

NEW! MetabolicBiome Plus

“The goal is to restore healthy blood sugar regulation, immunity and the integrity of the microbiome”

Metabolic Biome Fuel Kit, that's the name of a new product to ramp up the metabolism and provide fuel for the microbiome naturally, without stimulants or probiotics. The focus of the program is to address the underlying causes of chronic illness. And as you know, dysbiosis is a major cause of almost every chronic disease.

Stop and think about it, 60-70% of the immune system is in the gut and dysbiotic bacteria, viruses and amoeba, release byproducts that can weaken our mitochondria, create leaky gut, impair digestion, turn off cancer fighting mechanisms, turn on inflammation and dysregulate our immune system to promote autoimmunity.

So the first step in restoring true health has to help restructure the microbiome. The Metabolic Biome Fuel kit goes beyond supplementing with probiotics. It represents a quantum leap in



restructuring the microbiome. You can see a longer discussion between Dr. Kara Fitzgerald and Dr. Vasquez as he explains the need to repair and rebuild the microbiome and the thinking behind the development of the kit.

Dr. Vasquez explains that he used to look at stool analysis and look for pathogens and then use botanical agents or script items to get rid of them. Based on his personal health challenges for 20 years, he describes a whole new level of treatment where we support and initiate microbial diversity and

growth by using a unique combination of fibers, seeds, phytochemicals, proteins and enzymes. As a result, dysbiotic organisms are crowded out or suffocated.

Here's an over simplistic analogy; if you have weeds on your lawn, you can go out and pick them one at a time or spray them with chemicals. You will spend years pulling weeds and spot spraying. But if you provide the materials that the soil bacteria need to make minerals bio-available your grass grows deeper roots and achieves a deeper level

of health. The grass gets so thick the weeds can't grow.

As the name implies, the "Metabolic Biome Fuel Kit" is a kit or maybe a better word is a system; complete with dietary instructions and can be used independently or as the next step after the Nutriclear Plus program.

The Metabolic Biome Fuel Kit accomplishes at least four goals:

- Addresses the microbiome by feeding the good microbes mimicking the effects of a plant based diet with fibers from seeds, berries, fenugreek, bamboo, beets and sprouted cruciferous vegetables. Each serving provides 9 grams of fiber.
- Supports gut immunity with a combination of fibers and proteins to heal the gut. Each serving provides 20 grams of protein.
- Increases AMPK production which is like a jump start to your mitochondrial fires to provide energy to repair.
- Provides enzymes to support digestion and EFA's to reduce systemic inflammation.

The goal is to restore healthy blood sugar regulation, immunity and the integrity of the microbiome; weight loss is a byproduct when one's metabolism is restored. Focusing on health goes far beyond yo-yo diets. People lose weight temporarily and then gain it back. It's the microbiome dysbiosis that is the string that pulls people back into gaining weight. You can see links to the right that explain the individual ingredients in more detail.

The Metabolic Biome Fuel kit contains 14 powder pouches and 14 supplement packets. The powder pouches contain a fiber-protein blend and supplement packs that contain

products to increase AMPK and reduce inflammation. Each of them can be taken once or twice a day. You can see a literature sheet to identify specific ingredients.

Since we are talking about increasing microbiome diversity we know that as these bugs start to multiply they can release gas, so initially starting with one serving a day may be a good idea. One of the exciting things about this product is there are 5 different choices of protein that can be used for variety: isolated whey protein in either chocolate or vanilla, Organic Pea Protein, hydrolyzed collagen protein from beef in both vanilla and chocolate.

I'm sure by now you have noticed that the center post of this program is to reduce inflammation but through an entirely different emphasis. And by reducing systemic inflammation we are reducing brain inflammation, cravings, depression, anxiety, etc.

I like how Dr. Vasquez describes the kit; it's "Not a meal replacement it's a meal enhancement. It's not a product that you have to "live on" every day. The dietary system and the kit provide a unique blend of fiber, protein and phytochemicals, so one serving a day may be enough to create a game changing experience for many people. You don't have to be a rocket scientist to know there is a need for a program to help people lose weight and increase energy. But it's got to be easy to follow and taste good.

It should be a system that you train your staff to manage and it should have accountability built in. This is it; try it yourself then hold free in-office meetings to share with your patients. By the way, offering this service as a group is a great way to multiply your time and talents. Thanks for watching, I look forward to being with you again next Tuesday.