



OPTIMUM CHOICES, LLC  
*Healthy choices for people and pets*

## **IBD, Crohn's Disease and Bio-Algae Concentrates (BAC)** (Russian research taken from <http://www.themagicisbac.com>)

Bio-Algae Concentrates have been shown to be quite effective for people suffering from **leukemia, anemia** (blood deficiencies), **poor spleen function, weak digestive absorption, chronic fatigue**, and other similar “**lack of vitality**” disorders.

If you or someone you know is anemic, has low blood pressure, suffers from dizziness, or shows obvious signs of lack of vitality (such as having infrequent bowel movements), then Bio-Algae Concentrates is something that I strongly recommend be considered. Within a short period of time, most people find that it builds vitality, improves digestion, enhances energy, improves mental clarity, and basically helps people regain their youthful energy and start rebuilding the strength of organs and tissues.

### **Bio-Algae Concentrates For Intestinal health**

The subject of intestinal health deserves an entire book, probably. The vast majority of people on the Western diet (high in refined foods, low in fiber, low in natural vitamins, high in animal protein, high in dairy products, high in sugars) suffer from dismal bowel function. **Irritable Bowel Syndrome, Crohn' Disease, constipation, frequent diarrhea** -- these are all obvious symptoms of dietary imbalances. There is nothing wrong with your colon! It is merely the food you're eating that causes these effects.

Bio-Algae Concentrates offer considerable help in the area of intestinal health, and perhaps not in the ways you might suspect. What they do best is support healthy intestinal flora -- the “friendly” bacteria in your digestive tract that protect you from disease and aid in digestion. This ability is thought to be provided in part by mucopolysaccharides in the spirulina and the other algae in the Concentrates:

I've seen what Bio-Algae Concentrates can do in many people I've worked with. One person who suffered from chronic constipation (one bowel movement every three days, if you can believe that!) rapidly improved until she was having one every day. This was due to Bio-Algae Concentrates only, with no other dietary changes. Another man with colon cancer and following surgery began to have two and three bowel movements every day, this after being constipated for years.

People with Crohn's Disease, diarrhea or IBS, however, should be careful when starting Bio-Algae Concentrates, since it can actually promote diarrhea in some people. In these cases, start slowly at first, and then increase gradually.

Bio-Algae Concentrates are whole foods rich in many phytochemicals, some of which have been identified but many of which are still unknown. Many groups of nutritional elements referred to as bioflavanoids and other factors, are believed to be compounds that give it its multitude of health-promoting ability. Bio-Algae Concentrates stimulates the growth of friendly bacteria, which in turn has the probiotic effect of strengthening gut flora and resisting disease.

(<http://www.themagicisbac.com/page14-00.html>)