



Don't Miss This NEW Podcast Series

THIS WEEK'S TOPIC

"Wellness Unfiltered Pro, A Podcast for Practitioners is candid conversations about key health topics and clinical applications of Biotics Research products."

I am really excited to share information about a new feature on the Biotic Research website. If you look at the top of their website, you'll see a dropdown menu labeled "Podcast." As you click, you'll see a window called "Wellness Unfiltered Pro, A Podcast for Practitioners." It's candid conversations about key health topics and clinical applications of Biotics Research products. Since I have used Biotics products with my patients for over 40 years, I had the opportunity to join some of the conversations.

On the second Tuesday of each month, a new topic will be released. The first segment was on thyroid health. The second was on cardiovascular. The feedback the team members have received has been quite humbling. The next three podcasts focus on gut issues, particularly removing the pathogens that create leaky gut. We know lipopolysaccharides, fungus, parasites, and dysbiotic bacteria create an environment that primes an unhealthy gut.



So, GI health in March reviews 8 antimicrobial food products in the Biotics' line. April's focus is healing and gut repair. And again 8 products are discussed that provide energy as well as the raw materials needed for repair. This includes a discussion on Metabolic Biome Fuel, which is a daily high performance macro-nutrient dense super food shake designed to create the proper environment for the microbiota to flourish.

I may be getting ahead of the schedule, but I want our viewers to get ready for May because once the bowel is restored, it is important to prevent a future dysbiotic

environment, and the main way to prevent future gut issues is to optimize digestion. Unless we fix digestion, it won't be long until the dysbiotic organisms return. Why??? Optimizing digestion creates an optimal pH which allows enzymes to perform at peak performance. As a quick reminder, if the pH of the chyme leaving the stomach doesn't have the correct concentration of hydrogen ions, what we call pH, the pancreas won't secrete buffering enzymes or pancreatic enzymes. If we have the wrong pH, cholecystokinin is not activated, which means bile is not secreted, meaning poor fat digestion. A lot of us

Not getting the weekly Tuesday Minute video? Free sign-up at www.TuesdayMinute.net

forget bile has strong antimicrobial properties as well as instigates flushing the colon.

And again, in the May podcast, 8 different products are discussed and how to use them clinically. Biotics' new podcast is a great way to learn the Biotics line, little bites of history,

physiology, and clinical applications. My thanks to Biotics for underwriting a great learning experience. Check them out. I think you'll enjoy them.

Thanks for watching. I look forward to being with you again next Tuesday.