

EPISODE 263

[INTRODUCTION]

[00:00:19] AVH: Hey everybody, welcome to Paleo Magazine Radio. I hope you are well. Today, I can almost guarantee you're going to learn some new things about probiotics and gut health and I say that because I'm someone who thought I knew a lot about both of those things and after speaking with my guest, Tina Anderson, she is the founder of Just Thrive Probiotic, I discovered that there is a fair bit of misinformation out there about how exactly probiotics work and just kind of a lot of myths that have been debunked by research that we maybe haven't caught up with yet.

We're going to talk about things like do good probiotics supplements have to be refrigerated, do you have to take supplements on an empty stomach? Do fermented foods like sour kraut and yogurt actually provide probiotics to your gut? When it comes to supplements, what strains are best? What bacterial strains are best? Are more strains always better? Do you need to switch up your supplements? Should you cycle on and off of them? The list goes on. This one is packed with information and I really hope it helps you in your ongoing wellness journey.

Speaking of wellness and helping, our fantastic show sponsor today, Paleo Powder Seasoning, They're doing their part because if you're someone who really needs to pay attention to the ingredients and quality of your food, if you have autoimmune issues, if you are just trying to be super, super clean with what you're eating. There are a lot of actually ways that spices can have a huge impact on this and Paleo Powder is a company that's really taking the quality of their products up a notch.

They have a number of options, they've got an All-Purpose, Original Seasoning Blend, they have one that is FODMAP friendly, they have that is AIP friendly, they have organic products. My favorite is the Paleo Powder Pink which is their original blend with pink Himalayan sea salt and they also sent me a prototype of a paleo coating mix that actually isn't even out yet.

Using pecan and flax meal and their spices and I have been using it to make everything from avocado fries to chicken fingers, to air fried chicken gizzards which if you follow me on

Instagram and follow my cooking exploits, that might make you very happy or very grossed out depending on what you're into.

But anyway, I love this company, I'm pumped that they're sponsoring us and they're giving us a very generous discount of 25% of your entire order if you use the paleomag. Go to paleopowderseasoning.com and pick yourself up some spices.

Okay, that's it, here is my interview all about probiotics with Tina Anderson from Just Thrive.

[INTERVIEW]

[0:02:54.5] AVH: All right Tina, welcome to the podcast.

[0:02:56.0] TA: Thanks Ashleigh, so glad to be here.

[0:02:58.0] AVH: Yeah, I have lots of questions for you. I think this is going to be a popular chat because this is definitely a big topic in our world and something that I think is cool but it's also so kind of complex that people who are very into this sort of health and fitness and gut health thing still have a lot of questions.

I'm glad that you're taking the time to answer some of them for us today.

[0:03:20.0] TA: Yup, I love talking about gut health. My favorite topic.

[0:03:23.8] AVH: Awesome. First, if you just want to kind of give our listeners a little bit of background about you and who you are and how you came to be doing the work that you're doing?

[0:03:31.9] TA: Sure. Yeah, my career started — it's kind of an interesting journey. I started in law, I'm an attorney and I was doing litigation for many years and then decided to go into the pharmaceutical industry to give me some more flexibility as far as hours on my — I have three children and I wanted to be home a little bit more with them.

I spent many years in the pharmaceutical industry as an in house attorney along with my husband. After being in the pharmaceutical industry for many years, you know, we just noticed many of the abuses in the industry and you know, there was a rampant over prescribing of medications and in fact, one example that was really where it really hit us on the head is where we were awarded a very large contract for one of the largest hospital systems in the country for a cholesterol drug.

You know, we're all so excited and we're celebrating and then the pharmaceutical manufacturer came into our office and said, "This is great. We won this contract but now it's my job to go to every cardiologist in the system and get them to lower the number that they prescribe cholesterol meds."

In essence, they're lowering that number in order to prescribe more of their medication. You know, a part of me like my husband and I were like my God, we're shocked. Another part of me was like a big lightbulb went off in my head and we just realized that this was happening all around us, you know? We had a family member that started on one prescription and then it caused her stomach problems which led to another medication which then went to joint issues and you know, within six to eight months, she was on over a dozen prescription medications.

You know, we saw with our kids, antibiotic after antibiotic for every ear infection and we always tried to use more natural remedies but we still heard that message over and over again and unfortunately, my kids have been on their share of antibiotics before I learned about the devastating effects that antibiotics have on our gut health.

But it's what we knew then and you know, the ironic thing is that when we started in the pharmaceutical industry, we loved knowing that we were in the health field and we were distributing lifesaving medications to people but there's no doubt that you know, there's a place for pharmaceuticals, especially in emergency medical type situations.

We just didn't feel that it was a place to treat chronic conditions and we saw firsthand that over prescribing of medications and we just started to realize that there was virtually no emphasis on prevention and the focus always was on treatment and it became very frustrating to us. And I'm a pretty deep thinker and read a lot of Wayne Dyer, Norman Vincent Peale and both my

husband and I just believed that we weren't doing our life's work and so we delved into research and just started to learn more about natural health and particularly gut health and we were blown away.

This was shortly after the human microbiome project was conducted by the National Institutes of Health and wow, did we learn a lot. What we learned is that most people probably listening already know but it's that gut health is related to virtually every aspect of our overall health.

Just kind of by being at the right place in the right time and by saying my daily affirmations and meditating and lots of prayer we were given opportunity to license these exclusive rights to this bacillus four based probiotic strains from London University by one of the leading probiotic researchers in the world. And from there, Just Thrive Probiotic and Antioxidant was born and it's really been the most gratifying and rewarding journey and I mean, even more excited for what lies ahead.

[0:07:01.6] AVH: Wow, that is quite the path isn't it? You went through a lot there. I mean, I want to ask you a lot of specific questions about your product obviously because I learned so much. You sent me some samples and I'm reading the resources that you sent along and I'm like man, I thought I was like pretty knowledgeable about this stuff but there are so many things that I didn't know or that I was completely in the dark or mislead about.

I think that's why I want to get into it here with you now. Because I think other people will find the same. But the story you told, it kind of makes me feel a little bit sad because I'm not somebody who wants to be too into kind of like conspiracy theories or like the big companies are out to get us and stuff but it is really hard to have a medical system that on one hand, you have to put your trust in and you have to rely on in many cases.

But also one that we are coming to learn more and more is not always working in our best interest and in some cases, it's working directly against it because the priorities to make money instead of to heal people. I guess I'm just trying to figure out how we can reconcile that living in a modern world where we need to use the medical system and we need to rely on it in many cases. It can be such a sort of scary, unforgiving, unhelpful place at the same time. It's like, how do you deal with that?

[0:08:23.8] TA: Yeah, I could not agree with you more. I always feel like one of our missions as a company is just empowering people and empowering people to educate themselves and learn about their own health and understand their own health and also, you know, you have to kind of have to understand the pharmaceutical industry is, they're looking to create drugs that are treating chronic conditions.

People stay on them for the rest of their lives and they're not getting to the root of the problem, they're treating the symptoms and it's not really a conspiracy, it's just that, it's a business decision that they've made. I don't know that they're really looking at pharmaceuticals that are actually curing something and you know, I just think the best thing that we could be doing is empowering ourselves, our children, our adults, all of us to understand our health and understand what the root cause is and getting to the bottom of the root cause of something.

I always encourage people to go the functional medicine or the integrative medicine route because I think that a lot of those practitioners are really looking to focus on the root of the problem rather than just treating symptoms.

[0:09:30.3] AVH: Right. I suppose, if we can learn and like you said, use sort of perhaps more natural or at least educated ways to avoid chronic disease in the first place then we don't have to delve into that kind of scary world of treating chronic disease with medication. We can try to avoid it as best we can.

[0:09:50.5] TA: Absolutely. I mean, we love to focus on prevention, that is the key.

[0:09:55.2] AVH: Right. Okay, let's talk about your product specifically because there's a lot to dive into there. I mean, if you could kind of start high level because obviously this can get pretty science-y. So if you want to just kind of speak sort of maybe start from how you learned about probiotics and their importance and then the – how you connected it with the actual strains that you're using and how that came about.

[0:10:19.8] TA: Yes, well, we just – all of the research we did just told us how gut health is so important. I mean, you know, the human microbiome project couldn't have been more clear in

telling us the critical role that the microbiome which is all of the micro-organisms in and on us which are primarily in the gut, that role, that they play in our overall health.

It's really hard to find a health condition that's not tied to the health of our microbiome or our gut. We know that an imbalance gut could lead to all types of serious diseases including autoimmune, Alzheimer's, multiple sclerosis, diabetes, depression, rheumatoid arthritis, cancer, autoimmune, I mean, you name it. Virtually all no communicable diseases are tied to an imbalance in your gut.

Really, what's most important is 70% of our immune system is found in our gut lining so our gut bacteria influence our overall immune health. You know, from autoimmune issues to how often we get sick to food sensitivities. We just started to learn and we know now we're 10 times more bacteria than we are human cells and most of our microbes live in our gut. These bacteria really do a lot and what we found is that the majority of the probiotic strains out there were focusing on a theory of reseeded the gut.

The idea was, we have this garden if you will, of strains in our gut of bacteria in our gut, bacteria in our gut. The idea was to take more strains and throw them into our gut and hope that some of them stay and stick. Actually, what I'll probably do right now is talk about this garden analogy because I think this is the best way to understand the difference between the common probiotic strains that we see out there and the spores which are the ones that are found in Just Thrive.

Majority of probiotics, if you take a garden and the garden has been stepped on and trampled on and there's weeds growing all over that garden. You take these probiotic strains and you throw them into the garden, most of them will never actually get to the garden alive because in our body, the gastric system will actually kill them off.

Let's just say they did somehow get into the garden, they may plant a plant here and there but they leave that garden right away. That's really not making a change in the gut. It may give some symptomatic relief, it may make the garden look a little bit prettier because it has now a new flower in there.

But it's not really changed, it's not doing anything with those plants that have been stepped on and trampled on. It's not doing anything with the weeds that are there and they leave, the benefits sort of just leave.

The approach with the spores and the spores are the strains that are used and Just Thrive. They're called endospores. These strains actually, you throw them in the garden, they get there 100% alive and I could explain why later. But when they get to that garden, they attach to the soil in the garden and then they have the capability of getting rid of the weeds and then they also have the capability of bringing those plants that have been stepped on and trampled on back to life.

They're like the gardener of the gut, they're going in there, they're getting rid of the weeds and then they're bringing the plants that have been stepped on and trampled on back to life. Very different approach. The old approach was to reseed the gut and the new approach is it's not really a new approach but the approach of the spores that we're now seeing, this approach has been used in Asia and Europe for 60 years with great success.

We're just the first company to bring it to the US market. You know, this approach of the spores of reconditioning the gut is much more effective and you know, this is why we're seeing such dramatic changes.

[0:13:54.4] AVH: It's more like tending the garden than trying to reseed it.

[0:13:58.4] TA: Exactly. The majority of probiotic strains really are very sensitive organisms. you know? They're made up of lactobacillus and bifidobacterium and these are 95% of the probiotics on the markets are those types of strains. The problem is those strains are actually made in a lab in an aerobic environment and then you swallow them and if they make it to the gut, they actually are in an anaerobic environment. They're not even stable when they get there.

Then, when we – the spores actually are – they're actually dormant in the capsule. It's not until they hit the intestines that they take their spore shell off and become alive. The idea, the lactobacillus bifidobacterium approach, they just have a lot of difficulty, they never make it through the stomach acid, naturally, a lot of companies will interior coat them but like I said,

even if they interior coat them and they get through the gastric system, they will, they get to the intestines alive, they may not be stable because now they're in an anaerobic environment instead of an aerobic environment.

The key is we want to find the most effective way to take care of that garden, to create diversity, we know a diverse microbiome equals a healthy body. This is the most effective approach to actually keeping that garden lush and healthy and alive.

[0:15:21.6] AVH: Okay. I want to talk a lot about some myths about probiotic either supplements or products that are out right now and how maybe they aren't always doing the things that they're reporting that they do. One of those is this concept of taking a probiotic pill or supplement and having it actually make its way to your gut and do the things it's supposed to do.

You're saying that a lot of these products, they don't actually make it alive to your gut to do anything that they're saying that they're going to do. How can so many companies and products go away with saying that they're full of billions and billions of strains of probiotics and it's going to get into your gut and populate and be wonderful and actually most of it is dead upon arrival. How can they get away with doing that?

[0:16:09.4] TA: Well, one of the ways they get away with doing that is that they say on the bottle, you know, 50 billion at time of manufacture or 10 billion at time of manufacture. But you know, we know that one of the biggest myths out there is the refrigeration apiece. You know, people will say, it needs to be refrigerated to be a good probiotic.

Well, that's actually a sign of a weak probiotic because if a probiotic strain is unable to survive the store's shelf, the room temperature. The store shelf which is at room temperature. How is it going to survive your body temperature at 98.6? You know, much less the gastric system and all the gastric juices and the acid there that's killing of everything.

I mean, it just isn't going to and it doesn't and I mean, I don't think any of these probiotic companies were bad or ill intended or anything like that, it's just based on what we used to know. I mean, after the human microbiome project came out, we learned more about the gut

and what we need to do to the gut to make it healthy. You know, people are basically taking bacteria and they're getting dead bacteria and dead bacteria will sometimes actually give you some symptomatic relief and we know that. People have taken probiotics and said, "Well, I felt something a little different."

It's not a lasting change, it's not changing the makeup of the gut flora, you know? It's not making a lasting change. I don't think that any of the companies are out there are being intentionally misleading or deceiving, it's just based on the old science, it's what we used to know. Now we know so much more.

But by no means does a refrigerator probiotic mean it's a good probiotic. It may be better than the ones that are dead before – they were never alive, you know? They packaged dead bacteria. Refrigerated probiotic is not going to survive 98.6 in your body or the stomach acid, if it can't withstand a room temperature of the store shelf.

[0:18:01.1] AVH: It's so funny how common sense that is and how I had never thought of it. When I was reading about this, I'm like, "Yeah, I guess that's kind of a good point isn't it?" If it can't sit out on a shelf in normal room temperature, how the heck is it going to make it down to my gut with all the stuff that's going on inside my – I literally never connected that and it's one of those things when you think about it you're like, that is such common senses. I should have probably picked up on that already.

Is it also that like a lot of these products necessarily just aren't going through the rigorous testing like your products have been tested, you can say, because you've done scientific testing that the stuff that's in your pills are making it to the gut or is a lot of these supplements, there's just no – they haven't done any testing to show how much of it actually ends up alive and thriving in the gut.

[0:18:52.7] TA: Yes, absolutely and so we felt like we need to come into this industry, we know there's abuses in this industry, there's abuses in every industry but we know we wanted to come in to this market with research and science behind us.

One of the first things that we did is we had our product tested for gastric survivability. We had it tested and this lab tested a Greek yogurt, they tested a regular, run of the mill yogurt and they tested 50 billion count, CFU count probiotic and showed all of them died 99.99% by the time they get to the intestines.

Our products survived 100% and again, the reason that the strains in our product do that is because they have this endospore shell around themselves and this is not something we've engineered or we've – this is the way these strains were found in nature.

These strains are dormant before they get into the intestines and when they get to the intestines, they take their shell off and that's when they become alive. All of these other products and they all died off 99.99% and an independent third party lab has tested – I probably say, 50 to 60 of the common probiotics products out there and they're all dying. I mean, they're all dying. A lot of companies will say, well, we have a gastric survivability study and it showed, ours did survive.

What I would question is or what I would suggest people question is ask the company what the PH was. Because what companies are doing is they're testing it at a higher PH. We know that the normal, the pharmacopeia standard for gastric PH is a 1.3. People will test it at a 2.3 which is a huge difference as far as survivability. The higher the PH, the more likely something will survive. A normal person's gastric PH is a 1.3 or lower. Especially if we're eating and that brings the other myth out there is that you should take it on an empty stomach.

A lot of people think you're supposed to take a probiotic on an empty stomach and the reason that came about is because they knew that these strains are having trouble surviving. On an empty stomach, you have a higher PH and therefore a more likely – more of a higher likelihood of the strains to get to the intestines alive. With our strains, it's not a problem, they will survive at a low PH, we had a test like I said at a gastric PH of 1.3.

[0:21:14.6] AVH: Okay, going back to the testing with the yogurt and stuff like that. I guess this is another myth that we all need to bust about the rows and rows in the grocery store of all these probiotic yogurts and drinks and kefir and stuff like that. Are most of these and I'm not asking you to just throw companies or entire products under the bus. But I think it's helpful for us to

know that there is a lot of language around probiotic products being this is what you take if you want to improve your gut health or if you have digestive issues or an upset stomach.

Have some Greek yogurt or some probiotic yogurt or some of this stuff and you know, these tests are proving that most of it is just not making it to the gut and isn't doing anything. Are there, aside from supplementation, are there natural food products that you think are useful to take like what about sauerkraut or fermented vegetables and are there any dairy, fermented dairy products that might actually be beneficial, what's your thought on that in general?

[0:22:14.8] TA: Yeah, that's a great question Ashley. Because there are really no probiotic benefits in yogurt, Greek yogurt, and this is controversial but even fermented foods. I mean, we are not getting probiotics because even the probiotics that come from fermented foods, they become live organisms and then they'll die through the gastric system.

However, I do feel like fermented foods are one of the best things we could do for ourselves but the benefit is coming from the ferment, it's not from the probiotics. We're not really getting probiotics, fermented other than dead probiotics which dead bacteria will actually give you like I said, some benefit but the real benefit, I mean, I am a huge fan of fermented foods.

I eat them all the time, I just don't feel — you're not getting the probiotic benefit. The fermented foods are not actually causing a change in the gut for us. I definitely would never throw fermented foods under the bus. I think they're great, I just don't think you're not getting probiotic benefits because we know that from study after study showing that the bacteria will die.

The problem with yogurt though is I mean, the sugar that's in yogurt is just so devastating in people's gut. What people don't understand is sugar is such an offender of gut health. And yet, they're taking probiotics or I'm sorry, they're taking yogurt or eating yogurt to help their gut issues but yet, the sugar, if they're taking one that has a lot of sugar, it's really being counterproductive.

I just would say, watch the sugar content if you are having yogurt but you know, fermented foods are great. It's not a substitute for probiotic.

[0:23:52.0] AVH: It almost seems like when we're talking about foods to improve gut health, it's less about the foods that you can eat and more about foods you should be avoiding almost in terms of maintaining a good balance.

[0:24:05.0] TA: Right, exactly.

[0:24:07.5] AVH: Okay, another question then about the whole refrigerated thing being a myth or not exactly doing what it's doing is – does that mean then that some of these other products, because once this probiotic, prebiotic thing kind of hit mainstream, you can find like probiotic granola and probiotic protein bars and all kinds of crazy stuff and even those, I kind of roll my eyes at because I'm like this doesn't seem like such a highly processed product, it doesn't seem like something that's really going to be beneficial, just kind of just seems like buzz words to me.

But does this mean then that since good probiotics don't have to necessarily be refrigerated. If you could put the right kind of highly survivable spores like you're using in for example, a protein bar that they could theoretically actually work and make it to the gut and do something good?

[0:24:59.2] TA: Yeah, it's the same thing with if you were taking a probiotic supplement, I would just ask for survivability studies to see if they have any. That show that these probiotics that are in the granola bar or the protein bar actually making it to the intestines alive and delivering probiotic value to you. It couldn't be a lactobacillus strain in a probiotic bar. It wouldn't survive, you know? It just wouldn't.

It would have to be a spore type of a probiotic strain. But even with the spores, the one thing that this make it a little confusing but even if you – you could ferment with the spores and it's a great way, you could ferment with them, you could mix them while you're fermenting your vegetables or whatever.

Those spores in the fermentation process will come alive and they also will arrive not alive when they get there. I mean, they are great to ferment with and you're going to get all kinds of – because the spores are – they allow for a greater nutrient absorption and all that. I mean, they are a great thing to ferment with. But they also will not – just because you ferment with spores

doesn't mean that you're going to get spores if you take the fermented food because they will become alive just the same way the lactobacillus and fa bifidobacto strains become alive.

I know that's a little confusing. The big thing with our spores is that they are able to stay in their spore form during our manufacturing process. It's not like all spores are created the same but we have done is we're able to keep our spores in in spore form during the manufacturing process which allows them to get into the intestines 100% alive.

[0:26:33.3] AVH: I'm following. I'm sure our listeners, they're smarter than I am, they'll follow too. Okay, another kind of myth that you debunked that I want to get into is the idea of more strains not necessarily being better. Another thing that as consumers see when we're in the probiotic aisle is okay, this one has five billion strains, this one has 10, that one's going to be better because the more, the better.

That's again not necessarily the case especially if most of them are dying before they hit your gut lining anyways. Can you talk a little bit about that?

[0:27:05.2] TA: Yeah, exactly. So you know there's people that will say, "Oh this one has 50 billion is better than one that has four billion." And that is only true if all 50 billion are actually surviving and they're just not and you know the one study that we did on it, it actually was a product that was a 50 billion count product but when they started, when the researchers started it they had actually 250 billion CFU's in there and it still died off 99.99%.

I mean it doesn't matter how much you have, they are not going to survive. I mean they will just get killed off by the stomach acid. And the interesting thing is also like most of the studies done on probiotics are done on a single strain. They are not done with these 50 billion count products that they are done in a smaller CFU count and a single strain and there aren't studies out there saying that there is actually no study that we're aware of that shows 50 billion is better than 10 billion or 10 billion is better than four billion. It really is you need to focus on the quality of the strain and how much of it is getting into the gut.

[SPONSOR BREAK]

[0:28:18.8] AVH: Loyal listeners, I am interrupting this fantastic interview if I say so myself, to tell you about show sponsor, Jones Dairy Farm. They are a family owned business based in Wisconsin. They have been operating for a 130 years, so they know what they are doing and they are well known for their all-natural sausage, dry aged center cut bacon and naturally smoked ham and Canadian bacon and they are dedicated to super high quality ingredients. The sausages are always made without binders, fillers, gluten, preservatives, MSG, nitrates or nitrites and they use only fresh, never frozen, hormone free pork, chicken and turkey from local producers.

You can find their products in the freezer section of your grocery store, some in the refrigerated aisle. But you can also learn more about their company and what they offer and check out their special fully paleo certified products at jonesdairyfarm.com/paleo. I have eaten probably a few of everything that they make and I am a fan. So check them out and let me know what you think.

[INTERVIEW CONTINUED]

[0:29:18.7] AVH: It does seem like it is just a reflection of our values a little bit sometimes but we're just like, "Just throw everything at it and see what happens." You know the more is always better kind of approach isn't necessarily accurate.

[0:29:32.0] TA: And it really has become a marketing. I mean it has become hallmark. I mean I will talk to other people in our industry and they're like, "We just launched a product that has a 150 billion" and I'm like, "You know this is not impressing me," so it's just like –

[0:29:45.3] AVH: Quality over quantity. We need to start looking at that in all areas of life I think.

So here is a question and this isn't necessarily related to chronic leaky gut or autoimmune issues. It's more like "average person" who is relatively healthy who generally has pretty good digestion and say they go on like a week vacation bender and just destroy their gut with booze and sugar and crappy food or say they get a 24 hour bug and it is pretty nasty and their gut is destroyed from that and that is more of an acute situation than a chronic one, right?

In that case, should an individual be taking probiotics as soon as this happens? Should they take it in advance if I know I am going on vacation I should start taking probiotics before I go? If you are in the midst of this acute kind of gut distress, is there any point in taking a probiotic just to be straight forward here if you are like pooping your guts out and you are having all of these issues, is that going to help anything or should you wait until it calms down a little bit.

How does it work with timing in terms of making sure you are actually getting the benefit of a good probiotic?

[0:31:01.6] TA: Yeah, no I think it is great to take it acutely even if you are on vacation, if something happens you're traveling to a country and it is not agreeing with you, always take it with you and it definitely will help that rebalance. Because remember it is going in and getting rid of that pathogenic bacteria and it is helping your good bacteria thrive in your gut. So you know the good plants in the garden.

So definitely good and I mean I have no digestive issues, which is interesting. I never had digestive issues and I take it every day and my kids take it every day, my parents, everybody that I know takes it every day because we talked about prevention. I mean we know the gut is responsible for virtually every aspect of our overall health. We know that and this is the most single most important thing we could do to help our gut remain healthy and diverse, is to keep that balance going on.

I mean every day there is a battle going on between the good bacteria and the bad bacteria. I mean it's like we have toxins in our environment, the GMO's, the glyphosates, the roundup, the stress, all of these sugar, processed foods, all of these things are wreaking havoc on our gut on a daily basis and our kids especially are just they grew up with the glyphosates and the round up and everything where we didn't. You know I didn't grow up with that and even people my age are still have been experiencing lots of autoimmune issues and allergies and things like that.

But it is rampant with kids because they have grown up in this toxic world. So these strains actually are to me the most important fundamental ground zero thing we could do on a daily basis to focus on maintaining our gut health and keeping that bacteria and keeping it balanced

and it is one of the best things we could be doing to protect ourselves from the onslaught of the world that we live in today.

For sure when you are on especially if you are traveling. Even when I travel I always take a few extra little, a few extra just to make sure when you are on a plane and stuff but for sure if you are traveling, you should take it a week before or a week after. Another great time to remember to take it too is most probiotics are destroyed in the presence of antibiotics if yourself or your children need to be on an antibiotic. It is great too, our strains actually survive the presence of an antibiotic, which is huge.

So it works alongside the antibiotic and it will help protect, it will help grow your good bacteria because we know of course the good bacteria is being destroyed by the antibiotic along with bad bacteria. So I think everybody that wakes up breathing should be taking spores to be making sure that their gut is really ready to be protected to protect themselves from all of the onslaught that is out there.

[0:33:42.4] AVH: Okay. So then I think you answered this question but we'll just dive into it a little bit deeper. Generally basically you think everyone should be taking a good probiotic all the time. What about — a lot of people advocate for supplements to cycle on and off of them so that I don't know, your body doesn't become resistant to it or used to it and then the idea of switching up probiotics. So taking different strains because your gut is going to want this diversity. Talk about that a little bit.

[0:34:13.8] TA: Oh yes, I am so glad you brought that up. So these strains we consider them a functional food. I mean this is why we always call Just Thrive a primal probiotic. The way these spores evolve is that our ancestors used to get these strains from the environment. So all these strains were found in the soil. They are not soil based organisms and I could make that distinction in a second but they are found in the soil but when they're in the soil they are dormant.

And so our ancestors got these strains with their roots and tubers and what they ate on a daily basis. So they are what we should be consuming on a daily if not regular basis, you know every other day, every third day or every day whatever you want to do but they should be consumed

on a regular basis. Your body is not going to be getting immune to them at all because these are the same strains that our ancestors used to get on a regular daily basis and this is how we were taking care of our gut.

Even now if you go into some very clean environments like tribes in Tanzania, I mean you'll find these bacillus strains in the soil and they are eating off the soil and there virtually no incidents of any of these autoimmune issues or anything like that. So they are meant to be taken on a daily basis because of the fact that they are foundation. They are functional food. They really essentially are a functional food.

[0:35:30.3] AVH: Okay, yeah I just read an article and I think it's this week's podcast actually but I read it because I thought it was so important for our listeners. It's a Paleo Magazine online article about the idea of us over cleaning our world and our environment and being like a little bit too heavy on the antibacterial hand wash and stuff like that that we are getting rid of all this good bacteria in an effort to get rid of the bad bacteria and how we maybe being a little bit more lax about how perfectly sanitized our environment is could actually be better for us.

You know we hear about people saying let your kids play in the dirt and don't be so overly cautious of that and do you think that that is something that if we had such a subjective approach. Because who knows how clean is clean enough or not clean enough but would you say that if we did take that approach a bit more to life and not being so overly sanitized that we'd probably have a healthier gut flora in general too? Like the way in your thing that people and other cultures are.

[0:36:36.0] TA: Absolutely. I couldn't agree with that more. I mean we are living in an over-sanitized world and we are not allowing dirt to get into – I mean dirt is one of the most natural things for all of us. It is how our ancestors – they had the dirt. I mean we need to be touching the dirt, so I could not agree with that more and I never use antibacterial – I mean we need bacteria. We are more bacterial than we are human. We need that so I would never suggest in using the hand sanitizers. It's one of the worst things we can do for ourselves so –

[0:37:06.1] AVH: And going back to this garden analogy as I like it, what is generally tougher to fix? A wild overgrown garden full of weeds or a dead one where there's nothing that is thriving?

[0:37:19.5] TA: Yeah, you know it all depends. I mean we see this with so many people with so many different types of issues. It is so individual. We will have people start on the product with crazy conditions and literally within three days they start to feel different and then there's other people who may take three months to feel a difference. And some people will actually experience some when you're cleaning out that garden it may look ugly for a while.

So they may have a little bit of a die off or detox reaction. In that case, we just say to go slower. It's just one capsule a day with food. It is the easiest thing you could do. But we may say just to go to a half a capsule just to not have that die off reaction be so severe, you know? And it will just be some gastrointestinal discomfort but we don't want anybody to be uncomfortable.

So you know I think sometimes fighting the pathogenic bacteria, the weeds in the garden are probably a little bit more difficult because it is all happening simultaneously because having that good bacteria is allowing it to elbow out the bad bacteria. And we see that with overgrowth of candida. Candida is a natural part of our gut flora but it's that overgrowth that where it becomes problematic and so we have seen that the spores actually have the ability to elbow out that overgrow of bacteria.

So it all depends on a particular situation but we have a lot of them within two weeks, people are feeling incredible changes and improvements. So it is really been the most gratifying thing I have ever done. I mean I save these voicemails from customers, you know, moms with kids who have issues and it has been incredible.

[0:39:02.3] AVH: Yeah that's amazing. As you said earlier so much of our overall health is tied to our gut health and conversely we all know that when we have gut health issues it completely takes over your life. It is very hard to go outside and play and exercise and have fun and travel and feel free and happy and good and productive when you are having gut distress. So we all know how important that is.

[0:39:26.3] TA: Yeah, exactly.

[0:39:27.3] AVH: You guys also offer prebiotic supplement, is that true?

[0:39:31.9] TA: Yes, so our prebiotic is we have taken a while to launch that. We just launched it this month actually because one of the problems with prebiotics is they feed the good bacteria, which is good. So prebiotics are basically the fertilizer for the garden. So they are feeding those plants that you have now just brought back to life and helping them grow even more than they are already growing. So they are amazing but the problem is a lot of prebiotics will also feed those weeds in the garden. So they are feeding the bad bacteria as well.

So we found a particular formulation that actually only feeds the good bacteria. We are calling it a precision prebiotic because it only feeds – it targets the good bacteria. So it is not going in there and now bringing those weeds that the probiotic has just gotten rid of and bringing them back to life. We are actually – it doesn't even feed the weeds. It is only feeding the good bacteria.

So really effective approach to prebiotics and making what we are doing with the probiotic even better you know? So it is like putting it on steroids if you will. So it is really exciting.

[0:40:35.5] AVH: I don't know if this is something that you can explain in layman's term so we can all understand it but how does a prebiotic know what the good bacteria is and the bad bacteria or how do you go about finding a prebiotic that just happens to support good bacteria and not the bad stuff. It seems like wouldn't that be a little bit subjective or is bad bacteria bad for everybody across the board and vice-versa like how does that work.

[0:41:02.6] TA: Yeah, we know which bacteria is bad. We know the certain types of bacteria or the overall that is bad. So this is just study, I mean it is not actually subjective and these were strains that we found that were well studied that documented that they only feed the good bacteria and they are very targeted to the feeding the good bacteria. So it is definitely not subjective. It is definitely we only work with research, we are very focused on research.

In fact, we have nine other clinical trials going on with the probiotic and then we have some with the probiotic and the prebiotic mix and in one of our studies is on ground up and the effects on how ground up on our gut flora and showing that these strains are actually helping reverse that damage that is caused by the ground up. So really, really compelling.

And the other thing I just want to mention because you've brought it all before I forgot is the effect that probiotics have or gut health has on us and the other thing is that 90% of our serotonin is actually produced in our gut and I think people don't realize that. You know we all think of our gut health as digestive issues. You know gas and bloating and you know bowel regularity and it definitely is that is exactly related to that.

But we are not thinking about skin health. It is so important, you know when you have a skin issue the first place you want to start to repair is your gut and same with any mental and health issues or you know any type of that, there is natural remedies but for sure your gut is where you start because we know 90% of our serotonin is produced in our gut. So it is not just the things that we normally think about.

[0:42:38.8] AVH: Yeah it is like physical health and mental health has a huge bearing on what's going on in our guts. Going back to the prebiotics, so is that then a supplement that you would also want to take all the time or you can take it until you are starting to see some positive benefits from the probiotics and you use it strategically or how does that work?

[0:42:58.6] TA: Yeah, it is meant to be taken on a daily basis or a regular basis. The same thing, you know you just want to keep on feeding, you know amplifying what you are already doing with the probiotics and we know that is basically increasing what the probiotic is doing by 20%, you know tenfold. So it is literally tenfold, not 20%, tenfold what the probiotic is doing so it's really exciting.

[0:43:23.5] AVH: Are there any, you know we talked about some sort of food choices that we can make to support our gut health in terms of from a probiotic perspective. Are there any natural food products that act as good prebiotics? I feel like I remember a long time ago people saying like it was resistant starch that was good. So it was a little bit like potato starch, you put it – I don't know you eat it before dinner or something like that. But are there any natural normal foods that we can eat that would be prebiotic foods?

[0:43:53.4] TA: Oh yes, so garlic, onions, Jerusalem artichokes, there are so many prebiotics, bananas have a lot of — there's a lot of not good things with bananas but they have prebiotics.

So there are definitely lots of the fruits and vegetables have prebiotic — are great as prebiotic food. So yeah, I think you are probably going to have more luck getting prebiotics from food that you would get in a probiotic from food, the way we want it.

So by all means, I always feel like getting your nutrients from food is always the best way to go, always. It is just we are not finding with that with the probiotic. So dandelion greens is another, raw asparagus, those are other prebiotic foods.

[0:44:38.8] AVH: Okay, I think we have covered the main myths that were interesting to me as I was learning about your product that I was like wow, I didn't know anything about this when it comes to probiotics but are there any other key points that you would want people to know about gut health, about probiotics, about how to use them that people might be either misinformed or just unaware of?

[0:45:02.5] TA: Yeah, well I think I could go on. There are so many different myths out there. You know you need to rotate your probiotics to create diversity and maintain efficacy. You know people will always think that you need to rotate probiotics like you had said and it is the idea of rotating the probiotics actually originated from the idea that many probiotics stop working after a month or two of use and that is the reason being that most probiotics are too weak to cause any lasting change in the gut.

So there is no reason to rotate these like I said, they are ones that we get on a daily basis. So that is another myth out there. And the only other thing I'd want to mention is that you know, we have — there is a study on the strains that were used than Just Thrive on leaky gut and what we did is we measured the LPS toxins that are in the gut that seep into the blood stream and we now know that LPS toxins in the blood stream is the number one driver of so many chronic diseases.

So I would encourage people to learn a little bit more about LPS. It stands for lipopolysaccharides but we now have a product that has shown to decrease the LPS toxins that go in from gut into the bloodstream by 42% over only 30 days. So this is really, really profound and there is no other probiotic, there is no other pharmaceutical, there's no other product out there that shows that dramatic of a reduction in LPS, on toxins into your blood stream.

And so if somebody has food allergies, if somebody has an autoimmune disease they likely have a leaky gut I mean almost positively but the study that we did on it was they actually took college students and they were otherwise healthy individuals. They had no other health issues and they found that 55% of those hundred that were pooled had a leaky gut and didn't know it. So leaky gut is very prevalent out there and that's why it is so important to be taking something to actually be helping heal your leaky gut.

And I would also tell people to eat lots of diverse foods. One of the problems – it is such a catch 22, people will have a food allergy and they can't have lots of different types of foods but yeah, one of the biggest things to create diversity in the gut is to eat lots of different foods. So it is not just taking the probiotic, which is of course very helpful but we could eat lots of different types of foods even if it is at different ethnic grocery stores.

Just taking the same food and getting it from different ethnic grocery stores or eating at different ethnic restaurants. Having a lot of diversity in our gut of foods is really helpful too. So that is something that people don't hear a lot. I could talk for another hour about the different probiotic myths but –

[0:47:45.2] AVH: I love that. I think that one of the things that we are seeing as we are chatting, obviously you can go deep, deep into the – I don't know, let us continue the visual, the garden here on all of the science and the research and all of the things that you are learning and that is great and it is great for us to know. But I think another thing that is a good way to maybe cap this off and this is a similar topic to something that I talk about with pretty much everybody that I have on this podcast, is that our health is so complex and it is layered but it is all connected. Every element of it is connected.

So whether you want to improve your mood or get stronger or have more energy or have more regular bowel movements or have better skin, all of these things they're all connected and you can do so many things that will improve all of them. So it is about stress management, it's about sleeping better, it's about eating healthy diverse food. It is about moving your body.

All of those things are going to improve your gut health, which will then improve your mood and your energy and your skin and your digestion. It's like this cycle, it is all connected and you can get bogged down in the science and the details but you can also start right now by doing a ton of high level holistic things that are going to start improving things right away and then maybe you can start getting down to the weeds if you want to get really specific with things. But it is about lifestyle factors really ultimately at the end of the day.

[0:49:18.9] TA: Oh I could not agree with you more. I mean it's lifestyle, lifestyle, lifestyle and you know the society that we live in, the world we live in something has to change because everyone is too stressed out and doing too much and we have to start changing our lifestyle and even if it is implementing five to 10 minutes of meditation a day or deep breathing and not putting so much on our plates and I don't mean food.

So I could not agree with you more. I would just encourage everybody to just make that your plan for the year and just to focus on your lifestyle and making some small baby steps that will have profound effects on your health.

[0:50:01.9] AVH: Absolutely and then, secondarily to that, I think one of the big things I picked up on from this conversation is when it comes to choosing a probiotic or any supplement that you are interested in looking at, it is about educating yourself and being empowered to ask questions. Because I think the biggest thing when we are talking about probiotics now is about the survivability of the actual product in your gut that it can flourish there and do what it is supposed to do.

So even knowing that one bit, if no one gets anything else from this talk is that you know that. That you can ask and see. It doesn't matter how many strains or what strain or if there are a billion or a hundred billion or whatever is this going to make it into my gut and help me and you can those questions and do some research now and hopefully have something that is going to have more of a positive effect for you.

[0:50:49.7] TA: Yep, absolutely.

[0:50:50.9] AVH: Cool. Tina thank you so much for taking the time. This was a conversation and topic that I think is, like I said in the beginning super, super important and really helpful and something that I learned a lot from and I think if somebody is as nerdy and into this as I am, learned a lot, I really hope that our listeners are going to learn a lot too. So I really appreciate you taking the time to teach us some things today.

[0:51:13.4] TA: You bet and thank you for having this platform to empower people because you do an awesome job at it Ashleigh, so thank you.

[0:51:19.8] AVH: Thank you, I am very lucky.

Can you tell us just before I let you go where folks can go online to learn more about Just Thrive and you and what you guys offer and maybe try some of your probiotics?

[0:51:30.6] TA: Oh you bet, you just go thriveprobiotic.com. So there is not S at the end of probiotic so thriveprobiotic.com.

[0:51:40.7] AVH: Great, all right Tina, thank you so much for your time.

[0:51:42.6] TA: Yep, thank you Ashleigh.

[END OF INTERVIEW]

[0:51:48.7] AVH: Okay that's it folks. Thanks to our fantastic show sponsors, Paleo Powder Seasoning and Jones Dairy Farm. They kind of go perfectly together because you can order some healthy, preservative free, organic breakfast meats from Jones Dairy. Go to jonesdairyfarm.com.

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So that's it, thanks for listening.

[OUTRO]

[0:52:07.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]