

## Healthy Bio Films & why it's important to your health

A healthy gut is filled with beneficial micro flora, and the bio films that they create is a thin mucus called bio film. This healthy bio film allows the passage of nutrients through the intestinal wall. Healthy gut bio films is moistening, lubricating, and *anti-inflammatory*.

The anti-inflammatory function of healthy bio films is a big plus since these days, the gut is so prone to infection and inflammation from outside chemicals, drugs, and processed foods.

## But what about an unhealthy gut bio film? What is that like?

If you have an infection that just won't go away, it could be due to unhealthy gut bio film. Unhealthy gut bio film will promote inflammation and protect bacteria, parasites, and yeast from even the strongest medications. It does all the wrong things, such as:

- Prevents the full absorption of nutrients across the intestinal wall.
- Protects disease-causing microorganisms from the immune system.
- Protects disease-causing microorganisms from antibiotics and antifungals (this means both herbal and pharmaceutical-grade).
- Promotes inflammation.
- Houses toxins like heavy metals.

The sturdy protection that bio film's provides from pathogens is one reason why some infections are so troublesome to resolve. Yeasts, parasites, and bacteria find shelter in the bio film matrix.

This applies to conditions like:

- Chronic fatigue syndrome and fibromyalgia, which are often thought to have an infectious root.
- Parasites.
- Systemic Candida overgrowth.
- Heartburn or GERD (gastroesophageal reflux).
- Small intestine bacterial overgrowth (SIBO), which includes symptoms like heartburn, bloating, gas, abdominal cramping, brain fog, arthritis, acne, and other skin conditions.
- Irritable bowel syndrome, ulcerative colitis, and Crohn's disease. (2)

Unhealthy bio film allows some infections to persist for years. This means that the body may become more susceptible to other infections, or *co-infections*, as well as other chronic degenerative diseases. In short, unhealthy bio films promote disease & accelerate aging. If your bio films have been unhealthy for a while, it will take some work and time to correct this imbalance.

KePro has the pre & probiotics to help you start rebuilding your healthy bacteria which helps promote healthy bio films! Building and maintaining a healthy bio film is essential to your overall health.

Take care of your body & your body will take care of you.

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Thank you for your interest in KePro and hope this answered your questions

We are here for you on your journey to feeling your best!

If you have any other questions or would like learn more, Please visit

KeProForYou and ask one of our KePro Specialists.

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