Is Your Body Too Overloaded to Detox? Transcript

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Introduction to Detox and Brain Health

So the first generation of people that died, what, you know, 1906 and onward, this is when Alzheimer's started to begin with, right? So he talks about like six characteristics of Alzheimer and mercury is the only thing that can cause all six.

Now there's combinations of things, with other things. But that's kind of interesting. The thing I think that a lot of people don't understand is they say, let me just go get the amalgams out.

And there's a number of issues there, but let's say you get them out and you've reduced your source of the toxicity. But what has not been done is there still, if you had them in for 15 years, you still have 15 of daily dose mercury that is still in your body.

That just doesn't disappear. Everything is connected and I'm here to tell you how. I am Dr. Laura Hanson with Connect My Brain. This podcast is for moms who are concerned about their child's development.

The brain impacts our mind, body and overall health. I explain how your brain is wired, what happens when it's out of balance, and how early childhood development not only impacts your child but can affect you as an adult years later.

Want to know how to improve your life? Join me and learn about your amazing brain and what it can do for you. Hey everybody, it's Dr. Laura with Connect My Brain.

And you know me, I'm gonna connect my brain and we're gonna to connect your brain. So we are really glad that you're here. We have another guest, is Jeff Hoyt and he is with Zeolite Labs.

He's actually the owner of Zealite labs and is going to have a conversation with me regarding detoxification. And I think that is such an important part for everyone to really understand because one, you do it automatically.

You're designed to detox. you have different pathways for that, but sometimes those pathways are not working correctly. Or we're not going in the right direction with maybe our eating habits or other supplementations that we are taking.

And those pathways can kind of get clogged up and not really do what they're supposed to do. The body burden is way too high. So today, we'll let Jeff give us some understanding of detoxification.

Jeff, thanks for being on Connect My Child's Brain. Absolutely. Thanks for having me, Dr. Hansen. I love talking about detox, so I think this will be good.

Yeah. As long as we love to talk, we're in good shape, aren't we? Okay. How can we help people understand that there are many steps to detoxification?

And then, of course, it should just naturally go into what interferes with detoxification.

How Detox Works in the Body

Now, like, you know, we know the concept leaky gut and leakey liver, and of, course we no leakie brain. And now they're even talking about leaki throat.

So what, what goes on with the detoxication? Yeah. So essentially, I mean, the simple definition of it, my definition would be removing unwanted things from your body or from life.

Right. There can be a broader approach to detox where we're talking about removing negative relationships and emotions, et cetera. In this functional nutrition, functional medicine industry, we usually are talking removing toxic elements that are in your bodies that we don't want them to be there.

Getting them out. Right. So the first thing to understand is, as you mentioned, the body is designed to detox, right? The body has beautifully designed.

The Body does what it does for a reason. And one of the things I love to do is try to understanding why is the Body doing what its doing, and then work with the bodies natural processes, opposed to trying to go in and fight against them, which is sometimes what we get caught doing in functional medicine, because we identify something on a test, we think that's the issue, but we don't quite understand why the Bodies doing was doing.

As an example, we have to understand priorities in the body. And the bodies focused more on short-term survival over a long- term thrive. So that leads us to the question, well, why would the.

Body store toxic elements. If toxic. Elements are bad for us, Why would. The body keep mercury, cadmium, microplastics, aluminum, et cetera, in. the brain opposed to just getting rid of them.

and it's actually to protect you. Right. so if let's say you're exposed to a bunch of mercury. It's in what I call level one is level, one toxicity, which is active toxicity rates in the processing center.

The body actively is going after it, trying to remove it. But there's only a certain amount of energy that you have. I called it detox energy. There's a certainly amount detox.

Energy each person has to move that active, toxicity and this level of detox, energy is gonna vary from person to person based on, you know, level-of-health and all sorts of factors.

Now, if that circulating act of toxicity lasts too long and the body can't get rid of it, it becomes too stressful. Because when it's in the processing center, the bodies trying to remove it that causes an immune reaction.

That immune action causes inflammation response. And then that can result in all sorts of symptoms and that cannot really be sustained. So the body says, all right, we got out what we could, now let's do something with the rest and it tucks it into tissue.

It says we've got these great natural storage units in our bodies, fat, right? So general tissue and then even organs. And the body, because it's focused on short term survival, would prefer to keep mercury in your brain, even though it is causing longer term issues and potential neuro down the road.

It's now hidden from the cleanup crew of the defense system of body. So you have a reduced immune response and a reduce inflammatory response. right, because it's hidden.

So it is all about priorities. That's where we have to understand this when we come to detox because if we go and we just try to rip something out of that tissue and the body doesn't want it to leave yet because there's not energy to remove it, that's why we can get all sorts of terrible reactions and our body might be telling us, wait a second, we need to address something else first.

Wow, That is a really good explanation. And why do you think it would target the brain? The brain is fat? Yeah, so anywhere in fat, anywhere fatty, it kind of depends.

So certain things have higher affinities for certain areas, but like the proximity matters, right? So for example, I mean, with adults, if you've got a Malcolm fillings in your mouth, which are about 50% mercury, the closest fat is going to be your thyroid and your brain.

There's a very high likelihood you're going get mercury and the other co-metals that are in the amalgams in you thyroid, and brain, that's kind well known at this point.

If you are ingesting it orally and it's in kind the GI tract, And then you mentioned the leaky, leeky brain, Leaky gut, all these leaki things. If one thing's leak, usually everything else ends up being leakey, right?

So these things leach. They're in the GI tract causing minimal issues. they enter the bloodstream. Now they're causing way more issues because they don't belong there.

And now you're getting a stronger immune response, inflammatory reaction, et cetera. and then they are travel on their way. you know, end up where they where the end in the organ in their brain, etc.

So I do think the body tries to evenly as much as possible, evenly disperse the metals. There isn't an overload in one specific organ, but the proximity matters as well.

But overall, I think if you have high metals in your brain or gender, they're going to have higher metals everywhere else. Does body composition play a part in the trajectory of where these metals are going to hide?

Yes, and it's actually interesting because extra body fat is actually very protective against heavy metal toxicity. If two people, if one person was 200 pounds and another individual was 120 pounds, and they had the exact same amount of mercury in their body, the person with 120 lbs is much more likely to be symptomatic and having a lot of issues because they've got less natural storage, right?

Because there's less general fat, there is going to more toxicity in organ tissue. Right. So sometimes yeah, being having a little extra weight, although there can be other issues with that and be protective.

And that's one of the reasons sometimes people have a difficult time losing weight because their body doesn't want to let go of. Of the extra storage because it would mobilize the stored toxicity, these metals and other things.

If the body can't get them out. They're in organs, right? So that's why I said we want to work with the body's natural processes. And sometimes we think, oh, losing weight is great.

But if we're not healthy enough to lose weight, it could actually poison us with their own stored toxicity. So we have to understand the bodies wisdom, and then we can have better protocols and better outcomes.

Two things, one is it's so interesting when I think about how long I've been practicing and how many times I have heard how traditional medicine will talk that nothing crosses the blood brain barrier.

And this is not true when we know that these metals and toxins are actually targeting brain tissue as well as the rest of the body.

Toxicity, Storage, and the Brain

Then two, children typically their BMIs are low and maybe that is accounting for why we see so much symptom, even though I have one patient in mind right now who's actually very heavy and over, and you might be able to connect the dot here, is actually getting FMT right, now and I think it's way too aggressive for him.

He's about 37 pounds a kid in just the last couple of months. So I think, you know, when we're doing some of these therapies and the child becoming more symptomatic, the children being more symptoms, do you connect a dot with that, with what you're saying?

I mean, it could be completely unrelated because when it comes to shifting the microbiota, you have a lot of factors. So like with, with the FMT or even probiotics, some people lose weight rapidly, a lotta people gain weight, rapidly.

And it just depends on this, just this shifting that's going on. A lotta times, even with like FMC or some sort of replenishing the good, There is going to be, I call it turbulence, right?

So you're getting turbulence during the healing and that could actually result in quite a bit of short-term

inflammation. And that inflammation could be resulting in the weight gain.

It could something to do with toxicants being retained, et cetera. it's just a shifting period and it is an adjustment. When the body is in an adjustments phase, it really is kind of in survival mode a little bit.

Because now that I totally agree with and I just also you know this this is the part though working with children that i think you you have to really have a high degree of caution because working With an adult and they would have A shift and might go through some weight gain turbulence, fight or flight reactions, they're neurologically developed.

But when you do this to a child, and a kid is in an open window of development and going through high sympathetic tone already because they are on the spectrum, it's almost like you can also put too many things into the equation.

Children will regress even more. And so I just think there's an air of caution with everything that you have to look at in order to make the decision.

What's the right thing to do for the person right now? And that's what you were also talking about the state of health. I'm really big on that. That's why some people will go have stem cell treatment and they hear, oh, it's going to be great, and it is not.

And then they'll get results back from it. And some of the first things that they hear is, well, you need to work on the gut. You need do this. So you to do that.

I think that's true for just about everything. If you're going to go into more advanced therapies, You must start with the guts first. At least that, that is my belief.

that you've got to get people in as well state as you possibly can, try to make that shift and cause turbulence because turbulence can then, especially for children, lead to regression.

So that that's just one part that I would like to add to that. OK, so what's your thoughts like? Do you do you focus on the gut as? Well, I imagine with your product, that is what you focused on, too.

It kind of depends, I mean, because you could have a concussion or a traumatic brain injury and then that messes up your gut. And then you can have gut, right?

So it's kind like, everything is connected. I think the gut is wildly important. One of the things I like to focus on also is the liver, there's a toxic liver that's going to continually be poisoning, poisoning the gut through a constant drip of toxic bile going into the small intestine.

Essentially, if your body's toxic, your liver is toxic. If your livers toxic every single day, you're basically poisoning yourself with your own toxicity.

So this is part of the daily dose toxicity and if you are not clearing that effectively, let's say the liver. You know, releases some mercury in the bile that goes to the small intestine, the body's designed to recycle most up to 95% of that bile.

And then that. Back into the liver, but when it's active, it goes from storage to active toxicity. It can be highly symptomatic and that can provide a very weakened terrain in this small intestinal and can lead to dysbiosis, et cetera.

So liver health also is crucial. I think in a gut healing protocol and vice versa. And vice versa, because if you have leaky gut and all these issues and you've got LPS and these other toxic things that are leaking through into the bloodstream, you're getting those filtering them through the liver every day.

So it's like when your gut's messed up, a lot of times your liver is messed and vice-versa. It's just addressing, both of them, gut would probably be number one.

I kind of think of liver as gut because they're in this area and everything filters through liver. I put that together. So when I'm saying gut, I do mean all the organs in that gut have to be addressed because that's where everything is happening.

One, I would say, is there an X factor? I've got an acronym DETOX, D-E-T-O-X. X is the X-factor. Like if you don't address that, nothing else is gonna work.

Some people know what it is, some people don' But starting with the things that you think are causing the most problems, number one, opposed to super tiny things, right?

So I guess it's tricky in children, because usually in adults, we're talking about root canal treated teeth. We're taking about breast implants. Well, but I think that's vital.

You have a lot of mom listening. So give us the examples. I mean, that is very valuable. Go ahead. Yeah, so they're essentially like blockades to healing.

If there's an infection in your mouth, which could be a root canal treated tooth, it could an infected cavitation or something. The teeth are connected to the different systems of the body.

That infection basically provides an environment where there is microbial toxins being released and they are being dispersed throughout the daily. That's adding to your daily dose kind of toxicity, right?

So this is, I think, really important. A lot of the toxicity that we're faced with, we all are kind, you know, obsessed with external sources. We're like, We have to eliminate 100% of all toxins coming in, which we can't do.

we Can do our best. But the greatest source of Toxicity we are faced, with is our internally produced and recycled toxicity. right? So that's part of the daily dose, right, the Daily Dose is your what you're exposed to daily.

Gut, Liver, and Internal Toxic Load

That's food, water, air, external sources, but the internal production, which is going to be your, you know, metabolic waste products, like ammonia, etc.

If your liver is not working, if your guts not work, and you get a build up of that, that goes to your bloodstream. That goes your brain, right? You've got all these waste products that in a healthy person, they're clearing.

But if you're not as healthy, their body's having a difficult time clearing and you get a buildup. It kind of clogs up the machinery and then you have regenerative toxicity, which would be things like microbial waste product.

So if. You got imbalance in the GI tract or elsewhere, and, you've, got, yeast that's turned into fungus and parasites, all of these things. They're releasing toxins, endo and exotoxins and these wastes products are an additional source of toxicity but these are new every single day because the microbes are still there because of the dysbiosis right so you're getting poisoned by the microbe every day you are getting poison by your own waste products every.

And then you throw in the recycle toxicity from the liver pouring the toxic hands out into the bio to the small intestine and recycling there's potentially most of your symptoms it's not from external sources from those daily dose.

But that's what makes the external sources so dangerous because if your body isn't even able to handle all that stuff internally produced, recycled, and generated, then when you have toxic elements coming in from outside, your does not have enough energy to naturally clear them.

So it says, bam, tuck it into tissue. Then over time, you get this accumulation of heavy metals, microplastics, et cetera, in tissues. It's really less about what you're exposed to and it's more about how well is your buddy able deal

with what's coming on a daily basis.

See, that, I love it. And I want to focus on two things, because you brought up TBI, and I got a lot of experience with T BI. Number two, the teeth. I definitely grew up in the time where you got the silver fillings.

Also, was one of six kids. We had a dentist that actually just filled the tooth. He was making money off of my parents with six kid. Then when I was in seventh grade, had to get a root canal.

And it took 20 appointments. I remember it. Had to keep going back and keep coming back. And then of course, down the road, I'm learning. Actually had some brain fog and this was like 2005 and I was starting an academic job and.

Came across an article and went, oh my gosh, maybe this is what I have. It was talking about brainfog associated with fillings in your teeth. So then I wanted to get those out, and I worked to those get out.

But the dentist that worked with me, he goes, it's great, you're doing this, but the biggest problem you have is the old root canal. And so I was at a conference, I don't know, 2008, there was a dentist talking and he explained that you are a human battery when it comes to having a root can now.

So they open the tooth, they take the nerve out, but like you said, your teeth go everywhere. So you have this nerve and then there's all these little tributaries that are going all through your body.

And they took the big nerve, put a pin in it, then they fill it with the silver amalgam, and they put the crown on it and you literally become a human battery.

That's what you're talking about when it comes to the toxins that you are actually secreting inside of yourself. Now even silver amalgams, you need to make like hot beverages and even brushing your teeth create friction to it, create fractures in your tooth that you can't see.

They're very minute and you're leaking this stuff into your body. So I really like that you brought that up because like I said, the majority of people that listen to this podcast are moms and people still do get regular fillings, but that's brilliant to help people understand.

It means when you internally have become a toxic overload. So do you want to add anything to that? I've got a couple comments on the amalgams, one from personal experience through some testing just to show kind of the retention of these metals post removal.

But one interesting fact about the Amalgam says there was a researcher, Dr. Boyd Haley. He worked at University of Kentucky. His research was into Alzheimer's and he discovered the first case of Alzheimer was 1906. And Alzheimer isn't newly detectable based on technology.

The brain is shrunk. in Alzheimer's and there was never a sign of that in autopsies prior to that for hundreds of years. And they started putting amalgam fillings in people's mouths in the 1840s.

So the first generation of people that died, what, you know, 1906 and onward, this is when Alzheimer started to begin with, right? So he talks about like six characteristics of Alzheimer and mercury is the only thing that can cause all six.

Now there's combinations of things, with other things. But that's kind of interesting. The thing I think that a lot of people don't understand is they say, let me just go get the amalgams out.

And there's a number of issues there. But let's say you get them out, and you've reduced your source of the toxicity, but what has not been done is that they're still you know, if you had them in for 15 years, you still have 15 Years of daily dose mercury that is still in your body that just doesn't disappear.

You've just removed the source kind of like, If you were breathing in lead paint for 20 years and then you moved out of the house or you stopped painting, you still have the lead in your body, right?

So I utilized the illegal scan, which is a spectrophotometry scan for tissue levels with heavy metals. And I tested a number of people that had their amalgam fillings removed over 20 ago, and they still had very high elevated levels of mercury and silver.

Right? Because it's not going anywhere. It gets stuck. And especially when they're just not as healthy, they, you know, more complex issues because once this, this metal settles in the brain and wherever it sat, it becomes more difficult to remove because if the body's dealing with all this stuff on a daily basis that we've been talking about, there's, not enough energy for the bottom to say, okay, let me take a bunch more energy and go remove this death from tissue.

That's adding to the toxic bucket for daily dose. There's just no energy. So your body never gets to it. Alright, so that's why I think addressing this active toxicity, the regenerative toxins, etc.

is key because then the body has energy to start doing what it wants to do. And so, that why you always say the number one key to an effective detox is to get healthy.

Whatever that, you know, however that could be and there's a lot of different ways to it but the healthier you are, The faster you detox because you have more energy.

And I think as you become a little bit sicker and the longer you've been, you know, sick or had a complex health challenge, the slower you detox because your body's actually intentionally shutting or slowing down detox pathways to protect you.

Because let's say you have all the circulating toxicity, this active toxicity. Your body can't really handle it.

Amalgams, Mercury, and Alzheimeru2019s Risk

You might be getting detox reactions every single day without even taking supplements or a detox protocol because you can handle the amount of daily dose toxins, right?

So then your buddy says, all right, let us slow down lymph. Let's slow down bio flow. Let slowdown sweating. Slowdown natural detox because if we ramp these up, it's going to be adding more toxicity to the active processing center and we don't have any room to receive it.

That's why when people have complex health challenges, their detox pathways are down. If we try to go in and aggressively optimize detox pathways, a lot of times that's actually fighting against the body's natural desire and you get terrible symptoms because there's no room to receive the toxicity, right?

So the does what it does for a reason. That's why I always say that if we can understand it, we could say, all right, what can we do to naturally optimize?

Detox pathways and it's to get healthy. How do we get health? That is where the practitioner comes in. There's a lotta different factors involved, starting with the gut, liver, et cetera.

You know, Jeff, one of the things that I've really noticed, especially since about 2019, kids really don't have the same level of energy that they used to have.

And I know we can say screen time and all that, and you're absolutely right. But it's also a metabolic issue, right? They just don' have, I love what you've highlighted, about that energy level.

And that really could be one sign for an adult, for a child, or whatever. If you've noticed, and correct me if I'm wrong, but if you noticed your energy has really changed, it may really be time to take a look at how your system is

trying to get rid of toxins.

Would you agree? Yeah, I mean, fatigue is your body telling you something, right? It could be toxicity, it could physical stress, there's something. All these stressors, and I say stress is anything that makes the body work harder than normal to stay balanced, they all go into the same bucket in the right.

The body has a certain amount of energy to deal with everything. So let's say you're in a time of severe emotional stress, that's actually taking up detox energy so you have a lessened ability to deal with mercury.

So it's all connected. Could you say that again, moms? I want you to listen. Say that, again. Yep. All stressors, the body has a certain amount of energy to do with everything.

So if you're using a lot of your energy on emotional stress or physical stress, or something that's taking away from the energy, the body could be using for detox detox energy.

So, if, you are in a period of extended emotional, stressor trauma that can actually lead to mercury and heavy metal and microplastic and toxin accumulation, because there's less energy to deal with those things as they're coming in.

Wow. And isn't that one thing too that I'm sure you'll agree that especially it just seems like over the last five years, the margins of everybody has just like, it's so narrow.

So I think the idea of understanding that stress component is so valuable. Well, OK, so the only other thing I was going to add about TBIs, because one, it's never about like jump into something.

So went through that personally with one of my children and literally had to close my practice for a couple of years. It was very serious. And what I learned during that time was really phenomenal about.

I think it is a good example to piggyback on what you're saying is that The body has this way of trying to preserve itself. In TBI, you get a lot of glutamate excreted in the brain, developed in jumper cables to get the brain going.

But glutamate is an excitotoxin. It can be. If there's too much of it, it can become an excitotaxin, so in TBI it's just so important that the individual is receiving care, especially metabolically, as much as trying to rehab all the parts, like the diets gotta be clean.

You gotta know what happened in the hospital, how many parasites, bad bacteria, all these things have to be addressed in order to take that stress off of the body so that it has the opportunity to heal.

Is there anything that you want to add with TBI? Yeah, I'm into a lot of targeted specific therapies that can accelerate the process. But of course, the foundations, just anything to reduce the inflammatory stress or load is going to help the healing process because you have to get under the threshold where your body's in.

You have get to a point where the body can start healing and not just trying to survive. There are certain things that I can help with that. I think EMFs are actually a huge contributor to lot issues.

So I am talking about Wi-Fi signal, cell phone radiation. these things. So if you have your cell phone turned on underneath your pillow at night, that's not going to contribute to healing.

It's worse than anyone thinks. A lot of people, even Dr. Klinghardt a long time ago said, and he's one of the OGs kind of, he said the difference between his patients that get better and his patience that don't get, better are the ones who take the EMF mitigation strategies seriously.

And he used to send people out of the country to kind of these EMF free zones. I don't know if they exist anymore because of satellites, but the point is there's some things we can't control.

But if you have your cell phone underneath your pillow, you can control that. Just put it four feet away from you. Distance matters. And there are a lot of other techniques to help that turn your Wi-Fi off when you're not using it.

At night, just flip your wi-fi off. Right? I'm hardwired, I didn't even have WiFi. WiFive got little cables, like ethernet cables and stuff. That's one thing, right?

No, it's… I am glad somebody else says it, i think it is great. And talking about the gut, so we're talking direct damage to cells, one thing. I think the biggest impact of EMFs is actually their impact on your microbiome.

Stress, TBI, and Detox Capacity

Because we know that the issue with microbes is generally not the microbes themselves. It's when they get irritated or they have an opportunity to be there, right?

Based on… I like that, when you get irritating. It's kind of like mold. If there's mold on the wall, it's causing limited issue because the mold is not poisoning you.

The mold toxins or the mycotoxins are what actually you breathe in. It poisons you and causes all the symptoms. That's why you might get really sick after you clean up the mold, because you have an elevated number of mycotoxins.

When you Wi-Fi, this has been demonstrated, when you, or at least I don't know if the study was published, Klinghardt talked about this too, where they put a petri dish of mold next to a Wi Fi router, another petra dish mold to the Wi fi router but they covered it with aluminum foil.

so it kind of protected it from the signal. The unprotected exposed mold produced 600 times the amount of mycotoxins. So, and that's one of the reasons I think a lot of people have mold toxicity now, not because we have more mold in the house, but because they have a more electromagnetic radiation resting out the mold, so there's more mycotoxin in there.

Now, bringing this back to the gut, if it's doing that to mold what are these frequencies doing to our gut microbes? Because if the gut microbes are there happy healthy everything's great if they get irritated all of a sudden they start emitting or start releasing these toxic waste products as a stress response endotoxins extra toxins maybe they transform into pathogenic forms etc the wifi signals and these things might have a dramatic effect on our guts that we're not really looking at yet.

Well, and I just want to say, like, giving a child a cell phone, really the wrong thing to do. You can look this up when you put a cellphone to your ear.

On a CHILD, the EMF literally almost covers the entire brain. it penetrates that far. So if all of that is going on in the gut, all those storage of metals that could potentially be in somebody's brain, and you're putting the phone up there.

We've actually paid for thermography testing. So this was actually pretty recent. We had a thermographic company out of state do some experiments for some technology we were developing.

But the baseline test was just the base line reading of the brain, so basically the heat signature of their brain. And then they put a cell phone up to their head, like this far away, a few inches, for 20 minutes.

Then they did another scan and the brains all inflamed. Right. And then we were, we are basically developing technology, trying to figure out how do we mitigate some of this radiation damage.

But the point is when you put a cell phone up to your head, it's radiation. That's why it is called EMR, electromagnetic radiation, right? So if you're doing that constantly, It's keeping your body in a constant state of inflammation.

If you have your cellphone or your laptop on your stomach, not going to be ideal. So it just one of those things that I think everyone can start, start at least being aware of.

and then, you know, little steps to, to improve their health and Well, and women put it down their bra and they'll care. And then you had even mentioned, we won't go into it today, but like breast implants and then EMS.

I mean, it's just, I love that the highlight of our conversation has really been a greater issue is what is internally going on inside of your body. All right, so we need some time though to talk about your product.

Will you tell us some stuff? Yeah, so essentially right now, the company is Zeolite Labs. The product is Zio Charge, which is zeolight powder, Which is a mouthful essentially.

So I was running a biohacking center. I had developed over 50 nutritional supplement products in the past, some of which I still sell. There's a lot of great stuff out there.

A lot if the stuff is not great that other people sell Just in general, we have to be aware of marketing companies and the industry is what it is. I have found that the purified zeolite powder is one of those that just has more of an impact than most things for certain individuals.

So what is is a binder, right? Zeolites. mineral, a naturally occurring mineral with a negative charge, it binds to positively charged toxic elements in your body like heavy metals, mycotoxins, ammonia, glyphosate, BPA.

It's even been used commercially to bind to radioactive materials in the environment. So after their Chernobyl disaster, they dumped the zeolite powder all over the water supplies to buy into the radiation and it cleaned up the cesium by a factor of a thousand.

So very effective. What makes it unique compared to a lot of binders is that it's called a smart binder or a selective binder because it works through a swap mechanism.

So you've got this little cage, kind of like a honeycomb cage inside the cage. There's electrolytes. She's got magnesium, potassium, sodium, calcium. When it comes across a heavier element that prefers, it swaps the element for the heavy elements.

Let's say you have. Wow. That's so good. That's what makes it unique because because there's a lot of great binders out there and it's all about, you know, what what can be tolerated by each individual.

But most bindars are indiscriminate. They describe everything and they're great for short term purposes. Lots of times it can really deplete your minerals.

So that's fantastic that you've created that. So that's kind of one of the big differences. So like if it comes across an amino acid or it just leaves it alone because it has what it prefers, which is the electrolyte.

If it come across a heavy metal, they're called heavy metals because they are heavier, it swaps it. It works out really well. And so it is a binder. Its in the same class as charcoals, clays, pectins, all these things.

It just has this swap capability and it has really high surface area, which is basically binding capacity. And I think binders in general for most people are really important because if your body can't deal with all the toxicity it's faced with on a daily basis, binder is, basically the idea at least is for them to go in and start grabbing some of this toxicity in the GI tract and excreting it.

So your doesn't have to deal without all itself. And for some people that can be profound because it can basically put you under the threshold of symptoms sometimes, right?

That's the idea. The challenge is really finding a binder that you can tolerate. When you take a binder, what it does is it binds. It binds to something, and when you bind to some thing, there are so many things that could happen in

your body.

There can be biofilm disruption. There could be just all sorts of disruption and there's really no way to know how you're going to respond to that. And some binders are constipating.

Some bindings are nutrient depleting. So that's where it's truly tricky. One of the things where ZeoCharge has held an advantage over other bindors is most people don't get constepated on it.

A lot of people actually use it to relieve constapation. Like one of my old roommate or diarrhea. At this time, he was like 18 months old. He had never had a solid bowel movement ever in his entire life.

So I sent her some zeochar, this was a few years back. And then within four days, solid bowel movements. He took it, took for a month and then she stopped.

EMFs, Microbiome Disruption, and Children

She was able to have solid belt movements there on after, right? So, I don't know what it was. Same thing with constipation. A lot of people that are chronically constomated take it and it relieves things.

It depends on the person because it depends, on what's in the gut. and depends what binds to in that gut and the response to it. So one of the other things and people can kind of look this up on their own because we're not going to a lot time to talk about it But the most important thing with pretty much all supplements is quality and quantity.

You take the best product in the world and you take it at the improper dose, it might not work well and it may be worse than not taking it to begin with.

This is the same for medications. If you use certain medications at micro doses, they have the opposite effect. as at the high dose, right, based on, you know, biochemical pathways.

So, what I found with zeolites is that hired, powdered, I'm talking about powdered purified zeolyte. I am not talking nano zeolithes. I don't recommend those.

There's a lot of issues with those, which we can go into if we want, but they're completely different class. They're not going to have the same properties that I'm mentioning here.

So I just want to put that disclaimer out here, I am talking about purified, cleaned, zeolite powder, cleneptilite, ZeoCharge. I appreciate that because a lot of times I do think people hear a buzzword and they go and check it out and look at it.

But you're right. There's a lots that's happened in the supplement world. there have been so many great companies out there, but they've sold. And so companies that I really, really liked and sold them to things like Nestle and P&G.

Companies that have nothing to do with that kind of quality. control for supplementation. So you really do have to be very cautious. That's why we want to bring on guests that we can learn about the types of products that they have and feel good about looking into that for ourselves.

Where can people find you? This is called zeo-charge or zeolite charge. It's ZeoCharge. Zeolite Labs is the company and the product name is Zeocharge, Supercharged Zeolyte.

And we do have a lot of information on the website for people because we really don't want anyone to buy the products just to by the project. We want them to be educated and if they feel like after they're educated, if you feel it's something they want to try, then to it.

That's why we don' have it in like stores or anywhere where you can just pick it up on a shelf because people aren't going to know what to do with it and how it's going to benefit them.

Absolutely. So zeolightlabs.com, yeah, I was going say the education. No, go ahead, zeolytelabs dot com. There's an education tab and there's a bunch of videos on there in terms of dosing, what to expect, kind of what it binds to, when it can help detox.

They talk about three levels of detox, the approach where you bind in the GI tract and it is a GI binder. And then how if, and some people that will encourage the body to let go of the toxic elements from the organs and from We actually have proven that with our case studies program, which you can also see the case study is on the website.

We did a six month case Studies program prior to launching to make sure that it was going to be safe and work well before we brought it to market. Well, now that you and I have talked, I had told Jeff before, we got started.

that I didn't see the email where he was going to send me a sample. I could try it before we record it. And typically I don't just take things until I get to know about them.

But I think this information has been wonderful and I would love for you to sent me some. Yeah, I do a gut cleanse, remember, whole body little gut cleans every fall and every spring.

So the timing is perfect. That would be awesome. But this has been very informative and I'm so glad to have learned about your product because as I told you when we got started, some of the kids, they don't respond to some the really good brands that I really like.

I feel like now we have another option. So this is great. I'm excited. Yeah, and a lot of great products. And it's not like some of them are good and some are bad.

It's just how are you going to respond to them? Exactly. Sometimes you don't know. You recommend a product that doesn't work. Don't get mad at the practitioner.

We don' t know! Sometimes it does take a little bit of trial and error. until we find something that works and that's okay. That's part of this adaptive approach to functional medicine.

It's like we have to adapt and everyone is so unique. So yeah, absolutely. But thanks for having me on. I'm really glad that you said that because providers do get, they get blamed and you do your best trying to learn.

about different products and things of that nature. So thank you for saying that. That was really helpful. Well, I've really enjoyed getting to know you.

ZeoCharge and Practical Detox Support

I always like to end the podcast with, if this was your last moment to give out some really useful information, knowing all the things that we all know is going on today, what would you like say?

Just in general, I mean, figure out what's actually important in your life and start taking steps to achieve that. If you have a year left to live or something, it's like, are you doing what you think is really important?

Are your priorities in the right place? I would say that sometimes we get distracted with life, and we always say, We'll do what we want to do later, or we'll deal with it later.

But the time is now. So I would say, yeah, where are your priorities? I like to say what is your life mission statement? i have a life-mission statement, which is love God, live love, make a difference.

And then I have business mission statements, Which is meet the need in wellness. and I say okay, the actions that I'm taking, if I am moving or business actions, whatever, relationships, are these going to help me achieve my mission or are they going pull me away from it?

So if you can get clear on just a simple mission statement or, you know, something you want to do with your life,

and then you could base a lot of your decisions based around that to help you lead you in the right direction to make sure you're not getting distracted.

Well, I really love that because I think especially like the majority of my practice is children, but we do see some adults. But the one thing, and we were just planning before you and I came on where we're starting to promote what we call scan days and were really reaching out to our moms.

It's not that we won't do it for a dad because we will, But moms are the ones that are typically you know doing everything in the home doing, everything for the child but so often they put themselves last and when you're in a situation with a child who might be low functioning or having lots of different crises going on.

If you sit there and you say, when my child gets better, I'll work on me. You know, some of these journeys are so long. if you wait, there could be a horrific impact on you.

That was a message that I got during the journey of my Child and the TBI. I mean, think about where my mental state was if I closed my practice for two and a half years, I remember this oncology nurse saying to me, right, very direct, caregivers have a 30% increased risk of dying young.

And we were sitting there eating lunch and I just went, what? And you think you're doing what you need to do, but if you don't take care of you, Well, thank you so much for being part of this.

Now, if you will, any material that you would like in the show notes, If you'll send it to me, we'll put links in there.

Mission, Caregiver Health, and Closing Advice

We'll make sure people know how to get in touch with you. And thanks for working through some of the struggles I was feeling before we talked about a product.

You obviously have your heart in Even on top of that, you're very educated in understanding the detoxification methodology and how far reaching it can actually be.

Well, absolutely. I appreciate everything you are doing and thanks for the opportunity for coming on. And like I said, I love talking about this stuff, so I always have a good time.

All right, well you have a wonderful day and everybody, if you any questions, make sure you go into the show notes, look at the links, go check out this product, zeolitelabs.com and take a look their education tab and start to look this because it's great to start, to get things going, but boy, you really do have to bind them and get them out.

That is a very big part of detoxification. And if you have any questions that you really want to ask me about, feel free, you know that. You can go on the website connectmybrain.com and you can schedule a quick consultation and I will be the one that calls you back.

So thanks for tuning in again today. It was a great conversation and as always be blessed. Thanks for listening. I hope today's lesson will help you or someone you love.

Do you have a question or just really want to talk to somebody about brains? Connect with me over on Facebook or Instagram. at Connect My Brain. Looking to understand and optimize your particular brain?

Check out connectmybrain.com for course information and resources. See you next class.