One More Point About Chewing
We’ve talked about amylase in the saliva in our mouth.

Chewing increases saliva and amylase.

How important is this?

New patent-pending probiotic for disrupting biofilms linked to Crohn’s disease.

Included amylase, good bacteria and yeast.
C. tropicalis Biofilm in YNB/BHI + Amylase

C. tropicalis Biofilm in Probiotic Filtrate + Amylase
This was an in vitro study

Believe this could possibly help with symptoms of Crohn’s and related inflammation

What’s lost in the conversation?

Chewing fermented foods plus chewing prebiotic food may have been nature’s way of protecting us from developing Crohn’s

Plus other issues – and to get a lot of amylase – we need to chew