Introduction to Beta Glucan and Inflammation

Well, welcome back to The Conversation. Today I have A. J. Lanigan. Hi. Welcome. Great to be here. I came from the center of the Paci State, Columbia, South Carolina.

A little chilly down here today in the 50, but hey. Great to be in the south. I just love it. A. J., we have you on this project with us because you're pretty smart about a pretty important topic.

You're an immunologist. You're an expert in beta glucan. You helped create the purest and most potent beta glucan in the world. We're here talking about silent killers, root causes of chronic inflammatory diseases and beta glucan.

We could put it in the bucket of solutions. It's one of the things that will help people resolve inflammation and solve a bunch of the problems that are going on in their bodies.

We've done a lot of talking with other speakers about chronic infections, toxins, nutrient deficiencies, stressors and traumas really with beta glucan.

It's going to be a huge support to the immune system. So we're going to talk about that today. I'd love if you could just start out by, you know, we're going to get into inflammation and kind of the nitty gritty of that.

But why would I bring a an expert on beta glucan to talk here? Let's just kind of unpack what that is real quick and then we'll go into inflammation, but just give us an overview of what this thing is.

Not yet. When you talk about inflammation, you'll have your cardio guy, you'll have your thyroid gal, you'll have a geneticist, you'll have all these folks out there on the spokes of the wheel talking about their areas of expertise, on how inflammation has affected different organs and systems.

But what's down there at the hub? The hub is the immune system. The immune system is where the inflammation comes from. Once it's been triggered by the aforementioned toxins, bacteria, mold, mildew, fungus, a splinter in your toe.

Too much stress accelerates, etc.. So my area of expertise from an immunology standpoint is to figure out what is the textbook that's inside all of our immune cells.

Because as I say, the immune system is the only thing that stands between you and all those things. And you'll hear it around you trying to get you all the time.

So we need to understand the textbook, what makes these cells do what they do. And also the metabolism once they are triggered downstream. Okay. We get the release of histamines, for example.

Well, the the typical doctors are going to say, oh, my God, you've got histamines, you've got a runny nose. We got to give you a bunch of antihistamines.

Oh, we can't stop it. We got to give you steroids. My work is important because we want to get ahead of that. We want to keep you out of the hospital.

We want to keep you from having to sign up for a monthly ownership of antibiotics, antivirals, antifungals, steroids, and all these things. So understanding the immune system is what led me to beta glucan, because beta glucan in a lot of the literature, particularly the early literature, and I'm not talking about Reader's Digest for those older folks that might listen to you, I'm talking about peer reviewed medical studies, talked about it being a biological response

modifier.

We're not going to shut it down using steroids. We're not going to ramp it up using certain herbals like Astragalus or something like this. We're going to let that system work at its very best at modulating itself because it's only when the immune system gets out of whack that we start running into problems.

We we get a splinter in the toe. As I mentioned, some virus comes. You want to ring the bell? You want a you want the immune system. No, but a can of whoop ass in a hurry and get that whatever that is out of you.

Okay. We love being over here. You just hope and it's so good. Even California. What did I say? You could say anything you want. A. J., you're your accent.

You can get away with murder. You just keep talking. It's so good. Yeah. So. But then once lost, the battle is one. You want the immune system to go back to a state at rest.

And this is what an immune system does that is properly functioning and is competent. Again, beta glucan is known now for that, that immunology is not a very old science compared to chemistry and biology.

That's thousands of years old. Immunology, by comparison, is only decades old.

How Beta Glucan Supports the Immune System

So as we've developed technology and people smart enough to use that technology and being able to give look at the textbook inside these cells and see what they do and why follow the metabolism.

Once the immune system is triggered and being able to predict what's going to happen now, we can start testing substances beta 1,3 Glucan happens to be one of those substance.

They are a complex carbohydrate, a long chain. Think of all a chain of pearls. You'd look great in pearls. You've got the beautiful long neck and you know the dark.

I'm not going to be saving your pearls, by the way, at the end of the things. But somebody so all my East Coast friends wear pearls, the West Coast pearls, not as often as the East Coast girls.

I've noticed that. Well, it's it's you know, there's a lot of things we agree with here. I mean, what can you say? Great. Shrimp and grits are our thing. Yes.

We eat shrimp on a nice, you know, spring salad. Okay. So you eat a lot of what food eats with it anyway. That's okay. So if we take and look at a microscope, we can actually now watch these immune cells visibly and see how they respond to different stimuli.

And so we sprinkle a little bit of beta glucan into a test with white blood cells and say, Hey, mobile, come over here. Look, look at how busy these boys get.

And that's actually what happened with Pillemer and his group back in the 1940s. Now, fast forward to around 1968 at Tulane University, Nicolas de Lucio and his team figured out the actual molecule that was in the cell wall of this baker's yeast that was responsible for getting all those white blood cells busy.

So as we move forward, we improved technology. Not only now can we see the cells and what they do, but we can also measure different chemicals. And I call them chemical fax messages and emails.

Again, your older listeners will know what a fax is. But yeah. I still use my fax machine. I do. I still I still have one hooked. Up just to keep the wind from blowing paperwork.

Every once in a while we still need to send one, but yeah, I know what you mean. But you must correspond with

people in Kazakhstan or someplace. Everybody else has got east.

But no, it's a it's a must to understand how important your immune system is. You've got beautiful teeth. Okay, tell me this. What would happen if you didn't floss and brush your teeth?

Well, your mouth is a doorway for infection and some bad stuff when it would happen. But I might not have this beautiful smile if I didn't take that. And periodontal disease is one of the, you know, one of the most diagnosed diseases.

And yes, what does bacteria they eat go to the bathroom just like we do. And that causes the immune system to trigger into releasing these pro-inflammatory cytokines may raise cholesterol.

Okay. Certainly you get your teeth. You know, it's bad enough shape. You're going to see redness, you're going to see destruction of tissue again because we think of the immune system as an army.

What do armies do? What they're supposed to do? They're supposed to kill stuff and blow stuff up. But you don't want them doing that to your healthy tissue.

Again, you brush, you floss, you mitigate those kinds of problems. Beta Glucan, we find, can help that process out. And so we don't want you to wait till the house is on fire, you know, go ahead now and start to help that immune system to stay in the balance all the time.

You want it to work quickly to get rid of stuff that doesn't belong there again. It could be a toxin. It could be a poison. It could be a critter. Who cares? You want it out of their way out of there before you even get symptomatic.

But if but if the immune system gets out of whack the other way where it stays turned old, now you've got the pro-inflammatory activities, you've got your autoimmune disorders, you've got the arthritis, you've got the psoriasis.

I mean, there's this 80 going on, 100 conditions now that are diagnosed as inflammatory conditions to what what is adopted. He wants to shut down the immune system.

Well, I say, well, wait a minute now, instead of going out here, all the spokes, let's get to the core and see what we can do to keep that immune system working the way it's supposed to work.

So thank you for giving us such a simple and easy explanation of why we would bring a discussion about beta glucan here. I think this is, you know, we want to get people moving the needle towards a reduction in this inflammation and taking these flames down.

There's a lot of work that needs to be done in the body. It's not ever just one thing that's going to solve it. It's it's several things that are going to help you get better.

But I'd like to dig deeper now that we kind of have an overarching picture here. Could you talk a little bit about polysaccharides, how they affect the gut and the immune response and bring us into more detail about beta Glucan?

Absolutely. And again, from the field of immunology, we didn't even know where antibodies, you know, these little orchid sticks that are floating around, you can't really see them that that tag and slow down virus and so forth so that the rest of the immune system can find it and get rid of it.

We didn't even know that those came from what we call B cells. You know why we call them B cells? Why? Because they came from the Bursa of the chicken.

They sent it back into the chicken. But okay. In fact, my colleagues ran up the road at Clemson University, was on the team that discovered the B cell.

So these are the kind of revelations that that are coming forth literally every day and talking about beta glucan. When I started some 25 plus years ago in this work, there were like seven or 800 peer reviewed medical journal articles on Pub Med.

Today. Laura They're over 200,000. You can't even keep up with this. You can't keep up. It's so when I was in school at kids people, I said, you know, I could occasionally sail from the cup of wisdom and kind of stay ahead of the game.

Now it's like a fire hose of information that pours at you. And God bless. There's a lot of misinformation out there on Reddit. And the reason that I often mention Pub Med is it at least reduces down a lot of the misinformation.

If you've got a good peer reviewed medical journal that is published, then you know that this before it went into prayer, except maybe during COVID, a lot of stuff went into print that shouldn't have gone into print.

You've got other people just as smart as you are, smarter than a review, and the word may repeat the word. And then, and only then will they go into the Journal of Immunology or the Journal of Cancer or whatever.

So you can rely on those facts to then make your decisions. So if if we've got it, just give me a prime example. What would you say? One of the top problems that that you're asked about relative to inflammation.

Well, what what would we what we we look at beside the good again, the good.

Polysaccharides, Gut Health, and Cellular Support

I will discard that question. The gut probably is responsible for a give or take 70% of these B cells that produce antibodies. So if you've got a gut that is in disarray, okay, then one of your frontline defenses, those antibodies are going to be insufficient.

Are they got you know, they're not going to be enough of them. But the glucan is a complex carbohydrate. If you say a large sugar molecule, your gut bugs, your friendly gut bugs really like to munch on this stuff.

Now when we take a capsule of our material, most of it is taken up in the gut, into the bloodstream, and immune cells are using it to to do what they need to do.

But that does not get taken up, serves as food, a smorgasbord, and helps those good gut bugs to thrive that keeps the bad gut bugs at bay. They simply get crowded out and that's that's a good thing.

So that's one of the side benefits of this material. Okay. So in the time we have left in this first half of our talk here, I'd love for you to touch on a little bit more about these large sugar molecules.

So so right off the bat, the word sugar freaks people out. So I want you to explain that there are good sugars. Bad sugars. Right. So this isn't like you're putting table sugar into your body, but that word sugar has been demonized.

And there is some there's some benefit of this. So you can talk about how do these large sugar molecules, when we put them into the body, how do they help with lowering stress on the cells and cellular health?

So I think in terms of the big questions that I get for my audience, they're they're quite advanced in their knowledge. They've many of them have followed me for a long time and watched me do projects on mitochondria energy production and mitochondria health and cellular health.

So they're pretty savvy and they know that they need to work at healing their body from the cellular level. So can we talk about these sugar molecules and how they help at that cellular level?

All right. And most people can do this. They sit down with a piece of paper and they and they draw what we call a hexo's molecule. It's got six sides and six corners.

That is your basic glucose. Okay. We hooked two of them together. We have sucrose. That's your table sugar. We turn it this way. It's lactose. We turn it this way. It's fruit.

So depending on which way is twisted and little dangly is coming from here and there, we've got sugars that are still simple sugars. They cleave and they break into glucose very easily.

And those are the ones that we need to stay away from. Okay. The longer chains and I'll just generally refer to them as complex carbohydrates, you might refer to them as fiber in.

Okay, these are the ones that if you take in too many sweets, slows down the process is and you want to keep that glucose index down. Okay so by you taking it a lot of bulb I and a great friend of mine is a dentist John Tate.

Great great that he said, you know, just treat white sugar as poison, okay. And stay away from it. But God put the antidote for this stuff out there for you.

That's fiber. So when you reach up on a tree, you pull down the apple, you eat the apple, you don't squeeze the apple juice out and drink the juice because that you get a lot of water, a lot of simple sugars.

So it's okay to eat some fruit beneath the higher fiber fruits, eat the high fiber vegetables, the dark green leaves. I mean, we can go on and on about food.

It's a matter of what these these molecules all serve a purpose. And we want the purpose to be good. Not bad. We don't want those simple molecules creating pro-inflammatory activity.

Exactly. I love what you just said. There's an antidote to sugar is fine. And Jimmy comes from the tree, from the vine. You're not getting it out. A little cans of mosses.

Okay, great. Empty buddy of mine. He said, Look, J, when you go to the grocery store and you just shop around around the outside, don't don't go up and down the aisles because that outlet stuff will kill you degrees.

Yeah. So in the last couple of moments we have here any, any final comments you want to say about the effect on cells, you know, decreasing stress on cells, cellular health, what's happening here in terms of supporting the body?

Well, again, simple sugars. As an example, trade is poison and there are other poisons. I mean, there is, quote unquote, all these little tags they put on the fruits and vegetables about being all natural or, you know, or whatever.

But right down the road from me is the testing center for the South Carolina Department of Agriculture. And I know several of their sites. So in there they put a tag on there.

If there's not over a certain limit of insecticides, pesticides, fungicides and so forth. So as you're eating that good fruit, that good vegetable and so forth, you're still getting money doses and so toxicity poison is all relative to dose if you're consciously staying away from the big doses, the same thing if you're staying away from the simple sugars, then you're going to be going a long way to mitigate the underlying trigger for inflammation.

If I stick my hand into the fire, I'm going to get burned. I'm going to pull it out. It's going to be red. It's going to be inflamed. Okay. My immune system is causing that to work.

The flame was the trigger. You see, I want that immune system to quickly fix it. But two or three days later, I stick my hand back into fire again. I'm sorry.

My pills just won't fix stupid, okay? Is just something you've got to learn about. And then you've got to take control of it and these many of these things are things that you can take control of.

Excellent. So, Agent, I want to thank you so much for joining us today for this talk on the benefits of beta glucan. We're going to dove deeper into this in just a moment and we're going to talk about really how we can mitigate

inflammation.

We're going to get some deeper science and physiology of this. But real quick, before we do that, tell us where our audience can find a high quality beta glucan.

Down in Kennesaw, Georgia, is a group one of my finest distributors, Better Way Health. And you can go to Simply Better Way Health.com tell them that you saw the show.

They've got all kind of special deals I know for lined up for your your crew and they are some of the best trained customer service people in the industry.

Yeah. And we'll make it really simple for people. You can find a link to Better Way Health on the pages where you're viewing this summit. So you can click that and there'll be some special information and offers there for you.

And Beta Glucan can be a really great way to support you in your quest to lower inflammation and reduce the, you know, underlying causes of chronic health conditions.

This has been fantastic to our audience. I hope you found our conversation insightful and helpful thus far. If you're a summit purchaser, stay right here because we're about to dove even deeper into this discussion with A. J.

if you're not, click on the button right here on this page to get access to a continuation of this conversation. And many others get all the tools you need to reclaim your health.

If you're watching this continuation of my talk with A. J. Lanigan, thank you for being a valuable member of our community. We're going to dove right back in, continue talking about beta glucan and its benefits to health and how this can support you in your quest to reduce inflammation.

So now there's specific ways that beta glucan is made.

Sources, Dosage, and Immune Modulation

You extract it from a certain bacteria or a certain fungus. Help me understand here how you get it and how that can then benefit in mitigating the inflammation.

Okay. Again, beta glucan is this huge long chain polysaccharide, very complex sugar. You'll find it in the cell wall of what you would call baker's yeast.

I need to know that it's Saccharomyces cerevisiae. Try to say that ten times real quick before you get a beer today. You'll also find it in the cell walls of other fungi, such as mushroom.

Now, people have heard, you know, mushrooms are really good for you. They have been in the cornucopia of the Far East for probably 3000 plus years. So mushrooms are very, very popular as a source for beta glucan.

They work well as long as you can take massive amounts of them. In fact, probably now, 30 plus years ago, there was a mushroom extract called PSA Creston that's been approved as a treatment for cancer in Japan.

It comes at little sachets. It's about one gram. You take 3 to 6 per day, makes it in hot water, smells a little bit like dirty feet. And that's the way it is.

Prescription only hook up. I mean, balsam mushrooms, sometimes a snippet of good but I'm delightful. So when you say when you say you have to eat large quantities of mushrooms to get the benefit of beta glucan, I think if I'm at the grocery store, like not having access to this fancy cancer treatment, but if I'm at the grocery store and trying to buy, how many mushrooms would I have to eat per day or how many cartons of mushrooms each day?

A lot of them, you know. You know, the little white, what we call button mushrooms. Yeah. Okay. That's about as

cheap as you can go to if you had a cupful.

Okay, and you made a cupful every single day, it would move your immune response just a little bit. I think that's just a little I mean, we can measure it now.

We got all these great tools with, you know, with the immunologist. And so we can actually see the difference. However, you can take one of our little capsules amount to about a cost of around a buck a day.

And I suggest you can buy too many mushrooms for a buck. You're going to move the immune response by over 50%. That's a big that's a big thing. And this is key because on the surface, what kind of car you drive, that is still the champ car is in California.

I've heard I've heard stories. Yes. Well, my husband is is a contractor. So we've got a fleet of trucks that are regular trucks. And I drive a Cadillac. I drive a tundra.

But now you'll get along beautifully. And the key that cranks your Cadillac, even though it's a motor vehicle, is not going to crank my tundra and my truck.

He is not going to cry here. Cadillac. Think of our beta glucan molecule as a key that fits the key switch on the surface of your main sails and turns your Woody Allen immune cells into Schwarzenegger cells.

How about that for a Californian? I'll be back. So you you've now got an army of Schwarzenegger ers, okay. That are doing what they're supposed to be doing.

All right. These cells don't particularly care about what flavor ice cream. In other words, they don't care what brand of virus, what brand of bacteria, what the what the toxin is.

It's they just like to eat ice cream when you've got injury from insult, somebody wacky in, you get the splinter, you get a scraped elbow again. You want that immune system jumping into action.

And by the way, Laura, you cannot heal effectively. You can't heal quickly and completely without inflammation. And the inflammation that's coming from the immune system.

In fact, I tell people who are slow healers or don't heal completely, you've probably got some issues with your immune system and you need me to address those.

So keeping that immune system strong is the way to shortcut inflammation regard regardless of the source. These immune cells don't care. The beta glucan doesn't care.

We refer to these as nonspecific immunomodulators we want. We want the immune system to be properly modulated based on is there a reason to go to war?

Or if not, we want it to go back to rest. And this molecule takes and causes those things to happen based upon the triggering of these receptors. Okay, so can those.

So once you've taken the beta glucan and you've turned your Woody Allen cell into a Schwarzenegger cell, can it go back down? Absolutely. Absolutely. The same cells here we can talk about macrophage genes or macrophages depending on which side of the Atlantic you're educated, neutrophils, natural killer cells, dendritic cells, all of these cells, again, have a have a textbook of how they're to operate.

And we now have copies of that textbook. And we can follow and read what's to happen based on a certain stimuli. We also know, based on understanding the metabolism of these cells, what happens once the battle is over and you'll have new signals produced that will bring those cells back to a state of rest.

And this is important. You will still regulation of the immune system. You don't want some doctor guessing what the

sticking in your real bone here whatever.

You just throw a wet blanket on the immune system because that then leaves you prey to the next challenge. It comes along. Did you ever read the book by H. G.

Wells War of the Worlds? Oh, I don't think I read that one. Yeah, probably. I listened so I listened to the radio show, but I did not. And that was an incredible, you know, back before television, people that came in life thought that it was going to be an invasion.

Yes, we were in trouble. And then what was the what's the mission of Mission Impossible? Boy, that's jumping around building. Tom Cruise. Tom Cruise, yeah.

Need for speed bullet he came into a later version. Now if you remember this foreign invasion basically wiped out all the defenses of this world in a matter of two or three days.

But after two or three days, what happened? They started dying and collapsing. From what? Microbes, things that you couldn't even see were causing them to die at sea.

We are born with an immune system that is going to keep us safe. We don't have to worry about some kind of foreign widget coming in here and taking us over the same immune system, though, is is going to be a problem if it gets out of whack.

So just like you've got to continue to floss and brush your teeth, you need to steadily support your immune system to make sure that it it is self-regulating.

You're not going to have any problems if you find something that's out of whack. And I'd hate to think you got in a situation, so. Okay, maybe you need to have a steroid.

I played semi-pro football for a number of years and carry a lot of back injury from that. There's no pill going to fix it, but every once in a while something will happen.

I'll have another pretty bad injury and can't move. And they'll say, Look, we're going to put you on ten days of steroids. And I feel like I can strap on those little shoulder pads and go back three plays.

Okay, that's that's what steroids do. They erase the pain. The injury is still there. You want that immune system constantly repairing what's wrong? I'm 71 years old. I'm in pretty good shape.

The shape of me. And I am a little bit I'm a little bit thick in the middle. I don't mean being so good, but but that's inflammation should probably fly on coach sometimes.

I'll swell up a little bit if I have to flat coach. But but if you use this material again, you're being systems know what to do. That textbook is inside.

We know what is supposed to be happening and we can measure it. We can observe it. And in fact, we got some good today with our material. We can actually tell you based on your body weight, what the proper dosage is for you so far.

Yes, that's good thing, as opposed to a lot of a lot of people say, oh, the workout will take twice as much that work. Take four tests, but we know the dose.

It works. And now I like to take beta glucan when I'm traveling and when I feel like I'm maybe coming down with a cold. So I do a bunch of, you know, preventive things.

When I'm going to be flying and traveling, I know I'm going to be exposed. Sure know my immune system is going to take a hit because I'm going to be exposed to toxins.

I'm not normally exposed to. I'm going to be exposed to potential pathogens and microbes that I'm not normally that are not normally in my environment, be eating different food.

I mean, there's a whole attack on my immune system when you travel, right? So can you explain to our audience why? So so I've got my little regimen that I do.

And I generally never get sick when I travel. Beta Glucan is part of that regimen. So what's happening in my body when I introduce that to support me, when I know that I'm going to, you know, be in an environment that's that could compromise me.

Okay, let's say just as an example, this is your baseline immune system, okay? If you are perfectly healthy, eat right. No stress drinking good water, breathing good air.

Your immune response is going to be about 30%, meaning about 30% of your white blood cells will come to your aid in the face of a challenge if you take two milligrams per kilo of body weight.

I'm sorry, but America is one of the last in the world, not even the metric system. 100 milligrams per £100 of body weight. That immune response will go up by over 50% of where your baseline is.

This takes about 72 hours. Laura So you need to start taking your dose about three days before day of and then three days after your travel. Now that single dose takes 72 hours to peak and then an end of about two weeks.

You're back to baseline as some people saying, Gosh, I can't afford a buck a day. Well, you need to move out of California first. But if you take the dose lower up every other day, take the dose we recommend now, but take it every other day because it does take so long to fall back down to baseline, you are effectively keeping your immune response up higher and effectively cutting the cost of your dose in half.

Now, let me ask you this. So we're talking about using a couple, you know, three days before travel. Keep keep using it while you're traveling. Keep using it after you finish your travel.

What about people here who are viewing who say, I'm in a chronic inflammatory state, I've been working on this a long time. I'm doing all kinds of things to support my health.

I'm working on getting rid of parasites. I'm working on getting fungus out of my body. I'm working on getting heavy metals out, I'm getting radioactive elements out.

I'm working on the environmental toxins. I'm working on the nutrients. What about long term use of beta glucan? Is it is it recommended? Is there any danger to having that immune system ramped up to 50% long term?

How would somebody use it in a chronic state? Well, first of all, the safety the windows safety is so wide, you know, it would be difficult to express.

I mean, we've given mammoth doses for long periods of time. I've got customers been out there 25 plus years taking doses just like you describe a couple of grams a day.

And, you know, they're doing great. A lot of them should be at room temperature years ago with inflation. They're on borrowed time. They're in. The system.

It is what it is that the people, the people need to understand that we've got enough work now and then. I want to I want to stress is there's 200 plus thousand studies on pub beer about blue cans in general.

A lot of those studies are on mad material that's in my bottle. Many companies can't claim that they can actually go and look up our material and the work that's been done on it.

And for the person that you're talking about, the person is trying to throw the kitchen sink.

Autoimmune Conditions and Long-Term Use

They would take a 500 milligram capsule for every £55 of body weight that is going to put them at the peak. That's going to put them roughly two and a half times the immune response, more they can take more, they're getting no benefit.

I've got an ex-wife. I got a daughter, I got grandchildren. I would appreciate the sales. But I got to tell you, we know what our dose ranges need to be to be safe and effective.

So more isn't better. It's like you're not going to get the immune response if you take it. Well, you can you can get, I think, up around 70%. That's it at 100%.

You know, your eyes are popping out of your head. I think you're you're you're bionic at 100%. You're you're literally Superman. Well. You know, you're also on fire.

Yeah. When the immune system is revved up past a certain point, it won't shut off again. What is a job was a job of an army. Kill and destroy. And kill and destroy a kid.

And it doesn't discriminate. So let me ask you this. If somebody has auto immunity, can they safely take beta glucan? There are a lot of people with autoimmune disorders.

Again, you're talking about what, 80 going on, 100 different autoimmune disorders. That we know of. That they've got names for. Okay. And a steroid to address, you know, some sort of a chemo agent.

So this is, again, where the immune system has not figured out how to come back to rest and say they shouldn't have been attacking self to start with.

So that's the golden rule first. Do not attack self. K And this is a rule that's broken when people have the proper diagnosis of an autoimmune disorder.

We found again though, there has been some sort of a trigger. Okay, you pick your nose, you pick your navel, can't pick your parents. So is genetics part of it? Okay.

I'm sorry. I just you know, I live in the South. You got to take pictures for people. Oh, it's so good. So you get you get whatever this trigger is. And with if you got genetics that gets you to start with, it doesn't take as much of a trigger.

Okay. Others it is, we like to say come from good stock. It may take a boulder to to to to roll you over to into this like I can walk through poison ivy, poison oak, get beat on and so forth.

I don't bruise. I don't have wheels and or the other people can lay down on the grass and get up and they they look like they've been horsewhip again.

Their immune response is, is not very tolerable. A good immune system will learn to tolerate dust mite poop. You know, nobody likes to be breathing in dust.

My poop. But you go to a lot of hotels you got to get. So that should not trigger, you know, all this, you know, redness and slobber and down the nose and so forth.

So you ought to make sure that your immune system has the ability to work like the way it needs to work, but then come back to a state of of ease. So back to my original question, just to make sure we answer this.

It's okay to take beta glucan if you have an autoimmune condition, it's not going to worsen the condition. We have no reason to believe it will. And I want to be completely clear on is millions upon millions upon millions of dollars have been on this product for infectious disease, cancer allergies and other healing processes.

Anti-Aging. Not a lot of money has been spent on autoimmune disorders. There's no data showing that it would be harmful. But unlike with these others, where there's tremendous data showing safety, I cannot make that claim.

Here's what I've told people. And believe me, hundreds of thousands of people over the last couple of decades with that very question you're already seeing, I hope, a qualified health care professional.

They're already looking at things like your inflammatory markers. Okay, take the product at a low dose again, maybe start off with 100 milligrams daily.

And as you're visiting your your medical professional, have that. But let's look at things like EMS as an example. Many people with him here. So they may not do anything and that condition will ebb and flow on its own.

You haven't done anything overt to try to fix it, so why did it get better? Why did it get worse? Etiology unknown. So yeah. So take it and then keep measuring your markers and keep going.

I think that's what you were about to say. Yeah. I don't like to use anecdotes, but gosh, we've got plenty of them. But I've got so many people with things like lupus, skin disease, other things that clearly fall into the category of auto immune disorders who used to have to take steroids now or taking quella now something much milder and or nothing.

Rheumatoid arthritis. People that couldn't open up a bottle of pop and now, you know, they're but again, they changed their diet, they change their lifestyle, stress, all these things.

So it's not like we got a silver bullet here. No. And I think this is really important to thank, to share that when you start on this journey of solving your health crisis or your symptoms, it's never just one thing because you are doing other things to support yourself.

It's interesting, I was I was with my mom last week and she asked me so I use just I make my water coherent before I drink it. I use an Anna Lima one to create coherency in my water, make a little vortex in my water.

And she asked me, she said, Do you think it's do you think it's do you think it's changing things for you? And my answer was, Mom, I do so much for my health, I have no idea which thing is making me better because I haven't done it in a controlled study.

Right. I haven't just done one thing and and had controls for that. So I can't even answer. I don't know. But I like how it tastes. My body seems to, you know, I get an intuitive yes.

When I when I do this like yes, I like that. Please keep doing it. So I you know, it's that same thing. We can't tell you exactly which thing made the R. A., the rheumatoid arthritis get better because you're doing so much.

And we really can't explain why. Bob, Carol, Ted, Alice have rheumatoid arthritis, why lupus, why M. S., why Lou Gehrig's, why? All of these different things tend to, you know, bubble to the surface.

He said, Oh, well, that's your history. You know, let's talk about kids with autism. I mean, there's all kinds of things we have no idea what caused them.

We know a lot about the symptoms and we know if we throw certain things at them, those symptoms may ebb and flow. You talk about your taste in the water.

I used to get a kind of a funny taste out of a brand new hosepipe. Without what? When I was drinking out of it, it would take a while for that that hosepipe to still mature.

You know, I was vaccinated early, that I was born on a little farm and I won't take something. I used to have no idea what my with iron is. Yeah. Okay.

Okay. So. So I used to take malathion right out of the bag and sprinkle it on the base of the beans and beans. Yeah, I got smart, and I found some of my mama's old pantyhose and put them put the poison into pantyhose and it.

I can shake it out. BUSH But if I go wash my hands and drink out of that, you know, whatever. Yeah. Oh, my God, I drink out of a hose, too. I grew up in the country and I am a child of the early seventies.

And I had all the yes, I know what hose water tastes like. I can smell it, I can taste it. It's a whole thing. And it's different when the hose is warm and when the hose isn't warm.

No about it. It's more toxic when its warm But I clearly come from good genetics. Okay. I think my mom and dad enough for whoever stacked their their genes. But.

But some people aren't as lucky. And I'm sure that you'll have a geneticist come on. Or some of these other folks that will explain certain areas. But my steak is okay.

Quality, Sourcing, and Where to Buy

Let's let's get down to the hub. Let's learn as much as we can about the hub. And there are a lot of things that affect that hub. But one of the beautiful things about beta glucan is you can't overdose it.

You can't ever harm anybody, even with the autoimmune disease, there's nothing in the literature that suggests it's going to harm you. I just can't say with the same authority not to worry about it and that and so therefore be there particular if you are genuinely, you know, been diagnosed with me in this area.

As with anything, we cannot get medical advice on this summit, so talk to your doctor. Well, that's. True. Yeah, well, this is it. This talk has been delightful. Just delightful.

It's so fun with your stories and the way that you explain things in such a simple way. I know that have a mix of viewers and listeners here. We've got practitioners, we've got health consumers.

And I'll tell you, as a practitioner, I do appreciate the stories and the analogies. I mean, it's a nice way to learn and it seals it in your brain. So thank you so much for the time that you spent talking about this.

I feel like people are thinking right now, okay, I've got my vitamin D that I take. I've got my you know, people have their rituals, right? They take their vitamin D, they take their multivitamin, they take the well.

But people are going to be adding beta glucan in. And I know that the the just in a few moments if you can do it in just a couple of minutes, explain, you know, not all beta glucan is created equally and that's important that quality matters and if you can if you can discuss that just real quick and then tell us where we can get a high quality beta glucan again.

Again, when I refer people to Pub Med, the medical journals, we've had six different peer reviewed medical journal articles addressing that in fact exact issue of quality, actually comparing side by side not just all the glucans but our material versus cocktails of other what would be called immune support materials, vitamins, minerals, probiotics, hundreds and hundreds of products that are out there on the marketplace today.

And it's not that they don't work, Laura. It's just the enormous dose that you have to take to move the needle. Just a little bit with us. A small dose again, 100 milligrams or 110 pounds of body weight.

Any and everybody should should be able to to deal with that and move forward best in my opinion, best of taken on an empty stomach. Wait 30 minutes. If you forget to take it 30 minutes before lunch or dinner and people say, well, what?

What about IQ? Well, I can't say it's going to help you get smarter, but if you hold it in one of my bottles, you'll look

a lot smarter. So. Well. Contact my friends down at Better Way Health betterwayhealth.com betterwayhealth.com, they're they're are a lot of fun.

Not as cute as me, but they are a lot of fun and you'll get good information and try to stump up some diamond and they'll put you through to me. So good. So good.

When you move to South Carolina. I don't work for you out here. So it's so funny. I do have people who work, for me that live in South Carolina, one of the one of my the person who runs my shop, my supplement shop, she's from South Carolina.

She's been writing for close to seven years. She's amazing. And I and I and I, I get to visit her at some point. It would be nice. What city she live in.

Oh, it's a little town. I can't remember which city it is. Everything in South Carolina is a little bit. A little. But if it weren't for Fort Jackson, the University of South Carolina, Columbia wouldn't have a one stoplight.

Lemme tell you? I got to tell you where she lives. She lives in Anderson. Oh, yeah. Tell her tell her you want to come see the Anderson jockey lot. That's actually one of the biggest flea.

I mean, they bus people from all over to see the jockey line. I'll meet you there. I love it. I'm going to tell her to listen to this interview because she's going to she's going to like listening to your accent.

It'll feel like home. She's right next to Clemson University. Well, well, thank you so much for your time, for your expertise, for the delight that you've given everyone with this talk until next time, everyone take good care. Bye Now.