Unlock Radiant Skin & Gut Health with This Game-Changing Superfood – My Ultimate Beauty Secret! Transcript

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Why Colostrum Beats Collagen and Probiotics

I get asked a lot about what are some of my favorite products for gut health, immune health and skin and beauty. And to everyone's surprise, my answer is not usually collagen or probiotics, it's colostrum.

Colostrum seems to be the thing that people are forgetting all about, and they go to these higher level molecules. I'm like, can we start at the beginning?

And then the next question is, okay, then what colostrom? Which one? What's your favorite? So I ordered a bunch of colosterons, I've been testing them out for a while.

And I have a lot of them sitting around in my house. i've come to the point now where the arm rot I give to my dog. It's good. I gave it to my dog. I love my dogs.

Not going to waste the money. I actually prefer Adapt Naturals bioavailable colostrum. It is superior to Armra and any other brand I've seen on the market.

And here's why.

What Makes Adapt Naturals Colostrum Stand Out

You do have grass-fed bovine colosterone, two and a half grams cold pressed colastrum from grass fed cows, never given any antibiotics, hormones or GMOs.

This is the mother's, you know, mother nature's perfect first food. What comes out of the breast milk and many of us didn't even get it. I know I didn't, I was in NICU for two weeks.

I never had this experience from my own mother, okay? And a lot of us were missing that as the first source of nourishment, it's packed with essential nutrients, antibodies, growth factors, bioactive compounds.

It is establishing the gut microbiome. If your baby did not get this or you did get coming immediately what was released from that mother that liquid gold, not the milk part yet, Chances are you've been running behind the ball the whole time, right?

In addition, lactoferrin is inside colostrum. They've added lactofarin here in the form of a trademarked biofarin. So you get 100 milligrams of lactopherin, and I use lactopharyn with patients all the time.

And the fact that I can have it combined right in here was just helping. I was ecstatic, right? So it helps. It's a protein that we typically find in milk, tears, and saliva.

And it help with antimicrobial activity and keeping the system, knowing what's going on, helping the effectiveness of the immune system. Kind of an overall coordinator.

also helps with iron metabolism. I think we have a lot of iron issues because people don't have enough lactoferrin. So I love that that's in here. Then they also add a beta-glucan.

Lactoferrin and Beta-Glucans for Immune Support

And I talk about beta glucans when I talked about functional mushrooms because that the special property is

special polysaccharide inside certain foods like functional, mushrooms that help boost immune response.

It's through the beta glue cans. They help fine tune or restore balance. We have this incredible high dose by available bovine colostrum, but putting the lactoferrin and the beta-glucan inside of here, you're helping the system really modulate the immune system and have the colosrum do what it's supposed to do.

I am so impressed. He did a brilliant job with this. i can't find any other colosterum better on the market. Let me do something else. Why colostrum? I think if you're looking for radiant skin, hair, and nails in a youthful glow, you should have colastrum in part of your daily ritual.

I don't mind collagen. And I take collagen as well. But if ever make me pick between collagen and colosterone, I'm going to choose colesterone every time.

Because I am getting many more things from the colasterone than I do the collagen, Colostrum's helping seal your mucosal barriers of your intestinal lining.

Gut Healing, Skin Benefits, and Final Recommendation

So if you're dealing with things like leaky gut, colostum should be a part of you therapeutic healing plan. It's gonna help heal the barrier, keep pathogens out, allergens, toxins, and other invaders from getting from your GI tract into your blood.

And it also helps reestablish your gut flora by helping bring immune factors, beta-glucans and prebiotics to help feed the bacteria that we have in there.

I'm not a fan of just throwing probiotics into the system because that causes dysregulation and a very unnatural supply. So I want to do what we can to support what's already there, right?

You'll also find by doing this, by healing your gut, helping with absorption and boosting your immune system, you'll find your energy starts to naturally increase.

Don't think of this as an energy booster because it is not. It is causing you to heal and have free energy to use because you no longer have to waste it patching up everything in your gut.

Hands down, my favorite is Adapt Naturals with two and a half grams of grass-fed bovine colostrum free of any hormones, chemicals, GMOs ever getting into their systems with a hundred milligrams of lactoferrin and beta-glucans.

It's a gorgeous, gorgeous combination. I don't want to be without it.