

Hi To Everyone.

Most of you may not be aware that I am a qualified Nutritional Therapist. I am not only passionate about exercise but also of the impact nutrition has on our health. By October this year I plan to have my systems set up to provide help to those who want to be assessed on their nutrition and vitamin deficiencies. Watch this space ☺

This newsletter we focus on the importance of Probiotics and how it can influence our health in so many ways. Take time to read the information. I'm sure you will see the astonishing benefits of taking a Probiotic supplement after reading it.

FitnessNRG sell a very good quality product called Life Space supplements at a 25% discount to our members. If you are interested in purchasing any of the products please contact me before Wednesday as I will be placing an order Wednesday afternoon. All supplements must be paid for when placing an order.

Read on ...

THE IMPORTANCE OF PROBIOTICS

Unfortunately, many people think of their gut solely as the mechanism by which your body digests food, which is at best an extreme oversimplification, and at worst an ideology massively contributing to the health problems, weight loss struggles, and auto-immune disorders of millions world-wide.

In reality, your GI tract is MUCH more than a digestion centre; in fact, it is quite literally your **second brain** as well as being "home" to 80% of your immune system.

You see, within your gut reside roughly 100 TRILLION living bacteria...

That's more than 10 times the number of cells you have in your entire body – and maintaining the ideal ratio of "good bacteria" (known as probiotics) to "bad bacteria" is now gaining recognition as perhaps the single most important step you can take to protect your health and further along your fat loss goals.

In fact, there are more than 200 studies linking inadequate probiotic levels to more than 170 different serious health issues; including obesity and weight gain:

To touch briefly on the weight gain and obesity consequences, virtually every study performed on the obese population analysing gut bacteria found higher instances of "bad" bacteria and lower levels of probiotics (again, the "good" bacteria) within these individuals.

Perhaps you yourself are already experiencing some of the more advanced signs that your intestinal bacterial balance is beginning to spin out of control, such as:

- Gas and bloating
- Constipation and/or diarrhoea
- Skin problems
- Overall sickness
- Headaches
- Urinary tract infections
- Trouble sleeping
- An inability to lose weight
- Sugar cravings, especially for heavily refined carbs

You see, the ideal healthy ratio of "good" to "bad" bacteria is 85% to 15%, or 9 to 1.

Unfortunately, due to lifestyle and environmental factors, the vast majority of the population is severely lacking when it comes to good probiotic bacteria, throwing their gut flora ratio completely out of whack.

These lifestyle and environmental factors include, but are not limited to, exposure to:

- Sugar
- Artificial sweeteners of any kind (found in "diet" beverages and food items, chewing gum, and even toothpaste)
- Processed foods
- Chlorinated water
- Pollution
- Antacids
- Laxatives
- Alcoholic beverages
- Agricultural chemicals and pesticides, and...
- Antibiotics (from medications and/or antibiotics found in meat and dairy products that we ingest).

As you can see, unless you maintain a 100% organic diet, completely avoid all sugar, and lock yourself in the house in an attempt to only consume the purest of air 24 hours a day, 7 days a week, it is almost certain that your gut flora balance is suffering, and will continue to suffer, unless you do something to proactively correct it on a daily basis.

Can you really afford to neglect your gastrointestinal health much longer?

If you do, the likely result is dramatically increased risk for health problems and disease, failure to experience relief from any ailments you may be currently suffering from, and an inevitable, continual struggle with your weight.

With that said, it's no wonder that research is now suggesting that supplementing with probiotics every single day is even **MORE important to your health than taking a daily multi-vitamin...**

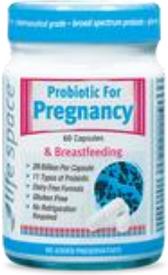
Even more, a recent double blind study published in the European Journal of Clinical Nutrition found that test subjects who received probiotics daily were able to reduce their abdominal fat by nearly 5 percent over a 12 week period, while the "no probiotic" group experienced no positive changes.

Some of the bacteria strains in Life Space Probiotics

1. ***Bifidobacterium breve*** for unprecedented digestive health. Levels of this healthy bacteria also decline with age, allowing certain toxin-producing "bad" bacteria to increase in number, making supplementation with this critically important strain a must.
2. ***Bifidobacterium lactis*** for unparalleled immune health. In fact, this unique probiotic strain has been shown to boost immune system function by up to 61% after just 3 short weeks of supplementation.
3. ***Lactobacillus plantarum***, which is recognized as one of the most effective probiotic strains at promoting healthy gut function, strengthening gut lining, and crowding out bad bacteria, like E. coli.
4. ***Lactobacillus rhamnosus*** for second-to-none defense against bad bacteria. This highly-effective probiotic strain adheres to the walls of the gut where it creates a protective barrier, fortifying the immune system and helping to block the entry of bad bacteria into the intestines.

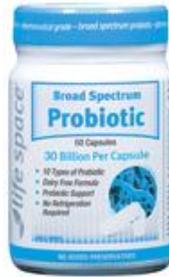
Simply put, with research suggesting that probiotic supplementation is even more important to your health than taking a daily multi-vitamin, and the fact that inadequate probiotic levels have been linked through research to more than 170 different serious health issues, including obesity and weight gain, we truly believe that **EVERYONE should be taking a probiotic daily**

25% OFF LIFE SPACE PRODUCTS
www.healthy-lifespace.com



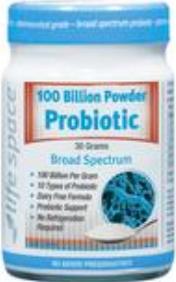
Life Space Probiotic 60 Caps
Pregnancy Breastfeeding
\$41.99

FitnessNRG Price \$31.50



Life Space Broad Spectrum Probiotic
60 Capsules
\$38.99

FitnessNRG Price \$29.25



Life Space 100 Billion
Powder Probiotic 30 Gram
\$47.99

FitnessNRG Price \$35.99



Life Space 60+ Years Probiotic
60 Caps
\$38.99

FitnessNRG Price \$29.25



Life Space Baby Probiotic 60g
\$41.99

FitnessNRG Price \$31.50

REGISTER FOR THE

“*RUN FOR THE HILLS 2016*” AND RUN WITH THE FITNESSNRG TEAM

Register online as an individual and we will meet and start as a group. If you register before July 31st you will receive a bib with your name. Cost is \$30 as an individual. Under 15 years \$15.

When: Sunday 14th August 2016

Where: Lysterfield Lake, Melbourne VIC, Australia

Distance: Walk or Run the 5.5km or 10.5km around the lake

Race Day

Bib Collection 8am

Race Start: 9am

