Introduction to the Minerals Conversation

All right, everybody. It's Dr. Betsy Greenleaf. And this is another session of the solving sexual dysfunction summit. We have with us Caroline Alan. She is the founder of Beam Minerals.

And I'm really excited because we're going to be talking about minerals. And this is something I can't wait to learn because you know Caroline. First of all, thank you for being with us.

Thank you so much. I'm really looking forward to our conversation. And I was thinking, you know, when I think about minerals, all I think of is vitamins and minerals, vitamins and minerals.

And that's as far as my conversation goes. So I'm looking forward to educating not only our audience, but myself on minerals, but I'm going to back it up.

How did you even get involved with minerals in the first place? Yeah, it's it's pretty interesting. So it all started now. About 11 years ago, I was sitting in a bathtub with a really bad sinus infection, and that had been going on for like 6 to 8 weeks.

Incredible headaches every day. I was very ill and I had a washcloth on my face and I was in a lot of pain. I was trying to work a five hour job and take care of my kids at the same time.

And in the corporate world. And I said to myself, something has to change. And very soon after that, I met my now business partner, Dan Howard, and he suggested that I try taking these plant based minerals.

They were liquid, little cups of liquid. And I was like, okay, you know, sure. I definitely need I'll try anything, anything that could help me. And I was, of course, going to a natural path.

Caroline's Health Crisis and Mineral Discovery

I had lots of problems in my mouth as well with inflammation, gingivitis, bone loss in my teeth. I had flatlined adrenals at that time. I've been working with a natural path for a couple of years on that.

I had all sorts of other issues with my gut and elimination issues and of course energy. And you can only imagine how it was to try and work a really challenging job and also have constant sinus problems.

So I started taking these minerals and it was amazing what happened. I, I didn't notice a huge difference initially, but I went to my dentist after two months and she looked at my mouth and she exclaimed, Oh my gosh, what's different?

Suddenly, you know, your your in your mouth is different. The tissue looks healthy and I was like, you know, I don't really know. I think it might be these minerals.

So she just said, keep taking them. So then two months later, about four months in, I went to my naturopath and I had done my adrenal test at my previous meeting.

She had wanted me to take hydrocortisone. I was not going to do that because I had literally flatlined adrenal case. It had no adrenal function. And they she opened the book and she was like, Oh my gosh.

And she turned the the chart around and showed me that my adrenal function was one third of the way up the chart with a natural sawtooth pattern and proper curve that you need for natural bio rhythms, etc..

And she was just like, This is amazing. What are you doing? Because she knew I didn't want to take the hydrocortisone. And I said, You know, I don't really know what I think it might be these minerals.

So over about 6 to 8 months. Betsy I all these chronic conditions that I was dealing with, the elimination, the bloating, the discomfort in my gut, all sorts of my mouth, these sinus infections just got it all resolved.

The adrenals, the it all resolved just naturally. I did nothing different. Wow. Nothing different. The only thing I'll say that did happen naturally is that though I'm not a sugar craver, I have eaten a lot of fruit in my life.

I'm not like a candy person. But I did eat a lot of fruit and I found myself just not being interested in fruit the way I had been. Like I might sit down in the past and eat half a pound of grapes, you know, and I'd sit down and have five or six grapes.

I'd be like, Oh, okay, that's all I wanted, you know? So my choices, my food choices did change, but it happened naturally. I wasn't trying to change my diet.

I'm generally a very healthy eater. I've just been interested in I've had lots of problems. I had been gluten free at this time already for seven or eight years.

So, you know, I had to deal with other issues over over time. So as a result of that, I started doing research. And, you know, I'm not like you a practitioner.

I'm not a scientist. I'm not an expert. I wasn't an expert in any field. So I kind of came into it with an open mind and a huge curiosity about how these little cups of liquid could make such a difference in my health.

And I ended up studying, you know, molecular biology, biochemistry, cellular biology. I studied about plants and plant decomposition and soils, soil composition and how soils become what they are.

And of course, about human and volvic, which we're going to talk about, which are plant based minerals, where they came from, what they do. But I also learned a huge amount about mineral depletion, why we're depleted and mineral replenishment, and how it works in the body.

And I had so many huge ideas. I was like I said to my now business partner, Dan, I was like, We have to do this business. People have to know about this.

So that was that's kind of how it happened. So now I really now I'm really curious because I think in the world of health and wellness, the minerals don't get enough information, you know, play and information.

So what is it about minerals? And specifically, you mentioned that you make acid. I'm like, all right, I know of them, but that's about as far as my knowledge go.

Right? Right. Well, you know, the the interesting thing is that mineral depletion is a huge issue. And if you think about something like probiotics, right.

We all know about probiotics now. But, you know, ten or 15 years ago, nobody heard about them. Maybe the few fringy health nuts did. And nobody talked about the gut microbiome and nobody knew about how central to health this the healthiness of your gut microbiome was.

So this is where we are. We're right on the vanguard of health with mineral, with the conversation about minerals. And that's what I'm on a mission to do, is bring that conversation.

I call it I'm mineral myth busting. Okay. Because there's a lot of misinformation about minerals and then and there's a lot of just a huge lack of information about minerals and how central and South National they are to health.

So there's actually a term for mineral depletion.

Why Mineral Depletion Is Widespread

It's called the hidden hunger. So there's an interesting term. So what does a hungry cell Crave? Hungry cell really needs minerals. And we're going to talk about why.

But when you're craving salt, when you're craving sugar, these things are mineral depletions. Actually, this this these come from an intelligent, integral lot missing of the minerals.

So I didn't say that very well. But you understand. So it's yeah. So what I found when I started looking into depletion is, well, why are we all depleted?

Well, first of all, here's the thing. You cannot get enough minerals for the foods you eat. It's a sad fact that the foods that we're eating today do not have the nutritional content that they did when our parents were growing up.

And that's simply because if you take plants and you grow them in soil over and over again, the structure of that plant is developed from pulling the minerals from the soil.

It's just that's the way it works. Okay. So getting things like nitrates and getting things like, you know, just general compost and different things back into the soil is one thing.

But to get minerals of the kind that's that work with plants to replenish minerals is a very, very hard thing. And it's been an issue since the 1930s when they had like a congressional summit about this, and nothing's been done since then.

So we're all dealing with this fact. Our food supply is lacking minerals. And to exacerbate this, we're all drinking filtered water in bottles or from filtration systems in our home.

This has no minerals. So, you know, I don't know about you, but when I was a kid, I didn't have any friends who were coming off the soccer fields with cramping.

But lots of parents have this issue now where there's their kids are coming off the fields crying because they're all drinking, bottled and filtered water.

So as women who are dealing with our health and we'll talk about why minerals are so foundational. But I know I talk on and on and I have so much to say.

Now and then I you know, I'm connecting it to in general, like really just for health. But any time our body is under stress, which is a stressor, when we're missing key nutrients, that some of the first things that are going to go are going to be sex, drive and reproduction.

So there's going to be a direct correlation with that. And, you know, we're seeing a rise in infertility and we're seeing a rise in people with low libido.

So because that's like the extra like the body gets rid of the extra stuff so that it can use all its resources for healing and for being healthy. So that always gets put to the side.

So I am definitely like, all right, the mineral depletion and sex drive and reproductive are really going to be hand-in-hand too. And because of all the stress that we're dealing with in the world.

So think about the adrenal gland, which is about cortisol. And the interesting thing is, do you know the adrenal gland stores minerals? I did not know that. Yes.

So when you're meant depleted of minerals, one of the first places that gets hit is the adrenal gland. So now you're struggling to create the address, the adrenaline, the cortisol, which supports, you know, every time you get up off the couch, that's that is cortisol working on some level.

Very high levels, of course, is when you're in a stress response, but it utili it uses up minerals. So that's the other side of it is we're actually using more minerals because we have so much cortisol operating in our bodies now because of the stress.

But one of the things I want to talk about is this hidden hunger, create stress. So if you think about how do you feel when you're hungry, you feel I call it hangry, right?

We all call that kind of an edge. You know, it's like a little, you know, and that is all of your 37 trillion cells saying, I don't have what I need. And so that the nervous system is literally like on edge like this.

And that creates more cortisol response because it can't get the energy from the natural operations of of generating ATP is inside the cell. So it says, well, we're going to have to use some cortisol to get this person off the couch.

Okay. So instead what we want to do is, is provide mineral support for ourselves so that we can generate the energy naturally in our body without over utilizing this cortisol energy, which is from the adrenals.

So, you know, when you think about let's talk about how minerals work because it's so interesting. So let's say we're all depleted. Okay, what's the effect?

So the way I like to reframe this for people, so think about your body. And we, we tend to think, think about our body like we've got a, you know, and we've got a heart, we've got a lung, we've got a kidney, we have skin, we have reproductive systems, we have hormonal systems, we have, you know, cardiovascular systems.

And when we have a problem with our body, we think I have a problem with my vaginal health. I have a problem with my hormones, I have a problem with energy.

I have a problem with anxiety. Now, here's the thing, because I had all those issues and the thing that tied them together was a lack of minerals. And when I provided minerals in a very full spectrum, bioavailable format, all of those chronic symptoms, natural, we took care of themselves.

I changed nothing. I'm not going to say that. I don't say minerals heal anything, but they provide the coffee factor. So imagine 37 trillion cells and inside a cell you have this amazing energy generating unit called the mitochondria.

And the mitochondria in your cells generates all of the energy in your body, all of the energy in your body. And what fuels your mitochondria are two things minerals and amino acids.

Those two things, amino acids. Your body makes a lot of some sense you have to bring in, but it makes no minerals and you have to ingest them. So when you have low minerals, what happens is these mitochondria can generate only generate a fraction of the energy that your body needs just for normal function.

And so then the body says, well, okay, I don't need hair. Hair is not critical. Let's let the hair go. Oh, I don't need, you know, nails, fingernails.

So let's let let's let those go. All the skin. Your skin's important, but it doesn't have to look great. So let's, you know, and then slowly over time all these it struggles to to gain homeostasis like a natural balance.

And then slowly you end up with these chronic issues that slowly turn into all of these, you know, ultimately to see illness and disease. Okay. So think about it, you know, 37 trillion cells.

And because scientists say that probably most humans, modern humans have about 40% of the minerals, if you really, really eat well of the minerals that you need in your body, it's actually less than that.

But I've rounded up, okay, 40%. So if you're in a room right now, take the light that's in the room and just dim it down to 40%. That's how your body is operating.

Think about that. That is crazy. I know. I'm like sitting here going, I'm going to get some minerals right now. Well, all right. So who knew? You know, no one's talking about this.

No one's talking about. So this is how we're all operating. That's how I was operating at this really low level. And because I already have some, you know, I have autoimmune, I have some other I've had mild exposure, I've had some real hits to my system.

And I had gluten intolerance for many years. You know, I had I had really my body doesn't detox very well.

How Minerals Support Energy and Hormones

I had really big issues. So it hit me harder than it might have. It might hit some people, but over time it hits everyone and it's happening younger and younger, you know, so women who have really painful periods think about that.

Unless you have fibroids or endometriosis, chances are that's mineral depletion. I've had so many people who start taking our minerals and all of their pain for periods disappear.

So what a great thing. Then you were telling me before we even started talking about the effect on minerals, on vaginal health too, that I had not heard.

And I was like, oh, this is fascinating. Yes. So it's such an interesting thing, you know, you know, vaginal tissue ages and so aging women begin to get there's like a certain way you your your ob guy and can look in in inside your vagina and see the tissue and how healthy and young and kind of vibrant.

It it it is. And, you know, not to speak of my vagina in national or whatever, but my, my ob gyn is always so surprised. She's like the tissue is so healthy.

So part of that is one of the important minerals for vaginal health is zinc. Now, the problem is that just taking zinc doesn't necessarily work because you have to get that zinc inside the cells.

If you think about your tissue, all of your tissue is made of cells. And so it's one thing to get minerals into your bloodstream and it's another thing to get it into the tissue where it can actually support that healthy, thriving, you know, lubricated tissue that you want in that in that location. So, so that's it.

So yeah. So this is the thing. We're all depleted of minerals. All of your cells require minerals. You have to get them from ingesting them. And so the next piece of the conversation is about how do we replenish and that's the question I have for you.

Like, have you ever learned about how minerals are replenished in the body? Right. And you're a doctor. Duh, right? Yeah. They are. They kind of skip over that part in medical school.

You know. Which, you know, I think the answer in medical school was, oh, just take a multivitamin. You know, like or just eat healthy. But we know that, like you said, we know like our foods that are not containing them.

And, you know, the multivitamins are probably not in the form that we need them. Exactly. Yeah. And well in that. Yeah, exactly. That's another piece of it.

But let's just keep on minerals because vitamins is a whole other conversation, though I will say that what we're going to learn about mineral replenishment applies to all other supplements you're also taking.

So the thing that happened when I started looking at how minerals, how how did this happen, that my mineral supply was replenished by taking these plant based minerals, I had to understand how the replenishment system works.

And what I realize is that most people think about the replenishment system in the body, kind of like we think about

a car like, okay, I need hormones put in hormones, I need minerals, I need being easy and put in magnesium.

I need potassium, I need put it, you know, and, and, and most people do test for like if you need for hormones there's a test in your doctor says you need this much and it's you know it's a prescription drug but with minerals, that's not the case.

So somebody says, oh, you're cramping, take magnesium or you're not sleeping. Well, I'll take magnesium. And that is it's it is abs so lutely not the right thing to do.

You don't have a tank of that. You can that gets empty of magnesium that you can fill up or potassium or calcium. You know, you need to get calcium into your bones.

So of course, fill up the tank. I should take calcium, but there's lots of information out there about how that doesn't really work. Well. Right. And can cause other issues.

So so I started learning about the replenishment system and it was huge. Aha. And it all, it all relates to this buzz word that we've heard about called bioavailability.

Right. And people that you look on labels, they're like, oh it's bioavailable whatever. And you're like, okay, cool. What does that mean? And here's the thing.

Bioavailability has three stages and one of the things that's important to understand about minerals is that they have to go through all three stages.

The first is digestion. So we think we all understand digestion, right? You take food, it goes in your stomach, it digests in your gut, you know, and that, you know, has get broken down.

Here's a thing I think about most minerals that we take and what they're made of, most of them are made from rocks, shells and bones. And how well does your body break down those?

Not very well. So even though. I'm sitting here thinking of a plate of rock shells of bones when eating. Right, and even though they're broken down into powder form, they actually have to be broken down way further.

They have to be broken down into what we called their ionic components. The smallest molecular size. And it's not until that point that they can even be available for absorption through the lining of your gut.

And most of those rock shells and bones, powders, flavored drinks, electrolyte drinks that we take never get broken down. So they say in the U. S. we have the most expensive urine because most of it just gets eliminated.

Okay. So but let's say some small portion, it's actually about 10 to 12% of what you put in that's in this form rock shells and bones in a pill or powder or a flavor drink form.

It gets absorbed in a really interesting way. So the lining of your gut is lined with these finger like they look like fingers, their finger like structures.

And each one of those structures is lined with something called epithelial cells. And each one of those cells is lined with these receptor sites. Now, when I first started reading about, I'm like, okay, cool.

So you have all these receptor sites and all this stuff gets broken down in your gut. It just lands in one of these kind of like catcher's mitts, you know, here's some magnesium, here's some potassium here, whatever.

But guess what? Each one of those receptor sites is specific to a specific element. So you have a lot of receptors for what we call our macro minerals, like magnesium, potassium, calcium, sodium.

But you have other a smaller amount of really important receptors for things you wouldn't take a pill for, like

molybdenum has.

Vaginal Health and Cellular Mineral Replenishment

Have you ever even heard of? I'm sure you have, but a lot of people have never heard of that or phosphorus or copper. These are really super important minerals that you absolutely need in your diet.

And they need to get absorbed. So you do have these you have catcher's mitt. So like in your gut, right? For specific elements. Okay. And once those that magnesium hits that catcher's mitt, it's able to be absorbed into your bloodstream.

So you broke down maybe ten or 12% of those minerals and then a smaller amount gets actually absorbed based on the health of the lining of your gut, because aren't we all dealing with a lot of what we call gut dysbiosis or leaky gut or people with IBS or or SIBO or other, you know, inflammation issues in their gut.

That, by the way, are often related to glyphosate, exposure, whole other conversation. So but now let's say you've gotten those minerals absorbed into your bloodstream.

That's only the second stage of the three stages of bioavailability. So the final stage is all those minerals have to get into your into your cells, inside your cells.

Now, once again, the cell wall has receptors, and certain receptors have to be to take a particular element through the cell wall. It requires a receptor.

So most of us, even if we do take very bioavailable forms of minerals and they're broken down well in the gut, and our gut lining is healthy and it gets absorbed into our bloodstream.

Most of us don't have very effective intercellular transport. So most of that mineral substance doesn't actually get into the cell where it can be available by the mitochondria for that energy generation.

You see, that is an amazing. This whole thing is absolutely fascinating to me. I'm like, this is so cool. It really it really is. And I feel like giving if people really hear this, they'll start to realize how important minerals are.

So the beautiful thing about this is because I wear I wear you kind of can be left with this like, oh, my gosh, this is too complex. This is too hard.

I don't even know what molybdenum is or copper. I don't know where I'd get it and how I would get it in. And like all this is in, how how do I do this?

Okay, guess what Mother Nature provided a technology because think about it. You're a set of cellular systems that evolved from the Earth and Mother Earth wanted cellular systems to thrive.

So what was evolved? What was evolved was systems for to support nutrient uptake into the cells and also intracellular and full system detoxification.

And these tools, this technology is called plant based mineral substances. It's called human control. VICK Ha. That's where I was trying to make I was trying to skip ahead where's the you make it volvic come into this.

This is where it comes out. Yeah. So human conflict. So this technology is being utilized by every look outside your window, look at your plants, in your in your office.

If you or your room where you are, if you have any plants in your house, they are all using human and volvic's substances as mineral replenishment in.

And if you have a plant that's not healthy, just get our minerals and put a little bit of it on the plant you'll and watch it

in three weeks. You'll be amazed sometimes just in a few days you'll be amazed at what happens to that plant.

It's so cool to watch so so that's kind of the next piece. And where does that leave you about? I know I just talk on and on. Now I listen to you for hours.

This is great. You go. And so. Yeah. So how does the Jamaican Volvic now help with the minerals? Yeah. So let me talk about where they come from. So humor can smell like substances if for when it relates to our products be minerals products it comes imagine an entire rainforest that decomposed over millennia in this rainforest existed back when the dinosaurs lived.

So and we had a cataclysmic event, you know, big meteor hit the earth and it created like a shitstorm on the earth. Pardon my language and it in that whole rainforest died.

And then over millennia it decomposed. And during that decomposition process, these two there was a mineral substance is called humid and you make is a human is a black very crystalline, incredibly rich substance.

Bioavailability and the Three Stages of Absorption

It exists about 12, 15 feet below the earth. It's completely pure. It's never had any contact with modern pollutants. And it has all of the minerals that your body needs in the ratios that your body utilizes.

And is made of. So when you think when you look on the back label of most mineral, even supplements that have multiple electrolytes or minerals, those are lab formulated based on somebody in a lab who said they have these minimum daily requirements and all of that, which, by the way, is completely ludicrous in and isn't.

It's that car mentality. So instead these plant based minerals are already naturally form and formulated the way your cellular systems are naturally needing minerals already.

Isn't that that right? There is already a cool thing. So this human material has two molecules in it and one is called Volvic. And the other is called humidity.

They both carry with them the full spectrum of minerals that your body needs. Again, formulated in the ratios that your body utilizes and is made of. They also have amazing capacities.

So let's talk about the full vic first. The full vic is an intercellular transporter. It's the word for it in science is a flavonoid. So we've all heard of that word and sometimes you see it on your website, some different things. But what is a flavonoid?

It's an intercellular transporter, so it carries nutrients and minerals into the cell and it also carries bio waste and toxins out of the cell. Now, not all flavonoids can do this.

In fact, the full vic flavonoid molecule is the only molecule on earth that they know of that can change its polarity. So what it does is it carries with it all of these nutrients.

And because it has a very strong electrical charge, things cling to it, carry 60 times its weight of minerals and nutrients into the cell, and then it changes its polarity and those things drop off inside the cell.

Now they're available to that mitochondria for energy generation in the body, all of the all of that mineral and nutritional content. Okay, now what clings to it by a waste?

Heavy metals, free radicals, things like toxins like glyphosate, nanoplastics, dioxins, p force carries them out of the cell, then it changes its polarity again and those things drop off inside the bloodstream.

I'm going to give everyone an image to remember this. So you've got it. Let's say you're in a room and there's a guy out in the hall and he's got a big backpack and he fills it with all the good stuff, all the nutrition you need for a day.

And he brings it in and he does sit out on your desk. And now you've got it available and you can take it when you want it. How you want it, whenever. Okay.

Then he goes around your trash can and he fills it up with all the trash in the room, all the stuff you got lying around you don't need, don't want. And he carries it out of the room, and then he dumps it out there into the trash can.

Okay, so that's how the full vic works. It's a intercellular transporter nutrient in and it's it incredibly enhances nutrient uptake in the system and not only of the mineral content that's part of its molecule, but of all the other nutritional content that you're taking in through your mouth.

So if you're eating or you're drinking water and we a lot of us are drinking a lot of water and we're irrigating instead of hydrating. This actually creates the opportunity for hydration, getting that water into your tissues.

Again, cells and tissues are synonymous. So getting that water into your cells where your tissues, you know, your face, the skin can plump out and look healthy and vibrant or your vagina is an example, right?

So so this intracellular transporter is it's this is phenomenal what an incredible technology and your body is evolved to utilize it, put it in and your body knows exactly what to do with it.

All bodies, all cellular systems, whether you're a plant, whether you're a dog or a cat or a human or an elephant, any, any cellular, any set of cellular systems.

Okay. So now you've dumped all that. The phobic has taken the toxins out of your cell and dropped them into the bloodstream. Now, we had this other called the human body, and the human is really different.

It also carries with it a full spectrum of minerals that can become available. The beneficial minerals become available for you to use station in the body.

But it's imagine it like a Velcro ball. It's very, very sticky on the outside because it's it's one of the strongest electrolytes known to man. It has an incredible amount of surface area and things stick to it.

Free radicals, it goes through your bloodstream. It just gathers free radicals. It's thousands of times more effective as an antioxidant than any other super food mix or antioxidants that you can have in your system.

It's incredibly it it gathers just general bio waste and it kills with heavy metals. It's one of the most effective heavy metal qi later of the day and binder that they know of and other bio waste and toxins and it gathers those it it also remediated glyphosate, which is really important because we're all dealing with glyphosate exposure and it but what it does is it actually gathers that molecule cool, builds a film around it and then starts breaking it down.

So no longer it can no longer have its negative effects in your system. At a certain point, this Velcro ball gets so heavy at a molecular weight, it falls out of the solution and it carries all of those negative elements out of your body.

And it does that through every elimination channel, which is really important. If you've ever dealt with any detoxification protocols, you know, people often say, oh, you can't do it until certain channels are open.

But the beautiful thing about the humor is it uses every channel that includes your tears, your snot, your saliva, your sweat, your breath, your entire skin, just rubbing your skin, your hands together.

That's actually a detoxification channel, your of course, your feces and your your urine. So all of the channels. So what it does is it's, you know, we do these detox protocols, but this is actually much better because it's a gentle detoxification that happens continually all the time.

So fascinating. Isn't it? So you've got this technology that Mother Nature designed for mineral replenishment.

Humic and Fulvic Minerals Explained

It includes all of the minerals you need and it provides the delivery system for them into the cells and also the detox ification for your tissues as well as your full system.

I mean, how cool is that? I don't think any scientific lab could actually do any better than that. Any formulated supplement that you take, they don't do it.

And so I say most people have what I call the the supplement graveyard, right? The cupboard at my home filled with pills and capsules and liquids and whatever powders that you didn't you took.

And you're like, I don't notice any difference. I don't want to do this anymore. And it goes in the cupboard that's because they don't work. They actually don't work.

So yeah. So then we get to our products which are liquid. So you can also get human skin phobic in powdered form. It's also much more effective than other mineral supplements.

One of the things I want to clarify people often ask about what's the difference between your, like, plant based minerals and salt, like salt water minerals.

You know, different people have different minerals that come from salt based either electrolytes or salt mineral like trace minerals. So the human conflict only occur in the decomposition of fresh water plants.

So you have to they have to use they have to come from fresh water plant based minerals. So just in case people are wondering about that, the thing that's so cool about our minerals is because they are ionic.

And remember when I said about those ionic components, things have to be broken down all the way to their ionic components to be available for those catcher's mitts in your gut.

These are already at that state. They're already in that in that form. So when you drink them, they are immediately available for absorption. They require no digestion at all.

And and so the full work in our in our products, it actually absorbs directly through the tissue of your mouth, your throat, your esophagus. By the time it hits your stomach, your body's already utilizing some portion of the minerals that are in the products.

That's why they work. That's why people, you know, come back and come back and they just say, I never want to live without these because they feel a difference.

And then maybe they after a few months ago, oh, maybe I feel great. Maybe I don't need these anymore. And they stop and then a few weeks later they go like, Whoa, that was the minerals.

And they, they come back. This is absolutely fascinating. Already I have like all these plans. I'm like, all right, I'm going to be taking them. My kids are gonna be taking them and dogs are going to be taking them.

I'm going to use them like my my garden never grows like I started gardening I'm planted water my plants with. Actually it is it is. We have we had originally planned to do some plant minerals for people's gardens.

We haven't gotten there yet just because we have so much on our plate right now. But it is absolutely because really everything starts with the soil. And if and people who are have their backyard organic gardens, it's great.

That's of course, much better. But it's possible that the water you're using to irrigate your plants could have glyphosate. Some small amount of glyphosate or you could be getting just from the air is up in the table, running off onto your land from your neighbor who's using the glyphosate to kill their driveway and also just growing those plants in that same soil over and over.

If you can get the minerals back, we've shown we use we did a study with some people who do microgreens and

they showed that using our minerals increased the output of their microgreens one third 30% increase.

Yeah. Yeah. So it's, it's really huge. And we do also have a plant are I mean we actually have pet pet minerals now, which is great. So people can try those those are available.

Yeah. Maybe I should tell people a little bit about the products just so they can know what they are. That's definitely what that tell us about them. So we have, you know, kind of our our main flagship products are these two products.

One is called Electrolyzers and the other is called Micro Boost. And we'll talk about electrolytes first. Electrolyte is a full vic only supplement, so we've extracted the Volvic out of the heat mix.

So human does include some volvic. We've extracted it out. The beautiful thing about Volvic is that because it's such a small molecule, it absorbs directly through any tissue.

So I'm going to tell anybody if they're using other electrolyte supplements, salt based electrolyte supplements, I'm going to chAlange them to stop using those and just use electrolytes as their electrolyte supplement.

They will notice a huge increase in feeling hydrated and feeling the energy boost that they want to feel from their salt based electrolytes. One of the things people don't know about salt based electrolytes is salt is great for acute electrolyte imbalance.

If you're about to pass out, if you have heatstroke, take some salt. But it's actually not healthy for the body on an ongoing basis to use salt as an electrolyte replenish or and I know I'm flying in the face of so many other people who are talking about using salt and brands, etc.

And I'm so sorry it's not healthy. It actually it irritates the bladder, the lining of the bladder and kidney, which actually ends up making you lose more water and creates other discomforts in the body.

Athletes who use a lot of salt based electrolytes know what I'm talking about. So this solves the issue because it gives you the full spectrum of electrolytes, plus all the other minerals that you need for energy generation and in this incredibly bioavailable form.

And the thing about it is, when you drink it, there's no digestion required. You immediately get the replenishment happening, it starts happening immediately.

So this as a daily amount, if you're taking both products, you just take a a cup per day. But you can also use this with your kids for for criminalizing that filtered water you're putting in their water bottle.

Just put an extra splash of this into their water bottle. You can't really get too much of electrolytes. No one ever has any any chAlanging responses to it or anything.

This is just you can just use it like any other electrolyte replenishment and like for women or losing water. So the other product called micro boost is the human product.

It's dark colored. Both products taste like water, so they're very easy to use on a regular basis. As I say, I've tried them and they didn't like anything.

Which is amazing. So imagine if you take zinc and you take electrolytes and you take maybe your doctor told you you need chromium or selenium, or maybe you take calcium because you're worried about your bones and maybe you take potassium.

All these other you don't have to take any of those. Like you take a half cup full of electrolytes and microbrews today and you've got it all, you've got it and you've got it in the proper ratios.

So the other thing that happens when you when you start thinking, when you start trying to replenish minerals like

your body's a car is you actually create imbalance in the gut.

And so taking what I call mega dose mineral supplements measured in milligrams is not helpful to. The system, it actually exacerbates things. I work with athletes and one of the things that happens with aging performance athletes who've taken a lot of magnesium to fuel their performance is they end up with osteopenia and osteoporosis.

Product Overview and How to Use Them

And that's because when you put a huge bolus of magnesium into your gut, your body tries to balance that with calcium and also potassium, but mostly calcium.

And so it can pull the calcium out of your bones when you do that over a long period of time regularly. So I know lots of people are using magnesium for sleep and I understand people are struggling to sleep, but I'm going to recommend people consider trying our minerals for two months slowly titrate off your magnesium for sleep and fine, and you'll find that you're sleeping fine because the nervous system starts to calm down and you create natural balance.

When you're putting large these mega dose minerals in your gut, you're constantly creating more work for your body to try and create balance. So the here mix supplement, the one thing I'mgoing to tell people about Micro-BOOST is if you have autoimmune, if you have had Lyme disease, if you've had mold exposure, if you are just a very sensitive person to anything and you tend to get rashes or hives or any kind of what we call herxheimer responses, sometimes humor can can create that.

So I'm one of those people and this is how I take my my Micro-BOOST I put it in my glass of water, and I just drink this through the day. I get no none of these things.

Now, those symptoms are just your body detoxing. It's excited to get rid of stuff is going let's go. We can get rid of it now. Let's do it all now and it can create different symptoms for people.

There's a great article on our website about it. If anybody you can go to Beam Minerals and just search Herx, H E R X in the search bar and you'll find that article.

So it's really easy. These are really easy to take. They're great for kids, incredible for kids. And kids are even more susceptible to glyphosate tox exposure and toxicity.

So because their bodies are smaller and their in, their bodies are developing. So it's really important to get these minerals into their into their diet.

Oh, my goodness. Caroline, this has been absolutely amazing. I definitely learned a lot in this session and I really like thank you so much for being here.

Thank you for being a sponsor of the summit and I know you said where we can find more about this, but just one one more time because you guys, you're going to want to make sure you write this down and go check out this website. So.

Yeah, so our our website is Beamminerals.com that has two M's in the middle and yeah that's that's it go to Beamminerals.com and check us out there's we have lots of products specifically for women or we have a complete women's mineral support kit that's great.

It has all the different tools that you can use for different things that are specific to women. Yeah, we have a whole microsite that's if you just click, if you go to the website and click on women and you'll kind of get more about the conversation, about some of the issues that women and there's some other podcasts and things.

Okay. Yeah. Oh, you know, and before we go, I know we've been focusing on women just really quick. What can

men expect from this, too? Yeah, so actually and so funny because historically we haven't had a men's section of our website.

We're about to launch a men's section. I want people to know we don't want to leave the men out. And what I'm going to tell you as a man, it's absolutely going to support libido as well.

It's going to support, as you're aging, your hormonal balance with testosterone. So the thing you have to understand is for all of the biosynthesis, that that is the hormonal development and processing that all requires mitochondrial energy.

So I think particularly in terms of longevity for men, but also the issue of weight gain as women are getting older. So again, remembering that those that that chronic craving of the, you know, the chips or the the sweets that is your cells saying I'm hungry.

So if you start feeding your cells, you will start to feel different.

Benefits for Women, Men, and Kids

You'll begin to naturally make different choices. I know men also have the major sleep issues, you know, that are associated with so many things. We could do a whole thing just on that. So, so libido also if you're interested if you're interested in performance as an athlete, these are these are all things that the cornerstone absolute cornerstone of thriving in these areas is mineral replenishment.

Awesome. This has been so jam packed. This has been awesome. Thank you so much once again, Caroline, for being with us today. I really appreciate it. Thank you so much for listening I, I and Betsy.

I also want you to know how much I appreciate your work in the world. I, I know I came up to you at a national association of Nutrition Professionals conference because I wanted to meet you after hearing your your talk a few years ago.

And I'm so impressed with the work you're doing in supporting women and talking about things that don't often get brought up in the mainstream. So I greatly appreciate you.

Awesome. Thank you. Once again. And stick around because we have more coming up.