



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Surprising New Research

On Long COVID
& Side Effects
From The
Vaccine



COVID Vaccines

“mRNA COVID-19 vaccine administration was directly linked to reduced gut biodiversity.”

Dr. Sabine Hazan, the CEO of ProgenaBiome, a microbiome genomic research laboratory has uncovered some interesting findings on patients recovering from Long COVID as well as side effects from the COVID vaccine. Her research team has been following 200 vaccine-injured patients. She has some patients who have drastic losses of Bifidobacteria as well as other bacterial species. Dr. Hazan said, “We have markers that we’re developing to identify those patients that are vaccine-injured, and we’re trying to find a signature microbiome in vaccine injuries.”

She goes on to say that, “there have also been rare cases where Bifidobacteria increased.” And it’s not just Bifidobacteria that are affected. Confirming

her work, researchers from Hong Kong found that mRNA COVID-19 vaccine administration was directly linked to reduced gut biodiversity, resulting in a loss of at least 10 different microbes. While some vaccinated people saw an increase in certain bacteria, vaccination reduced overall microbiome diversity.

And whenever the balance of bacteria in your gut is upset, there is a greater chance of dysbiotic organisms dominating the terrain. If the bad bugs gain the upper hand, disease sets in. So, by killing or reducing the diversity of bacteria, we reduce the ability of our healthy bacteria to do their job.

Other influences that reduce the effectiveness of the

microbiome are stress and anxiety. Stress changes the pH of the gut, which changes the environment for the health of the microbiome. We know the microbiome secretes chemical messengers called cytokines that turn inflammation on and off, affect brain chemistry, enhance effective immune modulation, and more.

World renowned Cardiologist, Dr. Peter McCullough has shared on various interviews that 1/3 of people don’t seem to be harmed by the vaccine or COVID. These people probably have a strong healthy microbiome. He also comments that 1/3 have had transient or borderline issues, and the remaining 1/3 are the ones that seem to have more serious concerns. Some people are

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.
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calling these bizarre symptoms vaccine injuries or Long COVID.

Based on Dr. Hazan's work, as well as the Hong Kong study, the microbiome diversity could be the X-factor or the variable that determines if people have negative reactions. The microbiome can be altered by sickness, particularly COVID, as well as the spike protein in the vaccines.

So, let's talk about some strategies to support the microbiome. As I talk with clinical consultants at labs across the country that measure the microbiome, they all tell me fiber, but more important, soluble fiber is a big key to feeding these lifesaving little bugs. The suggested goal is 8-15 grams. Soluble fiber dissolves in water, insoluble fiber doesn't. It's the soluble fiber that is such an important fuel for our microbiome. Soluble fiber is found in sweet potatoes, turnips, asparagus, Brussels sprouts, oats, peas, beans, apples, citrus fruits, carrots, barley, and psyllium. The goal for total FIBER in women is about 25 grams a day, for men about 38 grams. The goal for soluble fiber to feed the microbiome is 8-15 grams.

Fermented vegetables are an unsung hero in the microbiome world. Fermented vegetables create an environment for healthy bacteria to thrive and should be eaten daily. Fermented vegetables include kim chi, sour kraut, pickles, kefir, miso, raw milk cheese, yogurt, apple cider vinegar, real sourdough bread, etc. Lots of recipes online can teach you how to make fermented foods effectively and tastefully.

Your wellness clinician will have their favorite probiotics. However, Bio-Doph7 Plus and Adult ENT-Pro are two probiotics that supply acid and bile resistant Bifidobacteria. Probiotics aren't very effective if natural bile and digestive enzymes kill them before they get to the colon. Bio-Doph7 Plus and Adult ENT-Pro also provide the prebiotics that are needed to feed and house the bacteria. As an added benefit, both have been shown to stimulate the immune supporting antibody, Secretory IgA. Secretory IgA protects you from all kinds of bacteria, viruses, and parasites.

I think you can see that there is a whole world of action taking place in your microbiome. As you support it, it supports and enhances your overall health like no medicine ever could.