Gut Microbiome and Personalized Health

All right, guys, welcome back again. So we've had a couple conversations where we've talked about the gut microbiome and what I love about talking to Wade in his team.

We keep running into each other at conferences and such. Is that we talk about solutions. You know, when it comes to the gut, the science is so novel and there's so much work being done in sequencing.

And what what tests can you take with your stool to figure out what your gut looks like and all of that? And you've heard this in some of the other conversations we have, is kind of in development.

Meanwhile, Wade and his team are saying, forget about that. We're already fixing people. So first of all, thanks for joining us. Great to be here. And, always, you know, it's so exciting to be in this field right now.

And of course, your team is leading the way of actually specifying as to what genetics are going to respond best from what diets, what type of supplementation is going to work, what kind of lifestyle adjustments.

And I think this is the sophistication that will transform, our potential for living long and living strong, for everybody. So I'm just delighted to be here and to contribute to this. It's.

We've been thinking about this for years, and now it's come to reality where there's science to prove it. And that's great. It's. Yeah, it's a pleasure because like, so all of us have sort of been in our various wheelhouse is doing what we do.

And this convergence is going to happen where you take the best of what's working and you put them all together. And ultimately a new health care model, because we're saying we already know what helps people at the root cause level.

You know, we're we're not trying to mask symptoms, whether it's your amazing science, it formulations, whether it's our genetic insights, whether it's some gut microbiome company that eventually is going to sort of triangulate and connect all this stuff.

It's a new paradigm. This is the way health is meant to be, as opposed to this sicker model we keep complaining about. So anyways, the work you guys be doing is awesome.

And we let's just we can dive right in because there's something you talk about, which is the five stages of digestion. And this this is important because again, everything in terms of gut, everyone that we talked to at least is, you know, what gut test should I take?

Have you seen this app about, you know, should I eat coconuts or chickpeas? You know, and that stuff every six months you log on and it's telling you something different because the science is so new.

The Five Stages of Digestion

Meanwhile, you've seen and done enough work on formulations to be able to say, here's the problem that's going to help the most people, right? Yeah, we can get into the precision later.

And those nuances of the one out of ten that has it issue, right. Meanwhile here we already know what to do. So let's start there. This concept you have of the five stages of digestion.

Yep. And we're summarizing this for illustrative purposes. I mean there's probably a million stages of digestion, but

there's basically categories of how that breaks down.

And first stage is the sensory experience of this food which prepares your body to, to to go into the digestive process. So it's taste, touch, smell, chewing the food.

All of the sensory organs have to say, this is food. That's good for me. The reason that we have things like the attractiveness of the ambrosia of walking through, say, an orchard versus the putrid smell of some rotting food that might be this is a this.

This actually tells us whether we should be consuming this or not. It prepares ourself whether we're ready in a in a safe state, you want to be in your rest and relax?

Psychology. And that's why maybe watching food or eating food in front of a television or through excessive stimulation, we tend to go unconscious in our eating practice practices and overeat.

And so being sensory aware of what your senses are telling you about the food, the taste, texture, bite, and when you bite into it, what happens is your your body will now start prepping various enzymatic reactions.

Carbohydrate digestion starts right in the mouth. And then as the food goes into the second stage, from the sensory stage or the preliminary stage, it'll travel down the esophagus into the upper cardiac portion of the stomach.

Now, I want to be clear about something. There is not a big bowl of acid sitting there waiting. Digest your food. Your body is acutely aware that can differentiate between, say, I'm drinking water, which doesn't activate a lot of the the digestive process versus I'm eating a piece of steak or I'm eating an apple or whatever happens to be your body will actually differentiate between the foods that it, is consuming.

So in the first 30 to 60 minutes after you've, you've been in tune and tune the food up, masticate it and it goes down there, it's going to be in what's called the upper cardiac portion of the stomach.

Now, ideally, the enzymes that are naturally concordant with that food would be present. Enzymes control everything from thinking to blinking right over 25,000 different enzymatic processes in the body.

And they're as energy, converters, they accelerate metabolic processes in the body are a whole variety of things. And enzymes are the difference between the living and the dead.

You know, it's like if you and there's a guy by the name of Doctor Edward Howell who put forth the enzyme bank account theory in his book Enzyme Nutrition An Enzyme for Health and longevity.

And one of the reasons that a lot of people who are looking to live a long period of time, the one evidence that we've said that supports that, assuming you have good genetics, is eating less food.

Right. And but I have a, expansion on the theory because you need a certain amount of there's also death from malnutrition, right. Yeah for sure. Big contributor.

So so it's not less. There's an optimal amount. And what constitutes the difference between too much and too little? I believe, is the body's capability of converting what you eat into either energy units, building blocks, and to be able to remove any excess of toxins that may disrupt the health and function of your body, and toxins being anything that disrupts normal biological conditions inside the body or healthy biological or the functioning of all the millions of processes that go on.

And so what's unique about humans is that we've done something that no other species has done, and that is we have changed the food that we naturally consume.

And I'll give you an example, if I'm a carnivore, I have incisors, I rip food, I have tearing scissors, and I eat the food

and it's lightweight. I lick up the blood.

I get that and I eat that food. I have a different intestinal track, a shorter bowel movement, different bacteria present, and I can transmit that food relatively quickly.

Okay. If I'm a, herbivore or I say I'm an omnivore, let's say a bear. Right. I'll berries. I'll eat salmon. I can determine whether it's berries or salmon by a seasonal component, and I'll eat those.

And my body will digest as if I go to an herbivore, like a cow or a horse. I'm going to have a very specific set of food. All of those foods are going to be consumed in a live raw state, which has both its enzymes and probiotics that would be associated with that, with that food.

Humans. Because of our big brains, we figured out how to overcome famine that affects all species in life. And we've done that by changing our food production and our storage and our preservation of food.

So, in other words, food scarcity was a big issue throughout all of humanity and still is in some parts of the world. But with industrialization, we came up with a way to cook food, sterilize foods, store food, preserve food, and largely part.

Most of those processes destroy the natural enzymes and probiotics present that we would actually use to break that food down. And convert it to the energy units.

So, the advantages and calories and the advantages in nutrients with industrialization has brought has created a different problem in digestive issues.

And to echo that, the data is now indicating that in our medical industry, with 12% of the emergency hospital visits are now related to gastrointestinal issues, and over 100 million people a day in the United States are suffering from some form of digestive stress, whether they ate the wrong food, whether there was something in the food, or whether they didn't have the ability to break down the food.

They felt gas, bloating, indigestion, heartburn, acid reflux, all those different things that happen. So going back to that second stage, that food gets into that part.

The enzymes present in the food are supposed to break it out. Now, if it's not present, there's an incomplete aspect of digestion has started to happen right there.

In other words, our body's going to start producing enzymes, but those aren't going to be secreted until later in the intestinal process, not in the pre digestive stage where it should have happened.

And to give you an example, if you compare human bodies to animal based bodies, we have a pancreas that's three and a half times larger than any other species by weight. Why.

Well we happen to eat a lot of sugar and a lot of, simple carbohydrates in our industrialized package because it's it's efficient. You get a lot of calories.

It tastes good. All of those things. Well, our our pancreas, which stores our, carbohydrate digesting, digesting enzymes that starts to increase, right?

It gets bigger and bigger, bigger and bigger. Better use it. And then of course people have issues around it. So that's, that's that states now after that, after 30 to 60 minutes, the third stage happens is hydrochloric acid will come into the body.

Now hydrochloric acid has two main functions. Function number one is to disinfect your food viruses bacterias, bugs, pathogens, parasites. All of those will be killed if you have a sufficient amount of hydrochloric acid that is released in the body.

Now, the other thing that hydrochloric acid does is it changes the pH of the food chain. It's all kind of binding together and going through the digestive, convulsions inside the intestinal tract.

That's normal. And as that change, some enzymes become active, some enzymes become deactivated. In that process, once that's complete it, your body will release.

It'll go into the intestinal track and where, you know, probiotics are going to work on it. But before it does it, it's going to release some minerals to buffer the acid, because if you have an excess of acid leaking into the intestinal tract, this is more people get duodenal ulcers and things like that which are very painful and can be very dangerous.

In fact, they can be fatal, if left unchecked. Now, a lot of people suffer from acid reflux and heartburn and they'll say, oh, well, why do I have that?

Well, I don't have enough acid. Well, that may be true, but the likely cases is that your food, you didn't your body didn't produce enough hydrochloric acid, and the food started to ferment.

And the little esophageal sphincter is popped open on the intestinal track. And he started burping up, or belching up, a bunch of the acid and food mixture, which leads to heartburn and acid reflux.

And over the long term, that's a, a very dire condition. Now, a lot of people take an antacid thinking, oh, I don't take much acid. I'm going to buffer that.

But now you're you're further disrupting your digestive system, and you may have an over cropping of things like, sorry, which is also creating part of the problem because you have an overgrowth of bacteria because you're not killing them off.

Now, there are solutions to that. We'll get to that in a minute. That is, in this four stage, the intestinal tract. Now your bacteria cultures at various stages in the intestinal tract are going to start converting that food chain that broken down food into either energy units or into building blocks.

That's your good guys. So I always say there's 10% good, 10% bad and 80% opportunities. There is considerable amount like I forget what the ratio of genetic material available from bacteria versus our cells, but it's many times more bacteria in your body than there is cells in our body.

Some people say it's ten times and people say it's four times. It's a lot. The bottom line is it's, we kind of look like mushrooms. Run by bacteria that are running the engine, but who knows?

Well, anyways, each one of these bacteria will convert that food into usable units unless you have an overgrowth of the bad guys. That's when you produce, endotoxins in all states, all, all kinds of things like that.

Choosing the Right Enzymes, Acid, and Probiotics

A variety of particularly with undigested proteins or, fats that don't break down. You can get these rancid fats and rancid proteins that's lead to serious gastrointestinal problems.

You may have agents that can create leakage. Breakage in the little biofilm that's in there, where now food particles will start leaking in. So there's some evidence to suggest that things like glyphosate and stuff can be disrupting that.

And other chemicals are out there. And there's a whole movement against for and against that story. And so you can determine it. I always suggest people go on an elimination diet and find out that impacts it. And then using probiotics.

And then the final stage is the elimination phase. So, a lot of people are suffering from either diarrhea, constipation,

which is oftentimes it's a narrowing.

You get a buildup of plaque and then you have a narrowing of the colon. Lack of hydration is a big issue. So many people today drink things that aren't water.

They're actually in a state of chronic dehydration. You can measure that with, like an electrical interstitial water scan. It'll show all the organs of the body and how they're hydrated.

And hydration is a big factor that a lot of people don't think of when they're looking at their health program. Everything works better when you're hydrated or, sure, everything doesn't work that well when you're dehydrated.

And so, all athletes put a focus on hydration because they understand they're measuring their performance. And a lot of people don't realize it when it comes out.

So those are the five stages that deal with it. And the three elements that can enhance your digestion are enzymes, hydrochloric acid and probiotics. But the question is what enzymes, what hydrochloric acid and what probiotics are right for me to get the maximum benefits.

So that was like I feel like we just went through four years of university and you condensed it into exactly what we actually needed to know, and if any were just to replay that and listen, this is the information you've been waiting for that question about I yeah.

Got a problem. That's the root cause of disease that's making me feel horrible. Where do I intervene? Where do I start? So where do you actually start when it comes to you mentioned here's three solutions.

How do you sort of hack this and know a major, major process. You just laid out five steps. There's a lot going on there. People should relisten to this and you know learn it.

Where do you start? Where do you intervene? If tomorrow was like day one? Well, funny you should say that because Matt and I, my business partner, we're at polar opposites of the spectrum on our DNA test, right?

For example, he responds very well to a ketogenic style. That. Right. And I respond very well to a plant based diet, which is okay. So one of the things is, is if you could determine what diet is best for you, that's a great start, because that's going to eliminate a lot of the problems off the first place.

So for example, it's interesting enough and I'm going to make a leap here, but I think it's worth well in my family history there it like relative in my relatives on one side of the family there's a high incidence of gallbladder issues which is related to lipid digestion, a gallbladder release and, lipid lipids based enzymes which break down fats.

Well, funny enough, when I would try a ketogenic diet because, man, say, hey, try this ketogenic diet, it's really good. I'd hit a certain level of fat in the diet and I would just get the runs.

I wouldn't feel good, lousy. Conversely, he would go on my high carbohydrate, plant based diet. He'd feel terrible. And so what ended up happening is but we both as athletes, because he was an athlete now as an athlete, we both found that we did well on increasing our proteolytic enzymes because we, we would consume, consume amount of protein.

We want to digest and absorb and utilize it because undigested protein is actually the biggest issue when it comes to Com complexities. So there is a so we had one common element that was protease that breaks down protein lipase breaks down fats and amylase breaks down carbohydrates.

And then cellulose breaks down plant matter. And then there's various variants and and families of those and different classifications based on pH. And we'll get into all the nitty gritty.

But at the very least, if you look at your diet, you say, okay, if I'm a ketogenic guy, I probably want an enzyme

formulation that's high in protein and high in lipids.

If I'm a plant based person, I'd probably want something that's high in amylase, a little bit of protease. But I want also a lot of cellular aids in that particular diet.

And if I'm just kind of ordinary and kind of not really thinking about it too much and all inclusive has, protease amylase, a little bit of cellulose is a little bit of lipids is.

And so we actually created three different styles of enzymes for the different types of diets that people would have is. So enzymes would be first. So we have one mass times is the one for the masses.

Pretty much everybody does well on that. We've been selling that product for 18 years. And it's the premium, digestive enzyme blend of 17 different enzymes also cover anything.

If you're a plant based guy, you would be on, like veg zones. And if you are a ketogenic person, you would do well on on K-Pax, which is proteolytic and in anyway, second phase is a simple test that people can do.

Do I have enough hydrochloric acid or not? Very, very, very simple test. You can do this at home. Take a, quarter teaspoon or quarter to a half teaspoon of baking soda, put it in four ounces of water, mix it up and drink it.

If you burp, do. It's on an empty stomach. If you burp within five minutes, you're good. You got enough hydrochloric acid. If you don't burp, chances are you're not producing enough hydrochloric acid.

And you would do well if you added an HDL tablet with your meals are right immediately after. Right. And we created a breakthrough. Hydrochloric acid that has a little bit of enzymes, hydrochloric acid and some minerals.

That helps the buffering process as you come out. And then the last stage that when it comes to probiotics, there's a couple of different ways to look at, probiotics.

And by the way, we have a research facility in Croatia. We have 13 PhD and master students mats over there right now filming with their lab showing some breakthrough stuff.

I can't, I can't make any claims about it, but I can tell you that our team has made some breakthroughs that I can't wait for them to share with the world is very exciting because we're testing, all kinds of things in the lab to see what these probiotics do.

What kind of foods, a what kind of vitamins they respond to, what kind of all these different tests that we're doing on that. And ideally, we're going to be able to publish some papers and demonstrate how to select the right probiotics for you and what makes the probiotics do better in your body. And that'll be coming out soon.

Some of it's built into our tech all right now, and some of it will come out later. But what we can say, is that different types of probiotics are going to work better with different types of diets, and they're going to create responses in the body that are going to be supportive of you.

And so, you know, unfortunately, would be all the things that we started doing first was just literally testing products independently and recording how they feel.

It's a very slow way to go about this process. But as a consumer, you can try different brands, but we categorize, probiotics into a few different stages.

Those who seem to have, a positive effect on immune system response or breaking down undigested proteins or going after, proteolytic organisms or disruptive proteolytic organisms.

So things like that respond well to things like, we we took a strain called, l plantarum, put it through a specialized enhancement process. They came out the other side with these unique abilities that they won't let us publish on, or

say on PowerPoint or on.

Yeah, on these type of things on YouTube. But you can go to our website and see the patent details. There are probiotics that are involved in the production of neurochemicals, and there are probiotics that are involved in kind of like the protection of our intestinal walls.

And so we develop probiotic offerings in each one of those categories so that we could, based on a person if they, you know, maybe they had a lot of gas and bloating, maybe they got sick all the time, or maybe they find that they're, you know, they have low mood or these type of dysregulated conditions.

And we would suggest different probiotics for different reasons to people. And you can experiment with some of the best brands out there and find the probiotics that are right for you.

I do believe the future will connect the the DNA you have, the diet you have in which probiotic strains are going to be superior for you based on your diet because you're the thing about your probiotic levels or your bacteria of culture levels, is they're changing literally all the time.

That that ratio is in constant flux. It's extremely dynamic environment because probiotics don't live forever. They replicate very fast relative to human lives, and they respond very quickly to changing conditions.

For example, if you have a stressful situation, you can blow out a great bunch of your bacteria. If you take a bunch of antibiotics because you just went through surgery, you can wipe out a lot of your bacteria concerns, right?

If, you have a massive change in your diet, you go to another country, you don't have no access to your regular foods. Often people will get sick or have disruptive digestive conditions, not because the food was bad or whatever.

It's like all of a sudden they've got to switch their entire microbiome around in order to adjust to the new conditions and the new food, because some of these bacteria will go into a kind of a starvation phase, and some will go into a replication phase because they have the bacteria, or they have the food present that makes them grow, divide and utilize because they work symbiotically.

We didn't have these bacteria. We'd be dead. Now, of course, when it comes to pathogenic bacteria, we've used in the last 80 years antibiotics with massive success to wipe out bad bacteria.

Unfortunately, we now have, resistant strains of bacteria out there, and and a lot of medical community, have put up the alarm saying that we're entering into the post antibiotic age in the next 10 to 20 years.

And so we need to cultivate super probiotics and alternative ways in order to break down, bacteria cultures that are like the, quote unquote, bad bacteria or bacteria that disruptive to our health or to our well-being.

And, you know, we're all working on that, diligently for the future. So, you know, I remember, being at an event and seeing the K-Pax product there. And I saw it was, you know, keto keto diet, supportive probiotic product, and actually an enzyme product.

Sorry. So I picked it up thinking, you know, just it was there, I picked it up. And at that time, I didn't know you guys so well. And then I had a friend here back in Toronto, I am who's on the keto diet who took it.

And they said that nothing has ever worked for them. The way this product worked, you know, and I didn't think anything of it. When I gave it to them, it said the word keto on it.

So I thought, let me just make him happy. I got him a gift right? Yeah. But they said that like nothing works and then they want to know what I was. Well, and that's when we started looking into what you guys are doing, because that personalization is the future that personalization is the ultimate luxury. Like this is what I need.

And the really cool thing about what you're saying, if people really listen to the nuances, is that the purpose is

you're talking about digestion, you're talking about the gut.

But the ancillary benefits that people receive when they do, when they do this, you're talking about healing the gut lining. You're talking about healing neurochemicals and mood, you know, and healing that gut lining.

We're talking about things that could possibly cross the blood brain barrier. They escape your gut lining, you know, toxicity that is causing inflammation from head to toe.

So what seems very sort of day to day basic recreational is the truly like disease prevention. And also it can work in concert. So, I'm having, a relatively famous, plastic surgeon is coming over to the house, this week because he's using our mass science product to accelerate healing in the body, because mass times contains a tremendous amount of proteolytic enzymes.

Digestive Symptoms and Practical Fixes

Research has shown how proteolytic energy enzymes, in martial arts, fighters would allow contusions and bruises and cuts and scars and things that were the damage that they take in those fights go from repairs of sometimes it would be two weeks that we'd have a black eye or some scar tissue to be, you know, healed up in a few days.

And so this surgeon started using it in his facility as our other surgeons and said it was night and day, how quickly his patients were recovering when they would take, you know, handfuls of these is proteolytic enzymes on an empty stomach because they would be converted and the body would break this down.

And so I think there's a lot of anecdotal evidence and some research and medical doctors who have used higher dosages of these type of enzymes for accelerating recovery and healing.

And I used it in my career as a, as a bodybuilder. I use, lots of these, like, enzymes to enhance my recovery from training. The damage I would do from working out.

And so that's a little another little hacks on the performance side for people if they want to know. Oh, that's really cool. And I founded myself because I've been using some of your products and there's days where, you know, I can push a little harder.

And I never put these things together until we literally just spoke out, you know, really, that recovery is accelerated because the inflammation is being fought.

And, you know, there's this exponential benefit to things. And that's really cool about what you're doing. If you truly go to the root, that central hub, all these little spokes poking out of it kind of go away.

So bringing about the back to basics, you know, when you think about gut digestion, like why people are excited to hear from you, you the basics are like, when I eat, I get bloated, when I eat, I'm full.

When I eat, I feel drained and I have no energy. So what do you say about those things? The very basics like how do you even deal with starting from there?

Yeah. So as I would, I would classify things into a few categories if you have that. I felt like I ate a brick feeling. Yeah. You know, you eat a bunch of food.

It feels like it just sitting in your stomach. Yeah. It's it's a good it's actually a good feedback. Typically you don't have enough enzymes to break down that type of food.

So whether you know certain types of food are causing the problem. So for example maybe you're sensitive to gluten and you need, you know, you you you can eat everything else.

But you go out, you know, to your favorite Italian place, you have a big pasta dinner and you're sitting there like, oh

man. Or you get constipated for a couple of days.

Chances are you're sensitive to gluten, so you might want to use a gluten enzyme like, you know, gluten guardian prior to eating. And that'll break. That's a di peptide L peptidase four, which is an enzyme that actually breaks down gluten.

It's very popular for people who are sensitive to that. The other thing is, is maybe you're sensitive to steak or maybe like whatever, you have that brick in the stomach feeling, it's usually an enzyme issue, right?

So you want a good digestive enzyme just before you eat, you know, two, three, four caps beforehand. Boom. You're not going to have a digestive problem.

It's people that have that. It's just like, wow, I had no idea. Yeah. If you have heartburn, acid reflux stuff, almost always it's a hydrochloric acid issue or it's balance with your, H pylori.

Sometimes it's a combination because if you've been low in HDL for a while, H pylori can increase. So get something to take out the H. Blurry, add a, HDL capsule, with your meals, you're good to go.

And then the third stage, if you're getting that, constipation or gas, I like a lot of ladies will say I get gas or I get bloated, I get distended stomach.

Well, what's happening is you have undigested food which is fermenting in your intestinal tract. And most of us have been subjugated to, you know, antibiotics at some point and might not have repopulated or bacteria or we've gone through, a stressful period which disrupted or bacteria or or we're not eating a diet that is concordant with the, with our natural DNA and our natural bacteria that is present with us.

Right. And so we want to, number one, go through, food restriction. In other words, start figuring out which foods caused the biggest problem, but more importantly, adding in, particularly, proteolytic bacteria of our probiotics.

And there's not many of those products because usually if you're getting that bloated fermented stage, it's bad bacteria, the ones that aren't healthy for they're eating protein and producing a bunch of these nasty gases and toxins that's causing bloating.

Okay. And so you want to go after that with something like P3, which is, you know, really good at attacking that if you're pre, you know, nowadays they talk about it was Harvard came out with the paper about the intestinal lining like leaky gut.

And that was kind of Pooh poohed by the medical industry for 20 years. Well, now they've actually proven that virtually everybody has a certain amount of leaky gut.

So in that I would, I would put, an y max combination with strains of bacteria that will help repair that tissue. And, you can get that, you can get those things.

We have a product like that as well called biome Breakthrough that helps rebuild the lining. So cool. And, you know, I should let everyone know that, you were kind enough to actually and extend, the discount for everybody.

What? You didn't have to do. But it was very kind of you, I personally. So, as you know, we make supplements, right? And there was a couple products that we were making centered around the gut and digestion.

And we we started using cellular stuff. We just threw them in the garbage because we realized it's not the science behind what you guys do. We didn't realize that there was anyone that had done that much work and in-depth research around it.

And when I spoke to Matt and he told me about the work you guys are doing in Europe and the research, and I was just blown away because I hadn't seen anything like this.

So we literally just stopped making our stuff and we personally use yours now. But, I should let everyone know if you go to bio optimizers.com, and use the code biohacking or DNA 20.

So biohacking your DNA 20, you'll get 20% off. And again thank you for the team for that. So having said my other item, I want to add to that too. Yeah, sure.

We're very education centric, but we're also we de-risk everything. So if a person tries any of our products and it doesn't produce the result that they were hoping for, you just call us up, email us.

Texas, we give you your money back will refund your initial purchase price to say, hey, you know what? Thanks for the test. Go on to the next one because it's not a perfect science yet, but we can sell staples and we have an extremely low refund rate.

Yeah, and I think the reason why because I've heard in the industry, like in terms of attrition or people sticking to a product, you guys take your your customers are like very sticky and loyal fans because there's an outcome.

It's outcome based, right? It's not about here's a sticker that says something that's related to some pain point. You feel right. Here's the thing that says what you're looking for.

You actually are personalizing. No. Here's why you feel that way. Right? And here's exactly what you need to do with the why, which is awesome and why I, you know, I went over and used this stuff.

So having said that, if somebody wanted to get started. What's that? You know, a lot of the stuff you've spoken up today, I'm sure people didn't even know existed as products.

So what's that stack? What's that thing like? Here's your kit. Here's your perfect. The ultimate digestive stack I would start with is is mass times HDL throw.

There's special discounts you can save to 38% with that 20% coupon if you throw that in. And we'll throw in some extra bonuses on it, we'll send you a little book that will explain how to use it, how to optimize it.

And you can go through generally you take all three. The easy way to do it is you just take all three products all at once, just before you eat. And most people within 30 days are like, I can't believe how different.

Number one, I will say, we will turn your number twos into number ones.

Daily Gut Health Habits and Closing Thoughts

Another, your your bathroom experience for people who are bound up or have trouble in that era is dramatically improved upon. It's that's one of the biggest reports, that people come back is like, wow.

They're like, oh, I feel good. And when you get the crap out of your body, you feel great. Everybody knows what it's like on the ride up on Saturday night at the sports bar, loading up at the sports bar.

And everybody knows what it feels like Sunday and Monday morning, right? No kidding. So you want to get it? You want to get to your prime level as fast as possible.

Digestive health is the best way to get there. Yeah, and people don't realize that when you think of digestion, people think of these as siloed things.

This is me breaking down my food and turning it into fuel. But as you said, the fifth step is elimination, which is the key to your detox. There's no point in taking detox supplements, glutathione, all this stuff that there's no exit, right?

And for people that are not digesting properly, that are, like you said, constipated for two days, where does it all going? Well, I mean, anybody that's had a plug toilet.

Yeah. Figure out oh you don't want that going on very long. Well people have been plugged up in their bodies for 2030 years. Yeah. It's horrible. And they don't realize they're never told again.

It's nobody's fault. This knowledge is ancient wisdom that has disappeared and is now coming back, which is that if it's not coming out, what's the detox?

What? There is no detox. So that's and this is what I keep seeing is when you take stuff to fix the gut, the supplemental benefits that you weren't even intending, you know, our exponential.

And I feel it myself personally. So for for somebody who's like, listen to all this and mind is blown. I can't wait to get started. They don't have access to or they haven't ordered.

What's what's one thing they could do tomorrow outside of supplements or anything. What should they do tomorrow just to take care of their gut and be on that road?

At least start that journey? I would say take a DNA, ensure that they're eating the food that's right for their body. Number two, I would say, is starting your day with a liter of water first thing in the morning before they eat one liter.

Yeah. If they can get the body hydrated. First, everything is going to work better, right? And, if you're, if you're if you're dehydrated, it's very, very difficult for everything to work properly and you're going to amplify everything.

So I think those are two easy things that people can do in their in their in their health. Pick the pick the food that's right for them. And make sure that they hydrate, hydrate, hydrate.

That is awesome. One liter. The I mean I drink water when I get up. Yeah, right. There's a famous story of the CEO of peloton where he goes to the washroom and he drinks right on the sink and his hand, he said, why bother during a cup?

I gotta brush my teeth anyway, get my hands dirty. But you know, the practice of starting with water to hydrate is important. But one liter? I didn't realize that much.

Yeah, well, if you wake up, if you like. A fun example is if you go and weigh yourself before you go to bed and then weigh yourself when you wake up in the morning.

And most people will find that they're anywhere between 1 and 3 pounds lighter. Yeah, yeah. Makes sense. And that's just because you dehydrate it over the period of the night, and you were probably dehydrated when you went to bed.

Yeah. And so now you're in a state of super dehydration. Your brain fog, your blood is thicker. Okay. You're you're any, food in your digestive system is been dehydrated and hardening inside your system.

Your cells are all kind of deflated, like, you know, like, you know, when you leave something that's starting to dry in the sun, that's what's happening to your cells. Yeah.

Plump up the cells. Number one, it makes it easier to eat the foods that are better for you. And number two, the foods that you eat afterwards are going to feel a lot better.

And you didn't take any supplements. And then if you had, of course, our our ultimate digestive health, package there, you're going to be rocking and rolling.

That's awesome. And I feel like we could talk for an hour on all this stuff. It's amazing. But I wanted to thank you for joining us because, you've taken stuff that has been so gray area and complex and so sort of fragmented.

You hear so many different stories from different people depending on what part of the story they're working on. Right. And you know, whether whatever your solution is, you're still here's the what the body actually needs, which

is it just made it so eloquently easy to understand.

I thank you for that. My much appreciation. And of course, I really appreciated, your company and what you're doing because, I mean, when we were kids, what you were doing was like a dream.

Yeah, that was that was the purported idea that we could do. And, you know, if we look at where we'll be in 20 years. Yeah, it's work that you're doing that is probably going to lead to more, I would say quality time in Individu and families enjoying their life because they they got ahead of disease and ahead of dysfunction beforehand because they were eating the right things.

They were taking the right supplements, and they were following the right lifestyle adjustments based on them, not on someone like me or someone like any other advocate telling them what to do.

They actually got what their body says, what they need. Yeah, and every so and every choice. I believe that there will be a point where it doesn't matter where you are, your genome sequence, your scanning, whatever you're doing, and it's either right or wrong, you know.

Yep. It's the world is going to get that personalized that the technology is evolving every day. But then we need partners like you to go make this stuff right.

You got it. So it's a great it's a great, partnership. So thank you so much for having me on. It's really great. Wish you all the best in the, the event.

I, I'm excited about all of the speakers. It's really cool. And, thank you for all the great work you're doing. And we'll see you at the next, physical conference, if you don't mind.

Next. Yeah, yeah. No. Else. All right, man. Thank you. Take care.