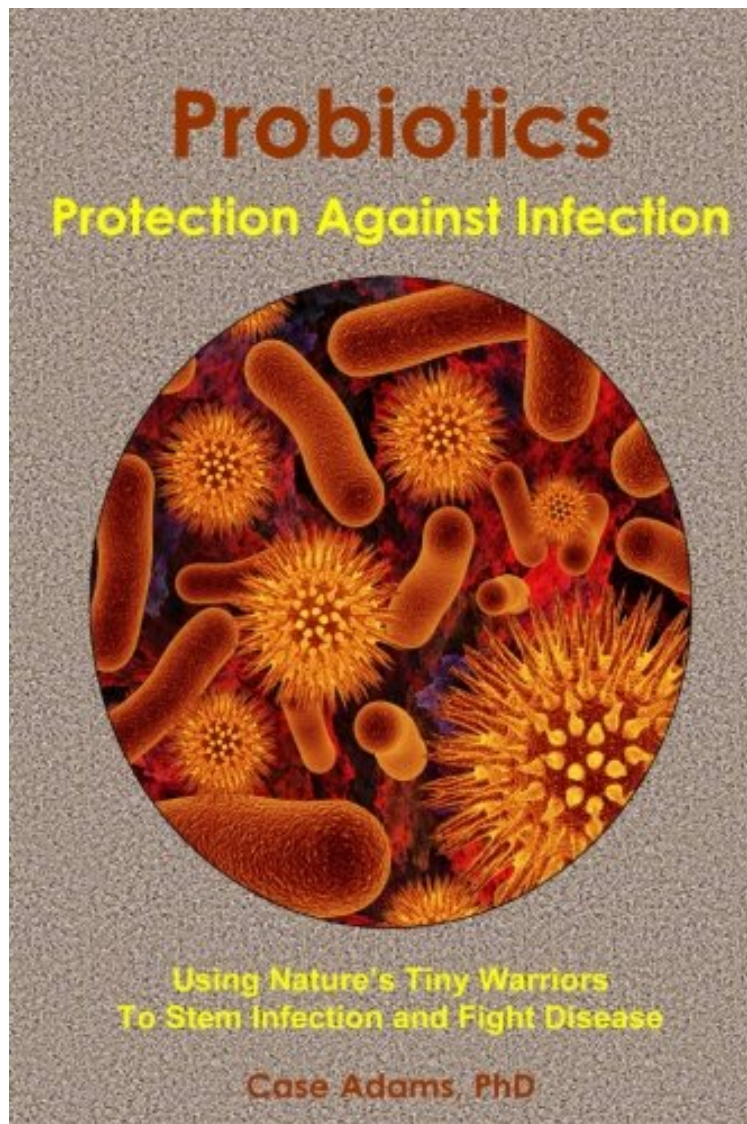


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## Probiotics - Protection Against Infection: Using Nature's Tiny Warriors To Stem Infection and Fight Disease

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36 of 36 people found the following review helpful. Invaluable information  
By Seaglass I wish this book had been out back in 2008 when I was looking desperately looking for and needing this information.. since I still needed it, I am glad it arrived. This book has so much invaluable information. Some of the physiological blood, body chemistry information went over my head, but there is so much information in this book that this aspect is minor. This high tech information makes this book very fascinating for another type of reader with a different type of background. So anyone who is interested in having information about bacteria, whether the self seeking health oriented person looking for personal solutions to their own dysfunctions or the professional seeking information to help clients. This book is excellent. This is one of my bookshelf reference books that I will keep for the rest of my life. This book has come out with great timing because most of the strains he talks about are now available on the market in individualized supplemental form. Meaning, it is possible to get a probiotic with just one beneficial bacteria vs being stuck with probiotic formulas that have several or many beneficial bacteria. As a result it is possible to individually tailor the beneficial bacteria to very specific individual needs vs the "one size fits all" probiotics of the past. I also have the Oral Probiotics book that he has also written. Although a bit of the information is repetitive, it still has invaluable additional information. It is a great additional complement.  
12 of 12 people found the following review helpful. Impressive, well organized with great detail  
By Gaylon Berg This is a tremendous book for the person who has a desire to learn about our bodies immune system and how it keeps us healthy, wealthy and wise. It does require the reader to have a basic understanding of the biological processes that the human body goes through and to follow these interactions that the immune system uses. I think it is GREAT.  
14 of 14 people found the following review helpful. Practical and thorough  
By Olga Beliak Lots of useful information on individual strains. It has exactly what I have been looking for. The book will be helpful for lay people as well as health professionals

Revised in 2016 - 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.

Please note that unlike many published books, reviews for this book are not paid-for, sought after with quid quo pro nor otherwise induced by the publisher or author. Any review - though very appreciated - has been given voluntarily.  
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."