Introduction to Detox and the Podcast

So, like you said, more isn't always better, but less isn t always safer. I think that's the false assumption that a lot of people make. Just with medicine, look at something like an naltrexone, where you're taking it out at 400 mg and as one effect, you take it at a low-dose naltrexon at 2.5 mg as the opposite effect.

So there's a lot of things where you would never microdose certain medications. They're designed to be taken at specific amounts. But in the supplement industry, there is just this philosophy that we have to micro dose everything to make sure it works well for you.

Sometimes that backfires. And one of the things it backfires with is zeolite. Welcome to My MD Unscripted, where healthcare gets personal and the script gets tossed.

I'm Dr. Clint Carter, ER doctor turned direct primary care freedom fighter on a mission to challenge how our healthcare system treats patients in America.

In every episode, my expert guests and I dive into real conversations about what's broken and how we can fix it by making healthcare about people, not just managing disease.

It's time to rethink what healthcare should be and Hey guys, and welcome back to the My MD Unscripted podcast. I'm your host, Dr. Clint Carter. And today I have a unique guest.

They have a product we're going to talk a little bit about today using zeolite and basically he's focused on next generation strategies, zeolate innovation and challenging the conventional detox thinking, which is interesting because detox challenges regular thinking.

So can't wait to get into that. You know, we are exposed to more toxins today than any generation before us. But are we actually equipped to handle them?

And no, this episode is not about juice box, another juice cleanse, but we'll get into the details. So thanks for coming on, Jeff. Absolutely. Thanks for having me, Dr.

Carter. I think this is going to be a great conversation and looking forward to it. To answer that first question, the body is designed to adapt and survive and to thrive, right?

So that's the good news.

Why Detox Matters in Modern Life

I think the bad news is that it takes a little bit of time to adapt and just because the body adapts to something doesn't mean it's going to work as well with that adaptation as it would have worked otherwise without the toxic exposure.

So we are exposed to an unprecedented amount of toxic elements in our daily lives. Our bodies are working overtime to try to clear them. but it is slowing us down.

It is causing a lot of issues. And the good news is there's things that we can do to accelerate our body's natural response to the toxic elements and get some assistance from certain lifestyle changes and supplements.

Well, so let's just get into the case for detox, really. So I'm a direct primary care doc. I take care, you know, long visits, 24-7 access. Um, I really get to know my patients.

We get really deep, we make people feel better, make them more healthy, focus on longevity. But I don't focus, and it's not a fully functional practice, but I focus fully on detoxing.

Let's dig into that a little bit for me. Yeah. And I think you're going to like my approach because when detox is a bit of a taboo word and in some situations, because you have, like you mentioned the juice cleanses and a lot of companies marketing, you know, one product that's just going cure everything or just get everything out of their body in a week or whatever it may be.

But in my opinion, the key to an effective detox. Is to get your body to do the work for you because we're all detoxing all the time, right? Our bodies are detox machines.

We've got detox organs. The healthier someone is. the better their natural detox capacity is going to be. If someone has a chronic illness or is challenged with something else, their body is using some of that detox energy on something and that's where we could come into problems.

So when we talk about detox and detox supplements and strategies, in my opinion, the goal is to work with the body's natural processes to optimize what the bodies already designed to do, opposed to fighting against some other body natural process.

And some detox protocols actually are going against the body's natural processes instead of going with them. And we can talk about that a little bit later if we want to.

Essentially, I mean, detox is I think support for most people is essential living in the 21st century due to the level of toxic exposure and also due the levels of stressors.

Because the way I look at it is the has a certain amount of energy that it can use for everything in a given day, right? Some of that energy is going to go towards detox, some of it's going go toward, you know, all sorts of stuff.

Now, if someone has a chronic mental emotional is in a chronically, you know, stressed emotional or mental state, they're going to be using more energy for that than they normally would.

And that's going draw from the detox energy. So the more stressors that the body is under, the less the buddy can focus on detox. The thing with toxicity is that the body has a built in, basically that it has Plan B, Plan A, plan B plan C, et cetera.

And plan A when it comes to toxicity, is the toxins come in. The body says, all right, let's deal with this. Let's clean it up. Lets excrete them through normal detox pathways.

We're going to be good to go. If the toxicity remains elevated in circulation for longer than the body would like, that's where symptoms may arise. There might be an inflammatory response, there might an exaggerated immune response etc.

Some symptoms might occur and if that persists, the bodies says we have to do something because the bodys natural detox capacity is not up to the challenge of what we're facing on a daily basis, maybe for a certain period of time.

And then the body says, what do we do? So the buddy says let's talk some of these toxic elements, which are generally fat soluble, into tissue, right?

Into organs, and to general tissue because it's a natural storage container for these talks elements. And, then ideally, the Buddy will come back to those that kind of puts it on the back burner and says we'll deal with that project later.

But if someone continues being under an elevated amount of stress for continually for years, The Buddy not only is not getting to that It's continuing to load more toxicity into these storage bins.

And then eventually, you know, they start becoming more problematic. I think the way I look at it is we want to look why the body is doing what it's doing and then utilize approaches to work with it.

The body's more focused on short-term survival. over long-term thrival. So someone would ask, well, why would the body store mercury or some sort of toxic element in the brain when it's causing potential neurodegeneration or deteriorating brain cells?

Well, the buddy is more focused on the short- term because when the metals and other toxic elements are in tissue, they're causing less short term problems, but more long term problem.

So when they're hidden in tissue, they are not being attacked or they aren't being processed by the body's natural immune system and it's not causing the same level of inflammatory response acutely.

It's more of a chronic issue. And if someone is in that chronically stressed state, They just can't handle more stress at that moment. So the buddy says, tuck it into tissue.

Deal with it later. Right?

How Toxicity Builds Up in the Body

So, the goal I think with detox is is to start removing some of these deeply stored toxic elements that have potentially accumulated over a number of years, start getting them out of the body so that they don't start causing problems later.

If they're not already causing, problems start clearing them. So then the, body can just free up some that storage, right? And then doing it safely. We've got patients at our clinic all the time that come in with normal lives.

Their doctor's like, I don't know, you're doing fine. And they're like no, no I feel terrible. So we dig and we get deeper and go into other things. Like you said, the body's ability to handle stress, you know, and allocate energy that you see that all the time in most disease processes, certainly in, depression and anxiety.

It's just the brain's, just handling what it can handle and, not in thrive mode, but in survive mode clearly with most physical elements as well. What symptoms might someone.

you know, with normal labs, but having a little bit of a toxic burden problem, too much stored crap that hasn't been dealt with properly. What are some of the symptoms that we should look for?

Yeah. And there's two kind of different levels of toxicity as well. Or three, we'll simplify this to two. We'll say one is active toxicity and one stored or inactive toxicity.

So when we're talking about the active toxic, that's what we were just exposed to the body's working on. And some of those, that could be really anything, but generally it's going to be an acute inflammatory response, which could lead to a chronic inflammatory.

Now inflammation, it could, be joint pain. It could. Irritability, a little bit of brain inflammation. Could be headaches is a very common detox reaction.

There's a lot of things that kind of depends on what each person is prone to. I would say headaches are the most common. Detox reactions. So sometimes people experience chronic headaches and you know, they have headaches every single day.

That could actually be a sign of toxicity that your body is not actively clearing. And we could talk about different types of toxicity in a second, but, you know, it's not only the external sources, like the heavy metals and environmental toxicants.

It's internally produced toxic elements like metabolic waste products like ammonia as well, that if the body isn't able to clear them effectively, then there can be a buildup and an exaggerated response.

So we're talking about, irritability, joint pain, headaches, all sorts of stuff, maybe some brain fog, just not thinking clearly. It could result in hormone imbalance.

It just shifts things. That's the active toxicity. Then we have this long-term toxicity, kind of the inactive toxicity or stored toxicity and those a lot of times kind depends where they're stored, but that might result more in neurological symptoms.

So potentially manifesting in some neural degeneration or cognitive decline, things that tremors, you know, think things of that neuropathy, thinks of nature.

It depends where it's at though. If it fits in the liver, that could result in, chronic irritability because when your liver's congested that can result and in anger and some mental issues as well.

So it really kind of depends on where is. And the interesting thing is a lot of times, for example, the livers, if you have a toxic liver It's partly in storage, but then a lot of that toxicity gets released and turns into an active toxin every day as your body releases bio.

Right. Right? So if you're someone that after you eat a meal or after going to sauna, or you exercise, anything that releases a bile, a stimulates bile release.

If you feel terrible after that, it's possibly because your liver is toxic. When your livers toxic, your bile is. Toxic. It carries toxic elements. So your level release the toxic bile.

it'll go into your small intestine. Now it basically poisoned your smaller intestine, And the problem is the body's designed to recycle most of its bile, right?

Maybe 95% of the bile. So if you're recycling toxic bile now you've released toxicity from your liver, it was deactive, now it's active in the small intestine, you know, goes to the portal vein, recirculates, and you just poisoned yourself, so it is not that you were just exposed to a toxic element, Because people are like, why do I feel bad after this meal?

It might not be the food. It may not have anything to do with that. it might just be something that you were exposed to six months ago or a year ago, or whatever, that just came out of your liver.

When it comes out, it's like when it came in. So if you are poisoned with mercury. and you had terrible symptoms from it, whatever those symptoms, let's just chronically crippling, maybe like a mild paralysis or something, I don't know.

And then your body tucks it into tissue and the symptoms go away. When that mercury comes out again, you're likely going to get the same or a lesser degree of the Same symptoms of when you were first exposed because it's the toxic element, it is just back in the processing center.

So interestingly, when some people go on detox protocols or take zeo charge, they start experiencing some of the symptoms they experienced at the worst times of their life when they were exposed to higher levels of toxic elements, because now they're coming out again.

So it's just understanding what is happening in the body. Right. That's a, you know, most, so much of the detox information out there is really more of a push instead of catch type detox process, right?

Push the toxins out, free the toxin. So do some intermittent fasting, some red light sauna. Let's, let's get these suckers moving, supplements, whatever.

And then, and then you just find it recirculating because your body's so good at reabsorbing all this stuff. But a catch. approach of catching these toxins and binding them up will then allow the push processes to work so much better because it makes it not reabsorbed, right?

So I think that's where we need to transition over to what exactly is zeolite and y'all's take on it. And I had never heard of zeolate. Which makes me, I should probably not admit that on, you know, on the internet forever, but that's just not been my wheelhouse till now.

But it's been so interesting as I've looked into it years of late. So, Interest, introduce us to Zeolite. You called your company ZeoLite Labs. you obviously believe in it and tell us, kind of what, what drew you to it?

Symptoms of Active vs Stored Toxicity

And what it, how it works. Yeah, absolutely. So zeolite, it's a naturally occurring mineral. I'll start with that. Zeolites is a class of mineral, what we're talking about here is the type, a specific type of zeolate called clinoptilolate.

That's what were talking, most zeolithes are not going to be safe. You would not want to put them in your body. you wouldn't want it come anywhere near them, right?

So there's all these types. It's an actually mined mineral from the earth. Now clinoptilolates is type that's been shown to safe for human consumption.

and animals and used in a lot of other industrial processes, water filtration, etc. So what makes it unique is it's got this negative ionic charge. It's attracted to positively charged elements such as heavy metals, mycotoxins, metabolic waste products like ammonia, even radioactive materials.

it was used actually in Chernobyl to clean up the water supplies of radioactive cesium and strontium very effectively. So it binds to a lot of different toxic elements, which is great, but what makes it more unique, because there's other binders, right?

So, it's in the classification of a binder. So you've got charcoals, you got clays, zeolite, pectins. There's a lots of things, fibers and natural binder, so bindings in general are generally pretty important because they bind, they literally bind to toxic element.

So there's a lot of types. Zeolite is just a different type of a binder, but it's generally got more surface area than all the other binders, which makes it more effective because there is more catching capacity, we'll call it.

And it is a selective binder. So when you take something like an activated charcoal, right? And have you used like activated charcoals even used in emergency rooms?

Is it not for like drug overdoses, it just goes in, sops up everything, kind of the good, the bad, and the ugly. Very effective for acute situations, just needing to bind to stuff.

Now it's actually really good too, as a passive aggressive way to tell that teenager, they shouldn't have swallowed all those pills. So now they have to chug all this half liquid charcoal.

And you're like, see how awful this is? You probably shouldn' have done that. But that's the kind of a whole ER look at it for sure. But yeah, but in the meantime, it's binding up all the badness, hopefully, before it gets absorbed into the system.

That's really the entire point of the binder is to bind to toxic elements before they get absorbed and start causing damage. And it is just assistance for the body so the the doesn't have to deal with everything on its own.

Now, a lot of the binders cannot be taken long term because they're indiscriminate. They're just binding to everything and they could cause nutrient depletion.

A lot them will cause constipation, potentially, you know, lot issues. So they are good for short term situations, but not really long-term detox. And when we're talking about detox, it's really, It's a lifestyle.

It is a daily thing. I mean, forgetting, the longer you've been accumulating heavy metals and toxic elements, The longer it is going to take to remove them.

It's not gonna happen in a week. It is not going to happen a month. Its not happening in three months. You can make some progress, but if you've been accumulating toxic elements for 30 years and your body's been not working optimally, you just can't get it out in 3 months, it's gonna take longer.

So something like a charcoal that's just binding is gonna be very limited. And there's a number of reasons it can't be taken like the constipation, et cetera.

So zeolite is different because it works through a swap mechanism where it's selective or considered a smart binder. It's got this cage structure, which is another thing that makes it unique.

Instead of just absorbing everything to its surface, like a charcoal, it has a cage, a honeycomb cage. And naturally occurring in the cage there is magnesium, potassium, sodium, calcium, electrolytes.

And it works through cation exchange, so it exchanges those electrolytes for heavier elements. So like heavy metals are heavier than the essential nutrients.

If it comes across a vitamin or another essential nutrient, it's generally going to leave it alone because it already has. What it prefers in its cage is just going to swap for something it's more attracted to, which is generally based on molecular weight, Which is going be the heavier elements.

So that's why it can be taken even at high doses without nutrient depletion. And in fact, even in the animal studies, it shows increased improvement in vitamin and nutrient status in blood, Even when taken with food.

Right? Because it's, you know, binding to some toxic elements that were potentially competing for space or for absorption or causing inflammation and making the body use more antioxidant resources or whatever it may be.

So it is interesting because, and we can get into the dosing as well, but one of the things with binders is the people that are more toxic need relatively high doses for them to work.

and to actually mitigate some of the detox reactions. And you just can't do that with most binders. With zeolite you can if you have the right one. Not only does it not stripping nutrients, it's actually improving nutrient status in most people, which is very interesting.

Yeah, and so my understanding is that you've kind of doubled down on the whole more is better strategy with zeolate as well. Because it is selective, you could get away with it, right?

But why might more be better? In medicine in general, functional medicine for sure, more of a good thing isn't always a better thing. You know, are there side effects to this stuff?

Is there, what are the limitations? And in this case, What you've done with Zeo Charge, explain how that product specifically is different and what that dosing theory looks like.

Yeah. So like you said, more isn't always better, but less isn' always safer. And I think that's the false assumption that a lot of people make.

What Zeolite Is and How It Works

I mean, just with medicine, look at something like an naltrexone, where you're taking it out at, you know, 400 milligram and as one effect, to take it at a low dose naltrexon at two and a half milligrams as the opposite effect.

So there's a lot of things where you would never microdose certain medications. They're designed to be taken at specific amounts. But in the supplement industry, there is just this philosophy that we have to micro dose everything to make sure it works well for you.

Sometimes that backfires. And one of the things that it backfires with is zeolite. And zeolite is not a bioavailable nutrient. It's not working on any specific pathway.

it's literally just going in, binding in the GI tract, and then the body is pushing it out. You're just pooping it. Do you not absorb zeolate under any circumstances?

Most companies will say that you do. I do not believe you. Do I haven't seen any evidence that any zeolite leaves the GI tract. And I don't think you actually want it to leave the gi tract because you most of the active toxicity is in the G. I.

tract, we could talk about kind of a downstream effect of that. The reason people think zero charge leaves, the Gi tract is because we've shown that it offers a full body detox.

So we've shown tissue levels of tissue reduction and 15 heavy metals. So they assume it's going into the tissue and chelating, but that's not really how it works.

It's about binding effectively in the GI tract, reducing that toxic load. And then the body says, now there's room to receive more toxicity there. That's kind of the level one processing center.

Then it releases some of that toxicity from storage that it was holding. Right, so if you just go in and you try to pull a toxic element out of storage and then there's not room to receive it in the processing center, the body is probably not going to let go of the toxic elements from storage just intelligently, or it's going cause terrible detox reactions on the way out because you've overloaded the system.

So really it's a downstream effect. You bind in level one, this processing center, then the body starts letting go of the toxic elements out of tissue and organs.

I think that's the most, the safest way to detox in terms of supplements and the way that works with the bodies natural processes, opposed to going in and trying to rip something out or, or whatever else.

So with. Let's say you take, take. Let's just say, let's have an example of a cup. I just, I've got this glass here, glass of waters. If it's at a hunt, no one can see this probably, this is probably audio, but you have a glass water.

It's a hundred percent full. That's your stress bucket, kind of the functional medicine, you know, cup overflowing stress, bucket. People have probably heard it when you overflow, that's where you get symptoms.

So let say your processing center, active toxicity has a Cup. And once that Cup overflows with toxicity and the Cup is your body's ability to handle toxicity, which is different for each person.

Once that overflows, you get detox reactions or symptoms, which may be during a protocol or a cleanse and maybe during every day, just based on if your, if you're body's exposed to more toxicity that it can handle.

So let's say you are at, at 90% full. You're not symptomatic, but there's not… You'd be crapping your water. What was that? What'd you say? No, it could just be the stuff that you were taking in every in your…

Yeah….water supply or whatever. Yeah, exactly. Exactly. Yeah. So all this stuff, right? Food, water, air, metabolic waste products, the recycled toxicity from the liver, all the stuff.

It just, it just takes up room in your cup. If you're at 90%, it's pretty full, but you are not symptomatic yet. Let's say you have a stressful day or a day of extreme exposure of toxicity, whatever that, from whatever source.

Maybe you get symptomatic because you're on the verge. Whereas someone that has was at 50% has more room to receive before they get symptoms. All right.

So now let's say enter zeolite, right? You're at 90%. You take a little bit of zeolate. It goes in, it takes your toxicity from 90 to 88 because she microdosed it.

But then it stimulates a detox effect. Potentially it disrupted biofilms, potentially it caused some lymph drainage, whatever it is. If the toxicity that became active is greater than, you know, in this case, 12 units, now you're over a hundred, your overflowing and you are symptomatic.

So then initially you reduce toxicity, but the net effect was actually an addition of stress on the body. The purpose of a binder is to reduce the stress load, add stress to the body because of the net effect of some of reactions.

So let's say you took a much higher dose, an entire scoop instead of just a sip of it or whatever. You reduced your toxicity from 90 to 50, and then your body dumped 40 units of toxicity, from tissue or from bowel fume disruption or wherever, you're still under 100. and you're not symptomatic.

So what tricks people is they think, oh, I got these terrible reactions. It means the protocol is working well. Not necessarily. I mean, something's happening, but a detox reaction is your body telling you there's more active toxicity than it wants to handle.

And it doesn't mean you are detoxing faster, it does not mean your detox more efficiently, like a lot of people think. If you take one sip of ZeoCharge and get a terrible reaction, And then the next day you took six scoops and you get no reaction.

It doesn't, and this happens, it doesn' mean the one sip worked better. it was a less efficient detox. The body had to basically play cleanup instead of having more zeolite to bind more toxic elements.

And it wasn't more efficient. So that's the super short version. I've got like a 40 page document explaining, explaining a lot of the mechanisms of dose theory on the website.

I'll just mention one of the mechanisms. It's interesting. I call it the swap and drop. So I mentioned this exchange process of zeolite, but it's not limited to one exchange.

Let's say the zeolate has the magnesium in the cage, and then it comes across mercury. so it swaps the Magnesium from the mercury, now you've kind of unhinged the Mercury.

Now it is in zeolyte, then comes it across some lead, Zeolite is more attracted to lead than mercury, so it'll swap again. Now it swaps the mercury for the lead.

You've got free-floating mercury. If you took a high enough dose, you have extra zeolites cages to go and mop up that mercury no problem. if you didn't take enough, now you've free mercury your body has to deal with it, detox reaction, etc.

That's just one example of why taking a higher dose is less likely to result in the reaction. And it's especially important if someone is sensitive, because the people that microdose are people who think, you know, I have to micro-dosed because I'm so sensitive.

But those people are going to get the worst detox reactions if they try to microdose zeolite. And the healthier you are, the more liberty you have when it comes to these supplements.

There's more freedom because you've got more room in your toxin cup. You can take all sorts of stuff, you're probably going to be fine. Some people don't have that liberty, they get an immediate histamine flare, mast cell activation flare-up, whatever it may be.

And it's a disaster for them. So they have to especially careful.

Why Higher Doses Can Work Better

But there is a number of, and I also say, we're talking about- That is where we see the people that are, quote unquote, too sick to detox, just because their system can't handle the extra burden and the actual load.

Is that something that zeolite taken at an appropriate dose can kind of avoid? Yeah. So too sick to detox is basically your, because detox inherently is adding stress to the system.

Because the reason the body put the toxic elements into storage is because it couldn't handle it to begin with. So when you detox, almost all detoxes, the aim is to liberate the stored toxicity, bringing it into the processing center, which is going to add stress to the system.

The question is, can your body handle that? If it cannot handle, that then you're considered too sick to detox because you couldn't handle the stress of the removal zeo charge and other binder effective binders work in the opposite way, because instead of mobilizing toxicity from tissue first, it's binding to what is in the processing center.

And then the body, if it wants to, will let go of toxicity. Because there's room to receive it. So I call it catch and release. You catch what's there and then the body, if it wants to, that's the key.

Cause detox isn't really up to the. What it want to do. If you do fight against the process and you know, the, body does let go of toxicity from, from a cell.

tissue somewhere, it's probably going to cause terrible reactions and you're not going be able to do it for more than a few days and this you not gonna get much stuff out and they can be combined, right?

Yeah, so there's different approaches. Once again, It depends on your level of health and what you can handle because there are approaches where you do go and push toxic elements out, especially from the liver with like bitter herbs and your basically stimulating biorelease.

You're adding more toxicity to the small intestine. If you could handle it, great. But I think one of the most important things is binding to that toxic bile to prevent that reinsert recirculation.

So if you're going to do a push agent, like a bitter herb, I thing taking zeo charge at the same time or 30 minutes later is a fantastic idea. Cause then you were binding.

I kind of like to think of it as a biofilter like binding, to some of toxic elements in the bile and preventing the reciculation of them. That alone is going help clear, clean your liver out, which is, you know, your most importantly detox organ.

I guess they're all, you know, I don't want to say most important, everything's equally important. I think for the most part, that, got to put stuff in our body for a reason.

But anyway, the liver is very important so I like, and you can do a push catch type of approach where you push stuff out and catch it with the binder, or you could just do the catch approach if you're more sensitive and want it, just bind and then the body will keep releasing.

And just from binding, a lot of people's natural detox functions accelerate. Because when you're chronically ill, the body will slow down detox as a self-defense mechanism, right?

So you, you slowdown lymph flow, You slow it down by our production. A lot of times you end up being constipated. You don't sweat as much because the Body wants to keep the toxic elements in tissue because it's too stressful on the way out.

So when You start getting healthier or you just start binding, The body says, now we can ramp it up. That's increased bioflow. Let's increase lymph. let's Increase sweating.

Et cetera. So back to your approach, you mentioned you're not really focused on detox, but getting people healthy is the number one key to detox. Right?

So you don't have to specifically be recommending detox protocols to help people detox because a lot of people that are recommending all sorts of detox particles are probably not detoxing people at all.

Whereas you are, because by getting healthy, their natural detox functions accelerate and you start clearing things out. Nice. I knew I was doing it right all along, man.

Thanks for that little pump. And a couple of things that you mentioned just now were like timing. You're like, you wouldn't be able to do it very long and a lot of detox programs out there are a week or a month or whatever, depending on what they're focused on.

And then you were, like well, maybe you take it with or 30 minutes after your bitter herbs or your fatty meal or. You know, so let's get to the daily dose, you know side of things where, looking at your product, it looks like the kind of thing that you could use for sort of on the day in day out because the toxins haven't quit.

coming, but are there also dosing recommendations around meals or some, you know, bile is typically secreted with a fatty meal. There's, what we're looking for here is to bind up the junk that's in our food and water anyway.

So what does the science recommend behind this product on how to take it, when to Yeah, it's very versatile and it really just depends. It kind of depends on what, what you're trying to detox and are you using it for daily maintenance to sop up some of the stuff that's coming in on a daily basis?

Or are using to try to get out the, stuff has already accumulated over time. And really the question is that the dose needed is going to be dependent on how well your body's natural detox is working.

Are you able to keep up with what's, coming it basically. Some people, and to, get there's different, like there is a binding dose and a detox dose. So essentially, if you took a lower dose and it wasn't causing reaction, so it was enough, you know, as a sufficient detox, You're feeling better on it.

Maybe you're getting lab testing done and your biomarkers are improving. That doesn't necessarily mean you are detoxing in terms of organ or tissue level.

It just means you effectively binding and that's reducing the immune reaction and inflammatory response and things are going to start looking better. Now that same person, let's say they took one scoop and that occurred.

That same, person maybe moves to three scoops and then they actually feel worse for a while and their biomarkers maybe get worse or, you know, something happens.

that could be because they've moved to the detox dose where one, scoop removed enough out of that toxin cup to make you feel better. Maybe it took you from over a hundred to under a 100. So you're not symptomatic anymore, but it wasn't enough to encourage the body to let go of deep level stuff.

Whereas a higher dose might get to all, you know, the, all three levels of detox, your organs, tissue, and the process, et cetera. So that's where it gets a little bit tricky.

A lot of people assume that because they take a detox product, they're automatically detoxing their brain and every organ. Not necessarily because it's really up to the body does is the.

Right. Letting go of the toxic elements. And that going to be case by case, it depends. so what we did was we, we basically, well, did a six month case studies program prior to launching to kind of figure some of this stuff out.

When we wanted to figure out and make sure it was safe, because there was certain concerns with zeolite, we want to see is it going to deplete nutrients, all that stuff.

And we were able to show, yes, it is safe. It was actually improving nutrient status in most people that tolerated it well. We were also able show that the higher doses worked a little bit better.

The high end dose is six scoops, which, you know, it's pretty good dose. That's 30 grams, but we found that every single person except for one that we ever tested went out of, lots of people, only one person ever was not able to detox all 15 metals at the six scoop dose So, and that individual, we were able to remove 14 of the 15, but the mercury just would not move no matter what.

Her body just wouldn't let it go. But that was kind of an outlier. Other than that, six scoops was enough for everyone else to get the metals moving. Not saying it completely removed all the metal from the body, it was mobilizing them from tissue.

At the six group dose, most people don't need that much. But if you're, if your not, If you are concerned and you think you might need a higher dose you can start with six scoops and work down.

Timing, Meals, and Daily Use

So what we have is a program called this ultimate zeolite experience and it's a five month program. You start With six groups the first month you do six schools every day once per day all at once.

And then you do that for 30 days. Then the next month, you five scoops per day, then four, three, two. So the idea is you get the detox ball rolling six groups should be enough to start mobilizing everything.

But then as you peel off layers of toxicity, don't need as much and you start tapering down. And at the end, either be done or you can maintain on one scoop or go on and off of it periodically, whatever you choose to do, kind of dependent on You know, your situation and your toxic load and all that stuff.

So that approach seems to work pretty well for people. There's also accelerated versions of that. Some people will do six scoops for one week, then they'll do five scOops the next week.

Then four scOOps, et cetera, because you just want to get the ball rolling. You want the body to start releasing stuff and once it starts releasing, usually it keeps releasing.

It kind of gets in detox mode. That's, that's one approach, but it's very difficult to know. Everyone wants to. Exactly how much to take and exactly what's going to happen.

There's just no way to these things because there's so many, so just biochemical individuality, there are too many factors to consider on each person to the exact dose.

So it takes a little bit of trial and error. Yeah. I mean, I have a question about the dosing because to me, six scoops all at once feels like you're You know, if you're going to go into a detox mode and you want to start mobilizing, say, lead from the brain or the bone or, you know the fats, that it's got to work its way, it has got get the signal to release it.

It's gotta work it way into the bloodstream. Its gotta get to the liver, eventually be excreted into to bile. where the zeolite can get a hold of it. So why not divide your dose up into two scoops, three times a day with some meals, make sure you have a little fatty or something, fatty food in your meal or just to make you got a good bowel excretion.

Why not dose it that way and or are there a thousand things that I didn't get right there just thinking through that question? Yeah, so that's, I mean, that is kind of the logical thought process and that basically what every other company recommends is three doses per day.

Okay, I have found that the single higher dose works better for most people, especially starting off. And reason number one is because the key is to get enough zeolite on each dose, right?

It's not cumulative throughout the day. So let's say that because when you take zeo charge, one of two things is going to happen. It is gonna add stress to the system or it's going reduce stress.

Right. So, and that may result in symptoms or may not. It might be so clinical, but let's say you take two scoops and it adds a little stress. Then you do that three times a day.

You're kind of stressing out your system, maybe causing some out inflammation, right? Three times per day, not ideal. That's going to kind stress things out.

And also potentially inhibit the body's desire to let go of toxic elements from tissue because it's in an inflamed state. If you took six scoops and it was enough, it reduced stress on the.

It encouraged the to release toxic element. Doing that would be better. Now in theory, taking six groups three times a day, maybe that's the best option, but now we're talking about a lot of powder and that is quite expensive, et cetera.

So I think one, Like what I've been doing personally for the last year and a half is almost a year half now with six scoops twice per day. If I didn't have access to the product in the way I do, I would be doing six groups once per or less at this point.

But yeah, because a lot of people start with 6 groups and then they try to split it. And I'd say 25% of the time, It does work and they say I like it better with the split dose.

And then 75% of the time they're like, I thought that was going to work. It didn't. it works better. So when it's one of those things, it depends. You can experiment with it.

Each person is going be a little bit different. I have no problem with people doing that as long as it is working. But I say at least for the first month I would do a single dose higher and then start experimenting and see how it goes.

Now, are you doing it with, so like I take my supplements on an empty stomach. I'm not a breakfast guy. My stomach takes most things just fine. Maybe a little coffee.

It got a cream in it, you know, but should I wait and do my six scoops with dinner or some other sort of meal? Yeah, starting off, I do recommend taking it after the largest meal, just to start binding to that toxic bile.

And it's also less likely to cause a detox reaction when taken after a meal. If taken first thing in the morning on an empty stomach, it's the most likely to cause a reaction.

And I think part of that is due to the biofilm disruption and potential microbial activity that's going to be more active in morning hours. So a lot of people will have stomach pains or some sort of reaction if they take it in a morning, I say, hey, switch this to evening or after a meal, and then the reactions go away.

Some people like that, taking it into morning to get a little bit of an accelerated microbe cleanse. You know, potentially, and some people, you know claim that they see parasites in the stool, all this stuff, whatever that, we don't know.

But it does bind to a lot of things that potentially make up the biofilms and by disrupting those, that all sorts of stuff can get spilled out. Cool. Taking it in the morning is a little stronger, but yeah, I say take it any time, whatever works best for you.

You don't have to be super picky about it. It can be taken with. Right. Can be taking on an empty stomach. it's very versatile. I can. Be mixed with water.

I don't know what that does to the taste or texture, but some people do it. If that's your thing, go for it, tea, etc. It can be baked. if you want to bake it into bread or a baked good, it's not going to hurt it at all.

Exactly. People do it. Yep. And we've our marketing or brand manager has some recipes that she puts out on Instagram as well. You know, cookies and all sorts of stuff.

So yeah, all sort of the stuff just get it down however you can anytime but I do recommend generally after dinner or after your largest meal 30 to 60 minutes after starting off just to start binding to some of that toxicity preventing the recirculation of Man, that's cool, man.

Thank you so much for coming on. I think that it's a little bit different take on detox than we get on the regular, I I mean, the idea that this could be an ongoing lifestyle, right?

If you feel like you do, let's say you take six scoops a day for a month or two or three and you, you know, your biomarkers are moving and or, which just means your labs are improving and, or you're feeling better.

And then eventually you were like, okay, lets just. Do I quit or do I keep going? Where did all that crap come from? Did I have like 16 mercury fillings and they're all gone now or is this just stuff that I'm accumulating in my life between food, water, air, et cetera, exposures on the ongoing.

This is the kind of thing that you could use as a binding agent independent of a big detox for long-term wellness. Yeah, it's support for 21st century living.

The level of support each person needs is different based on their lifestyle and based their weekly situation. Some people in the spring, for example, a lot of people raise their dose because it helps a lots of the people with seasonal allergies.

It does bind to histamine as well. So binding to the histamines but also binding immune stimulants and preventing some of that inflammatory reaction. Seismally, you know, when people are on vacation, a lot of times they don't take it because they're not stressed out.

So it just depends. Like it can be, it's an assistant, It's a detox assistant and a Detox Accelerant. You can use it as needed based on different situations.

It could be a little bit more fluid than you have to take two scoops every day forever type of thing. I don' believe in that type protocol.

Common Detox Mistakes and Practical Takeaways

That makes perfect sense. That's really fun, man. Thanks for coming on. Do me a favor. Tell me what you think. You're living in this detox world, what are some of the biggest mistakes people do when they try to do a cleanse or an acute detox?

Yeah, I think it's just misunderstanding what the body is telling them and trying to fight against the bodies process. So when you're getting terrible, terrible reactions, while sometimes unavoidable, as these things are coming out, it is not ideal.

When you detox, you want to either feel nothing Or you want to feel better, and usually feeling better doesn't happen right away. If you feel worse, it's a sign that the body has more circulating toxicity than it wants to, which once again, may be unavoidable for certain people, but you don't want sustain that for a long time if it is avoidable.

So having a more efficient detox like the binding approach might be a better place to start until you start pushing stuff. Cause we, you want the body outer survival mode when the bodies in survival.

It's less apt to release toxic elements. Its cells are on lockdown. Basically you have low cellular voltage. The

membranes are, they're closed. Toxicity is not coming out.

Nutrients are not. When you can calm that down, raise the voltage, increase the cell membrane integrity. The cells open up, the toxicity starts flooding out and the nutrients start coming in.

Right. So it's, it' not all about what is coming into our bodies. Like, well, I take these multivitamins and all this stuff that it, It's less about that.

And it more about, what does the body able to absorb and utilize? So just getting healthy, whatever that means to you, some people, The emotional mental aspect might be the best thing they can do for detox, right?

It' whatever you can to get as healthy as you. Maybe it is removing an infected tooth. maybe it's you know removing a breast implant whatever it may something that's infected in the body causing a lot of stress getting that out of you might be might, be the best thing so I think detox to me how I kind of define it is removing unwanted substances or things from your body and your life right so whatever is draining you agree right it might an external source it, might internal it could be relationship all these things reducing the big ones first that are taking up your most energy And then your body just has more energy to process everything else.

So start with the big things. Don't sweat all the small stuff. don't get obsessive about it. Like, you know, I, can never do anything fun because everything has toxicity and you can't breathe the air and all this other stuff or bodies are designed to survive and to thrive.

And there are support mechanisms out there. I think less is more. and I. Think a lot of people that go into detox think they have to take, 15, 20 supplements to get the stuff out as quickly as possible.

The body. except for pushing bile, which you can kind of stimulate, the body's going to detox at its own pace. And what I found is that if you take, you know, one effective detox product like XeoCharge, a lot of times that detoxes you just as quickly as taking that plus 10 or 15 other things, because there's max detox.

Your body is not going let go of more than it wants to on a daily basis because it's gonna be too stressful. So I think simplicity is the key. Less is more.

You don't have to go overboard and, find five different protocols and do them all at the same time. Cause I don't know if that's necessary. I think simplicity there.

Chances are you're going to feel bad because you've released more than you can handle because, you haven't bound it up properly because a lot of detoxes don' worry about binders at all.

Yeah. And then this, this sounds like a good solution, whether your current toxicity is stress or, you know, let, or all the other things. And it's not that it is binding to stress.

People might be confused because, but the stress- Yeah, that's true. I don't want to lead them astray. No, no, it, I've been saying it too. It's, not, binding, to, stress, your body tolerate things better because it's all using up energy.

So one example that people might find interesting is a lot of people, not a lots. Some people when they start taking zero charge, we'll start releasing basically emotions.

They'll get emotional. Those start kind of almost reliving negative experiences from the past. Sometimes it is nightmares, et cetera. Because the frequency of emotions can actually get stored in tissue like a physical toxicant.

The zeolite is not binding to these frequencies or emotions, but it's increasing detox energy and the body is letting go of whatever it wants to. So even if the zeolate doesn't bind to a specific thing, it can still help support the detox of it because the bodies now able to reject it.

So it's fascinating stuff, but. Sure. That's actually really crazy. And, you know, for me, the analogy of stress is

you're in the wood, your body thinks you are in woods running from a bear.

Clearly, if you have to run from bear in a woods and you can take zeolite, You've got an interesting scenario on your hands. However, it would help you focus better on.

getting away from the bear and less of the junk that your body's trying to suppress because all that matters is don't get eaten today. And so it's a way that you're, it is going to help your, body function bigger and better.

The other thing that, you notice is on these weight loss journeys that people get on as that. You plateau so often and a lot of times it was because so much of, the toxin junk is stored in your fat and your bodies like.

We can't release any more fat unless we release some toxin with it because our toxic concentration is getting pretty high per cell and that plateau just lasts forever.

Whereas if you could make it safe for your body to release that, that's oftentimes a way to get through a plateau on a weight loss journey that is otherwise healthy and you know, supporting your bodies in the ways that it needs.

100%. I mean, it's why is the body doing what it is doing? Why is it holding on to extra fat? It's probably to protect you. And the people that, generally the most symptoms of heavy metal toxicity are the thinnest people.

The metals are going to some tissue and if the majority of the tissue is organ tissue, that's where it will be. If you've got more visceral belly fat, that's where it may be, it's more protective.

So there's something to it. And a lot of people do note it, like report like, oh, and usually guys and it upsets the wives and girlfriends, but another guy's like oh I just lost 12 pounds this month when I started Zero Charge, I wasn't even trying.

So, you know, some, sometimes it happens. Sometimes a little bit of weight gets added during detox, especially if it's an inefficient detox because as the metals and toxins are mobilized from organs, the body says, we're not sure if we can get all of this out.

Let's pack on a couple of pounds to catch some of it just in case there is redistribution. So that sometimes happens as well. That's a good way to get your supplement thrown in the trash right there, bro.

So good morning. It's temporary. Yeah. Its chances are more likely than not, it would assist weight loss long-term. Exactly. Because you're trying to give all this stuff out and fat is where it's stored.

Guys, we got to wrap this up. Jeff, thank you so much. Thanks for hanging in there with us. Detox is a… It's pretty hot right now because you know, you store your stuff in Tupperware for the last 50 years and more and all of the stuff that were in our water and our air and food and pre-processed stuff.

So, I'm glad that we were able to, so I love what I've learned today. Hopefully you guys did too. Jeff, thanks for coming on, man. I really appreciate what you're doing and otherwise have a great night.

Absolutely. Thank you and keep up the good work. Thanks, man. Thanks for joining me today on My MD Unscripted. I hope today's conversation opened your mind and inspired you to imagine a better path for your health and therefore life.

If you found value in this episode, be sure to subscribe, leave a review and share it with someone passionate about transforming healthcare. Real change starts with real conversation.

So let's keep them going. Until next time, stay well,