

# The Brudnak Method of Pulsing and Rotating Probiotics

The Brudnak method is the current state-of-the-art technology in the use of probiotics. In it, a variety of probiotics are introduced and then substituted over the course of treatment. Most probiotics have similar effects, so people often select and use a single probiotic. But anecdotal evidence has shown that when someone supplements only with, say, *Lactobacillus acidophilus*, his or her body somehow becomes accustomed to this organism, such that it has less and less of a positive effect over time. The body seems to react differently to freshly supplied organisms, even if they are normal inhabitants of the GI tract.

In the *Brudnak method*, a high dose of a single strain or a limited number of strains is ingested for the initial approach---the “pulse”. This dose is ingested on a regular basis for a period of time: in most cases, several days if it’s a high-dose and several weeks if it’s a lower dose. After that time, the body will have become accustomed to the initial treatment, so the products must be “rotated.” Another dose of another strain or a mixed culture of several strains is used during this two-week phase. Finally, there is a “maintenance” dose, which should be taken over a longer period of time---daily or every other day to get the best response. This final stage is necessary because over time, probiotics undergo what is known as *genetic drift*. Put simply, they slowly mutate, ultimately to the point of dying. By taking fresh ones everyday, you can replace those that have mutated and are sick or dying. Out with the old and in with the new! That is absolutely crucial to using probiotics successfully.

If and when this series of treatments has diminishing returns, another series can be initiated using different doses and strains. The key is to stay in tune with the body, recognizing when it has become accustomed to a certain organism and then switching to something new.

Recommended Probiotics:

1. Bio-K [www.biokplus.com](http://www.biokplus.com)
2. Kefir [www.lifeway.net](http://www.lifeway.net)
3. Three-lac [www.candidafree.net/threelac.htm](http://www.candidafree.net/threelac.htm)
4. Nature’s Way Primadophilus Optima [www.naturesway.com](http://www.naturesway.com)
5. Twinlab Super Acidophilus [www.bodybuilding.com/store/tl/acid.html](http://www.bodybuilding.com/store/tl/acid.html)