



LIVING NUTRITION

**Breaking New Research on the
Effects of Symbiotic Fermented Soy
and Inflammatory Bowel Disease
(IBD)**

September 2018



Digestive Health

- System of the body known for silent diseases
- Conditions are mostly asymptomatic
 - Celiac disease, Crohn's disease, colitis etc.
- Rapidly becoming the most common area of “incurable” diseases

“Death begins in the colon”

-Eli Metchnikoff



The Disease Cycle

- Modern day burdens on the body
 - Diet, stress, toxins, patterns
- Feedback loops get stuck or out of balance
 - Inflammation, enzymes, gut flora, senses
- The first symptoms appear
 - gas, bloating, burping, heartburn, constipation, uncomfortable



The Disease Cycle

- Communication within the body breaks down
 - Neurotransmitters, tissue inflammation, dysbiosis, irregular bowel movements
- Symptoms begin to get worse and further symptoms develop
 - cramps, worse constipation, diarrhea, nausea, dysbiosis, sensitivities



The Disease Cycle

- Feedback loops get further stuck or out of balance
 - Increased inflammation, tissue damage, severe pain
- Complex and chronic conditions begin
 - IBS, Crohn's disease, ulcerative colitis, allergic reactions (all regarded as incurable)



The Disease Cycle is Unique to You

- Your weak points
 - Hereditary, childhood health
- Burdens unique to you
 - Gut flora, perceived stress, diet/lifestyle
- How you adapt
 - Immune, hormones, neurotransmitters, enzymes
- How you break
 - Disease cycle will eventually break the weak point



The Disease Cycle: The Problem That We're Faced With

- Chronic conditions cannot be isolated and treated
- They are whole body conditions requiring whole body solutions
- The communication within needs to change

“We cannot solve our problems with the same level of thinking that created them”

– Albert Einstein



Managing the Disease Cycle

- Digestive function
- Break the cycle – inflammation etc.
- Repair – gut lining and enzymes
- Gut flora – dysbiosis
- Rebalance – homeostasis and back to health



Answer is in Nutrition

- Must be food based to engage the senses
- Symbiosis – beyond probiotics
- Gut brain communication
- Signaling compounds
- Healing compounds





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Our Therapeutic Fermentation

The Symbiotic Approach

Symbiosis: the intimate relationship of different organisms living and evolving in harmony within an *ecosystem* for the benefit of each other.

Fermented food provides both the environment and the microbes to create a healthy *ecosystem*.

Fermented food is a Symbiotic.



Kefi-soya™

Our Unique Kefir-kombucha Fermented Soy

- A month-long, traditional, small batch fermentation of organic, non-GMO soy
- Features 35 strains of therapeutic micro-organisms
- Controlled freeze-drying to capture the complete profile of activated nutrients
- Completely free from excipients, binders, additives and fillers
- Certified Organic by the Soil Association



Kefi-soya™ - Our Strains

- *Lactobacillus acidophilus*
- *Lactobacillus casei ssp. pseudopantarum*
- *Lactobacillus casei ssp. rhamnosus*
- *Lactobacillus delbrueckii. ssp. lactis*
- *Lactobacillus fermentum*
- *Lactobacillus helveticus*
- *Lactobacillus kefir*
- *Lactobacillus kefiranoferens*
- *Lactobacillus lactis ssp. lactis*
- *Lactobacillus parabuchneri*
- *Lactobacillus paracasei*
- *Lactobacillus plantarum*
- *Lactobacillus rhamnosus*
- *Lactobacillus satsumensis*
- *Lactococcus lactis ssp. cremoris*
- *Leuconostoc dextranicum*
- *Leuconostoc kefir*
- *Leuconostoc mesenteroides*
- *Acetobacter aceti*
- *Acetobacter syzgi*
- *Acetobacter xylinum*
- *Acetobacter komagataeibacter*
- *Gluconobacter oxydans*
- *Debaryomyces hansenii*
- *Kluyveromyces fragilis*
- *Kluyveromyces lactis*
- *Kluyveromyces marxianus*
- *Saccharomyces cerevisiae*
- *Saccharomyces lipolytic*
- *Saccharomyces unisporus*
- *Torulaspora delbruecki*
- *Zygosaccharomyces florentinus*
- *Zygosaccharomyces bailii*
- *Zygosaccharomyces kombuchaensis*
- *Schizosaccharomyces pombe*

Fermented Nutrients

- Structural proteins to build healthy tissue
 - L-glutamine, L-proline, L-glycine etc.
- Energy sources for tissue
 - L-butyrate, L-glutamine, L-propionate etc.
- Anti-oxidants
 - Vitamins, minerals, polyphenols, flavonoids etc.
- Anti-inflammatory compounds



Fermented Nutrients

- Neuro-transmitters
 - Acetylcholine, histidine, serotonin
- Microbes
 - healthy, beneficial and diverse strains
- Enzymes
 - Digestive, metabolic, anabolic/catabolic
- Communicating compounds
 - Pheromones, quorum sensors, cephalic activators



Fermented Soymilk

The Symbiotic of our Ancestors

Research has proven that fermented soy milk is by far the best source of nutrition for supporting the gut flora.

Soy in its fermented forms such as miso, tempeh and natto are highly nutritious and extremely beneficial for the gut *ecosystem*.

Soy contains a unique profile of proteins, antioxidants and other key nutrients for digestive health.

“Intake of fermented soy milk significantly improved the ecosystem of the intestinal tract in the body”

-World Journal of Gastroenterology





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Research



Inflammatory Bowel Disease

“New studies have shown that IBD is the second most common chronic inflammatory disease worldwide after rheumatoid arthritis.

Symptoms of IBD include frequent bloody diarrhea, abdominal cramping, anorexia, abdominal distension, and emesis.

Today, no treatment has consistently been shown to be successful in treating IBD

Moreover, both UC and CD increase the risk of developing colon adenocarcinoma.”

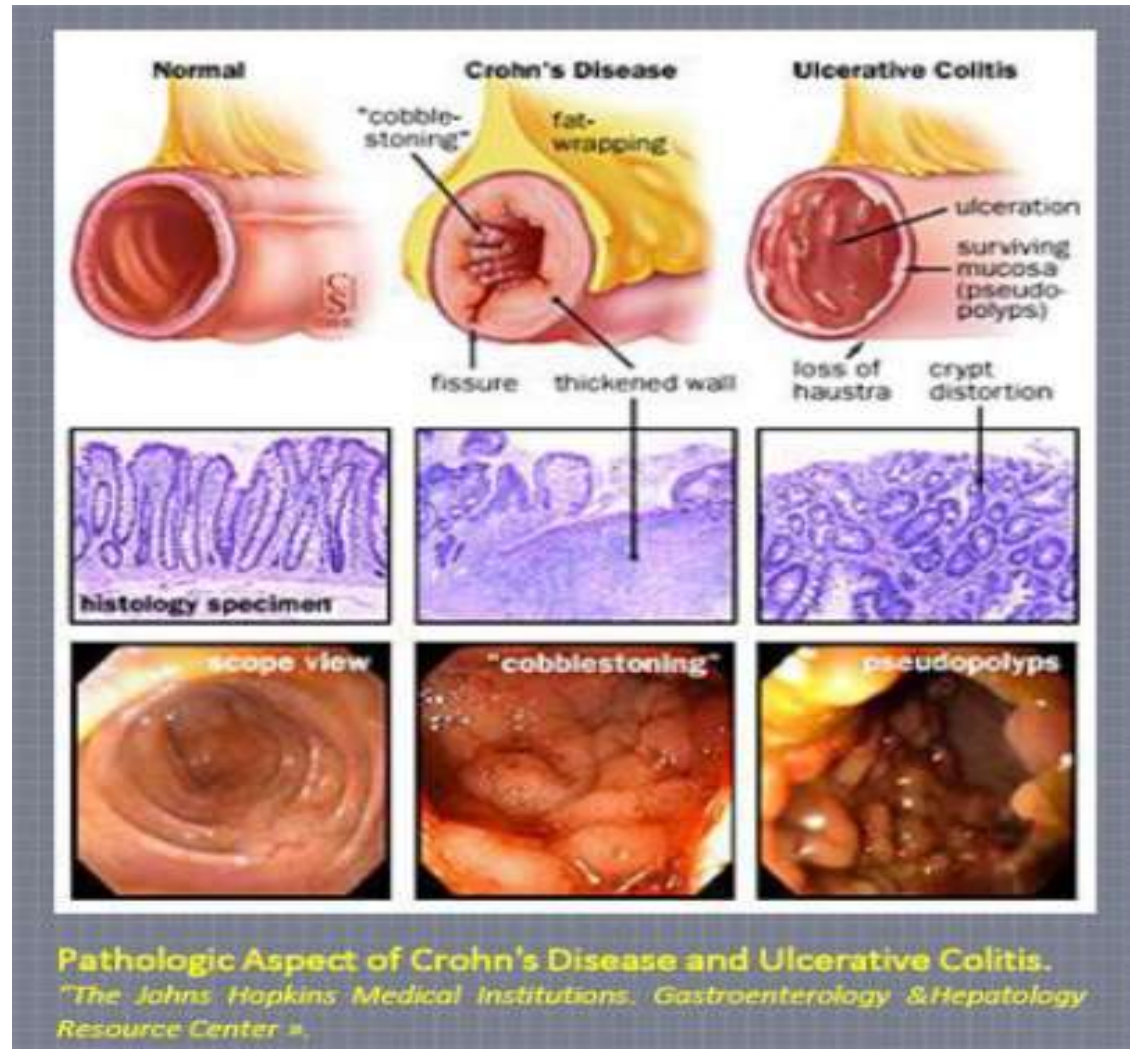
- Journal of Medicinal Food, 2018



Imbalances of Inflammatory Bowel Disease (IBD)

Key markers with IBD:

- Inflammation of the intestinal lining
- Dysbiosis of the gut flora
- Physical deterioration of the intestinal lining
- An immune dysfunction



Human Study: Kefi-soya™ on Crohn's Disease & Colitis

A 2018 study examined the effects of unfermented soy versus fermented soy (Kefi-soya™) on chronic long term Inflammatory Bowel Disease (IBD) conditions that included Crohn's Disease & Ulcerative Colitis.

The study consisted of two groups of 20 people, with a mix of males and females, aged between 30 and 60 years old, diagnosed with either Crohn's Disease or Ulcerative Colitis and had no results using conventional treatments.

Group 1: Two 400mg capsules twice daily of unfermented soy

Group 2 : Two 400mg capsules twice daily of Kefi-soya™

Human Study: Kefi-soya™ on Crohn's Disease & Colitis

Results:

Group 1 (unfermented Soy):

After two months were demonstrating signs of increased intestinal inflammation and removed from the study.

Group 2 (Kefi-soya™) :

After two months 19 of 20 subjects showed distinct signs of improvement.

After six months, 19 of 20 subjects showed complete remission.

Human Study: Kefi-soy™ on Crohn's Disease & Colitis

*Sample A: 45 year old male with Ulcerative colitis colon
Used four capsules of **Kefi-soy™** per day for six months*

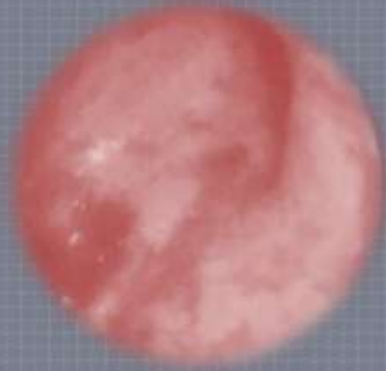


A1. Colonoscopy of the first day before treatment presenting hemorrhagic ulcerations with incontinuous involvement of the intestinal mucosa

A2. Colonoscopy after 180 days of treatment with *KefiSoya* showing disappearance of hemorrhagic ulcerations and healthy intestinal mucosa

Human Study: Kefi-soy™ on Crohn's Disease & Colitis

*Sample B: 60 year old female with Ulcerative colitis rectum
Used four capsules of **Kefi-soy™** per day for six months*



B1. Colonoscopy of the first day before treatment presenting hemorrhagic ulcerations with diffuse and continuous involvement of the intestinal mucosa



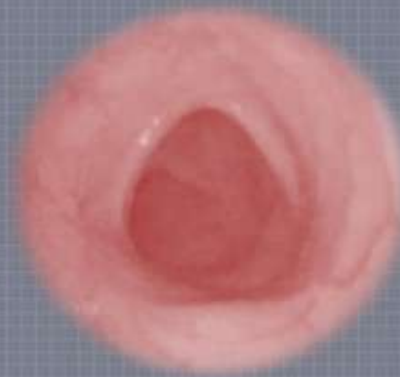
B2. Colonoscopy after 180 days of treatment with *KefiSoya* showing disappearance of ulcers and healthy intestinal mucosa

Human Study: Kefi-soy™ on Crohn's Disease & Colitis

*Sample C: 36 year old male with Crohn's Disease ileon
Used four capsules of **Kefi-soy™** per day for six months*



C1. Colonoscopy of the first day presenting a discontinuous reshaping of the intestinal mucosa with ulcerations



C2. Colonoscopy after 180 days of treatment with *KefiSoya* with remission of inflammation of the intestinal mucosa and disappearance of ulcerations

Human Study: Kefi-soy™ on Crohn's Disease & Colitis

*Sample D: 50 year old male with Crohn's Disease colon
Used four capsules of **Kefi-soy™** per day for six months*



D1. Colonoscopy of the first day presenting a discontinuous reshaping of the intestinal mucosa with much mucositis



C2. Colonoscopy after 180 days of treatment with *KefiSoya* with remission of inflammation of the intestinal mucosa and disappearance mucositis

Human Study: Kefi-soy™ on Crohn's Disease & Colitis

Conclusion:

Kefi-soy™ a traditionally fermented organic non-GMO soy product proved to be a safe and effective treatment for IBD (Crohn's Disease and Ulcerative Colitis) in humans with a 95% remission rate after 6 months.

Product Feedback

*"I have been suffering from ulcerative colitis for 10 years now. For about **5 years, I was in misery** and to be functional, I needed to be on an immunosuppressive drug called Humira. From February 2017 onwards, my health declined considerably.*

*In June 2017 I was introduced to the Living Alchemy product range. I started with **Your Flora Tranquil** and **Your Flora Regensis**.*

*In less than 3 weeks I managed to eliminate C. Difficile without any antibiotics and was confirmed by examination at the St-Eustache Hospital in June 2017. Since then, and in less than four months, I have seen my ulcerative colitis improve considerably. I no longer take immunosuppressive medication, I have no trace of blood in my stool and I evacuate three firm stools a day. **My physical condition has improved a lot and I feel refreshed with more vitality and energy. My thoughts are clearer and I feel happier.**"*

-Jean-François, 45 years old, Kinesiologist



Product Feedback

Your Flora TERRAIN:

- Five year old boy with severe eczema.
- One capsule a day for two weeks.

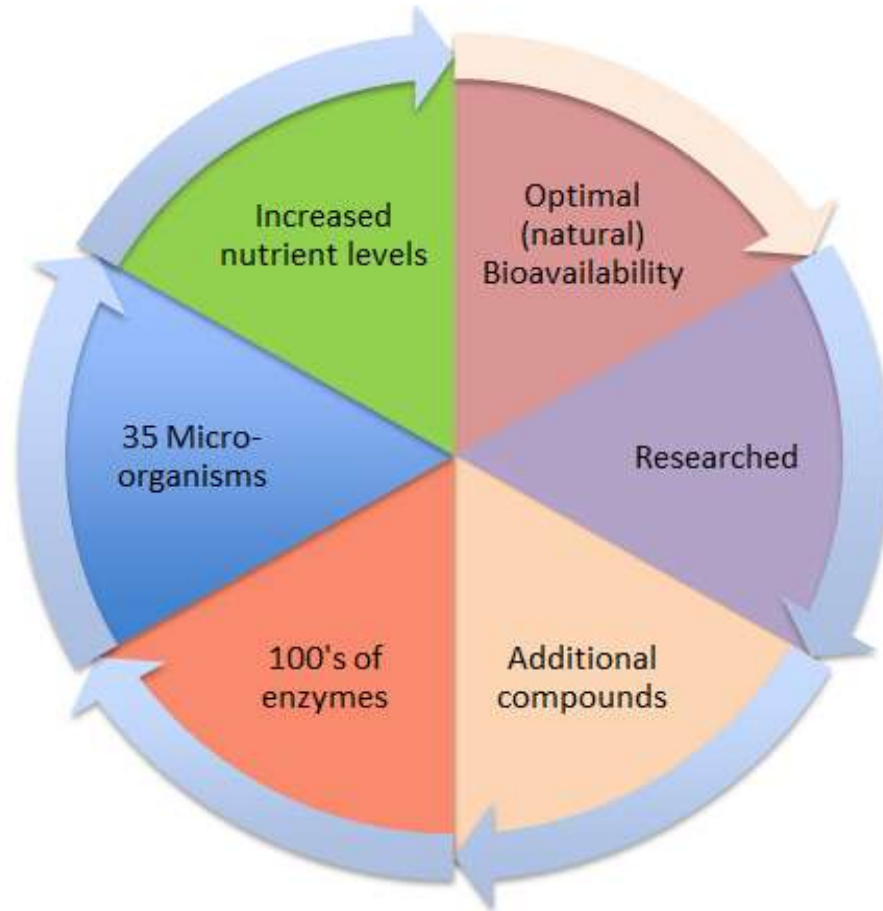
Before



After



Completing the Circle



Delivered as a *living* whole food matrix

A New Paradigm in Probiotics

