

Probiotics Do Not Correct The Cause For Why You Take Them (Dysbiosis)!

Through the work of Elie Metchnikoff, Father of Cellular Immunology (1845-1916), Probiotics have been around for at least 100 years. However, its popularity is more recent.

PROBIOTICS are live microorganisms of friendly bacteria (or Flora) taken in supplement form to combat **DYSBIOSIS**. To understand Dysbiosis, you must first understand Eubiosis.

EUBIOSIS is the state of sufficient intestinal Flora, i.e., friendly intestinal bacteria produced in the small and large intestines for many health benefits, such as angiogenesis (development of new blood vessels). Some food preparations, such as fried vs. steamed, and certain fast foods can inhibit the growth of friendly Flora.

Flora also has an important role in the management of intestinal debris, especially in the large intestines. This debris consists of metabolic waste, food particles, parasites (germs and worms), toxins and any substance the body moves through the large intestines to exit the body. Substances that if remaining in the body could cause infection, organ deterioration, inflammation (pain), etc. Friendly bacterium (Flora) also helps prevent the viruses, yeast, harmful bacteria, and other toxins from damaging the intestines on their way out.

LEAKY GUT SYNDROME: Flora also maintains the mucosal barrier integrity. Like soldiers' shoulder-to-shoulder form a barrier of defense, Flora lines the intestinal wall to prevent the above debris from breaking through it and infecting the whole body. The term, for when this breakthrough occurs, is "**Leaky Gut Syndrome.**"

DYSBIOSIS, then, is the lack of Eubiosis. Drugs, such as antibiotics, tetracyclines, steroids, and cortisones (prescribed or over-the-counter), to name a few, damage the small and large intestines' ability to produce their own friendly bacteria (Flora). In this state, parasites are not neutralized and then removed, but multiply within the intestines causing more damage, as well as permeate the intestinal wall (Leaky Gut), developing infestations throughout the body.

Dysbiosis is a core cause in the development of Immune Diseases and Disorders, such as Cancer, Rheumatoid Arthritis, Celiac Disease, and all other Auto-Immune Diseases, as well as Candida (Yeast/Fungal Overgrowth), Skin conditions, etc.

PROBLEMS WITH PROBIOTIC

SUPPLEMENTS – [1] People take Probiotics to combat the harmful effects of Dysbiosis. However, Probiotics do not correct the cause of Dysbiosis because Probiotics cannot heal the intestines so it can grow its own Flora.

[2] So, Probiotics provide limited and temporary help, but only when taken. (And even that is dependent upon knowing which brands actually work; many sold directly to the

public are ineffective.)

Yes, friendly bacteria (Flora) are essential to Health. However, who wants to commit to taking Probiotics daily, **forever**, to maintain their limited benefits, which are void the moment you stop taking them? Not me!

SOLUTION TO DYSBIOSIS – I'd rather correct the cause and I did! So, the real solution is to correct Dysbiosis by providing the specific nutrients the intestines need to heal themselves, so they can grow their own friendly bacteria (Flora), again. And, at the same time, save all that money and time taking Probiotic supplements. To be clear, these nutrients are not the same as those provided to improve intestinal function; the fact is, they are three specific herbs

when consumed in a specific manner (or protocol) provide the nutrients to accomplish this goal.

READY TO CORRECT THE CAUSE? Call to schedule one fee-based Dysbiosis Program Telephone Consultation (written instructions included) and *I will also share how to make this a "one-time only" therapeutic supplement program!*

NUTRITION FACT #12: PROBIOTICS DON'T CORRECT THE CAUSE FOR WHY YOU ARE TAKING THEM, WHICH IS "DYSBIOSIS." CORRECT DYSBIOSIS BY HELPING YOUR INTESTINES HEAL, THEN IT WILL GROW ITS OWN FLORA AND YOU WILL NOT NEED PROBIOTICS!!

Email Villager@AdvancedClinicalNutrition.com for a **FREE** copy of this entire article. Subject Line: *Dysbiosis.*

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GV and CHV treat American Rescue Plan Act funds differently



BY **FREDA MIKLIN**
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On March 11, 2021, President Biden signed The American Rescue Plan Act (ARPA), including \$350 billion in direct aid to states, cities, tribal governments, and U.S. territories to facilitate the recovery from the devastating effects of the pandemic. It was described by the U.S. Treasury as, "providing fast and direct economic assistance for American workers, families, small businesses, and industries."

The guidelines for use of the funds were described in an interim final rule effective May 17, 2021 and outlined more broadly in a 42-page United States Treasury FAQ issued July 19, right after the period for commenting on the interim rule ended.

One of the permitted uses for the funds was, "for the provision of government services to the extent of the reduction in revenue due to the COVID-19 public health emergency relative to revenues collected in the most recent full fiscal year prior to the emergency."

The July 19 FAQ contained more expanded information on how the funds received by cities could be used, including, "supports for vulnerable populations to access medical

or public health services; support for prevention, mitigation, or other services in congregate living facilities (e.g., nursing homes...homeless shelters, group living facilities) and other key settings like schools; job training to address negative economic or public health impacts experienced due to a worker's occupation or level of training." ARPA funds could also be used for loans or grants to small businesses and non-profits "to mitigate financial hardship such as declines in revenues or impacts of periods of business closure; aid to support safe reopening of businesses in the tourism, travel and hospitality industries; educational services like tutoring or afterschool programs, and supports for students' social, emotional, and mental health needs." The money could also be, "provided to small businesses, including loans, grants, in-kind assistance, technical assistance or other services, to respond to the negative economic impacts of the COVID-19 public health emergency." Also, "These initiatives also may support small business startups and individuals seeking to start small businesses."

On June 7, Deputy City Manager John Sheldon informed the GV City Council that GV would be receiving \$3.95 million, half in 2021 and half in 2022. After Sheldon said, "Staff is

participating in many calls and webinars on the eligible uses of the funds," Councilmember Tom Dougherty, pointing to previous testimony from Shawn Cordsen, GV finance director, asked, "Is it possible to simply put it into our budget to replace the shortfall that we incurred in 2020?" Sheldon replied, "I would say yes." On September 13, without its agenda stating that a public hearing would be held about how the funds would be used, and no discussion by any of its members prior to voting, the GV City Council voted unanimously to simply add the \$1.98 million it had received in June from ARPA to its 2021 budget. The proposed 2022 GV budget anticipates doing the same with the second allocation of \$1.98 million that will be received by the city in June 2022. GV's total fund balance (the amount left after all expenses are paid) is anticipated to be \$49.5 million at December 31, 2021 and \$50.7 million at December 31, 2022.

The city council of neighbor city Cherry Hills Village voted unanimously on July 20 to amend its 2021 budget by creating a new separate fund in its financial records, the American Rescue Plan Act Fund. CHV Director of Finance and Administration Jessica Sager told the city council, "Between 2021 and 2022, the city will receive just over \$1.6 million from the United States government in response to the COVID 19 pandemic. The ARPA funds can be used to mitigate COVID-19 efforts, replace lost revenue, provide premium pay for essential workers, and invest in water, sewer and broadband infrastructure. (This separate fund) will allow the city council time to explore the projects that will have the greatest impact to the Village. Creating the ARPA Fund provides greater transparency for how the funds are spent as they will be tracked separately from the general fund expenditures and will allow a more streamlined reporting to (the U.S.) Treasury."

CHV's total fund balance was \$21 million as of December 31, 2020 and is expected to be \$19.6 million at December 31, 2021. Numbers for 2022 are not yet available.

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Can you be persuaded?

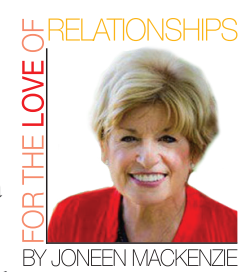
Persuasion is defined as influencing a person's beliefs, attitudes, intentions, motivation, and behavior and plays an essential role in personal relationships. When two people get together, they will inevitably try to persuade one another on political, health, parenting, or economic issues. One might even use persuasion to get another to behave in a certain manner. With the art of persuasion, there are no winners or losers. Convincing others to do what you want them to do is not utilizing force, threats, or coercion. Persuasion is the opposite of mandates. If the argument is compelling, and the one attempting to persuade has expertise in the area of influence, one could be convinced to change their mind and do something the persuader is encouraging them to do.

How is it that some intuitively know how to persuade or influence others? What are the essential elements involved in the art of persuasion? Primarily, one must spend time with those we are trying to persuade. Time promotes trust. Respecting the individual who is attempting to influence us is imperative. No one will be influenced without first respecting the would-be persuader. An influencer must be likable and accommodating. People are not convinced by people they dislike or mistrust. Influencers must be kind, gentle, not angry, argumentative, or manipulative.

Additionally, those who are trying to influence others must have a positive reputation in the public square. A positive reputation includes honesty, integrity, and essential character traits. They must be believable and highly informed in the subject

of their persuasion efforts. The art of persuasion includes a high degree of emotional intelligence, listening skills and knowing what is important to the one they are attempting to influence.

Once convinced to do something different, the persuader will be more successful in their efforts if they get a verbal commitment from those they are attempting to influence. A verbal commitment is a public declaration to act. According to studies, when individuals make a verbal commitment or affirmation, they are more likely to feel obligated



FOR THE LOVE OF RELATIONSHIPS
BY JONEEN MACKENZIE

to follow through on their commitments. To cement the verbal commitment, the persuader should, according to Psychology Today, invoke the psychological principle of reciprocity allowing themselves to be persuaded to do something different as well.

Finally, an artful persuader allows those they are trying to influence maintain their power, rights, and dignity, increasing the element of controlling their own decisions and life. Maintaining individual choice is an essential element of persuasion. Those who feel like they are losing power, control and choices over their lives resist change and dig their heels in to not be persuaded. A leader who desires to influence social change needs to be mindful of these elements of persuasion and not become a tyrant by mandating the change that they are seeking.

The choice is clear, influencing behavior is more effective based on the art of persuasion rather than on mandates and rules. Let's be committed to learning the skills it takes to be an influencer, leader, and persuader for the public good and social change. joneen@myrelationshipcenter.org



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