

Biotics Research Free Mobile App

"I was astounded at all the research articles I found on the mobile app that supported our roles in functional or wellness medicine."

So I was standing by the Biotics booth at a trade show talking to Daryl DeLuca one of the owners of Biotics and a doctor came up and asked about Tween or polysorbate 80 and leaky gut. Daryl pulled out his phone, opened the app by Biotics and tapped news, and then scrolled down a page or two and read the research report on how polysorbate 80 causes dysbiosis and leaky gut.

I was shocked. What else is on that app I asked? I felt a little sheepish because I downloaded that app a year earlier and forgot about it. Later that night I went on the news page and was astounded at all the research articles that supported our roles in functional or wellness medicine. So I thought it would be fun to give you a quick overview of the app and when I get to the news page share two really interesting research studies.

As you open the app you can see the different topics:

- Biotics Research Products
- Wellness Works Webinar
- Upcoming Seminars



- Speaker Bios
- News
- About Biotics
- Contact Us
- Login/Logout

Here's the screen that comes up when you tap Biotics Research Products. You can look up the products alphabetically or by category. On this page the featured product is NutriClear Plus and when I tap on it, this screen comes up. It list the retail price, the wholesale price and a brief description. By the way, you can purchase the product from this screen by clicking add to cart.

The next tab is Product Literature. By tapping you can see products sorted by numbers first, then alphabetical, so 5-MTHF Plus Forte is first, 7-Keto-Zyme second, ADP is third, etc. Tapping on the product brings product literature to the screen. Here is the lit sheet for ADP, Biotics premier anti-dysbiosis product.

The next tab is Wellness Works Webinars, newest ones are listed first. It also has a search feature so if you type a piece of the title in the "Filter videos by name" search bar, the webinar with that information in the title shows up. Here is what shows up

when you type in "gut". The webinars come up in chronological order. A Healthy Gut is a Healthy Heart by Dr. Wolfson uploaded 10/05/16. You scroll down to see all the programs with the word "GUT" in the title.

The next tab is Upcoming Seminars, here's an example of what the screen shot looks like. By clicking on the arrow to the right you get a brief description of the seminar and educational goals. For example Autism- Unraveling the Mystery December 2, 2017

The next tab lists the Speaker Bios, which always helps when you are deciding if you want to attend a seminar taught by someone you don't know. But the next tab, News, is the one I think you will find most exciting and keep bringing you back to the app to see what's new. Look at some of these titles, Berberine's Benefits with Methicillin-Resistant Staphylococcus Aureus", More bad news for PPI's Use and Chronic Kidney Disease, "DHA, EPA, and GLA for RA", "Common Emulsifiers (surfactants) impact the Gut Microbiota".

By the way, the surfactants they are referring are known by the name polysorbate 80 or Tween and are present in many commercial products. Let's look at a couple of these articles, here's one titled "Is Magnesium's Performance Comparable to a Statin?" Let me just read this to give you the full impact, "Statins are documented as the most prescribed pharmaceutical in history", and according to Dr. Timothy Marshall "are also one of the most controversial classes of drugs in use today".

A paper published in 2004 by Mildred Seelig, M.D., provided evidence that magnesium functions in lowering cholesterol by the "same mechanisms as statin drugs". In the body, enzymes are required for all metabolic activity, including the production of cholesterol. For cholesterol, the specific enzyme required is HMG-CoA reductase, which functions as the rate-controlling enzyme for the mevalonate pathway, the pathway that produces cholesterol

and other isoprenoids. This is the enzyme targeted by the statin drugs. However magnesium, when present in sufficient quantities, also functions to slow down this enzyme reaction. Thus according to Dr. Marshall, "magnesium is the natural way that the body has evolved to control cholesterol when it reaches a certain level, whereas statin drugs are used to destroy the whole process."

The adverse events of statin use "include hepatotoxicity, diabetes, myopathies, insomnia, memory loss, confusion, peripheral neuropathy, impaired myocardial contractility, autoimmune disease, rhabdomyolysis, erectile dysfunction, and mitochondrial dysfunction, all likely associated with CoQ10 depletion. There are close to 900 published studies documenting the adverse effects of statin medications, thus magnesium as an alternative to statin use is a valid, safe choice that is void of negative consequences."

Here's another one I found interesting; researchers conducted a review of 11 randomized control trials to see if magnesium affected plasma CRP. After differentiating the participants into those less than or equal to 3 and those greater than 3, they found a significant difference in the greater than 3 group. Their findings "suggest that magnesium supplements may have a beneficial role as an adjuvant for the management of low-grade chronic systemic inflammation."

I don't know about you but those are two very exciting news stories. These studies remind us how powerful simple minerals can be, and how important our roles as wellness clinicians is. I hope this overview of the Biotics app has encouraged you to download it and use it to stay refreshed on current topics. By reading news items like these and listening to world class educators it's easy to stay excited and keep your patients motivated.

Thanks for reading this week's Tuesday Minute. I'll see you next Tuesday.