Humic and Fulvic Minerals: Nature’s Solution for Energy and Detox l Caroline Alan l Ep #431 Transcript

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Introduction and Sponsor Messages

Hi, I'm Natalie Nidam, your host. Welcome back. What if the real foundation of your health isn't something that you track, but something you've maybe not really put much thought into?

Today I am joined by Caroline Allen, the author of the new book, The Mineral Reset, and co-founder of Beam Minerals. Caroline went through a complete health unraveling, brain fog, exhaustion, chronic issues, despite being a high-performing high driven entrepreneur.

And what she eventually uncovered wasn't that it was about another diet or protocol. It was actually a depletion of trace minerals. We get into why your cells literally cannot produce enough energy without them, how modern food may no longer deliver what your body needs, and a whole lot in between.

This episode really connects a lot of the dots. Now, if you're feeling inspired and you want to get in to that book, You'll find the mineral reset on Amazon or any of the major book resellers.

Um, we also have a special offer just for listeners of this podcast. All you have to do is go to be minerals.com and use code Nat 20 for 20% off your first order.

If you're feeling called to replenish your trace minerals, And finally, I also want to highlight that this episode is brought to you by Qualia Creatine Plus, Vitali Skincare Exosomes, and Level Up's Ultimate GI Repair.

Every one of those brands has a very special offer just for you. Just check out the show notes below for details. Now enjoy the episode. Welcome to the Show.

It is such a joy to have you back here today. It's always so great to be with you. I can't wait for our conversation. Yeah, same. So we have previous episodes that we will link to in the show notes, but you've done this thing that founders and entrepreneurs do sometimes.

And that is that you sat yourself down, calmed yourself and wrote down a really powerful story. like your own story kind of woven into this whole, the whole space that you've evolved in really over the last, how long has it been?

You know, it's been 10 years. Wow. So over last decade. And so, you know we're really here to talk about that a little bit and also to really dig into what the story of minerals really is in its importance to human health.

One of the things that you start with is you've talked about, you know, dealing with gluten intolerance, chronic inflammation like yourself, right? Headaches, adrenal burnout, thyroid issues, like these are things are so common in the world right now.

What point did you realize that there was something deeper in your biology that might have been fundamentally out of balance? Because I think with minerals, we're going so deep, it's a level that very few practitioners and physicians will often go to.

Yes. You know, really what happened to me was I had so many chronic issues, some of which you mentioned. But when I hit perimenopause, that's when things really started to unravel for me.

And particularly with the brain fog and the headaches and energy issues. I was really… I mean, at that point I have to quit my corporate job. That's what I can't do it anymore.

I have to take a break. But at that time, I knew nothing about minerals. I know nothing how minerals work in the body. And no one, out of all of the practitioners, specialists, you name it, no-one ever mentioned minerals, not a single one.

Caroline's Health Breakdown and Mineral Discovery

They mentioned allergies, hormonal imbalance, thyroid issue, different things, but they never ever said the word minerals Yeah, that's so interesting.

It's almost like they don't think of it, right? So when your health is failing, but all the conventional answers just are incomplete, what was that experience like psychologically?

Were there moments when you felt like it was just your body betraying you somehow? What was the mindset? My mother died young. She was 64 when she died.

When I, in my mid-40s, started to feel badly, I was like, well, on just on my mother's trajectory. I'm on the steep decline. You know, I had always been, you know I'm a pretty hard-charging person, very goal-oriented.

I've done a lot of things in my life and achieved a lots and been very successful. And to literally not be able to get my thoughts together to do what I have always able do.

It was extremely scary. Extremely scary, and I just, you know, there's all the mental and emotional pieces, the anxiety. I also had two young kids then.

and my marriage had split, and it was an extremely difficult time in my life. Yeah, I'll bet. Okay, so let's fast forward a little bit. When humic and fulvic minerals first entered your life, what was the moment that made you think something profound is happening here?

First of all, how did you come across them? And what, was that moment, that you thought, wait a minute, this is not just a thing. Like, this is big, even though it's little.

Well, there were two particular moments that really kind of made me go, wait a minute, what's going on? Because a lot of the changes that happened in me were really slow and incremental.

And just so you know, the way that I was introduced to them was I met my business partner, Dan Howard. Of course. Dan. We were talking and I Why don't you try this stuff?" And he gave me this little cup of liquid minerals.

I didn't even really know what they were, but I trusted him and I drank them. And, he give me these bottles and went home and started taking them every day.

But I wasn't really even thinking that they would have any effect because I was already trying so many different things and had given up on so much different thing that I did not have a lot of hope.

But I had been working, one of the biggest problems that I have was very bad periodontal disease. I've had super receding gums, all sorts of deep pockets with inflammation in my gumbs and bone loss in teeth.

And I'd gone to three different dentists trying to figure out what is wrong with my mouth. And I took the minerals and I had to have my teeth cleaned four times a year because of this periodontal disease.

And they often had numb me because it was so painful when I had my teeth cleaned. I didn't need any kind of pain relief. There was no bleeding. And when my dentist came in to look at my mouth, she was like, whoa, what has happened?

She was really surprised. The tissues are pink and healthy. Your teeth were cleaned, this is incredible. Wow. I didn't even know what could have happened.

And I thought for a while she had left the room. When she came back, I said, you know, it might be these minerals I'm taking. So then I went home and I started swishing them around in my mouth every night before I go to bed.

This is really helping. Then after four months of taking them, I'd also had adrenal fatigue and my adrenals were flatlined, completely flat lined. They'd been that way for over a year.

I was working with a naturopath. We'd done all sorts of different, you name it, we tried it. All sorts herbal remedies, tinctures, all different things, Ayurveda, and nothing had worked.

Nothing had done really anything. And I went in at my last appointment, she had given me a prescription for hydrocortisone because she's like, we need to jumpstart this situation.

But I never fulfilled the prescription because it just didn't seem right. I went in, I did the adrenal test and she looked at the results and was like, this is amazing.

This is fantastic. Your adrenals are one third of the way up the chart. So from completely flat line to one-third of way of up chart in their natural sawtooth pattern, which is also very important for adranals.

She's like, the hydrocortisone is really working. And I said, no, I never filled that prescription. I think it might be these minerals. Now, by that time, it was also starting to feel much better.

But those were the two points where I was like okay, this isn't just me thinking I might this is like lab tests. This is doctors looking in my mouth, literally.

And those were the big points. But over about eight or nine months, all these different symptoms that I'd been struggling with, like the gut problems, elimination issues, the the headaches, the hydration issues with just not being able to hold water in my body, and as well as just waking up like three or four times every single night.

Like all these things resolved. And I kept going back to this man, Dan Howard and going, minerals? Like how could minerals be doing this? And he started giving me these little pieces of information that I could start researching.

If you're using a sauna and you are not following a specific protocol around it, you ARE sweating, but you may not actually be supporting detoxification properly.

And that's a problem, because the difference between a session that just makes you hot and one that genuinely moves the needle on your health comes down to a few key steps that most people are NOT putting into practice.

So I put together my complete sauna protocol, the exact pre, during and post-session routine I follow myself, and I'm giving it away completely free. Now, this is not a generic guide.

This is what I actually do. So, of course, you always want to do what's best for your body. But if you want see what i do and to download it now for free, just head on over to natnidam.com forward slash sauna.

That's n-a-t-n-i-d-e-m dot com forward-slash sauna and check it out for yourself. The first sign really was the oral health shifting. And then, and then your second sign was when that's so interesting.

So, but between those two appointments, did you notice anything else between Those two medical appointments? Or do you think it was the shifts were so subtle that it Was almost like you weren't really Maybe maybe you were noticing shifts, But but they were So subtle, that you wouldn't have Attributed them to anything or exactly there were things that I noticed I notice my energy returning and I Notice that the particularly my afternoon crash I would have like such a deep afternoon.

Crash. I'd be like, you know, I can't think I have to lie down Yeah, not stopped happening. So I was able to sustain energy through the day I started noticing just like a lowered, what I call it is more bandwidth.

So, you know, like when you have high anxiety, high stress, your bandwidth for dealing with the things that come at you is much less and you're more reactive.

Yeah. I noticed myself being more responsive than reactive and people around me started reflecting that back to me. And that was I was like, wow, that's interesting.

Yeah, actually that is true. And I stopped having headaches. That was a huge thing because I really had so many headaches and I also had the other issue that I had that didn't mention is I have ongoing sinus infections.

I've had a bad mold exposure event and was really struggling with sinus problems and those just began to resolve and stopped those sinus headaches Wow.

The other interesting thing that I noticed is I really craved sugar. And I'm not a sugar eater like candy or cakes or cookies, but I ate a lot of fruit.

Early Signs Minerals Were Working

I would sit down and eat a pound of grapes in, you know, 10 minutes. You know. That's a lotta sugar, yeah. Yeah. Then I found, I remember going to the grocery store and looking in the fruit area and not buying any fruit, And getting to the checkout stand and going, that's interesting.

I don't really want any fruit. And that was just like one of those moments I was like, That's different. Because my cart would have lots of different fruit in there.

So that that another key moment. Yeah. Do you think your body was craving the fruit because he was looking to replenish minerals? Because it wasn't after the sugar really that it was, I mean, the Sugar could have been a part of it because you're looking for that quick energy.

But I, but we often talk certainly as a nutritionist, like we will often talked about the body craving foods to replenish missing elements that is needs.

Absolutely. What I say, what does this hangry cell crave? Sugar and salt because it's looking for quick energy and it will send you after sugar and salts.

If you're addicted to those crunchy chips or those sweets, that little hard candy, those things, they are your cells literally just saying, we don't have what we need.

I feel so strongly because I hear it from so many customers that when they start getting mineral replenish, their cravings greatly reduce. Yeah, that's so interesting.

And this is something I wanted to dig into a little bit. Like you often say that understanding health really begins at a cellular level. We're hearing that more and more now, right?

People are starting to get to the point where they're thinking, okay, people think about disease, they think of organs, think think tissues, systems, but they don't think those cells, the trillions of cells at all.

So why do you think that's such a fundamental misunderstanding of how the body works? You know, this is really why I wrote the book. This is the key piece that made me go, I have to bring this information to people.

Most of us are walking around in a body. We have no idea how to fuel. It's sort of like, if you had a car, you bought a card and you didn't know that you have to go to the gas station and put the guests in the tank, in gas tank.

Most are doing the equivalent of taking a glass of gasoline and putting it in cup holder in our car and thinking that's gonna fuel the car. You know, we literally don't know how our bodies are fueled.

And when I learned that it was such a huge aha moment, I was like, why has no one ever told me this? And that basic understanding is that Yes, you have all these parts and pieces and organs and tissues and structure in your body and juices, hormones and neurotransmitters and blood and all sorts of different juices.

All of them rely every single biosynthesis process in your body. Every single structural element, every cell, and every process requires minerals at its foundation.

Now, mostly people talk about vitamins and then minerals. Vitamins and minerals, like fruits and vegetables. Right, right. Exactly. You know, foundational elements and micronutrients, minerals are actually not only the entire structure of the universe, everything structural in the Universe is minerals, but also energy production in cellular systems.

Your body is a cellular system. relies on minerals. I like to describe it like a campfire. So inside your cells you have these mitochondria and there are these organelles that generate these small units of energy in your body and I kind of like To build a campfire, you're going to need wood.

And the wood is like the minerals. It's the heavy content you fuel you need. Then there's like, the lighter fuel that's tinder, and that is amino acids.

Your body makes a lot of amino acid. A lot are present. Some come from your food as well. and then you have the match. And the mitochondria is like the matches, it's the tool, its the mechanism in your body that allows that fuel to turn into energy.

You have a phenomenal astronomical number of mitochondria in your body that are constantly looking for fuel to generate energy. But if you don't have enough fuel, those mitochondrion are almost useless, not totally.

They can still generate a very small amount of energy, but it's like one-twelfth of the amount. If so, the fuel component is just the piece that no one's talking about yet.

Yeah. That's why I wrote the book because I'm like, this is the fundamental issue that's driving that. It's like at the root of so many chronic issues in children in young people going through puberty, and women who are infertile, women are struggling with their periods, perimenopausal, postmenopause, men who were struggling as they age related to hormone production, testosterone, keeping their muscle mass, all of these things, it is absolutely the key component to longevity.

Yeah. Well, and I mean, because what you're describing is without that underpinning of cellular energy, nothing is going to go right. And so much can go wrong.

At least if you address that, under pinning and things are still going wrong, so now you can move further upstream and see what else, but without this one piece addressed.

I think this is the part that we To your point, we're not taught and we don't think of, and it's so foundational that without addressing it, nothing else can really move materially.

So you talk about the mitochondria a lot. Is that the first thing that really breaks down in the cell when it becomes mineral deficient or is there something else?

Really, think of it like this. The way I like to describe it is a body that has enough minerals can generate about 1200 watts of electricity every day.

That's like enough to power your blender and your toaster. I mean, it's a lot of energy. You wouldn't want to get zapped with that amount of So that's how much electricity is running through your body If you're fully mineralized if you have all that wood for your campfires your that fuel but if You don't which most of us don' and we can talk some about what why we don?

You're maybe only generating 800 watts or maybe 600 watts of energy at a cellular level. So your body then has to pick and choose. It's going to say, well, hair, that's not that important.

And you know, we're skin. We're going keep it going. We're going to keep your heart pumping. We are going keep you lungs going. Keep some level of cognition.

Make your eyes work. There are certain things that are absolutely critical to life support and to you interacting with your world. Those things will continue to work even if at a lower level.

You might have heart palpitations. Your vision might start to deteriorate. Hair might fall out. Your skin might look dull. The inflammation in my gut was unable to…

My body was able to clear it. You know, the inflammation of my sinuses and in mouth, my body just didn't have enough energy to do the work necessary to remove that.

So we just kept it going. We'll keep it at a low level. And that's why I say chronic issues, those chronic you're dealing with. Those are the ones that are being really affected by your mineral depletion.

Let's talk about the modern mineral crisis. I mean, you talk that a lot in the book and you've spoken about how modern humans, may have only a fraction of the minerals required for Optima.

And the problem is like this narrative that there's a big community in the medical community is, well, you should be able to get what you need from food, right?

From your eat a healthy diet, eat your vegetables. And even if they rearrange fruits and vegetables into vegetables and fruit, like eat, your whole foods and you'll be fine.

What do you think has happened between our ancestors' food supply? And we don't have to go too far back, I don' even think you have much more than 100 years ago or maybe even 60 years.

If we look at centenarians today, I think they evolved in a very different world than we are. And I the further back you go, the more that story changes.

But what do you think's happened between our ancestors' food supply and what we've got access to today?

Why Cells Need Minerals for Energy

Yeah, well there's an actual scientific study where they actually looked at foods grown in the 1950s and foods growing in late 1990s, and they found significant nutrient density loss.

So, many people say that to get the same nutrients from an apple that your grandfather ate, you'd have to eat six apples. Some people, say more to give the nutrients, depending on where you're getting your apple and how old it is.

The sad truth is you absolutely cannot, I don't care if you eat organic, you your best absolute whole foods, your paleo, You cannot get enough micronutrients and minerals from the foods you'd eat anymore.

You would have to eat so much volume that you couldn't process it. Yeah. And this is a sad truth. So in 1936, there was a special session of Congress and a paper was presented talking about mineral deficiency in the soils.

This was in It was saying we have a major problem because we're growing foods in soils and we keep growing them in the same soils, and were not getting the minerals back into the soil because when a plant grows, the way that it creates all of its structure and the energy is by pulling the mineral from the soils.

So that was 1936. And what have we done about it? Nothing. And in fact, we've made it worse by using herbicides

like glyphosate, which when sprayed on soil, kill the microbes.

And the microbes in the soil are what create, over long periods of time, those mineral complexes in I wonder, what about bio-dynamic? I mean, not that anybody has access to bio dynamic farming, but I remember a number of years ago when I was still heavily in the nutrition space, we would differentiate between organic and bio dynamics, which are two very, and I think in a way, bio dynamically automatically means generally that the farmer is not using pesticides or besides that kind of stuff.

But what they are is they're nurturing the soil. which is very different and much more labor intensive in many ways. And guess what they're using? Humic and fulvic.

Interesting. So the biodynamic farmers, and there's a great, I think there is a movie, it's called Need to Grow. It's beautiful. Excellent, excellent movie.

Talks about this. What they end up talking about is humic fulfic. Oh, interesting. Okay, well, we're getting to that as our next topic for sure. So, and so this is the piece of soil depletion that I think people really don't, that we often don' t get exposed to, right?

And it is, And that is one of the reasons I th nk why, if you're lucky enough to be able to go to a farmer's market and speak to the people who are actually growing your food, you can have a much better conversation about this.

But you know, for people like me, where I live, That's only a few months of the year. The rest of time I'm kind of left to, and even if I am doing like a subscription of organic vegetables delivered at my door, I kind a little bit limited by what they can access and what their bringing in from wherever they're bringing it in.

So it's a very imperfect kind world that we're in right now. Do you wanna talk a little bit what, like actively what industrial agriculture has done to the mineral content of soil?

I mean, and why? Like, I think that… I think part of the problem is just this need to grow vegetables, food that looks a certain way with no accountability for what it's delivering.

Yeah. And I the simplest way to frame this is if you think of ancient peoples who were not cultivators, they were foragers. And they went through the forest and they looked for what was fresh and the dug roots and whatever.

They ate plants that were naturally in a natural setting. And the difference between that and cultivating is this. So back to when this plant grows in the soil, And it takes the minerals from the soil, and it becomes a pea shoot, or it become a huge redwood tree, you know.

And all of its structure is minerals, it used a lot of energy from minerals in its cells via the mitochondria, works the same way in your body as in a plant, that mitochondrial level.

So, but in nature at some point that plant dies and it falls and hits the ground and decomposes slowly over time via a microbial decomposition process that delivers the minerals in their fundamental basic form back into the soil, which is again bioavailable to the new plants that are going to be growing.

And the form that they're delivering them back into is these two complexes, humic and fulvic. So this is what I call the sustainable loop. It's this loop that nature relies on.

Plants grow, animals eat them, even the animals in nature, they end up defecating and putting their minerals back in the soil. But what we have done is we've broken that sustainable We grow food in soil, we harvest it, take it away, eat it and dispose of its waste far from where it's grown.

And that mineral content never gets back into the soil. You can't just take some calcium and potassium and throw it on the soils. It doesn't work like that.

We have these nitrogen, phosphate… Yeah, there's three elements, right? And the problem is that just like you, the soil and the plants need like 18 to 22 minerals.

They don't need just three. And minerals work in balance with one another. In very specific ratios in all of nature actually, which is very interesting.

Your cells require minerals in a certain ratio, and there's macrominerals like magnesium, potassium, calcium, sodium. You need a lot of those boron, but there is also a whole bunch of micronutrients that you need in particular formula, like a ratio formula.

And it's the same for a redwood tree. It's same a porpoise. it is the the for pea shoot at the cellular level. So that alone is very interesting. And it makes sense that we all evolved together on this planet.

We're all a part of the planet, actually. So at a very, very micro level, our cells and our mitochondria work the same way and need the Yeah, I may have gotten off topic there.

It's all good. I mean, it's back to this piece. And it speaks a little bit to us because there's lots of mineral supplements on the market, tons. The tricky thing is that people are trying to figure out if they even think about ratios, they're trying to figure out a ratio, right?

And there's a lot of argument about how much of this to how of that and maybe you need more of these at this time and more that at that time. And I think in the human can fold the conversation, which I want to go to now, is we don't have to ask those questions because as you just stated so elegantly, Those ratios are already established.

They're already known, and they don't need to be reinvented. And it's ultimately what our bodies have evolved to use. When we talk about replenishing the soil, humic and fulvic substances are being used by certain farmers and even cannabis growers, right?

They talk how humnic and full of substances actually restore soil health. I mean, this is not a mystery. You just said it. This is no new information.

Why has it been so buried? Pardon the pun intended. Yeah. Maybe not the second, but one of the big aha moments that I had is I recognized that there's a huge paradigm shift that we need to make.

And you've been involved in the biohacking movement and lots of things where we're trying to impact our health. More power to people who are taking responsibility for their health and not just waiting for the doctor to tell them.

I mean, that's the way I was at that time 10 years ago. kind of like with the car, you take it to the mechanic. Tell me what to do. And I had so much learning to.

So I applaud people for that education and really learning how your body works. The shift is this. Your body is a natural cellular ecosystem. It's a lot like a forest.

It is a car.

Modern Soil Depletion and the Mineral Crisis

Instead of trying to impact our body, what would be much more effective is to support it with the foundational elements that it needs so that if you do what it almost magically can do and when you when that's the thing that blew my mind in my process of um, learning was the complexity, just the city of minerals and how they work together, you know, how a protein is made, You know how an enzyme is created, How amino acids and, and you the, the peptides work.

I mean, these things, it's absolutely phenomenal, the complexity. So to think that scientists could go into a lab and determine how much minerals you need of magnesium, potassium, you know, name a whole bunch of different

minerals, how is ludicrous.

It's completely, a concept of minimum daily allowances or recommended daily allowance or whatever, those things are, they actually, They're just a misunderstanding.

And I know people were trying to do a good thing. They just were looking from the wrong perspective. they were just looking at it like a car. Like let's figure out how much potassium you need and we'll just fill up the tank every day.

But your bio system doesn't even into work that way. This is especially true for individuals who've never really taken a chemistry course or biology course at school.

I think what if you were to go to your nearest search engine or AI engine and asked it to show you some of the ways that the body produces let's say a hormone or a neurotransmitter or even energy and then show all of the different minerals that are used as cofactors along the way.

I think you can start to understand at that point that you might need two of one and three of another and six of this. And that's just one pathway. Then you have all the other different pathways.

Frankly, it's almost a relief if we could lean back and fall back into the arms of a natural substance that we've evolved with to kind of do the math for us that We don't need to do anymore.

Why wouldn't we do that? And that's such a cool thing because if you think about every single cell on earth requires minerals in these natural formulations, you know that nature had to solve the problem.

So that was the only thing is the scientists thought they could figure it out by going in their labs instead of looking at nature and to see how nature does it.

Yeah, no need to reinvent that wheel 100%. So if our soil is depleted right now, just quick question, and I don't know if you know the answer is that how long do you think it would take to restore the mineral profile naturally?

Like, let's say we were willing to dump gallons of humic and fulvic acid back into the soil, would it be like, is it something that a farmer could do in one growing cycle?

Or is the kind of thing that might take a few to get there. Yeah. And you'll have differing opinions about this. There's a lot in soil science, but we have seen…

I'll give you an example, a really specific example. So there's man, his name is Dr. Alexander Shogan. He's scientist from Russia, and he's really the one who studied humic and fulvic the most in the world.

Amazing guy. And he was, along with many other scientists, given a hectare of land in Chernobyl area and said, see if you can make some plants grow in your hectares of your land.

He put humac on his hectary of his land and it was the only hectar of the land that grew in, I think it Wow. I mean, it started growing little, you know, little plants.

That tells you in that kind of intense situation that he was able to turn a piece of land around. The beautiful thing about humic is that it's so effective for removing toxins from cellular systems like glycosate or other herbicides and pesticides that its incredibly useful for region farmers who are taking pieces of are really dead.

In fact, our clinical director at Beam Minerals owns a piece of land in Montana. When she arrived there, the fields were completely like they could hardly grow anything.

Now you can see the pictures, it's just incredible. And we literally sent her a tote full of our humic and she sprayed it on the property. No kidding.

Yeah. Wow. So we should be spraying our plants with it at home for sure, at a minimum. If you want to see what happens with humic in your body, take humac and folic and put it on a plant, like a house plant.

Oh my gosh, you'll be amazed. It's so incredible what happens. You know, that's interesting. I have a little orchid that sadly got left on a very cold windowsill and is fighting its way back to life.

Give her so much credit. She's like, little leaves are starting to turn green again. They've got a baby leaf coming up. But I'm going to take some humic and fulvic and sprinkle it and spray it on and see if I can speed up that process.

I'll get back to you on that. You should use the fulvic if you're going to spray on because that's- Fulvics for spray, humic for the soil. Yes. As in humus, not humous.

Yeah. Okay. All right. So let's look at the modern nervous system, right? And basically, and especially these days, the constant stress, this kind of seemingly basic chronic inflammation that so many people are dealing with right now.

Do you think mineral depletion could be one of the hidden drivers, hidden behind why people, people who are just always in this state of wired but tired, like basically the body's kind overcompensating in some ways?

Yeah. Well, and there's, so there are a couple things to note here. The first is that your adrenal glands, which are certainly affected in this and your thyroid, both store minerals.

They are high mineral users and they store lots of minerals, so when your mineral depleted, what do they do? They send out a message. They literally amp your nervous system up because they don't have what they need.

It's not only those glands, it's also every cell that doesn't what it needs. I think about my sleep issues that I had where I would wake up three, four, sometimes five times a night, and now I sleep through the night most nights.

My nervous system at a very, very low level, meaning base level like the cells are sending neurological signals saying we got what we need here. Everything's good here.

Things are great. I've got what I need." And they just keep sending that signal. And so my whole nervous system has really relaxed. Now I can find rest, I have more responsibility to respond, and I'm less reactive and not driven by adrenals.

Yeah. Well, I feel like the depletion almost puts people into overdrive. It's a paradox, right? Because you're in a sympathetic state as your body is looking for what it doesn't have.

And that's that wired and tired thing. You're kind of exhausted, only you can't sleep at the same time. Yeah, and so I guess we could say that the nervous system that has been nourished with minerals adequately is going to be a system that's just going be able to modulate itself more effectively.

I think that is really what you are describing. And so many times people describe stress as coming from the outside of the body and then the bodies is experiencing stress because these outside external stressors.

But actually what I found is much of this stress was coming form inside So if I can actually support from again that ecosystem level kind of support as opposed to you know taking a big shot of magnesium at night to fall asleep.

Instead provide all the minerals over time your body will balance, you know It's minerals are that's the other thing is we're focused in the world of you Know supplements and biohacking and alternative health work.

We always are asking how much you? Know people say how it is in your how many of this mineral or that mineral I'm like, it's it the wrong question. The right question is how bioavailable is it and How easily is my body going to access the mineral content?

Yeah. Yeah, no, that's very powerful. So do you think there's never a use case scenario for giving, once you've established the foundation, do taking a magnesium supplement or something?

Because I know people find it pretty helpful. Yeah. I always ask people to do, I'm not going to say never.

How Humic and Fulvic Minerals Restore the Body

What I am going say is if you look at your body as an ecosystem and how do ecosystems thrive? Ecosystems thrive with balanced small amounts of different nutrients and micronutrients and elements and vitamins and amino acids, very small trace amounts delivered regularly.

So you would never take a big wheelbarrow of some peptide and throw it somewhere on the forest floor. or of a wheelbarrow of magnesium because things wouldn't thrive there.

It would be a concentration. So in nature, concentrations of any element are generally not considered a good environment for cellular life. Right. Yeah.

No, it's an interesting way of looking at it. I mean, I guess the argument in adding some of those sometimes is if certain processes are chewing through more of one thing, then that might create a need for adding that back in.

Exactly. And that's going to be on a case by case basis, depending on the individual's circumstances. Exactly, I mean, and certainly, you know, if you're, let's say you are a triathlete, You certainly need a lot more minerals.

Now I recommend continuing to use a balanced trace mineral, humic and fulvic replenishment tool rather than hitting your system hard with large concentrations of potassium and salts and magnesium because you're going to throw your systems out of balance.

And I've worked with a lot of athletes who've used more concentrated different kinds of electrolytes And they have cramping, they struggle with depletion, and they struggled with hydration.

And when we get them off of those concentrated single mineral supplement or electrolyte mineral supplements and get on to these balanced trace mineral humic and fulvic supplements, They never go back.

If they do go, back what happens often is they'll say, Oh, I went on a training run. I took some magnesium and boom, the come home and have a cramps that night.

because they just threw their system into imbalance. We know that magnesium works for sleep, so if there's some particular stressful time in your life, you need to use that for a while.

You just have to be aware of its long-term impact and try to work to balance that out. Again, just treat your body like this natural ecosystem, not something you're trying to impact.

So let's say somebody listening to this suspects they might be mineral depleted, which I would say based on our conversation, quite a few people would have, would be well, you know, advised to maybe consider that.

What do you think, what would the most common symptoms, and you've mentioned some already, but maybe list off like the first, the top few that some that people expect and some maybe would surprise them.

Yeah. Yeah, some of the ones that are surprising are painful periods for women. You know, we've talked about sleep. We've talk about periodontal issues.

hair loss, dull skin, nails, we've talked about just inflammation, low-level inflammation. So when your body can't generate enough energy, everybody's system gets hit differently.

You know, so and and that's why people say, well, what will I feel once I start getting replenished? What will i feel

and you know 201 most people not everybody most People feel energy a shift in their energy within a week or 10 days They start like that afternoon crash or just more sustainable energy that kind of thing But then it moves into, what are your chronic symptoms?

You know, are you a person who doesn't sleep at night? Are you person struggles with gut problems? Or are a you who struggles, I don't know skin rashes?

So I always say, look at the chronic issues. And that's the thing that I did in the book, which I think is really helpful, is walk people through a process of recognizing in themselves what their issues are.

There's a whole reference section in the book where you can look through for your particular health chronic and acute health issues that you're dealing with and see how mineral replenishment could could support you and some other things like hydration and how to get hydrated well and different things.

I saw that in the book actually it's a really that's I mean the story, narration, but then there's a big piece of it at the end that really gets into the nitty gritty that is very practical.

I think it's almost like going to be a reference book for people because I haven't seen too many books, I don't think I've seen anything like it yet. And that practical piece is just because we read books and then we'd read a health book and very often you get to the Okay, that was great.

That's a lot of information. What about me? What does that mean for me because ultimately we're very interested in the topic, but everybody wants to know.

But what about how do I leverage this information to help me and I love that you took the time to really go through so many of the issues that people might be challenged with in their own health and bring it back to this one topic and to how it may be helpful.

So I think that was really a great thing to do. But one of the things people are going to ask is, okay, let's say How do I measure? Is there a test? What's the best way for me to measure if I'm depleted in minerals?

Because there's hair tissue, mineral analysis, there is the HTMA where people have their hair pulled. There's some cellular measurements, but what test do you think or is there test that you feel is adequate for this kind of thing?

Yeah, and there is a whole section in the book about testing, different ways to test, so for people who really want to understand the different way to tests.

The main thing to understanding when you're looking at mineral testing is you want test intercellularly because what you wanna know is what minerals are actually being utilized by your body and because remember the mitochondria are inside your cells, which cells are your tissues.

You want to know what is actually inside your cells. So there are a couple different ways to test that. One is with hair tissue mineral analysis, you have to take some hair and send it away.

Now, if you color your hair, that's not going to be a good idea. You might have use some here from another part of your body. But you can also use it.

That'll be fun. Another test which is called Oligoscan and it uses something called spectrophotometry which shines a light into your tissues. You have to be present where the practitioner is and there are people all around North America, there's people in Europe, it's from France actually originally.

So there's people all around who do the oligoscan. I highly recommend that. It will give you a really good reading of all of your bioavailable beneficial minerals, electrolytes, also your toxic load of heavy metals.

It will also tell you your vitamin levels as well as your oxidative stress levels, meaning levels of free radicals in your

system. And also it tells you about sulfur conjugation, which is how your body's doing relative to detoxification in general.

So it gives you some really, really good readings. Yeah, I've done that at your booth a number of times, actually. And it's always, and the practitioner that you have doing the test is just, oh, she's a special person.

Yeah. And if people want, we could easily provide, I could provide a link for you for the show notes about where people can find a practitioner. Great.

If they contact you, you could connect them with Erin, who's that practitioner? For sure. But I think we'll put it in the Show Notes. It's more practical.

Contacting me is always a bit of a… Let's just give everybody my phone number. Okay, so let's say, once somebody figures out that they're depleted, whether it's through symptomatology or thinking, I probably am, let just assume that I am.

And I know you talk about this in the book, but without going through the step-by-step in book. So we're going to tell people this is probably a book you want to get your hands on.

But why is it so challenging? Like it's not as simple as ABC, this replenishment process. What are your top three guidelines on that? You know, so if you go to your health food store and you look in the health foods store IOLA with all of the mineral bottles and there's hundreds of brands and products and your like, oh my God, I'll buy some magnesium and I will buy potassium, calcium and so maybe some, chromium or selenium, or iodine if need that.

I mean, there are so many, right? And the problem is that most mineral supplements are made from rocks. Shells bones or salts now salts have another a separate issue.

They're fairly bioavailable They have other issues, but the rocks bones and shells your your gut doesn't break them down very well So you take you know?

500 milligrams of calcium and you end up breaking down only maybe 10% of it. Wow. Absorbing maybe five to seven percent of that and then only assimilating into your cell a much, much smaller amount.

And interestingly enough, you take more calcium and the ratio becomes lower of bioavailability. It's a very interesting dynamic. And why is that? It actually makes sense when you think about your body as an ecosystem because your bodies says, I've got a concentration and it works harder to get rid of the excess.

Interesting. Yeah. So it doesn't respond to the bolus. by taking in more. That's so interesting. Right. So small trace minerals, and that's what humic and fulvic are called trace materials.

What it means is they have trace amounts of all the minerals your body needs in the proper ratios that are highly bioavailable. If you take it in in the form, like there are many forms around the world of humic and fulvic.

One is called Shilajit. It's like a tarry substance from the Himalayas, or there's peat, comes from a great, the British Isles, and it's a peaty, clumpy soil substance.

And then there're other substances around world. We use something called humate. Its a black crystalline, sandy, kind of feels sandy substance, but It's basically decomposed, ancient decompose plants and you put that in your gut, your got easily breaks it down.

That's the interesting thing. Well, and it's a liquid. And I think one of the things I wanted to talk about was the pills, the powders, like, there's something about a Liquid and that it and even if you think about it energetically, it feels like it would be easier to absorb than something that's been pounded into a solid or stuffed into like there's something about the liquid that and you even talked about it earlier when you were talking about your periodontal issues is you would swish the liquid around your mouth, and it would absorb even just from there.

Now, we know the buccal membrane is very, very good at taking up nutrients, but even exposing the tissue to the minerals in liquid form is a very effective way of getting them to where they need to be.

Yes, and the trick is to use a liquid that has no flavoring or additive. So that's what's really just different. And I'm not selling our company, but I just, you know, that different about being minerals is it's just minerals in water.

So that means there is no digestion required. Absolutely zero digestion. It does not need to be broken down any further. Its already at its chemical component size ready for absorption.

And the pulvic aspect of it is such a small molecule. Absorbs through any tissue that it touches. You can spray it on from the outside of your body and it absorbs in.

Interesting, interesting. So yeah, so let's lean into the humic and fulvic a bit more now, because I think we've been talking about it for a while. And it's, you know, the Shilajit is interesting because it is tar.

I've used Shillajith and it has a particular flavor profile. It's very concentrated. It feels very intense. And I would say that in the liquid form that we're talking about, you don't get that intensity.

You're taking in a liquid that almost tastes, virtually tastes like water. But let's talk a little bit about this humic and fulvic because there's a difference between the humect molecule and the fulsic molecule.

And they have different properties and they play different roles in the body. The other thing you've talked about, which I'm just kind of gonna stop talking in minute here, but the other you talk about is how one of them might bind heavy metals or glyphosate.

So, and I always envision them as two different kind So take it away. Yeah. So the humic molecule is a very large molecule. And just to be clear, it actually incorporates the fulvic.

Now we are able to actually extract the Fulvi molecule from the human.

Testing, Dosing, and Who Minerals Help Most

That's a really powerful thing to do because now you have different tools and I'll explain how they work. The humic molecule is very large. If you hold your hand in a fist and you imagine that's the humac molecule, your cell would be the head of a pin.

So if you think the head of a pin is the size of your cell and the humic molecule is much larger. So the human molecule can be absorbed through the gut.

Some human molecules, not all, can they are in the gap, but they can also be observed into the bloodstream, some molecular-sized humus molecules. And they basically The way I like to describe it, it's like a Velcro ball.

It's got a huge amount of surface area, like if you imagine looking at a sponge and all that surface areas. But it is a polyelectrolyte molecule, which is very interesting.

That means that certain areas of its surface are positively charged and other areas are negatively charged. And that's a very interesting concept because it can travel through your body and it pick up positive and negatively charged ions in your system.

So it is able to pick-up bio-waste, toxins like glyphosate, heavy metals, nanoplastics, free radicals, senescent or zombie dead cells, viral detritus.

graphene, oxide, all sorts of different things and what it does is literally those things cling to the molecule then at a certain point this molecule gets so heavy that it falls out of solution the way like if you mix some powder into a glass and then slowly it precipitated down it's this precipitation process and it leaves your body and this is how it worked

on that hectare of land in Chernobyl it just literally carried those nutrients deeper into the soil so that the top layer of topsoil could then be healthy and grow again, it does the same thing in your body.

It just precipitates out, comes through your tears, your snot, sweat, saliva, earwax, skin, stool, and urine. So it'll come out through any possible pathway.

This is an incredible thing. The other thing about that molecule is that it does have heavy metals in the molecule. This was really important to recognize.

If you read a certificate of analysis of humic and fulvic, you'll see heavy metal listed. But this is the interesting thing, about it. And I've talked to many scientists about this.

It has the heavy metals in in a humac molecule have no valence. they do not come free from the molecule and instead they act like magnets in your system for other heavy metals which is why humic is so effective for removing lead toxicity particularly lead cadmium and mercury toxicity in the body extremely effective and they're used in many…

I mean, we work with some world-renowned heavy metal detox specialists who swear by humic, particularly our liquid microboost as an incredible tool for lowering toxicity of heavy metals.

But that's how it works. Literally, those heavy medals are part of the molecule acting like a magnet for other heavy materials and then ultimately carrying them from your system.

The other aspect that the humick molecule does is it interacts with cell wall cell permeate cell membranes excuse me so when it hits up against a cell membrane it interact with the proteins and it causes that cell to become more permeable to open more channels So I describe it like if you're in a room and you have one door and one window, so many things can go in and out.

But if have multiple doors and windows, more things could go efficiently in an out, and that's a very important thing for your body for nutrient uptake into the cells, for energy production by the mitochondria, but also for intercellular detoxification.

More things that are stuck inside your cells like heavy metals can come out Yeah. So the fulvic molecule now is the partner to humic and now if you hold your hand in a fist, imagine your fist and that is now the size of your cell.

And the fulvic molecule is the size of the head of a pin. Interesting. It's a very, very small molecular-sized molecule. But it carries with it all of minerals that you need already pre-formulated in the natural ratios that That's a very interesting thing.

Now this molecule, when that channel opens in the cell wall, or even when it bumps up against a cell, the cells goes, oh, that's fulvic. I recognize fulpic.

Your body already recognizes fulfic as a beneficial substance. It opens the door or the gate, and it lets it into the sell. And then the fulsic molecule does something that no other molecule can do.

it changes its polarity. So if you imagine a magnet with like metal pieces attached to it and you turn the magnet off and those things would fall off, that's what happens.

And so it literally goes into the cell and it changes its polarity and delivers its bolus of minerals and nutrients into this cell where they're now available to the mitochondria for energy generation.

Wow. The old one-two punch. That's why I talk about them as different shuttle buses. And then, but now it's in this other polarity and it travels around in the cell and what does it do?

It picks up bio-waste, toxins, metals, viral detritus, glyphosate that has gotten into the sell because your body

thought it was glycine. It picks up nanoplastics and it carries those out of the cell and then it changes its polarity again and drops those in the bloodstream where the humic molecule can then pick them up for carrying them out the system.

I actually call these, in the book I describe this thing, they're like delivery guys who don't only just bring the stuff in from your, you know, if they dont just drop the staff at the curb, but they bring it into your house.

They set it up in your home and they pick up all the garbage, take it out and then the Garbage truck comes by, that's the humic molecule and it takes it, gets rid of it all together.

So they work together as a technology for replenishment of cellular systems everywhere on the planet. Yeah, that's fascinating. So just out of curiosity, to what degree are these compounds able to remove heavy metals?

Like if somebody has heavy metal toxicity, let's say, and we all know that you do EDTA chelation, which effective, really tough on the body. It can be really hard on a person.

Is there any research? Do you have an opinion? Or have you spoken to clinicians that might say, unless there's a very acute toxicity that has to be addressed in a in very aggressive way, so then you might need the chelation, which can happen.

You just got to reduce the load. Absolutely. But in terms of these more chronic or low level accumulations, do you think that just using the humic and fulvic complexes, I'm going to call them complexes.

Complexes. That's what I call it. Can ultimately solve a lot of this, help to rebalance many of the issues in most people? I do. I absolutely do, and I've seen it in the Oligoscan tests where somebody will come one year and they have certain toxicities.

The only thing they change is taking the humic and fulvic, they come back the next year, their tests are radically different. And I do have some scientific studies about humic and the being used in lead toxicity, remediation, cadmium, and also, what's the third one?

Mercury. Mercury, thank you. You're welcome. They're the big three, right? They are the ones that show up the most. Yeah. And, and we, as I said, we have worked with a, a few years ago had this scientist call me.

She's a practitioner from China. So a lot of people with heavy metal toxicity and she wanted to talk to me, I was a little nervous, but she was like, you don't understand your micro booze products.

The only one that I've been that, that's been able to move the dial. particularly on the mercury toxicity that she was struggling with with patients. So she's very excited to have the product.

But it's not just our product, it is Humic in general. Cellcore uses Humac for heavy metal detox and many, many companies that are doing the world of detox.

In the book, I feel like it was a really useful overview of the difference between acute Detoxification and more ecosystem continual detoxification because you know, even if you go and do an acute detox Protocol which again sometimes those are necessary and sometimes they're really good to do with a practitioner Absolutely with the practitioner but as soon as you finish that protocol you need to continue that that because we're just bombarded with inhospitable or of non-beneficial substances throughout our day.

So you want to keep something, that's why I call humic mother nature's janitor. Yeah. And I think the big thing about it is that it gets to the cell. One of the biggest issues people talk about is like, oh, my blood test showed, I have too much of this, or that, the other thing.

Which if your blood is high, in one of these heavy metals, you got a big problem, right? Because, I mean, on the one hand, maybe it's easier to get to, but the story it doesn't tell is what the body has sequestered into tissues and

ultimately into cells.

And I think there's also a story where as you remove these things from the more obvious tissues that are easier measure, the bodies might be able to now be released from in, you know, because Mother Nature really likes things to be equal.

She's the even Stephen of the planet, right? I wanted many marbles on this side as on that side. And, and so there, at that point, there may be an opportunity to move stuff out of a cell that is that needs to Move out.

So I'm using very technical language here, but I think, You know the technical Language maybe is less necessary than the imagery. That's one thing that I really tried to do in the book was keep the technical language to the minimum, because my belief is to understand this stuff, we have to see it.

It can't be abstract. I have see an image of it in my mind, like that Velcro ball. Or I try to use stories because I want the information to empower people.

And like we talked about before, I think that's the big thing about the book is it's practical. You're not just going to be reading a book here. It'll help you to go through a process.

And I would say that there's virtually nobody walking on this planet right now that couldn't use some degree of attention in this area, whether it is acutely or not.

So let's talk a little bit about building a company. Caroline, because you easily could have gone on this little journey. You met Dan, he lit up your life with the minerals, and you could've said, okay, I'm good.

But instead, you decided to build a company around it. What made you do that? It literally was all of the research that I did. And as I started having these aha moments, I went to Dan and he had a small company and was selling essential oils and had little mineral sales on the side.

I said, forget the essential oil. We love them. It's complex. There's a lot of big players in that space. These minerals have done incredible things for my health.

We have to bring these to the world. I cannot tell you how, it was literally like one day this image, this vision just dropped into me and I was like, This could help so many people.

And here's the thing, the reason I want to bring it, it's so simple. It's simple, all you have to drink is one ounce of liquid that tastes like water every day and it could have so far-reaching effects like it had in my body.

That is unbelievable. it's not expensive. It's like, this is just a no-brainer. So it really was driven out of wanting other people to have the experience.

I mean, I spent so many years on my health, thousands and thousands of dollars going to so different doctors and practitioners and specialists and you name it.

And that little cup of liquid was what made the difference. I mean, that was, I just couldn't let it go by. Sounds pretty inspired to me. All right. So if we were to fast forward 20 years, Do you think minerals will become a foundational pillar of longevity science?

The way that, you know, people think of, whether flawed or not, People think magnesium, they think electrolytes. And I don't even think them as a pillar.

Building Beam Minerals and The Mineral Reset

I mean, personally, if I had to use an image, I would use it as like, and people, If you're watching me on YouTube, You can see me holding up my hand like a cup, but like foundation.

Because I dunno, the way we've been talking about minerals from what I know from, what i've learned from you, even kind of going through the book, It's its own pillar system.

It is my belief that many years ago no one talked about the gut microbiome. someone termed that you know created those terms for it and the next and so the gut has been the vanguard of of health for many years now and it's really hitting the mainstream now minerals is the true vanguarde of Health it is The next thing and that's what I am inspired to do is to bring that message in a way that's very, I mean, the gut is a very very complex system as well.

And people figured out how to explain it to everybody, every person on the street. So that is my job with minerals, is too bring them because without minerals nothing works in the body.

Yeah. Well, I would imagine it affects microbiome, the microbiomes as much as anything else, like the micro biome. All those bugs need the minerals that they need as cofactors to do what they do.

Exactly. Right. Maybe it'll be all about the mineral biomes, We haven't got microbiome and the mineral biome. We're doing a course right now with Kiran Krishnan who started Microbiome Labs and he started a new whole course for both consumers and practitioners with different levels of detail.

that help people learn about their gut. He asked us to come and do a whole segment, whole separate series, just about minerals and the gut, and it's a great series.

If people are interested, we can certainly provide that link as well. Yeah, no, I think that would be great. And you know, if Karen's playing attention, then we should all pay attention because agreed that man's pretty brilliant.

I Think we can all agree if someone listening today could make one change to start restoring their mineral health. What do you want them to understand first?

The first thing I want them to recognize is their body is a natural ecosystem. It is not like a car where you can fill up the windshield washer fluid and the gas tank and oil reservoir.

Yeah. Doesn't work like that. I think it's more complex. And I that's where, if you could find a simple answer to a complex problem. Yes, you're pretty ahead of the game.

So how much do you think modern medicine underestimates how profoundly the body can recover when its foundational inputs like minerals are restored? You know, I heard recently that there's some move, there some maha piece about, you know make America healthy again thing about how they've increased the number of hours of nutritional training that MDs have to have.

I think it's maybe to 40 hours or something, maybe 20 hours, something like that. Right now it is pretty low. Right now it's like one, two hours, one to two, hours for entire medical training.

So that's going to have a huge effect. The problem is that who's teaching that? And because, you know, I spend my life speaking to practitioners and even the most, There's a very small percentage of practitioners who understand minerals just because no one's yet talking.

I mean, I'm talking about it, and I am really working hard to help people shift their paradigm from how much to how bioavailable, because that is the question to ask about minerals, not how And building on that, I just wanted to quickly ask, because I know you talk about it in the book, but for the audience listening, like, let's say somebody says, okay, well, i'm super deficient.

Should I be taking twice as much? Should i double the dose? should I triple the dos? Does an athlete need more or someone who's very depleted need it more?

Or is just that foundational dose enough going to be enough for everybody? or is it a time dependent thing? No,

absolutely. And depending on your lifestyle, your eating style, you're particular health issues, have you had gastroplasty or do you have major gut problem, like absorption problems in your gut, there's all sorts of things that affect the amount of humic and fulvic, particularly, I'll just talk about our products because that's what I'm most knowledgeable about, that you can take.

Now, the beautiful thing is it's so easy to take more or less. If you're a performance athlete, I work with a tennis pro who he takes a lot every day.

He probably takes two full ounces of MicroBoost, our humic product, and up to four ounces Electrolyze when he's training. Okay, because he's sweating and depleting himself.

Okay. Because he utilizing so many minerals. He also takes every day one of our capsules, which is the powdered humic material. So he takes one those every as well.

But he is in tennis tournaments in heat, major heat and everybody else is cramping and he like, I'm doing great. Absolutely, you can use these tools as you take more when you need more, or you less when need less.

And the interesting thing about using something like bean minerals is your body will begin to tell you, this happens a lot. People start with the foundational amount, and then over time they're like, oh, today I'm I just want to take more of the fulvic today.

I feel a cold coming on, and I'm going to a little more humic product today." So they become tools. Interestingly enough, if you start to treat your body, that's one of things that I do in the book, in that, I am going be doing a program, a mineral reset program.

And I really want walk people through a process where they begin to recognize the signals that their body is telling them. that they need more or less.

I love that. So the last two, is there such a thing as too much? And is anyone who shouldn't? So relative to minerals in general, there's single mineral supplements, absolutely too many.

You should absolutely not take more than that bottle says because you will create intense imbalance if you do that with humic and fulvic. For most people, we have kind of a foundational amount, and that's a great amount.

But you can take more, because here's the interesting thing. When you're taking minerals in, already formulated in the natural ratios that your body utilizes, it doesn't create imbalance when you provide more.

And your is really well-versed. It recognizes humic and fulvic. You can easily get rid of the excess. And these are trace amounts, so they're measured in parts per million, not milligrams.

It's a really different mode, modality. So you don't really need to worry about taking too much, and really you just need learn to listen to your body, then you learn how to use the tools in a responsive way.

Okay. And can you think of anybody who shouldn't take? I mean, I can't, but can think if anybody shouldn? Well, so the one thing that can happen with humic, when some…

So I've had mold exposure, long COVID, an autoimmune. So, these things that make my system into a sensitivo. So if I take my humic, the dark micro-boost product, and I just take it as a shot for maybe three days in a row, I might get hives.

I may get a detox response. Is that a Hertz reaction? That's exactly. So that's a detox response, but there's really a simple method, so I put it in my big glass of water, holding up my 16 ounce glass, every morning I pour my Humic and Fulvic in there and drink it through the day.

no problem at all. Now, even if you're a very sensitive person, and there are a lot of us now, particularly since

COVID, the incidence of people struggling with detox symptoms went up astronomically after COVID.

But it's very easy to deal with. We have what we call the slow introduction method. You can find it when you scan the QR code on the back of the bottle.

And I think we send it out also via email when we order the product. So it is really easy. Just slowly start with like a quarter teaspoon in a glass of water, and you just titrate up over time.

Very, very few people will have any kind of detox response if they do it that way. 0.01% of the people might struggle. I love that. And I also want to mention before we go that these are great products.

We weren't really going to talk about the products today. But you kind of can help it, right? I do want mention that I think these also for anybody doing sauna, these again, are really powerful products to use around your sauna protocol.

Because if you think about it, you're talking about one vehicle that's delivering the minerals to the cell. And in sauna, we're pushing toxins out. So to have that big giant magnetic ball floating around available to bind to toxins that may be released is a real gift to your body.

Super important. I always recommend people are doing red light that they take their shot of humic before they… Actually, with a redlight, you would take your humick first, do your sauna, and then afterwards take some fulvic.

okay so the humic first and then the fulvic second interesting doing red light sauna yeah yeah because the full vic is replenishing the human is binding yeah all right okay well we could we you know i'm sure we can just keep going here on the different ways to use different things but i think Folks, if you're open to the book, I think there's so much good knowledge in there and will help people to get so many more understanding, such deeper understanding about their bodies and how these compounds can affect their health in different ways.

So I would really encourage you to go get your hands on it. Why don't we tell people, Caroline, where to their hands are on the Mineral Reset, which will be available very soon after we release this podcast.

You can get it at MineralResetBook.com. I recommend people buy three books. Buy one for yourself, buy one a friend, and buy that person in your life who is really struggling.

You know, we have some bundle buys, so you can get them less expensively with more books. And I'm also doing the Mineral Reset Program starting in late May, where with each book, you'll get a registration invitation to the reset program.

I think it's going to be amazing for so many people. Yeah, I love that. How long is the reset program? Obviously it's online and how long will it be? It's going to be a six week program.

It has five modules. We'll have one week break in the middle. Nice. I Love it. All right. And if anybody's feeling inspired and needs to get their hands on the infamous humic and fulvic compounds that we've been talking about today, you can go to beamminerals.com and you get to use code NET20 for 20% off your purchase.

Even though we weren't going to talk about them, but we did. Can't really help it. No, we can. I, you know what, whenever you're around Caroline, eventually it comes to this and, and you are always glad that it did because you always learn something new every single time.

So Caroline is always, it's been a pleasure. Thank you so much for your time and thank you for. putting the time, heart, and energy into creating both the product and the book because I think you're making a real impact in the world.

Thank you. Thanks so much. I really want people to feel better. Yeah. We know that.