Introduction to gout and systemic enzymes

one of the most powerful proteolytic systemic enzymes that there are. So why would we use this for gout? Well, first, it helps support balanced inflammatory response period.

Bromelain and other systemic enzyme are powerful natural inflammation response ingredients that make a big difference with anything that has to do with inflammation and goud is a massive inflammatory flare.

But second, and this is the part that I think is more specific to goun, is their clean-up crew. Gout flares leave behind inflammatory debris and a protein called fibrin around that joint.

Cerapeptase, natalkinase bromelain, these types of enzymes, they all help to break down excess fibrin and clear out that debris, which supports the body's natural recovery and helps the tissue to calm back down.

So think of tart cherry and celery seed as working on the uric acid and the inflammation on upstream side and on downstream side, systemic enzymes supporting clean up and recovery in the joint itself.

What gout is and why it matters

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

Hello and welcome to Vitality Radio. My name is Jared Sinclair and I've got an episode for you today on something that used to be called the disease of kings.

Sounds pretty impressive, I guess, but now it shows up in regular people like you and me all over this country and more and every single year. This is something called gout.

Now, if you have heard of gouts, which I'm sure you had, you've never experienced gougt. I've heard it is pretty brutal. Thankfully, have never experience myself.

But I want to be upfront here. on what this episode is really about, because yes, it's about gout, but it is much more universal than just gouts. So if you're not a goud sufferer, you don't love someone who has gougt or has experienced goult, I want you to understand the mechanism, almost everything that we care about on this show.

It ties into your metabolism, it ties in to insulin and insulin resistance, and ties it into kidneys, inflammation, even your antioxidant status. So whether or not you've ever felt a gout flare, which I have not, the story of uric acid is really the stories of your metabolic health.

And I learned a ton putting this together because I've known how to help people with gouts for a long, long time. But I really started to understand the mechanism of what's actually happening in a much deeper level as I started writing to record this show.

So here's why I wanted to do this one. Gout has this old-fashioned reputation. You picture some overweight king from a few hundred years ago with his foot propped up on a pillow after too much wine and too many roasts.

And so a lot of people assume that it's rare or that's it just something that happens to other people. But it's not rare. Rates of gout in this country have roughly doubled over the last few decades.

And that climb tracks almost perfectly with something that we've talked about on this show over and over again, which is the explosion of sugar and processed food in the American diet.

It's an interesting one because it catches people off guard. Nobody is prepared for a gowt attack. I've talked to I don't even know how many dozens, hundreds probably of people over the years with gout.

And generally speaking, I'm talking to someone who is in the middle of a flare and they are, for lack of better term, kind of desperate for relief. They didn't see it coming, even if they've had it before, because it just hits.

And it's not the disease of kings anymore. It's the of the modern metabolic mess that we're in in America. And that's exactly why it is fixable or at the very least manageable if you take the right approach.

Now, if ever had a gout attack, you don't need me to describe it. It usually hits the big toe, sometimes the ankle, Sometimes the knee. There's various areas where it can end up.

Uric acid, insulin resistance, and the real causes

Oftentimes it happens in the middle of the night and people describe it as feeling like the joint is on fire or like there's broken glass in there. Even the weight of a bed sheet on the toe can be absolutely unbearable from what I've been told.

It's no joke. Today, I want to walk you through what gout actually is, what uric acid actually, is and where it comes from. And then I wanna settle a question I get asked constantly, which is whether clean red meat is really the villain here or whether things like soda and alcohol deserve a lot more of the blame than say a grass fed steak might.

And then I'm going to give you three tools plus a couple of add-ons that you can use that I've seen people have significant benefit with over the years that i have been helping people with gout.

So let's start with uric acid because that's really the whole thing behind goud and much like So many other things, almost everything in the body, it's neither good nor bad.

Uric acid is technically a waste product. It's what's left over when your body breaks down compounds that are called purines. Purines are building blocks that show up in your own cells and they also show in food you eat.

Every day, your body is recycling old cells, breaking down their purines and creating uric acid as a byproduct. That's normal, and that's supposed to happen.

Here's the part most people don't realize though. Uric Acid isn't purely a bad guy. Inside your bloodstream, believe it or not, even though it's a waste product, it actually behaves like an antioxidant, which I did not know until I started preparing this episode.

It's one of the more powerful antioxidants circulating in the human body. So the goal here is never to obliterate the uric acid down to zero. The goal is balance.

Think of it like you would a hormone. Too much, not so good, too little, Not so Good. the problem starts when uic acid builds up faster than your body can clear it out.

When there's too much of floating around, it can come out of solution and form tiny sharp needle-like crystals. Those crystals love to settle in the cooler parts of your which is why the big toe is often a classic spot.

It's the farthest point away from your warm core. When those crystals settle into a joint, your immune system sees those as invaders and attacks them.

And that immune attack is the swelling, the redness, and the unbelievable pain. That is a gout flare. Now, here's the distinction I really want you to walk away with because it changes how you think about the whole thing.

There are two ways uric acid gets too high. One, you're making too much of it. Two, You're not clearing enough of that out. And for the large majority of people with high uic acid, the real problem is actually less about overproduction as much as it is about under excretion.

Their body simply isn't dumping urick acid the way that it should, mostly through the kidneys and a little bit through their gut. Now, over the years, I've helped, as I said, hundreds of people with gout.

I'll always remember as a, well, young man, maybe a young boy. Can't remember. Think I was a teenager when this happened. The first person that came in and said I got gouts and they thankfully were looking for tart cherry juice, which we carried.

But at that point, I know I was a teenager, because I remember what store it was at. Yeah, it I like maybe 16, 17 years old when this happened. It was the first person that had ever come in and talked to me about gout.

And I'd heard of goud, but that was it. I had nothing to offer at the point. Neither of my parents were there in the store. So it just was on me. And I remember this gentleman saying, I'm, well, he was limping in and he said, Oh my gosh, my ankle's on fire.

My toes on. I am really struggling to scout. Um, last time I had it, use tart cherry juice and it cleared it up and worked great. And so I went to do it again.

That spurred me to open up a book that we had way back then that you can still find. Frankly I recommend finding it used. on Amazon or any used bookstore that you want to go to called The Prescription for Nutritional Healing.

Get one of the most current versions of it because I think it's, oh my gosh, it must be 15 or 20 updates to that book over the years. I've got it right here.

This is actually one of the very first, this is the first edition, not autographed, so it's probably not worth anything, but hey, that's okay. The cool thing about this book, which is not the internet, right?

So it's static, uh, Which is why I said, get one of the more recent additions if you can. This is the original. And as you see, that one wasn't particularly dog-eared.

I've got one that is just absolutely hammered that I have used since I was a teen and then we updated it. The bulges that wrote it probably updated. Every couple of years or something like that, probably for 20 plus years.

Anyway, I digress. This as often happens and happens thankfully less and less the older I get and the more people I'm able to help here at Vitality. But it's often that customer that comes in with this issue that says, hey, Jared, tell me what to do or help me with.

And that spurs me getting educated on it and trying to learn more about it. So back then I learned that uric acid was the culprit. Back then I thought uric acid was always a bad thing because it was this thing that our body used as a, that was, you know, a waste product that her body's used to get rid of.

But I didn't know it's an antioxidant back then. And as I recall anyway, I don't think it said so in the book, but the thing about the books just really quickly, and then we'll digress less about it is it.

An incredible little encyclopedia that is very function functional health forward that you can look up a ingredient.

Red meat vs sugar and beer as gout triggers

Vitamin A or Echinacea or whatever, or you can look up a condition and you kind of cross-reference what makes sense and it's a really good starting point even if you want to then go deeper into an internet search.

I still love this book and I pull it out from time to time even though I do most of my research online now. I find that

there's some really great information in that and this was no different.

So after this gentleman did it, you know, brought in his request for tart cherry juice and I sold him actual juice. It was a concentrate and asked him how he used it.

And I think he told me he was taking a couple of tablespoons a few times a day. The last time he did that, it cleared up in just a or two. trying to keep abreast of the situation as things went along.

And later we learned a few other things that really helped with gout. But for years, tart cherry was the thing that we recommended. So back to where I was at, and I apologize for sidetracking there, but sometimes these stories just pop up mid episode.

The uric acid thing is interesting because there are reasons why, and if you go back to my philosophy, which is pretty simple, there're kind of two main things that I look at whenever anything is going haywire inside the body.

One is, what's not in there that needs to be put back in? Is there something missing? A vitamin, a nutrient, mineral, an amino acid, whatever, or what is damming up the works, preventing the healing, some sort of toxin.

In this case, it's a body made material. I won't call it a toxins because it is actually an antioxidant, but in excess creates these issues. And it gets really interesting why this happens because the number one driver of poor uric acid excretion is nothing else but insulin resistance.

Another thing I'd never heard of way back when I was a teenager. But we've all heard it now, right? When your insulin is chronically high, when you are metabolically inflamed, your kidneys hold on to uric acid instead of releasing it.

So gout at its root for most people is a metabolic problem wearing a joint pain costume. And that reframes everything because it means the answer isn't just about which foods are high in purines, it's about the whole metabolic picture.

And this is why I said this episode is for people, not just people who deal with gout, although that is the primary focus, but really understanding why this kind of stuff happens because it leans into a lot of areas of our health as well.

A lot other areas, I should say. So what are the real culprits? Because if you get diagnosed with gout, and I hear this all the time from, I've never been diagnosed, with I never talked to a doctor about it, but I heard the same thing from hundreds of customers over the years, you're basically handed the list of don'ts.

Avoid sugar, avoid soda, alcohol, red meat. Sometimes I'll see avoid seafood as well. And I want to actually dissect that advice because it's lumped together as if all four are equal offenders and they are not even close to equal offenders.

Three of those four, are genuinely important. One of them is more along for the ride in my book. Let's start with red meat because, it is the one people obsess over.

And I think partly because red meat was so demonized throughout the 80s and 90s, and even early 2000s. And now we're finally getting to the point where like, oh my gosh, red, meat and saturated fat won't kill us.

But we all thought, or at least we were told that it wouldn't or that would kill back then. Right. The honest picture is this. Most people who develop gout aren't eating super clean in the first place.

That's just the nature of this disease. It travels with the metabolic mess that we just talked about. And yes, the research does show that meat and seafood can nudge gout risk up for sure.

But here's how I weigh it. If I'm choosing, I'll take a clean grass-fed burger or steak over soda and alcohol every

single day of the week for all things health related.

The steak is not the thing driving this. because of a couple of reasons. Yes, steak and red meat in general is high in purines, but they are not the problem when it comes to the root cause, which of course is insulin resistance.

In fact, in many cases, people eat a lot more meat red meat included, getting away from metabolic issues and insulin resistance. And they're eating, of course, a lot less sugar, or a lots less refined carbohydrates, less alcohol, things like that.

Now, if I'm in the middle of an actual gout attack, I'd probably gonna get rid of the meat and the seafood and all those things, at least in a short term, because anything that's gonna kick out more purines is not necessarily good.

But the two big levers are really fructose, and that can, you know, that boils down really to sugar from so many different sources. And beer, interestingly enough, not alcohol specifically, but beer in particular is significantly worse than any other form of alcohol, although all forms of alchol apparently do impact gout.

Beer seems to be the big guy and it is interesting. I will ask people who come in with a gout flair, if they're soda drinkers and here in Utah, especially more often than not, yes, they are.

I'll ask if people drink alcohol and oftentimes they will say, I drink a couple cans of beer a day or whatever it is, and I ask them about red meat and often times they say no I don't eat that much red, which is kind of interesting and sometimes they'll say oh yeah I eat a lot of red.

But the things that I hear more than often are a lot of sugar, oftentimes more often than not from soda and a lotta beer. So let's take fructose first because this is the big one, because it's the one when it comes to metabolic issues, period, and insulin resistance specifically.

And it is one that connects gout to the modern diet most directly. Fructose is only carbohydrate that directly generates uric acid as your body processes it.

When you flood your system with sugar, especially in liquid form, and especially the super refined sugars like high fructose corn syrup, your cells burn through energy so fast, breaking it down that the leftover byproducts get converted straight into uric acid.

It is basically a uic acid factory. There's research out of Harvard from 2008. Again, a very large study of men. that found drinking two or more sugary soft drinks a day was associated with about an 85% higher risk of gout compared to rarely drinking them.

Now think about this. This is based on two 12 ounce sodas. Okay. Two doors down, three doors, down technically from Vitality Nutrition in Bountiful, Utah, there is a place called Swig.

I have no problem talking about Swigh, even though I probably have listeners that sometimes, hopefully not very often, go to Swigg. It is soda shop. In Utah we have lots of soda shops.

A large majority of people in this area do not drink alcohol. do not smoke tobacco, but they consume mass quantities of soda, literally backing up the street coming into our store into the highway, two, three, four cars out into road while five or six cars are in the drive-through getting their dirty soda.

usually 32 ounces or larger. So if you have an 85% higher risk of gout because of two small cans of soda, imagine what that percentage might get to if your having a 32 or 64 ounce of that on a daily basis.

Now, here's the part that matters for a lot of people listening, especially women. There's a companion study on women specifically published in 2010. following almost 80,000 women for 22 years.

This is a big study. It found the same pattern. One sugary soda a day meaningfully raised the risk. This one caught

a lot of people off guard because it wasn't just soda.

Orange juice did it too. Two or more servings of orange juice a day was associated with more than double the risk because your body doesn't care whether the fructose came from a soda can or a quote unquote healthy glass of juice.

Fructose is fructose, is fruitose when it comes to gout. And notice diet soda didn't show up with that association. and that's not me telling you drink all the diet.

So do you want, cause there's all kinds of bad stuff with diet, but we know it is the sugar that leads to the goud more than anything else.

Tart cherry and celery seed for gout support

Now, alcohol. There's research from 2004 out of Massachusetts General and Harvard that broke alcohol down by type like I mentioned earlier, and beer was by far the worst offender.

And it has something to do with the high purines from the brewer's yeast that are in the beer. Now this is an interesting thing because not all fructose is necessarily bad, right?

A fresh apple or an orange or a pear or pick your fruit of choice is going to have a high amount of fruptose, but it's not going be broken down nearly as quickly as it is in a soda or orange juice because glycemically speaking, your body has to work through the fiber and the fruit and all that kind of stuff.

Brewer's yeast is phenomenal. It's so health promoting for you, but when it's fermented and put into a liquid that is rapidly digested, then we have more of that double whammy and that's why beer seems to be the biggest culprit here.

Basically, Is your clean grass-fed steak or hamburger the villain? Probably not. A minor player? Sure. But sugar? Specifically liquid sugar. and beer seem to be the two biggies.

So, if you're trying to prevent gout, If you've had a flare and you were like, holy crap, don't ever want that to happen again, get those things out of your life or at least get them out on a regular basis.

Now, let's talk about the things that I've found that act as solutions when people are dealing with this. I already mentioned tart cherry. The active compounds in it are anthocyanins.

These are antioxidants, the deep red and purple pigments in the cherry itself. They do two useful things at once. It works on both sides of the gout equation, helping with making sure uric acid is staying at a balance or getting back to balance, and also helping the inflammation, which comes with the Gout Flare.

The research that really put Tarte Cherry on the map is from 2012, Which is interesting because that's, you know, 20 something years after I had first been approached with this question about gouts as a teenager.

We knew Tart Cherry was working great back then, but there wasn't great research on it back What they found was that during periods where people ate cherries or took cherry extract, their risk of gout flare was down by about 35% compared to periods when they didn't.

With cherry extraction specifically, and this is going to typically come in a concentrated liquid as opposed to just cherry juice or a concentrate extracted tablet or capsule, then it actually reduced it by almost 50%. And when cherry intake was combined with uric acid lowering medication, then it reduced it by about 75%. Now I'm going to tell you that, well, first off, the whole food option is always the best option anyway.

The pharmaceutical option. Is going. To change the way your body responds to this thing in a. a way that's going to come with side effects, right? Tart cherry juice, kind of the worst side effect is you take it at night and it makes you

sleep more peacefully.

So always tart cherry, especially on a daily basis. If you're looking at a preventative over the pharmaceutical in my book, I'm not your doctor, of course, don't claim to be your Doctor, but that just makes sense to me.

Now, in terms of options, you basically have the tart cherry liquid extract which we concentrate, which you just pour back into water and make a cherry juice out of it.

It does have a little bit of sugar in it, interestingly, but not a ton. If you don't, add sweetener to it if it's too tart for you, can add things like stevia or monk fruit or something like that.

Some people just muscle it down a couple of tablespoons straight and then wash it with water. You can decide how you want to do that the brand that I trust for this is called Dynamic Health.

They're a Utah company I absolutely love. and they do a great job with their liquid. There's also a capsule form or a tablet form. Solare and Nature's Life are my two favorites in just tart cherry.

And we have both of those on our website if you want to check those out. But the next thing that is far less known and I think maybe just as good, but it does it in a different way is celery seed extract.

Now celery seed extract comes on its own in capsule form, or it comes in formulas along with tart cherry. And I'll talk about a formula at the end of this show that I think is the most logical way to approach this, especially if you're fighting this off.

What I'm telling people is if have had gout before, more than once, and you fear that it is sort of a chronic type thing for you, this product should be on your shelf and we should probably be either taking it daily as a preventative maintenance thing or at least taking something like tart cherry juice daily is a maintenance.

Or at the very least have it on hand in case the flare comes. Well, let's talk about what celery seed actually does because it's really cool. It's loaded with compounds called Apigenin and Luteolin.

Now these are two compounds that People just started talking about, in fact, Apigen and and Ludiolan both just hit our shelves in the last several months here at Vitality.

They're cutting edge ingredients that I'll actually be talking more as, and bringing you more information on as things move along because I'm pretty jazzed about these two ingredients, but back to gout and celery seed, we'll get onto those ingredients a little bit later.

It also has a compound called inbutylthalide, I think I said that right, which is what gives celery that distinct celery smell. And what the research shows is that these compounds work on the exact same target that the most common gout medication works on.

That target is an enzyme called xanthine oxidase. Remember how I said uric acid gets made when your body breaks down purines? Well, xanthine oxidase is the enzyme that runs that final step.

It's the machine that cranks out uic acid. The standard prescription drug for gout works by putting the brakes on that enzyme. And that does it through a suppressive method, the way that drugs always do.

But what several studies have shown is that the flavonoids and celery seed also put on the brakes, but in a gentler, I would say healthier way. In fact, the 2018 animal study celery, seed extract inhibited that enzyme and lowered uric acid levels.

And other rodent research has found that. The effect is comparable to the prescription drug, But it's not a drug. And it's not very expensive. Celery seed extract is really pretty cheap.

On top of that, celery seed has a mild diuretic action, which supports your kidneys in doing the flushing that we need them to do in the first place to get rid of the excess uric acid that might be in system at the time.

Well, it is if you're experiencing gout. So you got one plant hitting both mechanism. It actually helps to make less ulic acid if your overdoing it and helps the kidneys to excrete more uic acid all at same time, Now those studies on celery seed are mostly in animals.

We don't have the same human studies that are done, but the mechanism holds up. It makes sense. And what I will tell you is that since we started recommending celery seeds with tart cherry, we have seen even better results than one or the other.

So that's how that one works. Then there's one other thing that you may already know about. and I would dare say as much we're well known than tart cherry or celery seed, and that is quercetin.

Quercetin works on that same xanthine oxide. So some people will take quersitin along with celery seeds. Some people take it instead of celery. It's one of those things you kind of have to experiment with if you've already got querketin on hand.

And if been taking it consistently, because a lot of people have since COVID and you notice, hey, I'm not having gout anymore. You could actually be the quercetin, and this weird, happy side effect that you didn't expect.

That's a possibility as well. Now, the other thing I recommend, and, this is an interesting one, because it's not the first thing off my shelf for gout, but it is something that I'm recommending more and more as the second thing that, I think, makes a ton of sense for maybe 30 days after a gouch flare, And I'll explain why.

It's called systemic enzymes. Fibrenza is the one that specifically recommend. I mean, huge Fibernza fan, you've heard me talk about it before if you listen to the show.

Quercetin, systemic enzymes, and recovery

Digestive enzymes, of course, we take when we have food in our stomach. They help to break down the food that's in the stomach into the individual components that we then can absorb as nutrition.

But proteolytic enzymes specifically, which are the protein digesting enzymes when taken on an empty stomach, will go systemic. They'll get into the blood and they'll break down things that we don't want there.

In many cases, excess scar tissue, things like cysts. Actually, they have an activity on that as well. Excess fiber, and I talked about natokinase very recently on a show.

That is a systemic enzyme. one of the most powerful proteolytic systemic enzymes that there are. So why would we use this for gout? Well, first, it helps support balanced inflammatory response period.

Bromelain and other systemic are powerful natural inflammation response ingredients that make a big difference with anything that has to do with inflammation and goud is a massive inflammatory flare.

But second, and this is the part that I think is more specific to goun is their cleanup crew. Gout flares leave behind inflammatory debris and a protein called fibrin around that joint.

Cerapeptase, nautokinase bromelain, these types of enzymes both, they all help to break down excess fibrin and clear out that debris. which supports the body's natural recovery and helps the tissue to calm back down.

So think of tart cherry and celery seed as working on the uric acid and the inflammation on upstream side and on downstream side, systemic enzymes supporting cleanup and recovery in the joint itself.

So for product, my go-to is Fibrenza because it's the most comprehensive of the systemic enzymes. And frankly,

the one I've had the more success with, not just with other people, but personally, and I got a story on Fibernza to tell you personally that I'm working on a show on right now.

So stay tuned for that. Cause it blew my mind. It's going to blow your mind too. One of. The coolest things that has ever happened to me. with a supplement personally in my life.

And I can't wait to share it with you, but it deserves its own show. So that's coming very, very soon. But Fibrenza is just a locked in incredible two capsules twice a day for a month or two months after a flare, I think makes all kinds of sense.

I have an entire series of three shows all about systemic enzymes and Fibernza specifically, which we'll link in the show description for you as well.

All right, now the last thing is just kind of how to simplify this thing. So I've thrown a few things at you. We carry a product now by one of my favorite brands called Cal, K-A-L.

It's another Utah company. They didn't start out that way, but they're celebrating over a hundred years or something like that in business. Now they've been around forever.

and they're a great company. They make a product called uric acid flush, which is tart cherry, quercetin, and celery seed, plus a few additional natural inflammation response ingredients like turmeric, boswellia, ginger, things like that.

This formula is fantastic at one capsule, maybe two per day as a preventative maintenance thing. We've had great success with it that way, but you can take more if you're experiencing a flare.

I typically recommend two, three times a day in that case. And you just do it until you don't need to anymore or for a or two after you feel the discomfort anymore.

Then if are someone who's a little more chronic, of course the best way to not be chronic with gout is clean up your diet wise. get rid of the beer, get really fructose, specialty sugary drinks, you know, those types of things.

And if you're still experiencing this issue, I would work on detoxifying your kidneys, products like kidney aid or kidney strong tea are fantastic for that and helping the kidneys do their thing and make sure you drinking plenty of water because that makes a big difference as well.

And then you shouldn't have to use a daily thing like tart cherry or something like that. But I will say, if you're worried about consistent gout flares, whether they're every few months or every a few years or whatever it is.

And you are going to take something to help prevent this issue because you're struggling either with cleaning up the diet or even cleaning the up diet hasn't quite fixed the problem.

Tart cherry is a really wise choice. Just take it at night before you go to bed. It's going do its thing whether you take at it night or in the daytime and there's a good chance that it'll actually help you sleep more peacefully.

It has this natural, it's a natural source of melatonin that works very differently for most people than regular melotonin supplements.

Simplifying prevention and closing thoughts

And many people find that enhances their sleep. and it also has all those side benefits that you're looking for when it comes to, or maybe the sleep is the side benefit, but when comes the gout.

So you can do that. Then I recommend the systemic enzymes, Fibrenza specifically for 30 days to 60 days after a flare to clean things up, get inflammation balanced out.

Simple as that. That's gout and I want to thank Josh our store manager in bountiful for bringing this one up He recommended I do this show because we get a lot of questions on this topic and then I don't know 1500 ish episodes of Vitality radio.

I've never tackled it. So there's the goud episode I hope that if you'd never had gowt never think you will you stuck through till the end because I think You probably learned a few things if he did regardless if You love the show like I love giving it to you, then please share it.

Get over to YouTube, leave your comments. Leave comments on Spotify as well. Give us a five-star review. We really do want to get this information to as many people as possible, and we appreciate you supporting the show and our family business here, Vitality Nutrition.

Now in our 50th year, my goodness, our birthday is August of 2026 and we're gonna be 50 years old next year. Isn't that crazy? So thank you so much for joining me and supporting our show and our business and my family of which seven of us work at Vitality Nutrition Now.

Have a wonderful day and I'll see you next time on Vitality Radio. Thanks for listening to the Vitaly Radio podcast. If this episode helped you, follow the show, share it with someone and explore trusted education and resources at vitalitynutrition.com.

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