Introduction to detox and the toxic burden

Initially, your body is going to go in, these toxins are entering your, in your lungs and just getting to your bloodstream and everywhere else. Your body's trying to flush out as much as possible because the body does not want them there.

They're foreign invaders, they're toxic, the immune system's attacking them. That's causing an inflammatory response. that's Causing symptoms, potentially there's all this stuff.

It's just making your work a lot harder than normal to stay balanced and the Body doesn't like it. So, The body tries to get it all out. But if the body cannot get it all out, it has to do something with these toxic elements, because there's a threshold of what the, body can handle kind of in its processing center.

And if that level is exceeded kind, of that stress threshold or the cup, as is often explained in functional medicine, if, that cup overflows, like their toxic cup.

Then your body has, to, do, something because it'll be too stressful to keep processing these, toxic element. Hi, it's Dr. Jenn. Welcome back to the podcast.

So stay tuned if you want to know more about how to detox in a safe way. Today we're going to be joined with Jeff Hoyt. He is the owner of Zeolite Labs and we are so happy to have him here because he is going talk to us today about detoxing and why it is important.

You know, we know why we live in a toxic soup bowl. So welcome, Jeff, excited to have you here today. Yeah, thanks, Dr. Jen. I think this is going to be a great conversation and I'm looking forward to it.

Yes, super fun. Well, for those who have not heard of you or what you do or why you care so much about detoxing, can you tell us how you got here? How you go to this place owning this company?

And did you ever think that this was what would be doing? Yeah, so it's it all came out of personal necessity. So just, you know, I've been on my own health journey for pretty much from since birth.

Just traumatic birth experience was on antibiotics for the first few years of my life. Lots of issues had some medical injury, we'll call it when I was 18. autoimmunity, just a lot of issues.

Jeff Hoytu2019s health journey and Zeolite Labs origin

I tried the conventional route for a little while, didn't get the results I was looking for. Then I introduced to functional medicine. So I started seeing functional, medicine practitioners started to seeing better results.

And then when it kind of got into that industry myself, when I worked for food sensitivity laboratory, was working with a bunch of functional docs as kind my clients, did some functional training myself.

then I got in to supplements and I said, okay, this is an interesting industry. because there's, you know, millions or, thousands, hundreds of thousands of these supplements out there.

And it just like, I don't know about all this, right? So my interest was kind of the quality and the quantity of supplements, because they're so much stuff out.

There. I recognize that a lot of. These supplements were just marketing companies that were taking advantage of trends and, honestly kind, of taking the advantage.

Because there is, there was a couple of kinds of companies. You've got the companies who put people first and profits second and. The companies put profits first, and people second.

And a lot of these marketing companies are focused on profits, not that they're not helping people, but it's profit driven. And then there's going to be less quality products and less concern for the customer.

So just was looking into different sources of ingredients and why some were so much more expensive than others. Then just from the industry perspective, you've got the marketing psychology of it all.

But then from like the ingredient manufacturer, when I started my first company, I was, you know, working with these raw material suppliers and I said, why is this aloe vera, for example, $600 per bag.

This other aloevera is $20 per back, right? So there really is a huge difference in quality and products. So I say, all right, we're going to take the best quality products out there.

But now that's done enough because we need to get them at the proper doses. So I did a lot of research into therapeutic dosing and just getting, you know, the desired amount, that the amount needed for each individual person, which is usually what's not, not what it's on the label.

So did that with supplements. I was over 10 years ago. My first supplement company was focusing on immune regulation. Then I opened up kind of a biohacking wellness center with, cryotherapy, oxygen therapy, hydrogen, PEMF, neurofeedback, all the fun stuff.

And then what I realized was this equipment and, you know, the strategies we're using were very helpful to kind of prop people up to, to make them feel better.

But if they stopped coming in, they were back to where they started, right? So they weren't really removing the internal sources of toxicity that were making them.

So I said, all right, we need to. do something that's more of a root cause solution. That's where I started looking into detox. And I was what I thought I would do.

I though I'd be utilizing detox techniques at the time. It was using infrared saunas, seaweeds, chlorella, even synthetic chelators. Lots of things that people are using for detox, but I realized that detox sometimes is a little bit harder.

Then people think because we have to understand why the body is doing what it's doing. And sometimes the. Body wants to hold on to toxic elements. and when we understand that and why and how to encourage the, body to let go, that's when.

We can start developing more advanced detox solution. So that. Basically how I got to zeolite, I was searching for advanced. Detox solutions, and I started experimenting with zeolyte and.

I realized that there was something a little bit different about this. It seemed to be very powerful. And then I took my background in quantity and quantity of supplements.

And just my goal was to develop the best quality zygolite supplement on the market and then offer it at the therapeutic dose. So people can get the desired effects, which we could probably talk about later with kind of the dosing paradox that I discovered.

That's where I'm at today, Zeolite Labs, just kind of a culmination of functional medicine, biohacking, personal wellness journey, and just trying to kind meet the need in wellness, because that's my professional mission statement is to meet need and wellness.

I think advanced or just detox solutions in the 21st century are in need right now. Oh yeah, definitely. I agree with

that. And I really like how you also broke down how a lot of these supplement companies, they are marketing companies and they may, you know, if they're more of a multi-level marketing or direct to consumer, Well, they kind of prey on stay-at-home moms, but they're using these as marketing.

They're paying out, you know, the cost is usually at the quality of the supplement, and I was just talking to a patient about that, about magnesium oxide and how it's a crap form of magnesium.

And people say, oh, I'm taking magnesium, but what form? And the concern is if you don't have someone that really cares like you do about the quality and where the actual supplement comes from, well, you're getting probably contaminants.

They could be adulterated. And we see this, there was a study on Amazon supplements. So, you know, and I think it's trading convenience. It's also, marketing.

And really sadly, as a physician, me just working in the ER, not having to get customers, Not having the really do anything like patients came to me and i just got paid hourly.

I was so naive to marketing and pain points and all these things and sadly they're like after you and they are mostly after women, honestly, because women are the ones that do the most spending of the household we just do we like to shop and we do so a lot of these marketing ploys are towards women and you know I have patients that fall for some of it even or their friends told them and I'm like let's actually look at the ingredients and they're like oh and i'm you know, where is it coming from?

So, I love that you brought that up because we have to be very sharp in this world. You know I like to talk about spiritual things, you, know and the enemy is very shrewd, no.

But anyway, we, have, to, be careful. So I, love, that, brought, up. I think it is such an important point that sometimes it's glossed over or it, is not mentioned because sometimes those influencers are part of the marketing ploy and they're getting paid to promote a product they wouldn't even use so yeah anyway goes back to integrity so love that we can talk to you about all that so what are toxins because someone might be listening out there and they're like glyphosates a toxin, right?

Or, you know, they might not even know what heavy metals are and why they're bad for us. They might have hundreds of mercury fillings in their mouth that their dentist said was safe.

So can you define what toxins actually are right now that we're worrying about? Sure. Well, I guess the technical definition of a toxin would be a biological agent that's toxic to your body, opposed to a toxicant, which is a man-made.

So like technically glyphosate would a be toxicants, these industrial things. But generally when you hear a toxins, everything's grouped together just for simplicity.

A lot of times I'll say toxins and toxicans, but other times they'll just say toxins.

What toxins are and why the body stores them

Probably when we're talking and when people in the industry say toxins, they're referring to, you know, these these harmful substances that are around you or inside of you that is causing issues that we don't want.

So toxic hints is manmade. Yes. Yeah, so microplastics, the glyphosates, pollutants, all those things are man-made toxicants. And then things like snake venom would be a toxin.

Or things that your body produces like ammonia could be considered like a metabolic waste toxins. Because they're natural, they are considered what category?

Those would actually be toxicants. Cause you want to like rule the crunchy mom Facebook group, you know, like actually, and they'll be like, okay, Karen, but okay.

So anyway, back on track. I'll just say toxin for everything probably. People know what I mean. That's what everyone else says. It's like one of those things you say Kleenex, But it's really, that's a brand of tissue.

But everyone just says Kleanex for everyone. If people know you're talking about it, it fine. Yeah. I agree. So why, you know, our bodies are just made so well to deal with toxins and toxicants.

Is it just too much of a body burden? Or why would we store some of these toxins in our fat cells? Why is it so hard to get rid of them? Yeah, so that's the interesting thing because, you know, if they are, like you said, If they're so bad, why is the body storing them?

And the buddy does store them. I guess that the first thing to address. So, I mean, that is pretty clear that, especially in fat, fat is a built-in kind of storage mechanism for these toxic elements.

The body does what it does for a reason, right? God designed the body beautifully. It's designed to survive, it's design to thrive, and sometimes we don't understand it with our limited, you know, minds, but it just what does it for reasons.

So let's say you're exposed to a, there's a forest fire or something right next to your house and you are getting a lot of inhalation of toxic elements through the smoke.

and initially your body is going to go in. These toxins are entering your your, body in your lungs and just getting to your bloodstream and everywhere else.

Your body's trying to flush out as much as possible because the body does not want them there. They're foreign invaders, they're toxic, the immune system's attacking them.

That's causing an inflammatory response. that's Causing symptoms potentially. There's all this stuff. It's just making your Body work a lot harder than normal to stay balanced and the Body doesn't like it.

So the, Body tries to get it all out. But if the body cannot get it all out, it has to do something with these toxic elements because there's a threshold of what the.

Body can handle kind of in its processing center. And if that level is exceeded, kind. Of that stress threshold or the cup, as is often explained in functional medicine, if.

That cup overflows like their toxic cup. Then your body has. To do. Something because it'll be too stressful. to keep processing these toxic elements.

So then the body says, all right, let's tuck this, you know, mercury or arsenic or whatever it may be into a fat tissue and we'll deal with it later. Because when the bodies tucks these elements into fat, it's protective short term because it hiding The toxic element from the immune system and from The defense or cleanup crews of the body, although it's not great long term.

So if you're constantly exposed to something and your body can't keep up, you might be symptomatic because you just, You're basically having detox reactions every single day because your buddy can keep Up with the daily dose of toxins.

But then the bodies going to start storing and storing And so the longer that you've been in a situation where your body can't keep up with the daily dose of toxicity, the more accumulated toxins that you're going to have.

Now the issue is generally the body just keeps those toxic elements in tissue pretty much indefinitely unless there's a situations where the stress load is reduced so much that the bodies has extra energy to release or mobilize those

toxins from tissue for excretion.

But a lot of times we just don't get there because we're always under some level of stress. And it's not just the physical toxins and toxicants that we're dealing with.

It's kind of a, there's a stress threshold and includes emotional stressors and it includes physical stressor, these toxicance, all sorts of things. Anything that makes your body work harder than normal to stay balanced is what I call a stresser.

So even if you're going through a divorce or some, some sort of situation when you were, where there was a lot of emotional energy being used, that's pulling from your bodies, total energy.

And that takes away from you. Detox energy, So just that alone can result in an accumulation of heavy metals and toxic elements. So, for example, when someone has chronic Lyme disease or some sort of chronic condition, they generally always have stored heavy-metals, microplastics, and even if they weren't exposed to more of those things than the average person.

And it's because they had less processing power to deal with those toxic elements when they were coming in. So instead of naturally clearing them all like a healthier person, the body was tucking them into storage because the buddy was using a lot of that energy to do with the emotional stress or like in chronic Lyme, you know, at the infections and all the issues with that.

When you have a chronic illness, You end up with toxicity. It's not necessarily that the toxicity was the root cause, but it could be the end results.

And then now it's contributing to the chronic illness. So it was kind of a negative snowball effect. Yeah, that's great. I love how you put that. And interestingly enough, I don't know if you've noticed this, but with the GLP-1s and people losing massive amount of fat and weight, they weren't set up properly with detox, with making sure their gallbladder and liver were functioning to be able to get rid of that.

Rapid weight loss is not good. It's not healthy. There was a preschool teacher at my son's school, lost lots of weight from a GLP-1, but then had to her gallbladder out suddenly.

And it's like, well, that makes sense because they didn't address the root cause of the weight gain, which was probably toxic overload. This preschool was full of mold.

lost all this weight and the body's dumping all these toxins everywhere in the gallbladder like explodes kind of you know so our body is just yeah perfectly designed but we live in such a toxic world and with that fat you, know fat is protecting your body from this toxic burden and I see this a lot with mold patients and they you Know rapid weight gain and They can't lose it and their not eating anything because their body Is still being exposed to the mold They can't detox it properly.

They're packing on the fat cells and then, you know, more water weight comes. So it's just this vicious cycle. And that's why we have to pay attention just as weight gain and increased fat-cells as a sign that maybe toxic burden is a problem.

You know whether it is kid, whether its yourself, You have recognize that. Yes, sometimes it's a thyroid problem and a hormone problem, but a lot of the times it is toxins or toxins is making that problem worse.

So if we're not paying attention to toxins, I mean, it probably is a problem honestly, if you're paying no attention at all. zeolites. And how can this help remove toxins from the body?

Because, I mean, before zealites, you know, ivy chelation was a thing, which, that's a little bit hard on the bodies. So when zeo lights kind of, when did they even really come about?

I I mean, for like 10 years, I feel like I've been hearing about zeolites, but how are zeolytes discovered and what is it exactly? Yeah, so zeolate is a mineral.

It's a naturally occurring mineral with a negative charge, So it binds to the positively charged elements like the toxic elements in your body. So, it's been around forever, But it was initially used for non-human application.

so it is used water filtration for a long time. So there's a lot of research on direct binding capacity of zeolites to specific glyphosate and things in the water.

It was even used in nuclear disasters like Chernobyl to clean up radioactive materials from the Water Supplies very effectively. I never knew that. That's cool.

Yeah. So it's cesium and strontium. Very effectively removed those. so it has been used for industrial purposes for a long time and for water filtration.

And then it was started to be used for animals. Um, so it, was used, you know, an animal feed to bind to microtoxins, like ochratoxins and ammonia and other things.

So it. And it progressed to being used. But that research was, much later. It's really only been available as a supplement for about 25 years, which is relatively new.

Cause a lot of the other binders, it's a binder is what it is. activated charcoal, bentonite clay, some of these other binders. It's just that it's kind of considered a smart binder or a next generation binder, because it is not indiscriminately binding everything.

So it isn't binding the good with the bad, it selectively binding, the toxic elements, which we can talk about the mechanism as well. But yeah, essentially, I think that's a good point, Jeff.

I want to just pause for a second because, oh my goodness, it drives me crazy. Have you ever seen a video or a reel of someone drinking a charcoal drink, like a Charcoal Lemonade, and then eating a salad with it?

Can you talk about why that is a problem? You were saying selective versus non-selective binders. Yeah, and then I can tie in the chelation aspect as well.

So all of these are in a category of binding agents. You've got natural binding agent, which generally we call binders. And then we've synthetic binding, agents which we called cheleters, right?

So like synthetic, it could be IV chelasion, or oral chulasion. With the IV, with the synthetic chalators, they're generally designed specifically for metals.

And they have a certain attraction to certain metals. So EDTA is a little bit better for lead and some of them work better, for different things, but then they don't bind to environmental toxicants and the toxins and a lot of other things.

limited, and they also are going to bind to essential minerals in your body. Because essential materials are often very similar in structure to the toxic metals.

So, you know, if you've got calcium, which is very, similar structure, to lead. You've gotten cadmium, a toxic metal, very similarly in the structure of zinc.

If you got aluminum, toxic, metal is similar to silicon, right? So there's these kind of similarities. And the chelators generally can't tell the difference.

They just bind everything. While cheletors can be helpful short term, To remove a, you know, if you were just exposed to a heavy metal, it can grab those things.

If you keep taking it, is going to bind to the essential nutrients as well and possibly cause nutrient depletion. And even in the short term, that's going be binding to those.

So with synthetic key layers, she don't take them with food. Same with the natural key leaders or binders, activated charcoal, clays, a lot of these other things, they're just going in and binding everything.

So like charcoal is used even in, you can probably confirm this, right, it's used in like emergency rooms for overdoses, because it goes in and it just binds to everything.

It's not something that you're supposed to be taking all the time because its binding to the good, the bad, and the ugly. So if you take it with a meal or if take with other supplements and things, its likely going to not only be binding the toxic elements, but binding some of the essentials that don't want it to bind to because that's going prevent the absorption of those things.

So that's where when you hear about charcoals and clays and all these things, it always says, take them far away from supplements and food. With zeolite, its different because it can be taken with food because its not just going in and grabbing, Its working through a swap mechanism.

So essentially zeolate has a cage-like structure, which is another unique aspect of it, opposed to just attaching things to its surface.

How zeolite works as a selective binder

It traps things inside of a all these little micro pores or micro cages on the zeolite particle. And within these cages, there's potassium, sodium, magnesium and calcium, these electrolytes, and it swaps those for heavier elements.

So heavier, elements are going to be the more toxic elements, like that's why they're called heavy metals, because they are heavier than the essential minerals.

Let's say the magnesium in the Zeolites cage encounters lead, it swaps magnesium for the lead. Now you have lead in the zeolite cage and the magnesium was released.

So, but if it comes across, you know, an essential nutrient, It leaves it alone like a vitamin because it just, is not attracted to it more than it's attracted the minerals already in its cage.

It's only trying to swap for things it is more attracted, to opposed to describing to everything. so it can be taken with food and not only does it not deplete nutrients, generally increases nutrient absorption.

In those animal studies, It's always taken with food with animals, right? Because they mix it with the animal feed. They never just mix with water and give it to them isolated.

And then when they test the blood, it still shows increased levels of nutrient, vitamin and mineral levels. So, it's not that because the zeolite is providing those nutrients, is because it is removing toxic elements that are potentially interfering with the absorption of the nutrient uptake or just reducing oxidative stress so the body doesn't have to use up some of its antioxidant resources like vitamins as quickly.

So that's one of main things that makes zeolithes unique is that they work through a swap mechanism opposed to just grabbing everything. That's pretty cool.

Well, my cows, so we had a cow pass away, which is really sad. The vet said that we got some bad hay, that it was just nutrient depleted. It wasn't moldy, but that's probably what.

Who knows if it's bad, hey, the animal studies, a lot of the animals studies are done with mold and mycotoxins on animals because the feed is moldy from moldly corn or the grains.

So I was really interested to see when I looking up what to do for bad hay for cows. that you know they mentioned give some zeolites but I was kind of nervous about doing it so now I'm not and I am going to start giving the cows a little bit of zeolytes especially if it's going help a bit with nutrient absorption because cows are supposed to be easy to take care of I have not found that by the way I do not think they were easy now i'm just like stressed that they're just gonna like anyway so i am gonna give zeolate to them probably today Oh, I just needed the go ahead.

I mean, it's like the wild west out here on this mini farm. But anyway, It's so interesting because mold and mycotoxin specifically. It just puts such a stressful heavy burden on our liver and just clogs up the liver.

And this is like women, I see them with so many hormone problems because of that. I mentioned the weight gain before. So I do really like zeolites for mold because it is very well tolerated too.

I guess when we talk about zeolites, this is all happening. This is an oral, like a lot of chelation is IV. So this, you take it orally and it just passes through the gut and like to the stool or like, or does it get in the blood?

Like how does that work exactly? Yep. So yeah, it's oral. It's a powder, zeo-charge powder. First of all, there's, a bunch of types of zeolite. Zeolites is just the name of a mineral.

You've got, you know, bunches of naturally occurring types zeolate. you've Got a lot of synthetic forms of Zeolyte. Most zeolytes are going to be toxic, so don't just go by zeolithes, right?

There's like certain zeoglytes that just, and even the naturally-occurring that are toxic based on their structure. The type that is used for supplements is called clinoptilolate.

So that's what you want to look for in a supplement, Clenoptilolite, that what we use in ZeoCharge. And that is the one that has been studied to be shown to safe for humans and animals.

So it's completely sidetracked there with a bunch of thoughts about different forms of Zeolites. But let me mention the synthetic Zeolytes really quickly.

There are studies on synthetic zeolytes that have been used for a lot of industrial purposes. Those ones do not have the same properties as the natural.

Everything we just talked about with the select binding capacity does not apply to the synthetic zeolights. because they're basically synthetic chelators.

Are they labeled? Like, how do you know if you're getting a natural versus synthetic zeolite? They try to hide it, a lot of them. So that's why I don't recommend any sort of nano zeolate, because a lotta the nano-zeolites are…

So like, some of then will say in the label lab-grown, which means, that just means synthetic. That's just a gentler term for synthetic, but those are using synthetic metals to make it.

zeolite, which is going to be a synthetic chelator, it's not going have the same selective properties. So be very careful of those. And in the research, there's actually research showing that the synthetic zeolytes can actually, the body doesn't really know what to do with them, and they can accumulate in tissue and organs.

Whereas natural zeolites completely safe that doesn't happen the body just processes and it moves it out. So in terms of your question of what where does it go with a naturally occurring zeolate powder like zeo charge you take it orally you mix it with water or mix with food whatever you drink it down eat it.

And it goes to the GI tract and then it's straighted through the stool, right? So it not absorbed through intestinal lining into the bloodstream. Although most people think that it is, or most assume that is because it has a systemic full body detox effect.

We could talk about that in a minute. It's a downstream detox cascade, not a direct binding in organs. So, it just

stays in the gi tract. That's where you want it.

The most effective way to detox anyway is effectively binding the gut. When you take some of these synthetic zeolites, those are marketed and potentially actually do enter the bloodstream.

It would probably have to be sublingually that it would get to the bludstream because otherwise these nanos would have go through the entire digestive tract without encountering toxicity.

Enable to be to, be able to absorb through the intestinal lining to get to the bloodstream. And then they'd have to go through. The blood stream without encountering toxicity to.

Get to their brain or an organ. So generally these claims, when these companies are like, Oh, this is going to brain. There's no validation for that for any of these.

Companies. They're just, they're. Just making stuff up. Once again, marketing it's possible. Maybe they do, maybe they don't. It's very unlikely if they are sublingually absorbed.

Some of these, the nanos, potentially that's occurring, but you don't really want a zeolite, especially a synthetic or a lab-grown zeolate, you do not want it in your brain.

You want your brains to naturally release toxic elements through its natural functions like the glymphatic system, opposed to doing something where you're fighting against the body's natural process like a synthetic chelator in the brain is not really a good idea.

So zero charge stays in the gut. It binds and most of the active toxicity in your body is in. Right. There's so much stuff going on in, and then as you remove that kind of level one toxicity, that, you know, what your bodies processing and this is going to be, by the way, so what we talked about what it binds to.

So zeolite binds, to heavy metals and binds. To the environmental toxicants, like. like the glyphosate, nitrates, various fertilizers and chemicals, it binds to BPA, to mycotoxins, radioactive materials like cesium and strontium, and this is one of the most important aspects of it, metabolic waste products.

You mentioned ammonia, I think, or you mentioned liver dysfunction. So when there's liver disfunction, there is an excess of ammonia. It binds with ammonia very strongly and I believe that's one the main benefits.

of zeolite is actually it's it is its ability to bind to these waste products that your body's naturally producing, because those are taking up your bodies detox energy.

So and your buddy can clear these things. But if your buddies not working optimally, then the body is having a more difficult time to clear These things, so if you clear them, than the buddy has more energy to deal with the other external toxins and toxicants that are coming in on a daily basis.

And when you have if You have lime or you know, one of these issues with microbial overgrowth, the microbes are producing a lot of ammonia as well in the GI tract.

So just the ammonia binding capacity is huge, but just binding stuff in GI track, then the body says, okay, we've emptied that cup. Now we can start dumping the metals from the brain from other organs from general tissue into the bloodstream and into for removal because now there's room to receive it.

If it was at max capacity, the body says, we're going to keep these toxic and stored in tissue because we can't safely remove them. And that's essentially what happens when you get detox reactions is a lot of these other detox products, they're a detox reaction.

Well, yes, it means something's happening. It's not ideal because it's a signal from your body that is saying there is more toxicity floating around than what I want to be dealing with.

That's why I'm telling you, that's, why, I have a headache, giving you these signals of toxicity. So when you take sometimes synthetic chelators or even homeopathic remedies or some, you know, good detox agents, and there's a lot of ways to detox, but when take these things and you're at max capacity in your GI tract or in you blood level one, kind of what the active toxicity I call it, the stored toxicity, deactive toxicity So when you activate toxicity from tissue, add it to your active toxic load.

If you are at max capacity and you weren't symptomatic, now you have symptoms just because you put yourself over that threshold. You overflowed the cup.

And that's going to be problematic because one, you're getting symptoms and it could result in increased mast cell activation, all sorts of issues. And then there's more likelihood of a redistribution of the toxic elements because your body's not going to have enough energy to get rid of everything.

You're still going get of more than you would have if you didn't take the product. So it's a net positive, but it could be very harsh. And some of those could redistribute and go to new places.

That's where detox symptoms aren't ideal. if you can avoid them. The healthier you are, the less likely you're to get detox reactions because you have more room to receive the toxic dump from tissues because there's more in your cup.

So what ZeoCharge is doing, which is the opposite of most detox agents, instead of automatically adding stress to the system, Zeocharge goes and it binds.

It starts removing stuff from that cup, so it's reducing stress and then the body says, okay, now we have room and basically adds its own stress. So it's working with the body's natural process, and it helps the Body Detox at its own pace, if it wants to and when it want to, it'll let go of what it wanted to as well, opposed to going in and trying to bind to a very specific metal like a mercury and just hoping for the best.

Yeah. Now I wanted to back up to something you said about the nano zeolites. So would you say, is it safe to say that most liquid zeolytes are nano-zeolytes?

No, they would like you to think they are, but they're not. It goes back to what we were talking about with the marketing. Right. Yeah, so most liquids are actually, from kind of what I heard you talking, most of the liquid drops are probably nanozeolite.

No, they're not. They're just marketing themselves as nano. This is what they are. So initially you had the powders, that's all there was. And then you got the marketing companies involved and they said, all right, this is going to be huge, right?

Detox, zeolite, and all this. Then they literally took the powder. There's only a couple of companies selling, like one company in the US, one in Europe, selling powdered zeoli.

they took those powers, bought them from them, mixed it with water. and they called it a nano zeolite or liquid zeolate. There's not, it's literally just the powder.

And then we're talking about one milligram, maximum two, three milligrams per serving, opposed to the powders, which are thousands of milligrams. It's just marketing.

there's no advantage to them. People were getting detox reactions, we'll talk about why, but then in a second, those are not good products. Most of the liquids on the market, that's what they are still.

Natural vs synthetic zeolites and dosing paradox

It's not enough. It is just a microdose of a powdered zeolite mixed with water. And they will say, oh, it's hydrated. They'll make up some marketing term, which means nothing.

I mean, if it is mixed water, they call it hydrated, like that doesn't mean anything. Okay, so then the nano zeolytes, how would we know again if its nano?

Because nano-zeolites you totally want to avoid because it can accumulate in the tissues. Okay, so nano zeolite, I'll give them credit because that's actually a different process.

So initially for I don't know, five, 10 years, it was literally just basically scams. They're just powders mixed with water. And I mean, there's millions of people taking these things.

Just because it's hard to know. Right? I means, It's just, very interesting. People were kind of cashing on to that. Then these companies said, all right, let's turn this into a nano like what we've been claiming it has been for the last 10 So then they started using a different manufacturing process that actually turns the zeolite into a nanoparticle.

So in fairness, some of the nanos now are actually nano. Some of them are not. It's kind of hard to know. But the ones that are nano are sometimes even more problematic because the problem is They've made the particle so small that they've destroyed the zeolite cage, right?

The whole point of the Zeolites is it's this cage with the minerals that exchanges and then these companies will market themselves. Some of them actually mark themselves as clean up till the light fragments.

So clean-up till light is the type of zeolate fragments because they have destroyed this zeolyte cage. It's not really zealite anymore. It's just these little pieces of the remaining pieces after the process.

And there can still be benefit because not only does zeolite use this exchange mechanism, but it can also absorb toxicity like a charcoal or clay to the surface.

So yes, it still has some potential. but it's not going to be as effective and you've broken down the cage. There's no research showing safety of those things.

We don't know how the body's processing them. Maybe they are getting into the blood or organs of areas we don' want them, we really don''t know. And then in addition to those issues, it''s the dosing.

So most of these nanoproducts are less than one milligram per serving. If you look at them almost all of them are 300 micrograms. That just tells you something about There's usually, you know, one or two manufacturers that make all these products and, but it's 300 micrograms.

That's less than one milligram. If someone takes six scoops of zeo charge, which is kind of the high, like the dose starting for people that are very sensitive, that's exactly 100,000 times the amount of Zeolite.

30, 000 milligrams is 100 thousand times 300. Microgram. So just as I compare, it just shows you that There's issues with the liquids and nanos, even if they're very good quality.

Because if you can't, remember it's quality and it is quantity. So even you have good-quality, if can get it at the therapeutic dose, there could be issues.

And people don't understand the dosing paradox with zeolite. These companies didn't understood it first either, or they probably still don' t. Which is why they made the products, besides having incredible profit margins.

When you take, when you microdose a zeolite, it seems like a great idea because you're like, oh, we're very sensitive individuals. We need to start low, work up.

But with zeolate, you actually want to work from high to low. It's a reverse titration. So now that that is understood, It kind of completely eliminates the need for any liquid or nano zeolit, in my opinion.

Oh, wow. Of course. And of course, I'm biased. No, but thanks for going into the weeds, right? Because it's, gosh,

especially in the supplement world.

I mean, this is a problem, too, why conventional medicine, they call all supplements snake oil, because a lot of it is. It's just marketing its profit margins like you were talking about.

So just thank you for You know, we see all these claims being made about the liquid and you're going to go into detail about paradox of dosing and, you know people are just desperate for help for their kids, for themselves.

So, it's so hard, so very helpful to break that down. You, know I'm sure people listening, send this to your friends, please if they're taking a liquid zeolite, knowledge is power and my rooster, hopefully you didn't hear that, he just agreed.

Did you hear that? Yeah, yeah. He was like, preach Jeff. Okay. So let's go into this because to be honest, I didn't know this. What is this dosing, the paradoxal dosine?

Yep. I call it the zeolite dosin paradox. I did discover this, so this was my… I've got a lengthy document called The Higher Dose Theory of Zeolites.

But a lot of companies are now adopting it. So you see a lots of company's that are doing this reverse titration based on all my work. And this was all because of my background in the therapeutic dosing from the other things.

But anyway, people can check out in much greater detail on the website, celightlabs.com. the on the education page. There's there's a whole page and a bunch of videos about the dosing.

But essentially, when you micro dose zeolite, it's more stressful on your body than when You take a proper dose. So the theory is states 10 milligrams of zeolate is more likely to cause negative detox reactions than 10,000 milligrams.

Right? So, so what happens is when you take a very small amount, zeolite has a lot of interesting properties and it can be very powerful. So even taking 10 milligrams or even one milligram can go in and a stirs things up.

Right. There's biofilm disruption that might take place. there's a of things that kind of just get loose. And then when take the low dose, all of the zeolate cages are used up, they're all bound.

and now you have this big mess that it made and the body has to deal with that mess. So it often adds stress to the system, and in some people, that's gonna cause the detox reactions, because their cup is overflowing.

Now, when you took the higher dose, it still goes in and makes a mess. It still stores stuff up, even to a greater extent. But since you take so much more, there's extra zeolite cages available to clean up the mess that it made.

So, like, opens up a biofilm, but now it's binding to elements in the biofilms instead of making the body clean-up. It makes me think of remember and like I don't know I feel like in elementary schools when people throw up a lot or the kids can't make it to the bathroom and you know they put that powder to like soak up the vomit and they Put like tons of it on there to really soak ups.

Anyway that came to mind. That's really gross, but Example You need more. Okay, so this is why sometimes people are like, oh, I know it's working when I put the drops in because my kid starts having, you know, herx reactions or detox reactions.

It's because they're actually, they should have drank the whole or five bottles or something, right? Because they are not even getting close to therapeutic dose.

Yeah, exactly. So essentially, it's a sign that the body is experiencing an increased level of active toxicity. Something was happening. Yes, the product is working, but it is not working as well as it could be working.

So like we did a sip challenge where people, you know, mixed a scoop of zeo charge in a glass of water and just took one sip. And some of those individuals got headaches and symptoms.

The next day they did one scoop in the glass water tank, drink the entire glass, no symptoms, right? So when you get the symptoms it doesn't mean it worked better.

It just means that it was a less efficient detox and it more stressful. Cause when detox in an ideal detox situation, You feel absolutely nothing or you feel better when You Feel worse.

And sometimes it's unavoidable. Sometimes you're going to feel worse. But if you can avoid feeling worse, not only are you detoxing more efficiently, but you'll probably going detox faster because the bodies can be more willing to let go of things quicker because it is less stressed.

So back to kind of the cup analogy. Let's say you are at 95% full of just from your daily dose of toxicity, right? External sources, food, water, air, internal production.

ammonia, metabolic waste products, the mycotoxins, all this stuff. You're at 95%. You are not symptomatic, but you're right on the verge. So maybe, you know, when you go and you eat some bad food or you meet some food you shouldn't eat, your symptomatically, just kind of on verge of being sick all the time, whatever.

In that situation, if you take, let's say you, take a little bit of zeo charge or a liquid zeolite or some other product at a very low dose. Let's, say it brings you from 95% full to 93% So it's like, yes, you shouldn't get symptoms, but because you stirred so much stuff up, the body might start dumping toxic elements to bring you over 100 or through the biofilm disruption, maybe that brings you to over a hundred.

So now you're symptomatic. You bound a few things, within the, body increased the toxicity on its own. Now let's say you brought it from 95 to 20 with the proper dose of zeolite.

And then your body releases, you know, 50 units of toxicity. You're still under the threshold. So you don't get the symptoms. The more zeolite you take, the more you're draining the cup.

Opposed to other detox products, the more product you'll take the, more your overflowing the cut. That's why it's just a completely opposite approach. Where with most things, yes, absolutely start low and slow work up because you are adding stress to the system.

With zeolate by design, it is binding and reducing stress. And then when you have an added stress, it's really a cascade of effects from the initial product.

Yeah. No, that makes a lot of sense. And when we talk about detox, there's also a of programs out there that are like this push catch versus catch and release.

Can you talk those different methods of detox and the good and bad, I guess? Yeah, absolutely. And I will say there's a lot of ways to detox. So it's not like zero charge is the only way to do detox, right?

And even back to the liquids and nanos, some people have successfully used those in salt butter. Everyone has their own experiences with things. There's lot factors.

If some things work for you absolutely great, I just want to find the most effective and efficient methods for detox and everything else. That's where I think the powdered works a little bit better.

What was the question? You're super excited. The catch and release push catch. Okay. Well, but I like what you said about like stressors with detoxing, you know, and you talked about different stressor, it's not always toxins.

It's, emotional too. And this is why when you are doing a detox program, I do have patients on adaptogens, to help their their body stress. I mean, it seems though, like zeolites not as stressful, which, I means, when you talk about

these different push-catch which is probably a little bit more stress on the body versus catch and release.

So, we'll get into that. Yeah, so push-catch, I don't know if that term was made by Chris Shade from Quicksilver, and he's got some great products. I mean, PhD in mercury detox, like brilliant guy.

And he has kind of simplified it to, let's push, primarily stimulate the release of toxic elements from the liver through bile. And then that's going to add stress to the system.

So then we're going catch those toxins with the broad spectrum binder to mitigate the stress, right? So it's a great system so that that works well for a lot of people.

But the problem is if you're a sensitive individual that has been, you know, maybe called too sick to detox or you are just prone to reactions. If you do that, when you push, It might be too much for you, and even when you go to mitigate the stress, it might too late.

You might just have terrible symptoms, right? So in that situation, there's a couple things you could do. One, you can actually reverse that and do catch push.

So you actually catch first, take the binder first and then take bioflow agent second. because now there's a little bit more room to receive it, that might work a lot better for you.

But with the zero charge only approach, it would be the catch and release where you're only catching. So you are not trying to force any detox, you just catching, reducing the stress load, and then the body will release at its own pace.

Right, so that's kind of the most natural, but if you a person who is able to tolerate a bit of more push, I have no problem with push mechanisms. It's just that if your not someone that is in that position, then the catch and release at least for a starting point works great.

And then maybe you can graduate to adding some more of the detox accelerants and the push agents a little bit later. Yeah. So with how you're explaining detoxing with zeolites specifically, you know, starting high and then going lower that your body will naturally kind of release the mercury from the brain or whatnot when your.

Is able to, because we inherently already can do this. It's just, we're overburdened. Yep. Yup. The body, the body's a detox machine, right? And then when the body wants to detox, it wants, to excrete these things, but the, body is more focused on its priorities.

The body's more focus on short-term survival over a long- term thrival, right? So essentially when, when you're relatively healthy, the toxicity comes in, The Body excretes it, gets it out, no problem.

But the sicker you become, you know, if you have a complex health issue, slower you detox because your body, wants the toxicity out of your processing center, because when the toxicities in the processing centre is causing that immune reaction, which is resulting in inflammation, resulting and symptoms.

When it's in tissue, it is more hidden and it causes more long-term issues, opposed to short- term issues. But the body's priority is short term survival, homeostasis.

So that's why the bodies will keep these toxic elements in tissues, as opposed trying to get them out. The body will slow down lymph flow. It'll slow it down.

A lot of times you're constipated because it slows down bioproduction. You stop sweating, it's slows detox because the body is trying to keep the toxicity out of your processing center and keep it into tissue to protect you in the short term.

Detox protocols, push-catch methods, and maintenance use

So as you become healthier, and that's why the key to an effective detox is getting healthy. And people are like, well, that not health, but it really is the most helpful thing because maybe for you getting health is something that doesn't even involve detox.

Maybe it is involving emotional health, maybe it's, you know, doing, removing some sort of toxic stressor from your life. Maybe, whatever it may be, infected or whatever, it maybe that might be the most effective tool to help you detox.

Because if it makes you healthier, your body has more energy. When your has energy, naturally is going to start detoxing faster because it only going let go of these toxic elements from tissue.

If it knows that it can safely excrete them without letting them go, causing a lot of stress and redistributing them. So as people become healthier, a lot of times they start sweating better.

They start, you know, pooping more. Or they. You know their lymph goes up, all these things like with zeo charge. And it's not because it directly working on any of those.

I call it a detox accelerant because just by binding and clogging the detox machinery, the body says, alright, now I have more energy. We're going to start ramping up natural detox.

That's the key to an effective detox is getting the. To do the work for you, opposed to relying on, these other supplements to go in and grab stuff. Yeah, absolutely.

It makes so much sense. So when you're starting out, if someone's like, well, what do I do? I've been following this person that uses the drops and obviously that's not effective or it keeps a forever customer, right?

What are some of these protocols? So say you're starting on four scoops of five grams a day, what does it look like? How many months are you on this protocol?

I know it depends on the person, but the average. And then what about daily use? What are the overall recommendations, not medical advice surrounding that?

So the number one rule is, The healthier you are, the less you need, right? So the goal with all supplements, in my opinion, is to get off as much as you can because they're supplementing what you needs for this time in your life.

As you become healthier each year on the protocols from Dr. Jen and others, then you'll need less stuff because your body works better. Same with CO charge.

The more toxicity that you have in you're body's processing center, so basically it's your daily dose toxicity. And that's the external sources and the internal production.

And let me quickly mention that because most people are so focused on the externally sources of toxicity that they forget that most of the toxicity they're exposed to on a daily basis is coming from within their own bodies.

And that's through toxin production, through metabolic waste, the microbial waste products and byproducts, and also tox in recycling. So if you are exposed to toxic elements 20 years ago and you have accumulated these in your liver, as your body releases bile on a daily basis, that bile carries toxicity from your li ve into your small intestine.

And the body is designed to recycle bile. So it recycles up to 95% of the bile and the problem is if that bile contains toxicity, you're not recycling toxicity.

Let's say you have mercury in your liver, the mercury every day after you eat a meal or you go in a sauna or use sweat or something that produces bile exercise.

The bile with the mercury goes into your small intestine. You start feeling awful. It kind of poisons your smaller intestine, it goes to the portal vein and terahopedic recirculation back to your liver.

So you can be poisoning yourself every single day with your own toxicity, even without being exposed to additional sources. That's why a lot of people are like, well, I'm, doing everything right.

I mean, this clean environment, It's not all about what you're doing now. it's about, what happened in the past and your body's still dealing with it.

so. That's why one of the reasons the push agents can be very stressful for people because they're releasing more toxic bile and then more of that's being recycled.

It might make you feel worse. Where zeo charge is just binding to these things in the small intestine and preventing, I like to call it a bile filter.

So it's binding some of it, you know, toxic bio in small intestines, preventing the recirculation of. That so that kind of kind the daily dose. Which I think is really important because a lot of people just get confused on, you know, where the toxicity is coming from and all these things.

So whatever your daily dose is, is kind of going to determine the dose that you need of zeo charge. Because if you're someone that has a high amount of external exposure and internal production and recycling, then you are going need more toxicity, or sorry, more zeal charge to bind to the higher level of toxicity.

Right? It's just, it's a numbers game. If you've someone is not dealing with that much toxicity both internally and externally, than you'll need less.

Right. So it's basically a hundred percent dependent on that. The more toxic you are, the more you need. the most symptomatic you aren't generally the morning you eat.

so what we recommend is one scoop is a maintenance dose. If you choose to maintain on it or basically healthy person dose, that's what's on the label.

Generally, when you see a dose on a label, That means it is for a healthy. for maintenance. It's not like a therapeutic curative dose generally for any supplement.

So if someone is looking to improve, vastly improve their health, they're on a journey to get to where they want to be. Starting between two and six scoops is going to ideal.

And I know that's kind of a wide range, but that depends on kind your level of toxicity and what you're comfortable with as well. That's taken all at once in one dose.

We recommend, that what we recommend starting off. Let's say you are someone that has had terrible experiences in the past with detox reactions. And, um, you know, You're too sick to detox.

That's what you've been classified as. So you're going to want to start with generally between four and six scoops. Let's say four scooops and you take the four scoop.

All at once, one time per day. If all that goes well, do that for a month. And then the next month, go down, take three scopes. Once per day, and if that works, great, go down to two scoops and you work your way down.

And then at any point, if you start getting symptoms on the lower dose, work, your weight back up. So it's reverse titration. We have a five month program.

People can utilize people. Some people like it. It's a, five-month program where you started in six scopes. You do that for a month, then you go to five scops for month two, four, three, two.

Then you can either be done or you maintain on one scoop. Um, if you are continuing to feel the benefit on it. So that's an option. You can also accelerate that program where you do six scoops for a week, five scOops, for week four scOOPs, three, and then kind of maintain on two scooPs.

But two SCOOPS is really a good starting dose for most people. it gives you room to maneuver because let's say you take two scoops and then you get a mild headache or you know some sort of detox reaction like okay maybe that's not quite enough.

The next day go to four scopes and see if that is better and a lot of times that will be better. And if it is only a little bit better but not 100% then go six scops.

So you can kind of find your dose that way but it's better to start higher than start lower because you don't want to stress your system out right from the get go.

because it's harder to calm things down than if you just didn't stress your system out. So it was better to start with five and work down or start six and worked down, opposed to just start one fifth of a scoop just to try it out, because that's the worst thing you can do is to microdose it.

Yeah, that's interesting, especially when microdosing things is so popular, you know, but you definitely need that. So when we look at that, usually protocols are a couple months.

This isn't something that you just take as needed if you haven't done a full protocol, right? Is that what you're saying? Yeah, it can be used as a standalone, especially for the more sensitive individuals that just want to reduce stress on the system.

It can used in combination as kind of a foundation to any other protocol. So let's say you're already doing a detox protocol or a metabolic reset, whatever you are doing.

You're doing some sort of hormone balancing program, whenever it may be, then taking zeo charge just to maybe mitigate some of the stress from some those other products that they may causing detox reactions.

If we take it in that way as well. So it just kind of depends on, you know, what you're, it can be used in a number of ways. Like a lot of people just are doing their own protocols with various doctors and they're using it as push catch.

So instead of using a broad spectrum binder that usually is, is not tolerated well, cause a lotta binders are constipating and zeo charge generally is.

Not, which is another reason why. A lot of people like it. They'll just do like the push agent, and then they'll use the charge as the catch agent instead of, you know, the charcoal.

So that's fine. Or you can use it on its own, but yes, detox is a process. If you've been accumulating heavy metals for 20, 30 years or two years, or three years here, whatever, however long it's been, your body will not let you get rid of them that quickly because it will be too stressful on the way out.

That's why it goes back to, it a natural release from the body at its on pace. It's a multi-month process for sure, And the idea is after you kind of get this detox ball rolling, then your body will naturally be able to continue the momentum on its own with very limited supplements because now it has the energy to naturally keep the detox rolling.

Which is kind why we like to start high with six because it almost doesn't guarantee. We've only had one situation ever. through our testing where six scoops wasn't able to get all 15 of the heavy metals moving from the tissue level.

And that was one situation that only mercury was the only one that didn't move, and this woman had some severe issues. So everyone else, that's why our program starts with six groups, because it's the dose that we found that,

yes, it is going to the deep level detox.

And that's the thing. So when people take low doses, sometimes they feel incredible because they're on a binding dose. They're not really detoxing, they are binding, reducing the stress load, but they aren't taking enough where the body says, I'm going to let go of heavy metals from the brain.

Right. So some people will take one scoop of zero charge, feel incredible, and then they'll go to two scoops or four scooops, or whatever it may be. And then, they feel worse.

They're like, well, I thought you said there was this, you know, dosing paradox. But that's because you got to the next level of detox with the higher dose, where now your body starts dumping stuff.

That's why some, even on the liquids and nanos, some feel much better, because it's just binding But then they, but they're not really detoxing and there, there can still be benefit to that.

It's just that when we recommend the six scoops is cause we're on the detox dose and then we work down. Cause as you have the ball rolling, you don't need as much.

Yeah, that makes a lot of sense. So you can think about it two ways, like you said, just like a binding agent, even if you get sick on vacation or something, using it as a binder, or just using in that way versus actually doing a full detox protocol that is going to take time.

I think that's really interesting. When people are more on a maintenance, Do they sometimes, have you seen good results with them just taking it as needed if they are feeling really good and they've already done a little protocol?

Yeah, I mean, if someone's feeling great and they don't have any reason to be concerned, then they can just kind of have it on hand for, yeah, just situations where maybe they have an increased level of circulating toxicity that day from stressors or from foods or for travel or whatever it may be.

Totally fine. Starting off though, especially for someone that's not in that situation, we don' recommend pulsing on and off because when you go off, a lot of times it's more stressful than staying on.

So once again, the opposite of other detoxes because once, let's say you take it for a week, And your body starts releasing toxics from tissue and from organs.

And then you're catching it every day with the zeolite. But then, you stop taking the Zeolites. Your body is still in this toxin dump mode. Now, your buddy has to clean it up on its own.

So, for a few days, she might feel awful when you come off. People say, well, I should go on and off because when it's on, they need to let my body have a break.

Well, a lot of times when we go off, Like the break is when you're on, like your body is less stressed when your on it than your off. Now that depends.

Everyone, there's so many reactions that can happen when take anything, especially a zeolite. Some people that might be adding stress to their system, and that may be unavoidable.

In those situations, yes. Pulse on and off, just like another detox. If you're feeling better and you are getting blood testing done and everything is improving, then you can stay on because it's actually reducing stress in your daily life.

So it is just individualized like with anyone else, like any other product. It's just figuring out how you respond to it and it will be a little bit of an individual approach for everyone.

Yeah, love it. Well, we're coming up on an hour. I feel like we could just talk detox all day because it's that

important and really appreciate everything and all your knowledge.

And I would recommend people check out your website for all the studies and protocols and everything. What is your web site? Where can people find you?

Yep, zeolitelabs.com or zeocharge. com. Those, they both go to zeolytelabs dot com, but that's got the most information. We're updating it as well. But there's a case studies page too, which we didn't talk about, it was a pre, before we started, we did a key studies program just to prove that the product, or just see if the project actually worked, if we addressed any potential safety concerns with nutrient bleaching and all that.

So we got all of that in the case study's page just showing that it does reduce metals from the tissue level. And then we've got a podcast as well, the detox experience that's linked on the website.

And it's just Ziocharged customers who are sharing their experience. A lot of them talk about the dosing. Some of these people are taking like 12 scoops, incredible amounts.

So there's very unique stories of what they were taking, how long their initial reactions, did they feel worse first?

Where to learn more and closing lightning round

Did they fell better first, that's in the podcast. And then there's an education tab, which has a lot of videos on the dosing and frequently asked questions and all those things.

So zeolitelabs.com is the place to go. Love it. So a hub for detox. It's great. Now, Jeff, I want to ask you just a few questions to end, a little lightning round here.

What is your favorite biohack that actually works? Besides ZeoCharge? I know, it's like, besides Zeocharge. Okay. I like EMF mitigation. So for example, I live in the woods, in a forest with no Wi-Fi.

I have everything hardwired. And we're actually releasing a number of EMT harmonizing technologies. so I think EMM mitigation and just ways to protect yourself against Wi Fi, cell phone radiation, all those things are very important.

Yeah, I would agree. What would you do if you weren't doing this, if didn't own a supplement company? I'd probably be doing something else in this industry.

I'll be focusing on what I was doing before with my clinic, which was a franchise model of setting up a Starbucks model, putting these low-cost biohacking centers in every quarter so people can go and have access to some of this technology for an affordable rate.

I love it. What is the favorite part of your morning routine? Um, why I get up by pray or sometimes I pray when I'm in bed and then read the Bible. And then usually I will, depending on the season, like today it was, it's a little bit cold.

So I didn't go outside. I went on a hike for the last two days and through the woods in the snow. But like, today I just kind of sat there in front of my sun, sun lamp.

Yeah. Kind of, you know, get some sort of natural light to set the circadian rhythm. That's usually what I like to do. Usually when it is nice, I'll go for a walk to kind to stimulate just movement and get the natural lights when they wake up.

Yeah, absolutely. If you could eliminate one toxin from the world tomorrow, what would it be? Glyphosate. Yeah. We get that one a lot. And boy, we just got slapped in the face recently with that.

Just quick note, because people might find this interesting. I'm in Iowa, which is probably the glyphocite capital of

the word. It is. Yeah. Yeah, so, and I've, I have this whole campaign going, it's the wear of corn sweat because I was one of the most humid States in Nebraska is humid too.

And it was humid because of humidity released from the corn and glyphosate is water soluble. So that the glyphasates going to be suspended or roundups going be.

Suspended and then it is toxic air anyway. Like my roommate has a bumper sticker that I got him that says beware of corns sweat. It's hilarious, but yeah.

Glyphousate. That's it. Not great. Yeah. Yeah, I mean, so I brought something to awareness at the AOA House of Delegates and the only people that were against it, the states, was Nebraska.

They were like up at The House Of Delegetes saying, we shouldn't like be giving nutrition advice about GMOs. And we're like, it's because like it is Nebraska, So it was pretty funny.

We were laughing about that. What is your favorite scripture or book to lean on in tough seasons? It depends. So I don't have like a specific favorite scripture.

Genuinely, like last five years, maybe six years I've just been reading through the Bible like beginning to end, just kind of starting and going. And then I always pray for just, you know, to see what I need to at that season of life.

I'll read the same thing and I will just notice different things each time. It's not like I have one that I just hold as an anchor, I'm just like have different scriptures that kind come as I needed, and it's kind dynamic in that way.

The Lord will put it in front of us, that's great. And then last question, what is one word to leave our listeners with for the week? One word? Like a statement or one single word.

A single words. Perseverance. Mm, that's good. That's awesome. So, well, thank you so much. I feel like we have to do a part two sometime. You are a wealth of knowledge and I think that this was just so practical for our listeners.

Check out Jeff's company and please share this episode.