Optimize Your Fertility With Nano-Mineral Technology Transcript

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Introduction and Barton Scottu2019s Background

Barton Scott, you are a biochemist and inventor, a nutritionist and an international speaker, and the founder of CEO and founder and CEO of upgradedformulas.com You developed a unique industrial process using your background in chemical engineering to produce a new category of minerals called stabilized nano minerals, using a nanoparticle technology that absorbs easily without the need for normal digestion.

You've also developed an at home hair analysis test, which I'm so excited for us to talk about today so that people can identify nutrient deficiencies.

And you also have a wealth of information about how to use that information to reverse deficiencies. Today, your company Upgraded Formulas, has an incredibly effective line of products for mineral needs, and we're going to learn all about them today and why it's so important that we have these in addition to the food that we're eating every day.

I want to welcome you, Barton, to the super fertility summit. Hey, thank you so much for for having me. This is, it's going to be a great chat. I know just, in regards to our earlier, offline chat and, Yeah, excited to get to it.

Yes. I'm so excited to have you. I'm really excited for people to learn from you. You have such an interesting background, such a beautiful perspective that you bring that, incorporates your your chemistry background, your biochemistry background, your nutrition background, and what's obviously an incredible love for life and health that you have.

So thank you for blessing us here on this super fertility summit with your presence, your your warm presence, and also your wealth of information. One of the things that I love to do is make sure that everyone listening to our voices right now has memorable and actionable pieces of information that they can take away with them.

So at the very end of today's session, I'm going to ask you for the one thing that we can all do to really move the needle on our fertility and the health of our future children.

But right now, I just want to ask you what your intention is for people to take away from this interview today. So if you could encapsulate that intention that you want people to take away, what would it be?

I love that question. My intention for you listening to this today is to know that you have great options and to demystify, to clarify, to provide structure, to simplify all these decisions that you're facing or feel like you will face at some point.

Good news is, if you just follow the process that we'll talk about today, then, you'll you'll be a lot further along than almost anyone. And the path will be easier.

It'll be more enjoyable, and you'll be able to teach others. I love that so much. Thank you for that. That's a beautiful intention, and I think it really sets the stage for the conversation that we're going to have today.

One of the things that I'm so excited about is that you actually have two clinical trials going right now that are very important for, and have direct relevance for both female and male fertility.

Would you tell us a little bit about them? Sure, I'd love to. So, one is, the magnesium product that we created. It was the first product I ever created years ago in 2015, and then upgraded to, which is our, our product for again, women and men, that is, another they're both really great for fertility for different reasons.

Minerals, Hair Testing, and Root-Cause Health

So starting with the magnesium product, I created this system of having minerals absorbed without digestion and using my background as a, as a chemical engineer, because my mom got very, very sick and eventually passed in my early 20s.

And yeah, thank you. I mean, totally at peace with it now. And and yet I recognize the need for change, right, is very catalyzing in that way. And, you know, no, none of us, like to feel or enjoy feeling powerless, helpless, and, and seeing the efforts that we make, you know, fall short.

And I was able to help her, you know, she dropped some weight. She had, you know, pretty good energy. but she was, you know, pretty healthy before a few things happened that were fairly minor.

And then she went to a doctor, and then she just got that advice, you know, and she had really good health care. She was able to see really good, normal medical doctors that just aren't trained in nutrition by the nature of things. And, it doesn't mean that that, anything except that it doesn't mean that these people aren't good people.

It doesn't mean it just means that the training is not effective. Right. And that statement that you just made. Yeah, that's a really well said. Thank you for that.

Yeah. Yeah. Because I mean, I, I have a lot of friends that are, that are doctors, some of their surgeons and their naturopath some very MDs that that just, you know, make house calls like all over the spectrum.

And the one thing that they have in common, the reason why we're friends is they continued learning. They saw the value in continually educating themselves.

And that's why they're great at what they do. And you know, like, same thing with with you being able to help people. That's just a product of your willingness to learn and continue learning, continue staying open.

You know, having having, you know, sometimes challenging conversations that confront what you the information that you've relied on for years. So I'm always, yeah, one of our taglines is the best that that, science has to offer.

and it that can that may in some point be updated. But currently working with with the absolute most cutting edge staff using the technology equipment to to create products that otherwise wouldn't be as effective.

And what I've realized in helping her and then I had my own sort of, issues, that I had to solve myself to. I had tons of brain fog, even in my early 20s, finishing chemical engineering, starting later, and becoming a nutritionist, just focusing.

it was so black and white, so good before then that I really noticed it. And and so the, the difference became to me that where the change had to happen, I should say, was under standing, that we could have great test results and really know what to do.

But we needed products that worked well, which is different than saying the products are high quality. They need to be high quality as a standard. Yeah, but being high quality just means well sourced, properly managed throughout the sourcing process to delivery.

But that's different right, than being effective. And I realized that the products needed to also be really effective. So luckily that's why I went to school for chemical engineers are the ones that build the process that that create new products.

And, you know, chemists kind of worked with that in product. Nutritionists take that in product and then figure out how to best utilize it. or or, you know, doctors that have, you know, continued on and really gotten good professional education.

So this is, this is kind of the, you know, without going into too much detail, that's sort of where the story begins. And then going in specifically to each one of these studies, in a way that's, you know, hopefully interesting to people is,

you know, we all need to sleep better, right?

And we've all had nights where we didn't sleep well and we had a day after that was pretty dreadful. and it's not always fixable with coffee or something.

So, what I, what I find too, is when you sleep. Well, if you can think back to the time, you can do this right now. If you're not driving, just close your eyes.

Think back to a time when you really slept well, what was that next day like? What was that week like? did you need. Did you even forget that that you needed coffee?

Maybe you only had one cup instead of, you know, 3 or 4? If that was your usual, maybe you had more bandwidth to be a better husband or wife or son or daughter, you know, father, mother.

You know, better friend. Maybe you know, you you had a little more joy that day. This these are the possibilities when we when we simply sleep well, when our our bodies, heal the DNA, like in deep sleep.

That's the only phase where our DNA actually gets healed and restored. So if you want to age backwards, if you want to have a great pregnancy, if you want to get pregnant, all of that is is really important.

So knowing that the greatest left well, first of all, knowing that that, the elements right. This periodic table that we, we have, it has all the elements is really what we're made of and what everything on the, on our planet here is made of.

I started to think, you know, in terms of root cause. And that's ultimately where it led me. And then I thought, well, that's step one. Step two is how do you test it.

Well, and and that became hair testing. And then step three was how do we get these products to absorb better. Because if they don't absorb well which of the products we tested and none of the products I use for the following two years, after discovering that hair testing for both my mom, my girlfriend at the time, me and a few other people, none of the products were were able.

That and these were high quality products from reputable brands that just weren't as effective as they needed to be to reverse the deficiencies that were rather deep.

And those deep deficiencies held people back, is what I found. So your symptoms stay whenever your deficiencies aren't reversed. Okay, so that led me to this, this place where we're here today, and it led me to the last 12 years of being on this path and applying all that knowledge and those lessons learned and and ultimately creating something new that it absorbs.

Well, it helps people sleep, get more deep sleep, REM sleep, well back asleep easily, have less severe period cramps, and on and on and on. Leg cramps, constipation.

Headaches, migraines, all the things that are related in some way to magnesium, which is, it turns out, almost everything. Since magnesium is required to make energy in the body, just like oxygen and also like copper.

So we have basically, a solution for everything that someone encounters in the hair test and what we test for, there is just a collection of elements that make up the body.

Yeah. Can you tell us about the connection between magnesium and other supplements in your line? And testosterone so that we are talking even more about male fertility, although it's relevant to female fertility as well.

And I think that one thing that's really interesting about testosterone is that we know that it's correlated with sperm count. So you want your testosterone as a male to be high enough.

As a female, you've got to make sure that you don't have unusually high testosterone, because that's associated with fertility challenges and PCOS, which is the leading cause of infertility in women.

But when it comes to addressing testosterone deficiencies or lower testosterone in males, you can't just use testosterone to boost testosterone because that can actually harm fertility, right?

So you've got to be addressing the root cause as opposed to using hormones to boost your hormone level, your testosterone level. Can you talk a little bit about that Barton.

Well, that's a great point right there. There there are a lot of men especially, but also some some women in their 30s that I know personally that have been surprised that we're taking that we're using, you know, hormone replacement for testosterone.

Magnesium, Sleep, and Fertility Support

And they're like literally like 30, 31, 32. And I was really surprised because there's some of the most fit women that I know. And it's like, wow, really interesting.

Okay. Yeah. Because they may be taking it. So in order to be more fit. Right, right. Exactly, exactly. And that's obviously part of it. So so you know, muscle is a longevity organ.

So also beyond fertility we have like just do you want to live a long healthy life and be a good, you know, grandmother, grandfather, you know, great grandmother, great grandfather.

So and past that wisdom that you're hopefully accumulating on so, so yeah, that I mean it's a good point. So what what I did with upgraded tea is it's five, five, you know, nutrients that are all, adaptogenic.

So they that they safely increase testosterone to a point where it just should be naturally. And as, I'm sure you know, and probably talk about and maybe have talked about in some of these other interviews that you're doing here is, you know, women, even women's testosterone should be higher than efforts.

And by, you know, a factor of I'm curious what number you use. I've, I've heard between ten times estrogen and 38 times estrogen. I'm sure you have your your idea.

What do you think that we do? You think we don't use a specific factor, but we do tell people. And it shocks people that testosterone is the, the most, prevalent, the most prevalent in the highest quantity of all hormones, even in the female body.

Right. That really surprises people. And at the same time, if if androgens and testosterone is one of them are too high, that is harmful for female fertility and like I said, associated with PCOS.

Right, right. I, I think that, that most people are so far from optimal. Yeah, that their testosterone, in my experience, could go up 30% even 50%, even 100% in a lot of cases, but certainly 50% in a lot cases, especially for women.

You know, say in their 40s, and still maybe not even be actually optimal, but but certainly, just from numbers I've seen we work with a lot of people that are all over the spectrum.

Some people that are, you know, very unhealthy and have chronic diseases, and then some people that are just, you know, optimizers, biohackers whatever word you want to use.

so, I mean, we see a different, a lot different ranges of people and, so the clinical trial we're doing right now is currently, just because it's easier to test for, is currently on for men, but it certainly will boost this product is will boost testosterone naturally safely for women and and and what we're seeing is that for both women and men before the trial started, was that in 90 days, testosterone would increase by at least 30%.

and and, you know, everyone we tested, and some people, again, just being adaptogenic, meaning adapting to the body's needs. the testosterone was able to increase up to 50% in 90 days for people that had pretty low, severe, or low to severely low testosterone, which is at that point a whole new life.

Frankly, it's it's, Oh, this this guy's a part of the sun is out. This, you know, thing. The day feels glorious again. My mind feels like it's working.

I'm. I'm more decisive. Instead of putting decisions off, I feel like I have the answer. And I feel like I feel confident moving forward, with things.

I think people also, unfortunately, think of testosterone as being gotten this question before. Will I just you know, be a jerk essentially is what they're asking.

And the answer is like, grounded. yeah. Grounded decision making is is just allows you to feel more confident, more and therefore more relaxed. But I find it's when people are anxious that they become jerks, when they feel like they they're rushing and they're usually rushing because they don't have clarity.

And when you add more clarity to someone's life, that's as this does. Yeah. Everything improves. So isn't that interesting? So you remind me of this, this saying that we have which is the biological clock loves and needs speed.

But it's not hurry, it's urgency. So it's like my husband tells my super baby Luxor who plays football. Be quick, but don't hurry. Right. Because hurry is is frenetic, it's frantic, and urgency is focused and clear and it's really interesting that you talk about with the body's adaptation and natural increase in testosterone having more clarity.

And that clarity allows for easier decision making, for better motivation. All of those things. Because one thing that people don't realize is just how much the phase of life that someone in is in, and hormone status is running the show.

because it's really easy to think that this person is a go getter or this person has this personality. And so much of what looks like personality is really dictated by and determined by hormones.

Also, neuro transmitters, enzymes. We we are not as much ourselves as we think we are or sometimes can take credit for. And it's it's hard to see that unless you've watched people develop through the life course and until you've experienced that for yourself.

So I think that's really powerful, because that is something that I hear often of, our mom is talking about, if they have a male partner, how with what appears, what they suspect is decreases in testosterone level before they test, and they know for sure that they become less decisive, less, you know, any kind of taking charge in, in, in ways that are desirable, not not in aggressive ways, as you are saying.

So I think that's really interesting. The other thing is I you're as you were talking, I was thinking about one of our moms who came to us having difficulty getting pregnant, and she's very fit and wanted to take her fitness level, her fitness to the next level, and was prescribed bioidentical testosterone.

And clearly it went overboard. Her voice got deeper. She was. You talked about muscle being an organ of longevity, and the truth is that both muscle and fat are organs of longevity and fertility.

Because you have to have the right balance of the two. You can't have so much muscle that you don't have enough body fat and so much body fat that you don't have enough muscle for getting pregnant, staying pregnant, and having your super baby.

And that's also the case for longevity, because we know people who don't have enough body fat as they get older are much more susceptible to to disease, to being falling and getting hurt.

So many other things. Right? Yes. So I would we were able to regulate her system, her, her, her voice change back to when or what it should have been, etc.

so that she could get pregnancy pregnant, have our super baby so all of these things are so critical. And I think that's one of the reasons why we always want to make sure that we're number one.

We're not just following trends.

Testosterone, Hormones, and Male Fertility

And I want to ask you about trends in just a second, but also that we're not self diagnosing and that we have a guide who really understands the whole picture when it comes to the decisions that we're making.

Right. And so I want to thank you so much for, for talking about these nuanced parts of testosterone and personality and how they relate to fertility.

Yeah, you're so welcome. My two thoughts there. The, one, the hair tests that we were talking about really provides that map. And I think of it as imagine we're going on a road trip and we decide that we're going somewhere, even just an hour away.

How many times do we look at the map to get to our destination? Is it just once? Do we do we look at it and we go, all right, let's, let's go. And then we put our, our map or our phone down, and then we get there.

Or do we have to look at it often to get there? And looking at it often means testing frequently, which just means, well, you need to test as often as is necessary to maintain valid results.

So the thing is, I was I was just recording with my friend version of yesterday, and one thing I was explaining there is, you know, if you commit to doing this quarterly, it's very affordable.

It's very easy. It's a small amount of hair. You take it from multiple places. you don't have to worry about it even if you don't have as much hair as you do.

Oh, as I do. and then, like, if you have a partner that shaves their head, underarm, pubic hair, those are good options as well. We even do toenails and fingernails.

So that's. Interesting. Yeah. Yeah. So that there's, there's a lot of different ways to slice it, to cut it, so to speak. And, and yet, you know, if you don't do it often enough, what you end up doing is like looking at a map.

Once you kind of go straight for a while, then you go in a loop and then you eventually go in a big circle, unfortunately, and you end up where you were.

So what we recommend is doing that quarterly so that you have a guide. I think is the word you used earlier. Yeah. and it so guides are important having someone actually guiding you through interpreting results.

Something else we do, whether you do it with us or someone else, you have to find someone that really understands the test, the specific test you're looking at, the specific test you've taken time to do, whether whatever test that is and and then understanding something that very few people seem to understand, which is, well, two things.

One, minerals or the building blocks of hormones, minerals, amino acids, fat. Those are the building blocks. Now, when you think about the amino acids and fats, for example, the building blocks of those, or what elements the building blocks of all your macros fat, protein, carbs, or, yeah, elements, the whole planet.

And certainly our bodies are made of elements. So getting elements right really is so foundational to every other aspect of what you do. And it will make you a more vital person.

You'll enjoy life more, you'll have more energy, you'll be more vital, and you'll be pregnant. if you want to get pregnant and carry throughout through term, have a healthy baby. Have a super baby.

just have more energy. better sleep. Like, just be a better parent. All of it, have a better relationship throughout all of it. And it's it's just absolutely foundational.

So, yeah, there's a lot of different directions we could go in from there. But I know we already covered a lot of info. so yeah. no. It's great info. I, I you're right in that I have about ten follow up questions I want to ask, but let's come back to trends and then let's give the mamas daddies parents of all genders that one thing, because I want to make sure that everybody has something they can start using immediately after listening to this conversation.

So when it's 2024, and when you look at the fertility specific or health trends more broadly that are emerging or are in full swing, what are your favorites and your least favorites?

What do you think are the best in the worst of the fertility trends of 2024? And it might be that this hormone tests your testosterone hormone supplementation for women without enough caution or care for their fertility is is one of those trends that are really concerning right now.

But tell us. Tell us more about what you're observing. That's a great question. well, I'm observing and, a lot of people have no awareness of what we talked about in this conversation around minerals, how to test for them, how to absorb them, and that they are the building blocks.

I think it's maybe optional or maybe not that sexy or interesting. It's like, well, it's literally the basis of your sex hormones. So yeah. the the other thing is, is I think that I'm observing that and this is, this is a thing that's that's always, I think, always been the case is that women tend to fear, testosterone and replacing testosterone, hormonally should be done with as really as a last step, in my opinion, especially if the woman's, like, not 40.

I mean, there's so many other things diet, lifestyle and the interventions we talked about already here in the show or, just so much better places to start.

Also, if someone ever does do any sort of bioidentical hormones and they're not doing everything we talked about, they're really they're really just like trying to shortcut and cliff notes and like too long didn't read sort of thing where it's like give your body the basis.

So you know, so for example, you can't make melatonin your sleep hormone without magnesium. And you can't make serotonin without magnesium at least. Yeah. I mean, you can't make it.

so your body needs some of it. So, you know, you could look at sex hormones to one by one and, and, you know, certainly all your adrenal hormones can't be made with sodium, potassium, magnesium, you thyroid hormones can't be made with saint copper, iodine and, and others, you know, so many different things, that are important there in terms of elements.

But what else? What are what other things are people missing? I think, a lot of men are not, are not aware of their impact in fertility and their sperm counts or lower their cell homes or in their pockets.

They're, you know, having your phone, both women and, and other devices close to you, all the time in 5G is just optional. Often because you're at you're somewhere where you have wi fi often and you can switch your phone.

I do it 20 times a day in and out of wi fi. Yeah. and and then at least you don't have, you know, the cell signal close to you, especially if it's in your pockets or, you know, somewhere close to a reproductive tech region or your brain.

you can use EMF mitigation. I think that's starting to become talked about. A lot of people still don't know what that is or how to do it, or what devices to trust.

You can sleep grounded. You can get sun. You can ground yourself every single day, multiple times a day by being

barefoot on a break that you need to take anyway.

You just you can spend it outside, barefoot somewhere. yeah. Those are some ideas that I think aren't getting enough light and I mean, they're essential for everyone to just have a good life.

I think also just focusing on being highly vital is is as and then as a side effect.

2024 Fertility Trends and Practical Takeaways

Becoming pregnant easily is just like. Like what. Our grandparents would have done. Yeah, yeah. And focus on becoming highly vital and getting pregnant as a byproduct.

I love that so much. Thank you. So maybe you have already said it, but if there were one thing that you would say to someone to in order to take care of their fertility in their future children, what would that one thing be?

the one thing I that I find the just so important because we rely on our intuition, we rely on blog posts and books that aren't that aren't suited to us.

Bio with bio individuality is to test to test your hair frequently. So I recommend quarterly. And that way you have the map. And then from there it's easy to just follow a good path and and yeah, do other other things too.

But I don't know if I actually said this part, but it's good to mention it here. Blog as it, as it relates to nutrient deficiencies, isn't very good because it's you on your best behavior.

So yeah, you can test a couple things on blood with accuracy, in terms of nutrient deficiencies. But hair gives you a lot more bang for your buck. It's a lot more accurate.

And it gives you something called ratio and ratios of one of heavy metals. So your toxicity I think that's not talked about enough as well. and just, just not not only, for example, your magnesium level but what's your magnesium to your sodium level.

Like what's your sodium to your potassium level like. And when you're not looking at those ratios, you know, copper to zinc, that's, you know, copper is influenced by estrogen or vice versa.

And zinc influences testosterone and progesterone. boron is important for testosterone. So, yeah, you know, these are these are just important areas to know what your levels are currently.

yeah, I think that's that's probably the number one. I love that so much. Barton. This has been incredible. One last question. This is because I'm so interested how, if at all, does using nail polish affect the ability to test nails.

Yeah. We we wouldn't want any nail polish on the nail sample for sure. That's even. Right. Even somebody let's say somebody wears nail polish frequently and I'm only asking because now that I'm pretty sure I'm finished having my super babies, I've started to get manicures.

Whereas before it was a very rare, you know, on very special occasions. there are a lot of reasons not to get manicure, especially with gel nails, etc.

but I'm just curious if somebody has. I know women who have their nails covered pretty much constantly, pretty much 365 days a year. So if that if somebody falls into that category, can they take their nail polish off and have their nails tested, or are their nails so deficient and altered that it it wouldn't be accurate?

I, I think yeah, in that case I really wouldn't recommend it. I would use hair even even hair that is colored would be more accurate than that. Okay. Because what we're what we're seeing, with blond hair, you see, false positive with ten, which is not very important in reading your overall picture.

It's really insignificant. And then in, in dark hair color, you see highs in cobalt, which is also not very important. But so, you know, that is helps you to standardize the results.

Anyway, that's so incredible. That was more just for kind of my geeky interest and also for anybody who may want to do the testing. But then there's what if you have if you have hair color, you can always use, like you said, underarm pubic hair.

So you have other options that too. Yeah. Yeah. And also just send this if you know, send us your colored hair because you'll get 99% of the info, any more than 99% of the info.

Because we don't, we don't concern ourselves with, oh, you have a high ten level. It's like, well, if you have a high ten level, you probably also have a high aluminum level or high mercury level, other things that.

So we're going to put you on a on a detox program anyway our protocol anyway. So yeah. But those are great options. And I'm really I'm glad you brought up the, the idea of the toxicity of, of, you know, treating your nails, painting nails.

polish using nail polish. It's something that I, I if you're very few people talk about and it's obviously a porous surface of the body. So. Yes. Exactly.

Thank you so much Barton. This has been incredible. Thank you for being part of the Super Fertility Summit and bringing your really unique background and wisdom and experience.

Thank you for being here. such a pleasure. Great. Come on. Good to have you. Yeah, really enjoyed it. Thank you so many more. Thank you. Yes. Cheers. Cheers.