Don’t Make Expensive Urine | Vitality Wednesday Transcript

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Introduction and Hosts

Well, hello everyone and welcome to Well, hello everyone and welcome to Vitality Wednesday. I'm your host Dr. Vitality Wednesday. I'm your host Dr. Kulpna Sundar and with me is my co-host Kulpna Sundar and with me is my co-host Robin Fields. How are you today, Robin?

Robin Fields. How are you today, Robin? >> I'm doing great. How are you Dr. Sundar? >> I'm doing great. How are you Dr. Sundar? >> Oh, I'm doing great.

Why Supplements Become Expensive Urine

So, today we're >> Oh, I'm doing great. So, today we're gonna get to talk about urine. gonna get to talk about urine. [laughter] >> Like, oh my god, we're talking about >> Like, oh my god, we're talking about urine. How exciting. No. [laughter] urine. How exciting. No. [laughter] Well, we are in a way, but it's really Well, we are in a way, but it's really different than that because here's the different than that because here's the reality. How many people just take reality. How many people just take supplements, they don't know what supplements, they don't know what they're taking, they don't know if it's they're taking, they don't know if it's working, and basically are making super working, and basically are making super super expensive urine? I I see this all super expensive urine? I I see this all the time.

the time. >> Yeah. Yeah. Exactly. And we don't know >> Yeah. Yeah. Exactly. And we don't know what we don't know. what we don't know.

Regulation, Misinformation, and Product Quality

>> 100%. And it's a real problem because >> 100%. And it's a real problem because the real the problem is that the the real the problem is that the supplement industry isn't very well supplement industry isn't very well regulated. So there's no real um let's regulated. So there's no real um let's say proof that it's working or if it's say proof that it's working or if it's not working, we we really have no idea.

not working, we we really have no idea. And many of us may we may think it makes And many of us may we may think it makes us feel better. That could honestly just us feel better. That could honestly just be placebo effect. So, they don't really be placebo effect. So, they don't really know what they're doing and they're not know what they're doing and they're not necessarily sabotaging. They might be necessarily sabotaging. They might be sabotaging their health because sabotaging their health because sometimes products don't have what they sometimes products don't have what they say on the label in them. Sometimes they say on the label in them. Sometimes they have lots of toxins and things in it.

have lots of toxins and things in it. So, you know, you could be sabotaging So, you know, you could be sabotaging not only your health, but also your not only your health, but also your wallet because most supplements aren't wallet because most supplements aren't inexpensive.

inexpensive. inexpensive. >> Yeah. But you're trying to do the right >> Yeah. But you're trying to do the right thing. thing. thing. >> I know. And this is the thing. I think a >> I know. And this is the thing. I think a lot of us in general are really trying lot of us in general are really trying to do the right things. But doing the to do the right things. But doing the right thing has become a lot harder right thing has become a lot harder because there's a lot of noise out there because there's a lot of noise out there and we don't know what to listen to and and we don't know what to listen to and there's a lot of these influencers out there's a lot of these influencers out there talking about all kind of things there talking about all kind of things and then there's like fitness and then there's like fitness professionals making products and you professionals making products and you know the reality is that those people know the reality is that those people don't necessarily have any business don't necessarily have any business making

products. I mean, frankly, I'm a making products. I mean, frankly, I'm a physician and I don't have any business physician and I don't have any business making products. I don't because I don't making products. I don't because I don't know the first thing about all of that.

know the first thing about all of that. There's a lot that goes on behind the There's a lot that goes on behind the scenes.

Bioavailability and Choosing the Right Form

scenes. scenes. >> Yeah. So, who do you listen to? >> Yeah. So, who do you listen to? >> Yeah. You listen to you listen to people >> Yeah. You listen to you listen to people with proper scientific background, with proper scientific background, people who are Well, listen, even you people who are Well, listen, even you know, doctors, we have no business. We know, doctors, we have no business. We don't you know, we we've taken courses don't you know, we we've taken courses in biochemistry, but what do I know in biochemistry, but what do I know about creating products? I don't I leave about creating products? I don't I leave that to the PhDs and the scientists who that to the PhDs and the scientists who look at formulations of things because look at formulations of things because if you're not looking at that real if you're not looking at that real research, you don't know what you're research, you don't know what you're taking. You think it's working and taking. You think it's working and basically all you're doing is making a basically all you're doing is making a lot of really expensive pee. Well, lot of really expensive pee. Well, nobody wants that because I'd rather use nobody wants that because I'd rather use my money on anything else. [laughter] my money on anything else. [laughter] And the big thing is this. Many And the big thing is this. Many supplements out there aren't even supplements out there aren't even bioavailable. What does that even mean?

bioavailable. What does that even mean? Well, what that means is that it's not Well, what that means is that it's not in a form that your body can act in a form that your body can act actually absorb. So just because you actually absorb. So just because you think you need vitamin A, vitamin B, think you need vitamin A, vitamin B, vitamin C, well all of these things, I'm vitamin C, well all of these things, I'm just using random examples. So but all just using random examples. So but all of these vitamins need to be in a of these vitamins need to be in a specific form that they are bioavailable specific form that they are bioavailable to the body, meaning that your cells can to the body, meaning that your cells can actually absorb them and utilize them to actually absorb them and utilize them to help you feel nourished and make you help you feel nourished and make you feel better.

feel better. Yes, absolutely. 1,000%. Yes, absolutely. 1,000%. >> And the problem is if you're not a >> And the problem is if you're not a biochemist and if you're not a PhD, biochemist and if you're not a PhD, often you don't know what that means. So often you don't know what that means. So basically, you've you know, you you read basically, you've you know, you you read a blog or you followed somebody that's a blog or you followed somebody that's an influencer on social media and they an influencer on social media and they said, "Oh my god, you need to take said, "Oh my god, you need to take magnesium. It helps you sleep." So what magnesium. It helps you sleep." So what do you do? You go to CVS and you go buy do you do? You go to CVS and you go buy magnesium. [laughter] You're like, magnesium. [laughter] You're like, "Great. It's going to help me sleep." "Great. It's going to help me sleep." But you don't even know what form you But you don't even know what form you need it in, right?

need it in, right? >> Yeah. And a lot of times there's a lot >> Yeah. And a lot of times there's a lot of sugar in those. of sugar in those. >> Oh, I know. There's a lot of things. I >> Oh, I know. There's a lot of things. I mean, I think they recalled a whole mean, I think they recalled a whole bunch of uh supplements from I don't bunch of uh supplements from I don't know if it was I don't know, one of know if it was I don't know, one of these big department stores. I probably these big department stores. I probably just shouldn't say the name in case I just shouldn't say the name in case I say the wrong one, but basically it all say the wrong one, but basically it all got recalled. And because the bottom got recalled. And because the bottom line is when they came in and took a line is when they came in and took a look at what was on the label versus look at what was on the label versus what was really in the supplements, it what was really in the supplements, it wasn't even the same thing. That's wasn't even the same thing. That's that's worrisome in my opinion.

that's worrisome in my opinion. >> Yeah. And we're putting this in our >> Yeah. And we're putting this in our

bodies. bodies. bodies. >> I know. I know. So that's that's the >> I know. I know. So that's that's the issue. I mean there are a lot of issues issue. I mean there are a lot of issues around supplements but you know frankly around supplements but you know frankly even with all the issues around them I even with all the issues around them I actually believe in them if they are actually believe in them if they are done the right way. So as I was just done the right way. So as I was just saying uh with magnesium you know like saying uh with magnesium you know like for example people know that magi for example people know that magi magnesium is helpful for you know gut magnesium is helpful for you know gut motility for sleep and things like that.

motility for sleep and things like that. Magnesium oxide is one of the most Magnesium oxide is one of the most common forms that's actually sold but common forms that's actually sold but it's one of the least absorbed because it's one of the least absorbed because the bioavailability as I mentioned the bioavailability as I mentioned earlier is only about 4%.

earlier is only about 4%. >> Right? >> Right? >> Right? >> So what you actually need is magnesium >> So what you actually need is magnesium glycinate which is chilated and you know glycinate which is chilated and you know that it's bound to an amino acid. And that it's bound to an amino acid. And I'm literally purposefully throwing out I'm literally purposefully throwing out all these words to let people know that all these words to let people know that it's just not that simple because we it's just not that simple because we can't have knee-jerk reactions to these can't have knee-jerk reactions to these things because the body is a complex things because the body is a complex system. You know, it's like if you're system.

Magnesium, Consistency, and Diet Gaps

You know, it's like if you're low in hormones, you just don't replace low in hormones, you just don't replace the one. I mean, it's it's not that the one. I mean, it's it's not that simple. Everything relates to everything simple. Everything relates to everything else. So again with magnesium glycinate else. So again with magnesium glycinate once it's chilated with an amino acid it once it's chilated with an amino acid it actually helps bypass certain digestive actually helps bypass certain digestive barriers which makes it absorbable at a barriers which makes it absorbable at a higher rate. So what that also means is higher rate. So what that also means is you can't just look at just magnesium you can't just look at just magnesium and say oh it's got this many milligrams and say oh it's got this many milligrams so it's better for me.

so it's better for me. >> Yeah >> Yeah >> Yeah >> it depends on the form it depends on >> it depends on the form it depends on it's not just that simple. So I think it's not just that simple. So I think this is these are the things that people this is these are the things that people need to know and again there is a lot of need to know and again there is a lot of noise out there so you know I think that noise out there so you know I think that it's time for all of us to cut well some it's time for all of us to cut well some some of us cut through the noise.

some of us cut through the noise. >> Yeah definitely. >> Yeah definitely. >> Do you also find that some people are >> Do you also find that some people are taking like so many supplements? I mean taking like so many supplements? I mean I know people who take a lot of I know people who take a lot of supplements and I'm like how do you do supplements and I'm like how do you do anything else after taking those anything else after taking those supplements? [laughter] supplements? [laughter] You got to open 15 bottles. You got to You got to open 15 bottles. You got to take different things at different times take different things at different times of the day. I mean, I don't know. I just of the day. I mean, I don't know. I just I don't think I really have the energy I don't think I really have the energy for all that. I'm very committed to my for all that. I'm very committed to my health and my vitality, but that's health and my vitality, but that's that's a lot of work.

that's a lot of work. >> Yeah, it sure is. Yeah. And >> Yeah, it sure is. Yeah. And >> well, I do take supplements, but I know >> well, I do take supplements, but I know they're working. So, it's not a lot, but they're working. So, it's not a lot, but I do take them and I'm very consistent, I do take them and I'm very consistent, but I know they're working in my body.

but I know they're working in my body. you actually bring up a really good you actually bring up a really good point. So, you know they're working in point. So, you know they're working in your body. That also reinforces the your

body. That also reinforces the consistency because you know it's consistency because you know it's working. So, you'll be actually more working. So, you'll be actually more consistent about it. But the second consistent about it. But the second thing is that you it's better to be thing is that you it's better to be consistent and take less things than to consistent and take less things than to try to take so many things and not be try to take so many things and not be consistent because consistency is very consistent because consistency is very very important. And I think if the very important. And I think if the regimen is very complicated, regimen is very complicated, you're not going to be consistent. The you're not going to be consistent. The you might be maybe for a week or two, you might be maybe for a week or two, but then not so much after.

but then not so much after. >> Yeah. Yeah. Consistency is is key. >> Yeah. Yeah. Consistency is is key. >> I agree. >> I agree. >> Because our diet, we we don't have the >> Because our diet, we we don't have the nutrients in our food that we used to nutrients in our food that we used to and we have a lot of bad things in our and we have a lot of bad things in our food.

food. food. >> 100%. And you know, frankly, I live very >> 100%. And you know, frankly, I live very close to a farmers market. The reality close to a farmers market. The reality is, yes, I love eating the fruits, is, yes, I love eating the fruits, fruits and vegetables from the farmers fruits and vegetables from the farmers market. They taste great. But the market. They taste great. But the reality is, I know that that's not even reality is, I know that that's not even enough to give me what I really need enough to give me what I really need because we're busy. We need so many because we're busy. We need so many different antioxidants and vitamins in different antioxidants and vitamins in our body, things that used to be in the our body, things that used to be in the soil when, you know, the farmers used to soil when, you know, the farmers used to make our food and it wasn't processed as make our food and it wasn't processed as much. And we would have so much more much. And we would have so much more nutrients in our food for the little nutrients in our food for the little food we ate. But now you'd almost have food we ate. But now you'd almost have to eat such a ridiculous amount of to eat such a ridiculous amount of something to get the actual amount of something to get the actual amount of vitamins and minerals that you need. And vitamins and minerals that you need. And that's really what's gotten so hard that's really what's gotten so hard about it.

about it. >> The world has changed. >> The world has changed. >> Yeah. And I um I found this out. So back >> Yeah. And I um I found this out. So back in the 1950s, if you ate one orange in the 1950s, if you ate one orange >> in the 1950s, today you would have to >> in the 1950s, today you would have to eat 20 oranges to get the same nutrient eat 20 oranges to get the same nutrient value.

value. value.

Food Quality Decline and Supplement Trust

>> That's crazy. Yeah. And I mean, I don't >> That's crazy. Yeah. And I mean, I don't know if I ate 20 oranges, I can't even know if I ate 20 oranges, I can't even eat anything else in a day. And frankly, eat anything else in a day. And frankly, that's it's kind of a lot of sugar and that's it's kind of a lot of sugar and it's like I can't nobody can eat that.

it's like I can't nobody can eat that. So that's why supplements are actually So that's why supplements are actually really important for your health. But really important for your health. But the problem is that because there's not the problem is that because there's not a lot of regulation, then a lot of a lot of regulation, then a lot of people do things the wrong way. So then people do things the wrong way. So then what the what really you have to do is what the what really you have to do is find a company that you can trust. And find a company that you can trust. And that's why when you're saying that your that's why when you're saying that your you know your supplements work, we we you know your supplements work, we we use the same stuff. So we I know mine use the same stuff. So we I know mine work too because I have the ability to work too because I have the ability to actually check. And that of course I'm actually check. And that of course I'm going to tease it because that's going going to tease it because that's going Got to tease everybody. I mean, hey, Got to tease everybody. I mean, hey, we're on social media. We got to tease we're on social media. We got to tease people. That's what we do. [laughter] people. That's what we do. [laughter] But, you know, one thing, you know, But, you know, one thing, you know, hopefully this gave everybody a little hopefully this gave everybody a little bit of a, you know, because we these are bit of a, you know, because

we these are 10 minutes and we're already at the 10 minutes and we're already at the 10-minute mark. But, you know, my goal 10-minute mark. But, you know, my goal here is to give everybody little quick here is to give everybody little quick tidbits of information that they can tidbits of information that they can just walk away with something you use just walk away with something you use usable and easily digestible, not overly usable and easily digestible, not overly complicated, and just get some basics.

complicated, and just get some basics. But what I have done is I have created a But what I have done is I have created a um community in within school because um community in within school because there's just certain things that I just there's just certain things that I just well a it's going to take too long to well a it's going to take too long to get into. number one and we can't really get into.

Social Media, Community, and Closing Remarks

number one and we can't really get into all that and frankly I don't get into all that and frankly I don't really think social media is the right really think social media is the right place to get into all that you know and place to get into all that you know and so I have a created a private community so I have a created a private community in school and this is the link here it's in school and this is the link here it's called life mastery no white coat this called life mastery no white coat this is just me raw and real talking about is just me raw and real talking about all the things that we don't really say all the things that we don't really say in you know medicine and and you know in you know medicine and and you know business and in the financial world so business and in the financial world so if that's of interest join it we're if that's of interest join it we're going to be having more of these deep going to be having more of these deep dive conversations within this so I hope dive conversations within this so I hope you'll come in there and join us to get you'll come in there and join us to get more of a deep dive. And this is a place more of a deep dive. And this is a place where I can actually do more long- form where I can actually do more long- form content, too. I'm not a big fan of the content, too. I'm not a big fan of the short stuff, but that's really what short stuff, but that's really what everybody's attention span is on social everybody's attention span is on social media, but I'd like to really get away media, but I'd like to really get away from that because I'm a depth person. I from that because I'm a depth person. I like to go deep. So, I think that's what like to go deep. So, I think that's what I've always found a little bit I've always found a little bit troublesome about social media, these troublesome about social media, these 15-second reels. I mean, the things I 15-second reels. I mean, the things I want to talk about, I can't really want to talk about, I can't really communicate in 15 seconds.

communicate in 15 seconds. >> Yeah. And um for all of you out there, >> Yeah. And um for all of you out there, Dr. Sundar is very um smart. She I've Dr. Sundar is very um smart. She I've learned a lot from her. So um you know, learned a lot from her. So um you know, she's an incredible woman. So I would she's an incredible woman. So I would definitely join that that group.

definitely join that that group. >> Oh, thank you. I'm like blessing. >> Oh, thank you. I'm like blessing. >> Yeah. >> Yeah. >> Yeah. >> Well, you know, I just wanted a place >> Well, you know, I just wanted a place where I could really talk freely. And where I could really talk freely. And there's just it's just hard just the way there's just it's just hard just the way the world is right now. I just think the world is right now. I just think that, you know, I don't feel like that, you know, I don't feel like competing with algorithms and stuff like competing with algorithms and stuff like that. I just want to tell the truth. I that. I just want to tell the truth. I don't really care. I don't need a don't really care. I don't need a million followers to make myself feel million followers to make myself feel like I'm somebody in this world. I know like I'm somebody in this world. I know who I am. I just want to provide work who I am. I just want to provide work that's of value and information that's that's of value and information that's of value. And I want to be telling the of value. And I want to be telling the pe people the truth, but a lot of times pe people the truth, but a lot of times we get social media is a lot about hype we get social media is a lot about hype and this and that. I'm just not into and this and that. I'm just not into that. I'm about just saying it like it that. I'm about just saying it like it is. And I don't know, it [clears throat] is. And I don't know, it [clears throat] is what it is. But of course, I'm gonna is what it is. But of course, I'm gonna play the games a little bit and give play the games a little bit and give teasers and all that. You know, you teasers and all that. You know, you gotta play a little bit, [laughter] gotta play a little bit, [laughter] >> right?

>> right? >> right? >> But anyway, I hope you guys enjoyed >> But anyway, I hope you guys enjoyed this, but we

will see you in two weeks. this, but we will see you in two weeks.

That one is called Scan Before You That one is called Scan Before You Swallow. [laughter] Swallow. [laughter] >> Fun. >> Fun. >> Fun. >> Exactly. Super fun. All right. Bye, >> Exactly. Super fun. All right. Bye, everybody. Have a great rest of your everybody. Have a great rest of your