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Dr. Tripp shares the science behind NSP's Four Newest Products

Q&A WITH DR. TRIPP

We recently sat down with NSP Chief Scientific Officer Dr. Matt Tripp to discuss Nature's Sunshine's newest products.

Q: "Microbiome" is one of the natural health industry's latest buzzwords. What is it and why is it important?

A: Outside of the lab, organisms rarely live in isolation, but instead live in complex communities; this relationship is referred to as symbiosis. The human body contains about 100 trillion cells, 90 trillion of which are bacteria and fungi that live on us and in us and perform needed or harmful activities. Some of them help with digestion or help extract vitamins or nutrients from food. Others can cause serious illness when not kept in check. Over the past 10 years or so, researchers have discovered that some gut bacteria - when not kept in check by a healthy microbiome - can produce enough endotoxins to trigger a host of problems. For example, endotoxins in the bloodstream have been associated with blood sugar imbalance and weight management issues. If you think of the gut being its own ecosystem, that's a good analogy for a microbiome.

The health of the microbiome is directly linked with energy levels, immune system health and more. So it's vital to keep the gut healthy for overall wellbeing.

Q: What steps can a person take to properly care for his/her microbiome?

A: Maintaining a healthy microbiome begins with diet as what we eat can influence the balance of gut microflora. Eating a high-fiber, low-carb diet with lots of vegetables and plenty of protein supports healthy glucose levels, staves off hunger and sugar cravings, and supports pancreatic health. Certain fermentable fibers such as inulin (onions are a good source) give the gut bacteria a vital food source while protein nourishes the body and helps with satiety without overworking the pancreas.

Next we can support the microbiome with key nutrients:

- **Berberine** is a constituent found in a few plants that not only helps support the microbiome, it helps support already-balanced blood sugar levels.
- **Probiotics** (friendly flora) taken daily help maintain the levels of

good bacteria in the gut. NutriBiome™ *Bacillus Coagulans* is able to survive the acidic environment of the stomach, unlike most strains that can lose up to 95% of their viable microbes.

- **Love and Peas® Sugar Free** is a high-protein, low-carb meal replacement powder that allows us the health benefits of nutritious protein, including a feeling of fullness without animal products, gluten, dairy or sugar.

Q: Does cleansing help the gut stay healthy?

A: Yes, periodic cleansing can help remove accumulating waste and toxins from the body, including the microbiome, which is important to helping maintain a healthy balance.

The body is home to two large groups of firmicutes and bacteroides bacteria. Firmicutes extract more energy from food, which is largely unnecessary in today's western society. Further, some produce potentially harmful endotoxins. These should be eliminated.

New CleanStart® Mild is an effective cleansing program that features psyllium, triphala Ayurvedic fruit blend, bentonite and magnesium. It works in several ways:

- supports the body's natural, everyday cleansing of waste and environmental toxins
- provides 5 grams of fiber per serving to help gently move contents through the digestive system for elimination
- supports the body's natural processes of detoxification of the liver, kidneys and bowel
- helps maintain energy levels and supports well-being
- helps support repopulation of the microbiome with *Bacillus coagulans*

For best results, consult your physician about using a CleanStart® program two or three times a year for cleansing benefits.

Q: What else helps with toxins?

A: Our new Detox Basics formula was designed to help with DAILY detoxification. Cleansing is only advised from time to time, but we can nourish the body with important nutrients (included in Detox Basics) every day to provide needed detox support:

- Milk thistle for liver detoxification support

- Berberine for gut health support and to combat endotoxins
- N-Acetyl-Cysteine to help upregulate critical cytochrome P450 enzymes, which help process potentially toxic compounds including drugs
- Turmeric and Vitamin C to support the immune system
- *Bacillus coagulans* produces lactic acid in the gut, which changes the microenvironment to support healthy microbiome balance

Eating cruciferous vegetables also helps because they assist in hormone balance and in the breakdown of toxins and excretion of heavy metals.

When we clean up the gut and resupply the "good guys," we give our microbiome the best chance to not just survive, but thrive.

Q: What makes new NutriBiome *Bacillus coagulans* unique?

A: *Bacillus coagulans* is a unique, gut-friendly, spore-forming bacteria. Studies show that this strain provides relief from digestive upset, including occasional diarrhea, bloating and gas. It helps detoxify the microbiome and supports immune health. Interestingly, *Bacillus coagulans* is a heat-stable spore, so it's got a higher survival rate in the stomach's acidic environment than most probiotics. That makes *Bacillus coagulans* highly versatile and portable. I think people will really love it.

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