

Motility-Zyme

“Lack of fiber and water, age, and poor digestion play a major role in constipation. But in today's culture, drugs are also a major cause.”

Old-time clinicians used to talk about cleaning up the bowel if you want optimal health and healing, and I used to chuckle. But now, I'm one of those old-timers, and after over 40 years, realize they were right on target. Research is clear that reversing constipation is essential to reduce reabsorption of external toxins, hormones, fermented by-products, and metabolic endotoxins. Most of you know that there has been an explosion of GLP-1 drugs. They definitely work, but they definitely have side effects. Guess what the number one complaint is? You guessed it... constipation. And maybe, just maybe, some of the other side effects could be eliminated if we addressed constipation. You may not be taking them, but you know someone who is. It's a hot trend.

Let's take a minute to define constipation. If one of these symptoms are present, you are technically constipated. Less than 3 bowel movements per week. Stools that are hard, dry, or lumpy. Stools that are difficult or painful to pass and a feeling that NOT



all stool has passed. And yet, studies show 25-50% of people with constipation don't think they are constipated. So, if you ask if your patient if they are constipated, many of them will say NO.

We all recognize that lack of fiber and water, age, and poor digestion play a major role in constipation. But in today's culture, drugs are also a major cause. Anti-depressants, anti-seizure meds, opioids, antacids, anti-hypertensives, and as I mentioned GLP-1 agonists have constipation as a major side effect. And even though experts say 40% of the population are on over-the-counter meds, the OTCs

never fix the problem and often exacerbate the dysfunction. It's a vicious cycle.

Biotics Research has released a new product called Motility-Zyme. Motility-Zyme is a healthy, functional approach to constipation. Motility-Zyme is a formulation specifically designed to encourage gastrointestinal motility by targeting multiple pathways associated with gastrointestinal function, providing a long-term solution versus a temporary or habit forming “fix.” Motility-Zyme is designed to naturally stimulate bile flow, gastric emptying, modulate the gut's serotonin activating system, and support intestinal smooth muscle contraction.

The botanicals ginger and artichoke combined with magnesium citrate and 5-HTP help to safely promote GI motility. Ginger is known to have a plethora of health benefits probably due to its anti-inflammatory and antioxidant properties. For our discussion, it has been shown to regulate GI dysmotility and stimulate gastric emptying. Artichokes are also rich in antioxidants and possess anti-inflammatory properties. They have been shown to alleviate GI discomfort, stimulate bile flow, and are liver protective. Artichoke and ginger extracts used in combination have been shown to promote gastric emptying and to help with symptoms of gastrointestinal discomfort and indigestion in multiple controlled clinical trials. 5-HTP also supports GI motility and is a precursor to serotonin, as 90% is made in the gut. 5-HTP also supports smooth muscle contraction which impacts gut contractions. Magnesium Citrate supports muscle contractions and relaxation in the GI tract. It is also essential for neurotransmitter activity. Magnesium Citrate has been shown to reduce symptoms of constipation and nausea in clinical settings.

Each capsule of Motility-Zyme provides 150 mg of ginger, 150 mg of artichoke, 50 mg of magnesium as citrate, and 50 mg of 5-HTP. Suggested dose is one with each meal.

One more note on the side effects of GLP-1 drugs. I saw a study that really got my attention.

It showed a 40% reduction in lean muscle mass with some of the GLP-1 drugs. Lean muscle mass is the number one anti-aging variable in multiple studies. In other words, more muscle means longer life. It makes sense when you think calories, particularly protein and fiber sources are dramatically reduced. Less fiber means reduced food and housing for healthy intestinal bacteria.

Motility-Zyme is not primarily designed to support bacterial health. It's really a product for smooth muscle support and to naturally reduce inflammation. In that light, consider adding Metabolic Biome Fuel as a part of any GLP-1 protocol. Metabolic Biome Fuel is specifically designed to feed the microbiome. Each 210-calorie serving provides 20 grams of protein as well as 9 grams of fiber, the fuel for the biome of the large intestine. Unlike many powdered products on the market, Metabolic Biome Fuel is really concentrated healthy food. Many people are not aware of the ramifications of letting toxins ferment in the bowel, where they can be reabsorbed back into the body, but these are the kinds of questions and conversations to have with your patients that inspire optimal health.

Thanks for taking time to be with me today. I look forward to being with you again next Tuesday.