Ancient Medicine Cabinet: Ayurvedic Medicine for Modern Health Issues with Amber Lynn Vitale Transcript

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Introduction to Fatty Liver and Gugul

The most consistent finding across both Indian and Western clinical trials is Google's effect on triglycerides. In multiple Indian trials going back decades, Google Lipid reduced triglicerides anywhere from 12 to nearly 17%. Even in a 2003 Western trial that showed mixed results on LDL, a study that got a lot of attention and then created skepticism around Google in this marketplace, participants with elevated baseline lipids still saw meaningful triglyceride reductions.

Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs. I'm Jared St. Clair. I grew up in a health food store and spent over 40 years now figuring out what works and what doesn't so that you can make confident informed decisions about nutrition, supplements, and your health.

Hey, everyone. Welcome to Vitality Radio. I'm Jared St. Clair, and I want to open with a number that genuinely stopped me when I saw it. Roughly one in three American adults now has some degree of fat accumulation in their liver right now.

That's not one and 10. One in 3, a third of us, that's kind of crazy. And the majority of people dealing with this have no idea it's even happening. That number has increased by more than 50% over the last 30 years, and the U. S.

is outpacing the global average on both prevalence and new cases by a significant margin. A 2024 study out of Harvard Medical School found that between 1990 and 2019, new case of fatty liver disease increased 37% in the United States compared to just 7% globally.

We are not keeping pace with a global trend, we are leading it and definitely a trend that we do not want to be leading in. And here's the part that really should concern people.

The steepest increase is happening in five to 19 year olds, children. This is not an aging population situation, this is a diet and metabolic disease crisis and it's accelerating in our youth.

The more serious form where fat accumulation triggers active liver information is projected to become a leading cause of liver transplantation in the United States.

And cardiovascular disease, not liver failure, is actually the number one cause for death in people with fatty liver disease. These things are connected at the root.

I say all of this not to alarm you but because context matters. The herb we're talking about today has been used specifically for fat metabolism and liver inflammation for over 3,000 years in India.

Modern science is confirming exactly why and how it works And given what those numbers look like, I think the timing for this conversation is definitely right.

The herb is called Google pronounced just like the search engine, but spelled differently. G U G G, U L is how it's spelled.

What Ayurveda Is and How Doshas Work

And today we're also launching a brand new series here on vitality radio called ancient medicine cabinet, where we open up one of the world's oldest healing traditions, one herb at a time and see what's inside.

So let's get into it. First, we're gonna talk about Ayurvedic medicine, because that's where these herbs are gonna come from. Ayurevedics medicine is ancient Indian medicine basically.

So before we get into Google specifically, We'll talk Ayubedic Medicine and kind of how it works in this episode, cause this is episode one of this series, and then in the future we'll just hit the herbs and we will talk kind about how they fit into Ayuraveda.

This is just a brief little introduction into one the oldest systems of medicine on the earth. This is a tradition that originated in ancient India and has documented roots going back at least 3,000 years, though many scholars believe its oral tradition is considerably older than that.

Many people say five to six thousand years. The word itself comes from Sanskrit, ire meaning life and veda meaning knowledge or science. So at its core, Ayurveda is the science of life.

What I find fascinating about it though, and I don't have any personal, like formal training in Ayurveda, And I'm not a practitioner of it. What draws me in is as a formulator, because it's this sophisticated system that's got these ancient roots and has been used successfully for millennia.

And these individual herbs are largely foreign to Americans. But there are some you know about, ashwagandha being the big dog that almost everybody in America has heard about.

I think it's either one or two in sales of herbs now in American. And it is an ancient Ayurvedic herb. There are so many of these herbs that you've never heard of.

Google is probably one that the majority of people listening to this show have not heard before. Over generations, Ayurevedics physicians We're carefully observing how specific plants affected specific people in specific conditions.

They were building a library of plant human relationships that when you stack it up against what modern research is showing, holds up remarkably well.

These guys knew what they were doing. The foundational idea in Ayurveda is that the body has an inherent intelligence, which I've always believed, and that plant medicine works by supporting and restoring the bodies own capacity to function, not by forcing it like pharma does.

That philosophy resonates deeply with how I think about supplementation in general. We want the body to do what the, body is meant to. Do we don't want to force the.

Body to, do something. we're not suppressing the bodies normal reactions. Were supporting the bodys ability to heal itself. Now within Ayurveda, there's a framework called the three doshas, vata, pitta and kapha.

Think of these as constitutional types, not rigid boxes, but tendencies that we all have. Vata governs movement, the nervous system, circulation. People who run vada dominant tend to be more anxious.

They're a little more variable in their mood. they tend have more dryness in the body and they often struggle with sleep. Pitta governs transformation and metabolism, and pitta-dominant people tend towards intensity, inflammation and a hot, driven energy.

And kapha govern structure and stability. These types tend toward sluggishness, weight retention and congestion. Now most of us are a blend of all three, but usually one or two of these are dominant in us.

touch on the dosha angle for every herb we cover in this series, not to turn you into an Ayurvedic scholar, but because it's actually a pretty practical tool for understanding what a given herb is best suited for and if it might make sense for you.

All right, now let's jump into Google itself. So what is Google? It's a small thorny tree that grows natively in India,

Pakistan, and parts of Bangladesh.

It is actually relative of myrrh. the same genus and like myrrh, the medicinal part is actually the resin. Here's how it works. When the tree is injured either naturally or by deliberate incision, it exudes this yellowish brown gummy resin from its bark.

That resin is what we call Google. It has a somewhat bitter aromatic smell. it is not something that you'd season your food with for sure. The active compounds that researchers have focused on most heavily are called Google Sterones.

specifically two forms designated as Z and E. These are plant steroids, not the kind people associate with bodybuilding or cortisone or something like that, but naturally occurring plant-based sterols that interact with some very important receptors in the body.

We'll get into exactly how in just a moment. From an Ayurvedic classification standpoint, Google is categorized as a Dipana herb. meaning it supports digestive fire and metabolism.

And specifically as a lechna herb, which is one of my favorite Ayurvedic concepts. Lechna roughly translates to scraping. The idea is that this herb has a quality that helps break down and remove excess accumulation in the body.

Excess fat, excess tissue, these types of things, Which is the Ayurevedics concept of undigested metabolic waste. Just getting rid of stuff that's not supposed to be there.

That framing is remarkably on point when you look at the modern research and what it shows and how Google behaves when it comes to liver health. Google has one of the deepest documented histories of any herb in Ayurvedic tradition.

It appears in two of foundational Ayurevedics texts dating back roughly 3,000 years. That alone would tell you something. When an herb makes the foundational texts of a medical tradition that's that old, it's probably earned its place.

In those texts, Google was prescribed for what we would today recognize as obesity, high lipids, arthritis, and skin conditions. The ancient practitioners described it as rasayana, a class of Ayurvedic herbs that support longevity and rejuvenation.

Gugulu2019s Traditional Uses and Properties

It was also classified as medar, literally means that which reduces or manages fat. So that's what it's about, reducing or managing fat And that's a pretty specific designation.

Traditionally, Google was often prepared in what's called grita, a ghee-based preparation, or in combination with other herbs like trifola and shilajit for enhanced bioavailability and synergistic effects.

These formulas were remarkably sophisticated for their time. In terms of dosha balance, and this is where it gets interesting for this episode's focus, Google primarily reduces kapha and vada.

Kapha is the dosa most associated with excess weight, congestion, sluggish metabolism and fat accumulation. And Google's lekna or scraping quality makes it a natural fit for kaphe imbalance.

It also gently increases Pitta, the transformation dosha, which supports metabolic activity. So in practical terms, if you're someone who tends towards weight gain, sluggish digestion, and difficulty moving fat, Google may have been made for you.

Now, pitta dominant individuals, those who already run hot, tend towards inflammation and have intense digestive

fire, may want to use Google with a bit more awareness around dose and duration, since it can increase heat in the system.

It can still be beneficial, but it's less definitive when it comes to people who run more pittah. So again, think about it this way. If you tend towards weight gain, sluggish digestion, and difficulty moving fat through the body, burning fat, or struggle and know you struggle with any excess fat in the liver, then Google is probably a choice you should consider.

So what does the research actually say? Cause we've talked about what has been used traditionally for, for 3000 years, but the researchers pretty awesome.

And I want to get into this in some detail because a lot of the early research on Google is designed around cholesterol, specifically LDL cholesterol.

And I think that's the wrong lens because well, I don't believe that LDF cholesterol is the big bad wolf that modern medicine has made it out to be, but there are still some really cool.

stuff in this literature that I wanna share with you. A guy named Dr. Asim Mahoultri, you may have seen him all over Instagram or Facebook, he's making the rounds for sure.

He's a British cardiologist. And one of the more credible voices, I think, pushing back on mainstream cardiovascular dogma has pointed out that roughly three quarters of people admitted to the hospital with a heart attack, three quarter, 75% have completely normal total cholesterol levels.

What they do have, the majority of them, is metabolic syndrome, elevated triglycerides, low HDL cholesterol, excess abdominal fat, blood sugar dysregulation.

That's the real picture. Triglycerides and the triglycyride to HDL ratio are far more predictive of metabolic and cardiovascular risk than total cholesterol or LDL ever were.

Now, I say that because when you read Google studies through that lens, the herb looks a lot more useful than the headlines ever suggested. The most consistent finding across both Indian and Western clinical trials is Google's effect on triglycerides.

In multiple Indian trials going back decades, Google Lipid reduced triglicerides anywhere from 12 to nearly 17%. Even in a 2003 Western trial that showed mixed results on LDL, a study that got a lot of attention and then created skepticism around Google in this marketplace, participants with elevated baseline lipids still saw meaningful triglyceride reductions.

So basically that big study, that was what 23 years ago now said, well, maybe Google's not as good for cholesterol as we thought. because they were looking at LDL as the big marker, but then ignored the triglyceride reduction.

My take on it is that LDl isn't the Big Bad Wolf, like I say, triglicerides though definitely can be. And so we will look at Google in both Western and Indian because we have very different diets, very, different lifestyles, so many different things that that's too very important.

I mean, that a huge distinction American versus Indian studies in terms of the people involved in the study itself, but triglycerides in both studies were reduced substantially.

And that matters. So what about fatty liver? Now fatty, liver, I want to explain first off what it is because I think there's a lot of people that don't even know about this.

And yet, like I say, a third of us as adults have it and our children are developing it at alarmingly young ages now as well. So let's talk about what is the most simple way I know how to.

Explain it as that basically the liver is supposed to be a lean and metabolically active processing plant. It takes in fats, filters toxins, produces bile, regulates hormones, and manages blood sugar.

Now, when you consistently overwhelm that processing plant through excess sugar, processed food, alcohol, environmental toxins or metabolic dysfunction, fat starts to accumulate inside the liver cells themselves.

The liver isn't storing it somewhere else, and that's a problem. The fat is actually inside the organ that supposed to be clearing it out. At that point, the processing plant is running with the machinery essentially gummed up.

In the early stages, most people have no symptoms whatsoever. No pain, no obvious signs, which is exactly why one in three Americans has some degree of this right now.

And most of them have. But here's what is happening under the surface. As fat builds up in liver cells, it triggers an inflammatory response.

Research on Triglycerides and Metabolic Health

The liver starts generating oxidative stress and inflammatory signals, the same kind of low-grade chronic inflammation that drives insulin resistance, hormonal disruption, and over time, actual damage to the liver itself.

Left unchecked, that inflammation can progress to scarring and eventually cirrhosis of the Now, most people never get that far, but many more than you'd think are quietly moving in that direction.

And this is something that I've noticed over the years because this has called non-alcoholic fatty liver disease. There's also alcoholic fatty liver disease.

And there's a distinction for two reasons. One is because it used to be that everybody with fatty, liver for the most part was drinking too much alcohol.

That was the root cause, but that was back before heavily processed foods and all of the other crap that we're doing to ourselves from a stress and diet and lifestyle.

standpoint caught up to, or I should say outpace the liver's ability to keep up is really what it boils down to. So now we have non-alcoholic fatty liver disease as the leading form of fatty.

And as I said, in one in three of us, it's happening and I get people coming in on a regular basis to Vitality Nutrition saying, Hey, my doctor just told me I've got elevated liver enzymes or, I got fatty, liver or both.

and I don't know what to do. And I'm telling you that 15, 20 years ago, nobody came into Vitality asking about fatty liver like ever. It just wasn't really even a thing.

But as stated in the last 30 years, it's gone up dramatically and people are getting, I think it is being diagnosed more often now than it was as well.

Perhaps doctors are actually looking for it more specifically. I am not exactly sure. And this is where Google becomes genuinely relevant because the bioactive compounds in Google, those Google steroids interact with a key regulatory receptor in the liver that controls how fat gets processed and cleared.

When that system is working, the livers moves fat out efficiently like it's supposed to. when it sluggish, which is exactly what happens under chronic metabolic stress, fat builds up instead.

Google essentially helps wake that. System back up. On top of that, Google directly dials down the inflammatory signaling that turns simple fat accumulation into active liver damage.

That's the critical distinction. It's not just addressing the fat, it's addressing a fire that the fact creates. A 2020 study

in animal models of fatty liver disease found significant reductions in both liver fat content and inflammatory activity.

The human clinical data specifically on fatty liver is still building. There's not a ton of it because they were focused mostly on cholesterol back in the day.

But the mechanism is very, very solid and confirmed. And the traditional use has been pointing here for 3000 years. The direction of the research is going to get there.

Maybe we're not there yet, at least in humans, but in animals, it's been very well proven. But Google has this cool little secret other benefit that a lot of people are not aware of, and that is thyroid support, which also of course plays a major role in fat metabolism.

So how does it work there? Well, Google has a well-documented relationship with thyroid function. Research going back to the 1980s has shown that Google supports thyroid activity.

Specifically, it appears to enhance the thyroid's uptake of iodine, which is a major problem in low-thyroid cases, that inability for the body to absorb iodide effectively or keep enough iodines in the thyroids.

And of course, iodin is the raw material that the Thyroid uses to produce its hormones. So why does this matter? Well, because the thyroid is one of the primary drivers of your metabolic rate, including how efficiently your body clears and processes fat.

When thyroid function is sluggish, metabolism slows down across the board. Fat clearance slows. Triglycerides tend to climb. That heavy, stuck, hard to move feeling that so many people chalk up to getting older or eating wrong is very often at least partially a thyroid story.

This is particularly relevant for women in their late 30s through their 50s where subclinical thyroid sluggishness is remarkably common and remarkably underdiagnosed.

It's been estimated that maybe 20 million American women out there are undiagnose with underactive thyroid. So when Google supports thyroid output, it's not a separate benefit running parallel to the liver and lipid story.

It's actually reinforcing it. They work hand in hand because, well, that's what the body system does, right? These glands and organs don't work in a vacuum, they work together.

So a better functioning thyroid means better fat metabolism, which means less burden on the river, Which means the whole system runs more cleanly. It's one more reason that this herb works on the problems from multiple angles at once.

So if you put it all together, Google is not a statin alternative. It's not about lowering LDL. it's trying to change that number at all. Its an herb that supports how the liver metabolizes fat, reduces inflammatory burden in liver tissues and supports healthy thyroid driven metabolism and helps move triglycerides in the right direction.

Those are the outcomes that I think are worth talking about when it comes to Google. So is Google right for you? Let me paint the picture of who Google is a strong fit for because not every herb is for everyone.

And one of the reasons that I've been doing these deep dives on herbs, which people seem to like, I'd been getting a lot of really good feedback on these and let me know, please, if you're a Spotify listener, put it in the comments on Spotify.

This show will also be a YouTube show which just recently launched and certainly comment there too. I love to hear if this type of show is interesting to you because I'll be getting lot a positive feedback.

How Gugul Supports Fatty Liver and Thyroid Function

But one other reason I do these deeper dive on herb, is because we only hear about the herbs a lot, maybe not Google as much. It's a little more under the radar, but ashwagandha and berberine and ginseng and so many other herbs that we hear about.

But the question is always, well, is it a good fit for me? And so I always try to paint that picture so that once you understand the herb, you can understand if it makes sense for you or not.

There's group in this audience that definitely would benefit from Google. And I'm sure there's big group that it doesn't make that much sense. It's worth seriously considering though, if any of these apply to you, your triglyceride levels are elevated.

you've been told that your liver enzymes are high or a little high. You've had any indication of fatty liver at all, even a casual mentions on an ultrasound.

you struggle with weight loss despite trying, you have sluggish thyroid function, You carry weight centrally around the abdomen, or you're generally dealing with what feels like a metabolically slugish system.

And of course there is a big group of Americans that fall into that category. Those are katha and vata patterns and Google addresses them directly for women in their 35 to 55 range.

Specifically, the combination of perimenopausal-related metabolic shifts, thyroid vulnerability, and increased tendency towards abdominal weight gain makes Google a genuinely relevant herb.

The liver is central to how hormones get processed and cleared and supporting liver health during hormonal transition is something that doesn't get talked about nearly enough.

In terms of realistic expectations, Google is not a fast-acting herb. This is a tonic, a deep acting herb, you're not going to feel something in three days for the most part.

What most people notice over four to eight weeks of consistent use is a gradual shift, triglycerides trending down on their labs, energy improving, and that sense of metabolic sluggishness beginning to lift.

Some people notice the anti-inflammatory effects more quickly, maybe a little more ease in the joints, better digestion, things like that. Now, there are people who should be cautious about Google.

Anyone on blood thinners, because Google does have mild anticoagulant properties. So that's one you'd want to talk to your doctor about. There are two drugs specifically that are contraindicated with Google, propranolol and diltiazem.

there's evidence that Google may actually reduce the absorption of these drugs. And if you're pregnant, of course, it's probably not the right time for you.

If you are under medical supervision for any of the conditions I've discussed, they'll be liver enzymes, diagnosed fatty liver. Of course you know, bring this to your doctor.

I'm not your Doctor, I don't want to be your Dr. Make sure that you being safe and how you utilize this herb. Now let's talk about how to actually use the herb in terms of dosage and tell if your getting a good one.

First, you're not looking for raw Google resin. That's not what you are looking on the label. It needs to be an extract, always. And it should always be a standardized extract measured for Google Sterone content.

Now that standardization is big because without it you have no idea if you getting what actually you want. So always looking a percentage of Google sterones.

Now, most quality Google extracts are standardized between 2.5% and 10% Google Sterones. The research

shows meaningful effects on triglycerides and liver fat using daily Google sterone doses in the range of 25 to 75 milligrams.

Now that's the active, not the Google itself. that's typically split across two or three doses and typically with food. Taking it with the food matters because it tends to absorb better and it's certainly easier on the stomach as well.

Now the product I trust for just a straight Google is a standalone product. There's only one ingredient and its 500 milligrams per capsule at 2.5% standardization.

That delivers 12.50 milligrams of Google Sterones per capsules. So if you're taking two capsuls per day, you get that 25 milligram dose, which is a good solid research-supported dose for general triglyceride support, liver fat metabolism, stuff like that.

There are people that might want to take more than that, especially if they're dealing with, you know, bigger issues with the liver. You may want take four or even six a day of this formula to get to where you really want it to be.

But two a days is a good standard dose for most people. Nature's Formulary is the brand that makes this product and they are part of the Sabinsa family.

And that matters to me because I've been using Sabensa products in my formulas for 18, 19 years now. One of the most respected Ayurvedic herb suppliers in the world.

They have deep roots in India and their U. S. headquarters happen to be right here in Utah. These are the people who developed Lactospore, my favorite spore forming probiotic strain that I use in both back on track and vital spores.

And because I trust their Indian heritage and their manufacturing and sourcing, I love their products and this one is made by them.

Who Gugul Is For and How to Use It

So Nature's Formulary, Google, if you want just straight Google an excellent choice. Now, how would you stack Google with other things to make it even more effective?

For comprehensive liver support, Google pairs beautifully with milk thistle, NAC, dandelion, alpha-lipoic acid, things like that. Now milk Thistle is the gold standard for liver cell protection and regeneration.

It's doing the structural repair work and Nac is a direct precursor to glutathione, which is master antioxidant that your liver depends on to neutralize the oxidative stress that drives inflammation and cell damage.

Dandelion supports bioflow, which is how the liver actually exports processed fats and conjugated toxins out of the body. And Google is addressing the fat accumulation and the inflammatory signals underneath it all.

So those all make sense together, Which is why they're all in my liver vitality formula. Google, milk thistle, NAC, dandelions, along with alpha lipoic acid, selenium, broccoli extract are all there.

Now in the Liver Vitality Formula, and actually let me step backwards a little bit. When I was developing liver vitality formula, I thought a lot about what people ask me on a regular basis about liver detoxification.

I get a lotta people that say, "I don't think I have any liver problems. " I don' drink alcohol, you know, eat pretty clean, don"t have symptoms. But remember what I said right at the beginning.

One third of American adults are dealing with some level of fatty liver and it's undiagnosed in the vast majority of us. So you don't know if it's happening or not, and it is non-alcoholic fatty liver for the most part.

So whether you drink or do not doesn't make a difference. Now, if you do drink, you probably have a little higher likelihood, but even if don t drink it s not passing you by just because of that.

So we have to think about this in more of a preventative maintenance way. You know, the air filter in your car or an airfilter in you're house, you know when you go to the dealer or the auto mechanic or whatever and they pull out the filter and show it to you, and you get your oil changed or what ever and it's kind of dirty but it is not nasty.

You can't do that with your liver, right? So it's like, well, it s dirty a little, but I'll wait another few thousand miles. We don't know. we don t know exactly what's going on in our liver.

What we do know is just like the air filter in your car, It is gathering toxins on a regular basis and it is doing its best to protect your body from those toxins.

But the toxic load is higher than it has ever been and our livers have a hard time keeping up. So when I was developing liver vitality, my thought process was very simple.

Everybody should be doing routine liver maintenance, like they do routine car maintenance or anything else. A couple of times a year for a month, do a good basic liver cleanse.

There's a lot of ways you can do that. Certainly don't need to use my product, but that's how I designed my formula to be. With a group of synergistic ingredients that work hand in hand for liver support.

And so whether you need it or not, and I'll tell you from personal experience, this is how I've done it for years, whether I need It or Not, I do a month or two on liver cleanse and have done this for Years before liver vitality existed a couple of times a year.

I think it's a really, really great idea. And if you want to go one step further, you can even do the endo cleanse to make sure you're detoxifying the rest of the Endocrine system, getting, helping to get rid of microplastics and you know, Endocrine disrupting chemicals and things like that.

What I'm recommending is a month at least on liver vitality every six months and two months at, least, on Endo Cleanse every 6 months. and this is great way to, get on top of all of these foreign invaders that are creating all kinds of havoc in our liver and in out endocrine system and to just stay ahead of the game.

Now, in my formula, because I just talked about the clinically relevant doses of Google Sterones typically being around 25 milligrams or more, I only have 7.5 milligrams of google sterones per serving.

And the reason for that is there's an analogy. that I like to use. And in some cases this works, in Some cases it doesn't, but we have so much data on liver herbs and liver amino acids like NAC and acids, like alpha-lipoic acid and things like that, that we know that there's this incredible synergy.

And we've seen it for years and I've see it play out in real lives of real people for all the years that I have sold these types of formulas. That we don't have to have the full clinical dose of these ingredients when we pair them together.

It's like lifting a couch and this is fresh in my mind because I lifted many couches and many beds and dressers as we moved into our new house in the last couple of months and then of course a million shelves as moved to the new store in South Ogden.

Many hands make light work and that's how these formulas work. So we don't put a mega dose of Google in there. We don' put mega doses of milk thistle or mega-dose of NAC or ALA, we put good solid doses that we know have impact and then we count on the synergy of the formula and thats how liver vitality was created.

For someone with more significant concern around liver fat and its accumulation, you know, the kind of metabolic stress that we've been talking about, higher liver enzymes, those types of things.

If fatty liver has ever been mentioned on an ultrasound, or you simply check a lot of the boxes that, we discussed, then I do recommend that you do something stronger than something like liver vitality.

And that's where the Google sterones in the higher dose could make a lotta sense. But my favorite combination, and I've had such great feedback on this over the years is just going with three ingredients at high, more clinical doses.

And that's the Google Sterones at at least 25 milligrams a day. ALA, alpha lipoic acid at least 1200 milligrams a day, and NAC, N acetylcysteine at atleast 1200 mg aday.

When you do this combination, you are doing a heavy lift for the liver and really helping it get on top of this stuff.

Stacking Gugul with Other Liver Support Ingredients

And we've had such great feedback on this over the years. I usually recommend 60 to 90 days on a protocol like that. The cool thing is you're getting a ton of extra benefit from Nac.

A ton of extra benefit from ALA because AL A is great for the nervous system. It's great. For glucose clearing and helping with fat metabolism in ways that Google doesn't do all the benefits that we've already talked about Google.

And then of course, NAC building up glutathione in the system is never a bad idea. More glutothione always good. So that combination can make a ton sense.

Of course if you're under medical supervision, you want to talk to your practitioner about that. So how do you know if you've got a good version? Well, like I said, always standardization, Always, if it just says Google and it doesn't say how many Google Sterones, don't buy it.

It's not what you need. You're probably looking for a minimum of 2.5%, but really you're looking at the milligrams of the Google sterones. Sometimes it won't show the Milligrams on the bottle, so you got to do some math.

If it's 10%, it is easy math that you can do. 2,5% you may have to struggle a little bit more depending on your level of in your head math skills, but we've all got the calculator in our pocket.

Shoot for 25 milligrams a day if you're looking for kind of basic benefit. If you need that higher dose, then you can go to 50 milligrams or 75 milligrams a day.

You're always looking for the Google Sterones there. And then of course you're looking at brands that you know, and that's why I'm talking about Vitality Nutrition and Subensa or Nature's Formulary.

These are brands we know are doing it right. I am tooting my own horn here, but hopefully if you are listening to this show you recognize that I pay very close attention to the ingredients that we throw in our products.

Of course, you could find both of those at vitalitynutrition.com. All right, so the closing for this is really simple. Google on its own, not a silver bullet, no herb is, but it's a powerhouse when it comes to liver health.

It's power house when comes it to what I call liver vitality, which is why I formulated my product and called it that. This is an herb that people need to know about.

For 3,000 plus years in India, it's been known about and there are many Ayurvedic physicians throughout the world that rely heavily on Google when their patients are dealing with sluggish thyroid, slugish liver clearing, fatty liver, higher liver enzymes, any of that kind of stuff.

If there is a liver burden, Google is definitely part of the picture and on its own. Very, very good. But generally speaking, I like to stack it, like I say, with NAC, ALA, dandelion, milk thistle, these types of things.

If this episode was helpful for you, i hope that you'll share it. Share it wherever you can. YouTube now, you know, Spotify. Apple podcast, if you'll leave me a review on Spotify or Apple podcasts, I would love it and be very, very grateful.

If you have questions, you can call us 801-292-6662, or you jump on our chat, vitalitynutrition.com. There'll be links to the things that we talked about in the show description.

And that is all for me today. Thank you so much for joining me. My name is Jared St. Clair and this has been Vitality Radio. Thanks for listening to The Vitaly Radio Podcast.

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Thank you.