Minerals: The Missing Link to Energy, Thyroid Health, and Cellular Healing With Caroline Alan Transcript

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Introduction to minerals and Caroline Allen

Hey, welcome back to Healing Conversations with Dr. Isabella Wentz. Today we're going to be diving deep into minerals. Minerals can actually be the missing part of your health.

And if you are depleted in minerals, like many of us are walking around today, just as our soils are then you could be suffering a lot of long-term consequences.

Today, I'm excited to be interviewing the mineral geek herself, Caroline Allen. She is a health survivor, mineral expert, and educator on a mission to shift the way we think about cellular health.

she is also a co-founder and CEO of Beam Minerals. Caroline, it's so wonderful to have you here. Thank you so much for joining us. Thank you for having me.

I'm really excited for the conversation, Isabella. One of the reasons why I do what I, do is because I had my own journey with Hashimoto's and irritable bowel syndrome, fatigue, all of these symptoms and conventional medicine just did not have an answer for me, how about you?

What brought you to be the mineral expert? Yeah, it was a health breakdown for me as well. So many years ago, It's been about 10 years now. I had had thyroid, I learned only recently I have Hashimoto's, but I've had that I'm sure all my life.

Also grew up with an autoimmune condition. pretty intense mold exposure event in my life, which messed with me. And I'm also extremely gluten intolerant and have been all my lives.

So I struggled with a lot of just genetic hits and then environmental hits. But about 10 years ago, I crashed out of an intense corporate career. And at that time, in perimenopause, I was struggling with all of that on top of all these other issues that I mentioned.

Caroline's health crash and mineral discovery

And then I ended up in complete adrenal fatigue, like complete flatlined adrenals for over a year. I had bad inflammation in my gut, could never get rid of it even though I was gluten-free for many years.

I have bad information in mouth with periodontal disease and bone loss in teeth. Recurring sinus infections and probably the most challenging issue is that I could not sleep at night.

and I woke up three, four, sometimes five times a night every single night. I never slept through the night, and that of course was additive over time, cumulative.

So I crashed out of my corporate career, that's right when I got introduced to plant-based minerals, I started taking them and they radically changed my health and my life.

That's really what got me into it. Yeah, I feel like nothing will get you passionate about a subject like having your own healing crisis and healing journey.

Now, minerals, you were deficient in minerals and many of us can be. What are some of the reasons for that? You know, there's two main reasons for that mineral depletion is widespread.

And most people have no understanding that they are mineral deficient. But in fact, mineral deficiency is so widespread that the World Health Organization coined a term for it, and they call it the hidden hunger.

So the hidden hunger is cells in your body that do not have what they need, and what the need are minerals. Now, where do we get minerals? We get them from our foods.

We also get from the water we drink. So, the challenge with our food is that we've been experiencing soil depletion. Mineral depleation and nutrient depletion in our soils Since the 1930s, they had a special session of Congress in 1936. We have a serious problem here and what have they done about it?

Nothing. In fact, the made it worse by using glyphosate which kills the microbial life in soil, which then ultimately makes it really almost impossible for soil to be healthy and alive.

What that means to you is that The way that plants grow is by taking minerals and nutrients from the soil. There are studies that have been done around this.

To get the same nutrition from an apple that your grandfather ate from a single apple, you'd have to eat six and some people say seven or eight apples today.

The food that you eat today is dramatically less nutrient dense, than the foods that your grandparents ate. So you literally cannot get enough mineral content from the food you eat anymore.

You'd have to eat so much quantity that it's not realistic. That's the first problem. The second problem is that many of us are drinking filtered and bottled water, so water with all the minerals stripped out of it.

And that causes not only mineral depletion but also hydration issues because Water that has no minerals in it just goes straight through you. It actually doesn't hydrate you, it's just irrigates you so water goes in, water does out.

it doesn' actually get into your cells. And then finally we have the issue of glyphosate which is a weed killer that's sprayed on genetically modified crops.

Its also used as a desiccant which a drying agent for things like oats. And glyphosate, when you get it into your system, actually removes minerals from you, like beneficial minerals that you need.

So all these three things, these are the primary things that are affecting people with their mineral supplies in their body. What are some of the symptoms and signs that somebody might be depleted in minerals?

Is it specific to each mineral? Let's talk first about all the things that are correlated with mineral deficiency. So let's start with brain fog. So many people struggle with that feeling of heavy head, can't get my thoughts together, make decisions.

That is mineral deficiency. And we'll explain really why that is when we understand how minerals work in the body.

Why mineral depletion is so widespread

That inflammation that I had in my gut, absolutely a sign of mineral deficiency. The gut microflora and microbiome doesn't have what it needs to gain homeostasis and balance.

Things like hair loss, lots of people struggle. They go on keto diets or paleo diets and suddenly they start losing their hair. That is a side of minimal deficiency, of course, things like breaking nails as well.

Skin. So unhealthy skin, skin that's dry, ashy, doesn't have what it needs to create the oils to keep your skin healthy and vibrant. That is mineral deficiency.

let's see, just immune system issues. So like this recurring sinus infections that I had, that's really a sign that my

body can't generate enough energy to clear the inflammation.

It just keeps it at a low level. Once we get into how minerals actually work, then people will begin to connect the dots. You mentioned that your bones were very brittle.

What about teeth? Yes. So that's the other thing. Of course, your bone and teeth, they are all minerals. They, of course are a huge issue. The bone loss in my teeth was absolutely a sign that my body had so few minerals, it was actually taking them from my existing structure.

The other thing is cramping, and lots of women don't recognize that menstrual cramps can be a huge sign of mineral depletion. Getting your mineral stores up can completely remove your pre-menstrual or PMS or the menstruation cramped on those first few days.

Fascinating. Before we get into how they work in the body, can we just do some 101 and talk about what exactly are minerals? Are they similar to vitamins?

I love that. Thank you so much. One of the things I do in this book that I wrote is I talk about that. What the heck are minerals? Most of us have gone to the health food store and seen your multivitamin and mineral pill, but you don't really know what the minerals are.

Maybe we've heard of electrolytes. Electrolytes are materials with a strong electrical charge. That's what they are, Minerals, the minerals that the human body needs, there's like 18 to 22 of them.

So we have macrominerals. Those are the electrolytes that you get in your electrolyte stick pack. But there are also a whole bunch of other minerals, that your body, needs in smaller amounts and in, smaller balanced amounts.

And we call these micronutrients. molybdenum. Did you ever hear of mollibdenium? Vanadium, did you know you need vanadium? And then things like copper, and we've heard of iron, we might have heard chromium if we have blood sugar issues, or zinc for raising immunity.

So these are just a few of what we call the full spectrum of minerals that your body needs. Now, The thing I want people to understand about minerals first is if you look around, if your in a room somewhere or you're in your car or your on a walk or run, look at around you all of the structure that you are looking at.

every single bit of structure is minerals. Minerals are the structural elements of the universe. All structure in the Universe is made of minerals, all of this structure, in your body, at the very base level is Mineral.

The first thing that minerals are is the structure of The Universe, including your Body. Second thing they are, is The Fuel, for energy generation in your body.

And we can get into how that works, but that's the main thing that they provide. They're like the fuel in a campfire. If you're going to build a fire, you are going need some wood, some tinder to light that wood and you need a match.

Those three things create energy, which is the fire. We can talk about how it works in the body, Yes, please. Let's do that. So if you think about this campfire that you want to build and you In your body, you've got 37 trillion, maybe 250 trillion cells in your.

Every part of your is made of single cells, which is already miraculous because single-cells know what to do and they work so well that they allow me to sit here, talk to you, think my heart is pumping, my lungs are going, all sorts of other autonomic processes.

It's all happening all at once. because every cell knows what to do. That right there is already phenomenal. But what powers those cells is something called the mitochondria.

These mitochondrial are called organelles. It's like a small organism. They live inside your cells. Now, I want to give

people a sense of scale of this.

On the back of my hand, in a single cell, there might be 200 mitochondrion. and then in my heart in a single cell there could be maybe five to eight thousand mitochondria.

In one cell, one single, cell and in, my brain in one, single.

Signs and symptoms of mineral deficiency

Cell there might be up to two million mitochondrion one neuron in myself in. My brain so All of those mitochondria, they're like the match in your campfire.

They are the thing that allows fuel, the wood, which is really the minerals, and the tinder, like amino acids in the body. These two things are fuel and matches the mitochondrion that allow that fuel to turn into energy in our body, And they're generating these tiny, tiny units of energy called ATP, but there are quadrillions of them.

If your body has all of the fuel that it needs and all the mitochondria are really active and healthy, it could generate about 1,200 watts of electricity, which is enough to run a toaster and a blender.

It's a fair amount of energy. But if it doesn't have enough fuel, like the simple fuel and enough minerals and amino acids, then what happens is it can't generate enough energy to do everything, and it has to pick and choose.

So it says, well, we'll make sure that her lungs are going, will make that our heart is pumping. We'll makes sure she's able to get out of bed and do a few things, but we're not necessarily going to give her the high level of thinking that's going allow her to run a business.

So what happens is you start in with a low level of energy. Let's say you need 1200 watts, but you're only generating 800 or 600. So, what ends up happening in the body is a whole bunch of chronic symptoms.

We're not talking about the acute symptoms, those are when you're in like really in a crash state, what happened to me 10 years ago, but most people are experiencing five or six chronic systems because their body simply can't generate enough energy to clear them.

That makes sense. You mentioned molybdenum. One of the patterns I've noticed is when people have a lot of rashes and intolerance to sulfur, they can actually be deficient in mollybdentum and addressing mollibdenium deficiency can clear that sulfur pathway.

I feel like it's very, very fascinating, all the roles that minerals play in our body. Don't you think that? Yes. There's an interesting thing that I've…

Because I'd been researching minerals for about 10 years, actually more, well more than 10 Initially, when I first started learning about minerals, I started to learn about each nutrient, each molybdenum, and copper, sulfur, etc., all of the minerals and what their specific uses were in the body.

Then I studied the relationships between minerals like sulfur and mollybdium as an example. What I learned is that every mineral has relationships with multiple other minerals, and these relationships are required to be in their best status.

They need to in balance with one another. So as an example, potassium and sodium. This is one that people experience a lot when they're using salt-based electrolytes where they suddenly start urinating a lots.

That's because their sodium-potassium balance has been thrown off and the body says, we need to get rid of a a of sodium because that we needed to raise up the potassium level or bring the sodium and sodium level back into balance.

While it's absolutely true that you can address a particular mineral deficiency, it's challenging to know exactly how. And that's the interesting thing, because minerals are, first of all, very powerful substances.

What I say is, I don't care if you're the smartest practitioner, the smartest chat GPT or other AI tool, you are not going to what that person needs, when they need it, how they needed, where they made it in their body.

And so that's why I realized that the plant-based minerals that, the humic and fulvic mineral substances, which carry all the minerals the body needs in these natural balanced ratios, actually support the in creating that balance itself, because your body's this incredible homeostasis or balance generating system.

What minerals are and how they power the body

Can you tell us a little bit more what does it mean to be derived from plants? How do you actually get the minerals out of the plants Yeah, so these aren't minerals that come from taking plants that we grew today and grinding them up and drying them or something like that.

This has nothing to do with that, remember when I talked about when a plant grows in the soil and it takes the minerals from the soils to create all of its structure?

Well, in nature what happens is when that plant ultimately dies, it decomposes. and it actually delivers all of its mineral content back into the soil.

And then what happens during that decomposition process is it creates these two molecules, and they're called humic and fulvic. What I say is they are the Earth's way of storing energy for use by future cellular systems.

So the plants die, they decompose, and they go through a microbial decomposition process and it results in these humic and fulvic molecules which are distributed throughout the soil.

In the products that my company creates, we actually use ancient decomposed plants. Imagine 65 million years ago, it was the dinosaur age, and the earth was covered with rainforests, as far north as Canada, there were rainforest.

Then a meteor hit the Yucatan and it killed 75 percent of all life on Earth in a few hours, like an incredible cataclysmic event. All these rainforests around the Earth died and decomposed and they delivered their little packets of humic and fulvic in the strata of Earth well below what we know of as the surface of the earth today.

And these substances are in different places around the Earth. We have Shilajit, which is in the Himalayas. It's like a tarry substance that oozes out of rocks, actually, in rocky hillsides.

Then in The British Isles, there's peat, and peats is like clumpy soil-like substance. In South America, they're something called terra preta, like black earth.

And then in North America we have a couple of substances, leonardite and humate. Humate, which is what we use, comes from about 10 to 12 feet below the earth.

It's really pure, never had any contact with modern pollutants, is incredibly mineral rich. Basically, this humic and fulvic molecules completely ready for utilization by cellular systems.

I've seen A lot of different populations that can benefit from proper restoration of minerals. I know many years ago I came across something called the preemie growth project.

And the premise of that was, I believe they were using humic and fulvic acid to get preemies to gain weight. Yeah, it's called the Preemie Growth Project if you wanted to look into that.

What are some of the other kind of populations or symptoms that you've seen transform with addressing mineral

balance? Yeah, so many. Everything from athletes to kids with ADHD, even kids on the spectrum, neurodiversity spectrum struggling with outbreaks or outbursts or sleep issues.

We have the elderly community, people who are struggling either with dementia or maybe they're just starting to check out a little bit. They bounce back and become much more alive and engaging in the aging community.

Just for longevity in general, particularly women going through perimenopause, easing that periminopausal journey, women going into true menopause or post-menopaus, and rather than experiencing a decline, experiencing more vibrancy and thriving, women who are struggling with fertility, being able to actually have enough energy in their body where they can create a healthy uterine lining and sustain a pregnancy, woman who were struggling menstruation, who've had extremely painful and difficult periods for all of their life and then having that just completely resolve.

We've athletes who have athletes really get hit so much with mineral depletion and with hydration issues. So humic and fulvic are game changers for the athletic community.

A lot of people, Yeah, I just had a baby about five months ago, so I feel like I'm probably in need of getting some more minerals. Yeah, yeah. I mean, when you think about growing a baby in your body, and if we think of all the structure in the universe as minerals, so where do you the think the structures of your baby came from?

It came form you. And chances are, you know, that you were probably mineral deficient to some degree before you got pregnant. and you've had another child even before that, even though it was many years ago, you may not have gained back the complete level of stores that you needed.

Mineral replenishment for postpartum and for milk production and getting your energy back after your pregnancy, it's the best thing you can do. I say there are certainly other things that are helpful, but this is the first thing.

I always say it's the foundation. You've actually created a product to make it easy for people to replenish their minerals. Can you tell us more about that?

Yeah. What happened to me 10 years ago is that I was introduced to these liquid plant-based minerals, and my business partner is a person who introduced me.

And it wasn't till after I had my experience with them that I went to him and I said, we need to start a company. We need bring these to the world because there are so many women like me who are struggling and want to get this to them.

So they're liquid. There's two primary products.

Humic and fulvic minerals from ancient plants

One is the humic product and the other is the fulvic product. You drink them both. The amazing thing about them is they taste like water. Only need to drink about an ounce a day.

Literally, that's what happened to me. I drank those. He introduced me to them. Over a space of about eight or nine months, all of the symptoms that I described to you completely resolved.

It was because of that experience that, oh my gosh, I've been to every practitioner, every kind of specialist, and every doctor. I have done energy healing and emotional healing, you name it.

Thousands and thousands and thousand of dollars. Of course, a huge supplement stack as well. And I still wasn't able to get well, but when I took these minerals for that period of time, they all went away.

I was so curious. That's when I really delved into the research that I've done. As I hit each moment of my aha moments, I thought, why didn't anybody tell me this?

I feel like I'm living my life like somebody. You would never buy a car and not know how to fill up the tank, but most people are walking around in bodies they don't really know.

How to fuel properly seems very foundational that you would want every plan to share minerals. It really is it is the foundation you know the one other piece that I didn't mention when we were talking about minerals is what they are is Every single biosynthesis process in your body, every single one requires minerals for it to actually be completed, one mineral or another.

So that's the thing you have to recognize is that your could live without vitamins actually for a very long time, can even live without a lot of calories for a very long time, but you cannot live with out minerals.

You'll actually perish in a matter of hours without minerals." A friend of mine took a ride out into the desert with some water, and it was just like filtered water and a water bottle.

He He was really getting into writing and got out there and he got close to the end of his water bottle. He started feeling funny and then he was like, OK, I'll turn around.

And he started writing back and ran out of water and started to feel so strange that he called 911. This is just literally a matter of hours. When they arrived, they told him that if he had not called them that, he definitely would have passed out and died there.

That's how fundamental minerals are. Who's ever talking about them? They're like, take your vitamin C or maybe your zinc or a few things. I wanted to find out when will people start seeing results with utilizing this protocol?

When will they know that they might need to take more or look into other things? What is your experience with that? This is part of the work that I'm doing, Isabella, is I wanting to shift people's paradigm of thinking.

Many of us have been trained and we've been taught to think of our body more like a car, like, okay, I need so many milligrams of this mineral and that mineral, and this vitamin, this and I.

I am just going to fill up the tank every day. But in fact, your body actually doesn't work at all like a car. It works like an natural cellular ecosystem.

So more like forest. What we want to do, what's beautiful about the humic and fulvic, and if people are watching, I'm holding up a glass with my minerals in my water that I drink every day, is we wanna give our body all the minerals, like all of the materials that we need, that the body needs in their natural balance ratios every-day, And when we do that, What happens is over a period of time, not like tomorrow or it might be in a week you'd start to feel like maybe depends if you're super depleted like i've had athletes come to an aid station um you know at a bike race and take a drink of of our fulvic and 30 seconds later they're like whoa I feel that.

Is that possible? And I'm like, yes, it is. And one of the cool things that the reasons that it works with our minerals is that this liquid doesn't require any digestion, none at all.

So when you drink it, your body immediately starts absorbing it. That's a huge boon to your system. It can immediately start utilizing the minerals. So if you were extremely depleted, like an athlete in a race or an event, you might feel it immediately.

But for most people who are just living their life, I say, give it a week. At the end of a that two o'clock, three o´clock you're like, I could really use a rest now.

That will start to clear and you'll start be able to sustain your energy each day much longer. Or maybe it's that craving that moment after dinner when you like I can just really is one more thing and just end up finding yourself going to bed that night without opening the fridge for a little bit of ice cream or maybe some salty chips.

Who benefits from mineral replenishment

So you might find yourself snacking less. So it's mostly, it energy, things like hair loss, those usually take a little longer, probably three to four weeks.

And just so you know, when you do, if you wanna try our product, we do have a whole kind of protocol that we start sending you saying, you may start recognizing this, but the main key is that when think about your body like an ecosystem, You recognize that ecosystems like small incremental changes over a period of time.

They don't like big things, like if you took a wheelbarrow of magnesium and threw it on a forest floor, the plants probably wouldn't thrive. they'd be like, oh, this is a concentration of a very powerful substance.

It's too much. So what you want to do instead is provide balanced, small amounts, very bioavailable amounts of the full spectrum of minerals to your body.

And that's what humic and fulvic do, because guess what? All cells on earth need this full-spectrum of mineral, so nature solved the problem. said, let's create perfectly pre formulated molecules and make them also a delivery system for those minerals into the cells.

And that's what that is what humic and fulvic do. I love it. You also have a book that you just released. Can you tell us about that? Yeah. I wrote a book called The Mineral Reset.

It's coming out here. The mineral reset is really an essential guide for replenishing your body and restoring your health. I tell my own story, but it's really just a way to help people connect the dots for themselves.

It's a very complex and technical subject, but I've really made it super accessible. There's like sections in the book where you can look up particular chronic issues you might be dealing with and how minerals could support you in your journey with that particular health issue.

there's also a mineral reset program at the end of the that you can either go through on your own or you check online and see if that program is being offered.

We're going to be offering it online multiple times per year. Are there things to consider for, let's say, making sure that your mineral replenished other than taking a supplement, for example, lifestyle changes?

I know I had heard maybe not filtering your water with reverse osmosis. I'd love to know your thoughts on that. Yeah, so I actually love reverse osmosis filtering, but you need to remineralize the water afterwards.

Now here's the cool thing. If you use beam minerals, you just pour some minerals back into your water and now you've got delicious I mean delicious water that doesn't taste salty or doesn t taste funky.

It tastes just really good. So that's just a great way. Yes, you do need to filter your water because we have a lot of contaminants in our water now. You just don't know, but you need What about glyphosate?

I know it's hard to avoid, but this can actually cause nutrient depletion too, right? Yeah. Glyphoseate is such a huge issue, and I'm really unhappy that our country is now going to increase production of glyphasate, something I am very unhappy to hear about.

But the beautiful thing is that humic, so these two things, fulvic and humac, both plant-based mineral molecules. Humac is something I call mother nature's janitor.

Postpartum recovery and the Beam Minerals products

And it is the best thing you can put in your body for removing glyphosate. You cannot get away from glyphasate, it's in the water, It's the air you breathe, It's in the foods, even if you're eating organic, because of all of the agricultural drift, which is like the wind blowing from one field to another, most organic food has some small level of glyphosate on it or in it as well.

So I'm so sorry to say you cannot get away from exposure, but you can remediate it in your body, and that humic is the absolute best thing to do. I call it Mother Nature's janitor because it's a fairly large molecule relative to your cells.

It just travels through your bloodstream and your gut and it picks up bio-waste, toxins, heavy metals, nanoplastics, glyphosate, viral detritus. It will gather graphene oxide.

If you're not into vaccines and you may have dealt with that, it will pick up Also senescent or zombie cells, they call them. So it will gather these things.

It's called a polyelectrolyte molecule, so it has different areas on its surface that are positively charged and negatively charged. And it just picks up all the bio-waste and the stuff that needs to get out of your system, and it ultimately carries it out your body.

So this substance, humic, it was used in Chernobyl, or is being used, in chernobyl to remove heavy metal damage. It's been used by astronauts to keep them safe from heavy-metal damage from being out in space and getting radiation sickness, to help keep the radiation from affecting them.

And it's used with lots of different products that are glyphosate remediation, detoxification processes, and it's also used in water systems to remove glyphosate, so the best thing you can use.

And is it, I know sometimes when we're taking binders or things to Toxins from our bodies, these can also remove vitamins, minerals, and you're not supposed to take them together with food.

How does fulvic and humic relate to that? Is that a contraindication or can it be taken alongside with foods and meds and vitamins? We do recommend that I don't take my minerals at the same time I take thyroid medication.

If you're taking pharmaceutical medications, you would take your humic and fulvic maybe 45 minutes to an hour apart from that, but it's totally fine with food.

The interesting thing about humics and folic is that they are very smart molecules. and they do some really interesting things that are being studied around the world.

The humic molecule in particular, let's say you took a big pill of magnesium and some portion of it got digested and absorbed and now it's in your bloodstream.

And then what happens is you actually may have too much magnesium in your bloodstream, or you may an imbalanced amount of magnesium. And what will happen is the humic molecule will actually start binding to that magnesium all the way up until the point that homeostasis or balance is reached.

Results, dosing, and the Mineral Reset book

Then at that point, the strange thing as it's being studied around the world is that the bonds, they get weaker and weaker as homeostasis is reached, so it stops binding.

This is really different than a binder like charcoal, it just gathers whatever. We call them effectors because they have certain effects in the system and they're great prebiotics.

because they create a beneficial environment for healthy gut microflora as an example. Because they're supporting a healthy pH and they are removing elements that are in too much concentration.

That's really great. It's a wonderful tool to have in our healing toolbox. Really is. Yeah. Can be quite foundational. I'd love to know where people can learn more about you and your work.

Great. Thank you so much. You can reach me at carolineallen.com. If you're interested in checking out the book,

you can go to mineralresetbook. com, and that's a great location if you want to get the books.

And you could also register for our book and our series there, which we're going to be doing throughout the year. And then I think you mentioned you're also doing a workshop.

Yeah, that's the book. So we're taking the program, the mineral reset program that is at the end of the books, and we are putting it into an online live stream program.

That means you get to come, you got to be walked through the programs, we'll do a live Q&A. And I'm doing that in conjunction with a friend who's going to be kind of the host of it, so that we'll make sure you get your answers, your questions answered.

So we're going be doing it throughout the year. If you just go to mineralresetbook.com forward slash bookinar, like webinar, you'll find out all about it.

Thank you so much for being here and sharing your time and expertise with us. Before I let you go, I thought it'd be fun to ask you a couple of rapid fire questions.

Go for it. What's the craziest thing that you've ever done for your health? Probably, let's see, the craziest thing I've every done from my health. Well, some people think cold plunging is crazy, but I don't know.

It's really just use of cold on my body. What are the big machines called you get in and they're freezing? Cryo chamber. The cryo-chamber probably is the craziest one that I've done, but it's the one I loved so much.

I wish I had one in my house. What's the biggest oops moment on your healing journey that you've had? I think the big oops on my journey was years ago when I was really sick and I tried to get well.

I went to a practitioner who put me on a very intensive detoxification program. She did not warn me that I would feel horrible. I crashed really, really hard.

If you're going to do detoxification, work with a practitioner who can help you do it in a way where it's not going make you completely crash because there are certainly ways to detox in much more slow and gentle way, where you don't have to have so much pain.

Water, glyphosate, and detox support

Yeah, I think a lot of people who have been on the wellness journey for quite a while will find that there are some crazy detox protocols out there, and some of them can really get us off kilter.

Absolutely. Yeah. So yeah, choose your medicine carefully. Is there a wellness hack that you refuse to participate in? Well, yeah, and mainly because of my study of minerals, the thing that I am pretty strongly against is salt-based electrolytes.

Not only I think I've watched and seen that they cause havoc in the gut, you know, is like the earth. So your gut, your digestive tract, is a freshwater system like rivers and lakes on the Earth.

Your bloodstream is very close to the salinity of the ocean. But when you use something like salt-based electrolytes, which were designed for emergency situations, they were not designed to be used daily.

and you start using them as your daily electrolyte replenisher, what happens is they actually start to dehydrate you and to remove healthy and create complete imbalance in your gut and in you body.

I'm very against them. Do you have any guilty pleasures that maybe are not so aligned with living a clean, healthy lifestyle. One of the benefits of getting older is those things fall by the wayside, or at least they have for me.

Because I grew up with autoimmune and gluten intolerance and all these health hits, I've always been a sensitivo, like a super-sensitivo.

Timing with medications and how humic works

All my life I was trying to become not a sensitivity, and now I realize that it's actually my superpower. Because I've had to take good care of myself and I don't drink alcohol because I really can't.

I didn't want to feel bad and never smoke cigarettes. And I also really don' love tons of sugar. My idea of a really great dessert is maybe like two tablespoons of ice cream, literally a small amount.

I guess my guilty pleasures are strange things like blueberries, really, good blueberries. That's my guilt pleasure. I go to the store and I find some really good blue berries and buy three containers.

I love blueberries.

Where to learn more and rapid-fire questions

They're a great source of myoinositol, which can be very helpful for blood sugar and thyroid issues. Yeah, I see. If I am an addict, it's blueberries, so I'm totally addicted to blueberries!

I Okay, wonderful. Well, Caroline, thank you so much for being here and thank for the work that you're doing. I will definitely be putting all the links into the show notes.

So I'm super excited to get this information out into to the world because I feel like so many people can benefit from getting their minerals up. It's such a common deficiency in our modern day.

Thank you for so being so here. Isabella, thanks for having me. My pleasure. Everybody listening, I hope this has been a healing part of your healing journey.