



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Metabolic Biome Plus

**“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.”**

I love it when a new product comes out, and after looking it over, I think, “This is going to help so many people. Not only is it going to strengthen their immune system, it’s going to help with weight loss too.” It’s called the Metabolic Biome Fuel Kit. It’s designed 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. Did you know dysbiosis is a major cause of almost every chronic disease? Stop and think about it. 60-70% of your immune system is in the gut, and dysbiotic bacteria, viruses, and amoeba release byproducts that can weaken your mitochondria, create leaky gut, impair digestion, turn off

cancer fighting mechanisms, turn on inflammation, and deregulate our immune system to promote auto immunity.

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. One of the creators of fuel kit, Dr. Alex 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. 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, this “Metabolic Biome Fuel Kit” is a kit, or maybe a better word is a system, complete with dietary instructions and can be used

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independently or as the next step after the Nutriclear Plus program. The Metabolic Biome Fuel Kit accomplishes at least four goals:

1. 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.
2. Supports gut immunity with a combination of fibers and proteins to heal the gut. Each serving provides 20 grams of protein.
3. Increases energy production, which is like a jump start to your mitochondrial fires to provide energy to repair.
4. Provides enzymes to support digestion and EFAs 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. 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 energy

and reduce inflammation. Packets and Powder Pouches can be taken once or twice a day.

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.

One of the benefits of the Metabolic Biome Fuel Kit is that it helps 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. There is a need for a program like this to help people lose weight and increase energy. And this program is easy to follow and taste good. I'm excited for you to try it. Ask your Wellness professional about the Metabolic Biome Fuel Kit and if it's the next step for you.