

Did your mom ever tell you to eat your veggies?

Mine too.

But I guarantee if she knew what I know now about some of the most popular vegetables being sold at your grocery store...

...she'd tell you to put your fork down immediately.

<https://www.youtube.com/watch?v=yrCaG2gT2Vg&t=2s> (45:00)

<https://www.youtube.com/watch?v=nxyxcTZccsE>

<https://www.cbsnews.com/news/americans-weight-gain-since-1980s-startling/>

I'm Dr. Vincent Pedre, one of New York City's **leading** physicians and a gut health expert.

For years, I struggled to maintain a healthy weight.

And I also suffered from a barrage of things I had **no idea** were related,

things like low energy,

skin issues,

heartburn and indigestion,

and bloating and stomach problems.

It took me years of research, trial and error to figure out why.

I tried nearly every diet imaginable.

I even totally cut out processed foods with **no results**.

It wasn't until I **really** dug deep in the medical journals that I finally made a breakthrough.

A breakthrough I am so excited to share with you today.

It's something that hasn't hit the mainstream yet, and this is the first time I am speaking about it publicly with video.

So just what did I discover?

While it's true that the abundance of highly processed foods, full of sugars and fatty oils, certainly isn't helping the **more than two-thirds of Americans** who are overweight or obese,

<http://www.yourdictionary.com/obesity-epidemic>

That's not the full story. There's another serious problem with our food supply.

Even a lot of the foods that you **think** are healthy and are probably in your kitchen right now may actually be to blame if you've been struggling with your weight,

feeling sluggish and bloated,

or just not quite yourself.

Now please listen carefully.

Because these **aren't** those typical processed foods that I'm sure you already know to stay away from like sugary cereals, yogurts, frozen dinners, and diet sodas.

Even many of the fruits and vegetables **in your very own fridge** have been **tainted** by the food industry.

Because they are loaded with **gut disruptors**.

In fact, the most popular vegetable in the US is now the #1 thing I consider **most hazardous** for your health.

<https://www.nongmoproject.org/gmo-facts/>

Odds are you've even eaten this in the last few days.

I'll tell you all about it and the other foods to cross off your grocery list **immediately**.

Because believe me, the **disgusting** substances scientists discovered in and on the surface of them is utterly **terrifying**.

But what's **truly disturbing** is that your grocery store is **not required** to put any warning labels on these supposed healthy food products...

...leaving consumers like you **completely in the dark**.

First - a warning. What I am ultimately going to expose by the end of this presentation may upset you.

So prepare yourself because even **I, a medical doctor with more than 20 years of experience**, was shocked with what I uncovered.

https://www.momsacrossamerica.com/stunning_corn_comparison_gmo_versus_non_gmo

<http://naturalsociety.com/monsantos-gmo-corn-contributing-to-weight-gain-disrupts-organs/>

<https://www.ecowatch.com/15-health-problems-linked-to-monsantos-roundup-1882002128.html>

And although it has been a tough personal journey, I am thrilled to say that I now know exactly what foods I **can and cannot** eat in order to support a happy gut and maintain a healthy weight.

Quite frankly, I'm **relieved** to report that I've never felt better.

But **YOU** deserve to feel good too.

So I've put together this presentation because the **unprecedented** research I've discovered over the past few months about what I like to call **Digestive Superfoods...**

... is just **too important** to share with only my patients.

<https://www.amazon.com/Happy-Gut-Cleansing-Program-Eliminate/dp/0062362178>

They are the key to maintaining a healthy lifestyle,

so you can live longer,

feel more energized,

better manage your weight,

eliminate any indigestion or heartburn you might have,

improve the quality of your sleep,

boost your mood and memory,

and relieve those nagging aches and pains.

Simply by watching this video, **I promise** you'll finally understand how **easy** it can all be done, especially shedding those extra pounds.

Because I am about to introduce my **top three Digestive Superfoods** that you need to implement into your diet right away...

...in order to help make up for the micronutrient deficiencies in the processed foods that comprise almost all of the standard American diet.

But not only that.

One of these superfoods is crucial to keeping your gut happy,

especially if you are a bit overweight or over the age of 40.

<https://www.health.harvard.edu/blog/making-one-change-getting-fiber-can-help-weight-loss-201502177721>

I've already informed hundreds of my patients about my incredible findings.

And the ones that have tried my **Digestive Superfoods** are **thrilled** with their results.

Like them, don't you want to wipe out your bad food cravings so you can finally increase your energy and improve your overall health and wellness?

I thought so.

That's why I urge you to pay close attention to what I am about to reveal.

Because by doing so, you too will become an expert on how to look and feel your best at any age.

Now, you may be wondering why I've spent so much of my own time and effort to create such a comprehensive health report.

It's because helping others is truly my number one priority.

And that's what led me to the medical field more than twenty years ago while studying at Cornell University.

In 2004, after graduating from the University of Miami, I created my own private practice in Manhattan called Pedre Integrative Health, which I'm proud to say is **thriving**.

Thousands have trusted me with their health, and serving them has been an honor.

Though my office is based in New York City, you might recognize me from Good Morning America and Dr. Oz.

Perhaps you've even tuned in during one of my regular talks on Sirius XM's "Doctor Radio."

<http://pedremd.com/>

You see, I want to reach as many people as possible with this important new research...

because I know from personal experience how the food we put into our bodies can lead to exhaustion,

stomach discomfort,

brain fog,

bloating,

uncontrollable cravings,

and even weight gain.

As a doctor, it's been difficult for me to open up about my own struggles with gut issues.

I'm ashamed to admit that for a long time, I didn't even recognize I was sick.

Maybe that's how you've been feeling too.

So first and foremost, I think you should know that **none of this is your fault**.

Unfortunately, most Americans don't even realize just how much our food supply has changed in the past few decades.

So in a minute, I am going to expose those gut disruptors that I suggest you avoid at all costs.

One has even been banned in 38 countries, including most of Europe.

Another is an ingredient that can also be found in cleaners and stain removers.

Pretty gross, huh?

<https://gmo.geneticliteracyproject.org/FAQ/where-are-gmos-grown-and-banned/>

Now, if you're ready to make the small commitment to educate yourself about these gut disruptors and the **three Digestive Superfoods** that will help reduce your cravings,

increase your metabolism,

regulate your digestion,

and drop unwanted fat,

then as a doctor, I suggest you hear me out.

Because what I've discovered **doesn't** require any further visits to medical clinics or specialists.

You can accomplish this while relaxing at home.

And in just a matter of weeks, you could finally have more energy, feel healthier, and look slimmer.

Think of this as your opportunity to make a remarkable health transformation for good.

And if you thought working out was the key to weight loss, then what I am about to tell you in a moment is **really** going to be surprising.

Because one clinical study that followed 400 women, proved that you can lose **three times more weight** by doing something **other** than exercise.

Sounds amazing, doesn't it?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3406229/>

<https://jamanetwork.com/journals/jama/article-abstract/2673150?redirect=true>

<https://www.nytimes.com/2018/02/20/well/eat/counting-calories-weight-loss-diet-dieting-low-carb-low-fat.html?rref=collection%2Fsectioncollection%2Fhealth&mtrref=undefined>

OK, here's the crazy part.

The key to better health and ultimately weight loss is with eating **more food**.

I'll bet now you're thinking...

How could food, the one thing you've been told over and over again makes you fat, be the solution?

I always tell my patients, "Let food be thy medicine."

That's because scientific reports **prove** that eating more of the **Digestive Superfoods** I'm going to share with you **can and will** increase your **metabolism**,

the main power-center of your body,

making it easy to lose the extra fat.

Have no fear. No matter what your age or how many pounds you want to drop, it's **never too late** to make some minor lifestyle changes for the better.

Any day can be day one.

And just to be clear, I'm not saying you need to completely transform your diet or daily routine.

So if you want to feel more energetic,

boost your mood,

shrink your gut,

stop any stomach aches,

and improve your overall health,

then I recommend you **at least** watch this video to the end.

I **promise** it will be worth your time.

And if I were you, I would take some notes.

It's time to get comfortable and focus.

OK, great.

Remember when I said there is a popular vegetable that is the number one thing I consider most hazardous to your health?

Well I was talking about corn.

Why?

It's because **nearly all of it** is genetically modified.

That's right. Roughly 88% of our nation's corn has been altered and processed in a lab – mostly to be resistant to certain pesticides.

https://www.huffingtonpost.com/margie-kelly/genetically-modified-food_b_2039455.html

Alarming, isn't it?

And if you were completely unaware of that,

it's because farmers and food manufacturers are **not** required to label corn or other crops and ingredients as genetically modified, or GMO.

<https://www.fda.gov/food/ingredientpackaginglabeling/geplants/ucm346858.htm>

Although there's no way to know for sure, I estimate that **at least 70%** of processed foods contain GMOs.

Ever notice how some products at the grocery store say in big bold letters **NON-GMO**?

Yet you **never** see packaging that says this product **contains** GMOs?

Clearly there is a reason for that. And it's quite troubling.

Food manufacturers don't want you to know about these highly processed ingredients

because more and more studies are proving that GMOs contain **lower nutritional content** than NON-GMOs...

...and that they are contributing to America's obesity epidemic.

<https://www.nytimes.com/2013/05/26/opinion/sunday/breeding-the-nutrition-out-of-our-food.html?pagewanted=all>

Not only that, but scientists are now discovering that GMOs are the likely cause of a rapid rise in **serious health problems**.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3945755/>

I'll tell you more about that later.

Let's talk about nutrition first.

In 2012, a group of farmers took it upon themselves to test the corn in their fields.

Ears of corn were collected just weeks before harvest from two adjacent corn fields in Iowa.

One field contained corn that had **not** been genetically modified for the past 5 years, while the other field consisted of GMO corn.

Samples were sent to a lab for analysis, and the results were **glaring**.

The **natural, NON-GMO** corn contained **much higher levels of essential phytonutrients**, including...

437 times more Calcium,

Yes, you heard me right. **437 times more calcium!**

And we all know calcium builds strong bones, improves heart health, and strengthens muscles.

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/calcium-supplements/art-20047097>

With the **NON-GMO** corn, you also get 56 times more Magnesium, a mineral that helps regulate multiple systems of the body...

<https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

and 16 times more Potassium, another mineral crucial for the heart, kidneys and other organs to function.

<https://www.webmd.com/diet/supplement-guide-potassium#1>

https://www.momsacrossamerica.com/stunning_corn_comparison_gmo_versus_non_gmo

https://www.momsacrossamerica.com/more_info_on_2012_corn_comparison_report

<https://permaculturenews.org/2013/04/22/stunning-difference-of-gm-from-non-gm-corn/>

These numbers are unsettling.

Who wants to eat their veggies without getting all those nutrients?

I sure don't.

Even as far back as the mid-1990s, many prominent researchers have been sounding the alarm when it comes to GMOs.

In August of 1998, world-renowned scientist Dr. Arpad Pusztai was one of the first to go public with his controversial findings.

While studying genetically modified potatoes at the Rowett Institute in Scotland,

Pusztai discovered the GMO potatoes contained **20% less protein** and varying degrees of nutrients.

<https://www.youtube.com/watch?v=MWYRqKIZdUY&t=> (3:00)

https://www.huffingtonpost.com/jeffrey-smith/anniversary-of-a-whistleblower_b_675817.html

<https://www.ncbi.nlm.nih.gov/pubmed/10533866>

http://powerbase.info/index.php/Interview_with_Arpad_Pusztai_on_his_experimental_findings_on_GM_potatoes

So even **twenty years ago**, research showed that foods created and processed in a lab are not as nutritious as the real deal.

And get this. More recent studies are exposing **something else** disturbing about GMOs.

Turns out these engineered crops may actually be making you **fat**.

Just think of it like this.

Since nutrient levels in GMO crops are **lower**, you need to **eat more** to get your recommended daily values.

And some studies are showing that genetically modified foods may even increase food cravings.

<https://www.prevention.com/food/healthy-eating-tips/gmo-foods-linked-weight-gain>

https://www.organic-center.org/reportfiles/5367_Nutrient_Content_SSR_FINAL_V2.pdf

In 2009, French scientists first published their results in the *International Journal of Biological Sciences*.

After feeding GMO corn to female mammals for three months, they found that their body weight **increased** by nearly 4%.

<http://www.ijbs.com/v05p0706.htm>

<http://naturalsociety.com/monsantos-gmo-corn-contributing-to-weight-gain-disrupts-organs/>

Now, 4% might not seem like a lot at first.

But consider this: The average American adult female weighs about 165 pounds.

<https://www.cdc.gov/nchs/fastats/body-measurements.htm>

So a 4% increase in weight over 3 months is roughly 6 pounds.

Extend that to a full year, and you are looking at a weight gain of **24 pounds!**

That's huge!

But in all seriousness, it gets **even** worse.

Because the downright startling revelations I'm about to disclose are **so vital** to your wellbeing.

And if this is your first time watching this video, you are going to be **blown away**.

You see, there are a number of **shocking ingredients and chemicals** lurking in processed foods that are destroying your gut...

...some of which are completely unavoidable **no matter what you do**.

I'll tell you what they are, and what you can do to minimize the terrible toll they take on your body.

But before I do that, you need to understand how your gut processes food.

Did you know there are an estimated 100 trillion bacteria microbes living inside your body?

<https://www.nytimes.com/2013/05/19/magazine/say-hello-to-the-100-trillion-bacteria-that-make-up-your-microbiome.html>

<https://www.sciencealert.com/how-many-bacteria-cells-outnumber-human-cells-microbiome-science>

That's **five pounds** of bacteria.

The vast majority of this bacteria can be found in your gut.

It's called the "gut flora" and it plays a vital role in nearly every single one of your body's systems.

Nearly Every. Single. One.

But not all bacteria are created equal.

On the one hand, you have the **friendly bacteria**.

They are the “good guys” which boost metabolism,

support your body’s immune system,

regulate your mood,

keep your energy levels high,

and they promote healthy bodily functions.

They are also the key to keeping your waistline trim.

On the other hand, you have the **harmful bacteria**.

They are the “bad guys.”

And when the bad guys take over, your gut becomes a warzone,

where the good and bad bacteria fight for control.

And the imbalance in your gut takes a toll on your **entire** body,

causing you to get sick more often,

robbing you of your natural energy,

and over time, they cause really bad things to manifest.

Things like obesity, Irritable Bowel Syndrome, and Leaky Gut.

<https://pdfs.semanticscholar.org/9243/088e1743b4e2bd92c0d527d813df15795f78.pdf>

So if you’re feeling tired, craving unhealthy foods, having irregular digestive issues, or just not feeling quite like yourself...

9 times out of 10, it’s because your gut flora is out of balance.

I like to tell my patients to think of the gut as your internal garden.

And surrounding your garden is a rock wall.

That’s your gut lining.

When everything is healthy, all the rocks of the wall fit nicely and tightly together.

And they hold in all the dirt, which is your microbiome.

Those are the **good guys**, the good bacteria that keep the gut lining healthy.

Just like you care for a garden with water and sunlight,

your microbiome needs to be supported and nurtured by the foods that you eat.

And when that internal garden is flourishing,

only the good stuff your body needs – like vitamins and minerals – will pass through the gut lining as food is digested and broken down.

But when you eat the highly processed foods that have become part of the standard American diet,

you can damage this delicate ecosystem.

What happens is that your gut lining – that solid rock wall around your microbiome – gets broken up.

It's called **Leaky Gut**.

And that's when all the **bad guys** – the food particles, toxins and bad bacteria – seep into your bloodstream.

In fact, we're just now learning how prevalent Leaky Gut actually is.

And for millions of undiagnosed Americans, they aren't even aware they're sick.

It causes inflammation that leads to a whole host of other issues, including joint pain,

breathing problems,

allergies,

migraines,

and hives.

Or you may simply feel lousy, tired, mentally foggy or just not yourself.

And since the harmful bacteria are now calling the shots, you'll find yourself eating more of those junk foods that lead to weight gain.

Sadly, it's a vicious cycle that's hard to break.

<http://abcnews.go.com/GMA/video/improve-digestive-health-year-36212862>

Here's the bottom line:

Our stomachs simply **can't** handle the processed foods in the standard American diet...

because they are loaded with hidden toxins and chemicals that have been **clinically proven** to wreak havoc on your health.

And like I just said, these processed foods and the ingredients added to them are **driving our cravings...**

creating more sales for food manufacturers.

But it wasn't always like this.

It wasn't until the 1960s, when things like Swanson TV dinners and SPAM hit the market, that food became a **storable commodity**.

The days of farm to table began to fade.

Now it is all about **factory to fridge**.

And today, there are just ten conglomerates that process most of our food.

Food that we throw in our pantries, refrigerators and freezers for weeks, months and sometimes **even years** before eating it.

<https://www.youtube.com/watch?v=jWgnkgYtqnw>

<https://www.npr.org/sections/thesalt/2015/12/16/459981099/how-the-food-industry-helps-engineer-our-cravings>

<http://www.cbc.ca/news/health/food-cravings-engineered-by-industry-1.1395225>

So just how is all this long-lasting processed food we are eating even possible?

This is something I think we all should know.

To keep it simple, let's focus on one thing, like a tomato.

To preserve a tomato, it needs to be dehydrated.

But a dehydrated tomato loses a lot of its flavor.

So what do food manufacturers do to get that flavor back?

They add sodium, sugar, fat and additives.

These are the ingredients that drive our cravings, making us eat more than we should.

Especially sugar.

<https://www.youtube.com/watch?v=hhl1XU1hzuY>

<http://www.lifetime-weightloss.com/blog/2012/11/10/interview-with-a-food-industry-insider-bruce-bradley.html>

<http://www.businessinsider.com/ultra-processed-foods-american-diets-2016-3>

Out of the more than 600,000 processed food items available, over 70% have added sugar.

And since sugar consumption is way up, so are the calories we are consuming.

<https://www.youtube.com/watch?v=nxyxcTZccsE> (20:45) (33:33) (22:55) (36:50)

<https://www.youtube.com/watch?v=yrCaG2gT2Vg&t=2s> (49:40)

In fact, comparing the year 2006 to 2014, Americans are eating around **570 calories more** per day on average.

Most of those calories come from all these processed foods we can't stop eating that are full of sugar, oils and refined grains.

So it's not surprising that more than **one billion adults worldwide** are considered overweight or obese.

<https://www.cdc.gov/obesity/data/adult.html>

<https://www.youtube.com/watch?v=yrCaG2gT2Vg&t=2s> (45:00)

<https://www.youtube.com/watch?v=nxyxcTZccsE>

And I hate to say it, but if you're trying to shed some pounds, calorie counting **isn't** going to work.

I know, I know.

You may think I'm crazy since reducing your caloric intake has been the advice of many doctors for decades.

But the truth is that **no** reliable scientific or clinical study has **ever** confirmed that calorie counting will actually result in weight loss.

Believe me, I've scoured the medical records.

<https://www.youtube.com/watch?v=nxyxcTZccsE> (27:00)

<https://www.prevention.com/weight-loss/weight-loss-tips/5-reasons-to-never-count-another-calorie>

So I know what you are wondering now...

Dr. Pedre, why doesn't calorie counting work?

It's because it all comes down to the **quality** of the calorie, **not** the **quantity**.

And certain calories metabolize quicker than others.

So simply eating less calories isn't necessarily going to result in weight loss.

<https://www.youtube.com/watch?v=nxyxcTZccsE> (23:40)

<https://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/diet-and-weight/>

Imagine for example you have a clogged sink.

Rather than turning the water off and not using the sink anymore, you'd want to fix it, right?

Same goes for your diet.

Instead of eating less, you need to modify your meals.

<https://www.youtube.com/watch?v=nxyxcTZccsE> (13:00) (20:45)

And foods full of water, fiber and protein do just the trick.

I'm talking about green and leafy vegetables, seafood like wild cod, whole food fats such as eggs, nuts and seeds, and fruits, especially citrus and berries.

<https://www.youtube.com/watch?v=nxyxcTZccsE>

Oh, and guess what!

You may not even need to exercise to slim down.

Seriously.

A 2011 study of nearly 400 women conducted by top researchers in Seattle, Washington, found that those who **increased** their exercise routine with no change in diet

reduced their weight by just 2.4% after one year.

On the other hand, the women in the study that changed **only** their diet with **no increase** in exercise reduced their weight by about 8.5%.

That's over **three times more weight loss** just by changing what you eat.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3406229/>

<https://jamanetwork.com/journals/jama/article-abstract/2673150?redirect=true>

<https://www.nytimes.com/2018/02/20/well/eat/counting-calories-weight-loss-diet-dieting-low-carb-low-fat.html?rref=collection%2Fsectioncollection%2Fhealth&mtrref=undefined>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3222874/>

Now I know there are a lot of options out there when it comes to diet.

You've probably heard of the Atkins Diet, the Zone Diet, the Ketogenic Diet, Gluten Free Diet, South Beach Diet.

The list goes on and on.

Go ahead and forget about all of them.

Because first and foremost, you need to fix the root cause of your food cravings, digestive issues, low energy and weight gain.

Which brings me back to your gut – or internal garden – and those 100 trillion bacteria microbes.

The last thing you want is for your garden to become overgrown with weeds – or in the case of your gut – bad bacteria.

This imbalance between the good and bad bacteria is known as **dysbiosis**.

<https://www.youtube.com/watch?v=MWyRqKIZdUY&t=>

And it's those **gut disruptors** I mentioned earlier that are to blame.

The bad news is that even foods we think are safe and clean are actually covered, injected, and loaded with them.

I can't stress this enough.

Remember when I said there is a popular vegetable that is the number one thing I consider most hazardous to your health?

Well I was talking about corn.

Why?

It's because **nearly all of it** is genetically modified.

That's right. Roughly 88% of our nation's corn has been altered and processed in a lab – mostly to be resistant to certain pesticides, especially glyphosate.

https://www.huffingtonpost.com/margie-kelly/genetically-modified-food_b_2039455.html

As a doctor, I think it's important that you know a little bit more about this particular gut disruptor.

You're probably more familiar with its brand name – RoundUp.

The weed killer was first introduced in 1974 for use by both farmers and homeowners.

Since then, the use of RoundUp has increased **fifteen fold**.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5044953/>

And recent studies are proving that the alarming increase of health problems plaguing the nation over the last twenty years is **not** coincidental.

One report that came across my desk was truly eye-opening.

I mean, I almost couldn't believe what I was seeing.

Published in 2014 in the *Journal of Organic Systems*, the study contains numerous graphs...

that show the striking correlation between the **rise of glyphosate use** and the **rise of chronic diseases** including,

inflammatory bowel disease, diabetes, obesity, depression and intestinal infection.

The researchers concluded that environmental triggers – mainly the increasing use of glyphosate on genetically engineered crops like corn – are the cause.

The overwhelming results simply **could not be coincidence**.

http://www.organic-systems.org/journal/92/JOS_Volume-9_Number-2_Nov_2014-Swanson-et-al.pdf

<http://naturalsociety.com/study-links-gmos-22-different-diseases/>

<https://www.ecowatch.com/15-health-problems-linked-to-monsantos-roundup-1882002128.html>

Even the World Health Organization determined in March of 2015 that glyphosate is quote: **“probably carcinogenic to humans.”**

<https://www.nongmoproject.org/gmo-facts/>

That’s certainly not something I like to hear.

So just what happens when RoundUp gets into your system?

Basically, glyphosate is a water soluble toxin, which means it will **penetrate your gut.**

So that rock wall around your internal garden isn’t solid enough to hold it in.

As it breaks through, it damages your gut lining,

allowing both the herbicide and your gut’s bad bacteria to invade your bloodstream and wreak havoc on your body.

http://www.organic-systems.org/journal/92/JOS_Volume-9_Number-2_Nov_2014-Swanson-et-al.pdf

<https://www.youtube.com/watch?v=MWYRqKIZdUY&t=> (Dr. Pedre presentation)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3945755/>

<http://jeffreydachmd.com/wp-content/uploads/2015/04/Genetically-engineered-crops-glyphosate-deterioration-health-United-States-Swanson-J-Organic-Systems-2014.pdf>

https://www.huffingtonpost.ca/marc-davis-/glyphosate-weed-killer_b_9422586.html

<https://www.sciencedirect.com/science/article/pii/S1075996413000188>

<https://detoxproject.org/glyphosate/glyphosate-and-roundup-negatively-affect-gut-bacteria/>

<https://www.honeycolony.com/article/roundup-and-glyphosate-toxicity/>

Now, remember how I told you earlier that there was a food that has been banned in 38 countries?

GMOs like corn that are doused with this gut disrupting chemical are what I was talking about.

<https://gmo.geneticliteracyproject.org/FAQ/where-are-gmos-grown-and-banned/>

Sadly, the FDA continues to allow the engineering of GMOs in the United States...

along with the use of pesticides like glyphosate on these crops...

claiming that they are both safe for consumers like you.

<https://www.fda.gov/Food/IngredientsPackagingLabeling/GEPlants/default.htm>

But in 2012, a group of farmers were curious.

So they took it upon themselves to test the chemical content on the genetically modified corn in their fields.

And here's where things get **really** scary.

The **corn** contained 13 parts per million of **glyphosate!**

Let me put that into perspective for you.

The Environmental Protection Agency strongly regulates the levels of glyphosate in drinking water.

And the maximum contaminant level of glyphosate allowed by the EPA is just **point-seven** parts per million.

<https://www.epa.gov/ingredients-used-pesticide-products/glyphosate>

That means the genetically modified corn tested in Iowa, the same corn that is likely found right on your dinner plate, was **18 times above** what the government deems as safe in the public water system.

In fact, once the glyphosate level reaches just 1 part per million, it's considered **toxic**.

<https://www.honeycolony.com/article/roundup-and-glyphosate-toxicity/>

But even with all the mounting medical evidence and research surrounding glyphosate,

more than **1.4 billion pounds** of the toxic weed killer continues to be used each year throughout the world.

<https://news.nationalgeographic.com/2015/04/150422-glyphosate-roundup-herbicide-weeds/>

And even more frightening is the fact that this chemical has become part of our ecosystem.

In 2007, the US Geological Survey tested rain samples in Mississippi and discovered glyphosate was present **77% of the time**.

And because it's in our rain, that means **all crops** are tainted by glyphosate.

<http://www.greenmedinfo.com/blog/roundup-weedkiller-found-75-air-and-rain-samples-gov-study-finds>

So even if you eat only organic – or just the fruits and vegetables straight from your own garden – your gut is still in trouble!

<https://www.youtube.com/watch?v=jWgnkgYtqnw>

<https://news.nationalgeographic.com/2015/04/150422-glyphosate-roundup-herbicide-weeds/>

And at this point, I estimate it would take **50 years** to completely rid our environment of this chemical if we stopped using it today.

Now don't fret too much.

Because there are some things you can do to limit your exposure to glyphosate.

As a doctor, I strongly urge all of my patients to do their best to **avoid GMOs** and the processed foods that contain them.

But I also realize how difficult it can be since farmers and food manufacturers are **not required to label** corn or other crops and ingredients as genetically modified, or GMO.

Trust me, I'm frustrated by this too.

So, in addition to corn, here is a list of some of the most common ones to look out for: Soybeans, Canola Oil, Squash and Zucchini.

<https://gmoanswers.com/current-gmo-crops>

<https://www.cornucopia.org/2013/06/top-10-most-common-gmo-foods/>

https://www.huffingtonpost.com/margie-kelly/genetically-modified-food_b_2039455.html

I'm not saying you have to cut these foods entirely out of your diet.

What you **can** do is be more mindful of choosing products that are marked as **NON-GMO verified or organic**.

By definition, organic foods **cannot** contain those GMOs that were created to be resistant to RoundUp.

But here's another thing to keep in mind.

Glyphosate isn't the only thing poisoning our produce.

Using data from the US Department of Agriculture,

in 2010, the Environmental Working Group put together a list of the most contaminated non-organic fruits and vegetables.

It's called "**The Dirty Dozen.**"

And everything on the list tested positive for at least **47** different chemicals... even **after** being washed!

Some of the worst ones are celery, peaches, strawberries and apples.

<http://www.pbs.org/wnet/need-to-know/health/the-dirty-dozen-and-clean-15-of-produce/616/>

In fact, 16 of the chemicals discovered on apples are **hormone disruptors**,

6 are known or suspected **carcinogens**,

and 5 are **neurotoxins**.

Toxins like these in your food result in gut issues and obesity.

Makes you wonder if an apple day **really does** keep the doctor away.

<https://www.cbsnews.com/news/chemicals-in-food-can-make-you-fat/>

<https://www.youtube.com/watch?v=MWyRqKIZdUY&t=> (Dr. Pedre presentation 2:30)

Just be sure to always buy **organic** apples, which reduce the amount of toxins consumed by 80%.

Also, stick with fruits from "**The Clean 15**" list, such as avocados, kiwi, and watermelon.

<http://www.pbs.org/wnet/need-to-know/health/the-dirty-dozen-and-clean-15-of-produce/616/>

Now, I've talked a lot about chemicals like herbicides and pesticides,

but there's another **gut disruptor** that has found its way into our food supply...

Antibiotics.

There's a good chance you've taken an antibiotic at least once in your life.

Maybe you had strep throat as a child or a bout of pneumonia as an adult...

Or even just a bad cough, sinus infection, or earache.

But do you **actually** know what antibiotics do to your gut when you take them?

These strong medicines **kill** bacteria.

And that's great when it comes to fighting an infection and preventing it from spreading.

However, there's a **dark side** to these miracle drugs.

Because antibiotics can't tell the difference between good and bad bacteria in your gut.

They act like an atom bomb...

vaporizing your **entire** internal garden.

In fact, studies now show that **just a single dose** of antibiotics can dramatically alter the balance of your gut flora.

And after one week of taking antibiotics...

you can wipe out **trillions** of vital bacteria, which can send your gut microbes out of balance for **years**.

<http://mbio.asm.org/content/6/6/e01693-15.full.pdf+html>

<https://arstechnica.com/science/2015/11/single-course-of-antibiotics-can-mess-up-the-gut-microbiome-for-a-year/>

I know too well how antibiotics can haunt you long after you've taken them.

When I was a child, I often had nervous stomach issues.

My parents took me to the doctor constantly, and nearly every time, the doctor would prescribe an antibiotic.

This happened multiple times a year for about five years.

And I never really got better... even as I got older.

Now I know why.

The medication was just **decimating** my gut flora, causing inflammation and Leaky Gut.

It wasn't until I was in medical school that I figured this all out.

That's when I knew it was my mission to make sure no one else suffers like I did.

You see, even if you've never taken antibiotics, you're not safe.

Shocked? I understand.

Because what I'm about to tell you is something that surprises most of my patients.

If you are eating the standard American diet, then you're still being exposed to antibiotics.

How is that possible, you ask?

Well, as far back as the 1950s, antibiotics have been used heavily on meat and poultry farms.

But in this case, it's not because the animals are sick.

Farmers use the antibiotics regularly to fatten up cows, chickens and pigs.

And according to numerous research studies, the bacteria-killing drugs are passed on to humans when the animals are eaten.

<https://www.ncbi.nlm.nih.gov/books/NBK216502/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3194830/>

<http://www.who.int/en/news-room/detail/07-11-2017-stop-using-antibiotics-in-healthy-animals-to-prevent-the-spread-of-antibiotic-resistance>

I hope you're paying close attention.

Because even if you don't eat meat, there are **new concerns** surrounding antibiotics.

Researchers have discovered the medicine is being used heavily in **fish farms** to treat and prevent disease.

The 2013 study conducted in Arizona examined 27 fish from 11 different countries.

Antibiotics were discovered in farmed tilapia, farmed salmon and farmed trout from all over the world.

What's more alarming is that even farmed salmon marked as **antibiotic-free** tested positive for virginiamycin.

<https://www.sciencedirect.com/science/article/pii/S0304389414008012>

<http://time.com/3531828/antibiotics-fish-seafood/>

That's an antibiotic used to treat infections in animals...

as well as to prevent microbial contamination in ethanol fuel.

http://www.academicjournals.org/article/article1380900211_Arshad%20et%20al.pdf

Sound like something you want to put in your body?

Didn't think so.

<http://oceana.org/blog/chile%E2%80%99s-salmon-farms-may-use-more-antibiotics-any-other-meat-industry-%E2%80%99s-big-problem>

Now I'm not saying you have to stop eating salmon, pork, chicken or beef.

Because what I've discovered **allows** you to get away with safely eating all of them in moderation.

And I know you're anxious to hear what it is.

So I promise to get to that shortly.

There's just one more **gut disruptor** that you need to know about.

In fact, if you've been struggling with digestive problems,

including heartburn,

cramping,

discomfort,

or bloating or weight gain...

then these food additives could very well be the culprit.

They're in practically every processed food out there, so unfortunately, they're pretty much **unavoidable**.

I'm talking about **emulsifiers**.

Emulsifiers are those hard to pronounce, crazy-looking artificial preservatives you probably glaze over when reading nutrition labels.

They're the ingredients I mentioned earlier that can also be found in cleaners and stain removers.

Things like polysorbate 80, lecithin, carrageenan, polyglycerols and xanthan.

But do you even know what they are and what they do?

Essentially, these chemicals keep all the ingredients of processed foods from separating over time.

So you know how oil and water don't mix?

Well, just add a little emulsifier, and presto!

Turns out oil and water **do** mix!

Not only do these additives improve the look and texture of the foods we eat, but they also increase the shelf-life.

So that jar of peanut butter can sit in your pantry for more than a year and look just as tasty as the day you bought it.

But this convenience comes at a cost...

...and it's a cost to your health.

According to a study published in February 2015 in the journal *Nature*, emulsifiers can actually alter the gut microbiome,

leading to inflammatory bowel disease, obesity, high blood pressure and diabetes.

<https://www.nature.com/news/food-preservatives-linked-to-obesity-and-gut-disease-1.16984>

<http://www.newswise.com/articles/researchers-find-link-between-processed-foods-and-autoimmune-diseases>

<https://www.forbes.com/sites/fayeflam/2015/02/26/study-suggests-chemical-emulsifiers-in-food-are-disrupting-gut-microbes-and-making-us-fat/#61af5b305f08>

What's more is that additional studies have shown chemicals like polysorbate 80...

found commonly in chewing gum, ice cream, gelatin and condiments...

also break up the mucous layer of the gut lining – just like how detergents and soaps cut through grease.

<https://www.ncbi.nlm.nih.gov/pubmed/25731162>

<https://www.livescience.com/54839-food-additives-gut-bacteria.html>

[https://www.nutritionjnl.com/article/S0899-9007\(15\)00533-X/abstract](https://www.nutritionjnl.com/article/S0899-9007(15)00533-X/abstract)

<https://thegoodhuman.com/what-is-polysorbate-80/>

<http://www.wheatbellyblog.com/2017/08/emulsifiers-like-detergent-intestines/>

In one study, polysorbate 80 increased intestinal permeability **59 fold**.

<https://academic.oup.com/ecco-jcc/article/7/4/338/386298>

The end result?

You guessed it: Leaky gut.

Oh, and don't assume foods labeled as organic and NON-GMO are safe from these **gut blasting preservatives**.

<https://civileats.com/2015/02/25/how-emulsifiers-are-messing-with-our-guts-and-making-us-fat/>

Emulsifiers can also be found in tons of so-called healthy foods.

And many of these food additives are **not** even regulated or tested by the FDA.

<https://www.sciencedirect.com/science/article/pii/S0890623813003298>

So there's no real way of knowing which ones are going to wipe out that internal garden of good bacteria in your gut.

But not all hope is lost.

Fortunately, there are plenty of independent scientists at the forefront of gut research.

For example, in 2005, Australian physician Barry Marshall received the Nobel Prize for his discovery.

In a groundbreaking clinical study of 100 biopsies from the stomachs of patients suffering with digestive issues,

Marshall found that one type of bacteria was present in nearly every case.

Due to these results, he believed this one particularly bad strain of bacteria called **H. Pylori** was the main reason for the patients' gut ailments.

Hoping to further prove his hypothesis, Marshall did the unthinkable.

He decided to test his theory **on himself**.

He took some H. Pylori, stirred it into some broth and drank it.

Within days, Marshall fell ill.

After further testing and a biopsy of his own stomach, Marshall proved that too much H. Pylori can infect and inflame your gut,

leading to sores on its lining called ulcers.

In fact, we now know that more than eighty percent of ulcers are caused by H. Pylori.

<https://www.webmd.com/digestive-disorders/h-pylori-helicobacter-pylori#1>

https://www.nobelprize.org/nobel_prizes/medicine/laureates/2005/press.html

<http://discovermagazine.com/2010/mar/07-dr-drunk-broth-gave-ulcer-solved-medical-mystery>

<https://consensus.nih.gov/1994/1994HelicobacterPyloriUlcer094html.htm>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283743/>

<https://www.ncbi.nlm.nih.gov/pubmed/3982345>

Shockingly, it is estimated that about **two-thirds** of the world's population has H. Pylori in their gut!

<https://www.webmd.com/digestive-disorders/h-pylori-helicobacter-pylori#1>

When the bad bacteria like H. Pylori or other strains take over, all bets are off.

Think about your own “gut instincts” or “gut feelings” for a minute.

Have you ever felt “butterflies” in your stomach?

Or just had a hunch about people or situations?

That's your gut talking.

How is this possible?

Well, there is a direct link between your brain and your gut called the **vagus nerve**.

Normally, this nerve regulates mood, digestion, and metabolism.

But when bad bacteria seize control, the vagus nerve sends signals to your brain that trigger those bad food cravings.

<https://www.britannica.com/science/vagus-nerve>

<https://www.medicalnewstoday.com/articles/318128.php>

<https://www.dirt-to-dinner.com/your-second-brain-gut-microbiota/>

Have you ever munched down on a box of cookies...a pint of ice cream...a bag of chips...or some other unhealthy snack,

only to regret it moments later?

Nod your head if that's happened to you.

I can tell you, virtually every one of my patients is nodding their head right now!

That's a tell-tale sign that your gut is imbalanced, and the bad guys are now calling the shots.

And when there is a bacterial warzone in your gut, it affects your entire body... both physically and mentally.

Whether it's brain-fog, bloating, skin issues, unwanted weight gain, or low energy...

Trust me, you'll feel it!

Thankfully, there is some good news in the fight between the good and bad gut bacteria.

It's that **mother nature** knows what she's doing.

And the human body is an incredibly intelligent organism,

with the natural ability to respond to – **and reverse** – a gut flora imbalance, no matter how extreme it may be.

You just need to give it the right ingredients to work with.

It's as simple as nourishing and building up your good microbes... and letting nature take care of the rest.

For instance, a strain of **good bacteria** called **L. Rhamnosus** has actually been linked to weight loss.

According to a study I came across in the *British Journal of Nutrition* in 2014,

researchers found that women taking L. Rhamnosus for just three months lost **50% more weight** compared to those taking a placebo.

The bacteria was also shown to support immune function, promote clearer skin and help improve digestion.

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/effect-of-lactobacillus-rhamnosus-cgmcc13724-supplementation-on-weight-loss-and-maintenance-in-obese-men-and-women/7C9810D79528C4ADC77A22EE45F9CA8E>

<https://www.ncbi.nlm.nih.gov/pubmed/24299712>

<https://www.sciencedaily.com/releases/2014/01/140128103537.htm>

<https://fitness.mercola.com/sites/fitness/archive/2014/01/17/probiotics-weight-management.aspx>

Another **good bacteria** called **L. Gasseri** has also been shown to reduce the fat around vital organs.

This was first discovered in 2013 by top researchers in Japan who studied the effects of the bacteria on more than 200 adults.

After three months, those taking L. Gasseri reduced their abdominal visceral fat areas by a **significant 8.5%**.

Since then, further studies have linked L. Gasseri to overall reduced body mass, the reduction of fat absorption, and decreased waist and hip circumference.

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/effect-of-lactobacillus-gasseri-sbt2055-in-fermented-milk-on-abdominal-adiposity-in-adults-in-a-randomised-controlled-trial/304E3E2EE11E0D3D4F5D85E7046118A1>

<http://alivebynature.com/lactobacillus-gasseri-the-weight-loss-probiotic/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4391304/>

Seems too good to be true, right?

Well, I'm here to tell you that there is an easy way to replenish and strengthen the good bacteria in your gut.

So you can start to look and feel younger, more vibrant, more energetic and more alive.

Now, are you ready for my big reveal?

I'm talking about the three **Digestive Superfoods** I mentioned at the beginning of this presentation.

Get this:

The first of these ingredients was used by the Ancient Romans as a cleansing medicinal herb.

And the Ancient Egyptians believed it could purify the body.

http://www.specialtyproduce.com/produce/Chicory_Root_11694.php

<https://www.encyclopedia.com/plants-and-animals/plants/plants/chicory>

It's a little-known fiber, called **Chicory Root**.

Fiber is **so important** for proper digestion.

It helps move waste through your body, preventing constipation, bloating, stomach cramps, and loss of appetite.

<http://www.bloatingtips.co.uk/blog/2012/06/constipation-and-bloating.html>

But that's not all.

Fiber also helps prevent heart problems, regulates metabolism and reduces weight gain.

<https://www.nhs.uk/livewell/goodfood/pages/how-to-get-more-fibre-into-your-diet.aspx>

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/>

Here's the thing.

Fiber is actually **removed** from many of the processed foods in the standard American diet.

Why would something so important to our health be cut out?

It's because macronutrients in processed foods need to be pre-frozen to sustain the longer shelf-life we have become accustomed to.

Any idea what happens when you freeze fiber?

It turns to mush.

Want to see for yourself?

Just put an orange in your freezer overnight and then try to eat it the next day after it has thawed out.

Total mush.

So food manufacturers squeeze and freeze the juice of the orange, throwing away the essential fiber.

<https://www.youtube.com/watch?v=nxyxcTZccsE> (9:10)

It's no surprise to me that recent studies are confirming what I and other doctors already knew...

Americans are not getting enough fiber. **Not even close.**

I estimate that about 80% get less than half the suggested 30 grams per day.

<https://www.cbsnews.com/news/most-americans-dont-eat-enough-whole-grains-fiber-study/>

<https://www.health.harvard.edu/blog/making-one-change-getting-fiber-can-help-weight-loss-201502177721>

<https://www.rd.com/health/diet-weight-loss/eating-more-fiber/>

<https://www.ncbi.nlm.nih.gov/pubmed/15797686>

<https://academic.oup.com/nutritionreviews/article-abstract/59/5/129/1875096?redirectedFrom=PDF>

And when your microbes are starved of fiber, they can start to feed on the protective mucus lining of the gut...

triggering inflammation and leaky gut.

<https://www.nytimes.com/2018/01/01/science/food-fiber-microbiome-inflammation.html>

<https://www.scientificamerican.com/article/fiber-famished-gut-microbes-linked-to-poor-health1/>

Which brings me back to **Chicory Root**.

Its **superpower** is being resistant to the acid in your stomach.

So unlike most foods, it passes through to your gut undigested...

where your good microbes feed on its fiber called inulin.

<https://www.mindbodygreen.com/articles/the-prebiotic-fiber-that-can-help-you-lose-weight-detoxify>

Because even if your good bacteria have been destroyed by GMO's or antibiotics...

they **are** still in there.

They just need the right food source to reproduce... and rejuvenate your gut.

<https://www.ncbi.nlm.nih.gov/pubmed/17951492>

So it can get back to keeping you in good health,

Resulting in easier digestion, increased metabolism, and more energy.

Perhaps best of all, unhealthy cravings start to fade away.

Because when the good bacteria have regained control of your gut, they also take over brain signals from the bad guys...

Which means you'll stop craving junk food, and healthy eating becomes second nature.

And do you know what that means?

Yes, fat loss becomes **much easier**.

But before you run out to the store in search of Chicory Root,

there's something else you need to know, and this is **critical**:

Chicory Root can only feed and nourish the bacteria **already living** in your gut.

But when your gut has been vaporized by chemicals and antibiotics from the foods at your grocery store..

It CAN'T do its job.

This is **extremely** common with my patients.

And I can **just about guarantee** that the majority of **your** beneficial strains have been eliminated... without a trace.

Which leads me to my **2nd Digestive Superfood**:

Therapeutic Class Probiotics, or **TCPs** for short.

Probiotics, as you may or may not know, are another name for the beneficial bacteria in your system.

They come in hundreds of different strains and varieties.

And medically, when used correctly, they increase the diversity and amount of good bacteria in your gut,

which of course, means improved digestion, easier weight loss, more energy, and overall better wellness.

<https://www.realnatural.org/probiotics-aid-weight-loss/>

But not all Probiotics are created equal.

The reason you probably haven't seen or tried what my medical colleagues and I call **Therapeutic Class Probiotics** before is because they are **extremely rare**.

They are also complicated and very **time-consuming** to produce.

It takes **months** to formulate the highest quality TCPs,

which is part of the reason why **only a handful of labs in the US** can even make them.

If you've tried Probiotics supplements before, it's more than likely that what you've tried is called **Retail Class Probiotics**.

And it's very important to be careful.

A large number of big companies are currently “cashing in” by offering the **Retail Class Probiotics...** for a premium price.

You can find them **all over** your local pharmacy or Whole Foods store, and even popping up online.

These retail products in my research are nine times out of ten **low-quality and contain easy to produce, ineffective and sometimes even dangerous bacteria strains.**

I'll just come out and say it: almost all **Retail Probiotics** are a huge waste of money.

They rarely provide the variety of strains necessary to effectively rebalance your gut.

So if you've tried Probiotics before, and didn't get the results you were promised, like I hear from so many of my patients,

I can guarantee they were **NOT** Therapeutic Class.

You see, to be what my medical colleagues and I consider a true TCP, they are required to have a **minimum** of 10 very specific bacteria strains...

Here's the really interesting part:

Each strain of **Therapeutic Level Bacteria** has different clinically proven or medically researched effects on the body.

For example, certain TCP strains work to keep your digestion running smoothly.

Others keep your immune functions strong.

Some strains help regulate your appetite and mood.

While others boost your metabolism and make it easier to shed excess fat.

Remember those two specific strains I told you about: L. Rhamnosus and L. Gasserri?

I consider these my secret probiotic weapons for patients wanting to lose weight.

And they are just a couple examples of what you will find in **real TCPs...**

...along with a multitude of other clinically researched and proven bacteria that support overall gut health.

With these proven benefits, of course I insist **all my patients** that can afford it take TCPs,

which have been shown time and time again in medical studies to produce results you can both **see and feel.**

So how can you tell the difference between a Therapeutic Class Probiotic and a Retail Class Probiotic?

It's simple, **check the packaging.**

If your probiotics come in a glass or plastic bottle, they're almost guaranteed to be the lower quality retail class.

High-quality Therapeutic Class Probiotics come in nitrogen sealed blister packs to fully preserve the bacteria.

Alright, let's move on to **Digestive Superfood #3:**

Vitamin B - but more specifically, a dedicated **Vitamin B Complex** with **all 8** Vitamin B compounds.

Based on what I see in my practice,

I now consider a B complex to be just as important as my other 2 Superfoods, **Chicory Root** and **Therapeutic Class Probiotics.**

And here's why:

When the human gut is healthy and properly balanced, part of its job is to absorb vitamins and nutrients.

What many people don't realize is that it's also capable of synthesizing certain vitamins needed for gut health and proper digestion, including B2, B9 and B12.

However, when your gut microbes are out of balance, it's a different story.

Both your ability to absorb vitamins, and naturally produce them, are severely reduced.

Which is why my research led me to start including a dedicated Vitamin B complex, on top of Chicory Root and TCPs, any time a patient comes into my office complaining of low energy, food cravings, or poor digestion.

And I say a *dedicated* B complex because most multivitamins don't include all 8 compounds crucial for your metabolism and digestion.

And **all 8 compounds are necessary** if you want to experience:

increased production of digestive enzymes, for complete digestion,

easier digestion of fats, carbohydrates and proteins,

better functioning of your GI tract,

stronger immune system and disease prevention,

and improved absorption of other essential vitamins.

In fact, the Centers for Disease Control and Prevention, recommends that **all US citizens over the age of 51** get their B vitamins from supplementation.

And I tend to agree, because it's the fastest and most efficient way to get them into your system.

In fact, I would even **extend** that recommendation to include anyone over the age of 40, especially if you feel tired, have poor digestion or struggle with your weight.

Now that I've shared all 3 of my Superfoods,

There's still something I need to explain,

And that's how to unlock their **full potential**,

In other words, how to get a total gut health transformation.

And start looking and feeling like the person you want to be.

You see, **Chicory Root** and **TCPs** have certainly been effective for many of my patients.

However, it wasn't until my research led me to start adding the dedicated B complex into the treatment plan, that everything changed.

Within a week, I started getting phone calls from patients who were now taking Vitamin B complex,

on top of the Chicory Root and TCPs they had already been using.

And I cannot properly explain in words just how powerful the results were.

A few of my patients were so overjoyed, they were brought to tears.

And some even insisted on coming into my office to thank me, personally.

Take Lori D. from California for example, who says:

"Within the first few days I noticed a decrease in my "bad" food cravings. Now I crave fruits and berries. Less bread and dairy. I am no longer preoccupied with "what am I having for my next meal." My stomach is much calmer and less bloating after eating. Thank you for all your work."

And this is **without** changing her exercise habits.

The truly amazing part?

Whether it was bloating, skin issues, or low energy,
more serious issues like IBS or Leaky Gut,
or something as basic as just losing unwanted fat...

The simple addition of Vitamin B complex seemed to supercharge their results, regardless of their condition.

Naturally, I was thrilled to be able help so many patients completely transform their health, and finally get the results they were after.

But as a student of medicine, I needed to understand why.

To my surprise, all of my research confirmed the same thing...

A breakthrough phenomenon on the cutting edge of gut health, known as as **Synbiotics**.

Synbiotics are simply the way my 3 superfoods interact with each other...

You see, they work hand in hand... like a team.

And together they provide some incredibly powerful health benefits above and beyond what each could provide individually.

In other words, the 3 ingredients, taken together have an **exponential impact** on your gut health.

For example, in more than 17 studies conducted in the last year, patients on **Synbiotics** have experienced:

increased weight loss,

decreased body mass and waist circumference,□

improvements in bloating and IBS severity,□

greater quality of life changes,□

and improved gastrointestinal performance.

Hundreds of my patients are already enjoying all of these **amazing health benefits** themselves simply by following my advice.

Because when you combine my **three digestive superfoods** in just the right amount, the powerful results are totally undeniable.

That's why I am sharing this **scientific breakthrough** with you today.

So you too can shed those unwanted pounds, beat the bloat, boost your energy, and live your life to the fullest once again.

Remember, more than two-thirds of Americans are currently battling obesity.

Even more are struggling to maintain a well-balanced gut.

I estimate that these numbers will only continue to increase until we do something about it.

Now is the time to take action.

And here's some excellent news.

Anyone can do it.

It doesn't matter how old you are, how many pounds you want to lose, or how out of shape you may be...

Today is the day you can finally balance your gut, resulting in:

faster metabolism,

fewer cravings,

and a fitter waistline.

Because this is a cutting-edge breakthrough for your gut that will payoff in spades.

Get excited because I am going to let you in on all the details right now.

It's hard to believe that it was just a few short months ago when I first introduced my three digestive superfoods to my patients.

I mean, their results have been extraordinary in such a small amount of time.

Every single one of my patients that has **fully committed** to my plan has experienced an improvement in their health.

Even so, many of them were complaining.

Strange, huh?

Why would someone complain about feeling and looking better than they had in years!?

Well, it turns out the amount of time, effort and money it was costing them to keep up with my groundbreaking regimen was just too daunting.

And I get it.

Nobody likes having to take three pills a day, especially when you have to dish out loads of cash for those pills.

It was heartbreaking to know that something **so effective** was too difficult for most of my patients to sustain.

But rather than sit around and sulk, I was determined to take my **synbiotic formula** to the next level.

And that meant creating the **first ever fusion** of all three digestive superfoods into **a single pill**.

So that my **clinically proven ingredients** can tackle all of your gut health issues **simultaneously**.

I just knew there had to be a way to create the only synbiotic formula with these three superfoods...

...Chicory Root, Therapeutic Class Probiotics and Vitamin B Complex...

... that would be easy and cost-effective for my patients.

So they could continue reaping all the benefits of having a well-balanced gut.

Now, as a doctor, I've had a great deal of medical training.

But I still needed a lot of help to bring my innovative idea to fruition.

Lucky for me, the team at **United Naturals**, one of the fastest growing health brands in North America, was just as enthusiastic about my concept as me.

Sure, it took months of trial and error to get it just right...

But now I can honestly say that I believe we've come up with the **highest-quality** all-in-one gut health solution available anywhere.

I predict that my new Synbiotic formula...

...consisting of **the purest and most potent** ingredients available...

...will transform the lives of the millions of Americans currently suffering from poor gut health.

And since the key to my daily superfoods solution is synbiotics, I named it **Synbiotic 365**.

Synbiotic 365 is so innovative that you won't find anything else like it at your grocery store or online.

Trust me, I've searched for something like this myself many times.

It doesn't exist.

That's because **Synbiotic 365** is the only three-part formula that will nourish, replenish and fortify your gut flora so that your internal garden can fully flourish.

Each tiny capsule contains a proprietary blend of premium **Chicory Root** Extract that studies have shown will feed the good bacteria in your gut while starving the bad bacteria.

This ingredient goes to work **immediately** to help eliminate your junk food cravings.□

There's also 12 powerful strains of **Therapeutic Class Probiotics** in order to create maximum bacteria diversity, including my two bacteria strains clinically proven to reduce weight.

This will help to revitalize your gut, improve digestion, and prevent you from overeating.□

And of course, Synbiotic 365 also includes a **Vitamin B Complex** proven to make up for any nutritional deficiencies caused by an imbalanced gut.

This further supports better digestion and can trigger a boost in your metabolism.□

Even though it has only been available for a short time, people are already **raving** about how Synbiotic 365 has **completely transformed their lives!**

Like Denise D. from Northbrook, Illinois:

"I love United Naturals' Synbiotic 365!! I was so surprised at my body's reaction — within an hour or so of taking the first pill, my 'brain fog' lifted! I never even realized that I had brain fog, but after taking the pill, I began to have more clarity in thinking. I also have more energy now. My cravings have decreased and I was able to lose 6 pounds, which has been very difficult for me to do. Please keep making this wonderful product! THANK YOU!"

And here's what Lynne S. from Nokomis, Florida had to say:

"I was taking Prilosec for ten years or longer. Since my one and half months on Synbiotic 365 I have not had a single episode of heartburn or indigestion. I have also lost 5 lbs and am completely awed by these results. I am now awaiting my second three month order, and certainly hope it comes soon."

Delores H from Jonesboro, Arkansas just sent me this email:

"I have been taking Synbiotic 365 for a little over three months and have found that I feel much better and it has helped my digestive system. It has eliminated pain and bloating in my stomach. I am happy with the product."

Now I want to make something very clear about my intentions.

I didn't create Synbiotic 365 so you could lose weight.

That just happens to be an **amazing side effect** that my patients thank me for everyday.

Think of it this way: no guts, no glory.

What I mean is if you don't address the problems in your gut first, you'll never really come out triumphant in the battle of the bulge.

So the real motivation behind Synbiotic 365 is to improve digestion, so that you never have to deal with constant bloating,

sleepless nights,

cramping,

low energy,

or just feeling tired and sluggish ever again.

And since you've been paying close attention to this video, I'm sure you remember how vital it is to have a **happy gut**.

I personally had to cope with an **unhappy gut** for way too long.

It affected my whole body.

I was constantly tired, achy and felt lousy most days.

But ever since I started implementing the digestive superfoods of Synbiotic 365 into my diet, I've had more energy and less stomach pains.

I've also been more focused during the day and sleeping better at night.

You're probably wondering how one little pill could be so effective.

Well, let me tell you.

You see, as a doctor, I've taken an oath to uphold the highest ethical standards.

I take this oath very seriously.

And I know you're putting a lot of trust in me as a medical authority.

So in order for me to recommend and stand behind an all-encompassing gut health supplement for digestion and weight management to my patients,

it not only needs to have **every** digestive superfood that I've described in this video,

but those ingredients must be combined very precisely in dosage and potency.

I also made sure that Synbiotic 365 was engineered with a cutting-edge delivery technology for your stomach.

I'm talking about a unique delayed release coating that ensures the **live probiotic bacteria survive** the journey to the middle of your gut where they are most needed.

This special coating is something Retail Class Probiotics often neglect in order to cut costs.

Plus, Synbiotic 365 is packaged in **nitrogen-purged blister packs**.

That's because studies have shown that oxygen, heat and moisture can reduce potency, or outright kill beneficial probiotics while in transit or stored in your home.

Our **high-tech packaging** ensures the live Therapeutic Class Probiotics are not only protected from the elements,

but also guarantees a shelf life of **2 years without refrigeration**.

So wherever you go, you can easily take Synbiotic 365 with you and never have to worry about missing your daily gut fix.

Synbiotic 365 is also certified organic, GMO-free and allergen-free.

And I'm proud to say that it is made right here in the USA.

Furthermore, every single capsule is tested by United Naturals as well as a third party, FDA-approved lab for **potency, purity and stability**.

Now whether you're interested in a little slimmer waistline or you've got twenty pounds to lose, I'm sure you're ready to give Synbiotic 365, packed with my three digestive superfoods, a try.

Of course you could go to specialty grocery stores or search online for these all-natural ingredients yourself.

But finding exactly what you need to replicate my formula is both time consuming and expensive.

In fact, it would cost you **more than a hundred bucks** for a one-month supply.

That's just too much for anyone to spend.

With Synbiotic 365, United Naturals was able to engineer my extraordinary formula with the highest purity and quality,

without passing the cost onto customers...

... while still maintaining top-notch standards.

This was very important to me.

You see, I became a doctor to improve the health of my patients... not to profit from them.

And I want everyone to be able to afford Synbiotic 365,

so they can experience all the benefits that my three digestive superfoods combined have to offer.

Because it shouldn't cost you an arm and a leg to feel good.

So I've put together an exclusive offer, **only for new customers.**

When you order Synbiotic 365 through this presentation, you won't pay the full \$89 per box.

That's what it would cost if you came to see me at my office in Manhattan.

I've convinced United Naturals to slash their price for a **limited time.**

Because this isn't about money... it's about helping people.

Which is why you're going to get Synbiotic 365 today for the special discount of **just 44.95.**

Saving you more than \$45 off the retail price!

But before I tell you more, you should know that there **is** one catch.

This massive markdown is only valid for first-time customers through this exclusive video **while supplies last.**

If you click away from this page, you may no longer be eligible for the highly discounted price.

Why am I being so strict?

Inventory is **extremely limited.**

You see, the only way that United Naturals can guarantee the **highest quality synbiotic formula** is by making Synbiotic 365 in small batches.

And every time a new batch becomes available, it often sells out in just a matter of days!

So I want to make sure everyone who is interested has an equal opportunity to purchase Synbiotic 365.

And don't worry.

Because there **IS** a way you can stock up on multiple packages of **Synbiotic 365**.

So you can share with family and friends, or simply secure your own longtime supply now.

Remember, unlike Retail Class Probiotics, each package of Synbiotic 365 is sealed in blister packs... giving it a 2-year shelf life.

Now, the generous team at United Naturals has given me the authority to offer two very special discount pack options to you.

And you know what that means?

You guessed it... **even bigger savings** to new customers for buying in bulk.

Our most popular option is the **3-pack**.

That's three months of Synbiotic 365 for just **38.95** per month.

Since taking it daily is so important to your gut health, I encourage all of my patients to start with a 3-pack so that they don't run out too quickly.

And if you are looking for the **absolute best deal**, then the **Family Bundle** of 6 boxes is for you.

This is your chance to help not only yourself, but your loved ones as well.

Whether it's your parents, your children, your brother or sister or your friends, I know they will appreciate you sharing this revolutionary solution to better gut health and digestive support.

That's why I made sure that our family bundle is affordable for everyone.

Believe me, you will **never** see these low prices in stores **or anywhere else** online.

United Naturals is even going to cover the cost of shipping when you order the 3-pack or family bundle 6-pack today.

But since my goal is to help **as many people** as possible,

I must limit these multi-pack options to only **one multi-pack per customer**.

Now, if you're still not sure whether Synbiotic 365 is right for you, I've got great news.

Every package we ship is backed by our 100% money-back guarantee,

meaning, if for any reason at all, you aren't completely satisfied with the results,

I will happily refund every cent of your purchase.

However, this special first time customer offer is good only while supplies last... and only through this video.

UPDATE:

Since I released this video, the feedback we've gotten from customers has been astounding.

I don't have the proper words to express how grateful I am knowing I have helped so many people,

and I'd like to thank everyone for their kind words via email, calls and letters.

Unfortunately because of the overwhelming response, we've been having some issues keeping the video online,

and we sold out of our last batch **much earlier** than expected.

You see, the high-quality Therapeutic Class Probiotics in Synbiotic 365 take a considerable amount of time to produce.

However if there is a "Next Step" button below, it means you're in luck!

Because Synbiotic 365 is back in stock and you can order it now.

If we are still sold out, you may be given the option to pre-order, and I suggest you take advantage if that's the case.

Now, are you ready to try **Synbiotic 365**?

I thought so.

Go ahead and click the orange "Next Step" button below to check our inventory and lock in this special price, while it's still available.

As I mentioned, this first-time customer offer is available only through this presentation.

Oh, and can you do me a quick favor?

Would you tell your friends and family about Synbiotic 365?

It's the only way I'll be able to reach my goal of helping more than a million Americans achieve excellent gut health.

Feel free to share this video with them, so they can take advantage of these low prices as well.

Don't forget, trying Synbiotic 365 is **risk-free for 30 days**.

If at any time you aren't happy with your results...

...you can simply send back what's left within thirty days of receiving your order...

and we'll issue a full refund... no questions asked.

But I am totally confident that won't happen.

Because I know that even after **just one week** of using Synbiotic 365, you'll be amazed at how much better you feel!

Before you know it, you'll start to notice that you've got **more energy** and you're **sleeping more soundly**.

This will make your mind **more alert** during the day so you can **focus and work more effectively**.

And best of all, you'll experience **improved digestion**, so you'll have **less bloating** and **fewer food cravings**.

Keep in mind that restoring your healthy gut bacteria may take some time.

So I urge you to use Synbiotic 365 until your entire supply is gone.

And if after that you're still not satisfied... for any reason at all... I insist you contact me, and I'll make sure you get a quick refund.

That's how certain I am that you'll be completely satisfied with your order.

So just click the big "Next Step" button below.

You've really got nothing to lose!

As soon as you click, you'll be taken to our secure transaction page.

And placing your order is so easy.

All you need to do is fill in your shipping and payment details, then press the "Submit Order" button, and we'll rush Synbiotic 365 directly to your doorstep.

Once your package arrives, I suggest you **immediately** start taking one capsule with a glass of water every morning.

As a doctor, I can't stress enough the importance of making Synbiotic 365 a **regular part of your daily routine**.

Only then will you fully realize the **powerful effects** of my synbiotic formula with my three digestive superfoods working together in **perfect unison** to nourish and replenish the good bacteria in your gut.

And just like my patients...

You're going to be thrilled with what the clinically proven ingredients in Synbiotic 365 can do for your **entire body**.

Things like improved metabolism...

Healthier looking skin...

A sharper mind...

A better mood...

And ultimately a slender waistline.

All with a **single capsule** of Synbiotic 365 a day.

To continue, just click on the orange "**Next Step**" button below.

Because I promise...

You'll be so glad you did.

Wishing you the best of health... I'm Dr. Vincent Pedre.

By the way, I **always** love to hear about how Synbiotic 365 is working for people.

And since this public health report went viral, I've received countless emails full of wonderful success stories.

Reading them is the best part of my day!

My office has also never been so busy, as people are coming in to thank me personally.

And even though I no longer have the time to respond to everyone individually, please know that I do read each email that comes across my desk, so keep them coming!

My email address is drpedre@unitednaturals.com

And I highly recommend that you share this presentation with those you love because **everyone can benefit** from hearing this information.

So now, click the **orange button** below to take the first step to better gut health and a more vibrant lifestyle.

If you're still watching, here are some answers to the most frequently asked questions I've received from my patients.

Q. What are the side effects?

A. There's just one that my patients have told me about, and it's that you may start losing weight without even trying! Remember, by improving your digestion, it'll be easier to shed those stubborn pounds.

Seriously though, the superfoods in Synbiotic 365 are all-natural and safe. And every single ingredient has been certified organic by Quality Assurance International.

There's nothing artificial or synthetic in our formula, and Synbiotic 365 is NON-GMO Verified as well.

Q. When will it start working?

A. Everyone is going to experience something different, but most of my patients tell me they're feeling more energy, less cravings and less bloat in the first week!

If that doesn't happen for you, **do not be discouraged**. For some people, it can take a full thirty days to get your gut back to a healthy balance of good and bad bacteria.

However, to wreak Synbiotic 365's maximum benefits, giving it a full 90 days is always best.

Q. What should I eat while taking Synbiotic 365?

A. I love this question because my patients are always thrilled to hear the answer. There's really no need to change anything in your diet. You can still eat all of the foods you love!

Of course, for faster results I encourage you to cut back on fats, sugars and refined carbohydrates. The good news is that most customers find they no longer crave these foods after taking Synbiotic 365.

Q. Tell me more about your money back guarantee.

A. Even though there's no reason it shouldn't work, we do give you a full 30 days to see if Synbiotic 365 is right for you.

So if you're not satisfied with your results during that time, simply contact United Naturals' world-class customer support team, and they will quickly provide a complete refund.

Q. Where can I get Synbiotic 365?

A. Synbiotic 365 is only available online and at a handful of doctors offices at this time. You won't find Synbiotic 365 in stores. This is to ensure we can continue to offer the lowest possible prices to our customers and keep the quality high.

To place your order right now, just click the big orange button below.

My proprietary formula consisting of my three digestive superfoods will be conveniently shipped straight to your home.

And your total gut health transformation can begin!

Picture this:

no more stomach aches or cramping...

no more sleepless nights...

and a **skinnier, more vivacious you!**

So click the button below before supplies run out!

