

- 00:27:03 Joni K: wow!
- 00:28:49 Moyosola Otusanya: moyosola Joseph Otusanya josephmoyosola@gmail.com  
2347036006358
- 00:32:17 Anna Chaney: Will this be recorded and shared? I have to leave... so sad.... this is fantastic. Thank you so much!!
- 00:32:32 Michael: Yes, Anna! Probably in your inbox tomorrow!
- 00:33:17 Anna Chaney: Fantastic, thank you so much!
- 00:33:25 Rachel Fenicle: fantastic
- 00:33:35 Cindee Henderson: Awesome. Thank you!
- 00:34:50 Michael: Yes! Recording should be sent out tomorrow morning. :)
- 00:35:01 Joni K: whats good when we are older 😊 my dysbiosis keeps getting worse
- 00:35:15 Angela Hansen: Thanks again for great information from Kiran. Have a happy Easter! Have to leave for work. Much love for all.
- 00:35:35 Michael: Thanks Angela! Have a nice holiday :) Thanks for being here!
- 00:38:02 Marty Wilson: As always blown away... we cannot understand the importance of understanding this information. What are the most damaging outcomes of a compromised person from birth?
- 00:45:27 Ruth Feldman: Had to take a call- look forward to replay. Mega Mucosa has been amazing for my gut ;-))
- 00:47:38 Teri Battstone: How long approximately do we need to take megaspore to conclude if it's working?
- 00:47:48 M G: Agree about the re-brand 😊
- 00:48:42 Jerone Buchanan: Who should take MegaSporebiotic
- 00:49:28 Michael: Hey Teri! It's always doing the things it does... regarding noticeable changes for people, for some people it's days, most of the studies have been done on 30-60 day windows (reduced leaky gut, increased microbiome diversity, reduced inflammatory markers, liver protection, reduced triglycerides, etc...). That said, there are a LOT of factors that impact all of those things and everyone is different, has a different lifestyle, toxic exposure, stress levels, diet, trauma, genetics, etc... etc... etc...
- 00:50:23 Teri Battstone: Gotcha, thank you!
- 00:52:19 Michael: Yes, generally, Katie. One of the Facebook groups that exploded megaspore and microbiome labs 9 years ago was a histamine intolerance group. (Because it helped a lot of people in there, so then we had hundreds of those folks on our webinars.) That said, histamine intolerant folks need to start very low and slow with dosing with anything. Some start as low as 1/4 capsule (sprinkled on food) every other day and work their way up there.
- 00:54:21 M G: Should u cycle on and off Megaspore or can u take it daily for an indefinite period of time?
- 00:54:36 N S: Curious on the source of the dextrose

- 00:54:44 Maryann Infantino: They are delicious! My kids take them too
- 00:54:57 Laks Abhi: How to dose the regular Megaspore for kids?
- 00:55:10 Lindsay Linke: Can children take the adult version and how would you dose it?
- 00:55:19 Michael: Hey MG! A lot of people go down to every other day or some other reduced dose, etc... I've personally taken 2/day for about 9 years because I want that level of support.
- 00:55:43 Michael: Kids dosing isn't different than adults with the adult spores - just start low and slow. If they can't swallow pills, it can be sprinkled on food or in drinks, yogurt, etc...
- 00:55:53 Michael: If very small kids, please talk to your doctor.
- 00:56:35 N S: Dextrose source question was regarding the kids chewable. Any negation of product efficacy with the use of the sugar?
- 00:57:01 Lindsay Linke: He's 6.5 and 40# kid
- 00:57:21 N S: For the VitaminD-what is the source?
- 00:57:34 N S: Thanks Michael. Narmeena
- 00:58:31 Katharine K: I have to take antibiotics after surgery. Should I take extra Megaspore? Anything else? Last time I took antibiotics after surgery, I had the worst anxiety ever.
- 00:59:06 Michael: Hey Katharine. Microbiome Labs has a research-backed (multiple studies) protocol for speedy recovery (and more complete recovery) from antibiotics
- 00:59:48 Michael: That's more K1 Andrea - but if someone is on blood thinners, they probably don't want to supplement Vitamin K at high doses.
- 01:00:07 Lindsay Linke: Where can that protocol be found? I have to take antibiotics every 6 months before teeth cleanings. I hate it!!
- 01:00:21 Michael: Lindsay - email me at [Michael@rebelhealthtribe.com](mailto:Michael@rebelhealthtribe.com)
- 01:00:27 Michael: I'll get it for you
- 01:00:28 Lindsey Buhl: Wait, the Sereneskin can reduce acne by 70%?
- 01:00:34 Lindsey Buhl: Did I hear that correctly?
- 01:00:36 Michael: And why do you have to take antibiotics with teeth cleanings? That's strange...
- 01:00:40 Michael: Yes, Lindsey
- 01:00:42 Michael: 70%
- 01:01:29 Maryann Infantino: What age is serene skin safe for? How young
- 01:01:31 Teri Battstone: So would you take the sereneskin instead of megaspore?
- 01:02:10 Michael: All Microbiome Labs products in our shop are 15% OFF right now to celebrate all these new product releases (and Kiran's return to RHT webinars!)


Use code: SAVE15MBL

Microbiome Labs Shop: <https://rebelhealthtribe.com/brand/microbiome-labs/>

- 01:02:50 Laks Abhi: Who is the zen biome for ?
- 01:03:11 Michael: ZenBiome is helpful for mental/emotional health (one of the formulas) and sleep (the other formula)
- 01:03:42 Michael: Terri - Serene Skin would be for those with acne/skin issues specifically to use shorter-term
- 01:03:50 Michael: Teri\*
- 01:03:50 Lindsay Linke: Why is the Pyloguard for 9+? That's another thing, h pylori, that my son has overgrowth and was being treated for until the provider stopped seeing pediatrics in January and we haven't found someone new to take over.
- 01:04:30 M G: Over the past couple months I've had this new symptom where I breakout after almost EVERYTHING I eat (and get wicked dry skin, inflamed/flakey/chapped/peeling lips, etc.) I KNOW this has to be related to leaky gut! Should I switch from using Megaspore to using SereneSkin? (If so for how long and when do u typically see "results"?)
- 01:04:31 Laks Abhi: Which of the products would be most suited for kids with food allergies? I'm guessing the Megaspore - but want to confirm
- 01:04:38 Katharine K: Does that include cystic acne?
- 01:04:39 Michael: I'm not sure, Lindsay - send me an email and I'll get an answer for you. We're probably not gonna' have time for questions. We're already going over.
- 01:05:06 Katherine Wolfe: What are the natural flavors in the pyloguard?
- 01:05:18 Joni K: is the Kids product good for those adults who are super sensitive?
- 01:05:41 Michael: Yes, the Megaspore would be a great starting point. I'd also consider MegalgG2000 - which is great for helping to reduce reactivity in the gut.
- 01:05:43 Joni K: Serene Skin can be used on lil ones below 4 y/o? with eczema?
- 01:06:14 Michael: I'll try to get some of these questions - we're already over on time. If I can't, if he has to go, I'll track him down and get answers in email
- 01:06:26 Joni K: So you have this for H.Pylori- anything that might work for Giardia?
- 01:06:42 Michael: They don't have a giardia-focused product unfortunately. :)
- 01:07:16 M G: Thank u so much, Michael! 🙏
- 01:07:16 Joni K: very interesting - Pyloguard!
- 01:07:27 Lindsay Linke: I'm curious why they corn dextrin also?
- 01:07:38 Teri Battstone: Thank you Michael and Kiran!

- 01:07:54 Michael: Thanks for being here, Teri!
- 01:08:06 Michael: No, Pyloguard won't aggravate SIBO, there's nothing in there that should.
- 01:08:22 Michael: All Microbiome Labs products in our shop are 15% OFF right now to celebrate all these new product releases (and Kiran's return to RHT webinars!)
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- 01:08:34 Rhonda Grasby: how to treat klebsiella pneumonia that is causing gastritis
- 01:09:40 Kim Olas: Would the 1714 in Zenbiome aggravate Sibo?
- 01:10:01 Diane Kerris: Can Zenbiome be used when someone is taking SSRIs to start to wean them off?
- 01:10:13 Lindsey Buhl: Yes you're killing it Michael! 😊
- 01:10:50 Michael: No, it's prebiotics/fiber that aggravate SIBO, and anything that will slow down gut motility - including stress, trauma, insufficient bile production -we have a full webinar with Kiran on SIBO on the blog on our site!
- 01:10:53 Michael: It's LOADED
- 01:10:56 Michael: Thanks Mary :)
- 01:11:11 Michael: Diane, I would talk to their doctor about that before saying yes.
- 01:11:25 Diane Kerris: Thank you
- 01:11:27 Joni K: Can Serenskin be used in kids younger than 4 y/o?
- 01:12:22 Michael: Serene Skin is short-term/acute use
- 01:12:23 Julia Hustad: How long is the protocol for clearing hPylori? How many caps per day / months?
- 01:12:35 Michael: Megaspore has wider range of benefits, lower cost, better for ongoing support/maintenance
- 01:12:54 Michael: Julie, send me an email at [Michael@rebelhealthtribe.com](mailto:Michael@rebelhealthtribe.com) and I'll try to get the studies for you
- 01:13:51 Rebecca Erickson: I would be interested in studying info as well. I will email you too Michael! Thanks!
- 01:13:57 Michael: It wouldn't hurt, but I'd personally go with SS for a month or two full dose by itself and then go to the spores after. There are spores in the SS product.
- 01:14:23 Michael: Sounds good, Rebecca! They've got something like 30 studies done now at this point. 15 or so on Megaspore and now a bunch on the other products
- 01:15:44 Joni K: what fiber does Kiran think is no.1...is it kiwi powder?

- 01:16:15 Kim Olas: Supposedly lactobacillus is more dominant in schizophrenics. What's Kiran's understanding on how to balance that bacteria out?
- 01:16:51 Michael: The fibers that are in the MegaPre would likely be his answer on that- they chose those because they selectively feed beneficial organisms... but I know he recommends eating as many diverse sources of fiber as possible in the diet.
- 01:17:05 Joni K: does MegaGenesis have any function in the microbiome besides adding diversity?
- 01:17:39 Laks Abhi: Thank you Micheal! I read a study about Subdoligranulum variabile and Clostridiales reversing food allergies. Does Kiran have any insights on these?
- 01:18:11 Michael: I've not heard of that, but I'll try to email him about it. We're not gonna' be able to do a Q&A after this, we're already way over on time, unfortunately.
- 01:18:22 Joni K: ok Mega Genesis is a level upgrade. thanks for that discussion
- 01:18:38 Laks Abhi: Thank you so much! I can follow up with you over email. Thanks!
- 01:18:57 Michael: We've had hundreds/thousands of people report positive results with their products in regards to oral tolerance, food sensitivities, allergies, asthma, etc... so much so that I've not really looked for anything else or paid much attention to other options since we found their stuff.
- 01:19:55 Kim Olas: THANK YOU MICHAEL 🧡💛🧡 you are ahmazing doing this so late!!!
- 01:20:22 Kara Jacobsen: Thanks for the info!!!!
- 01:20:26 Michael: All Microbiome Labs products in our shop are 15% OFF right now to celebrate all these new product releases (and Kiran's return to RHT webinars!)
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- 01:20:30 Lindsay Linke: Thank you both for your hearts to share your knowledge to educate others!
- 01:20:35 Mary Adamson: Yet another wonderful interview - thank you both sooo much!!
- 01:21:04 Faye Triantis: Fantastic. Thanks guys.
- 01:21:09 M G: Wasn't there a 3 product protocol to heal leaky gut? I didn't see the "combo pack" on the website last time I looked...
- 01:21:19 Kim Olas: And thank you both for doing this amazing presentation
- 01:21:32 Diane Kerris: Thank you Michael and Kiran for sharing so much important information. Look forward to trying some of your products.
- 01:21:43 Joni K: Thanks you two!!!!
- 01:22:11 Donna S: Thank You both and Happy Easter
- 01:22:30 Joni K: waiting for you two to visit the enzyme co
- 01:22:31 Jan Harrison: Thank you both so much for sharing this great info.

- 01:22:42 Kim Olas: 
- 01:22:42 Pamela Johnson: Thanks Michael and Kiran!
- 01:22:50 Rachel Fenicle: thank you
- 01:22:57 Lindsay Linke: Count me in for Europe!
- 01:23:21 M G: Amazing guys! Thank u both!!
- 01:23:34 Sausen Hilweh-Sihweil: will there be a recording? I couldn't get on sooner.
- 01:24:01 Maryann Infantino: MG <https://rebelhealthtribe.com/product/total-gut-restoration-trio-sb/>
- 01:24:03 N S: The recording will be sent out
- 01:24:18 Joni K: that's healthy!
- 01:24:29 Lindsay Linke: That sounds AMAZING!!
- 01:24:35 Joni K: bye