Intro to Toxicity and the Show

you're poisoning yourself every single day with your own toxicity from your liver. It's not even externally sourced toxicity at that point. And it might be the mercury you were exposed to 20 years ago that's in the liver and now it's making its way to the small intestine and then back to liver, and every time it leaves the, the livers, you are getting symptoms from it.

Hi, welcome to The Balancing Point. I'm Dr. John Neters and I am here to make traditional Chinese medicine. functional medicine and integrative health simple, practical and fun so you can restore balance, boost vitality and enjoy a healthier life every single day.

Hi there. Welcome to another episode of The Balancing Point. I'm here as your host, Dr. John Needers, and our guest today I am very excited about. He's going to talk actually about a product that I had used decades ago and I actually think is going completely change my practice.

So I want to introduce Jeff Hoyt. Jeff is the president of Zeolite Labs. The title is A Smart Binder for 21st Century Living. You know, and I experiment with a lot of stuff in my practices and we use several different types of binders, but they all function differently from zeolites.

And so I'm going to let Jeff go into it and I'll go in to some depth on this. And, you know, I'm sure my audience is pretty clear. Anybody who's on the internet at all has got to be pretty sure about how toxic our environment is.

Why Detox Support Matters Today

But you want to talk a little bit about why detox support is ever more important, Jeff? Yeah, absolutely. I mean, one, it's just like you mentioned, if anyone's on the internet at all, there's all this information about microplastics and glyphosate, environmental toxicity, heavy metals, and all these information is coming out on how harmful these things are for our bodies.

And the challenge is living in the 21st century, we have a lot of modern conveniences that are fantastic that make our lives a lot easier. But with those modern convenience is common increase toxic burden from manufacturing and from enough number of other issues.

So basically, we're exposed to a greater level of external toxicity than ever before. And that I mean just just the food the water in the air all have some level of toxicity and then you talk about the personal care products and all these other things.

We're just kind of bombarded with toxicity. And then in addition to that we have a lot of emotional stressors and physical stressers and mental stress mental stresses and we're kind living in this age of stress and although the stressor aren't necessarily.

Considered toxins or you know toxins that store in the body They still contribute to the stress burden on the and that and they can prevent our body from Clearing some of the other toxins because it's using up energy, right?

So basically we have this perfect storm where it is an environment For that that results in our bodies accumulating toxicity if things aren't working properly So yeah detox support is just it just I say if you live in 21st century at this point you have to detox Yeah I've been in practice for a while and say 30 years ago, for the most part, problems were simpler, right?

Someone came in with a thyroid disorder or they came with upholed muscle or something. I don't get to see those patients anymore. There are so many overlays of mold and heavy metals that you kind of got to…

tease it all out and have a very, very careful, well planned out approach to leading. It's a completely different ball game now than it was 30 years ago.

So chronic conditions you mentioned like stress can lead to accumulation of heavy metals in the body. Would you talk about just the whole idea of having metals for a bit and why that's such a problem?

Yeah, absolutely. And, and, you know, there's this category of toxicity and it's the main kind of what's, the forerunner is heavy metals. and I think, I don't necessarily know if those are the most problematic, but they're the more recognized because there are most testing options and there is the research showing kind the detrimental effects of them.

But with heavy metal, one of the issues is that. They're, they're toxic. When we talk about heavy metals, we're talking about toxic metals. Right? Some people are like, well, some of the essentials are heavy, but yeah, toxic metal, mercury, cadmium, aluminum, arsenic, gadolinium.

Some of these, these metals that are, are basically stressing out our cells, causing mitochondrial dysfunction, messing up biochemical pathways. Something like mercury can basically just, just wreak havoc on everything in the body.

right from the mitochondrial level upwards and just really do a number on the nervous system, etc. And when you have these heavy metals, one of the issues is that it disrupts mineral balance because you some of these metals that are similar in structure to the essential minerals and when have the metal in, the mineral can't do its job properly or can be absorbed.

So for example, you have like cadmium and zinc are very similar in structure. So if you could go either way, if have a zinc deficiency, your body is more likely to hold on to cadimium that you're exposed to.

Heavy Metals and Mineral Imbalance

If you had a cadamium overload, whether that was from smoking, from tobacco exposure, or whatever it may be, Your body's not going to be able to absorb or utilize the zinc as well because you are competing for space.

Right. So, and part of it is just as a defense mechanism by the body, because if you're severely deficient in a specific mineral, the buddy needs something as placeholder there on that receptor site.

The body will actually hold on to heavy metals if your deficients in minerals because it can use them for cellular purposes, although toxic, but it needs.

So it's kind of interesting. So, it is kind a two-fold approach. When we talk about heavy metal toxicity, its kind in the light of as well of mineral imbalance.

We want the two step approach, the super two steps approach if it can be done effectively for health is in with the good, out with bad. Right? We wanna provide the body what it needs to work optimally and we wanna remove the toxic elements that are clogging up the machinery of the bodies and preventing it from working at its best.

And sometimes I think where detox comes in is if someone is doing everything right. They're eating right, they have a good lifestyle, doing incredible protocols, but they're not quite getting the results.

It might be because what they are doing is the supplements they taking might not be utilized by the body because there's competition or some sort of heavy metal or toxic element that is in some way preventing the absorption utilization of the nutrient.

Great explanation. You know, one of the things I really enjoyed when I went to your site is you have some short videos and very informative, but the one I liked is show you're using an oligo scan to point out as you are using the zeolite, how it's actually from one test to the next is actually reducing those heavy metals and which again, as you

mentioned, increases vitamin and good mineral levels.

And I was particularly excited because not a lot of people know about the oligo scan and we are the only office in this area that I believe does it. We'll get referrals, people driving hours to come do the Oligo Scan.

And we love it. The only thing I didn't like is that when we tested me, I had the highest level of mercury we've ever found, right? Ever. And I have a mouth load of cavities, you know, mercury amalgams when I was growing up.

My dad and I used to go fishing in San Francisco Bay for striped bass, which are just full of Mercury. So I came by it legitimately, but it was kind of scary.

And we had quite a few people that did the oligo scan and we set up plans for them. But unfortunately, I think we made it too complex. We gave them too many supplements, too, many things to do.

And, you know, they're, yeah, not going to see a major difference as, in a month or so. So they just quit. It falls off their radar. You know they, unfortunately they are human.

So anyway, that's why I'm really excited about zeolite. So, yeah, go ahead. No, it's okay. What is zealite? Yeah. Zeolites is a mineral. It's a naturally occurring mineral that is mined from the earth.

The first clarification is it is class of mineral, so there are a lot of different types of zeolate. clinoptilolite. So clinoptilolizeolide, that is the form that's been shown to be safe for humans.

And it's completely different than a lot of the other types of zeolites out there that are potentially hazardous and not safe or human consumption. There's also synthetic versions of Zeolight, lab-grown Zeolytes, and those are going to acting differently as well.

Just to keep in mind that, you know, all the information here is for natural, purified, high-quality clinaptilolate zeolyte powder. So I'll say that because there's also liquids and nanos and all this other stuff.

So what makes zeolite unique is it's mined from the earth and it has a negative charge. It's got a cage, first of all, so it is like a honeycomb lattice cage and has negative ionic charge and is attracted to positively charged elements through a swap mechanism.

You've got this cage. Imagine this is just a case, however you want to imagine that. And it got naturally potassium, sodium, calcium, magnesium in it.

positively charged minerals. And when it comes across a positively-charged mineral that it likes more, which is generally a heavier mineral or a heavy metal, then it swaps it out.

What Zeolite Is and How It Works

So it works through this cation exchange swap mechanism, opposed to some of the other binders that potentially are more indiscriminate in their binding, and they're just binding to everything.

The zeolite is more selective or considered a smart binder, because let's say it come across an amino acid or vitamin or a lighter mineral, it just leaves it alone because it already has the mineral that it prefers.

And it's only going to swap for a toxic element or an element that's heavier, which is generally the heavier elements, the heavy metal, you know, toxic metals, mycotoxins, ammonia, radioactive materials, and some of the other stuff that we don't want in our bodies.

Great. I think they use zeolite to clean up Chernobyl. Not yours, but the industrial type. So it seems to work on all sorts of things. Yeah. And safety in terms of not absorbing, say, vitamins or the minerals you want.

Yep. Yep, exactly. So initially, so you mentioned Chernobyl, it was used industrial initially. And then it's used in animals, then humans were the last people to start using zeolite, right?

But it has been used to clean up water. There's a lot of water studies showing binding capacity. That's why we know it binds to certain things like BPA and glyphosate and the radioactive materials like the cesium and radioactive strontium in Chernobil.

Then in the animal studies, and it is still used for animals. It's always mixed with the animals feed. And they were doing research saying, you know, is this going to deplete the animals of the blood nutrient levels?

And it actually improved the nutrient status of animals in the body. And that was kind of a pleasant surprise. So even when taken with food, it's not going depletes nutrients status, which is not always the case with some of other chelating or binding agents.

In terms of humans, I always say it is okay to take with a lot of supplements, but if you're taking, let's say, an iron supplement or Zinc copper or some zinc one of the heavier elements you might want to take it a little bit away just in case.

But what's interesting is even if you took some people actually use zeolite as a delivery system. So let's say if someone is utilizing colloidal silver, for example, some People will mix colloidal silver with the glass of zeo.

and then you add the chloidal silver to it, the zeolite is binding to the cloidal silver, but then when it enters the body, it swaps the silver for the heavier element when encounters it.

And the idea there is to deliver the sliver to kind of the toxicity binding site. whether that's a biofilm or whatever else. So it's kind of an interesting concept.

I mean, that is highly experimental. But because of the swap mechanisms, zeolite can be used as a delivery system. Let's say that you take the zeolate with a zinc supplement and maybe it does bind to a little bit of zinc, you're still going to get a lot of absorption of that zinc because it is going re-swap it out later and potentially we're in a good place in the body.

But it's not, you can't get a good milligram dose of what you're taking that way because you don't know how much of the zinc is going to be absorbed because some of it might stay in the zeolite cage, depending on how many toxicity is encountered on the way out.

So I'm really not worried about it personally if people take it with supplements, but if. I always say just take it, you know, an hour after the supplements, just in case.

And that's kind of the general rule with them. But overall, as we see from the illegal scan and, a lot of HTMA practitioners and other practitioners utilizing zero charge, they don't report any sort of nutrient deficiency.

Unless someone is experiencing detox reactions and not handling it well, that is what can result in the nutrient deficiency short term, not the actual binding of the nutrients themselves, but generally you see improvement in nutrient status because of their removal of heavy metals and other toxic elements that are competing for space and that causing oxidative stress, which is making the body use more of its vitamin and nutrient resources.

Did I hear you right? Did you say glyphosate? That it helps remove glycosate. Yep. So yeah, they studied that for water. I'm not aware of any human studies on glyphasate at this point.

There's anecdotal just reports that people say the practitioners that I work with that say that zeo charge does help really well, work really for glyfosates.

But in terms of clinical research, that's all water right now, but it does have direct binding for a glyphase. Wow. That in itself would be worthwhile.

Yeah. It's amazing. And you mentioned detox reactions. You know, I'm used to the old days when people would overdose patients with Candida killers, et cetera, and you get a Herxheimer, right?

What are we talking about here? Yeah. So detox reactions are super interesting. It's in it. Yeah, that was kind of my, I think a lot of people's first experience into natural health is the candida cleanse.

That was mine as well. And I'd ordered some like chitin cell wall suppressor from Thailand and this whole thing. and it was. Kind of an interesting, funny story, but anyway, detox, reactions or just when you're experiencing a symptom in response to a detox protocol, it's a sign that there's more.

stress than there was before in the body, right? Detox stress. There's some, there's a little bit more than the wider body wants to handle or is used to.

And there are different types of detox reactions. You've got what we want to avoid is the redistribution of toxic elements. That's where we go in with the detox agent and we stir something up, stir a toxist dip or liberate or mobilize a toxicant from tissue.

Binding Toxins, Glyphosate, and Detox Reactions

But then it doesn't quite make it out of the body and it finds a new home that's redistribution. And as it's floating around, it causing stress on the system.

That's what we want to avoid. Then there's herxheimer reactions, which are more biological. So when you're doing like a line protocol, you know, working on some sort of microbial agent in there.

their immune system is going after them and that results in a reaction that's a little bit different reaction because that doesn't necessarily mean this redistribution it might be okay sometimes those are unavoidable and then you've got other types of reactions like retracement symptoms where sometimes you go into detox protocol and your body just starts releasing all sorts of stuff from the past and thats physical stuff like the stored mercury and toxic elements but sometimes even emotions start coming to the surface and people start having You start feeling, you know, like weird emotions like from the past and sometimes they have nightmares, et cetera.

That's a little bit less common, but that happens as well. So detox reactions are basically just a response to the detox process where the body is taking something generally from tissue that was in the storage unit in.

And it brings it back to active processing center. And when it's in the processing center, it causing stress in body because the body has to deal with it.

And if that stress is more than what the is able to handle, you get reactions, hence the detox reactions. I've heard a phrase, and if you'd comment on this, I heard, quote, too sick to detox.

So can you talk about that a bit? Yep, exactly. So basically what we have here is, is a situation where, so, first step stepping back, looking at how the body.

prioritizes detox and prioritize the cell threat. The body is more focused on short-term survival over a long- term thrival. Right. Actually, the first time I said that, I was talking to, uh, Jeff Leone of illegal scan a couple of years ago, we were talking and that that like came out of my mouth and I'm like, that's a keeper.

I want to be saying that from now on, but longterm. short-term survival over long- term thrival. So that really, just that alone can really help us understand why the body is doing what it's doing.

Because when it comes to heavy metals, we would say, you know, these things are toxic, they're disrupting cellular function. Why would the buddy possibly want to hold them in tissue?

Why doesn't, when they come in, why doesn' our body just get rid of them? And it actually is to protect us because

there's different kind of levels of toxin storage, right?

When you're exposed to a toxic element, whether you just ate a bunch of the fish or you just daily from the amalgam fillings, whatever it is, you you have it kind of in your processing center.

So let's say mercury, for example, it's in you're processing Center. That is where your body is actively trying to cleanse it because you were just exposed.

Your body doesn't like it. It's causing an immune reaction is causing inflammatory response, your buddy tries to get rid of it, but if that level of mercury is maintained for long enough, the body can't handle that level.

It has to do something with it. So ideally, it gets it out of the buddy. But if it can get it on the bottom, that's to tuck it into tissue. Then it goes into storage.

And that could be just, you know, just general tissue, your brain, an organ, some sort of fat, and at that point, It's not ideal because you still have the mercury there, but it's causing less immediate problems because it is out of the body's active processing center.

So it was kind of hiding from the immune system. It is not causing the same level of inflammation, But now it causing more long term, long-term detriment.

But the, let's say brain, the brain for example, that could potentially contribute to neural degeneration like Alzheimer's, The body would prefer to have mercury in the brains slowly causing Alzheimer's opposed to having it floating around where it's killing you quickly.

Right. So that's kind of like when you're acutely poisoned, you get very sick and some people will die from acute poisoning. The body just tries to tuck as much of that as way as it can in tissue.

Cause the tissue is a natural storage unit for the body. I think is key with detox and detox reactions because what's happening with detox fractions is generally the toxicity that's in storage is now coming back into the processing center and the body has to deal with it.

And it was toxic when it came in and now it's toxic. When it coming out. And it's like you're exposed for the first time to some extent, and now you are experiencing symptoms.

So let's say an individual that is too sick to detox, this is generally an individuals that's kind of at max capacity in their processing center. They really can't handle that much additional stress because they're dealing with a chronic condition or chronic stress or just a lot of daily dose toxicity.

And then if something is mobilized from tissue and added to the processing center, it kind of tips over that cup. It's more than the body can handle. And now they get symptoms or detox reactions, then they're considered too sick to detox.

Cause every time they try to do a protocol, they'd get terrible reactions. Whereas a healthier person does the same protocol. I might say healthier physiologically, not necessarily lifestyle.

Because we know sometimes it's not fair. Sometimes the people that are, we, you know that, but someone that's a little bit, healthier physiologically does the same protocol, they don't get any symptoms at all, right?

And it's because there's more capacity to receive toxicity in the processing center because their body's just better able to handle it because they're less in there or just they have more biological response to, to Great answer.

Thank you. Very thorough. Reminds me of a Matt as a Hatter syndrome, right? Yeah, absolutely. Yeah. And I've heard the terms push catch versus catch and release methods.

Can you speak to that a little bit? Yeah, so there's different methods of detox and it's really about finding what works for you and what you're able to handle.

And I will also say that the body is in control of the detox ultimately, right? The body as a detox machine, it is always detoxing. We've got natural detox organs.

It's just a matter of how well is that machine working and how are we handling the external source and internal production of toxicity on a daily basis.

Because if all this toxicity that we're dealing with on a daily basis, if the body can handle it all and. receive it and excrete it all without damage on a daily basis, then we're probably good.

We might not need as much or maybe we need minimal or no detox support. The problem is when the external exposure becomes greater than what our bodies can naturally handle, that's when we may need to look at additional support and in 21st century with the level of toxicity we are exposed to, That's usually where we.

So if someone is generally healthier, they have more liberty to play around with different approaches they can do. more of the traditional where you just take an agent to push toxicity out of tissue or specifically with push-catch the liver.

So like Chris Shade is kind of coined that term push catch and his approach is just taking bitter herbs and products that stimulate bile flow because the, when the livers toxic, then it pushes out bile.

Too Sick to Detox and Push-Catch vs Catch-and-Release

The bile carries the toxicity to the small intestine. Then the idea is to excrete that. You're pushing things out. The challenge with them, you catch them with a binder to prevent the redistribution of those elements.

Now the challenge, with that, for someone that is considered too sick to detox or kind of on the verge is that when it's in the liver, it is kind that deactivated, inactive stored toxicity.

When it comes into the small intestine, its now in processing center or its active toxicity, so if that puts you over The threshold, the stress threshold.

Now you get the symptoms again. So that's why sometimes when people go after they eat a fatty meal or they go in a sauna or even exercise or something that produces bioflow or, you know, bitter herbs, then they get terrible symptoms.

And that is because they're pushing toxicity from the liver to the small intestine. And then they're exposed and their body has to try to clean that up.

And the challenge is that the body recycles a lot of its bile. It's by design, right? So it recyclables up to 95% of it's bile, so it goes, it is enterohepatic recirculation.

So that's gut, liver circulation. so goes from the liver to the gut and then back to. If the, if the bile is toxic because the livers toxic, the problem is you're recycling toxic bile so basically you are poisoning yourself every single day with your own.

toxicity from your liver. So it's not even externally sourced toxicity at that point. It might be the mercury you're exposed to 20 years ago that's in the liver and now it is making its way to the small intestine and then back to liver, and every time it leaves the the livers, you are getting symptoms from it.

For a lot of people, if there's room to receive toxicity in the small intestine and then the body can you take a binder and you catch it and You excrete it fantastic because then you're cleaning your liver and your cleaning Your body but once again for the people that are too sick to detox Maybe that doesn't work and that's where the the bind first

approach I call it catch and release where you just take it, you know, is he like powder like zeo charge you Take that and bind to the toxic elements in a small intestines to prevent the natural recirculation of those.

And then you're naturally just slowly cleaning the liver and the rest of the body. So it's less pushy, right? It's literally just catching first. What's interesting is when you do that approach, it kind of unclogs things and body starts ramping up detox.

Because when you would, you think when someone becomes more toxic, the body would naturally speed up detox to try to get the toxic elements out faster.

But generally, especially chronically, it's actually the opposite. The body slows down detox because it is trying to keep as many, as much of the toxical elements, out of processing center as possible.

So that's why when people have chronic illnesses, generally they have less bioflow. They sweat less, they less lymphatic drainage or slower lymphotic drainage because their bodies can't handle as much toxicity in the processing center.

So it slows down the release of stored toxicity. But then when you start taking something like a zero charge and catching the toxicity that's currently floating around, it kind of empties that cup.

And then the body says, okay, now there's more room to receive it. Let's naturally ramp up detox, let's start increasing bioflow. That's increased lymph flow, that start sweating more, et cetera.

Then start dumping toxic elements from organs and from tissue, because now we have room. To receive them. Well, I have a question and this is more semi-personal.

One of my staff had a very bad, hospital level exposure to mold a few years ago and has been extremely sensitive since then. found out very recently that the place that she's in has mold and she was having all sorts of symptoms.

She's been doing the zeolite and her symptoms are getting better. How would that happen with mold? Is it because heavy metals? are getting released, which allows the mold release, or is it working directly on that?

Yeah, great question. And actually, that's one of the top categories of people that are utilizing zeo-charge is kind of, I kind call it the 4M spectrum, mold, metals, magnetic fields, and microbes, because generally when you have like mold toxicity, you kind have that spectrum of conditions, but especially in mold-toxicity, one, well, zeolite has been shown to directly bind to mycotoxins, So that's one of the reasons it's still used in animal feed, is to bind to aflatoxins and nucleotoxin A.

So direct binding of microtoxins is one, because if you bind into the microtoxin, then the micro toxins are not causing the same level of immune response because they're bound, right?

So, that can help calm the immune system and reduce the inflammatory response. But then there's other things, like when you have When you're having reactions to mold, generally have an increased level of histamine.

You're kind of having that allergic histamines response. Zeolite also binds to excess histamin. So it can help calm symptoms in that way. And then just by binding some of the other toxic elements that the body is processing, it gives the more energy to naturally go after the mycotoxins and things it's exposed to.

That's the nice thing about zeolites and binders that are binding all this stuff is that even if you are Let's say mercury is your challenge, and it does bind to mercury, but even if it didn't bind mercury and was binding to all this other stuff, it could still help detox mercury because it's binding so many things that it increases the body's natural detox capacity so it can start going after the mercury.

So for example, ammonia is one of the main things that zeolite binds to. And I think this is. One of. The biggest benefits of zeolyte is the ammonia binding capacity.

Cause when you have, when. You're dealing with mold or any sort of other toxic condition, generally your liver is not going to be working quite as well as it should be.

When your livers not working, it's not processing or breaking down the. Ammonia as. Well, and you can get a buildup of ammonia and then that can also go to the bloodstream and that.

Can even go. To your brain and it is, I mean, is highly toxic. It's designed to you know, dealt with and excreted pretty quickly. So zeolite binds to ammonia.

It also binds its waste product urea. And on the topic of ammonia, when there's microbial imbalance, the microbes are like candida, we mentioned, and these other microbes, are producing ammonia as well as waste products.

So just the ammonia binding capacity, I think is huge. But yeah, when it comes to mold, it's binding to some mycotoxins binding, to histamine binding.

To a lot of metals, is binding To A lot Of things that are immune stimulants. And by buying to those, It kind of calms the storm in the body and helps the Body breathe a little bit.

Now, of course, t's not a substitute for dealing with it.

Mold, Mycotoxins, and Ammonia Support

I mean, you can if you're living in a moldy environment and having you know, chronic immune reactions to it, Taking zero charge is probably a good idea, but it's not a long-term solution.

Awesome. And talk to us a little bit, if you would, how to take it, and how much to in general, do you do different dosages for different people or conditions?

Yeah, so this is really the most important aspect of taking ZeoCharge is the dosing, because there's a paradox where traditionally, just the general thought with most supplements is start low, work your way up, low and slow, titrate from low to high, especially for sensitive individuals, those with mold toxicity or Lyme or mast cell activation syndrome or something of that nature.

And the challenge is that doesn't always work. because sometimes taking lower doses actually is more problematic than high doses. So this goes for medications and this for supplements, right?

So sometimes when you take a low dose, it has the opposite effect as a high dose. So something like a medication like an altruxone, you take it 400 milligrams at the higher dose, and then you'd take at 2.5 to five milligrams for low dose naltrexon, the exact opposite effect.

So microdosing certain things sometimes backfires, so it's not always good to start low. With zeocharges, one of those items, interestingly, The less you'll take, more likely you are to experience those detox reactions.

Which doesn't seem to make sense, but that's the reality. And there are, there is a lot of information about that on our site. I've got a lengthy document called the higher dose, or the zeolite dosing paradox.

They used to call it the Higher Dose Theory of Zeolites. Um, and it goes over some of the mechanisms of that. But essentially when you take a super tiny amount, like a micro dose of zeolate.

It goes in, it stirs stuff up and might disrupt bile films. That might, you know, accelerate, kind of act as a detox accelerant, whatever it is, is binding something that is causing stress.

All of the zeolite is bound. Do you have this extra stress that was generated? The body now has to clean that up and the net effect is actually an addition of stress on the body, which is the opposite purpose of a binder.

The reason we take binders is to reduce the stress, to mitigate detox reactions and not to add stress to the system. If the same person took a higher dose, they still go in, the kind of stir stuff up, disrupt the biofilms, make a mess, but there's enough extra zeolite particles or cages available to clean up its own mess.

And then the net effect is a reduction of stress in the systems. So I think that maybe this example will help, because that might not have made sense.

But essentially, let's say you have your active processing center. Look at that as a cup. When the cup overflows, that's when you get symptoms. That's where you'll get detox reactions.

And let say, you're at 80% full and you take a little bit of zeolite and it takes it from 80 percent toxicity to 75 percent. So there's still no symptoms, but then in response to taking the zeolate, the body dumps toxicity from tissue.

or it disrupts the biofilm and it takes that 75% to 110%. And now your cup is overflowing, you have symptoms. Let's say same person started 80% toxicity, they take a bunch of zeolite, it binds so much in the cup that it goes to 10% of toxicity.

Then their body can dump all sorts of toxic elements from tissue and there's room to receive them without experiencing the detox reactions. Well, so it's the opposite.

So more normal detox is, is pushing or pulling or mobilizing toxicity from tissue that's in storage and putting it into the processing center. And it is inherently stressful because it adding stress to the system.

binders and zeo charge are the opposite because they're grabbing what is currently in the processing center, opposed to pulling something from tissue.

So the more you, so with the other approaches, the the stress you get with zeolite, The more, you take the, more your binding to the less stressed you are.

Great explanation. That's fabulous. Practical question. so I use a lot of modified citrus pectin. because it lowers galactin three levels, so it can reduce inflammation.

Would you see a problem of spacing them out, but taking your product and modified citrus pectin on the same day? Oh yeah. People, people do it all the time.

Very common. That is one of the better binders. Probably my second favorite binder after zeolite is the modified Citrus Pectin. I don't like a lot of bindings but I do like that one.

A lot people actually mix them together as well. So I, I really see no problems. You can even take them at the together and it's some people respond differently to different binders.

So it was kind of finding one that works best. Interestingly, a lot of people that take the modified citrus, citrus pectin and then add the zeo charge get an additional benefit.

And I'm not sure if that's because of the strong ammonia binding effect or just different affinity or increased surface area.

How to Dose Zeolite Safely and Effectively

That's one of things about zeolite powder is, and you mentioned taking it decades ago, the manufacturing process has is improved so much since then now because before it was kind of this grainy kind This is not, um, it's the powder.

So because of that, there's a much higher surface level, which is just more binding capacity. That's one of the reasons sometimes it works a little bit better than some of others, but absolutely combine them, take them different

times of day, same times a day.

Um, and to answer your question about the dose, what I don't recommend is the micro dosing, should be less than one scoop. Generally, so there's, it goes in scoops with a scoop is five grams.

And if you're taking, if your more sensitive, I recommend starting between two and six scopes per day, which is kind of a wide range, but it really depends on what's going on.

The more active toxicity you have, the more daily dose toxicity, you. Have the, more binding support you need to grab all that stuff. Right. So, and if, combining it with pectus alsi, then you might need a little bit less because you are getting some binder there.

But that's the general rule. with a lot of products is like there's liquid zeolite products, which are just powders mixed with water, and you're getting a lotta times one or two milligrams of zeolate per serving, opposed to the required 5,000 to 30,00. And then you've got nanos, what you kind of another category, with your even less than one milligram, but those are completely different animal and I don't recommend those.

But yeah, when it comes to zeolite powder, and don't try the dosing theory with like a liquid or nano, because it'll probably backfire. But with the, we're talking about, you know, the cleanup till light powders here, but yeah.

Two to six scoops, maybe a little bit less if you're mixing it with another binder, like, a modified citrus at Bechtin. Wow. You've kind of blown my socks off here.

This is, I'm thinking about my hundreds of poor patients that I didn't recommend zeolate to, your product to. So that will change. Anything else you want to add?

I think you could probably talk for weeks about this. I Think for usage as well. One of the things is generally not splitting the dose up into a bunch of different doses.

Because in theory, that just sounds great. It's like, okay, if I just take, you know, a half scoop of zero charge 10 times a day, I have this constant binder in the body.

But generally that's going to result in a way more stress than just a single dose. So starting off, at least I recommend whatever dose you're going take.

Let's say two scoops, take it one time per day. Don't split it up. don't mix it in that glass of water and drink it throughout the day because the key is to get enough on each dose or at each time opposed to cumulatively throughout.

And then after that you can start experimenting. from there and if you want to split the dose fine but the key is really to get enough on each dose so one of the starting off to avoid detox reactions because it can still cause detox your actions because a lot can happen it's the nice thing about zeolite and even citrus pectin which little different that might work on like the different pathways but with zeolate it doesn't work in any specific biochemical pathway.

It just goes in, it's not absorbed. It binds. So there's no side effects. There are only detox reactions. And the detox reaction can be many or different because it just depends on what you're binding and what's being exposed and how the body's reacting to that process.

That's where it is kind of interesting. That's why I like the once per day going in, taking it after a meal is often recommended because it's less likely to cause the reaction.

If you take it first thing in the morning, it is more likely cause microbial disturbance because generally it has a stronger antiparasitic and antifungal effect when taken in an empty stomach.

So if you're going for that, you can take it at that point, but if your trying to avoid the reactions, probably better after

your largest meal. Also, if think that liver congestion is one of your main issues, I like starting it 30 to 60 minutes after, um, uh, your large meal or your fattiest meal, because that's when you getting kind of that bile dump and you want to go in and basically try to filter that bio to prevent the natural circulation of the toxic elements in the bile from, from just your bio release from eating.

Great answer. So I've got about all I can handle in my brain right now. I just really, really want to thank you for your clarity about all this and your vast knowledge.

So thank for being on. I really enjoyed this a lot and I'm sure my listeners are going to love it.

Final Tips and Closing Remarks

Jeff Hoyt, thank very much. Thank you. It was a pleasure. If you enjoyed today's episode, please follow the show, share it with a friend and leave a review.

Feeling out of balance? Most approaches just manage symptoms. Here we get to the root. So real healing, real clarity and balance can begin. Visit alamedaacupuncture.com.

That's alamedaacupuncture dot com to learn more, explore our supplements or book a call. We'd love to hear from you.