

Choosing the Right Probiotic

For women, finding a probiotic can be a little more complicated than just grabbing one off the shelf. We have women issues which require a little more support at times. For women who have had chronic yeast infections, urinary tract infections or bacterial vaginosis that extra support is crucial. Probiotics are our healthy bacteria that

are in charge of many jobs in our body such as digestion and absorption, gas and bloating, and constipation and diarrhea. But there are also strains

specifically for candida, yeast, fungus and vaginal unhealthy bacteria. Our top womanly crime fighters are:

Lactobacillus Rhamnosus and Lactobacillus Reuteri when used in conjunction are a great combination for recolonizing the vagina to fight off bacterial vaginosis. These strains can be used either with or without antibiotics. If antibiotics are



taken it is recommended to take probiotics following to reduce the chance of reoccurring infections.

Lactobacillus Casei and Lactobacillus Paracasei strains are particularly useful in the fight of Candida Albicans and antibiotic induced diarrhea. Once again these types of strains can either be used with or without antibiotics to fight off candida overgrowth.

Bifidobacterium Breve, Longum, and Bifidum strains are found residing in the lower abdominal region to help with gas and bloating, bowel regulation, urinary tract health and the vagina to help kill off yeast infections. For urinary tract health these are your go to healthy bacteria to help reduce burning, frequency and urging urination.



A Passion for Natural Lifestyles

Jessica Ernewein is the leading homeopathic practitioner in the north and has dedicated her life toward natural healing and her patients. In 2011 she graduated with honors from the

Canadian College of Homeopathic Medicine after studying under several internationally known homeopaths such as Joe Kellerstein, Farohk Master, Issac Golden, and Dr. Prasanta & Dr. Pratip Banerji. After having to first be proven academically competent by teachers and her principals just to be accepted into the course, Jessica is still one of the youngest to graduate from the college at the young age of 22. During that time, Jessica took the time to complete her thesis based on Homeopathic Treatment of Mental Illness while also managing a local health food store and learning about other natural remedies and treatments.

Jessica has been often sought after to speak internationally and been published many times in a variety of different media. Most articles and interviews can be found in an archive on her website to help educate the public on alternative medicine.

Many people choose their careers for many different reasons, but Jessica chose her career with only one goal in mind and that's to help others. With her nurturing nature and her passion for natural and holistic lifestyle, becoming a Homeopath has been the perfect fit to suite the person that she is. Not many people can say they are doing what they are put on this earth to do, but Jessica is one of the lucky ones to be able to say just that.

She is the only registered practitioner with The Transitional Council of the College of Homeopaths in the Greater Sudbury area and continues to help and treat the great people of the community every single day. Her Get Well Policy of "no results, no pay" continuously proves that Homeopathy absolutely works and is a perfect alternative choice.

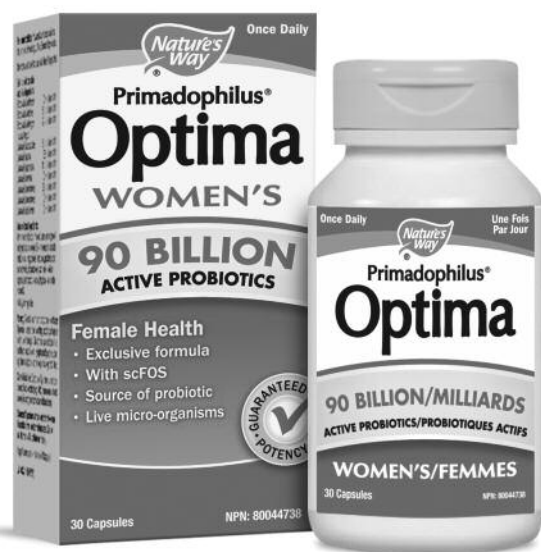
Jessica Ernewein
DCHM(Hons), HD(Rhom), HOM



SUDBURY HOMEOPATHIC CLINIC

Are You Missing Out on the Healing Benefits of Probiotics?

You may not have noticed but, from the more subtle to the most obvious of ways, men and women are different. That's why Nature's Way® developed the most complete and nutritionally diverse line of supplements formulated specifically to support women's health.



Nature's Way has developed 8 Probiotic Strains for Women's Balance

Backed by our potency True Guarantee™, Primadophilus® probiotics provide active cultures of good bacteria for digestive balance & immunity.

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Hours
Monday-Friday
9:00 am - 9:00 pm
Saturday
9:00 am - 6:00 pm
Sunday
11:00 am - 6:00 pm