Ancestral Nutrition: Glandulars to Support Testosterone & Male Vitality Transcript

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Intro to Glandular Nutrition

I get why eat the organ to support the organs sounds like folklore or kind of old school. Maybe this has been debunked, but it's actually known as like supports like and it is not mystical.

It's biochemistry. The nutrients most concentrated in any organ are the exact ones that organ needs to run. Your adrenal glands hold the highest concentration of vitamin C of any tissue in your body.

Your liver is the richest source of B12 on earth. So when you eat that tissue, you're getting a concentrated dose of precisely what that gland runs on.

That part isn't even controversial. Then it goes a layer deeper. Organ tissues also carry tissue specific peptides. We talk a lot about peptide nowadays, don't we?

Tiny protein fragments native to that organ and research going back to the 1980s shows some of them survive digestion and stay active in the body completely.

And none of this is new. A company called Standard Process built an entire glandular line for functional medicine decades ago. It never disappeared. it just kind of went underground and we sort of forgot about it.

Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs. I'm Jared St. Clair. Hello and welcome to Vitality Radio.

I'm your host. My name is Jared St. Clair and this is episode three of our Ancestral Nutrition series. Let me catch you up if you're just joining. Episode one was Glandulars 101, what these organ supplements are, why cultures all over the world prize the organs as the best part of the animal, and the real biochemistry behind why like supports like isn't folklore, but actually biology.

Episode two was the women's formula. Today it's the men's turn. The ancient nutrition male performance formula which I carry at Vitality Nutrition and which i trust.

I think it is a very very cool formula that I need to know about which is why I'm doing this show. Now a lot of you listening are women.

Why Male-Specific Formulas Exist

That is the bulk of my audience and there's a good chance that you're eyeing this one for the man in your life. So stay with me because You're very often the person who actually gets the men in your life to take better care of themselves.

You know what I'm talking about. Here's why a men's specific formula exists though, and why it isn't just a blue label slapped on the same product. that a pink label is in another part of the store, if you know what I mean.

There's a male-specific blend because, well, guess what? We're different than women. When you take a multiglandular, you're not swallowing an organ to replace your own organ.

I said that in the earlier episodes, and it's worth repeating. A beef orchic, that's testicular tissue, is not your testicle in a capsule, it is a delivery vehicle.

It's a concentrated biologically coherent package of the vitamins, minerals, amino acids, peptides, and cofactors that a specific tissue is naturally rich in.

So when a formula includes orchic or prostate, the goal isn't to do something drug-like, it's to deliver the concentrated nutrition and the tissue-specific peptide native to those organs.

Of course, The world is all peptids now, right? We talk about it all the time. They're all over the place. This is an interesting thing because where do these peptides come from?

The real ones, the natural ones not the synthetic ones actually come. From animals or from humans. So this is a great way to get those peptide in a completely natural form.

And that's the heart of it. For most of human history, tradition told men to eat the whole animal. The organs were the prize, not the scraps. In episode one, we talked about how in many hunting cultures, the liver, heart, and glands went to the hunters first before anyone touched the muscle meat.

That wasn't superstition. And it wasn' necessarily because it was the best tasting thing. It was thousands of years of observation telling people that that is what made them strong.

Then over the last two or three generations, well, longer than that, really, we walked away from it. A whole category of nutrition walked out the door.

But when we started Vitality Nutrition, when I say we, I mean, my parents, because I was only five, that was something that we sold a lot of. We sold, a of desiccated liver.

we sell a, lot, of adrenal, We, sold. a, lot, of thyroid,. We, sold. a. lot. of beef organs, but then they just kind of went away. And now they're back and they are back in a big way and there are a lot of big names talking about them.

And the reason I decided to do this show is because I have a lotta people asking me, is it all hype or is there some substance to it? So I obviously believe there's substance I'm dedicating in the whole series to.

Let's talk about men specifically though.

Orchic, Prostate, and Aorta Support

The ancient nutrition male performance formula is a blend of grass-fed bovine and ovine, that's beef and lamb organs and glands from grass fed Argentinian cattle and wild free roaming sheep.

It combines 13 organs, and glans with superfoods and a probiotic. A very cool formula. Now, if you already heard the women's form, the woman's show, there is some similar information here, but I tried to vary it enough to where it's not like you're listening to the same show twice.

We'll talk very specifically on the male side primarily. First, that orchic testicular tissue. It's a little uncomfortable even talking about it, but it is what it.

This is the like supports like principle aimed directly at the source of male hormone production. Orchic tissue carries the concentrated nutrition and the peptides native to the organ that makes the majority of your testosterone.

Feeding it about supporting your body's own testicular function and its own natural testosterone production, which is in the tank in America today, right?

As we know. And I'm going to lean into this because we've got to get our testosterone up. And no, this is not testosterone in a bottle. This is raw material that your body needs to make more of it.

That doesn't discount the other things you can do to boost testosterone, but it is a very supportive way to. Boost it and support your in its natural processes.

Then the prostate. Did you know the most common form of cancer in men is prostate cancer? Every man is going

to care about his prostate eventually because most of us start caring about it when it's a little too late.

When we are getting up three or four times a night to pee or when we have this crazy urinary urgency or we can't find a bathroom fast enough, those types of things.

But then there's also prostate cancer. The number one cancer in men in America is this form of cancer and the nutrients found in the prostate from a bovine source are exactly the nutrients that nourish the prostate specifically in men, specifically that one we talked about right at the top, zinc.

There's also aorta in this formula and that's an interesting one you don't see every day. The aort is the largest blood vessel in your body coming straight off the heart.

Aorta tissue is here on the like supports like principle to support your cardiovascular system. your heart and your vessels. And it belongs because circulation, blood flow, male performance, it matters, right?

And as we age, we get less of it, just like the testosterone and just the prostate risk. So there's some really protective things here. Now there are two more glands that aren't male exclusive, but that matter enormously here, and that is adrenal and pituitary.

This is where I wanna slow down for just a minute because There's a big key here with the prostate and the testosterone story. Your testosterone doesn't just happen.

There is a chain of command. It starts in the brain. it runs through the pituitary gland and ends at the testes. The anterior pitutary, which is specifically in this formula, is the gland that sends the signal telling your testies to produce testosterone in first place.

It's the top of the male hormone chain of command. The adrenal glands play their part to producing androgen precursors like DHEA that feed into your hormone picture and run your entire stress response.

Pituitary, Adrenal, and Testosterone Axis

And stress, as any man in his 40s or beyond will tell you, is one of the great testosterone killers. And I would say it's getting younger and younger because we see younger men with low testosterone.

So look at what this formula is actually doing. It's a holistic approach. I love the word holistic. And it matters because we're feeding the pituitary that sends the signal, the adrenals that support the precursors and manage stress and the orchic tissue at the business end that actually makes the hormone in the first place.

It supporting the entire male hormone axis from top to bottom. Let me connect the dots and just say it plainly. Your hormones don't come from nowhere.

Testosterone is manufactured by glands from raw materials on a signal from other glands. You cannot build testosterone out of thin air. When those glands are under-resourced, underfed, overstressed, short on the specific nutrients they're supposed to be swimming in, of course, production suffers.

That's just how the machinery works. So a formula that feeds the pituitary, the adrenals, and the testicular tissue, The concentrated nutrition that they're naturally supposed to be rich in, at its core, supporting your body's own testosterone production makes perfect sense.

I'm not talking about adding hormones, I am talking feeding the factory the nourishment that it needs. And for a man in his 20s, 30s 40s 50s and beyond.

When that whole system is naturally winding down the older that we get, or maybe you're stricken with it at a young age, like so many men in America are feeding the factory is one of the smartest moves you can make.

And I don't want to overstate this. I want it to make you think that you take. the male performance formula and all of a sudden your testosterone is up to 300 points.

That's not going to happen. Well, I don't think it's going happen in most cases. But what I do believe is nourishment at the core is going connect so many dots for the body that everything else you do for boosting testosterone should work better, including injecting it if you choose to do that.

including doing things like endo-cleanse, which we'll talk about in just a minute, to detoxify the endocrine system. This is a path that makes perfect sense because, again, it's the holistic way of looking at things.

Now there's a bunch of parts to this testosterone story, but I say there is basically two sides to it. That's what I always tell people when they come in asking about it and that is how do we make more of it?

And what in the world is stopping us from making it in first place? I would dare say those two things are very closely related, But they're not the same.

The first part is the production side. Like, how do we get more of it? And that's where I think the glandular makes a lot of sense. Nourish the production side.

And there's lots of other things you can do with that. Herbs like Tongkat Ali can be extremely effective. herbs like fenugreek, very specific forms of fenogreek can very, effective herbs.

Like ashwagandha can effective, so there are lots options in that area. The other side, of course, is why in the heck aren't we making in first place?

And I believe that's endocrine disruption as the primary culprit for sure. Now, lack of nutrition, so many other things like we just talked about, but the endocrine disrupting thing is big.

The plastics, the pesticides, The residues in our water, food packaging. I talked a lot about this in The Women's Section, this series. And so I'm not gonna belabor it too much other than to say, It's really, really critical to make sure that we are detoxifying our body at the cellular level.

And my wife and I have come up with a protocol that, we believe, works incredibly well for this.

Endocrine Disruption and Detox Support

Liver Vitality and Endo Cleanse. So, nourishing the system with some of these other things that And I think a baseline makes a ton of sense with this glandular formula.

In fact, it's something that I've started taking myself. I'm gonna really test things out and see how things are going with it because it just makes sense.

When I saw this formula and I the women's formula, I was so excited because multiglandulars have been around for a long time for, since I, was a little kid.

And there's nothing wrong with those. They have heart and they have lung and have kidney and liver and all these things, but these gender specific formulas make a ton of sense to me and it's why I had to do this series because supporting it is such a big deal but we can't forget the root cause of why our testosterone is low in the first place and I believe that is this endocrine disruption.

So let me just lay this out for you so you understand it in simple terms. Basically at the cellular level we have what are known as receptors. You can think of them as a dock for a boat or a spaceship if you want to get a little bit more, you know, Trekkie or whatever it is.

But regardless, what we're talking about here is the place in the cell where the hormone delivers its message. All

hormones are as messengers anyway, whether it's estrogen or testosterone or cortisol or anything else.

And so testosterone moves over to the cell receptor, it docs, It delivers its message. It then is metabolized and it moves out. That's how it's supposed to work.

But how does it actually work in modern day? Well, what actually happens is we have a whole bunch of hormone like substances, chemicals, toxins, things that are fooling the body into thinking that they're hormones, but they are not hormones.

And what these do is they also will dock at the same place. Sometimes they deliver a message and sometimes they don't, But it's almost never the message that the or when they deliver the wrong message, they confuse the endocrine system.

They are called endocrine disruptors because they disrupt endercrine function. And in that, in many cases, that down regulates production specifically of testosterone in both men and women.

So when we have down regulation, your body makes less of it because there's less places to put it, because all of these These docs these cell receptors are tied up essentially.

It's as if the cells have their ears plugged And so liver vitality for 30 to 60 days, 60 if you haven't done a liver cleanse in a long time or ever, and endo cleanse for 90 days is the simple protocol.

Now there's a lot of other things you can do with it. As we roll out more of the protocol, I'll tell you what some of those things are. One of things that I highly recommend doing on a daily basis, where I don't recommend liver vitality or endocleanse on daily bases, is our D3K2 formula because K2 increases light egg cell production.

Boron is specifically critical for Guess what? Testosterone production. So that formula makes sense on a day in, day out basis. And I highly recommend that.

But on the detox side, it's liver vitality for two months in most cases, and then at least three months on EndoCleanse and you do those concurrently. Sorry, liver vitality after two month, but you continue on for at one month with Endocleanze.

Then you just see where you're at because most people will notice a significant improvement during that time. better energy, better focus, less brain fog, oftentimes better gym performance, sexual performance.

And if you're actually monitoring numbers, you see numbers go up. Testosterone numbers up and oftentimes free testosterone numbers goes up because we're just clearing the path to get the crap out of the way so the body can make the stuff it's supposed to make anyway.

Then if also take the nourishment side, which is why this show exists, this particular episode, with things like a desiccated glandular supplement, specifically I love this ancient nutrition one, then I think you are really starting to cover those bases.

Now, Jen and I, as you may have heard on previous episodes, are working, and we've had major production issues, so I don't know when it's gonna be, I'm not gonna promise it, but we're working on a protestosterone formula that we are extremely excited about.

Ancient Nutrition Formula and Closing Thoughts

a men's version and a women's because testosterone is an issue for women. nourishment of the glands and organs themselves. And I love this particular product for that reason.

Now, they've added a few other things to it that I really, really love. They've had an additional zinc and selenium to make sure that there's plenty of each in the formula.

I've also added great spore probiotic as just a supportive ingredient, and they added some really cool herbs to this formula as well. There's so much thought put into these formulas.

Again, when I saw them, I was like, this is the kind of formula I would have developed if I developing a glandular. And I love that because so often as a formulator, I'm looking at formulas and like ah, there's a missed opportunity here.

It could have been better. I am not sure how I could've made this one better, but I loved these formulas. And I'm not a homer for ancient nutrition. In fact, interestingly enough, I'll just be honest with you.

I loved ancient. And then they kind of ticked me off with a bunch of their business practices really annoyed me. Wasn't dishonest stuff. It was just annoying stuff that made it hard to work with them as a health food store.

They've come back around. They're back in my good graces. And before I knew these formulas existed, I had already brought them back into my store. But then I saw these and I got excited and said, and that turned it into the glandular show and then the women's show.

and we're gonna do a liver show and there'll be a few more down the road. But what I'm hoping you get out of this show is just how critical I think it is to look at holistic nutrition of the glandular system.

And at least I it's worth a shot to see what something like this can do for you if you're struggling in the areas of male performance, in a gym, and the bed, general performance with your mind your brain your physical all of those things it all boils down in many cases to nutrient deficiency and there's a ton of good clean nutrients and peptides in these products I don't think they really take over for the Vital Five.

The Vital five is still going to be the big five that I always recommend. But if you're looking for more support, I think the glandular makes all kinds of sense.

Okay, that's it for me today. Short show for you, but I hope it was useful. My name's Jared St. Clair. Give us a call if you have any questions. 801-292-6662.

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