

Can Probiotics Slow Bone Loss? The Gut-Bone Connection

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2020**

Healthy bones are important at every age and every stage of life. But by the time we reach age 40, most of us have already begun to lose bone mass. We may start thinking about our bones in a way we never did in our 20s or 30s. We may find ourselves asking, "What can I do to prevent or slow the process of bone loss?" Research suggests that the answer to the question lies in the gut – a healthy one. Specifically, studies point to probiotic supplementation. Probiotics, it seems, may actually slow the rate of bone loss.

The powerful connection between the gut microbiome (the ecosystem of bacteria in our guts) and bone loss are well known. In fact, inflammatory bowel disease (IBD) and chronic gut inflammation are associated with osteoporosis, a disease that causes bones to become weak and brittle. While researches have been examining this connection for years, recent studies indicate that when inflammation is reduced by taking probiotics, the rate of bone loss actually slows down.



Probiotics have been linked to a wide range of health benefits. These living microorganisms promote a healthy digestive tract and ultimately, a healthy immune system. When the delicate gut microbiome is damaged, we know that it can result in chronic health problems and inflammatory diseases. And, we know that [probiotics](#) can help reduce that inflammation. Now, scientists believe that decreasing inflammation with probiotics may also lead to stronger bones.

What exactly is the gut – bone connection?

So exactly what is the connection? What does the gut microbiome have to do with bones? Well, an inflamed gut increases intestinal permeability, more commonly known as "leaky gut."

Our digestive system plays a critical role in protecting our body from harmful substances.

The walls of our intestines act as barriers, controlling what enters the bloodstream. But when the intestinal walls become permeable, bacterial toxins can "leak" through the lining of the gastrointestinal tract into the rest of the body. These leaked toxins activate cells in the liver, which travel to bone marrow and lead to the breakdown of the bone. So, an unhealthy gut microbiome has a direct effect on bone loss.

Other probiotic benefits related to healthy bones.

When it comes to bones, probiotics may help in other ways too. [Researchers have found](#) that prebiotic and probiotic supplements help to increase a beneficial fatty acid in the gut known as butyrate.

Butyrate has proven benefits for our overall health and well-being. It provides crucial fuel for the cells of the gut lining and protects against certain diseases. But another benefit is that it also triggers a reduction in bone loss and helps begin the formation of new bone. So increased butyrate leads to healthier bones.

In addition to prebiotics and probiotics, supplementing with Butyrate directly stimulates bone growth.

Are all probiotics the same?

While probiotics are important to a healthy gut microbiome, not all probiotics are the same. Our individual blood types are present in our digestive systems in the form of blood type antigens. And in about 80% of people, they are also prominent in the mucus lining as well. So our digestive tracts are quite literally lined with our blood types.

This is important because some bacteria have a preference for one blood type versus another. Blood type-friendly bacteria can utilize antigens as a source of energy, restoring intestinal balance and promoting immunity. However, some strains of "beneficial bacteria" can also produce activity in some blood types that mimics that of lectins, so avoiding those is a good idea.

Probiotics that are beneficial to one blood type may be harmful to another. That's why personalized nutrition includes [personalized supplementation](#), and pre/probiotics are no exception.

June 2020

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Benefits of Polyflora, Intrinsa and Phytocal

All four of our **Polyflora** products (O, A, B, AB) contain the appropriate *Lactobacillus* species, personalized for each of the four blood types, and contain blood-type-specific prebiotics to nourish the gut microbiome. In addition, the powerful supplement **Intrinsa** contains high amounts of butyrate. While we commonly recommend the Polyflora and Intrinsa combination to improve gut health and digestion, it is now clear they are also beneficial in preventing or reducing bone loss.

Additionally, **Phytocal**, a personalized multimineral supplement high in bioavailable seaweed calcium, offers even more support to strengthen bones.

The evidence pointing to a connection between our guts and healthy bones is compelling.

For followers of The Blood Type Diet®, now there is now even more reason to maximize a support plan for personalized nutrition by including personalized supplementation.



Highly bioavailable calcium supplement derived from Maerl seaweed to promote strong bones.

Your body requires a wide array of vitamins and minerals on a daily basis. Calcium-rich foods such as foods like milk, yogurt, cheese, leafy greens, seafood, and some fruits are a good source of calcium but, many people still don't get enough.

Dr. Peter D'Adamo, author of Eat Right 4 Your Type, developed the ClearCal natural dietary supplement to include exceptionally pure calcium derived from Maerl seaweed found only in the isolated coastal areas of southwest Ireland. This unique calcium is formulated without any additional mineral cofactors to promote a high absorption rate. It also contains a wide variety of essential nutrients and trace amounts of magnesium, boron and zinc.

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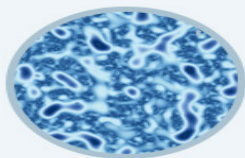
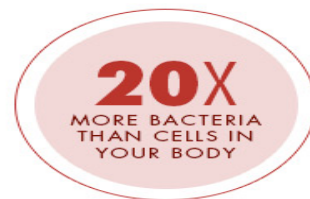
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DID YOU KNOW? There are 20 times more bacteria than cells in your body, or that you have more bacteria in your body at this very moment than the total number of people who have ever lived on the planet?

This may sound alarming, but these tiny organisms are crucial to good health.



A PROBIOTIC IS AN ORGANISM WHICH CONTRIBUTES TO THE HEALTH AND BALANCE OF THE INTESTINAL TRACT.

These "friendly" or "beneficial" bacteria live in your small and large intestines, support your immune system, and contribute to healthy digestion.

What does blood type have to do with friendly bacteria?
According to Dr. Peter J. D'Adamo, there are three things:

1

Your blood type antigens are prominent in your digestive tract, and in about 80% of individuals (secretors), are also prominent in the mucus that lines your digestive tract. Because of this, many of the bacteria in your digestive tract actually use your blood type as a preferred food supply. In fact, blood group specificity is common among intestinal bacteria with almost 1/2 of strains tested showing some blood type A, B, or O specificity. To give you an idea of the magnitude of the blood type influence on intestinal microflora, it has been estimated that someone with blood type B will have up to 50,000 times more of some strains of friendly bacteria than either blood type A or O individuals.

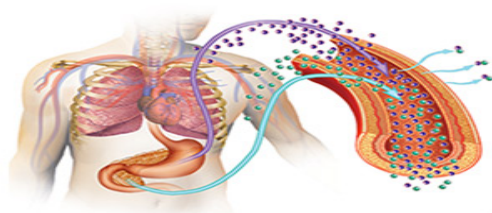
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Some strains of beneficial bacteria can have lectin-like hemagglutinin activity directed against your blood type, so avoiding those is a good idea.

3



Polyflora Blood Type Specific Probiotics also blend prebiotics (foods which provide special growth factors for probiotic bacteria) that are right for each blood type.



A number of studies have found differences in the intestinal flora of healthy people and individuals with type II diabetes and obesity. Dr. Peter J. D'Adamo says, "Increasingly, studies are showing that changes in the microflora content of the digestive tract can be linked to metabolic illnesses, including type II (adult onset) diabetes and obesity.

Blood group and secretor status play an important role in conditioning the overall characteristics of the digestive tract, including influencing the appearance and frequency of many strains of bacteria."

Routinely taking probiotics that are Right for Your Type improves digestion, enhances a healthy metabolism, increases absorption of nutrients, and boosts immunity. There is also evidence that routine use of probiotics lowers LDL (bad cholesterol) and inhibits Candida (yeast).

AS A POINT OF INTEREST

**THE WORD PROBIOTIC MEANS
"IN FAVOR OF LIFE."**

I'm in favor of that!

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What is Chinese Tuina Massage



Tuina or tui-na (pronounced twee-nah) massage originated in [ancient China](#) and is believed to be the [oldest system](#) of bodywork. It's one of the four main branches of traditional Chinese medicine, along with acupuncture, qi gong, and Chinese herbal medicine.

It's based on the theory that imbalances of qi, which is the body's vital life force or energy, can cause blockages or imbalances that lead to symptoms such as pain and illness.

Tuina massage stimulates the flow of qi to promote balance and harmony within the body using many of the same principles of acupuncture.

It's [similar to acupuncture](#) in the way it targets specific acupoints, but practitioners use fingers instead of needles to apply pressure to stimulate these points. Tuina massage is often used in combination with acupuncture.

How it works

The philosophy and principles of tuina massage are based on traditional Chinese medicine, which focuses on emotional and physical components of a person's well-being, as well as aspects such as climate, relationships, and diet.

The goal of tuina massage is to create harmony in the yin and yang of the body by getting rid of blockages and disturbances that manifest as illness, disease, and emotional issues.

Similar to acupuncture, tuina massage uses the same energetic meridians and acupoints to balance the qi and blood in your body, leading to better health. Qi that's flowing incorrectly can cause blockages, such as poor blood circulation in the affected area.

There are eight basic techniques used in tuina massage:

- palpating (mo)
- rejoining (jie)
- opposing (duan)
- lifting (ti)
- pressing (an)
- kneading (mo)
- pushing (tui)
- holding (na)

Other [techniques](#) include:

- Rolling.** This is used for injuries such as sprains and strains.
- One-finger technique.** This is one-finger stimulation of acupressure points.
- Nei gung.** This is a full-body manipulation technique.

Here are some conditions tuina massage can treat:

- neck and back pain
- musculoskeletal disorders
- premenstrual syndrome
- fatigue and insomnia
- carpal tunnel
- headaches
- arthritis
- osteoporosis
- stress
- digestive conditions
- respiratory conditions

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Benefits

While some of the research is preliminary and ongoing, there's plenty of evidence to back the effectiveness of tuina massage in treating health conditions. Let's see what some of the studies say about the benefits.

1. Boosts blood circulation

One of the main intentions of tuina massage is to boost blood circulation by stimulating the body's energy flow. A small 2015 study indicates that yi zhi chan tuina manipulation on BL 56 acupoint is effective in improving circulation.

2. Reduces neck pain

Tuina massage relieves neck pain and the accompanying tension, tightness, and irritation.

A 2018 study concluded that tuina massage is a cost-effective option for reducing pain in people with chronic neck pain. †.

3. Treats depression

Focusing on whole-body healing is essential for people with depression, since the causes can be both physical and emotional.

4. Treats osteoarthritis

The therapeutic benefits of tuina massage extend to alleviating symptoms of osteoarthritis.

According to a small 2011 study ^{Trusted Source}, it improves muscular tension of the flexor and extensor muscles in people with knee osteoarthritis. The treatment used gun, an, na, and ca maneuvers. The patients received treatments three times per week over the course of nine months.

Source: <https://www.healthline.com/health/tuina#benefits>