Explanation of what a biofilm in the colon is, the harm it can do and how to solve it.

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Why Detox?

The body is like a machine, needing two things:

- Fuel (food)
- Oxygen (breathing)

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But actually, the body is different from a machine, in the sense that is has a **self-healing mechanism.**

This self-healing mechanism can be blocked in 3 different ways:

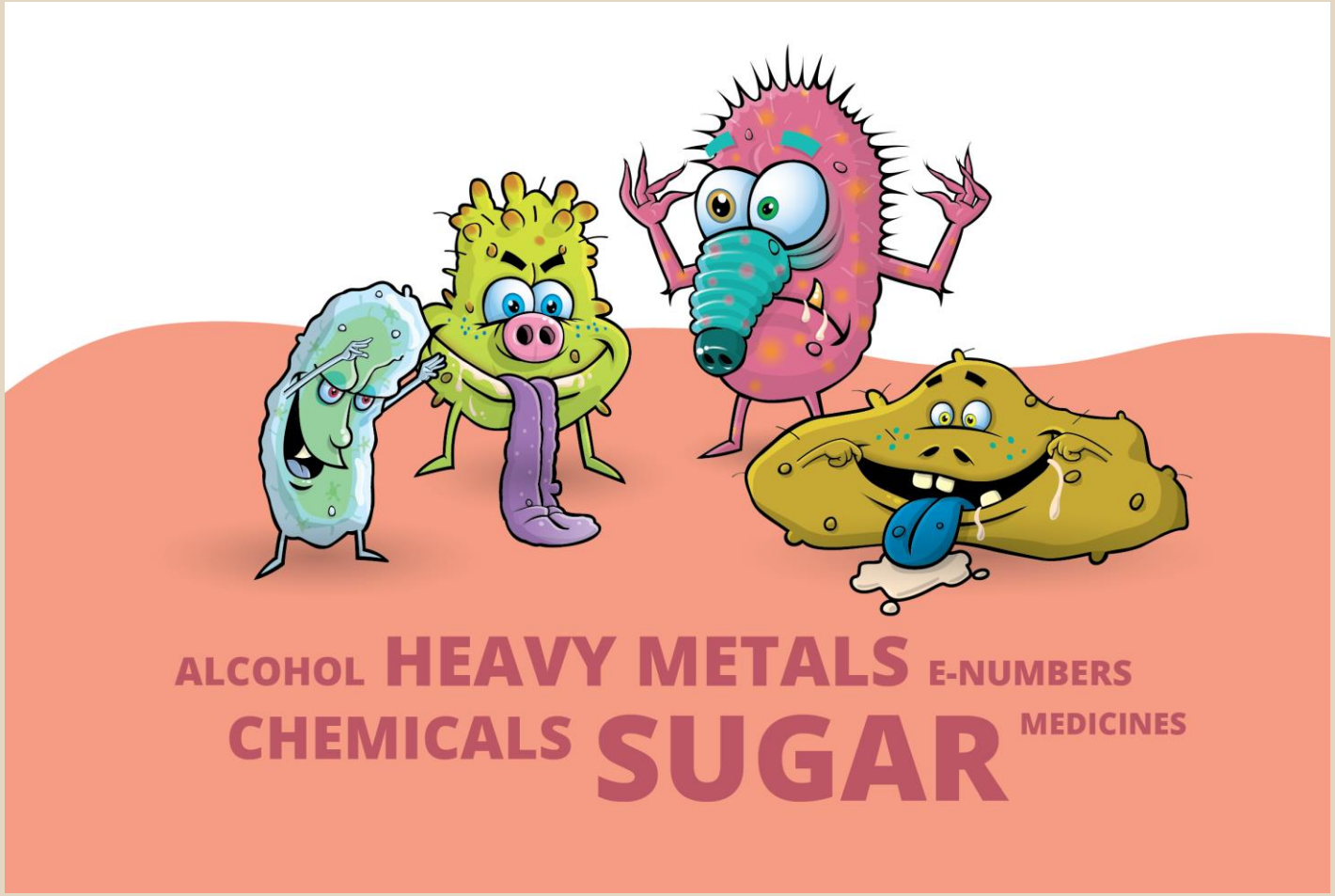
1. Pollution (due to poison, viruses, bacteria, parasites, heavy metals, etc.)
2. Deficiency (not enough vitamins and minerals due to modern diets, etc.)
3. Electro Magnetic Frequencies (radiation)

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The human body comes into contact with **2600(!)** foreign substances every day. The body isn't equipped to get rid of these substances because, when the body first develops, these substances did not exist.

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Bacteria that cause illnesses thrive on the amount of toxic substances and form a biofilm as a result.



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The biofilm

Bacteria that cause illness **always** surround themselves with a protective layer of mucus! They do this not only when inside the body, but also in the outside world. This protective layer of mucus created by harmful bacteria is called the **biofilm**.



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Two kinds of bacteria

Bacteria that cause illness

- Make a thick layer of mucus
- Lump together

Healthy bacteria

- Make a thin layer of mucus
- Do not lump together

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Types of biofilm

Plaque

In sinuses

In urinary passages

Intestines

Wounds

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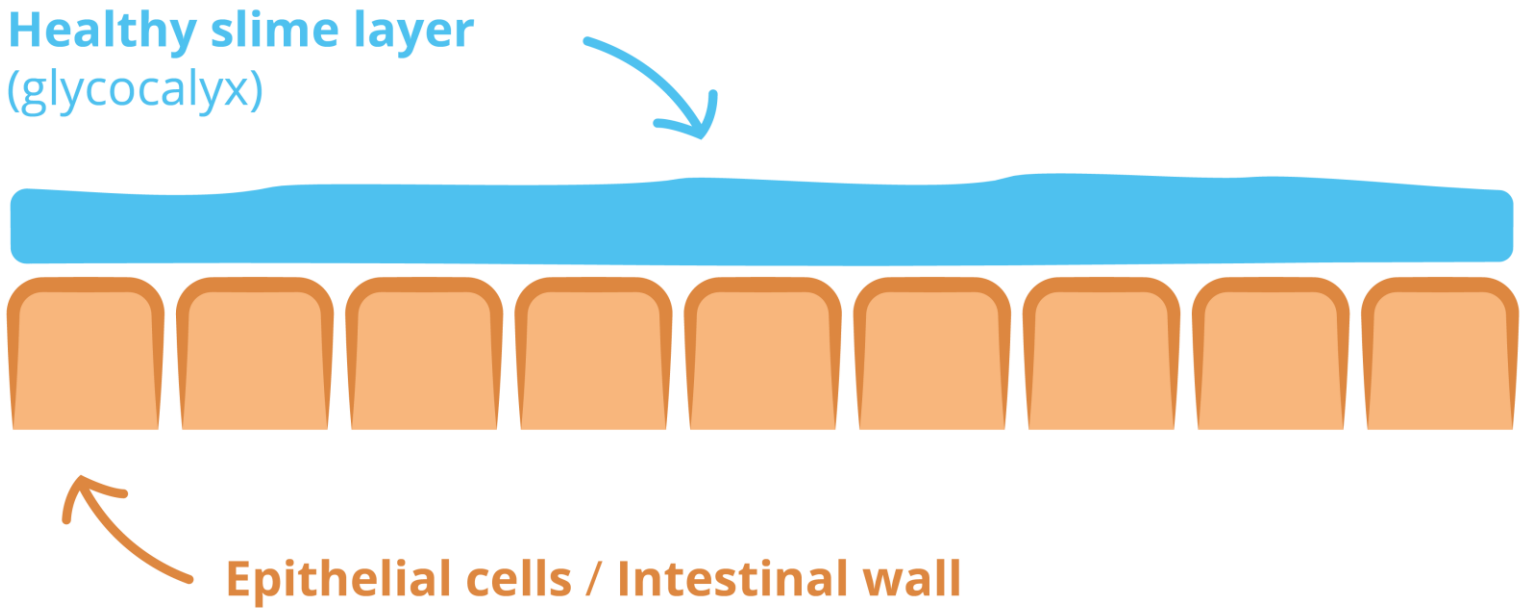




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Healthy situation

1

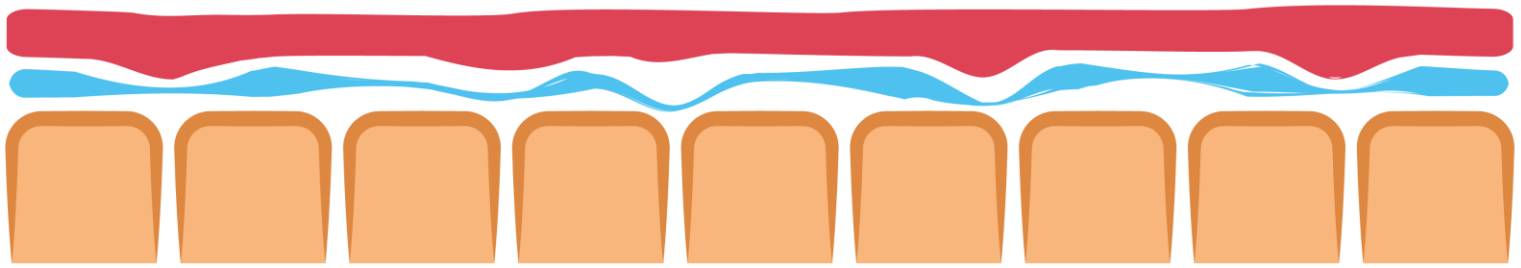


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Present biofilm

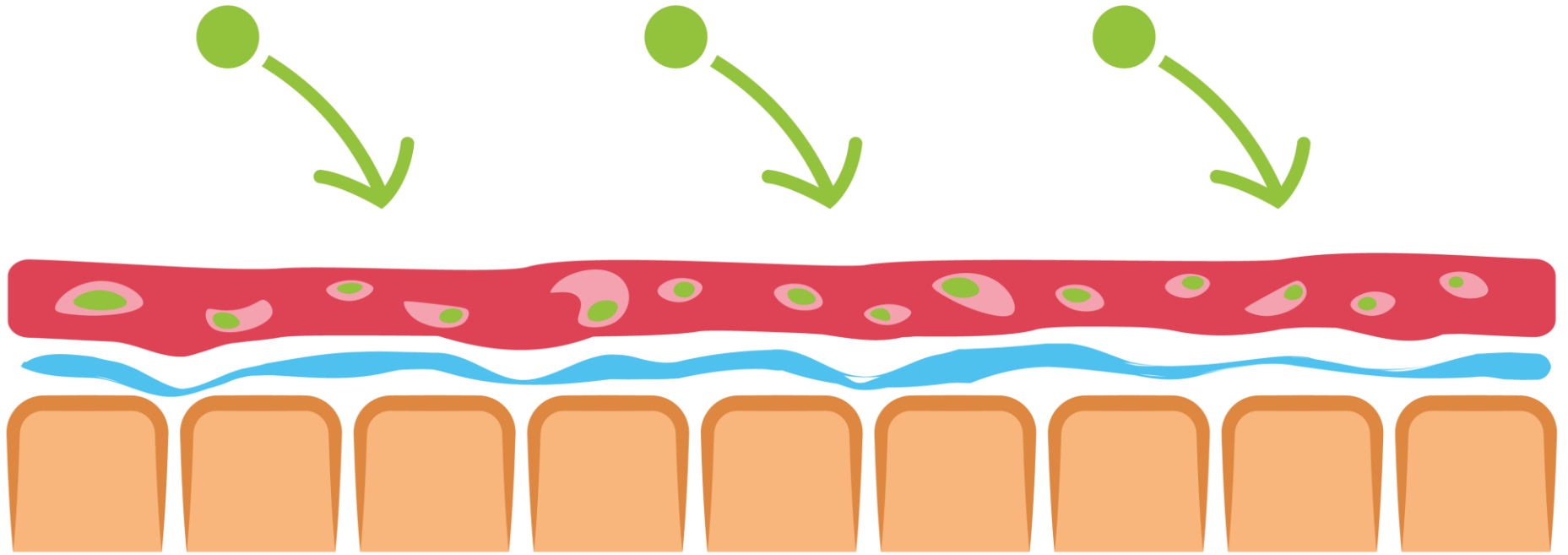
2

Harmful mucous layer
(biofilm)



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Fibers permeating biofilm

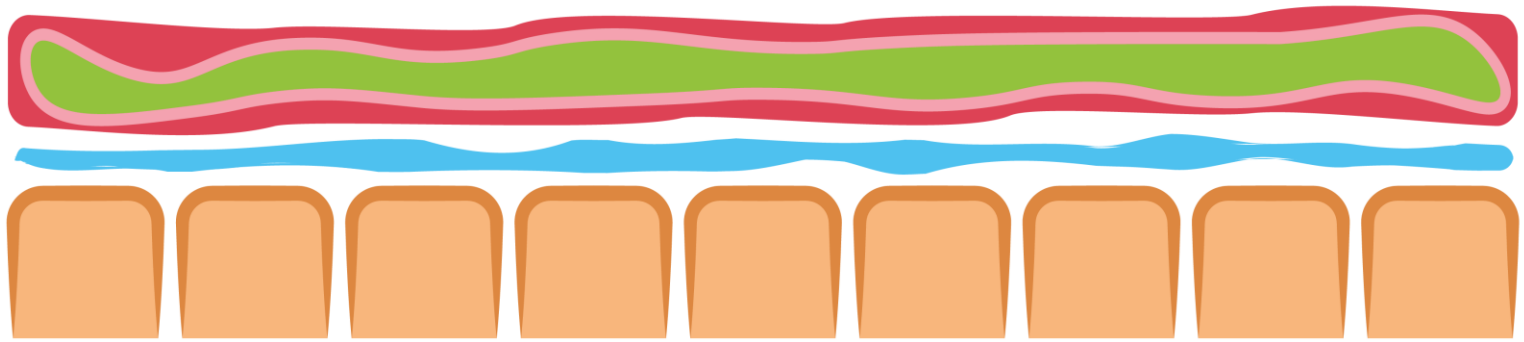


Colon Detox product
(permeates the harmful biofilm)

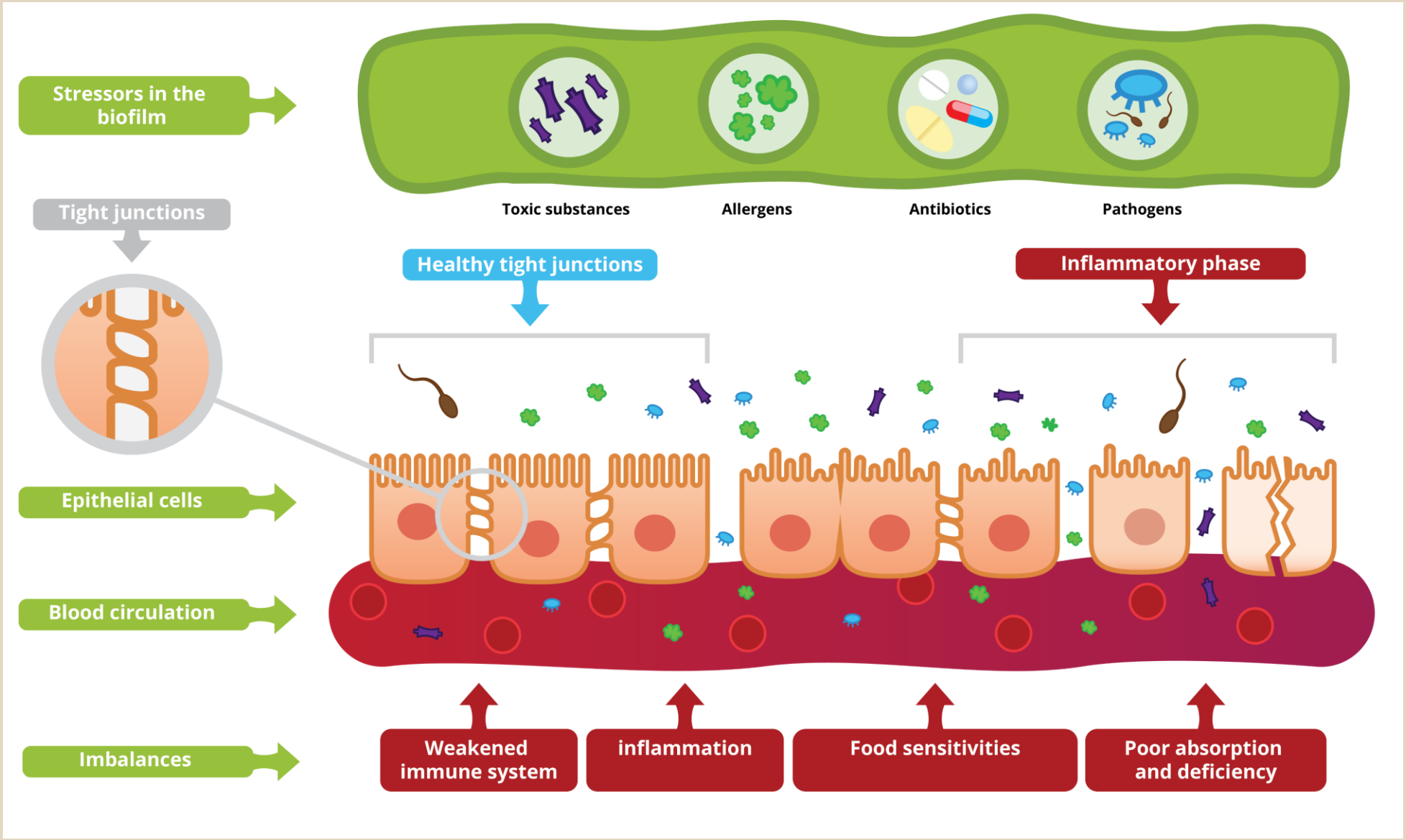
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Swelling biofilm

Biofilm
(swell and release)



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Stressors in the biofilm
Toxic substances
Allergens
Antibiotics
Pathogens
Tight junctions
Healthy tight junctions
Inflammatory phase
Epithelial cells
Blood circulation
Imbalances
Weakened immune system
inflammation
Food sensitivities
Poor absorption and deficiency

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After removing the biofilm through intestinal cleansing

- Recovery of intestinal mucus membrane that is still inflamed and will suffer from the leaking intestine syndrome due to: products with humid acid
- Digestion enzymes for both the upper and lower digestion channels. This makes for optimal digestion and less growth of new biofilm.
- Adding optimal super probiotics supplement together with Prebiotica. In order to restore the microbiome

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Science

- Macfarlane, S., Bahrami, B., & Macfarlane, G. T. (2011). Mucosal biofilm communities in the human intestinal tract. Advances in applied microbiology,75, 111-143.
- Probert, H. M., & Gibson, G. R. (2002). Bacterial biofilms in the human gastrointestinal tract. Current issues in intestinal microbiology, 3(2), 23-27.
- Macfarlane, S., Woodmansey, E. J., & Macfarlane, G. T. (2005). Colonization of mucin by human intestinal bacteria and establishment of biofilm communities in a two-stage continuous culture system. Applied and environmental microbiology, 71(11), 7483-7492.

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