

I'm not always choosing the best grub for my gut. And I've been known to indulge a little...

Mario in the kitchen: "That is my bacon and cheddar macaroni casserole!!"

Ok ok, I indulge **A LOT**.

Mario makes pizzas: "Oh! I'm making pizzas!"

Mario successfully tosses pizza dough high in the air:

I can **crush** anything, from pizza to cheeseburgers to tacos.

And especially when the weekend rolls around, I can sometimes go a bit nuts. Cocktails? Uh yes please!

But I know it's a **recipe** for disaster... **wanting something my gut doesn't**.

The discomfort... the **gas**... the multiple trips to the bathroom.

Yes, I do believe in moderation, and working out, and filling my plate with a healthy balance of protein, carbs and fat. It's very important to me!

But I'm **human**.

And who really wants to give up eating what we want to?!

In fact, I recently found out that for people looking to shed pounds, long term goals can be hard to reach because weight loss plans can be pretty restrictive and the foods aren't all that appealing. ¹

Which is why I **had** to find **something** that could allow me the food freedom I was after... but help me manage the unpleasant aftermath I was feeling.

So, if you're like me and want to **have the cake and actually enjoy it too**, then I'm going to share with you this **one thing** that works for me.

¹ <https://www.health.harvard.edu/blog/when-dieting-doesnt-work-2020052519889>

I'm Mario Lopez by the way.

But many know me by another name.

Yep, that's me.

Saved by the Bell's A.C. Slater.

That was more than 30 years ago.

I'm 48 now, and since then, I've been in lots of other stuff...

Including Dancing with the Stars, which was a total blast.

But where I spend most of my time these days is interviewing A-list celebrities on the red carpet...

And hosting Access Hollywood.

Gearing up to do interviews on live TV is both one of the most exciting and most stressful things.

That's when my health concern can sneak up and get the best of me... even though I've done a good job of pushing through it all these years.

I'll share the shocking reason why and what I found to finally stop it in just a sec.

Now, when I'm not in the studio, I'm either at home with my three kids and beautiful wife...

Or my second favorite place... the gym.

Mario Selfie: "I'm an active guy. I love jiu jitsu, boxing, wrestling, weight lifting. Like I always say, work out for sanity, not vanity."

People think that I follow a really strict diet regimen to stay in shape, but the truth is, I don't discriminate when it comes to food.

Don't get me wrong.

Monday through Friday, I make sure to fill my plate with a balance of delicious carbs, healthy fat and clean protein.

I call these things **Digestive Defenders** because they strengthen and protect the gut all week long.

They set me up so that I can go crazy on the weekend and eat practically whatever I want.

Which, by the way, is something I think we all deserve.

And these foods help ensure the digestive system is working as efficiently as possible, so other systems in the body, like immune, heart and brain function, don't get slowed down.

Which can lead to fatigue, brain fog, and just feeling worn out.

In other words, what goes in one end... comes out the other end... without any bloating, gas, discomfort, panic or stress.

So we look and feel more energized, happier, healthier and maybe even a bit lighter.

And in a moment, I'm going to shake things up by sharing **my top 3 Digestive Defenders**.

What I discovered about them during my own health journey may cause a bit of controversy.

But these things are exactly what I eat every day to fill me up, curb my cravings, and keep me on track so that I *can indulge* on the weekends.

Because like everyone else, I like to have something to look forward to after a long work week.

And these 3 foods contain the critical nutrients we all need as we get older to stay fit and healthy, regardless of our exercise routine or if we do give in to a craving now and then.

Shockingly, most people aren't eating enough of these 3 foods... or in some cases... are just eating them all wrong.

And one of them is a complete health-boosting comfort food I couldn't believe so many are totally missing out on.

It's something that surprised even my mom who has seen everything.

Now, there are a lot of articles out there claiming to know what I eat every day, but I'm going to finally set the record straight.

Because I am living proof that staying healthy doesn't necessarily have to mean giving up our favorite foods.

We just need to stay active and eat one thing every day that can help protect the body from all those guilty pleasures.

Like Mexican food.

Growing up in a Mexican household, I obviously love Mexican food on the weekends.

I'll never say no to tamales, tequila or tacos!

Mario eating tacos with his dad: "Delicious! So I crushed my five tacos like that. Pops did his four. And we're gonna go for round two."

Now my absolute favorite meal, hands down, is spicy Mexican seafood, or Mariscos.

Mario eating mariscos with his dad: "I usually eat Mariscos every weekend to be honest. This is a little slice of heaven right here. Mmmm!"

Anyone who knows me well, knows I go through hot sauces faster than a kid with ketchup.

No joke.

My nose is basically running and I'm almost sweating every time I eat because I'm putting on so much hot sauce.

Mario eating mariscos with his dad: "I put this hot sauce on everything from like eggs to soup to seafood."

I know I'm going to pay for it later, but man, it tastes good when it's going in.

Seriously though, because of some of my questionable eating habits, my digestion has taken a beating over the years.

And forgive me if this sounds a little gross...

But I've secretly dealt with bloating, gas, and a lot of abdominal discomfort.

So while I might look like I'm doing alright on the outside...

On the inside, my plumbing has been... well, let's just say wonky.

It's been frustrating because I don't know why I'm feeling this way.

Why am I so uncomfortable?

Why do I have to go to the bathroom so much?

Why can't I just be normal?

Like what's going on?

And is there something I can do to help myself?

The good news is that I got answers to all my questions.

And found a simple way to strengthen my digestive system with the **3 Digestive Defenders** I eat every day.

3 foods that are all backed by a world-renowned doctor who has been studying gut health her whole life.

DR. KELLYANN: For anyone dealing with digestive issues, it's horrible. And Mario's on live TV everyday. He can't just run to the bathroom like the rest of us. My heart really feels for him like I do for all my patients cause that's so hard to put on a happy face when you're struggling in secret.

Sure, it's been tough on me at times.

I mean, I spend more time in the bathroom than anyone I know.

Even my kids have noticed.

When I have to suddenly take off, they know the deal.

I can't believe I'm admitting this, but they actually call the bathroom "Daddy's office."

It's true.

My wife Courtney, poor thing, is always getting an earful from me on how I feel.

I probably sound like a broken record to her.

But she's been so great and very patient, especially for all those times we had to delay our plans because I was stuck in the bathroom.

I'm always searching for the nearest bathroom because I never know when that sudden urge might strike.

And as one can imagine, when I hit the red carpet, it can be disastrous.

The Golden Globes are one of the most stressful events of the year for me.

That's because they always fall on a weekend during football playoffs...

So I've usually partied the night before, and indulged in all my favorite weekend treats.

On top of that, it's the big kickoff to awards season.

Everybody's in a good mood.

There's champagne flowing everywhere.

And I'm not one to turn down a drink.

It's all a recipe for not working out too well for me, especially as the day goes on.

Fortunately, I've gotten away pretty unscathed.

But I also knew there may come a day when my luck would run out.

And my constant bathroom breaks would slow me down.

DR. KELLYANN: What Mario was going through is something that millions struggle with every single day. And like I told him the first time I met him, it's actually quite normal and healthy to poop after every meal. But what's not OK is when it's uncomfortable or affects your ability to do your job. So I knew immediately I could help him with just one minor tweak to his diet.

Dr. Kellyann knows her stuff.

I just love her energy.

And she really listens.

I told her I couldn't give up eating what I wanted, when I wanted... because I love food too much.

And she agreed... within reason of course.

Thanks to her advice, I've got things under control.

As soon as I added this to my diet, those panicked trips to the bathroom started happening less and less.

That fuzzy feeling in my stomach that I had experienced almost everyday for as long as I can remember... it went away!

It was incredible!

For the first time in my life, my digestion started feeling normal.

But what really blew my mind was what happened to the rest of my body.

I noticed I wasn't craving as many things.

My skin and complexion improved.

I felt more energized at the gym.

And I was sleeping better too!

Best of all, it's a delicious comfort food... that I can still put hot sauce on!

It's truly the best of both worlds... full of flavor and good for you in so many ways.

But what I learned from Dr. Kellyann is that the key ingredients in this food not only help with digestion, but they can also curb cravings, nourish skin, support joints and improve sleep.

And it all has to do with strengthening and sealing the gut, as she told me.

DR. KELLYANN: Your gut is connected to every system in your body. So when you strengthen and seal the gut, everything starts kicking in and working better. Your immune system, which is housed mostly in the gut, starts firing. And the feel-good hormone serotonin is manufactured in the gut. So when your gut is healthy, you don't just feel healthy, you actually become healthier. And the best part is because of the gut-brain axis, your brain works better. Because of the gut-skin axis, your skin is even more beautiful. Even your joints are better protected. All when you start strengthening and sealing the gut.

Thanks to Dr. Kellyann, I'm all about gut health now!

What we put in our gut matters!

Not just for digestion, but for every system of the body...

From weight to skin to sleep and even joints.

That last one's a really personal and touchy subject for me.

Because keeping my joints strong and healthy is something I worry about all the time.

I see my parents slowing down... struggling to keep up with their grandkids... finding it harder and harder to walk up stairs.

It's heartbreaking.

And it's the last thing I want to happen to me.

I want my body to hold up for as long as possible so I can do all the things I love.

Which is why on weekdays, I do my best to eat well-balanced meals full of delicious carbs, healthy fats and clean protein.

And there are **3 Digestive Defenders** I eat every single day to help support my joints, my digestion and my skin...

To help improve my sleep...

And to help curb my bad food cravings... at least until the weekend.

That's when I reward myself and go a little nuts... and we all should.

We don't have to feel bad or guilty anymore when we indulge.

As long as we're staying active and including these 3 things in our diet, especially the last one, every weekday.

First up... **Carbs**.

You heard me right.

I said carbs.

You might have been told that you can't eat carbohydrates and have great health...

Well, that's a lie.

One of my favorites is **bananas**.

But not just any old banana.

See, their nutritional content changes as they ripen.

There are actually 7 stages of ripeness... going from bright green to brown spotted.²

² <https://www.nationalgeographic.com/environment/article/food-journeys-graphic>
https://www.researchgate.net/figure/The-8-ripening-stages-of-bananas-from-unripe-1-to-ripe-7_fig2_310506287

What's really fascinating is how important it is to pick the right color banana not just for your taste buds, but for your gut.

And that's different for everyone.

But here's one thing every nutrition expert agrees on...

All bananas are great for digestion because they contain *good* carbs.

So you really can't go wrong.

Bananas are my go-to snack.

I mean, they're tasty.

They've got their own little wrapper built right in. *(laughs)*

They're like the perfect little fruit.

They're loaded with digestion-boosting potassium, vitamins and antioxidants.

Best of all, the *good* carbohydrates they contain are so beneficial to the gut.³

DR. KELLYANN: Unripe bananas are made up of about 70-80% resistant starch⁴, which is a type of good carbohydrate that "resists" digestion in the small intestine. So it's absorbed into the body very slowly, allowing a lot of really great things to happen. Because as it works its way through the gut, it feeds the good bacteria in the large intestine. This feeding frenzy, known as fermentation, turns that starch into short chain fatty acids that support the entire digestive system.⁵ But for some people, this healthy process has some unpleasant side effects.⁶

That's the case for me.

³ <https://share.upmc.com/2014/09/help-digestive-system-5-foods/>

⁴ <https://www.healthline.com/nutrition/green-bananas-good-or-bad#effects-of-ripening>
<https://www.sciencedirect.com/science/article/abs/pii/S0144861704004023>

⁵ <https://www.hsph.harvard.edu/nutritionsource/food-features/bananas/>
<https://pubmed.ncbi.nlm.nih.gov/23821742/>

⁶ <https://www.hsph.harvard.edu/nutritionsource/food-features/bananas/>
<https://pubmed.ncbi.nlm.nih.gov/23821742/>

<https://www.medicalnewstoday.com/articles/271157#benefits>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3552110/>

When I eat too much dietary fiber like the resistant starch in bananas, it can lead to a lot of annoying gas and bloating.⁷

It's one reason I steer clear of green bananas.

Green bananas are highest in resistant starch and lowest in sugar.

So they also don't taste very good in my opinion because they are more bitter than sweet.

But if blood sugar levels are a concern, green may be the way to go.

Because as the banana ripens, those resistant starches turn into sugar.⁸

In fact, a ripe banana's fiber content drops from as high as 80% to as low as less than 1% in brown bananas.⁹

And as that fiber content drops, the sugar content rises, giving yellow and brown bananas their sweeter flavor.¹⁰

So which banana do I choose in those 7 stages of ripeness?

I'm a 7 all the way... yellow with some of those brown spots.

For me, it's the perfect blend of starch and sugar without giving me bubble guts.

So if you find that eating bananas on the greener side gives you gas and makes your belly bloat, then consider trying the ones I like that are riper.

Your gut may thank you for it.

Now as much as I adore bananas, there is actually another food I love even more...

⁷ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6627159/>
<https://pubmed.ncbi.nlm.nih.gov/7857906/>
<https://www.medicalnewstoday.com/articles/271157#benefits>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3552110/>

⁸ <https://www.healthline.com/nutrition/green-bananas-good-or-bad#green-vs-yellow>
⁹ https://www.healthline.com/nutrition/11-proven-benefits-of-bananas#TOC_TITLE_HDR_2
<https://pubmed.ncbi.nlm.nih.gov/32040399/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6400781/>

¹⁰ <https://www.healthdigest.com/361840/why-you-should-think-twice-before-eating-green-bananas/>
https://www.healthline.com/nutrition/11-proven-benefits-of-bananas#TOC_TITLE_HDR_2
<https://pubmed.ncbi.nlm.nih.gov/32040399/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6400781/>

Avocados!

Avocados are my second **Digestive Defender**.

But they've been surrounded by a lot of controversy lately.

Like are they a fruit or a vegetable?

Do they help us burn fat or make us fatter?

Should I eat the seed?

Should I *not* eat the seed?

All valid questions.

First of all, avocados are definitely a fruit.

More specifically, they are a type of berry.

The reason they are often mistaken as a vegetable is because of their savory flavor and how they are used when cooking.

I'm not kidding when I say I add avocados to everything.

From my eggs in the morning to my sandwich at lunch to my steak at dinner.

Soup, salad, toast, tacos...

I literally try to incorporate avocado into as many things as I can throughout my day.

They're so good.

Expensive. *(laughs)*

But so good. *(laughs)*

And it's not just how they taste.

It's because they contain Omega-3s and monounsaturated fatty acids.

Those are the good, **healthy fats** that our bodies need.

And they're the type of fats that actually help the body burn fat.

*DR. KELLYANN: "Healthy fats are like a good pair of jeans. They suck you in and lift you up. You need healthy fats to build strong cell walls, make hormones, support blood sugar levels, and satisfy cravings. They keep the brain happy. They keep the belly slim. And they keep the body energized. And there are countless clinical studies in scientific publications like the New England Journal of Medicine backing this all up."*¹¹

A recent study showed that adding just half an avocado at lunch could lower your desire to eat by 40%.¹²

And if that's not convincing enough to break out the chips and guac, here's why I eat avocados every day.

Avocados have more digestion-boosting potassium than bananas!

Almost double!¹³

And they have one of the highest amounts of fiber than any other fruit.

Fiber is another good carb that when eaten in the right amounts... helps clean out the digestive system.¹⁴

So avocados aren't just delicious, they're also good for the gut.

But some say we may be eating avocados all wrong.

Most of us throw away the big seed in the middle.

But a study in the Journal of Food Chemistry found the seed is actually the most antioxidant-rich part of an avocado.¹⁵

¹¹https://www.google.com/search?q=new+england+journal+of+medicine+monounsaturated+fat&client=firefox-b-1-d&ei=HwnuYbTPl6CoptQPp4GTmAU&og=new+england+journal+of+medicine+monouns&gs_lcp=Cqnd3Mtd2I6EAEYADIFCCEQoAE6BwgAEecQsAM6BQgAEIAEQyIABAWEB5KBAhBGABKBAhGGABQ6wRYlxhgwx9oAnACeACAAXvIAZYGkgEDNS4zmAEAoAEByAEIwAEB&scient=gws-wiz

¹² <https://nutritionj.biomedcentral.com/articles/10.1186/1475-2891-12-155>

¹³ <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>
https://www.healthline.com/nutrition/foods-loaded-with-potassium#TOC_TITLE_HDR_2
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-foods-to-improve-your-digestion>

¹⁴ <https://www.sciencedaily.com/releases/2020/12/20201215175758.htm>

¹⁵<https://www.sciencedirect.com/science/article/abs/pii/S0308814604001293>

Because of that, I've seen people go to great lengths cooking, chopping and pulverizing the seed into a powder... and then adding it to smoothies or baked goods.¹⁶

Sounds like a lot of work to me.

And the research is unclear on whether it's actually safe to eat avocado seeds in the first place due to a toxin they contain called persin.

Seed or no seed, there's one essential nutrient avocados are lacking.

Protein.

One avocado only has about 3 grams of protein.

We're supposed to get *at least* 50 grams of protein daily to build and repair muscles and bones.¹⁷

For someone like me, it's more like 60 grams.

I'm a huge avocado advocate, but even I couldn't eat 20 avocados a day!¹⁸

That's where my next **Digestive Defender** comes in.

It's something I have every night when I'm settling down to watch TV... that soothes my stomach, supports my skin and joints, and helps me sleep like a baby.

It's what I rely on before hitting the red carpet to make sure I don't get that fuzzy feeling right here (*points to stomach*), especially after a night of indulging.

It's what keeps my cravings in check all week long.

And it's what led me to Dr. Kellyann in the first place.

The first time I heard about it, I was like "Ooh, that sounds good!"

<https://news.yahoo.com/eating-avocados-wrong-whole-time-222300182.html>
<https://www.healthline.com/nutrition/eating-avocado-seed#What%E2%80%99s-in-It?>

¹⁶ <https://www.youtube.com/watch?v=vXuOpZvhcZl>

¹⁷ <https://www.health.harvard.edu/blog/how-much-protein-do-you-need-every-day-201506188096>

<https://www.betterhealth.vic.gov.au/health/healthyliving/protein>

¹⁸ <https://examine.com/nutrition/protein-intake-calculator/>

But not everyone has the same reaction, so hear me out for a second.

This comfort food contains 3 critical components that our bodies desperately need but probably aren't getting enough of as we age, especially after turning 50.¹⁹

Remember, that's just a couple years away for me.

Which is why I eat this food not once, but twice every day.

And by doing so, I get 30 grams of clean protein... half of what I need per day... like that. (*snaps*)

Since I like to train hard at the gym, I know how important protein is for bones, joints and muscles.

But what surprised me most about the special, high-powered protein in this comfort food is what it has done for my digestion.

Not only does it settle my stomach like nothing else, but I've found that I'm having fewer cravings too.

And that's really cool.

How's it even possible?

The key is **collagen**.

You've probably already heard about how collagen is vital to keep skin healthy and can even help reduce wrinkles, but what it does for the gut is next level.

Eating foods high in collagen protein keeps you fuller longer.²⁰

In fact, my favorite digestive defending comfort food is packed with 10 times more of this filling nutrient than bread!²¹

¹⁹ <https://www.medicalnewstoday.com/articles/324533>

²⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7539343/>
<https://pubmed.ncbi.nlm.nih.gov/20847729/>
<https://pubmed.ncbi.nlm.nih.gov/25098557/>
<https://academic.oup.com/ajcn/article/87/5/1558S/4650426>

²¹ Source is USDA: 1 slice of bread has 2.7 grams of protein vs 15 grams of protein in our bone broth.

And it contains an amino acid called glutamine that may help keep blood sugar levels optimal, especially if that's something you struggle with.²²

Resulting in less sugar cravings and less chance of overeating throughout the day.

I definitely noticed this was the case for me.

And it's been so helpful considering I have been known to crush upwards of ten tacos in one sitting.

But here's another even crazier thing about collagen.

It has a secret super power.

When you cook it, collagen naturally transforms into an essential gut-strengthening nutrient called gelatin.²³

Remember how we talked about strengthening and sealing the gut earlier?

Well, gelatin is one of the best repairing foods for the gut.

Gelatin protects and even strengthens the stomach lining and intestines.²⁴²⁵

It soothes the gut like what aloe vera does for a sunburn.

It nourishes and restores.²⁶

Cooked collagen is the ultimate health-booster because if you want a long, active and happy life, it starts with a healthy gut.

Getting my gut in tip top shape has been life-changing.

I'm no longer *running* to the bathroom.

I don't get that fuzzy feeling anymore.

²² <https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/s12986-020-00503-6>

²³ https://www.sciencedirect.com/science/article/pii/S0928468000000456?casa_token=IH8dy-k-JecAAAAA:XYH6A08AK9DBolXtp7Of9GTwnlyAljyrhBXZKfyNxBtLL4XBUXN9lo_4Fjd2gJBveQY4_jcOfW0q

²⁴ <https://journals.sagepub.com/doi/full/10.1177/2050640614520867>

²⁵ [Art. 1.1475/ringraziamenti](https://www.sciencedirect.com/science/article/pii/S0928468000000456?casa_token=IH8dy-k-JecAAAAA:XYH6A08AK9DBolXtp7Of9GTwnlyAljyrhBXZKfyNxBtLL4XBUXN9lo_4Fjd2gJBveQY4_jcOfW0q)

²⁶ https://www.sciencedirect.com/science/article/pii/S0928468000000456?casa_token=IH8dy-k-JecAAAAA:XYH6A08AK9DBolXtp7Of9GTwnlyAljyrhBXZKfyNxBtLL4XBUXN9lo_4Fjd2gJBveQY4_jcOfW0q

I'm not worried about spending a day on the red carpet or doing a live interview at Access Hollywood.

Because now I have a rock solid gut... both inside and out.

And like Dr. Kellyann taught me, the benefits go way beyond my gut.

I'll say it again.

What we put in our gut matters!

Because it's connected to every single system of our body.

And ever since I started eating this one food every day, it's really shown.

My skin has never looked better.

I'm happier and more focused at work.

And don't get me started on my sleep.

It's so good now!

Turns out I can thank another amino acid in collagen for that... glycine.

Glycine works by helping you fall into a deeper sleep faster, and I can certainly vouch for that.²⁷²⁸

Better yet, the protein-packed comfort food I started adding to my daily diet supports healthy joints and bones.²⁹

This is so important since we naturally lose muscle and bone density as we get older.³⁰

²⁷ [New therapeutic strategy for amino acid medicine: glycine improves the quality of sleep](#)

²⁸ [The sleep-promoting and hypothermic effects of glycine are mediated by NMDA receptors in the suprachiasmatic nucleus](#)

²⁹ <https://www.sciencedirect.com/science/article/abs/pii/S0261561410002220>

³⁰ http://www.braj.com/fitness/Aging_Its_Effects_on_Strength,_Power.pdf

<https://www.sciencedirect.com/science/article/abs/pii/002604959090086R>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4180248/>

Protein also strengthens bones and joints because it helps increase the absorption of calcium.³¹

As I'm sure you know, calcium is key to improving your bone density and decreasing the risk of fractures.³²

That's important for everyone, whether you're doing jiu jitsu like me or just need to be able to walk your dog around the block.

And it's why my third **Digestive Defender** is my top defense against aging and the one I can't live without.

Call me crazy, but ever since I started eating this one food, I've felt stronger, energized and more flexible.

The best way to describe it is like a little extra pep in my step.

My recovery time after a workout is so much faster.

And just the peace of mind knowing I am protecting my joints and my bones is by far the best part.

No more worrying about slowing down when I turn 50 soon.

But let's not forget how and why I got here.

The first time I heard about this **Digestive Defender** that's loaded with collagen protein, was from a close friend of mine in the fitness world who saw how badly I was struggling with my digestion.

He knows I'm not the type of person that's gonna run to the doctor for a chemical-filled prescription to fix my gut.

I prefer a more natural way.

That's something really important to me.

³¹<https://pubmed.ncbi.nlm.nih.gov/22139564/#:~:text=In%20addition%20to%20calcium%20in,bone%20mineral%20density%20or%20content.>

³²<https://pubmed.ncbi.nlm.nih.gov/22139564/#:~:text=In%20addition%20to%20calcium%20in,bone%20mineral%20density%20or%20content.>

So I did a little research and discovered that Dr. Kellyann is THE expert on my last **Digestive Defender**.

And with the help of my Hollywood connections, I was lucky enough to meet Dr. Kellyann...

To get the inside scoop on how to effectively incorporate this one thing into my diet...

And most importantly, to figure out the best way to get my hands on it.

Because like everything else these days...

There are a lot of varieties to choose from and low quality imitations trying to rip us off.

Sort of like choosing the best coffee, tequila or fine wine...

It's best to follow the expert's advice.

And hers is spot on.

DR. KELLYANN: "This really is perfect for Mario. He's battling digestive challenges, so the protein is going to help strengthen and seal his gut. He's doing jiu jitsu, so the collagen in there is going to support his joints. He has to stay fit for the red carpet, so that glutamine is going to help fill him up and crush his cravings. And the glycine ensures he gets his beauty rest."

For all these reasons, I decided it was time to open up about my own struggle and make this video.

Because now I have found something that's working *for* my body and not against it.

Something I know from experience can truly help hundreds of thousands, if not millions of others who are worried about their body breaking down as they get older.

Whether it's your digestion, your joints, your weight, or your skin keeping you up at night...

This is the ticket to a healthier and happier life.

I'm talking about **Bone Broth**.

And since you're still here hanging out with me, I'm going to let you in on an exclusive opportunity to try it today.

More on that in a moment.

But first, I want to be clear that this is nothing like the "soup" you can get at your grocery store.

And I should know because I'm a big soup guy.

I love all kinds of soups and stews and hot drinks, but bone broth is by far my absolute favorite comfort food.

It just sounds good, doesn't it!?

Traditional bone broth is made by simmering high-quality chicken and beef bones.

I'm talking feet, knuckles, necks, hocks, everything for at least 12 to 24 hours in order to release all those vitamins, minerals, and most importantly, the collagen protein that's locked inside.

It may sound a bit strange to sip on broth made from things like chicken feet, but trust me... it's delicious.

Kind of like one of my favorite Mexican treats... tacos de lengua... or cow tongue.

People think I'm crazy.

But then they give it a taste and fall in love.

Now, I've been known to spend a decent amount of time in the kitchen, but cooking my own bone broth from scratch is a lot of work and doesn't really fit my fast-paced lifestyle.

So I started shopping around for the best store-bought bone broth out there.

And man... I had no idea it would be so complicated.

Well, that's where Dr. Kellyann really comes into play!

She has devoted her life to this stuff.

She even calls it Liquid Gold.

I mean, she's like the bone broth lady.

The bone broth guru.

Some people even call her Dr. Bone Broth.

And there's good reason for that.

Because not only did she write a New York Times Bestselling book about it...

But she also created the most delicious, the most premium, and the most convenient bone broth I've ever tasted.

And I can't wait for you to taste it too.

So here's the full scoop on her health-boosting bone broth power soup.

Just one cup of Dr. Kellyann's Bone Broth has 15 grams of digestion-soothing, joint-supporting, cravings-reducing protein.

That's the protein you'd get from 5 avocados, almost 3 eggs or an entire burger, but without any of the bad stuff.

She came up with an exclusive homestyle recipe...

And I want to get this just right... *(picks up a box of bone broth)*

That's got 100% Grass-Fed Hydrolyzed Collagen.

She told me that's the best form of collagen because it allows your body to absorb and help reap every single Bone Broth benefit like:

Stronger bones,

Better mobility and joint flexibility,

Skin support,

Sleep support,

Reduced hunger and cravings,

And a rock solid gut for improved digestion, which of course leads to a stronger, more efficient immune system and maybe even a slimmer waist.

It's low-carb, low-calorie, low-sodium and has zero sugar.

Best of all, it's a tasty comfort food packed into a convenient powder.

So you can take it with you anywhere you go and make it in seconds.

Simply open your packet.

Pour it into a bowl or mug.

Add 8 to 12 ounces of boiling water.

And stir.

That's it!

(takes a sip) Mmmm!

No need to add any seasoning or flavor, but if you're like me... and you just gotta make it spicy, then I suggest some cayenne pepper, chili powder or hot sauce.

(adds hot sauce and takes another sip)

Woah!

Now we're talking!

That's legit!

Very tasty!

THERE'S EVEN A SHORTCUT FOR FOLKS THAT WANT SOME DIFFERENT FLAVORS— YOU CAN CHOOSE

I drink this two times a day, whether I'm on set, in the studio or just chillin' at home, so that I can indulge on the weekend without so much guilt or worry.

Dr. Kellyann's Bone Broth is the only one I trust.

And because Dr. Kellyann and I are so in sync about spreading health and wellness...

And are working together to empower others to live their best lives...

We've got a really special offer for anyone that wants improved digestion, joint support, cravings control, better skin, more restful sleep and ultimately a healthier, happier body.

Tiffany: "In using the bone broth, I definitely feel like it's // strengthened my digestion. // I'm definitely noticing foods that normally would cause me to be gassy specifically, I'm not anymore. Whatever combination of collagen is in this bone broth has made a better impact than any of the other collagens I've used."

Lorenzo: "For me, it was a pleasure and a delight, and quite frankly, one of the easiest things I've ever attempted to improve my health."

Suzanne: "I lost 12 pounds. You just sip on it throughout the day. It's delicious. And then you don't get hungry."

Annette: "I love the bone broth. It's delicious. I lost 18 pounds as a result of it. I'm enjoying my journey."

Jada: "So when I did get the Bone Broth into my system, listen. Let me tell you. Not only did the weight reduce, but as you see, he skin has brightened up and cleared up. It changed my life. It changed my health. It's great to hear somebody say, "Jada, you look different. You looking good." "Thank you." (laughs) And then when they say, "Well, what you been doing?" "Well, I did the Bone Broth."

Exciting stuff, right!?

Now it's your turn to join me, Jada and the hundreds of thousands of other bone broth lovers who are treating themselves to a lifetime of wellness.

And I know that eating healthy often comes with a high price tag.

I've looked into those monthly meal delivery services, and they can cost as much as \$400 or even \$500.

That's too much for anyone in my opinion.

So since it's clear you care about health and wellness as much as I do, you deserve a real deal.

When you **click the button below**, you'll have exclusive access to the Mario-approved price...

With 3 different options...

Giving you the power to pick what feels right for your needs.

I highly recommend starting with a 3-week supply.

And today it costs just \$168.

That's 42 bone broth packets for less than the price of a coffee and a donut every morning.

And as a special thank you, Dr. Kellyann has agreed to throw in free access to her digital Bone Broth Diet eCourse.

This is a big deal!

Don't forget... She is the bone broth guru.

And this course has 44 videos containing all of her bone broth tips and tricks, including her famous technique on how to combine Bone Broth with a little intermittent fasting to lose up to 15 pounds and 4 inches in just 3 weeks.

You usually have to buy this separately for \$97, but I twisted her arm, and today it's totally free with any purchase.

DR. KELLYANN: "Well, how can you say no to those dimples? (laughs) Seriously though, my love for bone broth runs deep. And I truly do have it every day. I just know it's responsible for a lot of the success I've had in being slim, looking younger than my age, keeping healthy, having more energy than most people. I mean, I can pretty much outrun anyone in energy... except maybe Mario!"

Now, if a 3-week supply seems like a bit too much to start, that's OK.

Just go for the next option.

2 weeks of bone broth, or 28 packets, for \$112.

And if you're the type of person that likes to dip their toe in the pool first, then you'll love the 1 week supply for only \$56.

Though I urge you to just dive right in for 3 weeks, like I did.

So what are you waiting for?

It's time to join the bone broth revolution!

Just **click the button below...**

And choose what's right for your health journey.

I highly recommend adding two cups to your day.

That's what I do!

It's my secret weapon to aging in reverse.

And for best results, give it a full 3 weeks.

If you're not completely satisfied, you can always send it back for a refund.

But there is one catch.

As the word spreads about all this... and I know it will... there's a good chance we'll sell out.

So go ahead and **click the button below** to check what's available and lock in this special Mario-approved price, while you still can.

And once you've placed your order, then by all means, tell your friends and family too!

I sure did.

My wife Courtney loves it.

My friends rave about it.

Even my parents are getting in on it, which makes me so happy.

And it's so easy to spice it up and make it your own.

Like my pops.

He adds shrimp and hot sauce... and bam!

Mariscos Bone Broth.

I can't say it enough... Everyone should be drinking this stuff!

Rhonda: "Drinking bone broth changes your life. It makes you feel like you can live another 50 years, 100 years. I get emotional. Because it's life-changing. It's meant a lot. Thank you."

Julie: "It was just shocking to watch, just, everything on me shrink. It's something that works in your real life."

Patrice: "I lost 16 pounds in 3 weeks. I could just dance right here in front of you. (laughs) Just stick with it. That's the main thing. And that's what I plan to do."

Right from the first cup, you might feel the difference with..

Better digestion, less cravings, flexible joints, and better sleep.

Bottom line.

Your body is going to be working at its best.

Click the button below now to get started.

It's never too late to give yourself the gift of better health.

So work hard, stay focused, do the right thing.

I try to live by that motto.

And I think if we all do that, the right things will happen for us.

I'm Mario Lopez.

We'll see you next time.