because whenever somebody's trying to lose weight, and this has been really magnified by the GLP-1 injections, the biggest side effects beyond the nausea and the gastric issues is, hey, I'm on it, but I am losing weight in general.

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This lowers the rate at which we burn calories. And so if we're losing muscle at the same time we are losing fat, then that's not going to be a recipe for long-term success.

Hi and welcome to The Balancing Point. I'm Dr. John Neters and I am here to make traditional Chinese medicine functional medicine and integrative health simple, practical and fun so you can restore balance, boost vitality and enjoy a healthier life every single day.

Hi there. Welcome to another edition of The Balancing Point. This is Dr. John Needers, your host for today. And we have a guest that is going to educate us on some fascinating new items.

In fact, he's going talk about what has now become my favorite product. Kyle Jerger is an account executive with Ortho Molecular Products. and a trusted clinical educator in the functional medicine space.

Whenever I have a question about a product, I email Kyle. He's known for his deep understanding of biochemistry and clinical research. he works closely with many practitioners to translate complex science into practical patient-centered solutions, and that's what's critical.

His role focuses on supporting evidence based supplementation that aligns with real world clinical outcomes. So, Kyle, great to have you here. Thank you so much.

It's a pleasure to be here to talk through some of the exciting new developments we have coming down the pipeline. Yeah. And as I mentioned, The product that you're going to talk about, at least partially today, is my new favorite product.

I mean, I'm seeing so many uses for it, but it's one of those things that it is almost too good to be true. You know what I am saying? It replaces three other products and does a better job.

So, you know, I get a lot of podcasts and I've seen a couple lately where they were really, really pushing sugar cravings, not so much as a lack of willpower.

I have a lotta patients that wanna beat themselves up and all come up with lots of different strategies to keep them from beating themselves but also give up some of the sugar.

But I'm seeing a lots evidence for, it's really more biochemistry versus will power. Any comment on that? I mean I think we've all been in that same position where everyone knows that we need to reduce the amount of sugars but they are in definition an addictive substance and it's very very hard to continue to have that willpower to say hey I'm gonna be perfect day in day out and where I see a lot of people having success is Throughout the week, a lot of people can wake up in the morning on Monday and say, Hey, I'm going to be really, really good.

But by the time Thursday and Friday comes along, we've been beaten up and our daily lives and it feels really to have some wine or, you know, drink here and there, maybe some dessert or all of these things.

And what happens is once that dam is broken. It's very hard to wake up the next day and say, hey, that was yesterday. And today is going to be a new day.

I'm going be perfect again. We wake that next and maybe it's Saturday and we got to breakfast with the family and have pancakes and waffles. It is just that cycle and all of a sudden next week.

We've forgotten about the entirety of that success we had that previous week, and we sort of start spiraling. And that's where patients can start beating themselves up and developing strategies and ways to be able to have the ability to treat ourselves and not just be stalwarts saying, hey, I have to perfect 100% of the time, because that just simply won't happen.

But also protect ourselves while we are treating ourselves. That's the real goal. Good point. One of the things that I've had conversations many times over the year, so I'll do a basic metabolic panel and a hemoglobin A1C, and then for the listening audience, the hemaglobin a1c is the average measure of your blood glucose over a three to four month period.

It's the glucose that is attached itself, I'll say, to the red blood cells. As the blood red cells move through their pathway, they bump into sugar molecules.

And so that's a 3 to 4 month measure. They'll be like, hey, look, my glucose is fine. That's like 88, but my A1C is high. I said, yeah, that because you're doing a 12 hour fast.

You know, how was it at two hours? How are your blood sugars at three hours at four at five at six all that time under the curve? You've had high blood sugar and high insulin levels.

And so can you talk a little bit about post meal glucose spikes and insulin? Yep. And this is something that until recently, it's been very, very hard to track and to measure where if you go in to get a pre-diabetic panel or just your average blood panel, just like you saying, Hey, you need a fast for 12 hours before getting this.

And in that 12 hours, we aren't having any sugars. Our numbers are going to be slightly better than what they are on average. But recent data, I say recent, it's been probably out for about 10 years now, have shown that postprandial glucose levels, this is your level of sugar about one to two hours after you eat, is a more accurate predictor of future cardiac, kidney, even ocular events than a fasting blood glucose.

And so when we're looking at, hey, how do I know if I'm being healthy on a daily basis? How do know I if protecting myself on the daily bases? Really the best way is to get a continuous blood-glucose monitor, because that's the only available predictive measure for these cardiac events.

What that does is they sample maybe every one minute, sometimes every five minutes, and they sampled your blood constantly. They see how what I ate How did that affect my immediate levels?

And having that distinction and having the information available is going to be a very powerful tool to adjust change. If we see every single morning that I wake up and I have my breakfast and that spikes my blood glucose up super high, what will happen in healthy individuals is that your insulin level will also spike up.

just as high or higher, that's going to drive that glucose level down. And we're talking about those cravings earlier. If we keep spiking up and spanking down and spikeing up in spiking down throughout the day, every single time we spike down, our body feels like it's starving and these craving are going come back and force and helping to normalize and to stabilize that postprandial glucose.

Level is the most important thing for cardiovascular health moving forward. And fortunately, those devices have come way down in cost. They're actually relatively affordable these days.

So yeah, it's a great idea. And even if it was only for a month, just to see, hey, throughout that month. How am I doing? Because honestly, you're not likely to change your behavior that much month to month.

And if you wanted to continue it because you are seeing some amazing results and you see some of that data coming through, then you have that option. But I would highly advise if somebody is looking to really control their

cardiovascular and cardiometabolic outcome in the future to invest in one of those monitors.

Yeah, and another great thing that people can do during let's say a month is try different foods. You know, have a little Ben and Jerry's, you know. Next day have glass of wine.

The next day, I have baked potato. next they have some rice and just see because we I won't say I was shocked, but it was fascinating to me to notice how much different it.

Was when people ate a baked Potato that they put in the refrigerator right and created more got my brain stopped, creating more resistant starch, or if they had a bowl of rice.

And they were astounded at how much difference there was in their postprandial blood glucose. So it's kind of fun for that also. You know, like we found that Reese's Peanut Butter Cups were much better than a Bowl of Rice in terms of blood sugar.

It's, it's surprising how some things that are relatively innocuous thinking like, Hey, rice, sure. Everyone has it. It there. How that can affect because all starches will be converted into sugar.

And that's what our body does. and it really means that if we're going to be having that diet, because a lot of these diets, again, they're not going be changing too much.

how can we then protect ourselves? If that're gonna be our baseline, how could we protect themselves and make the most out of that current diet. Gotcha.

I think that's where a lot of the exciting new research is coming out. Yeah. Well, and of course, the GLP-1s or the more complex like Monjaro, Terzepatide, et cetera, they're helping a little bit with the cravings.

And so that can certainly help if you have You've got your information, you've your blood glucose levels, and you're tracking it. And then you do some GLPs.

That can certainly help create some satiety. One of the things I'm really excited about Reducor for is the GLP-1 aspect of it and creating more satiated.

Yep. Yep, and the redo core formulation, it really blends and answers a lot of the questions that we've posed initially here, where it's saying, Hey, how can we help control postprandial glucose levels?

How can help our body dispose of sugar more effectively? But then lastly, like you're mentioning, how can we feel more full? How can help increase our own GLP-1 synthesis?

Because if somebody is doing the injectables, hey, fantastic. A lot of people don't necessarily want to jump there right away. And this gives patients a very easy option to be able to answer those three questions before having to jumped to something a little bit more serious like the injections.

Gotcha. And also people that have been doing the injections and, you know, they've kind of timed out on it or their doctor said, get off of it, or they decided to get it off, then substituting something a little less powerful, but still in the same arena that's going to increase their natural GLP ones can be really helpful.

that's that it's definitely a good second use and actually a third use is i've spoken a lot of people on these injections and sure they don't want to eat as much but they still don"t eat super healthy and so if you're if Let's say a two thirds or three fourths of what you were eating, but that's still not the healthiest food.

We still need help control that blood sugar because that still going anywhere. And so even if we're eating less, we need to make sure that what we are eating is not harming us.

That's honestly where that three functions of Reducor come into play really, really well. Really the all-star. of the

ingredient, and this is what the product is named for, is the mulberry extract.

It's a formulation called Raducose. And what this guy has shown in clinical trials is it actually prevents our body from breaking down carbohydrates into sugars.

So let's take pasta, for example. I was just in Italy for a couple days and pasta is everywhere. And even though it's not sugar, once we eat it, it will be converted into sugar.

There's an enzyme called alpha-glucosidase, and it takes these long carbohydrate molecules and breaks them up into glucose and fructose if it is a complex sugar What this formulation does, which is found in the RADU core, is it actually blocks this enzyme from functioning.

And so let's take rice, for example, we were talking about that earlier. If we have a whole bowl of rice and we don't have any redo core in the picture, all of that rice will be sugar.

It's just a hundred percent will-be-sugar. if we add that redo-core with that mulberry extract, if add it in, what's going to happen is that a percentage of the carbohydrate from that will not be digested, it will sit as a carbohydrate and will be converted into sugar.

And just like that, let's say somebody is wearing a CGM, a continuous glucose monitor, they will see immediately that hey, I ate that same amount of rice, but with the Reducor, my blood sugar did not spike up.

It stayed relatively normal. That's probably one of the most exciting things that somebody can see. That's great. And, you know, it's what's not talked about an awful lot is the insulin spikes.

Right. You can't figure out why they have to eat every hour, two hours, et cetera, right? So they got a little hypoglycemia. And I will talk to them about their blood sugar going up, the insulin system maybe over-responding.

Then, of course, it takes all the sugar out of their bludstream, and now they're starving again. So it just keeps them in that yo-yo effect. The insulin itself, when it's high, is a bit damaging.

It is, it is. That yo-yo effect, that's the killer. And everyone here can relate because we're all humans. If you have a very high calorie, high sugar breakfast, you are much, much more likely, and I don't know the stats, but everyone can agree here that lunch and dinner, we are more much likely to not eat healthy for those next two, because, We are yo yoing that entire day.

And so starting our day off well, and starting your day with something high protein, high fiber is key. If we're forced to have something a little bit less healthy, then adding in a Reducor right in the morning, right with that first meal is going to be a great way so that we don't have that glucose spike.

And if we do have the glucose spikes, that insulin spike that you're mentioning is gonna be less. So instead of going up, down, up down up and down. We stay nice and balanced in middle and that's that health that were looking for.

And I know Reducor has a nice serving of, I don't know how to pronounce this exactly, but solenol. Solenal, which is a resistant starch. And for a moment I've been reading, it helps feed acromancia, Which every time I open a podcast now, It seems like someone's talking about acromansia.

Yep, yep. And you mentioned the GLP-1 effects earlier, along with that mulberry extract to help reduce the amount of sugars being absorbed by the body.

The other aspect, well, the second of three aspects for Reducor is that fiber blend. and the star of that Fiber blend, like you're mentioning, is the Solnol.

It's been studied to uptick acromansia. it's almost 240% increase, and this is massive because acromancia is

something that you can't just dose into a capsule.

Not to get too complicated with it, but it's an anaerobic bacteria So once it hits oxygen it dies completely all the acromantia products on the market right now are pasteurized and so they're dead Acromansia not saying that they are not going to work.

It's just going be less effective than ramping up your own production of acromancia But really what this is also doing is that acromansia increase along with that fiber increase helps to uptake your own endogenous, your production of GLP-1.

And this significant, especially if people are looking to feel more full on a regular basis, have less cravings. If we're able to ramp up our own production with the enhanced fiber, with Solnol, then we are not going to be fighting ourselves less food noise in a day-to-day basis.

Awesome. And so for me personally, I love those and for my patients love, those effects. But one of the things that grabbed me was the modified leucine product and the protein synthesis.

That was just kind of mind blowing on that. You want to talk about that for a minute? Yep, because whenever somebody's trying to lose weight, and this has been really magnified by the GLP-1 injections, the biggest side effects beyond the nausea and the gastric issues is, hey, I'm on it, but I am losing weight in general.

It's fat mass going down, also muscle mass. And this is really, really scary because if muscle gas goes down that actually lowers our basal metabolic rate.

This lowers the rate at which we burn calories. And so if we're losing muscle at the same time we are losing fat, then that's not going to be a recipe for long-term success.

So what's really exciting about this raw material called amino L40 is that it's the 40% leucine amino acid, and this has been shown to have similar activity as 40 grams of whey protein.

So it's not four grams, but 40 grams. This is like two massive scoops that you would have in one of these protein shakes. And that's just really focusing on helping to make sure that our bodies are able to create more muscle.

MTOR activation is the the clinical aspect, but making sure that if we are walking or doing some mild resistant exercises, or if you're going full blown at the gym doing, you know, bench presses and pushups and squats, we're gonna be maximizing that muscle aspect and really having, worst case, maintaining and not losing muscle as we were dieting.

Yeah, that's very exciting. As you know, I'm older, 75, and so muscle mass has just got to get it. Got to keep it, got it keep. So I certainly want to control my blood sugars, but the muscle masses at least as important for me.

And that's something that for all patients is super important because it's an equation overall. And when we're thinking about blood sugar being an enemy up here, there's really two ways of helping to reduce that enemy as much as possible.

The first is which, hey, let's eat less sugar or absorb less both because we're feeling more full of that soluble fiber, the salt and all we were mentioning, along with that reduced coast, that mulberry leaf extract, The amount of sugar we are getting from our diet decreases.

But the other thing that's going to reduce this initial number of the amount sugar that we see is how much muscle mass we have because muscle is by far the biggest disposer of glucose in our system.

And so if I'm able to increase my muscle, mass 10%, then I will be utilizing more sugar on a daily basis than if i didn't do that. So for reducing the amount of sugar we had in the system and also reducing them amount to sugar, we're using on the daily bases.

This is that long-term success to make sure that we healthiest cardiometabolic outcomes in future. Awesome. And so clinically, how do you see, are there ideal patients other than everybody?

This, I mean, this is something that realistically, yes, every single person should be thinking about this at the minimum. Because for me, for example, i know how to eat healthy, but yesterday is a great example.

You know, long day, not feeling super good, awesome dinner, and I know I have some ice cream in the fridge and i just bought this on the weekend and it's a mint chocolate chip Oreo, really excited to And if I just eat it, I know that tomorrow I'm going to wake up.

I have a little bit of a headache. Uh, not going be feeling as awake. And I'd be filling a sluggish. That's just because that a lot of sugar right before bed.

Not really great. So perfect time is right. Before dinner or even right after dinner, mix that with do coast. It's a powder that mixes in with liquid.

Liquid. Nice peachy flavor. Super, super good. Mix it up, drink it down. Yeah. That's just, what's going to happen. I need to protect myself from having it.

So that's, that the first patient type. And for me, it's ice cream for other people. It's gonna be wine or beer, alcohol. Desserts and alcohol typically are the, the two big offenders after dinner.

That is the. You know that you're gonna not be perfect, so protect yourself. Wake up tomorrow and I'm not in a bad state. The second patient. would really be the ones that are in that cardiometabolic pre-diabetic or diabetic state.

They know that they have to control their blood sugar. Be it that their HbA1c you're mentioning earlier is on the rise, be it their fasting glucose is in the danger zone, they need to do something to make sure they're reducing their total sugars.

This is the perfect, perfect formulation. And when to take it for that patient is really When is the biggest meal of the day? We wanna make sure that we're reducing those sugars as much as possible.

So if the big meal is always dinner, hey, right with dinner just mix it up with your drink instead of drinking water or hopefully not juice or soda. Just drink that down instead because that will then control the amount of sugars that are being absorbed from that meal.

You will feel more full later and you're not gonna be snacking. The last patient type, and this actually kind of bridges to, are those with the CGMs, or those that are relatively healthy, but on the weekends they like to splurge.

And so I sometimes fall into this one as well, where if I am on it, I'm on, it and eventually something's going to happen, then I fall off of it. And so for these types of people, it's not necessarily a daily formulation, right?

It absolutely could be. But if I'm eating really, really healthy on a day. I might not need it every single day, but on the weekends, I like to splurge or on Friday, have pizza every Friday's pizza.

You can use it as needed on those days that you splerge. And, so really three different, three, different patient types are where I see this guy being the most successful.

Awesome. I have a quick story and then a confession. So my favorite old Chinese doctor in 1249 wrote the treatise of the spleen and stomach. And he's famous for creating a bunch of different formulas for cardio metabolic problems, right?

Diabetes, heart disease, et cetera. This is a long time ago. He said, the only formula he's sorry that he invented is the formula that cures hangovers instantly.

He says, because then everybody started drinking more. And so that brings me to a patient that I saw last week that came in. Said, look, I'm asking them all my questions.

How much coffee do you drink? Do you alcohol? They said, yeah, two to three glasses of wine a week. I fired my last doctor because he kept insisting that I stop drinking.

Okay, well, if you're going to keep drinking, tell you what I want you to do. Take this product, this Reducor. You'll still get some alcohol benefits as you want them, but it'll soak up a lot of the sugar, which is one of big problems with alcohol.

Is the high fructose levels, etc. And so he said, okay, I like you and so right It's you kind of gotta play it where it lies a hundred percent I mean nobody is gonna be perfect and our job is to be as healthy as possible and truly give solutions to patients that want to Be as healthiest possible but not to help not control their behavior because that's not gonna Be a long-term solution.

Yeah Cool. Well, I'm so happy that you introduced me to this formula. And like you said, it's quite palatable, very easy, and I am already seeing differences in my patients.

I just started, so I haven't seen big differences yet, but I've seen it in patients This is where I love to say, like, if you are going to try it, the best thing I would say is for maybe two or three days, be bad.

Be like really bad, just like Just say, Hey, for three days, I'm going to like, i'm gonna eat lots of bad stuff. I have lots. Sugar at night. And then record yourself in the morning or throughout the day.

Like, hey, how are my energy levels? How is my brain fog? Like am I thinking straight? Do I had the patients that I usually do even GI effects? So it's like three.

Days, just really judge yourself and just say. Hey. But I also record how I feel. Then after that. Continue the same thing, like be bad again, but also do it with the redo core added in and see how much changes because this is probably the biggest aha moment.

If somebody's being really, really healthy and they're adding in redo corks, they were like, Hey, I'm going to do everything. I want to be perfect. They're not going to notice as big of a change, or they're going be noticing a massive change because they are just eating better.

But if you could see how much changes by eating bad, but then also eating with Radoocore, that really shows that how that change can affect. So if are really good and you're adding Radeocor, it's even better, But that's probably where the biggest aha moment comes for patients is seeing that, hey, if I am going bad I'm going smart.

And bad at the same time. And that's where the redo core comes in. It's a one stop shop to say, Hey, this is going to not be healthy for me, but I'm going do this and it's going be better than if I didn't.

Excellent. Awesome. Well, Kyle, anything else you want to about it before we wrap it up? You covered a lot. Get CGMs. If you're concerned about metabolic health, get CGMs, continuous glucose monitor.

It will be a literal lifesaver. And it just gives you that data to really see both the Reducor in action, but also just your daily health inaction. Well, thank you, my friend.

I really enjoyed this and it'll be up in a couple of weeks and then people can enjoy it. Awesome. Thank you again for the opportunity and best health to everyone out there.

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We'd love to hear from you.