Introduction to minerals and fasting

Hello Everyone, welcome back. We have a really cool conversation for you. So just in general terms, something that everyone needs to know about. But specific to fasting, this is really important because we're our food and we're going to dove deep into those and there's no better person to share this with us than Caroline, who's here today.

Our food is depleted of minerals, and we think about nutrition as you know, how much protein do I need, how much fat we need, what vitamins should I take?

And nobody ever ask about minerals. And you're like, No, I ate my broccoli. I got my spinach. Yeah, but that broccoli is not grandma's broccoli. You know, it's it's fluff. It's filler.

There's no filler, let's just say that. And so Caroline has made it our mission to educate the world about this topic and to support in a big way. So, first of all, welcome, Caroline.

Thank you very much, Kashif. It's super nice to be here with you. No, it's awesome. And I remember the last time I saw you was in Arizona at the Consumer Health know it's actually sorry, the biohacking conference.

That we saw. Just a quick pass, though. Yeah, that's right. Yeah. And I've seen you everywhere because there's such a need for this and you've been growing quickly.

But really, I think really why we're here today is to share with people the knowledge that you have. So first thing, when people are fasting, they don't yet know a lot of people.

That doesn't mean that there's zero that you can consume. What you're avoiding is calories. But imagine if during that fast there's things you could take in that replenish you, that make you healthier, but do not remove the benefits of fasting.

And if you do that, there's so much of a better outcome. And so you learned this and now you've created science and part about it. So what's going on with the minerals and why do we need them?

Like what's actually sort of interchange in the body? Yeah. So, you know, the best way to frame this for people is to just get them thinking in a different way.

And, you know, I feel it's my because of my own experience with using metal minerals and mineral replenishment, my own body, and how it completely, radically changed my own health.

I'm I'm truly on a mission to help people understand minerals because but because as I had these incredible effects, I did a huge amount of research about mineral deficiency, about mineral replenishment, how it works in the body and why minerals are so important.

So the first thing that I like, there's kind of a couple of important things that I like people to focus on. The first is if you took all of the water out of your body, you would be a little pile of minerals.

If you look around your room, everything, all of the structure that you're you're looking at the table, the chair, the lamps, everything is made from minerals.

So minerals are the foundational element of all of the structure in your body and in the world. That's number one. And yet we never think or talk about minerals unless we're maybe talking about, you know, calcium, the big five or six.

Why mineral depletion matters

So the next thing is your entire body is made of cells. And you have about 37 trillion to 150 trillion cells in your body. And inside your cells, you have these energy generating powerhouses called the mitochondria.

Many of us have heard of those. But the interesting thing is that the thing that fuels mitochondria are two things minerals and amino acids. Your body makes a lot of amino acids, but it makes no minerals.

So you have to consume them or intravenously put them into your body or drink them. Know you have to have to come in from the outside. And the fact the sad fact is that the food we're eating, as you're just you're explaining earlier, is no longer full of minerals.

When you grow a plant in soil over and over again, the way that it creates the structure of the plant is by pulling the minerals out of the soil. Right.

Soil itself no longer has the minerals. You know, like you said, that's not your grandmother's broccoli anymore. Mm hmm. Yeah. And people don't consider that because we still if you talk to a nutritionist or you research or whatever, the nutrition facts, let's say, around a plant, haven't changed, but they have changed.

But we were still told that this is what you get from this food this way. But we don't actually get it when the soil is dead, how can the plant have life?

Yes. And what they what they do now. Right, is they add a lot of nitrogen. And what it actually does is it actually makes the plant create more carbohydrates.

So your plants, rather than having a more balance of protein, it has more carbohydrates. So any way the nutritional you're right, we need to really look at nutritional facts in a whole new, new way now.

So when you started off, you were saying that we think about the big five. Right. So what else is there that we need to think about? Well, you know, there are a huge number of minerals that your body needs.

You know, some of the ones that I like people to think about, like as an example, many people have cramping now because of this mineral depletion issue, which is also exacerbated because we're drinking filtered water and and bottled water.

These have no minerals in them. Mm hmm. So kids who are playing soccer or playing basketball, they're coming off of they're out of their sports with cramps.

Now, I don't know about you, but I didn't know any kids when I was playing sports when I was a kid who used to have cramping. But now lots of kids are experiencing cramping and it is mineral deficiency.

So some so people think about cramping and they think, oh, I need electrolytes. And they think of, you know, magnesium is the big one people think of and they think of potassium and they think of calcium different than the big electrolytes.

But the fact is, cramping can be because of an imbalance between your minerals, minerals, work and balanced pairs. And it's not something we think about or know about.

They work a lot more like hormones or blood sugar. They need to be they need to be put into the body and replenished in a balanced way. So as an example, cramping can also be caused from a phosphorus deficiency or the imbalance between magnesium and potassium.

So let's say you have a cramp and you go and take a whole bunch of magnesium because somebody said, that's what you need to remove your cramps. Now you further create, you create a bigger imbalance between your magnesium and calcium.

And then what happens is calcium actually gets pulled out of your bones to try and balance that magnesium. So endurance athletes, as an example, they end up many older endurance athletes end up with Osteoporosis because they've been taking so much magnesium throughout their training years.

So this just kind of gives you a different way. So so what happens is you have to completely change your thinking about minerals. Well, for sure. And even start your thinking because some people haven't even considered that this is a need.

And I remember looking at your science a little bit, and you have these categories where you break it up into what's called fulvic. And then there's another category.

So why are those important? What does that mean? Yeah. Yeah. So well, let me talk about. So most people think about minerals and most minerals that you take in a pill powder or flavored drink form, they're actually made from rocks, shells and bones. Hmm.

So now and salts. A lot are also salt based. So now think about your gut and how well do you think your gut actually digests, like shells and bones? Not very well, right? Yeah.

So this is what happened when I started doing all this research on mineral replenishment. I had such huge aha's because I thought, okay, here we are putting this mega dose formatted, meaning measured in milligrams amounts of manganese here and calcium, you know, taking this electrolyte replenishment things and people are still cramping even though they're taking a lot of them.

Why is that? And the first big Aha was because only about 10 to 12% of what you put in that were of those kinds of of mineral supplements gets digested.

And the thing about minerals is not only do they have to be digested, they have to be absorbed through your gut lining into your bloodstream.

Fulvic and humic minerals explained

And then they have to be assimilated into your cells. So it's one of those huge things to think about. Minerals actually do very little for you. There's a few that do something in your bloodstream like iron, but most of them do not do their job.

They do not help the mitochondria produce energy unless they get all the way inside your cells. Hmm. So the cool thing is Mother Nature designed and provided an incredible mineral replenishment technology, and it's called fulvic and humic.

And these are plant based minerals. What? So the way I like to help people imagine it is imagine an entire rainforest. Back when the dinosaurs lived and it decomposed over millennia into this mineral rich substance.

It's called humate. It's a crystalline substance. You can also find it in the Himalayas. It's called Shila or Shallot. However you want to see it. And that's more of a pasty substance in our case, with with our what we use is something called humate.

And lots of people use that. It's a crystalline black substance. And that substance has two incredible molecules. One is called Fulvic and the other is called Humic.

And they truly are a technology. So the fulvc is a very, very small molecule. It's much smaller than the cell. It's being studied around the world because it's not only a very strong young electrolyte, one of the strongest has one of the strongest electrolyte charges of any molecule that is known to man.

But it's also a flavonoid and a flavonoid is one of those terms that we all hear. But what is it? It's an intercellular transporter. So the cool thing about something that goes into your cells is that most elements that go across a cell

wall require some sort of receptor to go through the cell wall.

But the Fulvic, because it's evolved in this way over millennia, it gets a completely free pass through the cell wall. So any channel that opens in your cell, that Fulvic molecule goes right through the cell wall and it carries with it 60 times its weight of nutrients, of mineral content right into the cell.

And then it does what no other molecule on earth does. It changes its polarity. This is really unprecedented. Most molecules have their I mean, all molecules that they know of, particularly the description of an electrolyte, is a molecule with a specific charge, either positive or negative.

This molecule can change its polarity so it goes into the cell, it changes its polarity, polarity and all those things that are clinging to it. Drop off inside the cell, the nutrients, the mineral content.

Now it's available for the mitochondria, for energy uptake. I mean, for energy generation in in all of its cofactors, they're called cofactors. So so it's incredible.

It sounds like Harvard. It sounds like science fiction, like this is matrix level. You know. This is truly you know, this is truly I feel like, you know, when I heard your story about I think it was your is it your daughter or your your niece?

My niece. Niece. And you talked about it with the DNA. And and I thought that the level of aha moment that I had when I started realizing that this is actually the natural technology, you as a cellular system excuse me, a set of cellular systems that evolved from the Earth is complete shortly evolved to utilize volvic.

If you look outside your house at all of the plants in your everywhere, they're all utilizing full vic in this exact way. Hmm. So it's as a as a nutrient delivery system.

So then the other thing that the the VOLVIC does is that now that it has a negative, let's say it's a negative charge, a positive charge, the now by a waste heavy metals, environmental toxins such as glyphosate, such any any environmental toxins that have gotten inside your cells.

They now cling to the the human excuse me, the phobic molecule and it carries them out of the cell. So it's not only a nutrient uptake enhancer, it's also an intercellular detox fire.

And we all know that detoxification from your bloodstream is one thing, but getting it out of your tissues, that's another thing altogether. And it's much more challenging, especially with heavy metals that build up over time.

I've never heard that before and that's truly it's like miraculous is the first word that comes to mind because there's this powerful tool that, you know, we could never create ourselves because of the technology, too.

So that is truly awesome. Truly, isn't it? Like it blows my mind every time I talk about it. You know? And so what? Where does then the public the public is it clings on to all these toxins, etc., just going down regular detox pathways like well.

So now let's talk about so now what happens is this phobic molecule carries those toxins by a waste heavy metals out of the cell and then it changes its polarity again.

Wow. Drops those things off inside the bloodstream. And now we have the synergistic relationship between the phobic molecule and the human molecule. Human molecule.

And these occur together in nature always. Whenever there's one, there's another, the other one. Okay. So the human molecule is much larger than a cell.

The human molecules actually much more miraculous than than the volvic molecule. It's extremely complex. It has I'm going to describe it. Even though it's not this shape, it actually has a spiral shape.

And it's it has an extreme amount of surface area on the outside. It's also one of the strongest electrolyte has one of the strongest electrolyte charges.

It's one of the the most effective heavy metal. Later, they've used it in Chernobyl. They use it just for removing lead from from either landmasses or from people's bodies.

It really it is an incredible heavy metal key. Later, it also binds with bio waste. It also it gathers like literally gathers free radicals in your system.

So it's like I've seen charts that show it's thousands of times more effective as an antioxidant in your system than any superfood mix or anything that you could put in your system.

It also does an amazing thing with glyphosate. And glyphosate is a is an environmental toxin that's coming from production farming. It's an herbicide that's sprayed on genetically modified foods.

And ultimately, we end up ingesting it and it creates havoc in our gut microbiome. But what the human molecule does is it it is called absorbing. So it grabs it, it clings to it, and then it builds a biofilm around it.

And once it has this film around the glyphosate molecule, it starts breaking it down. As soon as it starts breaking it down, the glyphosate then no longer has its negative effects in your system, which are there's a whole bunch of those.

So it's imagined that Mother Nature not only provided the tool for mineral uptake, mineral and nutrient uptake enhancement into the cell, it also provided the tool to get toxins out of the cell.

And then it provided this gathering, this tool called human, that will gather all of that, that toxic. Toxic waste and environmental toxins, etc., in the body.

And then what happens is molecule gets so heavy at a molecular weight, it falls out of solution and leaves your channels through all of the elimination channels.

And that's really important because we know with detox, especially with heavy metal detox, people often are saying, well, we have to make sure that certain detoxification channels are open before you do detox.

But the cool thing about the human molecules, it uses every channel. It doesn't clog the liver, it uses your sweat, your tears, your saliva, your breath rubbing your hands together, your the bottoms of your feet.

When you walk on the ground, you're, of course, your urine and feces, which are in your normal sweat, you know, the normal channels. So your hair, you know, so it uses every channel.

So this this explains so much because firstly, I'm embarrassed to have thought of mineral supplementation as a nutrition exercise for sure. You're getting that you're getting the minerals you need that were that are depleted from the food.

But the mechanism that you just described and what's going on in the body, this is a core fundamental function that and it's no wonder this is why I'm saying there's so much more.

Detoxification, immunity, and recovery

It's no wonder that there's so much autoimmunity, so much inflammation, so much adversity with environmental toxins because there's a process that your body thinks that you're doing because it thinks you're still eating the foods that used to provide you the tools and you're not.

So our complaints over the conditions we have are partly rooted not knowing that here's a core foundational process that was meant to be part of your daily protocol.

And so you were a little bit more resilient. You were meant to be, we should say, then you are you were meant to be a little less toxic. You are. You were meant to be a little less inflamed than you are.

But there's a major piece of your daily routine missing, and it's blowing my mind because it's so clear when you describe the sort of the reaction that that chain reaction that goes on the baton pass between all these different processes, how clear and obvious it is that we are meant to do this regularly and daily.

And because of our food, we can't. Yes. And and B, and it's also, you know, think about I one of the things I was recently thinking about is, you know, there have always been environmental toxins.

There were volcanoes and there were, you know, all sorts of environmental toxins that animals and humans came in contact with. You know. Millennia ago.

And but we were also drinking from the ponds in full. Vik was we were also ingesting lots of human conflict all the time. And not only did our bodies have the energy, like literally could generate more energy than to deal with you know, we had more bandwidth that's I like to use you know one of the things that a scientists cellular biologists often say now that with the mineral depletion, most modern humans are probably operating at about 40%, if you're lucky, of the mineral content in your body that you need for optimal homeostasis development.

So what that means, like if we're if you're in a house right now and you have a light, just dim it down to 40%. That's how old people's bodies are operating.

Yes. So first, you know, the first piece is just get some minerals in, you know, so, okay, people are taking, you know, different electrolyte supplements and they're taking maybe zinc and they're taking some calcium or, you know, different things like that.

Right. And, you know, it's a start. But again, the problem is that just our car, our body is not like a car. We tend to think about our body like, oh, I need more magnesium, throw into magnesium, I need more potassium, throw in potassium.

But the replenishment tool and the process in your body doesn't work like that at all. It's not like a store that you can just fill up. Yeah. It doesn't work like that.

So the other cool thing about these plant based humectants volvic minerals that I think is astonishing is that your body is made of a certain ratio of minerals.

You've got a lot of magnesium and potassium and calcium. You utilize a lot of those, but you also have very small amounts of very important minerals like copper and phosphorus and molybdenum, things that you wouldn't take in it.

All right. So the cool thing is that the human can full. Vik, do you realize they're formulated in exactly the same ratio that your body is made? So they have a lot of magnesium and calcium and potassium the same way that your body utilizes that that in that so in the same ratios that your body needs those minerals, at least a person who doesn't have some specific deep depletion which is also possible.

Right. But the beautiful thing about these taking the plant based minerals is when you take them over time, they they level all your minerals into the right ratios.

This all sounds too good to be true. I'm not really saying, you know, we we go to these shows and we do these mineral tests. We use a particular scan that uses photo spectrometry, which is really the best way to scan for mineral levels.

If anybody wants to find out how are they doing for electrolytes and minerals, it also will do vitamins. They can find a CT scan. It's called OLIGO scan, and they're slowly there's not a huge number of practitioners who do it, but it uses photo spectrometry.

It shines a light into your tissue and it it's used in materials science. It's a very stable science. And it returns it through an algorithm and returns data on all of your levels of heavy metals, beneficial minerals, electrolytes and vitamin was levels as well as overall oxidative stress.

Now the cool thing about it is when we've done that with people and now they come to one show one year and then the next year they come back and they've been taking our minerals and they come back and do another scan their levels have leveled out unless they have something like a single cell parasite or something like that, that's causing other problems with uptake and absorption.

So yeah, I mean, I've been using your product for some time and I've done a lot of work to reduce biological age and reverse it. In fact, I've done a lot of work to eliminate foreign disease.

I had five of them. They're all gone. But I have never. Prior to using your product for regular, ongoing basis, walked into a conference with the same person who I've seen over and over again, says, What happened?

You look younger. All right, well, there's a glow on your face. What's going on? And I was like, What did I do differently? Not much. And then I realized the thing that changed was I added your product, and and I felt I felt different also, you know, that resilience that I'm sleeping better, for example, you know, with a consistent better sleep.

So there's a resolution there. And the kind of proof is in my face where people see like there's this glow. What's going on? You look healthy. So why then wouldn't the way you described this perfect sort of miraculous process, why are the products and split?

Because you have a few. If you were going to a human error. Sorry, you make. Is that correct? Yes. Yeah. Yeah. So because it sounds to me like you have to, because by the time you go on that second charge reversed and you've now released the toxins in the bloodstream, you have to continue that job of clearing.

So what's the rationale behind splitting that? Yeah. So just so we're clear, there are a lot of products out there that have human conflict and and human is a molecule that actually includes full back.

And we actually extract the full back out of the human. Okay. And what it does, we we've done it for specific reasons and there this will probably be more interesting to people who are practitioners, but it's also useful for just the regular person, particularly for the person who's fasting, and particularly for people who have autoimmune or for people who've had Lyme disease mold exposure and are experiencing micro toxin stuff or are just have very sensitive systems, the human molecule because it's it's a gentle detoxification but agent but for people who have very, very sensitive systems, I have an autoimmune if I drink a cup full of the micro boost which is our human product and just shoot it down, I'll get a rash.

Just. Because my body goes, yeah, I can get rid of anything. This, this, whatever it is, I can get rid of it now and it does it all at once and I'll get a rash.

Okay, so, or I make it a little pimple on my face or something, you know, it's not, it's not a huge thing, but I do get it. So, I mean, the simple solution is I just take it, I put it in my glass of water, actually didn't put it in there today, but usually I put my stomach into my glass of water and I just drink that over, you know, an hour, half an hour.

You could drink it over 10 minutes, 5 minutes, even if you want it, but you just don't hit it all at once into your gut. Then the fulvic one Yeah. So that, so think about the humic as this incredible detox fixation tool.

Mm hmm. So because we're always encountering environmental toxins, we have this tool that we can use. We're also always encountering bacteria and flus and viruses.

Viruses do not live well in a system that is very infused with humic. It's well documented in scientific papers that humic and viruses do not do well together.

So literally, I mean, I'm knocking on wood, but literally I just don't get sick. But i can tell you Yeah. in The biohacking conference that we were just talking about, our team, we had about five or six people there.

Everyone got COVID from our booth, which you don't hear that much anymore. But for some reason we all had COVID except for two people, me and Jason, who are on your product.

Product formats and how to use them

Well, I have to tell you an interesting story, because I sat and chatted with somebody on your team and we talked a very close I mean, we were breathing at each other and, you know, for a good 40 minutes at the show.

And I didn't get COVID and they they did let me know. And I said, Yeah, I didn't get it. But isn't that so? It really is. It really is a thing. And I used to get sinus infections every season before I took the minerals and I haven't had a sinus infection in ten years or nine years.

So I feel my kids do like I have three kids at home viruses. They're like virus transporters, right? Like a daily basis. I feel there's a bit of a tingle and then it goes away.

Yeah. So and they're now on it. My son's speaking of the cramping, he's an athlete, plays basketball. He's in his mid teens. And so we used your product for that purpose.

That's the original reason why I bought it to begin with, by the way, was for him. He was getting a little bit of white hair and he was getting cramping.

So I said to me, that looks like a mineral mineral deficiency. You need, you know, the copper, all that stuff. So anyways, then rapid, rapid turnaround, those problems aren't there anymore.

And he has a lot more sort of bandwidth in terms of how much time he can put into his sports and not feel bad. Right. And I find that I work with athletes all the time.

And the difference from using electrolyte replacement tools, I won't name the brands, but all those those mega dose formatted things that they still they never feel replenished.

They're always dealing with with cramping or things like hair, you know, white hair or other skin issues. And they start using our products and they they just they really turn around.

So let's talk about the green bottle. Our green bottle, which is called electrolytes. So if you think about our microbus, which is now a blue bottle and that that one is the human product which you can use for immune boosting for detoxification.

Now you have this green bottle, which is the electrolytes, which is the following supplement. So that is this incredible tool for athletes, for electrolyte replenishment.

And the thing that's so cool about it is that when you drink it, by the time it hits your stomach, your body is already utilizing some of that electrolyte content already utilizing when you take a powder, a pill, a flavor drink, it has to be digested first and doesn't even begin to hit your system for absorbing urine for about 15 to 20 minutes if you have a really good digestive tract.

Right. So it doesn't actually get into your cells until 30, 35 minutes. But when you take this electrolytes, you drink it down, like to have it on the sidelines of a of a of a basketball game when people are flagging and they take a quick shot, boom, they're back in action.

It works that fast. So going back to what you were saying earlier about how to take it, because I hadn't heard this before, by the way, it's not like any other supplement where you fill up your cup and pop your pills.

There's a methodology to sort of like slowly slip or just explain between the two why you would use them. So the way I think about electrolytes is it's a neutral.

It's about enhancing nutrient uptake. So if you're experiencing low energy or you're experiencing electrolyte imbalance and if you need more energy, that's the tool for a for electrolytes.

Now and then, the micro boost is a tool for detoxification. Let's say you eat something bad or you feel a cold coming on. You would use that as your or you need to.

You've determined that you have high heavy metals you might use extra micro boost. Now what we say is the like we call it the advanced set electrolytes and micro boost together because they're these incredible foundational support tools. To.

Not only provide all of the mineral supplementation you need. I see all so you don't have to take any other mineral supplementation like zinc or calcium or these other things that people take because they provide them all in a balanced format.

And the transportation system for those minerals into your cells. So that's the foundational amount is just like a half of an adult is a half a cup, half an ounce of each of those every day.

But now on top of that, you have this electrolytes as your electrolyte replenishment tool. The same way you'd use any other electrolyte replenishment, you just put an extra cup of it.

If you're going on a big ride, put it in your water bottle and drink it. Drink it. If you're going to be doing a sports event and you're about to go out on the field, you know, take it take an extra half shot or even a full shot.

If you if it's a really intensely hot day and you're going to sweat a lot. And then the micro boost again, you can take it. Let's say you feel a cold coming on as an extra added immune boost or an extra detoxification.

And that one you said is better to sip it slowly. Yeah. So again, what the reason again that we have the human separated is because now it allows you to titrate, you know, to to utilize it the way it works best for your body.

So if you're a person who's very sensitive, you might start when you first start taking micro boost, you might start with a quarter teaspoon in a four ounce glass of water and drink that. Mm.

C and then see how you feel. I've had people who take that much and they feel it a detox symptoms. So we start really. So if you're a person who's sensitive, it gives you it allows you to now have this tool that you can slowly utilize.

Whereas if you have a pill, you just have to take the whole pill, you know, or I guess you could cut it up. But it's harder to to work with your own filler needs for detoxification or for energy uptake.

And I remember the first time I met you, you told me something that I hadn't heard before. You know, I was taking minerals at the time, usually through salts.

I definitely found a different outcome taking yours. Like, there's no like it's visceral. I can feel it right. But then you took this bottle and you said, tell me where you have pain.

And I pointed somewhere and you sprayed me. And I was like, What are you doing? You're like, Well, this stuff deals with pain, like how it's minerals.

When you talk about the what's the science and thinking there? Yeah. Okay, so we have a spray. It's called lights and it's a phobic spray. It's a misting spray.

So now imagine this incredible phobic molecule that's much smaller than a cell and it has incredible absorption

capacity. You can spray anywhere in your body and it absorbs directly through your skin right into the muscle.

I actually use it for eyestrain because I spend a lot of time at the computer. I hold it about 18 inches away from my face. I spray it and I blink my eyes.

It goes into my eyes and it reinvigorates. It provides minerals directly to the mitochondria in my eyes, you know, in your in one single cell of your eye, you have like 12 to 14000 mitochondria in a single cell.

So that's how much energy your your eyes are at. Your the cells in your eyes are generating all the time. I think the eye has the third highest density in the body.

It's like brain eye and people don't recognize it. And that's why oxidative stress is so tied to macular degeneration. You know, your mitochondria Gillian's your eyes stay healthy for long.

So so you're saying that you can spread anywhere and it goes it's just because of the size of the molecule just gets in. Yes. And I mean, it's actually it works.

We say it works like magic, but it's backed by science because literally, if you're a woman has menstrual cramps, spray it on your abdomen, the cramps will go away in minutes.

Wow. If you have if you're a cyclist and you're doing an event and you're so we went to an event. It was really fun. We were at the aid station and the cyclists would come in and they'd be like, you know, doing some electrolytes and they'd be looking for energy bars.

And their legs would be we'd be like, Are your legs hurting? And they'd be like, Yeah, we spray them down and they would like after 30 seconds they would look at us and go, Whoa, could that be helping that quick?

And we're like, Yeah, it does. It absorbs through your skin into your muscle in 3 seconds. One 1000, two 1000, three, 1000. Is that amazing? That is truly incredible.

Yeah, it works for tension headaches. It really it's it works. It's it's truly an amazing tool. I don't you discover that because that's not a common application.

But you know. Well, you know, one of the things that happened as a result of all the research that we did, we started going, wow, if it's such a small molecule, wouldn't it?

It, it. My business partner, Dan Howard, he used to get incredibly bad cramping every night, so he started taking the minerals. But when he would then go do some big activity, he would then get cramping in his calves.

So he thought, well, why don't I put it on my calves? So he he did. And literally the cramp would go away in 30 seconds. Cramps, it would be usually like, oh, you know, in the middle of the night, trying to massage it out for, you know, 15 minutes was gone in 30 seconds, maybe not completely gone, but released the really intense pain.

So let's put it in a spray bottle. That is so awesome. And this is where we need people like you to innovate, you know, and not have blinders on in terms of here's what this thing does and that's all we're ever going to talk about.

You know, if you start to understand human biology, the the complexity and the simplicity, there's both extremes. And you can make the complex highly simple.

If you just think and apply and think outside of what we believe is the limitation of what we're supposed to do. That's exactly what you've done. And here we go.

We have a solution that is so simple, but somebody had to make it simple, right? It's really cool. And yeah, so and it really comes from my own experience.

So when I first the reason I took the minerals was because my business partner suggested it. I wasn't his business partner at that time and I had at that time flatlined adrenals.

I had really bad inflammation in my gut. I had been gluten free for about seven years, but I couldn't get over the inflammation. I had sinus infections constantly.

I had really bad inflammation in my mouth with bad gingivitis and deep pockets. I had bone in my teeth, I had headaches constantly. I ended up taking a lot of Advil, of course, which exacerbated my gut problems.

So just from taking them the these liquid volvic and humid minerals, my adrenals came back to normal. The inflammation in my mouth and gut completely resolved.

I stopped having any sinus infections.

Fasting support and closing thoughts

I stopped having headaches, and because of that, that's when I started to really go, Well, how could these little cups of liquid have such an effect? And that's when I really started researching.

I think in some ways, because I'm not a scientist, because I really looked at this from with new eyes, I didn't have any preconceived notions. I was just learning.

And by going down the rabbit hole in that way, I really started not just understand, not just thinking of minerals as minerals, but thinking of how they work in the body.

You know, how mineral replenishment works. And, and then I started really thinking about these other mineral supplements and I'm like, well, no wonder they don't work.

You know, how many people have pill cupboards filled with bottles? And a lot of those are old mineral supplements that they don't take because they didn't make any difference.

Yeah, by the way, I'm that person I have I had this bottle of. I think it's like dead sea minerals that came from the sea. Yeah. So it sounded good. I knew my water was void of.

I have a reverse osmosis system, so I knew that I was quite a mineral. So I thought, let me add, this stuff tasted horrible, didn't make me feel good.

So I thought, yeah, and that's the other thing is you made it kind of like tasteless. It just kind of gets in without even knowing. So now when people just thought that I had, I started to feel so much different for the minerals.

I was wondering, how much I needed to take the other supplements. I know you mentioned this about minerals in general, but my vitamin B using these and all the other stuff I'm taking and I'm still stuck there.

By the way, I understand the biology and why I need them. Right? But I'm questioning dosage and frequency and because there's so much benefit from this one thing that your body needs.

How much of that have we been using? A symptom masking. When the real problem was this? Well, and it's a really interesting question, because our whole system of supplementation has been built on these minimum daily requirement.

S Right. Which are completely ludicrous, actually, because who says that you need the same minimum daily requirements as I do and or a little kid or anybody.

Right. Just everyone's different. So first of all, the second thing is that one of the reason that those were were created is because you to put a huge amount in for some small amount to be digested, some smaller amount to be

absorbed, and ultimately a much smaller amount to be assimilated into yourselves.

So once your system is fully infused with volvic, you may be able to take less vitamin D or less vitamin B or whatever. I'm not saying you take vitamins.

You know, again, our food supply is our nutrition. The nutrition in the food is less. But you may find that you don't need so much. And it's another reason why it's really a good idea for people to go get a skin and again, the ligase scan will tell you all your vitamin levels as well.

And what we found after the PED pandemic was lots of people had high zinc. Oh really? I d Yeah, it's really interesting because people were taking so much.

Overdose and. Overdosing. So anyway, it's I, my, my sense and my, from, from the research that I've done is that the humor and full back are this foundational technology for the cellular systems in your body.

So the foundation and this this is I talked to lots of other scientists, lots of other people who have other products that are helping people in the biohacking world.

And every single. One of them agrees at the bottom you have to have minerals that there that are also the foundation and you have to figure out how to get those minerals into your cells.

And many that I speak with agree that the human and phobic are key components of that. I want to also help differentiate a couple of things for people, because people often ask me what's the difference between these and, you know, C minerals.

The interesting thing about human control that come from fresh water plants, decomposed freshwater plants, not C not C plants. So the the sea minerals are great for providing minerals, but they don't provide the transportation system.

They don't have the the full vignette or the OC. So if you took the fallback, if you're really wanting to use sea minerals, you could use those. And if you took Volvic they would help the Volvic would then help get those minerals into your cells.

They would provide that assimilation engine. The other thing that people often use is salts. And this is a big thing that's happened in the last several years as people, you know, all these do it yourself.

Salt solutions for adding electrolytes but people don't know is this and I'm I'm on a mission to tell people this what I found from the research that I did is that salts are excellent for acute electrolyte depletion.

If you're about to faint, if you have sunstroke, take some salt. It's a fantastic and acute level replenishment tool, but it is not the tool that your body likes for ongoing electrolyte replenishment.

What it actually does is it irritates the kidney, the lining of the kidney in the bladder. It actually makes you urinate more and which further depletes its it creates irrigation rather than hydration.

So I've done both. And I did, you know, I guess with the salts, I didn't have the the people commenting, first of all, that there's a glow on my skin.

I, I definitely felt better than if I were just drinking straight water at the gym. Right. But definitely not the same outcome. So I can see where you're coming from there. Yeah.

So it's a it affects the acute depletion and it's not actually supporting the full replenishment of your body. And then when you say that seawater or plants in the sea are all the same, there's a big push on sea mass right now.

So you're saying same thing. It doesn't have the fulvic. It doesn't. It doesn't. I think it's you know, sea mass is great

for from just getting minerals in.

But again, if the minerals don't get digested, I mean, I think that seamless is very digestible, like your body knows how to digest it. So that's the that's great.

Now you're getting now you have to absorb get it into your bloodstream the mineral content that in and again it might it might be more absorbable. Yeah it doesn't provide that assimilation engine that flavonoid capacity into the cell.

This is also I mean anyone listening you can see why this is so important. It's irrespective of what problem you're trying to solve, it's a foundational thing.

Like, just like you breathe and drink water. You need minerals, just like you need protein, whatever, fats. And it's not in your food. That is this is the big challenge, irrespective of what you do and how going to solve the problem, you have to solve it.

Yeah. You know, it's a major component of why we feel the way we feel and it's also a major driver of why we could feel so much better. So how do people find the product?

Is it in stores or your website or. Mostly we're on our website, which is beamminerals.com We're also available on Amazon. You can look for us there, beam minerals dot com or beam minerals on Amazon.

You know, also just to bring it back to the fasting piece. Yeah. I, I do. I really want people to recognize that when they're fasting, it's incredible to provide these humic and Fulvic minerals because when you're fasting, your body is an ontology.

And we know that, that, that autophagy curve is exponential, meaning the longer that you fast it, you get much greater levels of autophagy, which is that body cleaning up all of the dead critters and getting rid of stuff.

So doesn't it make sense that when you're in this intense autophagy process that you would provide your body not only the mineral content which which helps to produce the energy for the autophagy processes, but also the human, which is the support for the detoxification, the removal from your entire system of all that.

Duchesse You know, it's. Like the perfect, perfect fasting support. A woman just contacted me. She did a water fast. She is tried to do water fest in the past and she's been only able to do it for four days.

And she actually goes through a much longer process, ending with a certain number of days of just water. And but you have to win. And I'm not recommending anybody do water fasts unless they're really doing it with the support or the knowledge.

But she was able to go through six days of doing a water fast that and she said she felt incredible. All she did was take the minerals in water. Yeah. Yeah.

I mean, really what do calories for is is a little bit of energy. But if so, if there's a different way to give yourself that energy, breathing oxygen gives you energy or your mitochondria convert that oxygen into fuel.

And the same thing can be done with minerals. The reason why you're always hungry, looking for calories is that your food doesn't have the things, the tools that you need to make energy, including minerals.

So and speaking of that, I'm fasting today and I'm about to go take a couple of training right now. Right. So awesome. Yeah. In fact, there's actually even a term for mineral when people have all those cravings, food cravings, and they call it the hidden hunger and it's craving a cellular craving for minerals like trans.

Yeah, it makes a lot of sense into your body pushing. You eat more and maybe we can find that somewhere, right? Exactly. Exactly. Meanwhile, you open a box of cookies, right?

Sugar, salt. These are great, right? Yeah, for sure. So thank you, Caroline. This is awesome. Eye opening, you know, taking a concept as simple as simple as minerals and understanding how much more deeper we need to go, you know, and all these people that are kind of stuck, like I've done everything.

I've tried everything. Why isn't anything changing? Well, here's a big Y for you. Here's a big answer that maybe you haven't considered foundational, fundamental ones.

You do it like myself. You might feel entirely different. Yes. Thank you so much for having me, Kashif. It is always a pleasure. Awesome. Always awesome talking to.

Thank you again. All right. You take care.