



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Metabolic-Biome Fuel

“MetabolicBiome Fuel is a nutrient-dense ‘superfood’ formula that contains concentrated phytonutrient and antioxidant fiber sources.”

One of the questions I hear the most is, “How can I increase my metabolism?” The internet paints a very skewed picture of metabolism as they promote miracle potions and exercise as the answer. People are not lazy because they are tired or overweight. What regulates our metabolism is so much more than hype and guilt. Yes, our metabolism is affected by what we eat and how we move, but it is also affected by sleep, our age, gender, genetics, our level of inflammation and oxidative stress, sex hormones and how they sit in receptor sites. And there is no doubt our environment, stress levels, and the toxins we unknowingly consume affect it.

But one area that we rarely associate with metabolism is

our microbiome, the inner world of bacteria, fungi, and viruses that live in our gut. We may have heard of the Gut - Brain Axis, because many of our neurotransmitters are made in the gut. 90% of serotonin and over 50% of dopamine are made in the gut. But most of us are not aware that research shows a strong connection between the:

- Gut - Liver Axis,
- Gut - Lung Axis,
- Gut - Thyroid Axis,
- Gut - Heart Axis,
- Gut - Joint Axis,
- Gut - Testis Axis,
- Gut - Kidney Axis,
- Gut - Immune Axis,
- Gut - Retina Axis,
- Gut - Bone Axis,
- and the Gut - Organ Axis.

But here's the problem. We can know about the power of the gut, but what are the therapeutic options that support gut health, and are those options simple enough to follow in a stress filled world? The reality is we don't always make food choices that support the microbiome. We want to, but research has shown a recycling of a healthy gut to a gut plagued with challenges and vice versa. For example, we've discussed in earlier conversations that 50% of people successfully treated for SIBO relapse 12 months later.

After several years of clinical feedback, Biotics Research has combined a product that feeds the microbiome beyond probiotics and supports metabolism on multiple fronts. It's

This is a transcript from a “video magazine” we send out each week called the Wellness Minute. If you're not getting our Wellness Minute videos each week, sign up at the front desk.

called MetabolicBiome Fuel. MetabolicBiome Fuel supports overall metabolism by providing 20 grams of protein from either predigested, hydrolyzed collagen or organic pea, 9 grams of diverse sources of fiber, 9 grams of healthy fats from coconuts and avocados, chlorophyll rich NitroGreens, a blend of sprouts and antioxidant fruits and vegetables that supports a keto-friendly, sugar-free food plan.

One of my most profound understandings of health occurred when I understood, “we are not what we eat but we are what our trillions of microbes eat and the metabolites that they release.” Let me give you an example. Dietary fiber is not digested by human digestive enzymes. It is acted upon by gut bacteria or microbes, and metabolites, like short chain fatty acids, are produced. Short chain fatty acids may be used as fuel for the cells in the bowel, absorbed into circulation, or as food for other microbes. Short chain fatty acids have shown anti-inflammatory effects, support for appetite control, as well as healthy blood sugar and lipid metabolism. Some studies even show support for blood pressure regulation. Secondary metabolites like short chain fatty acids are called postbiotics. When you think about it, it may be that postbiotics may be more important than probiotics. The sources of fiber in Metabolic-Biome Fuel come from plants that have research supported positive metabolic support, not just acting as a stool volumizer. They include non-genetically modified sugar beet fiber, inulin, apple fiber, fenugreek fiber, bamboo fiber, organic flax seed, apple pectin, and chia seed.

Fiber is important as fuel for the microbiome. However, polyphenols enhance their effectiveness. Polyphenols are plant metabolites or byproducts that exert prebiotic activity. When metabolized by the microbiota, polyphenols produce sugars called glycans which feed healthy gut bacteria. And when fed properly, they produce a variety of positive benefits like

vitamin K and B vitamins, and factors that have a natural weight lowering effect. The sources of polyphenols include acai berry extract, blueberry, natural cocoa, organic broccoli sprouts, organic kale sprouts, carrot, and organic cauliflower sprouts.

Individually, each of them has shown life-enhancing phytochemical properties. When provided together, we can expect greater benefit. MetabolicBiome Fuel is a nutrient-dense “superfood” formula that contains concentrated phytonutrient and antioxidant fiber sources. MetabolicBiome Fuel supplies 9 grams of healthy fats in addition to 9 grams of fiber, which provide an added sense of satiety for a mere 210 calories. The additional 20 grams of protein supports appetite control as well.

But even though we can call it “comprehensive microbiome fortification” to support our overall metabolism, we can also call it breakfast. It's fast, easy, and tastes great. MetabolicBiome Fuel is designed to optimize microbiome benefits. This means supporting bowel motility, healthy inflammatory pathways, modulating glucose homeostasis, neurotransmitter production, immune system regulation, and detoxification.

And remember, a healthy microbiome produces key micronutrients as well as a host of antioxidants. Also, the microbiota create healthy fatty acids like conjugated linolenic acid (CLA) and the short chain fatty acids, acetate, propionate, and butyrate. Can you see the amazing chain reaction as food is supplied to the microbiota and then is converted into other metabolites that support metabolism on multiple levels?

If you've been asking the question, “How can I increase my metabolism,” ask your wellness clinician about MetabolicBiome Fuel from Biotics Research.