Guest Introduction and Summit Welcome

Welcome back everybody to the Bioregulator and Peptides Summit. I am so excited about this next guest. She is a woman who has spent the better part of two decades at the cutting edge of microbiome science, functional medicine, and gut brain optimization.

She brings a rare combination of pharmaceutical training. God, I love pharmacists. You guys know pathways like nobody's business and deep integrative expertise to everything she does.

Please welcome doctor Grace Liu. Now, a little bit more. You're welcome. A little bit more of a doctor Liu. She holds a doctor pharmacy degree and is the founder of the Gut Institute.

Hence her title, The Gut Goddess, where she has built one of the most respected platforms in the world for microbiome restoration and optimization. Her world sits.

Her work sits at the intersection of ancestral health principles and modern precision medicine doesn't just ask what's broken. In the guide, she asks why tracing dysfunction upstream through the microbiome, the immune system, and the nervous system hitting all the marks.

What makes Grace says a perfect fit for the summit is the way she understands the gut. As a regulatory environment, the terrain through which peptides and bio regulators must travel, be absorbed and ultimately signal.

I mean, they don't always be absorbed there, but whatever they it sets the stage. Let's just say you simply cannot talk about the bioavailability and downstream effects of oral peptides and bio regulators without understanding the microbial ecosystem they encounter.

Gray sees that interface more clearly than almost anyone. She is also deeply curious about the emerging role of bio regulator peptides in restoring gut architecture, mucosal integrity, and the gut brain axis, which is exactly what we're going to dig into today.

Grace, welcome to the bio regulator and Peptide Summit. I am so thrilled that you are here. Thank you so much, Natalie, and you have helped me in my peptide journey because I didn't even want to inject ever jab.

And then I just got over that. Because of your confidence, calm and all the educational content that you always share with everybody so generously. Wow, that is my honor.

And I will say that you have given back million times over, my friend. So I've tried. I've tried, but it's still so much. Yeah, the more we learn, it was like, oh my gosh, so much we don't know, right?

Yeah. And that I think is it's definitely a big theme in this space. And we're going to this episode really. And I'm thrilled to be really leaning into the bio regulators here because a lot of people talk about peptides, peptides, peptides.

We love peptides. Signaling peptides are amazing. But the bio regulators are unique. Their unique in the sense that there's been a lot of research done on humans using them.

There's still lots more to be done. Obviously. I mean, I know that in reading Kevin's work, I'm sure you came across this over and over again. He would say, this is really awesome.

And we need to look at can we leverage this into a drug or into a medicine? Can we make it even more powerful? Right.

Bio Regulators vs. Peptides

So I'd love to invite you to really just speak to the bio regulators and the role they can play in this modulation and healing of the gut and the system in the liver, the stomach, like the pancreas, like all these organs that are so crucial to our longevity and health span.

Yes, exactly, exactly. So my favorite cytokines lately, you know, I've always used all of them. And I got some extra training recently. I was trying to introduce you to Fiona Chin, doctor Fiona Chin from Australia.

You know, we had the event together, and she's she does training, so she definitely would be such a great guest on your podcast. And she did. So yeah, she did some training using and in early in cases very early and even in cases I wouldn't even thought about using peptides because these are super highly sensitive people like high to moderate, moderate to high mast cell, which is MCA's or high mold, high line, high Sirs, chronic inflammatory, really complex conditions.

And she would see turnarounds within, you know, a week or less. And I was like, no way. Come on. Yeah. So this is actually something before before you go any further, you mentioned cytogenetics.

Can you tell the audience what site engines are and maybe differentiate them from the other forms? Just I'm just going to back you up there and then let her go.

Yeah. So we have side side of min cytokines. Three different categories. Took me forever to get them clear. But sitemaps are glandular. They come from animals.

Usually one year or less. So go sheeps cows, pigs. So those are the oral natural babies. Yeah. No, no. So these are the oral natural extracts of the tissue.

So they're they're okay. They're very specially prepared. Usually three takes 3 or 4 months. Their pre on free. And they go through really special extraction processes.

So there's a couple of brands on the market. And Bill Lawrence uses a lot of these. So as you know those in his study and what he shares they come in boxes.

You know ten day cycle is one cycle one box. And they come also with multiples like 3 to 5 in a capsule or box. And then you kind of can stack them and amplify it that way.

Yeah. Side of mins are similar and they're I believe they're injected. They're glandular but injected like I think a theme in that way. They're complex polypeptides.

And then cytokines are actually trademarked usually two, three four amino acids. And you know there's natural ones. And then he, you know, figured out certain sequences and then trademarked them.

So now they're all generic. I believe they're off patent. The global trademark patents off. And these can be injected and they are usually sold in 20mg vials.

And they're gentle and subtle, but not not all of them can be used in, you know, moderate to high mast cell surface cases, like I've had problems using some of them, just like I don't use certain, I don't use hardly any supplements and sensitive folks and definitely no Wolverine.

So no BPC 157 before these are super triggering for high mold, high line people. Yeah. So you know you have to be super careful. So cytokines there's usually there's about 19 2021.

And the famous one most people use our cut is lax because it helps so much of the joints pain from recovery and injuries or workouts. I love cartilage it even helps neurodegeneration.

And that's like our most a frequent one that we might see. I'm not sure if Apatow is considered a citizen. Is it? Or is it kind of the way, the way that you're describing them?

They are basically these are the synthetic bio regulators. So these are just the isolated 2 to 4 amino acid chain from the natural that really kind of hits the mark.

And so they're very targeted I think to your point. Yeah. So and I think arguably the opinion might be the most recognized of them right over LAX I think a lot of people don't know.

But you know, I did derail you a little bit asking you to define the sitemap cytokine citizens. You were talking about Fiona Chin and using the investor Jen.

Gut Dysbiosis, Oxalates, and Systemic Inflammation

So I just want to circle back there so that. Right, right. I didn't fully interrupt your train of thought. No, no. Then we'll go back to. Yeah. Yeah. So I love all the cytogenetics.

I use a lot of the gut ones, but I sprinkled them in and I use them more toward the middle or the end of healing. She brings them in really early on, like, I was really surprised and even in moderate time. So even one milligram, our typical dose was actually very, you know, really tolerable to these cases.

But some if they're really severe, I've had cases they don't tolerate, but I love them because I can use these even in kids and teens who have different conditions or, you know, spectrum and really severe, moderate to severe Marcella cases.

So I can load them into a nasal and we can spray them in their mouth or nasal, do nasal before or so oral or nasal before a jab. But a typical protocol would be vessel gin and then one milligram each for 20 days.

And you can run a couple cycles. Yeah. So let's talk about what Levine and Vestigial are. Yes, yes. So vessel is really important for the gut for those dealing with any kind of chronic dysbiosis.

Because crisis biases is not just Sibo, small intestinal bacterial overgrowth. It's always a case of parasites and fungal overgrowth too. You don't have to do testing.

Most testing is so super primitive these days. It's not going to pick up the fungi necessarily. It won't pick up the parasite necessarily, and there's a lot of reasons for that.

But I'm not really going to go into it. But most testing we have right now is pretty primitive dark ages. And so we live in this age. There's different overgrowth.

Some some disease states have more. So the more chronically ill someone is, there's more gut. Despite this, deeper, deeper layers of gut dysbiosis, deeper parasites, deeper fungi, yeast, Candida mold and deep bacterial.

And the at the key at the heart of it is lack of good flora. When we. So as you know and many know there's 12 ha marks aging. I think they added a couple more recently.

But one of the hallmarks of aging is got dysbiosis. Yeah. Healthy cohorts. Yeah many. We have dozens and dozens of trials peer review trials. And then, you know, we have a few dozen studies on centenarians.

They do not have gut dysbiosis there. Level pathogens like E.coli is very low. The best. Yeah. Anti the best aging model we have is the C elegans model.

Super simple nematode model. As they age equally goes up. Bifida is go down there protected bacteria the same in centenarian same and healthy cohorts as we age.

The more E.coli we have, the less it reflects less bifida and then we kerplunk we die. So when we can reverse this. Yeah, taking probiotics, eating yogurt, eating fermented foods, having healthy relationships, being minimal in our EMF, dirty electricity, you know, we have a better gut.

Even frequencies kill good Bifidobacterium. Yeah, yeah. So I'm curious how is vestige in helping with Sibo and the gut because so yeah. So with right. Yeah.

With Sibo and Sipho fungal overgrowth fungal overgrowth produce oxalates. So just to let people know what offices are they crystallize. They come from also food kale spinach dietary oxalates.

Our body naturally has a good way of breaking it down our flora. Like for instance, the ones I make, microbiome mojo and bifida max. We have six that breakdown oxalates.

Yeah. And we're. And when these go missing that start of starting to crystallize because there's nothing to break them down. And so as they crystallize they can crystallize in the thyroid cause nodules in the thymic thymus gland.

So we always wonder like oh why does the thymus gland where TV4 and TO1 come from times in alpha one and thymus and beta four come from these amazing peptides.

Well they it involution calcified and it starts happening at age six, seven, eight in the Western world. I know radiologists. Yeah. It's just it's just happening.

You know, there's a lot of reasons like heavy metals in vaccines, so many antibiotics, the birth, birth, you know, the way we're giving birth, you know, there's often IV antibiotics involved now as standard procedure.

Right. So as the oxalates build guess what. They crystallized. They crystallize and calcifying. Different organs are pineal and pituitary and other glands are ovaries.

Then we developed system fibroids and then the gut. They can crystallize. And that's when gut problems happen. The mucosa starts to get all crunchy. And despite.

And then we have leaky gut hyper permeability. Suddenly we have food undigested peptides proteins and as well as strep staff, e-coli and parasites entering the bloodstream, Candida fungus as well.

And then the body like launches an attack. At some point you might become autoimmune. And flora they look like Candida and many other bacteria and fungi.

They look like ourselves. Some look like brain cells. So the next thing we know, we have autoimmune braid that's called autism or even ADHD or brain cancer.

You know, we can have joints. Oh, or spondylitis or oh, and a lot of our gut enteric flora may look and, you know, may look like joint tissue synovial tissue.

So then there's autoimmune attack. And there's a degree of, you know, chronic disease that happens there in our blood vessels. Plaque can build up cerebrovascular coronary because it starts with even breast fibrosis breasts.

When they did biopsies it starts as calcium oxalate crystals. And as the system gets involved yeah it becomes this assist or benign mass or carcinogenic at some point for some people.

Right. And so for the vessel that you're, that you're using, it's about improving blood flow, improving the integrity of the the endothelium of the blood vessels, part of it, part of it.

So tell us what you know so clearly you've been really suspect. Yeah. I really respect from what we hear with messaging is people are able to handle and kind of manipulate where the minerals go, like those who really can't, like keep the mag in their body, like they're constantly taking magnesium.

Magnesium, you know, they have a lot of problems with magnesium, like either brain or muscle cramps, Charlie. Horses, migraines, headaches. They can't keep the magnesium.

I've heard of stories where they take messages and suddenly they don't need to take magnesium anymore, their bodies holding it on. Yeah, I feel like vestigial puts minerals where it's supposed to go, which is our bone, our skeletal system.

And it. I feel it has a way of decals defying our vessels. And that includes oxalates. Interesting. Yeah. And has widespread it. It works in the brain with synaptic dysfunction.

That's pretty wild. So we have calcifications in our brain and that we're knowing more about pre dementia and dementia like Parkinson's and Alzheimer's equally will travel through the fatal nerve deposit.

It's yucky curly protein. It's in the vagus nerve. And I'm sure there's also fungi on autopsy with Alzheimer's. They do see mold and candida in the brain compared to age controlled autopsies.

They don't have candida. Oh bless you, bless you. They don't have candy there. Mold in the brain on the autopsy and vestiges is amazing. Also works on the cert one pathway.

Our favorite, you know, longevity path. Yeah yeah yeah yeah. So we bring vestige in on board. And then the second is living life helps gut liver, gut liver kidneys.

It's crazy. Yeah. It's an interesting it's a really interesting peptide because people think living in just liver. But it does more than liver. Yeah. It's it's I love bio regulars.

The more we learn about it because we have such limited studies. I mean, there's a bunch of studies, but they're all like many like you have to really tease through the functionality because it's deep.

It's there. And it's not just one. We always think, oh, one one organ system. The bio regulators hit no. It's like multifaceted. All the networks of these organ systems are connected.

So living Vlan Christian these these peptides really help heterochromatin. So our DNA our chromosomes get so wound up and condense with chronic inflammation.

So it's like well what the fuck. We can't do transcription, translation make new pathways, make new new receptors, new organs. We can't regenerate new brain cells. Yeah.

So helps to kind of get the chromosomes to open. Yeah. Just like your favorite Vlan Christian does it as well. Yeah. If we only have a few peptides that do it.

And epithelial. So living is so great it can gently like knock knock knock have the chromosome relax. After all this deconstruction right. Going on a lot of health health fuckery basically.

Right. And get it to like crack open a bit. Right. And then the body can do what's supposed to do create new cells, regenerate little baby stem cells, generate little baby whatever cell, whatever cell that's broken that we're trying to fix.

Immune cells, whatever brain cells, anything. Liver, gut. So good. I love gut, as you guys know. So I love all the gut peptides. We don't have a huge number, but I feel like almost all of them hit the gut because unities in our gut, right?

8,090% is in the gut. So all the thymus peptides, thymus peptides are helping the gut. They work in conjunction. Yeah. Yeah. So is just beautiful. And I thought I had done enough rounds.

You know I did a few vials of vestige and living in.

Vessel and Liver Support for Gut Repair

But you know I've had a long mold in you know, journey and a lot and blah, blah, blah, blah blah, three different autoimmune diseases. But I added a couple more cycles on and I could really see different things bloom.

You know, exosomes worked better. All the peptides I do worked ten x better. You know, even microbiota worked like five x ten x better when I took it.

So when we get when we get decompensated, like with chronic inflammation, our body just starts to like hibernate. You know it doesn't know what to do is just trying to get into a trance and like heal.

But we can make it go a little faster, get a little more faster, more rapid recovery with this really cool way to like, you know, lower decompensation and allow the thriving to bloom again.

Yeah, and I like to stick in there to there's a couple studies and then when they're in damaged kidney cells just incubating with and living in these kidney cells like came back to life basically.

Right? Yeah. Overton is not just kidney. It's kidney, liver and gut, kidney, liver and a little gut. There is apparently some gut gut studies on it. Gut cells, gut, gut over. Jen.

Yeah, over. Jen. Yeah. Interesting. Yeah. What about so we have Pankaj in. We have does the stomach cordage in his stomach. No no that's brain. What's the stomach one I don't I don't know what the cytosine is for.

Stomach. I have not come across it yet but there is. There's a side of Max. Oh yes. Yes I'm excited Max. For for stomach. Yeah. Why don't you talk to us a little bit about the pancreas?

Because I think pancreas is very timely these days with all these people using GLP, which is putting a bit more pressure on the pancreas and maybe talk a little bit about that and talk about.

Yeah, what you're seeing with the pancreas. Right. People on GLP ones, they really should sign a waiver, you know, and consent. Like they should never take that much alcohol when they're on a deal because the risk of pancreatitis is like a thousandfold.

We've heard so many cases of it. And I think it's because when we when anyone's dealing with cry, I used to be morbidly await overweight. So I can talk about this, but when anyone's dealing with body comp issues, there's usually a lot of fungal overgrowth. That's what studies show.

And fungus, candida and yeast and mold, they make a lot of alcohol and aldehydes. So you add to that with dietary beverages, you're just adding that assault to the pancreas.

And then suddenly you have one. There's the pancreas, the alpha beta alpha cells via cells that are loaded with high density GLP one receptors. And they're just churning and working and churning.

It's a lot of pressure on the prank. So Pankaj is a great peptide to run by, regulated to run. But there might be a lot of people on GLP ones. I would even estimate 25%. I was one of them.

GOP ones don't work initially. They have GOP one resistance, just like we have insulin resistance and leptin resistance. I had those and there's more overweight we use.

Yeah they use the and they're like it's not working for me. And I'm on ten milligrams a week. I'm like oh my fuck. Right. Like yeah you need limited messaging and and maybe a little Pankaj in these will reverse the decompensation.

It'll help. So I just found the name of the site for stomach. It's con Lutin and the reason I always forget it, but it's because it's actually not just stomach.

It's lungs, respiratory system and stomach. So it's dealing with the type of tissue more than anything else, right? Yeah. So like nearly like a quarter of the cytogenetics for the gut.

Yeah. Bronco also I forgot. Yeah. Bronco also helps the gut. Anything with the lining. Yeah, yeah. Liver and gut are very, very tied together. Maybe I forgot, I think they're part of the embryonic layers together.

Yeah, yeah, yeah. Okay, so you have someone who's, let's say, who's just really struggling with gut health in general. At what point are you bringing the regulators in?

I mean, you've got the from the get go from the. Yeah. Because you've got the you're going to help to rebuild the gut with the probiotics, you know, with, with that, you know, repopulate the microbiome if you will, and push it along.

But you bring bugs into an inhospitable environment. You're kind of some people will have a reaction. Yeah. So we may have to start just like even certain peptides or side of Max's the glandular.

A lot of people are really reactive to protein. You know, if they're having leaky gut, they can be allergic to plants. They could be allergic to protein from animals.

It's pretty widespread, more than people think or after long haul Covid, right. So sometimes, yeah, it's necessary to bring in just a pinhead amount of probiotic three times a week with food and even other supplements.

We have to start that low and slow for people like the more allergies that are on board, like EMF toxicity, you know, sensitivity and food sensitivities, the more we have to go lower and slower.

But yeah, the standard is to start prebiotics and probiotics. I prefer the Goss Exos Foss inulin and a PhD partially hydrolyzed gum type of prebiotics.

They are and whole grains and beans. These feed the bifida are are guardians at the very lining the GI tract lining. And they protect that single cell layer where right right before our blood flow.

And that's where we get all the weakness and then all the health immune problems. So we want to reinstall them. And when we do gut testing I know you love fight track your favorite gut company.

I can see the taxonomy.

Pancreas Health and GLP-1 Considerations

And no one has these species or the other gut protectors like Rosebery, you know, or enough Acker Mantia or enough you bacteria and Christianson. That's really key.

That's very antidiabetic and no one and it helps people be lean. But centenarians have a really healthy enriched amount. Yeah. So we want to reinstall these.

And fortunately most of these come in probiotics. And fortunately what I've seen is even if they're not present in measurable amounts like Akamatsu or Christianson, when we do the gut restoration with fire regulators, peptides and prebiotics, probiotics, they come back.

It's so wild and weird, but they come back. It's like regenerative farming, you know, when an area has been deserted, like it's just not growing anything because of all the tilling, you know, that breaks down all the mycorrhizal networks and all the pesticides, synthetic pesticides and synthetic fertilizers.

If you just put herbivores on the land and let them, like, pound their poop healthy, good, or poop into the ground, guess what? It's no longer deserted within.

Just like six months, 12 months and even rain will return to a dry arid area because it starts with a poop, Yeah,

starts with the poop. And then they enliven the seas.

That might be like deep, deep in the earth that are native to that land. And then other bugs come back, you know, slowly, slowly, you know, all the ladybugs and earthworms come back.

And then later on, more bird species from even far, far, far away come back. And, you know, if there's a lake, they nest there and, you know, live. And then even other species start coming back. Coming back.

It's all about starting with what nature is, you know, not is native to the area. Yeah yeah yeah, yeah. Bringing every component back. Yeah. So same with the gut.

We want to kind of have the same regenerative farming ancient practices bringing back what's missing. And it doesn't take much. You know, eating foods that are ancestors used to eat, you know, fermented foods and whole grains and whole beans and underground tubers, lots of greens and veggies and fruit.

Heirloom, if possible. I mean, all of these are just signaling to our body. And they share many things. You know, we're all eukaryotes, so we can, you know, heal and thrive together.

And I think the peptides and by regulators are just so helpful. They really I mean, it does take time to heal the gut because, you know, you can imagine regenerate farming practices.

Take a while. I feel the bar regulars make the healing 5 to 10 times faster. And, you know, after we do the stages and we bring this to me down. Usually it only takes like a two months now or less.

Used to be like two years or less, you know, now then we can add on other peptides. But initially I would never put BPC 157 on anyone with mast cell. Like that's dangerous. It can. Yeah.

You can you get into. Yeah. Big histamine issues. Now it's a little easier GOP ones help calm Marcel's because Marcel's have GLP one receptors on them.

Isn't that amazing though? Nobody ever talks about that, right? Like it is. We only had a study, you know, recently I suspected it, but you know, we didn't know.

And so we're seeing even there's all kinds of, you know, in the literature and cases online like autoimmune diseases, healing like psoriasis and RA in just 1 or 2 doses.

Yeah. But you take remarkable. Take the drug off. All bets off. If the guts are not healed, the immune system is not healed. Everything gets signal again.

And you're addicted to this one thing. Yeah, well, I think, you know, and this keeps. It's funny. These are insidious. They've been mentioned in almost every interview I've done for this summit.

And I think they've it is remarkable that they are becoming part of the fabric of the toolkit of a lot of practitioners. And everybody comes back to the same thing, which is they are they are a great opportunity.

They present a beautiful opportunity for healing and reprograming and rebooting a system. But if they're used as a crutch and just, you know, all the person's looking for is changing the way, not even their body.

I mean, yeah, getting rid of body fat, but none of that other work is being done. The rebuilding of the microbiome, the prebiotics, the post biotic probiotics, the, you know, the healing biotic, like all this stuff.

Yeah. If none of that work is done, this is where which most 90% of the time, it's not like somebody no one even knows how. They don't even talk about it.

Yeah. And and and and so people are being handed a prescription. They walk away and then we get these big

crazy headlines from the media saying, oh, you know, x number of people come off the GLP once they've lost 40% of their muscle mass, and they are gained the weight back and they're sick.

And it's like, because we didn't take the opportunity to rebuild and restore. Yeah, exactly. I totally, totally agree. I'm actually working on new projects just to educate, like how to get off them, exit off them, or, you know, to at least take holidays and learn where you are in your system and make sure you're feeling it and feeding it well to eventually get off it eventually.

Right? Yeah, because there are problems like we're in some physician groups, you and I and Ali and physicians have gotten blind off a GOP ones or other side effects. So.

And there's other ones on the market. Has it read it hasn't hit the market yet, but there's still a lot of cases. People are getting rashes and neuropathies and all kinds of weird weirdo shit like these are not the best peptides on Earth, even though they, you know, they they have, I think, use properly.

They're pretty powerful. I think it's the problem is used used mindlessly. They can they're powerful. I mean they're they're just really there. I mean what's the estimate like.

They're like 1000, 3000, 5000 times stronger than our own GLP one system. Natural. So there's going to be consequences.

Rebuilding the Microbiome with Bio Regulators

And so yeah, and I think to that point you the goal should be to use them strategically and come off them exactly like not. Yeah. And I think that's where you know, the bio regulators and the peptides and the lifestyle changes really have to be leveraged properly.

Yeah it is hopefully when people get off they don't have permanent gastroparesis, which is like when your gut motility is broken and you can't poop anymore.

You know, there's. Yeah. And or, you know, pancreatic failure and you're on you're like a type one. You're on insulin now. Yeah. So are you. So I mean, I'm I'm guessing you have patients who are using the GLP.

Are you using are you finding that you're leaning towards the bio in addition to the probiotics and all the other stuff we talk about? Are you leaning towards the bio regulators to support the system to kind of.

Yeah. So pretty much nearly, yeah. Nearly all our cases where we can the buyer regulators come in early either nasal or jab or, you know, a form that someone can tolerate well.

And it's about like, how do we look at the overall global system. Right. Where is the root cause. Where is the root inflammation. And solving it as safely and naturally as possible.

And so the buyer regulators are big key. So helpful helpful helpful. And are you using them in ten day cycles typically like are you cycling through them and azimuth or.

I mean I know it probably depends but it depends. Yeah. So some love to like just do every other day. That's fine. Yeah. I don't feel like it's necessary to take a break.

You know, I feel like these are pretty close to what we naturally make. We probably just churn and make them in the background all the time. A good background dose is like 200, 400, 500 micrograms.

Yeah, either daily or every other day, just like Apatow. And, you know, it's so fun to run that like in the background. I love it with an with a mitochondrial peptide, mitochondrial drive peptide like SS 31.

So nice because it just like kind of it's more than housekeeping. It's like radiance keeping like people feel good,

look good. Everything. It's like beauty.

Yeah, yeah. But to get there, you know people aren't there yet. You know, these bio regulators help so much to kind of get the system reset. Like you're saying reboot rebooted reset and then the probiotics, like the best mast cell stabilizer, the most natural according to the literature is before bacteria long them.

And we have the highest density in the markets, 40% of all our products because we're born with it, although some babies aren't now. Right. And then we live all our life with it and till death and like centenarians like they multi mate the oldest living person, this 117 year old lady.

Did you see that study came out last year. Yeah. They omitted her everything. They looked at her gut, her epigenome, her, you know, her chromosome gene Calumet that.

No, she was a she's a woman who grew up in SF until eight. And then she was originally Catalonia. Catalan. Yeah. Yeah, Spanish. So she moved back there with her family, and then she grew old there, and she passed away at 117.

But at 116. Yeah. They looked at her gut microbiome. They looked at her epigenome. They ran all her and dun dun dun. And all her clocks were bats were skinned.

They did urine, saliva, blood. They, you know, of course there's a lot of noise. You know, Morgan Lean, I think she has a great clock. She takes out the noise, statistically speaking.

And they tracked everything like she had an amazing gut. No, almost no detectable E.coli. But her acne, Mansi had started to decline. Yeah, and that's seeing when we start to pass away.

So it was a sign she she passed away within a year, year and a half after the decline was seen. But her before were like off the freaking chart. And she ate yogurt three times a day.

Rich in Lactobacillus Bulgaria. Interesting. Yeah. Yogurt has both prebiotic post biotic prebiotic. And it's got the probiotic. Yeah, yeah, yeah. No, I've read about her.

Yeah, yeah. You make you over with your. Yeah. In coconut milk or milk. Anything. You might want to add a little gelatin to kind of, you know, firm it up.

Yeah, yeah. It's amazing. Yeah. And these strains have been studied in studies like one was a Tanzanian pregnancy study. The women were gaining heavy metals every year because they ate small fish.

But even the small fish near they were where they were in Tanzania. It was heavy metal, toxic cadmium, arsenic, mercury, because they were doing silver mining in that area.

But what they saw would be like 60, 80% reduction in cadmium, lead and mercury when they when they ate the yogurt just one cup a day. Wow. Yeah, yeah. Amazing.

And any like, our best fermented foods just are great, you know, like, it's nature's package of. I'm certain there's peptides. So in my next life, or when I could finish my day job, like, it's to categorize all the amazing peptides that we are not categorizing right now.

You know, some are so specific. They're anti anti line. That is wild. Yeah. Yeah. It's it's it's coming to the it's coming to the market scene. Don't worry.

Yeah I hope to bring some GLP one or I mean I hope to bring good gut peptides better than GOP one even you know like to the market. Yeah. Like I think it'll be really fun.

Like seeing healing through you know all the ways you know. Yeah. Yeah. It's all about bioengineering ourselves

with what we know and not deviating too far from nature, hopefully.

Yeah, I was going to say using nature. And that's that's the trick, right. Because you definitely have people thinking about I don't know when the last time is that you went to one of these kind of eternal life conferences, but there's some scary stuff out there.

Yeah, it's like, I like old. Yeah, but I don't want to look like that. Like all of me. Not not just my brain. I don't want just my brain frozen. Because then what are you going to do with it?

I know, like, where's the body with it? Yeah. Body. And there's that soul spirit thing. What happens to that? So. Yeah. Anyway. So amazing. So basically as we wrap up here, the moral of the story is the it's really how versatile these bio regulators can be and how they can support the body as you're doing all this other work at the same time.

And right. And then it's not mega dosing. And I think the last thing I want to mention, and we talked about this off camera originally was about, you know, in and somebody else mentioned it in an interview.

And I think we can't repeat this enough in a case of if you have active or suspected cancer in particular, you're going to want to avoid your opinion because of its activity on telomerase.

Exactly. Yeah, it's a very powerful, strong one.

Cancer Screening, Safety, and Closing Remarks

As we talk about how safe bio regulators are and how well tolerated they are, even though we have sensitive people who sometimes will respond to the smallest thing.

But when it comes the it's the one caveat, I think with these bio regulators, that panel gland bio regulator in active cancer, it's a no go. You know, until you get a really clean bill of health, you stay away.

Yeah. So it's easy to do a calm screening gallery. It's a great uncle. We used to have Uncle Blot, but now it's gallery. If you join superpower. I love that lab company.

You get that gallery for only $800 as a member. Or do a full body MRI with or without contrast. I love energy, healing and energy devices. So there's Russian tech and there's something called Metatron, and you could do a scan even remote or in person scan.

And it's a good way to track and see if there's cancer cells floating around that are, you know, immense and problematic for any. And like, we don't want to do growth hormone secreted gods also.

Yeah. There's anything unknown I will screen make sure the IgG4 one is below 190. When I was over that it's like okay hey got more inflammation to bring down.

That's why I love these by regulators. I've seen HSC even with our other protocols which has CRP drop like if it's 20 easily drop in half within a month or two.

But it's even. Yeah, it's equally as fast like with these combinations. Like you can easily see a level of 10 or 20, like even drop down to normal pretty rapidly.

And then people feel it like their swelling goes down, bloating just miraculously goes away, you know, along with other gut healing, we're doing like just so much faster recovery, which I'm so grateful for because it's it's frustrating to not be able to eat what you want.

And I combine it with La Raza, Tide and Gastro and stomach Vida stream cells, these sitemaps. And I believe Bill Lawrence approves this company and it's just a faster way to heal.

You know, we get tied on board as anticoagulant peptide just like seals everything. And within 48 hours I have clients eating foods they haven't touched, like for ten, 20 years.

Yeah, yeah, yeah. No, it's amazing actually. Yeah, yeah. A side note is profound health. I think in the next week was going to be shipping out of the US.

Yeah. Yeah. Finally we're going to, we're going to get those guys that they're not going to have to ship it by carrier pigeon across the pond. So I got a mickens yesterday.

Yeah Phil Mickens is the pharmacist there I love him. Yeah yeah yeah. Well you guys are peas in a pod. You know you get into those pathways like nobody's business. Yes.

Although you're more you're more active in the you're definitely more busy when we've had pain and like three different autoimmune diseases and we want to get our brain back online and not be retarded.

Yeah. It's helpful to have it drive like, you know, but all right. Our pain is other people's gain. That's right. And we use it as a driver. Doctor Lou, this was fabulous as always.

Would you like to tell people where they can find you? And thank you so much for your time today and for sharing your wisdom with us. Thank you so much.

It's so fun, Nathalie, to always hang out with you. I am at the Gut Institute. We also sell on Amazon and our store is the Gut Institute.com so reach out anytime.

We're also on Instagram gut underscore goddess or X or which is formerly Twitter and Facebook as well to beautiful. Thank you so much Grace. Thank you thank you.