Metabolic Crisis and the Need for a New Category

The whole metabolism has shifted for people, from what used to be a fat burning machine, with high energy and no cravings, and people would sleep well at night, to a Fat Storage Machine, where people are overstressed, have insulin resistance.

You know, they're at a point now where they are not sleeping well. They can't even tap into burning fat, And their whole bodies are inflamed. So that's why we actually created this whole new category.

Me, you, and our brand ambassadors were like, wait a minute, there's a whole missing category here called metabolic that we have to address by itself because if we can't get the metabolism to shift, it doesn't matter how much you work out, how well you eat, or how you do cleanses.

We got to get this metabolism shift from a fat storage machine to a Fat Burner. Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers.

And I am Christine Genovese, creator of the Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically.

with real proven strategies, protocols and tools you can use in your practice today. Hello again, everyone, and welcome back to Holistic Truth, your number one and favorite podcast out there for health, wellness and natural healing.

I'm your host, Jamie Dorley. CEO of Nutritional Frontiers, where we are on a mission with my co-host, my partner in crime. Welcome back, Christine Genovese.

How we doing? I am great, Jamie. I'm so excited about talking around metabolic solutions today. It is one of my favorite wellness solutions that we offer, one my of favorite categories, because I think it touches so many people.

Yeah, we actually had to create a new category called metabolic solutions because we had cardiovascular and blood sugar, but this whole metabolic syndrome, this did not exist when I first got in the field over 35 years ago.

Back then, most people can work out, eat good, and be in really good shape in four weeks to four months. However, now it's not a matter of just losing weight.

The whole metabolism has shifted for people from what used to be a fat burning machine with high energy and no cravings and people would sleep well at night to a Fat Storage Machine where people are overstressed.

They have insulin resistance. You know, they're at a point now where they are not sleeping well. they can't even tap into burning fat and their whole bodies are inflamed.

So that's why we actually create this whole new category. Me, you, and our brand ambassadors were like, wait a minute, there's a whole missing category here called metabolic that we have to address by itself because if we can't get the metabolism to shift, it doesn't matter how much you work out, how well you eat, or how you do cleanses.

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How Lifestyle and Food Changes Drove Insulin Resistance

Well, I'm going to bring up our PowerPoint so that we can share with people exactly what's going on. So you kind of

talked about the metabolic crisis in the United States.

I mean, diabetes is through the roof. 90% to 95% of people are type 2 diabetic today. That's unbelievable. I know insulin resistance you just mentioned affects like 86 million people and approximately 40% of adults aged 18 to 44 are insulin resistant, 18-44.

That affects younger and younger, right? I always want to look at what's the underlying cause? What made this happen? So if you go back to the 70s, right?

Back when I grew up, most people lived in the city, you walked a lot. We only had one car growing up. If my dad was working, we walked everywhere. The grocery store, the street, every store was right within.

walking distance, even the schools you would walk to. Then there was this big shift. So our culture shifted, then we go to more suburban life, right? Where now you have two cars and you drive everywhere.

That was a big change. Also, people went from more what I call manual physical labor to a more sedentary labor and also the lifestyle. My dad grew up and they didn't have a TV, And I remember I grew up, we had one TV and you would watch a show, you wouldn't watch TV.

And then, eventually that transitioned over the years and now there's TVs in every room, people have TVs and their bathrooms, right? And now the laptops and the computers and cell phone, it's got more and more time where people are actually looking at a screen rather than doing something physically.

So there has been a lot of shift culturally what's happened. Now you compound that with what people are considering food. You know, it all started with really the processing of foods.

High fructose corn syrup was the big one, right? You now, natural sugar growing up on a farm like my dad did, none of his siblings, there's nine of them, not one of him were overweight.

Why? Because they didn't have any processed foods. They didn' even have a lot of food. And, you know, there was nothing wrong with having a pie once in a while, but they were so active and didn''t consume any process junk.

There were all even as, mature adults, none of them were overweight. And I think that really attests to the fact of how they grew up, the food that they ate and their activity levels.

Then you have high fructose corn syrup, then you had microwaves, you know, remember the old TV dinners that people would get and the packaging, and then it went no, I remember there was no fat phase, in the early 80s, fat free.

people eating what, snack wells and you know, all these cookies and candies that were pretty much, they said, was fat free. I remember at that age too, I was duped, remember going to the movies and I said Twizzlers are fat-free, right?

It's like 40 grams of sugar per bite. Yeah. And red dyes and like, yeah, where do you grow Twizlers, Right? So there's been a whole shift, there was a perfect storm.

I think also the cereals, right? The cereal's really, you know, got us started with sugar first thing in the morning. Yeah. I remember Doc used to say, You're probably better off eating the cardboard box that's in, because it at least has fiber.

There's no nutrients in that. Oh my goodness. And for years in a world of wellness, we carried a book called Cereal, C-E-R- E-A-L Killer. and the bowl of Froot Loops on the cover.

And it went in and dissected the whole industry on how people, they were programmed to think that it was healthy. Even my background in doing nutritional consults, even somebody I thought was very educated on nutrition, I

asked them, what do I have for breakfast?

What's your answer? Cereal? And I would say, oh, you can't wait. He says, Oh no, no. I'm eating Cheerios and skim milk. Yeah. So, you know, a lot of people have been misled.

There's huge money in the lobbyists. there's an old movie, Super Size Me, and it went into really cool things about the marketing. know, so they actually showed pictures to these, they're probably kindergartners, right, five, six years old, and they showed picture of who this person was.

And one they show Jesus, all right? And some of the kids knew and some didn't. They showed Ronald McDonald, All of them had the same reaction, a big smile on their face, you know, Ronald, right?

That's McDonald's. And they said, well, here's why. If you're a parent, and you have kids, And you had three meals a day with them, which would be unusual at home because of school and work and everything, And you did that and you talked to them about health and nutrition, that'd be a thousand messages roughly a year, 300 days, you know, 65 days times three, a little over a 1000 messages about healthy nutrition.

And at same time, the Kellogg's and the Post and all those companies have over 10,000 messengers going to your kids. Oh my goodness. Then you look at putting the toys in the Happy Meals and always things.

So we got to take a step back and realize that be really careful and conscious of what you're being exposed to message wise. And even now, I mean, Dr.

Tracy has said it many times, Don't count calories, count chemicals, right? Absolutely. That's a big one. I love when you say it's either food or junk.

Junk food is not a thing, Right? No, there is none. You got to know. And when back off of that stuff, if you do try it once in a while, I remember my daughter, she's like, you know, cut out soda a few years back.

She's, like if I have one, it burns. I'm like, yeah, because you're not used to it anymore, right?

Glucolize and Nutri-Glutide for Blood Sugar Support

There's a lot of underlying causes, and there's this pre-diabetic phase, then your insulin resistance means basically your body becomes resistant to insulin's action, which is like the doorbell ringing your cells to allow the Glut4 transport vesicles to come up to the cell, open a door, allow nutrients in to get to mitochondria, to go to blast furnace, convert to ATP, very simply stated, that's how you create energy.

You know, you look at people that are obese or overweight. They're very fatigued because they're not getting any nutrients inside the cell. So it starts with insulin resistance.

And actually the journey goes to type two diabetes. If you're really unfortunate, it can actually go to a type one, which used to be called juvenile diabetes, remember that?

Yeah. It affected kids, but now it actually affects adults and a lot of people, right? Absolutely. So you can be affected at any age by these, the amount of stress people are under, insulin resistance, inflammatory fat cells, and now the fact that they become a fat storage versus fat burning machine.

We've addressed all these underlying causes. Glucolysis is all the nutrients your body needs to help make your cells more sensitive to insulin's actions.

Nutri-glutide addresses the top four underlying conditions. You know, Sweet Balance, one of my new favorite formulas, you know is a Dahlia extract from the flower.

And very interesting because that really has shown benefits for type 1, type 2, and type 3, which is pro-

inflammatory brain. So we love that formula. And then the berberine plus is liquid herbal extract that has berberene plus cinnamon.

So really two nutrients that work in concert together. That's a nice dropper. You can take it any time, any dosage, kids, adults, it doesn't matter. Then your favorite, I'll let you comment.

Seven flowers. Let's hear it. Well, Seven Flowers is one of my favorites because it's got so many different benefits. We have BP on it because, it typically helps with blood pressure.

And it is the seven Chinese blue flowers that help calm, right, and lower blood pressures. So that's an outstanding formula and I do take that every day, twice a day.

So I know we just kind of covered things slightly to give you an overview of some of the sweet products that we have in the metabolic solutions, but we're going to dive deeper into each formula.

So glucolize is also one of my favorite formulas. It is a great one to help support blood sugar and blood-sugar regulation. So if you love desserts, if love wine, this is one of my favorite biohacks is to use four-glucolize that my blood doesn't spike in the middle of the night.

Well, it's the comprehensive nature of the formula. That is a foundation philosophy at Nutritional Frontiers. We have education and then for our formulations, It's making sure you get the right amounts of, the, right ingredients.

So they work in synergy together. And that's what we did with Glucolise. You're not going to take three, four or five products. you've heard about chromium helping with blood sugar, Right?

You've heard about cinnamon and alpha lipoic acid, right? These are some more commonly known nutrients out there. B vitamins are really important for the process of glucose in the body.

So we use a nice combination of some B-vitamins, some of the key herbs that you need in here, like gymnema. We like to add, of course, you know, somebody trace minerals, chromium, and why not you really You don't see too often in the functional medicine is vanadium, vanadyl sulfate.

That's actually an insulin mimicker. There was a nutrient we use a lot in 90s for bodybuilding and fitness when you're eating multiple meals to drive the nutrients inside the cell.

So the nice thing with glucose is you can take it with food. and it'll help your cells become more active in processing the food, getting it where it's supposed to so it burns for energy.

So a really nice component of nutrients together and some nice PRTs in here, the patented research trademark form. For example, we have an R in front of the alpha-lipoic acid.

Do you know why? Because it is really good for you and the better form! Great answer. Yes. Typically alpha lipoic acid in our field is 50% active. I mean, greeting, which is great, right?

The active form is called R-alpha lipaic acids. So regular alpha-lipoic is usually 50 percent alpha lipo-ic and then a 50-percent active, so we actually use a hundred percent of the active-form, R alpha lip-oac acid.

A lot of people actually look at this, you know, to help with prediabatic insulin resistance, or even full-blown diabetes. It's an amazing formula. We have plenty of testimonials.

Christy Berry is one of our nurse practitioners out there, and she said they're finally getting their blood sugar numbers down just by using glucolides alone.

So let's look at one of my absolute favorite go-to formulas, NutriGlutide. I love this formula because it's got six patented research trademarked ingredients in it.

It is a powerhouse and it was designed to address all the phases of metabolic syndrome. I use this personally because I want to make sure that I'm maintaining my weight and it helps to suppress my appetite.

We called it neutral glutide because it can complement a semi-glutide program, like if people are coming off one of those GLP ones. or any of the peptides, and it can also complement if you're on those.

So whether you wanted to do no peptide, you want to to this program all by yourself, You can do this naturally too as a great way to lose weight. And so there are so many incredible ingredients in here.

Jane, I'd love for you to take us through each one. Yeah, one of the seven habits of highly successful people, begin with the end in mind. We're always wondering what is the outcome we're trying to achieve.

So look at glucose as a foundation, nutrient deficiencies you'll have with any blood sugar dysfunction, right? And then the neutral glutide works well with that.

It's a great bundle with glucose. And the reason is, is that neutral gluten is gonna give you the outcomes we want, which is to have a metabolic shift.

from the fat storage machine to the Fat Burning Machine without using any stimulants. And how do we do that? We address the four major underlying causes of metabolic dysfunction, which is insulin resistance.

You mentioned that a few times, right? The other IRS, insulin resistant syndrome. It happened so many times because we talked about it earlier, it is overbundance of carbohydrates, the sedentary lifestyle, to lack of nutrition.

So we have chromium in here, really key mineral for making the cells more sensitive. We have sincelin, Which is a patented form of cinnamon in a water-based form.

10 times more bioavailable than regular cinnamon, and then we, of course, finish that off with berberine. So those three nutrients work well together for the insulin resistance component.

Then we look at, well, what about cortisol? Anyone dealing with any cortisol issues out there? Yeah, everybody. Oh, my God. Everyone is dealing cortisol issue.

We're all stressed out. It's very disagreeable. Yeah. And if somebody isn't stressed, they're creating a lot of stress for others.

Sweet Balance, Neuropathy, and Berberine Plus

It's either way it's going on. Don't name names. No, we're either receiving, giving or both. So we use the pattern of form of suntheanine and also that's L-theaneine.

And you know, I haven't taken that ingredient by itself, just here and there, and you can actually feel the difference. If you're on edge or you having a hard day, or if you just want to chill on a weekend, take one sun-theaning and just see what happens the next hour or two.

I don't really need one. So the sun theaning, and the sensory oil, that's a trademark form of ashwagandha, give a nice, very relaxing feeling to the body without making you drowsy.

We're dealing with cortisol, we're deal with insulin resistance. Then we also were dealing, wow, You know, what's going on metabolically with fat cells?

We used to think they were just inert. They're just actually protection. There are just, you know layers there that don't really do a lot metabolical, but now in the last 20 years, we found they're very metabolitly active.

However, they create a a pro-inflammatory mediators in there. So fat, cells actually promote more fat storage. So

that's why we wanna get people lean.

So if they have a pizza, they ice cream or have treat on Easter, it's not a big deal. But people that have lot of body fat, their body is now getting that fat storage machine.

It's black-tied ginger, and sirtuin genes are our aging genes, right? And the Sirtmax actually is a cooler of the pro-inflammatory mediators in the fat cells.

Really cool ingredient. Most people are not even familiar with that yet. It is very cutting edge. Yeah, it's amazing. And then when we have the body ready to roll, we add in the red hot chili pepper to capsamax.

And now that can stimulate fat burning. There were studies done by my friend, Dr. Amy Lee, at UCLA Medical School on this capsamax by itself. And they saw significant weight loss in 12 weeks just by using that.

And these are all therapeutic dosing of all these ingredients. I just went back on it. Spring is here. Got a big event coming. Before you know it, people will be at the beach, be in the pool.

It's that time of year. Nice way to boost your metabolism without hitting your central nervous system. Absolutely. Well, I mentioned that I started taking neutral glutathione.

Oh, you know her, Christine Jenner. Is that another one or is that you? Yeah, it's me. It is the one and only. And so, I was, you know, a little hesitant to get on the scale.

But once doing the Nutri-Glutide, I had lost 12 pounds. Now I am, religious when it comes to doing a shake a day for breakfast and Nutrigluteide really helps curb my appetite.

You know sometimes I'll do a couple shakes a Day and a light lunch or dinner and I feel really, really good. I'm definitely leaner, more muscular, and so happy with this product.

It's amazing. So the next one you touched on, sweet balance, having a patented ingredient called Dalia 4, which has really not only helped in the fasting glucose levels, but A1C levels too.

We're having great, great testimonials on this one. Yeah, I can't wait. I've struggled with blood sugar issues over the years and insulin resistance type 2, type 1. If I look down, it's because I'm looking at my Dexcom.

Yeah, in all transparency, I'm sharing my story because, you know, other people may struggle or think, oh, it's so easy for you. It's not easy, for anybody.

You know you need to get this metabolic shift to occur. And, You Know I looked at my blood sugar average over the last 90 days. I am going to my A1C done this week.

And it's down to the low 130s, 134, right? So once you get that blood sugar into 137, you're at that diabetic range. Now you want to get it under 121, but the A1C is nice because it gives you a three-month average.

It's more like watching a video rather than just a still picture. And I really, I have to give a lot of credit to The Sweet Balance because we talked earlier about chromium and vanadium.

two key trace minerals that we need to help process nutrition and glucose in the body. So we utilize both of them. And then we also use another mineral, selenium.

Selenum has so many benefits in a body, but really helps the chromium and the vanadium work better. We often find that very deficient in lot of people, especially with thyroid issues.

so we actually have it in our thyroid complete and iodine plus. And then we brought in the Dahlia extract. And I know you were actually at the convention when we first got introduced to it by our buddies, Big Ben and Little Ben

Winters from New Zealand.

Great guys that brought the green lip muscle, actually the great grandfather brought that out 70 years ago. They introduced us to this one and we tried it and got great results on it.

It's become one of our hottest formulas in our last 12 months. Absolutely. It's a powerhouse. And I think we're one of the only companies out there, if not the, only company that has a formula using Dalia and getting these incredible results.

I'm a humble guy, but we were the world's first to bring out Dali and in the U S and look how well it's doing already. So another key formula, these are all my favorites now.

Neuropathy. If you're suffering from any type of neuropathic you know, pain, you have neuropathies. So we have a way to actually ease those issues. And it can be very painful for people.

They may have pins and needles. There may be numbness, they may've had some kind of injury or trauma, but there's some really key nutrients your body needs to have improved nerve function.

Now, the one thing I know We've had people, I'm sure you have the testimonials, that have seen incredible improvement right away. Now I do recommend a higher dose, six capsules per day, at least for the first month.

Then you go to four, say you do, and you may be able to do a maintenance of two. But again, B vitamins really key, right? It's interesting because B-vitamins are you need for nerves, you needed for the nervous system.

You also need it for stress and B vitamin is a water soluble. So we're very deficient in them. And the things that people normally do for a stress or pain.

don't have B vitamins in it and actually deplete them further, like sugar and alcohol and things like that. So we combine again some of the key minerals like chromium vanadium, the B-vitamins, and then we add in something called boswellia, right?

The old frankincense, because boswallia one of key herbs is a great anti-inflammatory And what happens, depending on the cause of this, sometimes that if you're consuming too much sugar or you have an issue with processing blood sugar, that sugar becomes really It coats the tip of the nerve.

You know, I think in the old days, we used to have the flashlight that sat in a drawer for six years and you'd open it, it could be rusty, the batteries.

That's what sugar becomes. It's called age, A-G-E, advanced glycosylated end products. So the sugar actually coats you under the nerves and it almost starts to decay.

And that's why we need something like vanadyl sulfate and the alpha lipoic acid, because alpha-lipoic can actually polish off its great antioxidant and clean up the end of the nerve.

So you can see improvement on this. You just need the dosing to be high enough, depending on the severity of your issue. Wow, that's amazing. Well, Berberine Plus, you kind of talked a little bit about the berberin and the cinnamon.

Why do those two things complement each other so well?

Seven Flowers, Magnesium, and EnerCoQ10

What does it do in the body? You know, berberine has been utilized for multiple reasons in our field, right? Think about something like candy kale. So we know berbaring has really strong anti-candida, anti fungal properties.

And in the last five to 10 years, which is still very new when you look at science, you know. Berberene had this whole rise, for weight, and it's like, oh, well, why is this being used for a weight?

Why is it being use for blood sugar? Well, look at how it works. Is it the killing off of the candida and the fungus as the underlying cause of what's causing the weight the cravings, the sugar, you know, in the blood-sugar issues.

So we love berberine. Dr. Silva, do you want to comment on what he said about berberein? He wants to put berberine in everything. So he's like, let's add berbere to all the solutions.

And he is a big fan of it. I think because, you know, it's sort of that extra to, put in on top of what you're already doing. Yeah. It's a nice combo.

Its a simple formula. In a liquid and works really well. Seven flowers. That's all you. Let's hear your story. Oh my goodness. Well, seven flowers, as I mentioned, is a proprietary blend of the seven blue flowers.

This formula has been around for thousands of years. It's a traditional Chinese medicine formula. And one of cool things about this formula, I think, this is one the acquisitions that Nutritional Frontiers made a few years ago.

So we actually have the rights to this form in particular. I love it. And in addition to blood pressure, right, it also reduces pressure behind the eyes and headaches.

One of the things that I love about it is it's got this calming effect, so it helps with blood pleasure. And for me, I take six in the morning and six at night because I'm using it to make sure that keep my blood-pressure in alignment.

And I use this with a couple of the other formulas that I know we have in the metabolic solutions as well, like our NrCoQ10 that we're going to talk about in a minute, and then one in our cardio solutions called Cirucor that will talk when we talk our cardiovascular solutions.

But this one is a great overall blood pressure management. It also has a very calming effect. And if taken at high doses, we understand that it could also help with schizophrenia, according to Dr.

Len Branson. Actually, Richard showed paranoid, paranoid schizophrenia. Don't cut yourself short, okay? Anyway, it's a must have if you're looking to manage blood pressure.

And again, we've been talking about cortisol, right? And stress. It's great formula for stress in general. So let's go to another formula that I use every evening.

I am a big, mad complete fan. Yeah, I'll give you an easy softball question. What's the number one nutrient deficiency in the world? Number one. Magnesium.

So we all need it. And I love this formula because it's got three different forms that are bioavailable, highly absorbable forms of magnesium, and they're chelated.

I know that makes it even more bio-available. Jamie, you want to talk about what that means? Yeah. And you look at magnesium, it sounds so simple. It's a mineral, right?

But it's actually utilizing over 300 biochemical processes in the body. Wow. Going back, uh, 2016, back then they saw the newspaper in Pittsburgh, the post-gazette, and it was the night before, day before Thanksgiving break.

Um, I saw an article and this is from UPMC, which is very, very medically oriented, And he talked about, it was Dr. Bruce Glicken, can magnesium be the underlying cause, magnesium deficiency, of osteoporosis, depression, diabetes, hypertension, and cardiovascular disease?

And it went through all the research on it and it said, we're not getting magnesium in our diets. Even if you eat a healthy diet, you know, collard greens and spinach, over 80% efficient of what it used to be 50 years ago.

So we're not getting enough magnesium in the diet. You need a replenishment. If you're suffering with depression, mood, anxiety, sleep, restless leg, leg cramps, PMS, any type of constipation, Afib, hypertension, diabetes, there's so many different things that are tied into these magnesium deficiencies.

So the challenge is getting the right type of magnesium and the dosage that's most bioavailable. You mentioned chelate. That's actually a level three magnesium.

We have the oxide lowest level, citrate a little better, chela. level three, and then we use a level four, which is actually the double covalent bonded chelates.

So that's called magnesium bisglycinate, right? We actually take two of the glycine molecules and they co valently bond to the magnesium. Therefore, you get a very stable and bioavailable form of magnesium.

And we use three forms in this because one of our top clients, a cardiologist, said, look, we absorb magnesium differently in different types of tissues in the body.

He said let's put together, because you don't need all seven. He goes, but let's get the top three together, because I want to make sure that in the brain, the heart, and the skeletal muscle, we're maximizing bioavailability.

And that's why we did this. Now, I always preferred MagGlycinate, so we do have that by itself now. It is the MagBisGlucinate from Albion Balchem, which is number one source in world.

They use covalent bonded minerals so that your body sees it. Like a protein and absorbs it like a. That is the biggest difference. And the one caveat is when you combine the glycine, the amino acid to the magnesium, them lecture size gets big.

Because if you go to, um, grocery store and you buy mag oxide is 500 milligrams per capsule. You get our mag complete 300, you need four capsules to get 300 milligrams.

People are like, well, there's this 500 per one. Yours is, I said, well, you go to McDonald's and get all 100% beef patty, right? Or you can go something like Del Frisco's.

And get aged grass-fed beef. Is it the same thing? Absolutely not. So it's like getting that filet mignon where it is all purified versus the McDonalds burger.

More is not always better. We want quality over quantity. This absorbs over 90% where those oxides are anywhere between one and eight percent. Well, the other nice thing is, you know, we always vary the form, right?

We want to make sure that we give people a different way to take different supplements, because sometimes people don't want take just the Veggie Cap. So this also comes in a lemon flavored powder for nighttime use.

I think it's kind of like a nice tea type, but it is like lemonade, a warm lemonade. If you'd rather drink your Mag Complete, then you can do that too.

Yeah, and I assume that it has some other minerals like calcium and vitamin D and stuff. So that's a nice formula, especially at night. It's an effervescent, right?

Like Alka-Seltzer, so it buffers and absorbs the minerals really well through the gut. And it tastes great. Nice options for you. You have the Mag Glycinate in the cap, Mag Complete in a cap and then Mag complete powder.

Different options, you can vary it or whatever you prefer. Or you could look at our Enerco Q10, where we have it in a chewable. That's delicious. So again.

Let's hear it. It is our Enter CoQ10, but it's also got dimethylglycine in it, DMG, which is one of the ultimate methylated in the body. It sends oxygen everywhere.

We love it so much, it is in a lot of our different products. Now this also has vitamin E in And it tastes so good. It is orange. And I have a new testimonial for you.

Dr. Silva recommended that my mom, my Mom's very fussy, try enter CoQ10. She was thinking, well, maybe I just want to do it in the regular pill form. Soft gel.

Yeah, soft gel, sorry. I was like, oh mom, why don't you try mine? I like the orange chewable. She tried it, she goes, hmm, I liked it. I think I could do this.

And I'm like oh my goodness, thank goodness. Because you know how fussy she is. Very selective. Fussy? But DMG is used like in energy production, immune health, methylation, and I think there's an expression, it breaks down so we don't have to, right?

And helps us better utilize oxygen down to the cellular level. So this can help in a variety of different ways, the heart, liver, brain, lungs, all the key organs for metabolic health.

This is a powerhouse formula. Yeah, it has so many different applications. People use it as a pre-workout, people have used it to help with gum disease, People used to it help support CoQ10 deficiencies through to pharmaceutical depletion of nutrients.

So if you're on any cardiovascular drugs, cholesterol, hypertension, any diabetic drugs any anti-anxiety or psychotic drugs you know, for mood. You all need to take CoQ10.

The challenge is, a lot of them on the market used to be 30 milligrams, and then they went to 50, then 100. They can be very, very expensive at that 100 milligram mark.

So we give you 300 milligrams because that's the amount you really need if you're on any of those medications with complete nutrients. And then if your looking at some neurological issues, you know, dementia, Parkinson's, Alzheimer's.

The dosing on those, Christine, goes up to 1,200 milligrams from all the published studies. Oh my goodness. So if you're taking a 50 milligram or 100 milligram, it's too many soft gels to take, and it really costs prohibitive.

We recommend the anticoagulant at 300, then you get the benefit at a 300 DMG. Got it. Well, I hope you guys all enjoyed getting a tour of our metabolic solutions.

If you want to learn more, please visit our website, nutritionalfrontiers.com. There have on there not only the Wellness Solutions booklet you can download to read more but you see all of the text sheets and everything that's included.

And if you found this episode helpful, i'm going to encourage you to comment, like and share it with someone who needs to hear it Everybody needs to hear it.

So thanks so much for Christine. Thanks for our incredible brand ambassadors and team at Nutritional Frontiers and all of our partners who are providing these incredible ingredients from all throughout the world.

The patent research trademark forms are always the most beneficial to give you the outcome you're really looking for as we continue to support your efforts and ours as were on a mission to continue making your world and the world healthy.

Thanks Christine, thanks everyone. Let's have a great spring season. We get ready for summertime and God bless. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing.

And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit

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