Detox Stress and Toxic Load

When you detox, and when we say detox in this context, we're talking about taking these toxic elements that are in tissue kind of storage and moving them back into the body's processing center for removal.

Right? So when you do that, you're automatically, it's just inherently stressful on the system because you already are dealing with whatever you are doing with in your process.

It's your daily dose of toxicity. Then when you take stuff from tissue and you put it into the process processing center, you've added stress. Now, if someone is healthier or relatively healthy, they're able to handle that stress without symptoms because there's basically room to receive some of that toxicity.

Someone that's too sick to detox is already at or near or even overflowing max capacity in their daily processing Center. And then if they try to move more toxins from tissue into the processing center, it just overflows everything.

If the body starts giving you symptoms telling you, this is a little bit much for me right now, the headaches, irritability, joint pain, et cetera. So those people are generally considered too sick to detox because they're just not able to sustain it.

Do you feel like your hormones have turned against you? Trust us, you're not alone. We're Dr. Serena and Dr Heidi and on Hormone Heroines we explore all the root causes that are behind hormone imbalances and we teach you how to thrive through them.

Join us for real talk, expert tips and even a few laughs. Hi and welcome back to Hormone Heroins. Today we're going to be talking about detoxing and what it's like living with all the toxins in the 21st century.

We're gonna be taking to Jeff Hoyt, who is a wellness innovator and founder of Zeolite Labs, which is dedicated to helping people detox using natural solutions like zeolites.

Welcome. Thank you very much for having me. I'm looking forward to the conversation. Yeah, we're super excited to talk about detoxing, especially as it pertains to hormone health, because when you have all the toxins, and especially the ones in today's day and age, they can be hormone disruptors.

So we are excited dig into this topic. Absolutely. Let's start up pretty broad. Why is detox so important when we live in day's and day age? Yeah, I mean, just the toxic burden that we're faced with on a daily basis is really greater than ever.

And it's the physical contaminants, the toxins that are coming at us from the food, water, air. But beyond that, it is also just stressors. So things that aren't necessarily accumulating in our body, but the mental, emotional stressor, electromagnetic stressers of Wi-Fi and cell phone radiation.

All these things are just kind of taking energy from our bodies. Our bodies have to use energy to deal with it all. And if the body is preoccupied with, you know, some of these other stressors, then the.

Body has less energy to deal with detoxing or removing some. Of these physical toxicants that are coming in as well. So it all, it, just all plays. It all.

You know it. All plays hand in hand and just detox support is just more important than ever because more physical. Toxicants and more emotional and stress, emotional stressor is.

Just as more our bodies are working harder than normal than. Ever to stay balanced at this point.

Why the Body Stores Toxins

Yeah. That's how I feel. Yeah. I also like to point out that when you have those toxins, it is a form of stress on the body, even if they're not hanging around and you're detoxing them.

That's still another layer of stressed on body. And then like you said, also the emotional stress of like living in this busy, electromagnetically charged world.

So, yeah, I feel like that's important to pointed out to people that all of those are a formal stress in the bodies and then that can make it even harder to detox those types of things.

Yeah, the way I like to look at stress, my definition of stress is anything that makes the body work harder than normal to stay balanced. And all that stuff.

Yeah. Simple, straightforward. Well, and a lot of times, I think people don't realize that the party will actually store a lots of toxicants, right? In some ways, the body is really, really smart.

And in some way, like that, it's not as smart, right? Why do you think the, body does store like heavy metals, other toxicants, you know, for some reason, our body thinks that we need to hold on to them, but we know we to get rid of them.

Why, do, think, that body, is holding onto them? Yeah. So, and I think it actually is the body being intelligent, but it's all about priorities because when we're looking, cause a lot of times we look at what are bodies you're doing, we say, why are you doing that?

Like we think they're not working right, or maybe they are working as they should be. And we are just, it is just not what we want. It's not in alignment, right?

So the bodies is more focused on short-term survival over long- term thrive. It's all about levels and priorities. So yes, while these physical toxicants like heavy metals and microplastics and environmental toxicance, they can get lodged in the system and the body just tucks them away.

Even in vital organs like the brain and general tissue everywhere, when they're tucked away in tissue, causing less immediate issues and more long-term issues.

So let's say right when you're exposed to these toxic elements, you know, microplastic or mercury, whatever it is, it's in the body's processing center.

The body has to deal with it. That's going to result in an inflammatory reaction, immune response, inflammation that's gonna mess up hormones. It's can do all sorts of stuff.

If that is sustained for too long, the buddy just can't deal. And then the body says we have to do something because this is too stressful. It's not sustainable.

So it says, let's just tuck this away and deal with it later. And that's where the buddy basically puts it into tissue and fat is basically a natural storage unit for these toxic elements because most of them are fast soluble.

Ideally, the body does want to get rid of these things as they're coming in. If the external source is greater than the bodies capacity to deal with them as their entering, The body just has to do something because it's too stressful in the short term and the bodys trying to remain homeostasis in a short-term.

So it tucks them away. Cause the buddy says, you know what, I can live with, long- term, maybe neurodegeneration, even though it is not ideal, but I could live that, But I cannot survive with this level of toxicity right now.

It is just priorities. Yeah. You just mentioned how a lot of these toxins get stored in fat in particular. Can you talk a little bit about, I mean, one thing that I really want to talk about today is microplastics as well as other specifically like endocrine disruptive?

Toxins, can you speak to those a little bit about especially when it comes to women and we tend to have like a Little bit higher body fat and that means that we might have more toxins stored in that fat And then everyone's trying to lose the weight Can we talk a bit more about those specific toxins and also how it impacts that whole system?

Yeah, absolutely. And there's different ways that these different toxins can affect someone in a bunch of different way. Just right off the bat, any toxic element that comes in is a foreign invader.

The body doesn't recognize it as something that is natural or that it wants, and it starts producing antibodies against it. It starts basically saying, let's clean this up.

Let's get rid of it during that process of immune reactivity that results in inflammation.

Microplastics, Metals, and Hormone Disruption

When you have inflammation, that can result in pretty much any symptom in the body and that could depend on each person, right? When that acute inflammation, that short-term inflammation is present, it's one thing.

When it leads to chronic or long- term inflammation that's another thing because that is when we have these more debilitating chronic situations and then the hormones are just thrown off not just temporarily but long term and there's a lot of issues.

So you've got just the general class of toxicant that is coming in, causing those issues kind of immediately. But then you have things like the microplastics, like you mentioned, that are like Xenoestrogens, kindof like, you know, mimicking estrogenes, potentially working on estrogen receptors.

And it's just kind very confusing for the body. That can definitely throw off, specifically estrogen and other hormone levels, in more of a direct way as well.

So, we've the direct effect of these various toxic elements from the immune response, from inflammation, the clean up. Then you've got just direct like there's a lot of mimicry that goes on with these toxic elements.

So you have like, you know, Xenoestrogens with some of these microplastics, but then you also have, like a mimicri of metals to minerals. Right. When you when you, have a, lot, of like cadmium, it will interfere with no zinc.

when, You have, a, lot, of lead it'll interfere, with calcium because they're very similar molecularly in structure. And the body will basically, and there's different thoughts on this one.

It's, you know, the lead gets in, then the buddy can absorb the calcium because the light is heavier and it's there in the bone now. So then you're taking calcium, it is not absorbing.

Then the other thought is that the bodies actually intentionally holding onto these metals as a placeholder because at these, enzyme binding sites, The body can actually hold metals and utilize them for normal enzymatic functions, even though they're toxic.

So if you're severely deficient in minerals, the body might actually hold on to some of these metals as a placeholder. But ideally, you want to get those out and replace them with the good.

So possibly, and I haven't looked into this, but I'm just thinking out loud here, maybe the same thing could be going on with some zenoestrogens, where if there's insufficient levels of estrogen and hormonal imbalance in the bottom, that is leading to a greater level of retention of some microplastics and things in a similar way to the metals.

I don't know. I mean, that makes sense. I think it's a really good thought. That would be fun. We should do some research on that. You've heard it here first on hormone heroines.

All right. Okay, so then kind of going back to a lot of these get stored in fat or bone and other places like that. So then when we get into detoxing, we want to bind those up and there's different ways to do that, but zeolite is what you focus on.

Let's talk about that what is zeoli and how can it help remove toxic elements from the body? Yeah, so, and there's a lot of ways to detox, you know, there there are different approaches and you kind of have to find what works for you and what approach, but zeolite is in the classification of a binder.

So it goes in and it binds. You've got activated charcoals, You have got clays, pectins, all these things. They're kind all in this class of binder and then zeolate is also in that class.

It's really the newest member to that, class it hasn't been used as long as some of the others. But it's got very unique properties. It's a mineral. So zeolite is a naturally occurring mineral that's found in the earth in its mind.

There's lot of types of zeolate. Most of them are not going to be therapeutic or even safe for consumption. When we're talking about zeolyte here, we are talking the form called clinoptilolites.

Whenever I say zeolithes, I'm talking this type clinoptilolates that has been shown to safe to human consumption And basically initially it was used for water filtration.

It was actually used to clean up water supplies and nuclear disasters like Chernobyl to bind to radioactive materials and everything. So it's this binder.

it has this negative charge and it is attracted to positively charged toxic elements like a lot of the heavy metals, mycotoxins, metabolic waste products like ammonia, radioactive material, etc.

And it works through a swap mechanism. So opposed to some binders that just go in and they just grab everything. The good, the bad, and the ugly. It's just indiscriminate.

Just grabs it. Very helpful for short acute situations, but a lot of times long-term use can lead to mineral depletion, potential dehydration, constipation, a number of issues.

where with naturally occurring zeolites, a lot of times those issues don't occur. And a of it's because of the swap mechanism where zeolate has this cage-like structure, kind of like a honeycomb structure.

In the cage, there is magnesium, potassium, sodium, calcium, these electrolytes, and they're swapped out for more toxic or heavier elements. So if this case with the zeolyte comes across an essential nutrient, it just leaves it alone because it already has the element it likes.

But if it comes across a heavier element, like a heavy metal, they're heavier than essential nutrients, then it swaps it out. And then they'll keep swapping until it has what it wants.

So that's what makes the light a little bit unique compared to a lot of other binders. It just has a number of advantages like increased surface area and just a bit more advantageous in some ways, but in the class of binder.

How Zeolite Binders Work

Yeah, okay. You know, we do a lot of detoxing in our practice because we see a lots of people and we a do lot a guts health and a a of inflammation reduction and that kind of stuff and you know we have a lo of midlife women who are wanting to lose weight and everything and everybody wants to loose it as fast as possible and constantly are telling them you can't do it too fast because it will make you really really sick because it releases all the toxins back into your body.

And so we will help them with binders and stuff like that too. But I have found, well, we have in our practice that sometimes people are too sick to detox.

Can you kind of go into that on why you think some people Yeah, absolutely. And it's just kind of understanding what a detox reaction is. So someone that's too sick to detox is basically someone who attempts a Detox protocol, and they're not able to do it because the symptoms that arise from the detox are too great to handle.

Right. The detox reactions, sometimes the Herx reactions category of detox action. Essentially, what's happening is when you detox, when we say detox in this context, we're talking about taking these toxic elements that are in tissue kind and moving them back into the body's processing center for removal, right?

So when you do that, you're automatically, it's just inherently stressful on the system because you already are dealing with whatever you are doing with in your processing set, processing centre.

That's your daily dose of toxicity. All the stuff you were dealing. Then when you take stuff from tissue and you put it into the processing center, you've added stress.

Now, if someone is healthier or relatively healthy, they're able to handle that stress without symptoms because there's basically room to receive some of that toxicity.

Someone that's too sick to detox is already at or near or even overflowing max capacity in their daily processing Center. And then if they try to move more toxins from tissues into processing centers, it just overflows everything.

It's more than the body wants to Hence the body starts giving you symptoms telling you this is a little bit much for me right now. The headaches, the irritability, joint pain, etc.

So those people are generally considered too sick to detox because they're just not able to sustain it. Yeah, we've we found that a lot of times those people that are having the bigger reactions are still living among whatever was causing the toxins to be there in the first place.

So possibly like lead paint, you know, because we live in Pacific Northwest and we have some older homes that have lead paints still and or like mold exposure or they're having another toxin coming in that their body's already fighting and they can't detox the one that they were trying to get rid of because they are already trying We see that a lot.

We warn people about that because you can't tell what's, you know, that they're too sick until this starts happening. So we warn a lotta people, we may have to stop, We may to do it slower, or we might have it, do little by little because, You can never tell, what they are being inundated with at the moment.

So on that note, a lot of times when you're detoxing people, you have reducing that daily dose to then get to the point where they could actually detox the ones that have been stored.

So can you talk about the importance of dealing with that dose of toxins during the detox protocol and particularly how zeolite can be beneficial in that process?

Yeah, absolutely. And I think it's really important. So something that's important to understand is that the body knows what it is doing, right? It's ultimately in control of the detox process.

It is always detoxing to some extent. There's just a matter of how well and then how much support we need to encourage the bodies to start detox to a greater level.

But as someone, the healthier someone is, the faster they're going to be detoxing naturally. If someone becomes a little bit sicker or, you know, has a severe emotional or any sort of stressful event in life, they start detox and slower.

And that's the body's natural defense mechanism to actually stop releasing more toxicants from tissue because it can't handle the release as much. So when you become sick, a lot of times you have less lymph flow, you sweat less.

You maybe become constipated because your body's not producing as much bio, et cetera, because it's trying to slow down the release of toxicity from storage to active processing.

So if you have less daily dose toxicity, so daily those toxicity is just what's in your processing center. And that's going to mostly be from what you're exposed to externally, but maybe not most that some of it, probably most of what your exposed daily is your internally produced and recycled toxicity.

So our bodies are natural toxin factories. We're producing waste products like ammonia, urea, all these other things. histamine, all this stuff. And normally that's fine because our body's designed to excrete it.

But if we're struggling with a toxicity issue, even dealing with the metabolic waste products that we are producing could be challenging and things like ammonia could actually make its way to the bloodstream, go to brain, cause a lot of imbalance and issues.

Too Sick to Detox and Daily Toxic Burden

So if you're daily, just dealing some of these things is going to be helpful to encourage your body to start letting go of the deeply stored stuff So another thing, you know, if there's microbial imbalance, they're releasing their own waste products as well.

That contributes to your daily dose. If your liver is toxic, then, and if you're toxic generally, your livers going to have some level of toxicity as Yeah, that's kind of one of the main, if not the, main detox organ.

And that release as the liver releases bile for, you know, nutrient absorption, fat absorption things, especially after a meal or in response to exercise or heat or whatever it may be.

The liver. Releases toxicity or carries toxicity from the into the small intestine through the bile. So when you release bile, if your liver's toxic, your bile is toxic.

You're now basically poisoning your small intestinal adding to your daily dose that recirculates the body recycles its bile so if you have toxic bile essentially you're poisoning yourself with your own toxicity each day.

It's not even coming from without that's coming. From within. Some people say, well, I'm doing everything right. I meeting super healthy. Not in a toxic environment.

Why do I have toxicity symptoms, it may be stored toxicity in your body from a long time ago that it's still processing and it is just recirculating. So that's where something like a zeo charge, zeolite binder can be very helpful, because you want to bind to the daily dose toxicity, what's in the processing center.

One, so it doesn't rec circulate, right? And then two, if you can reduce that load enough, then the body says, you know what, Now I feel comfortable, let's start working on these projects we had in the back burner.

Let's starting letting go of the mercury from the organ or these microplastics from tissue because now there's room. If I excrete them, there is going to be room basically in processing center to handle it without tipping the cup over and causing a super terrible detox reaction.

Yeah. Yeah, I'd also say that's one of the biggest things that you need to make sure someone is doing is that, you got to poop to detox. However, no one wants to talk about pooping, but if you're not poop, then you can't detox and so I feel like just like you said, it can recirculate and if your not having regular daily bowel movements, It can push that reciculation even more than what already naturally occurs.

So I wanted to ask you about your product in particular with zeolite because some of the other binders can cause the constipation like you said with Zeolight have you seen any of that or is it you know keep things a little bit smoother when you're trying to Keep everything flowing out.

Yeah. Super, super important question. Cause like you said, I mean, you want to be pooping. You don't want it be mobilizing much of stuff and then it just gets stuck there.

And then, and ends up recirculating all this other stuff. Right. So with, with most binders, they are inherently constipating and dehydrating. so with zeolite powder, at least with zero charge, generally it actually has the opposite effect.

Now it really depends. Because when you take a binder, it binds to different things in each person depends on what's going on. There's unlimited amounts of reactions that can occur from that.

Right. So, but about 80% of the time, it has more of a regulating effect on the GI tract. And in fact, one of reasons a lot of people continue on product beyond detox is because it keeps them regular.

A lot people that have dealt with chronic constipation for years, they've not been able to resolve it, take the zeo charge and it actually keeps the regular, so that's 75-80% percent of time.

But then you have the 20-20% where people do find it constepating. And interestingly, sometimes that's because they're taking too small of a dose, which we can talk about in a minute.

It's kind of, you know, it's a paradox and it is counterintuitive. That's one reason. it also could be because zeolite in general does absorb water, so it might be a little bit dehydrating, especially if you're not drinking adequate fluids.

Also, when you remove certain things like mercury, lead, and certain toxic elements, they are constipating as they leave. So sometimes you start detoxing and you get a constepation.

So it's just one of those things you have to balance it and kind of figure out what works and maybe take some additional support or take breaks or whatever it may be.

Some people cycle back and forth between looser stools and tighter stool. So some people will get constipation for a week, then they'll have diarrhea for week and then it cycles.

Kind of depending on what's being detoxed. And that's actually quite common. Lots of factors, but in general, a lot of people that have had problems with other binders and products with constepation have been able to take zeo-charge without the same level of difficulty.

Okay, nice. Now, there's a lot of different ways to detox. We've been kind of talking about them, but I really want to focus on push-catch versus catch-and-release kind-of methods of detox, can you go into those methods and just kind explain it for our listeners, please?

Yeah. So, so lots of ways to get from point A to point B, you know, is finding something that works for you. And the healthier you are, the more, when I say healthy, I'm not talking about your current lifestyle.

I am talking physiologically, your level of health. The healthier, and sometimes it's just not fair. It's the people eating pizza and doing terrible things sometimes are healthier.

Right. But the healthier you, are the, more liberty you have to explore different options. because your body is more resilient, it has more opportunity to handle some of that stress.

Supporting Elimination and Bowel Regularity

So there's a lot of detox approaches you can work with. People that are a little more sensitive, the too sick to detox

clients, mass cell activation, mold toxicity, EMF sensitive.

That spectrum of individual generally needs a bit more of a gentle approach, and that's where the binding approach works. You've got push approaches where you're trying to literally just stimulate the release of toxic elements from tissue, bring him into, you know, the gut and the processing center for removal.

That's automatically going to add stress to the system, just how it is. And I mean, not long term, but short term. and then if you can handle it, great.

You've got now push catch, which is probably coined by Chris Shade. I'll give him credit for that from his company. And his whole approach is you push stuff out, then you catch it with a binder.

So you pushed things out and then as that stressing out the system, you want to mitigate the stress. Do you take a. And then it grabs some of the toxic elements that were then liberated.

so then there's less of an inflammatory immune, a detox reaction type symptoms. That's one approach. and you have the catch and release is what I call it, where you just take binders, especially for the sensitive individuals.

You catch what's currently floating around. And it's the exact opposite approach of all the others, because instead of adding stress to the system, you're actually initially reducing stress.

By re by removing what in the processing center, and then there's catch and release where if your body then feels comfortable to start accelerating detox, it'll start letting go of the toxic elements from tissue.

Cause now there is room to receive it. So that's catch and release. Now it's not guaranteed because the body will release when it wants to, right? So it is really up to each individual.

And that is where sometimes taking a higher dose of the zeo charge will actually encourage the bodies to detox at a high level because you are removing more from the processing center, opposed to adding more to it.

So everything else, when you're detoxing, the more you take, The more stress it adds, because you are adding More toxins to the, to The processing Center, we'll call it the cup, Toxic cup.

When you Are taking Xeo charge, more You take the More you removing from The cup right? So it's actually reducing more stress. The key is, if you take a little bit of zeolite, and this goes for some other products as well, you'd take it a bit, it removes a lot of stuff from the cup, the toxic cup at the processing center, but then during that it stimulates detox.

So then the body dumps more toxicity into the cups and then maybe it overflows and you get symptoms. A tiny amount could actually cause symptoms, where if it took a higher dose, then it might not cause any symptoms because you removed so much initially from your cup.

that then the detox, the response to detox the release of toxins doesn't overflow the cup because there was more room to receive it. So it's paradoxical, but the people that are very sensitive generally need the higher doses of zeo charge.

Okay. That's interesting. I hadn't realized that one before. It could be really helpful for a lot of the people that are a little more sensitive because they can be the harder ones to help to get down the right path.

Yeah. And I discovered this paradox five or six years ago and it's really been a game changer because a were, you know, observation. A lot of the people that were microdosing were all getting symptoms.

The people who were taking the normal dose were not. And then I had the People that are micro dosing and getting the symptoms raised their dose and then they didn't get the systems anymore.

So it's not the symptom. If you can avoid detox reactions. Yeah. Do it, right. It's, it's ideal. They're not necessarily a sign that the protocol is working there.

it. Something's happening, but it not ideal because it is a side of an inefficient detox, potential redistribution. If you can get the same level or greater detox without the symptoms, It just means your body's you know, things are being cleared more efficiently.

Yeah. Well, and also that means that your people are probably actually going to continue on with the protocol because a lot of times when the detox reactions happen, people have to pause and take a break and then come back to it later.

And that's not helping anyone reach their goals. So just to let our listeners know though, like what is a detox reaction? Can you quickly review those?

Push-Catch vs Catch-and-Release Detox

Yeah. So, and there's different types of detox reaction is, you know, a response to the detox process, acceleration of toxin release. It's the response that results in generally in a number of symptoms.

And those symptoms are different for each person. The most common symptom is going to be a headache. There's joint pain is quite common, irritability is common.

That could be G. Gi disruption. Just really, like apathy, a lot of neurological stuff, it kind of just depends. And a lotta times it's the same reactions you got when you were first exposed to the toxic element to begin with.

So if you are exposed mercury and you've got a number of neurological symptoms for a few weeks and then your body says, all right, I'm done with this, let's tuck it into tissue, and the you feel better, you're like, oh, good to go, but really your buddy tucked it in the tissue.

And then as you're releasing that mercury, it's back in the processing center. It's like you were just exposed to it for the first time. Is the same, you know, toxic compound.

For the most part, You might get the exact same symptoms because it is toxic on the way in, Toxic on way out. So sometimes you start experiencing symptoms you experienced a long time ago and you are like, what is going on here?

Right, so there's different types of detox reactions. You've got herxheimer reactions, which are going to be like microbial die off. We're kind of disrupting, you know, biofilms and maybe there are some endo, like some waste products of microbes being released and causing an immune response.

Sometimes those reactions are unavoidable. The type of detox reactions you want to avoid is the redistribution. And that's really an inefficient detox where you kind of stir up the metals and toxins.

They don't all make their way out. And then they make the way to a new home in the body, a, new tissue. So that what we want to avoid. The other ones are, are not really, they're, uncomfortable that, but they are causing as many long-term issues.

You've got some interesting type of detox reactions as well, like retracement symptoms, where some people will start experiencing like, even emotional trauma that they experienced 20 years ago kind comes to the surface.

Because the body not only stores heavy metals and toxins, it remembers things. It has memory of memories of emotions and things, and sometimes those will start being mobilized and released.

And you like start crying all of a sudden. You're like, what is going on here? You know, some people have have weird dreams or nightmares or whatever.

especially when first starting and it's not necessarily a bad thing. It's just that those suppressed emotions and suppressed whatever is coming out. Its physical and its emotional type things, all sorts of stuff, whatever was stored in the body starts coming up during the detox process.

And as it comes to the surface, sometimes you feel a little. Yeah, yeah. Wow. I didn't even think to think of that. Yeah. Do you have a question though?

You were talking earlier about kind of staying on your zeolite product for a longer period of time. Cause normally we don't put people on binders for.

A long period. Of time or anything, but you were saying that people are able to keep it, keep going on at longer and not have any reactions from it or, you know, that it's safer.

How long is it safe to stay on and like at what dose is. It safe. To stay. On. Yeah, and it's all about, it all depends on the person's reaction to the product, right?

So if someone is taking it and they're feeling better and its reducing stress on their system, when they go off the products, its actually more stressful than when their on it because the stress ramps back up.

So some people go of, they feel terrible. It's actually better to just be on until they got off and don't feel terribly. If someone's feeling worse on and adding stress, then it's better to take breaks, like with other detox protocols.

So it is all about what is the net effect because so many things happen when you take it. Is there a net addition of stress to the system or a decrease of a stress system and that determines whether you can take.

And then the dose, same thing. It's all finding the dosage that is mitigating stress the best. Maybe that's a higher dose. I take really high doses just for fun.

You know, I'm taking like 12 scoops a day. We're always guinea pigs for ourselves too. Yeah, like long, I'm not worried about it. Like if you take more than you need, you're just kind of pooping it out.

You're wasting it, but if don't take enough, it could possibly be an inefficient detox. So like I take 12 scoops, 60 grams a day, which is pretty high.

I've been doing that for like 14, 15 months now.

Detox Reactions, Dosing, and Monitoring

Um, before that I did six scoops or 30 grams a day for like three, four years. So I, every day I don't take breaks from it. Um. But it, it's all dependent.

I do well with it so it all depends. And I'd do regular testing and everything as well. That's always a good idea to make sure everything's working well and it not causing any issues.

Uh, but yeah, It's, just finding the dose that works for you. Taking more, its not a bioavailable, Its not bio-available nutrient. It not working on any specific biochemical pathway.

so It doesn't have side effects. it has detox reactions. So that's why if you're taking it with no detox reactions and it's not stressing anything out internally, you can stay on it.

If it is stressing something out eternally from the detox reaction, that is when you want to take breaks like anything else. Okay, so just last question, but you mentioned that you'll test to see how the body is responding to it.

And my first thought is like, okay, well, if you're trying to detox heavy metals or mycotoxins, you would test and see if those are clearing out. Is there any other kinds of testing that might do to monitor while you are detoxing,

especially with you being on it this long?

I'd say honestly the other tests are better and I do like you know a hair test every month and i do the illegal scan tissue analysis of metals and minerals but honestly it's better probably just to get traditional biomarkers to make sure your liver enzymes and all those markers because if you're doing if your monitoring like heavy metal testing is so incredibly limited because all of the tests are measuring excretion.

None of them are measured organ levels. The Oligoscan measures tissue in the hand, but still you're not getting an organ analysis. So I test every, like, if you are going to test, I think you have to every month or every six weeks to see the patterns because it's cyclical, the metals will go up, then they'll go down, they go, up down up.

Down, down. Up down the body is cycle going through different cycles of detox. If you go if, you just trying to do a test now and a testing a year to, see if the levels go.

That usually doesn't work at all. And You just have two snapshots in time. You need more snapshoots to get the better storybook. So I think just whatever lab testing is being offered by yourselves or the functional practitioner, then just doing that and just making sure everything is either getting better or staying the same, or maybe short-term it's stressing things out, and you can adjust the dose, right?

So any sort of data, even like… You know, maybe heart rate variability in some wearable devices and anything you have access to, to kind of monitor.

Like some people send in, someone just sent in her heart, rate, variability data for the last two or three years showing, you know improvement in every category after taking like three scoops of zero charge or 15 grams.

And then she doubled the dose for next year. Then all the markers improved even more. So, and maybe that was a time thing where it's just because of time, or maybe it was because the dosing increase, we don't know.

But stuff like that. Anything you can do to kinda monitor things I think is helpful. So any, any stress markers, inflammatory markers or external stress.

Oh yeah. Yeah. All right. Well, that has been another episode of hormone heroines. It was super great to have you on really interesting discussion and excited to start using zeolite more often.

Absolutely. Thanks for having me. Thank you so much for all the information. it was great. Thanks, you too. Bye. You know how us women are always just pushing through it and then when we go to find help, we're often not taken seriously or told, oh, that's just part of being a woman.

Yeah, We've lived through prioritizing everybody else and that our own health falls to the wayside. That's why we started blossoming longevity by women or women.

We created programs that meet women where they are, addressing the root causes and all of the struggles that come with every stage of life. Like our vitality program.

It reconnects you with your youth and your life so that you can thrive through the years. And with Clarity, we go beyond the skin to restore your health, clear your complexion so you feel radiant from the inside out.

With our Silhouette program, we help you reclaim your strength, optimize your metabolism, and your body composition so that you can feel great in your own body again.

And with Harmony, We help rebalance your hormones to heal from within so you feel vibrant and ready to take on the world. That is why it's time to stop saddling and start flourishing.

Visit FlossamingLongevity.com today. Thanks for watching Hormone Heroines. If this episode spoke to you, follow the show and share it with someone who also needs to hear it.

And write a review. That helps more people find their way back to balance. See you next week.