

Michael Roesslein:

So, where does tributyrin come in, and butyrate in general, but tributyrin especially, come in with histamine issues?

Steve Wright:

Yeah, so-

Michael Roesslein:

Go ahead.

Steve Wright:

Basically there's a few things. We need to protect the mast cells with the mucus layer. We need to have some mucus layer fixing. And then, also, in the research, butyrate has been able to basically soothe the mast cells. It sort of slows or, even in some cases, inhibits histamine release. And so that's pretty powerful right there. And what I've seen in our customer group is, people who are already on like DIO enzyme, which breaks down histamine, they're on a quercetin, they're on maybe even an antihistamine or something, to try to really block the histamine release. And maybe they're stuck on a very antihistamine diet, which can be one of the most restrictive diets in the world, honestly. They recover really quickly on tributyrin. So, they're able to double their foods sometimes in 60 days, their various issues that they have seem to go away pretty rapidly when they find their ideal dose.

And so, again, I've never found anything that's quite this amazing for mast cell issues and histamine issues, again, for those people where the regular, the first layer of interventions isn't getting the job done. And then what do you do? It's like when you're in that microbiome dysbiosis cycle, where you have to keep taking foods out, taking foods out, taking foods out. How do you ever get back to a resilient gut that can eat all this stuff? And that's where, coming in with a tributyrin supplement.

Steve Wright:

And what butyrate also does, as soon as it's inside the cells and across into the portal vein, is it helps stimulate T helper cells and T reg cells. And these two cell types are so, so important for immune systems that are out of whack [crosstalk 00:30:33].

Michael Roesslein:

They're the ones that tell the other cells what to do, and, "Attack this, or don't attack this." And we've done some pretty extensive webinars on gut immune cell and T reg cells when they're out of whack, are the ones where everything goes sideways.

Steve Wright:

Yeah. And you can begin to regulate those with tributyrin or sodium butyrate, for that matter.

Michael Roesslein:

Cool. That has autoimmune related benefits. So, that's probably where you see the benefits of the colitis and the Crohn's studies and thing, is regulating that immune response in the gut that gets really out of whack.

Steve Wright:

The other thing, is highly constipated people. So, people stuck on laxatives, or high doses of magnesium oxide, or citrate, or something like that, to use the bathroom.

It's counterintuitive, because the research shows that using Butyrate for IBS-C helps and it shows that constipated people have less butyrate. But, one of the things that tributyrin does and butyrate do, is they slow the motility, they regulate the

cell's motility in the gut. And so, you got to go really slow and really low. And we find that ecosystem restoration happens in these people where, if they take one capsule, every three days, they can pretty much use their magnesiums and their vitamin Cs, or their laxatives, or whatever, to stay regular. And then, slowly at week four, week six, week eight, they start to go every other their day, every day. And then, usually when they get to everyday, something happens in their reliance on these osmotic laxatives, or true laxatives starts to go way down.

And so, my theory is that's when you're starting to actually get that oxygen-pH balance back, and you're actually starting to get the ecosystem restoring. But, that is the only "side effect" is too much of Tributyrin-X for your body, will constipate you.

Michael Roesslein:

So I don't know if you can speak in a generality. You're saying if you much it can back you up?

Steve Wright:

Yeah. What I can say, is that it's the best thing I've ever seen for regulating loose stools and diarrhea.

Michael Roesslein:

Okay.

Steve Wright:

And so, travelers diarrhea is a lot of the studies. IBS-D is a lot of the studies. And so, again, prebiotics are great, enzymes and HCL is how I used to try to control it in high dose curcumin, but nothing works like Tributyrin-X for slowing motility down.

Steve Wright:

Yeah. So it does regulate motility. So too fast motility and too slow motility. So it's a bit like an adaptogen, but for those people who are constipated, you have to go much slower because at least my theory is at this point, which hasn't been totally proven out, is that the constipated people seem to have even less butyrate and seem to be more butyrate sensitive than anyone else out there. Even mass cell people are like this is easier for them, but the constipated folks seem to be very, very sensitive to butyrate supplementation until they get to a level of reconstruction on the gut, at which point things begin to regulate again. So it's sort of a counterintuitive thing.

Michael Roesslein:

Cool, is this contraindicated for SIBO?

Steve Wright:

No.

Michael Roesslein:

Safe to take with SIBO? I don't see any reason why it would be, but I'm just-

Steve Wright:

No, in fact, it typically helps SIBO. Especially, anything that's bloating or pain-related SIBO. Because, the other thing, is it's super anti-inflammatory to the gut, and the studies around butyrate are reducing of pain. So, more butyrate equals less pain, more butyrate usually, equals less bloating. And so, as far as SIBO prevention, or knocking the SIBO out, once and for all, I think it's a worthy test to add to a full protocol. It's not going to do it on it own.