The Better Question: Are Weight Loss Drugs Replacing a Function Your Body Already Has? Transcript

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Introduction to GLP-1 and Natural Satiety

They're studying over the course of 14 weeks. And at that 14th week, they actually cease to produce your body's own ability to purchase GLP-1 while on these external GLPs.

So where this becomes different is that we have a direct mechanism of action on our body own-ability to create this. We're stimulating these TAS to our receptor sites and our small intestine, which in turn are producing enormous amounts of GLp-I, CCK, BYY, we're really optimizing the body is ownability and potential to Welcome to the resiliency method, the truth about healing.

I'm Dr. Erica and we are here to uncover the root causes keeping you stuck. Together we'll restore your energy, your focus and your resiliency so you can finally heal, regenerate and feel truly alive again.

Right now, millions of people are injecting themselves with GLP-1 medications, convinced this is the only real path to lasting weight loss. And some of them are getting results.

But here's what almost nobody is telling you. It starts deep inside your brainstem. There's a structure in your brainstorm called the nucleus tractus solitarius, the NTS, Think of it as your body's master control center for hunger, fullness and metabolic regulation.

And every signal that travels from your gut to your brain, every message your stomach, your intestines and your gallbladder and liver are trying to send has to pass through There, first.

The Brainstem, Gut Signaling, and GLP-1 Breakdown

And this is where the problem actually begins. Your body is designed to produce its own GLP-1, naturally, on demand through specialized cells lining your gut.

When you eat, those cells release GLp- 1, and it binds to receptors on your vagal afferent nerves. These signals travel up to the NTS, your brain registers, hey, I'm full, satisfied, don't need more.

But what happens when that communication breaks down? What happens with the gallbladder, that small but critical organ nestled beneath the liver, becomes sluggish or dysfunctional?

When bile acid signaling becomes impaired, the livers' ability to process and recycle metabolic hormones falters, and the afferent nervous signals grow weak, found in your brain stem's society hub, or your satisfaction, I'm full hub stops receiving the input it needs to regulate your hunger and your metabolism correctly.

Your body doesn't know if it's full, your GLP-1 production drops, and you're metabolic function suffers. And this is the root of that problem that external GLp-one medications paper over.

without ever actually fixing. And there's something else you need to hear. After just 14 weeks on external GLP-1 drugs, your body can stop producing its own GLp-2 entirely.

When you stop the medication, the weight comes back because the underlying dysfunction in your gut brain liver access was never fully addressed. This is exactly what the resiliency method was built to address.

What we've found working with patients at a root cause level is that the NTS itself is often under assault. Heavy metals, stored environmental toxins like BPA, and the accumulated burden of modern life can lodge in brain stem

tissue and directly interfere with the NHS's ability to receive and process those satiety signals.

When that happens, it doesn't matter how well your gut's functioning, the message never fully arrives. And your body keeps signaling hunger, keeps storing fat, and keeps struggling metabolically.

No matter hard you try, no diet and exercise will touch it. And the resiliency method works to identify and clear what's burdening that tissue through targeted detoxification, nervous system support and functional healing protocols that are customized for your body so that the MTS can begin doing what it was designed to do, receive the input, regulate the fullness and restore your bodies own GLP-1 production from the inside out.

Now healing a brain stem structure takes time. It's deep work, and we have to earn our way there, layer by layer.

Root Causes, Detox, and Restoring the NTS

So while we are doing that foundational work with our patients, we found an extraordinary success using a practitioner prescribed formulation of a product called Callocurb to naturally bridge that gap.

It supports the body's own GLP-1 levels in the meantime, not by replacing your biology, but by working with it. So you're getting results while the deeper healing is taking place.

Welcome to The Resiliency Method, the truth about healing podcast I'm Dr. Erika and today registered nurse and orthomolecular account executive, Joe Versi, is joining me for a conversation that I believe is going to fundamentally change how you think about weight loss, metabolic health, and what your body is actually capable of.

Because the better question, the question we should all be asking is this, what if your buddy could produce its own GLP-1 at 600% higher levels naturally without injections and at a fraction of the cost?

Today we're breaking down Callocurb, a clinically studied botanical extract backed by a $20 million New Zealand government grant and how stimulating bitter taste receptors throughout your GI tract can reawaken your body's own satiety signaling from the inside out.

We'll look at why six months of consistent use produced a 5.4% reduction in body weight 4.5% reduction in body fat, and three and a half times greater reduction and visceral fat.

That's the dangerous fat that's wrapping your organs. And why users continue losing weight even after stopping. No muscle wasting, no injections, not dependency, No shutdown of your own biology, And not the same expansive price tag.

So if you've ever believed GLP-1, medications were your only real option. Well, this episode is going to challenge that idea in the best way possible.

Let's get into it. And if for more information, visit our website, www.paramountwell.com to register for an account and place an order. Welcome everyone back to the resiliency method the truth about healing podcast.

Thanks for joining us today. I am dr.

Callocurb as a Bridge to Support GLP-1

Erica today I'm joined by a registered nurse and account executive for orthomolecular Joe versi He's here today to share a little bit more information about an incredible product that we use pretty regularly inside of the practice with the Resiliency method and helping people with weight loss with metabolic function and I really wanted to delve into this with you because it's such a unique one and it is so relevant today in terms of what people are doing looking at considering and i thought it'd be good to have you on so we could go into more depth about that understand how this product works in comparison to other options out there such as peptide therapy, such actual GLP-1

medication, and I know it's a very researched product too.

So, let's, I'm going to tee you off there, Joe. Let's get into it and tell us a little bit more about where this all came from, why it is unique and what the research says.

Well, first of all, thank you very much for having me. It's pleasure being here. This is actually my first podcast experience. Hello, everybody. Yes. So CaliCurb is a very clinically-backed product.

It's a really great opportunity, I think, as a company, too, that we partnered with the team in New Zealand. Calicurb and their story is pretty intriguing.

Really cool story behind how they got started. They came to obsession around 2010, actually at the behest of the New Zealand government. There were looking for options to help improve satiety and help help with weight loss amongst the populace.

Not a lot of people know that New Zealand is actually one of the most obese countries on a per capita basis. Oh, no, I do not know. So they are actually a very progressive country and they're always looking for options in the more holistic realm to address obesity in this case.

Kalker was able to obtain a 20 million dollar grant offered up by the government because they hypothesized that we not only have bitter taste receptors, on the back of our tongue, but they're also located throughout our GI tract.

So to prove their hypothesis, they actually took about three years. But they did 300 biopsies on willing participants of colonoscopies. And they identified that, yes, we do have bitter taste receptors throughout out GI tracts.

They're most abundantly located around the terminal alias. In our small intestine, closest to our large intestine. They're called TAS2R receptor sites.

And when they introduce a botanical extract called Amerisate, which is actually a hops extract from New Zealand to those receptor site in our GI tract, they elicit a massive increase in the body's own ability to produce GLP-1.

Podcast Introduction and Episode Overview

I love it. The bitter flavor itself is very stimulating to the liver and gallbladder. So from an herbology standpoint, that also makes sense because those are important organs that are involved in digestion as well as…

weight loss and metabolism function. Very cool. Bringing the ancient knowledge to the modern science. I love that. Always. And what does the research look like on this product in terms of, you know, what have you?

What do you have, like, four and a fifth one coming? So, yeah, there's three human clinical trials currently. There's a fourth one, actually, that's being published this month, here in June.

It'll be published in Obesity Pillars Clinical Journal. That's studying weight loss specifically. So the first three studies, they looked at how it was working for meals and really what it's doing in the body.

Is it increasing GLP-1? Yes, it is. They studied this in men. It's about a 600% increase in GLP-1, CCK, and PYY. These are study hormones. They took this about an hour.

The men took us about and hour before their lunchtime meal and then an hours before they are dinnertime meal. And then that's where they were able to observe biopsied material endocrine cells where I saw, okay, yes, we are seeing activation, about 600 percent increase.

We're also able see about 18% reduction in caloric intake in those patients that were in that study as well. They studied in cravings, they saw improvements in cravings across the board in both men and women independently.

Where, what's really cool is the study that's being published this month. They looked at how it contributed to weight loss specifically. So they took about 150 individuals and they looked them over the course of six months.

The study up by 75 that were receiving CalCurb clinical and 75 there were placebo. Over the course of those six months, they followed them. And then I believe they're using DEXA scans, but they showed after the fact, it was about taken consistently.

It was a 5.4% reduction in body weight, 4.5% in reduction and body fat percentage. They saw about a 3.50x greater reduction visceral body, fat. So this is fat around the organs.

How Callocurb Was Developed in New Zealand

You can look fine on the outside. However, if you've got internal fat, this a great way to help reduce that. And where this kind of becomes contrary to available GLP-1 evidence is that they saw actually muscle improvement.

So a lot of times we're talking about muscle atrophy alongside GLPs. Yes, that is one of the biggest side effects of medications. Definitely that muscle really wasting.

And then we've also seen some impact on the people. It's only been a handful, but you know, we muscle test and seen with those drugs, not great results.

response in terms of the organs in the body as well. So it's nice to hear that there's some other options out there for those things. And go ahead and keep finishing.

I'd also like to know what you have to say about how that compares, not just against the drug therapy, because obviously too, this is a fraction of a cost of drug of therapy as the peptide therapy which peptides therapy you're injecting primarily.

as well, it's just like you are with the drugs. But the cost differentiation is pretty significant. Are you tied to treatments, protocols, and gurus who promise results but don't deliver?

You're not alone. For years, I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work. That's why I developed the resiliency method.

It's a science-backed approach to combine the best of Western and ancient medicines to restore your body's natural intelligence. Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before.

Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix. You need a clear path forward.

Take the first step with a discovery call at drericaonline.com forward slash discovery. That's D-R-E- R-I-K-A online. com forward. So discovery or dive deeper with the full initial consultation at Dr.

Erica online dot com board slash initial dash consultation because your health, your clarity and your freedom cannot wait. Yeah, it's about a third the cost of what a patient is going to be when they take an external GLP.

So, yeah, about third of the patient would expect.

Clinical Research and Weight Loss Results

But it is more of a direct mechanism of action as opposed to an indirect. Okay, let's talk about that. Yeah. That's an interesting concept. Sure. With external GLEs, we're receiving an injection and that stimulates the pituitary gland then to produce GLp1.

there's actually a pretty relevant study in this context where patients were studied on liraglutide, which is a peptide. They were studying over the course of 14 weeks.

And at that 14th week, they actually ceased to produce your body's own ability to use GLP-1 while on these external GLPs. So where this becomes different is that we have a direct mechanism of action on our body own abilities to create this.

We're stimulating these TAS2R receptor sites in our small intestine, which in turn are producing enormous amounts of GLP-1, CCK, PYY, we're really optimizing the body's own ability and potential to create these.

And even with the, if we could shed some light a little bit on the recent study, the patients that stayed on this had continued weight loss even after discontinuation.

So it's having a residual effect in the body. So yeah, the science is pretty intriguing. It's really cool to see what we can look at as alternatives to GLPs and optimize our body really from the ground up.

Yeah, and I will say that's consistent with how we've seen things work clinically in terms of, sometimes we, you know, can get a little reductionist in our approach with supplementation.

And another example is Glutathione is often one that's touted as being a great detoxification supplement. What we've seen clinically is actually if you supply the body with NAC, that promotes the bodies own ability to produce glutathion on its own and that actually works better and is more sustainable longer term for the person because they're creating the glutathione and we're just helping boost.

And it sounds like this works similarly, like you said, because the product is actually stimulating our own body's ability to produce it. I think what I've seen clinically is when you're approaching supplementation from that angle, when the body gets a better result and it gets it more sustainable and longer term result, you haven't overdriven anything.

You've promoted the bodies own innate intelligence to do the thing you want it to do. Exactly. Yeah, that's awesome. And then I'm curious too, is there anything more that you would say about the comparison between the drugs and the peptide therapies?

We talked about injection versus oral consumption, we talked about weight loss, or excuse me, price point, and then we also talked in the context of how it's used a little differently inside the body.

Anything else on that topic? Well, side effects too, this could be a bit more mild in comparison to what patients will experience on external GFPs as well.

Comparing Callocurb to GLP-1 Drugs and Peptides

Of course, anytime, it is a very biologically active ingredient. taking this, it's having an immense response within the body. And it is mostly a single ingredient.

Single ingredient, yeah. That's another thing I want to mention too. I think it' worth mentioning is, you know, in the context of what we've seen clinically, a lot of times if you can be simple, is better for the buddy.

Not only just because it helps promote the bodies ability to make this on its own, but there aren't a lots of other ingredients inside the product that would potentially create a situation where the person may not get the same results.

you're intending. So the simplicity of it is also, I think, really beneficial. And what does this really ultimately mean, do you think for the patient themselves?

I Think this offers a way for them to, again, we touched on this, but optimize their body's own ability to create their

ability, to become CACIated to improve GLP-1 throughout the body, which we've seen have profound impact.

been with the available research on GLPs, the presence of elevated GLP is we've got better cognitive functioning, or we get better digestive health. So this is in turn, reading our body's own ability to elevate that response in our bodies.

And when we're looking at longevity, holistic health and and living longer and leading a healthier life, this offers the patient a great way to transition into that phase of life and at a relatively pretty affordable cost point too.

I love it. And this particular version of the product is one that is only available through healthcare providers. Correct. Yep. Tell us a little bit more about that.

One, I would say you can order this from our website, but you do have to have authorization from us as a healthcare provider. So paramountwell.com you can gain access to the product by setting up an account with us and you know making sure that we have all of your information and can oversee the use of it.

But I know it also comes in the starter and then the maintenance. Can you talk to us a little bit about how this is used and how it's done? Sure. Absolutely.

So we have two options. This is, I kind of was getting into a bit, but this has a massive biological response. It's just one of the most bitter compounds in the entire world.

to ramp up tolerance for some patients. We start with this clinical starter, where you're exposed to a smaller dose, and then you eventually build up to that clinical dose which is double the starter which has 250 milligrams dose.

Which is what is only available through healthcare providers, which was what you carry.

Provider Access, Dosing, and Final Takeaways

And then the maintenance is just the 250 milligram capsule. And of course, we it's really provider patient dependent on how that's utilized. It's obviously patients are going to have different microbiomes.

They're going have these different sensitivities. So, of, course go about it as you see fit. But they're just to judge tolerance for some patients, they might find that the starter is more appropriate.

Um, so, but of force, this is only through licensed healthcare providers. And that is a conversation to what you see most applicable in your current health situation.

Awesome. I love it. Great. Is there anything else you would offer us today, Joe, about this particular topic and in the context or the contexts of what's just another better question that you think listeners could be asking themselves about their health?

A better question, it's tough. You have amazing questions. I love coming and visiting with you and you ask me amazing question. But I always, if you can just lead a healthier life on a day-to-day basis, pay attention to what you eat.

Just take your vitamins. Of course I'm the vitamins guy. Take your supplements. But no, I would leave all the advice to you. You're absolutely fantastic.

So I'm just thankful you're sharing it. Yes. Thank you so much for joining. I will. Absolutely. Thanks for tuning into the resiliency method, the truth about healing podcasts.

If this episode spoke to, you follow, share, and leave us a review. Are you ready to go deeper? Book your discovery called now at drericaonline.com forward slash discovery and take your first step today.