Salt, Minerals, and Hydration

There has been a lot of discussion lately about, of course, using minerals for hydration and then also the perceived correlation between salt and blood pressure levels and maybe the challenging of, you know, decade old studies that seem to point to one direction and a lot of common practice now is uncovering that, you know, this idea that a low salt diet is necessarily going to help blood pressure be art healthy is not always the case.

I always tell people sodium and a true mineral-rich sea salt is the electricity of living things. It powers the ocean. It powers our soil, which I'm excited to talk about.

And it powers human beings and our cellular structure as well. So it's not always about how much salt. It's more often about what type of salt and your overall kind of food choices that you're making and not necessarily just, well, no more salt for me, and that's going to magically cure everything.

As with most things in life, it's not always that simple. This is Dr. Talks, real talk from real doctors on the issues that matter to you most. Well, welcome to Vitality Made Simple.

This is the podcast that equips you to feel better, look better, and to enjoy better relationships. And it's with joy that I welcome Michael Silick. Welcome, Michael.

Thank you so much for having me. I'm blessed to be back. Oh, it's great to have you back. Michael and I met at a wise traditions conference probably about two years ago and meeting him has literally changed so much that I do both at home and in the clinic.

He is the chief mineral officer at Baja Gold Salt Company and Baja Gold is a really special salt because it's a naturally harvested sun-dried sea salt.

So it has all of the good stuff that the ocean has. But one of the main reasons I like Baja Gold is it does not contain iron oxide. You know, before we used Himalayan salts and those are great for a lot of people, but here I am, Michael, I'm on the 67 and I don't need that extra iron.

And I think a lot of people don't need that extra iron. Additionally, I've read all the specs on your salt and it has less sodium and a lot higher mineral content.

So it's something that because of you, now I have changed a lot that I do in clinic and I want to talk about that later, but first tell our listeners how differently you make your salt, how differently it happens.

It's just so natural. Of course, absolutely. So Baja Gold is an unrefined mineral rich sea salt.

Introducing Baja Gold Salt

So a true ocean based, we call it sometimes a living sea salt. So we make salt the way that our ancestors made salt many, many millennia ago. And essentially what we do is the Sea of Cortez, which is in the southern part of the North American continent.

It floods into these large scale retention ponds or salt flats that we call them. And these are about one acre in size, so about the size of a football field.

The Sea of Cortez mineral rich water floods into these flats. We allow four to six weeks for the sun to fully dehydrate the sea salt. And then what you're left with is a low sodium high mineral sea salt that retains all of those mineral nutrients from the ocean.

in nature's perfect balance. And so this is a, like I said, a heritage kind of ancestral creation technique. It's been done for many, many millennia. There's no, no patent on this.

This is God's work, but you may have heard of a similar brand called Pelted. They are probably the more famous brands for doing this type of sea salt.

Um, but where we farthest our product, where we create it from the sea of Cortez and our, our methodologies actually result in the most mineral rich sea salt that we've found and the lowest corresponding lowest sodium levels.

So if you're looking for a comparison out there, this is kind of a Celtic style unrefined sea salt. But ours is called Baja Gold and it has low sodium, high mineral and tracellin content.

And that combination, not only does it have health and wellness benefits, but it also is incredibly flavorful and it makes for a real culinary delight.

It really is a culinary delight. And I always say delicious matters. I mean, I am not going to force something down that tastes terrible. And so I salt my water every day and have my patients do this now.

So say in this big old water, I do it according to taste buds. You taught me a long time ago that spring water has quite an array of these same minerals.

And so my taste buds love it. And interestingly, Michael, when I went for my last physical, they took my blood pressure a second time because it was so perfect.

And they were like, we just never see this. And I said, I salt my water. So you can imagine how much confusion I left, you know, that office with, because, you know, I said, you ought to try to tell people to salt their water with Baja Gold.

So funny. There has been a lot of discussion lately about, of course, using minerals for hydration and then also the perceived correlation between salt and blood pressure levels and maybe the challenging of, you know, decade old studies that seem to point to one direction and a lot of common practice now is uncovering that, you know, this idea that a low salt diet is necessarily going to help blood pressure be heart healthy is not always the case.

I always tell people sodium. And a true mineral rich sea salt is the electricity of living things. It powers the ocean. It powers our soil, which I'm excited to talk about.

And it powers human beings and our cellular structure as well. So it's not always about how much salt it's, it's most more often about what type of salt and your overall kind of food choices that you're making.

Um, and not necessarily just, well, no, no more salt for me. And that's going to magically cure everything. That's as with most things in life, it's not always that simple.

Right. There's so much confirmation bias in the literature because they've tested people who are eating these, you know, ultra processed foods that are sorry salty.

And that's, that's not even the same animal. We know that, like you said, this is so natural.

Saltwater Rinses and Oral Health

You also test it for microplastics and any other contaminants. So it's a very pure, even though it's from a very pure place, we can you know, rest assured that it doesn't have that also it doesn't have any flow ingredients, any anti caking ingredients, which I think some people would might see that as like, Oh, this salt is kind of kind of sticks together.

But that's really good news. because a lot of the previous anti caking agents, you know, like we're silicon dioxide or, or, you know, bromide, bromide especially was a dangerous one because that's a halogen that, you know, interferes with thyroid receptors.

And so I appreciate that it doesn't have anti caking agents. One of the ways it's really funny, Michael, that I've dealt with that. And it's been a good thing is I, I mix salt, garlic and pepper.

together in a jar and I love to fry chicken and I fry chicken in avocado oil and butter and you know rub this into it which I was using all the three before so it's much easier now but adding that pepper specifically really helps anti-cake the salt and it's not bad I mean it's still it's still a wonderful texture It is, and it's very easy to work with.

If you're used to kind of heritage style cooking, you know, Julia Child's just a pinch of everything, right? If you have like their little salt cellar, it's easy to pinch and season by hand.

For people who are used to, you know, that famous Morton's table salt canister, it's not quite the same experience, but we always tell people that the mineral magic is in the moisture itself.

So you want to have some of that moisture. It is a confirmation that it is a heritage style unrefined sea salt. And it provides further confirmation that those minerals are 100% present.

Yes. If, if when it rains, it pours, that's bad news. Right. It's not some chemicals that are not part of God's design and everything in your salt is absolutely what our body is designed for.

I tell my patients, you know, we're the salt of the earth and we're not a highly processed salt with flow agents. We're the real thing from the ocean.

We are Baja Gold. Well, one of the things I want to thank you for is just how I just changed my practice. In the world of dentistry, most dentists were taught to prescribe a mouthwash with this called chlorhexidine.

That's the generic name. And chlorhexidine works really well as an antibacterial mouthwash post surgery, post, say, deep cleaning. We need something. But after meeting you and learning about the specialness of Baja Gold, now I have people actually make some of their own mouthwash with Baja Gold salt.

That just made a lot of sense to me, Michael, based on everything I knew. But then I found a research study about it where they took chlorhexidine and sea salt water head to head, and the salt water proved to be as effective as chlorhexidine without the side effects.

Now, for our listeners, if you've ever had chlorhexidine, which the brand name is Paradex, one of the main brand names here in the United States, The side effect is this horrible stain on the teeth.

It's this brownish grayish stain that just gets in all the little crevices. It's removable but it's very hard to remove. So people that are on this on this mouth rinse for long periods of time, their teeth just get really dark.

And the reason they get dark is because the chlorhexidine is not selective. It is killing the good bacteria and the bad bacteria.

Whole Foods, Satiety, and Low-Salt Myths

So when the good bacteria get obliterated, then that's what causes that black stain. But that doesn't happen with Saltwater. Interesting. That's fascinating.

Yes. No, again, going back to God's plan. Yeah. Creating a saltwater saline rinse. I certainly heard about that from, you know, my grandparents growing up.

And I think it's been something that's been used by humanity for a long time. People can absolutely take a Baja

Gold and put it into water and make kind of a DIY solution at home.

Even if you're looking for something a little bit stronger, we actually have something called Baja Gold Liquid Ocean Minerals, and that's available in a glass tincture.

And you can actually take it under your tongue as a mineral support tool. You can add it to water just the same way you would add the mineral sea salt, or you can use it as an oral cleansing rinse as well.

And it can be, the dropper can actually be targeted if you have specific tooth challenges. or more as like a throat rinse and a gargle. Um, and so I found we were talking before we started here, my kids are back in school and you know, back in school means a lot of germs floating around.

And so both them and myself and my wife, we try to do like a saltwater gargle every night because a majority of disease enters the body through the mouth.

And so if you can kind of catch that bacteria before it enters your full-on immunity system through some sort of a saltwater gargle or something of that nature, it just keeps us feeling a little bit healthier, a little bit on our, you know, ready to go.

And so that's a wonderful benefit of that seawater essentially. It is that natural antibacterial immunity support. Yes, I have a bottle of that. I should have brought that to show.

In fact, a few weeks ago, I interviewed Dr. Pete Sulak and he has survived stage four glioblastoma in one of, we talked about a lot of his post cancer routines and he uses the salt under his tongue every morning.

And, you know, that was a really interesting discussion that he uses your liquid salt. Excellent. Yeah. Good. I'm hoping we can help them. That's excellent.

Interestingly, Michael, people who are on really low, low salt diets often have more insulin resistance problems. They experience more fatigue. You know, when you go to the hospital with a problem, you get put on a saline IV, right?

And so a lot of the most recent research is showing how, um, that that salt is really even key for heart health. As I mentioned earlier, the thing that happens when you when you buy low salt foods, they just add sugar to to tickle the taste buds.

So you know, that's where I think your salt being really nutritious and delicious is so important. It is. Yes. And I think everything in general, we need to be better about taking advice in with complete context.

And so like you had mentioned earlier on, you know, the challenge with a extremely high salt diet because of processed foods is because of that entirety of the diet.

It's not necessarily with salt. The salt may be playing a role, but it's that full diet perspective and perhaps also a lack of exercise or other kind of unhealthy lifestyle habits.

When you switch to more of a full food diet and you're eating, I always say like, you know, you want to avoid the middle of the grocery store. You really want to be on the outer edges, right?

You want to be around the produce, the eggs, the dairy, the meats, the more natural whole foods versus anything that kind of comes in a box, right? And so if you're doing that, you're going to naturally significantly reduce the amount of.

processed sodium in your diet versus the standard American diet. And as a result, you're probably going to need to supplement with the Baja Gold more liberally.

So a delicious grass-fed steak, yeah, put a ton of Baja Gold on that. Put some beef fowl on there, some delicious extra virgin olive oil. All of those things are good in the appropriate of moderation and they help build towards a full heart diet, a full, fulsome diet and fulsome lifestyle.

And so that's going to have positive health impacts. We really believe that. I think there's been a lot of movements in the country, you know, across various different communities, whether it's regenerative agriculture, you know, people dabbling with carnivore and other types of kind of keto diets and things of that nature.

And now with Maha and other types of big movements, people are all kind of returning to whole foods. That's really like the common theme here. It's. Knowing who's growing your food, shaking the hand of your farmer and sticking to those outer edges of either the farmer's market or the grocery store.

They all have this full foods commonality and that's going to lead to healthier people, I think, and healthier communities. Absolutely Michael. It also leads to more satiety at the table.

I think you know we're so designed to prepare food and then that gets your body ready to digest food and then you enjoy it and you feel satisfied. I mean the the ultra processed food is absolutely designed to keep you hungry.

I interviewed Robert Lustig a couple of weeks ago and And we talk about that, you're just never gonna get full. It actually, the ultra-processed food messes with your reward system.

So real food, like you describe, it makes you feel good. You're like, okay, I'm full. And interestingly too, Michael, I read in my research that people who are on a carnivore diet or a keto diet actually need a little more salt.

Just a bit of that eating pattern. Yes. Yeah. Their, their cells are in need of it. Typically they're also on a, maybe a higher intensity workout plan as well, which is going to contribute to electrolyte loss through sweat.

And so, yes, there, there's absolutely a healthy need for, you know, copious amounts of, of salt and hopefully a mineral rich sea salt.

Mineral-Rich Soil and C90 Agriculture

So, and you're, you're correct. There are, I heard this the other day and I'm going to, I'm going to mess up the exact phrase, but something along the lines of, you know, in big food, if you will, however you kind of think about that.

They're not farmers. They are chemists and research scientists that are designing these things. And they're designed to use the specific ingredients that many of us cannot pronounce because they've done MRIs and shown that it lights up certain parts of the brain when you consume this.

And so it's not, you know, it's not your fault that you're hungry still and reaching for more. I don't mean to throw one of us the Doritos or whatever, what have you, where you, you know, there's something in that ship that was scientifically designed to make you reach for another one and another one.

And so, yeah, it's not your fault. Uh, it's, it's science and we can use what was put on earth for us as human beings kind of to work around that science.

Yes, there's a fascinating article that you all can pull up called the Extraordinary Science of Addictive Junk Food. It's a 2013 article in the New York Times and you can read it.

It will blow your mind. I know you've read it, Michael, but for our listeners, you will read it and you will just be like, I am not going to buy this stuff anymore because it's exactly like you said.

They hook people up to functional MRIs and they watch their brains light up when they add a little more you know, chemical or crunch or color or… Exactly.

Yeah. It's texture. It's all of it. Yeah. They make the taste dissolve so that you're just grabbing, you know, get your own bag is very accurate. 100%. Yeah.

And if you go to blue zones or even just more, I think a lot of European cultures do food pretty well. And so if you go to specific European communities, you'll get a plate that the volume of food appears to be much lower than you're used to, but then you'll feel so much more satiated and more ready to go more active after the completion of a meal versus a similar meal in America where you might even eat twice as much volume, but feel bloated, feel inflammation and not feel energized.

You know, instead feel like you need to almost take a, take a nap. Um, and so there's the, the, the quality of your food, what you're eating really does impact every part of your life.

It really does and it's impacting children so much now. You know, Dr. Lustig is a pediatric endocrinologist and we talked about just how children, there are so many children now with type 2 diabetes, babies almost, that's just never been part of it.

In fact, there's some programming during pregnancy that, like you said, it's not your fault, that changes the brain and makes people crave these foods.

And it's a tough addiction to break because these foods are engineered, you know, by some of the smartest people in the world. They are. Yeah. And you have so many more challenges as a child.

You know, you go to, whether it's school or friend's houses or what have you, and there's so much, you know, it's almost, you're sure every young age, right?

If everyone's having birthday cake, that's a seven-year-old birthday party filled with all the colorful dyes and everything else. I mean, it takes a really strong seven-year-old to say no, thank you.

And so there's a lot of factors there and, and, uh, I think this is going to start to sound conspiratorial or whatnot, but you know, we are in packaged foods as well.

And so we, we're familiar with how like greenwashing and how there's certain foods that are really branded in a way that makes you feel like, Oh, this, this must be healthy.

This must be good for me. And then, you know, it looks like a. healthy, crunchy granola bar or something like that. And then you look at it and it's full of seed oils.

It's full of sugar and it's full of all these things that even though the, the packaging might have a tree and a forest on it on someone holding, you know, a plow, like a farmer, um, it's, it's not that far away from a Snickers farm.

It's, it's, you know, so those are the things that certainly as a parent, we're trying to navigate and, and try to do what's right for our kids and for, for our family's kids and friends' kids.

Yes and I really want to you know do that for our granddaughter and our our daughter and son-in-law are on the same page. I'm just so proud of you know how how they think because because it is really tough.

I mean for little kids when I was a kid you know it was a treat to have a soda. I mean it was kind of a few times a year. And it was probably cane sugar soda.

And, uh, you know, you go back to the early nineties and I can still remember this. Even McDonald's back then had beef tallow fries. And so things, things have gotten worse, I think, in that regard.

And so that's, it's, you know, it's, that's good context, I feel like. So. Well, I appreciate what you said, Michael, about being able to pronounce the words.

I mean, really, if the third grader can't pronounce it, we probably shouldn't eat it. And even things like citric acid are not from citrus fruits. I mean, you'd kind of make that assumption, but when you start digging in, it's pretty terrifying.

100%, yeah. So, you know, it comes down to, like you said, finding your farmer, knowing your farmer. I had a really stimulating conversation with Jolt Salatin about that, just the goodness of rotational grazing.

And so you at Baja Gold Salt Company have a wonderful soil amendment, if that's the right term, I don't know. We're gardeners and our son-in-law uses it.

Tell us about that. Yeah, so the sister company of Baja Gold is a company called C90 and that's S-E-A like the ocean dash nine zero. And I love talking about C90 because the genesis of everything we do at Baja and C90 started with soil health.

And so there's this wonderful book, maybe we can put it in the show notes called Sea Energy Agriculture. It's about a 90 page book. It's got a blue cover and it was written by a gentleman named Dr.

Maynard Murray. And he was a practicing EMT doctor who in the forties and fifties, he kind of started looking around and saying, There's all this technological progress in the world, like we're starting to put people into safes, we have computers, we have all these things that are evolving, but the health of my patients is actually going backwards.

It seems as though there's higher rates of cancer, there's higher rates of other degenerative diseases. And so why is that? Why is it that everything else is getting better or advancing, but human health is in decline?

And he started to research that a little bit more and he made two different kind of correlating points. One is he started looking at farming records and nutrient density records that were available.

And this was the forties and fifties. So there wasn't a ton of data, but actually some of the arming and other governmental groups had done research into cereal crops and animal minerality in the early 1900s.

And he was able to compare that to. you know, pasture grass, minerality and, you know, milk, magnesium, calcium levels, um, in the forties and fifties.

And what he saw even in that short period of time, that 40 or 50 years was that we were already seeing a decline in the mineral content of the produce and the grasses that we were growing.

and the animal beef and milk that we were raising. And so he said, well, that's interesting. We are what we eat, right? We can only be as healthy as what we put into our bodies.

And so if I'm seeing some health challenges and nationally on an average basis, the healthiness of the food is going down. There's gotta be a correlation there, right?

And so he said, okay, that's interesting. What can I do with that inflammation? At the same time, he also started researching what would ultimately become blue zones.

And this idea of marine life and the uniqueness of marine life and the uniqueness of marine ecosystems and what we affectionately call saltwater. And there was a lot of other research done during this time by like Renee Clinton and others, but this was when humans really kind of discovered that saltwater was full of minerals and trace elements.

It wasn't just saltwater. And around that same time, he also put together that there was a decline in minerals in the soil, which led to the decline in food health and organisms that live within the mineral-rich ocean water tended to be healthier, tended to not have cancer at nearly as high of a rate.

And so he was a smart guy and he had all of these things going on in his head. And he said, wouldn't it be

interesting if we can remineralize soil through the power of the ocean.

That was kind of the takeaway of that book that I just described. That's, can you take the minerals from the ocean and put them back into the soil so that you can grow healthier food?

And over the period of 20 years or so, he did a significant amount of research into that. He started a hydroponics growing facility down in Florida, where he was just using the raw ocean water from Florida.

And then as he started to get traction with that, he had great success growing nutrient rich tomatoes, peppers, and other produce. But he knew that, you know, even at that point, the America's agriculture sector is in the heartland of America.

That's where we grow our food. That's the bread basket of America. And he said, I'll never be able to really change. the way we do farming by bringing container loads of ocean water from the ocean into the middle of the country.

And so he said, I have to find a way to concentrate the ocean water, concentrate this minerality so that we can better bring it to farmers. And that led him to actually discover the site where we source C90 and Baja Gold today.

It's a unique part of the world that results in a mineral rich sea salt. He calls it sea solids. That was the term he used back in the seventies and eighties.

And we harvested the exact same way in the same location. And he said, okay, I can, and I don't recall the math exactly, but I can bring, let's call it 10 to 20 tanker load trucks worth of ocean water.

I can condense that down into one truck of sea solids and bring that to a farmer in Illinois at a much more efficient rate and pace than I could the water itself.

And so that's kind of the transition from. Hey, the oceans have all the minerals.

Gardening, Hydroponics, and Application Tips

How can I concentrate the minerals? And then how can I get them to farmers? And the C90 brand was founded and raised by Robert Kane, who is a gentleman who studied under Dr.

Maynard Murray in the seventies and eighties. And he pioneered this modern take on agriculture, which is using C90 as a fertilization tool, using it directly on soil, liquefying it as a foliar spray.

And then also even just feeding it to animals because it's a mineral rich sea salt. And so that was a lot there, but the key takeaway is we're challenged when modern conventional agriculture with things like synthetic fertilizers and over-reliance on herbicides and pesticides and fungicides, monocropping and other practices that can really wear out soil.

And so the oceans have an answer for us and we can use that minerality and that incredible nutrient density of ocean water to help solve some of these problems.

We're doing that at a large scale with commercial grade farmers. So for instance, I mean, we're talking semi-low tractor trailers of sea salt that is spread out across thousands of acres.

And we have customers that buy a five pound bag and they can mineralize their garden. So it works equally well for everyone. And what I'll tell you, the proof is in the pudding, right?

And so you'll grow the best tasting tomatoes you've ever had in a garden fertilized with C90. That's our guarantee. Oh, that's so exciting. So is that what's in a salt lick?

Are you making salt licks for cows? We are, yes, it is. Growing up in Oklahoma, my grandparents were farmers and

my cousins and I used to lick the cow, you know, salt lick, dare each other to do that.

I don't think it was C90 because it wasn't delicious. But so for gardeners, this is really key, Michael, because most home gardeners are using city water.

And so that's highly chlorinated water that's probably really decimating the good microbes in the soil. So this is going to help add back and feed those good microbes.

which I kind of think that's what your Baja Gold does as a mouthwash. I think those microelements are probably really feeding the good bacteria. Yes, it all comes back to bacteria and microbiomes and gut health.

And so there's a lot of similarities between what happens in human gut health and the relation to the overall body. in the rumen of grazing animals and kind of what happens to their bodies.

And then the soil, soil is nature's biggest living organism. It is a living breathing organism with hundreds of thousands of bacteria, fungi, enzymes, all working together to provide a growing environment essentially for whatever it is that you might be growing.

And so using those minerals and trace elements in the C90 to feed that microbiome is the same as, as feeding your gut bacteria. And so it helps everything flourish.

It helps the fertility and the productivity of your soil skyrocket. So that's, that's the, that's the opportunity there. And, and soil, you know, some people say, oh, my soil is dead or something like that.

Soil is never truly dead. You have to go to great lengths to really fully sterilize soil. Soil can always be brought back. It's been meant to be brought back through God's plan.

And so all you need is the right balance of minerals and trace elements and care and soil health practices. And you'll be able to restore farms that are over-cropped, are burnt out, maybe haven't raised a good crop in 15 years.

You know, one, maybe two years of a good C90 treatment and that we have farmers calling us and saying, I haven't seen corn like this in decades. So. Oh, it's so true.

You know, here in Oklahoma, there's a lot of clay and we use C-90 and our soil is like chocolate cake. I mean, we use C-90, but we also have a compost pile and just all the things that, you know, as you said, are how God planned for it to be.

I mean, I think if we can live by design in as many areas as possible, we're going to feel a lot better. So for somebody who wants to get started on C90, how do they know?

Tell us about some of the studies you've done. I read those previously in crops that use them. How do they know how much their soil is going to need? Absolutely.

If you're a smaller backyard gardener, we do have application recommendations that will work for pretty much everyone, especially if you're using your land soil, if you're planting directly in your soil, or if you're doing raised beds that have, you're maybe using some things from a local co-op or just kind of a big bag of soil.

We have full recommendations and application instructions on our website. I believe it is about one pound of C90 per 100 square feet. And so it's not a significant amount if you're soil spreading it.

It's a very economical soil amendments. And that's something that pretty much everyone can do. We also have application instructions for watering it in.

You can either water it in or you can foliar spray it directly onto the leaf tissue itself. And so there are application instructions for that on our website.

A rough number is one teaspoon per gallon of water, and then just frame that on plants. And that goes for indoor flowers as well. And whenever, you know, if we have flowers at the house, we take, you know, maybe a little bit of that packet that might come with it and a little bit of that food, but then also like a quarter teaspoon or so of C90 or even Baja Gold if it's sitting on the counter.

And that's going to help feed your cut flowers as well. And then if you are a small to medium to large size farmer, we have full application instructions based on what you're growing and what your operation looks like.

So whether you are a holistic lane manager with animals and crops and pasture grasses, we have a program for you. If you are more of a traditional high value crop grower or a row crop grower, we have instructions for you there as well.

And we're able to accommodate. Any type of equipment that you may have, whether you are, you know, you have the ability to broadcast spread, or you prefer to just spray or drip irrigate, uh, we have different programs for you.

So I would just encourage, go to c90.com, sea-90.com and there's full applications there. We also have a team that is more than willing to talk to you and kind of develop a custom plan for you.

So we work with a wonderful gentleman actually in Bristow, Oklahoma. Lynn Hoover and Lynn Hoover is a wealth and wealth of knowledge. He's a good friend of mine and he knows more about soil.

At least what's the phrase? He's forgotten more about soil than I'll ever learn about soil. So we will definitely help you with a plan that'll work for you.

And I imagine there's more gardeners on this podcast than there are commercial farmers, but. If you're a gardener, you're going to raise more nutrient dense, more delicious food for your family and you're going to leave the land in a better spot.

But if you are a commercial farmer, this is a wonderful economic, a profitable plan for your operation. And so this is not just. be organic or regenerative for regenerative sake.

We can help you bring down your input costs and raise your output pricing. And so you're going to have a more profitable farm and operation, and you're going to leave the soil in a much better place for next year's harvest and season.

Ocean Mineral Soaks and Recovery

So we do try to take all that into account because farming is many people's livelihood and it's important that it makes both soil sense and economic sense.

Yes, and of course, as we talked about, it makes everything taste better. It really does. And there's something so healing, Michael, about digging in the dirt.

I mean, it's in my blood, I think, and I love it. But you also mentioned hydroponics or aquaponics. So I never thought about that application for CNOS.

Yeah, that's actually where Dr. Murray started. His hypothesis was that we would be doing a lot more hydroponic growing as a civilization just because of the challenge of our soils at that time.

Fortunately, we have been able to remediate a lot of soil in the several decades since then. But hydroponic growing is still very much a viable option and C90 can play a role as the nutrient source for whatever it is that you are growing.

So because it is an unrefined sea salt similar to Baja Gold, it goes into solution right away. So it's, it's very bioavailable in a, in a water setting.

And yeah, if there's something like, you know, microgreens or sprouts, or even if you're just hydroponically growing lettuce and other produce, it really helps with the, the, the brix level, the micronutrient levels of what you're growing will elevate.

And then therefore the taste is also significantly better. I grow sprouts just in a jar and use a little bit of salt in my purified water for that and I think that keeps them fresher longer and gives them a better taste.

So you have something else that we've got to talk about and that's this mineral soak. What are the biggest things I tell people? They want all these health strategies and I'll say, what are you doing for fun?

What are you doing to relax? What are you doing? What's making you have humor in your life or how do you chill? So one of the ways to tell them is to go soak in Epsom salts or your mineral salts.

Now this is better. Mike and I went to Israel in 2019 and played around in the Dead Sea. And that night of sleep was like the most incredible sleep. This is the closest thing I've found, Michael, and I think it is probably Just about the, you know, same thing, really, depending on how concentrated it is.

So tell our listeners about your Ocean Mineral Soak. Yes. So this is our Baja Gold Ocean Mineral Soak. So you mentioned Epsom salt. Epsom salt is probably the number one leader in, you know, soaking and bathing for many, many years and with good reason.

So Epsom salt is magnesium sulfate. It's not a salt in the traditional sodium sense, but it's magnesium sulfate. There were a couple of educated scientists, I guess, that kind of actually studied the benefits of bringing the other minerals and trace elements into an epsom salt bath.

And so that's kind of where we got this idea for this product from. If you only have the amnesium and sulfate, you're kind of missing the full spectrum of minerals.

And so this is a blend of Baja Gold, which is all of nature's minerals and trace elements. plus that powerful magnesium sulfate. And so it is an incredible rejuvenation tool.

It can be used as a detoxifier as well. And we offer it in a couple of different scents. So you can do an unscented if you're looking for something kind of more basic or you'd want to add your own scent, you could do that.

And then we have a phenomenal lavender that will give you some incredible sleep. And then a eucalyptus as well, which if you are starting to feel a little bit under the weather, it has this aromatic experience for you that helps open up your nasal pathways and just helps you breathe a little bit better.

Yes. And, and on the, the label it's lavender essential oil that she uses, you know, eucalyptus essential oil. I mean, it's their real thing. Words that we can pronounce.

So great. Wonderful for. Yeah. You go ahead. It's wonderful for athletes as well. So of course, anyone who had a long day and needs a little bit of time to relax at night, a hundred percent.

Um, but if you're training for a marathon, if you're really in a high intensive work environment, you can just get like a little like Tuberware or even like a five gallon bucket and do like a foot soak at night with just a little bit of salt and they'll cost you maybe 50 cents.

And it really does help rejuvenate those muscles and tendons for the next day. So. Don't have to be a full bath. Not everyone even has a bathtub.

Closing Thoughts and Listener Sign-Off

And so I always offer, you know, if you can just, if you have a sprained wrist or something, put your, your hand in a five gallon bucket with some soaking salts, it's going to feel better the next day.

That's exactly where I was headed with that. Thank you. Because sometimes if you're, say you're going on a trip or on a big hike, you can take a little, little bag of this and just soak your feet that night.

I mean, it's, it's just great. It's very naturally medicinal and relaxing and makes you feel like you've had a little spa, spa treatment. Well, anything else you want to add Michael before we sign off?

No, I appreciate very much the opportunity to talk with everyone. I always like to say we're a small family business. I work with my parents and my brother every day.

And so if you ever need anything, if you have any questions about Baja Gold or C90, call us. You'll get a real person. You can email me. I'll, I'll answer myself.

And so we're trying to, you know, bring these minerals to as many different people and, and industries as possible, I guess you would say. But it's all with this end goal that Dr.

Murray had, which is improving the health of humankind. And so we really believe that human health is tied from soil all the way to what it is that you put on your plate.

And so the answer is often minerals. So if you're growing your own produce, if you're working with a local farmer. Tell them about C90 and take a little bit of Baja Gold under your tongue every morning or in your water.

And you're going to feel that hydration boost. It's going to help you get through the winter flu season. So it's all there. And if you ever need anything, just reach out to us.

We appreciate all the support. Well, I so appreciate the integrity of your company and your integrity. I know that I've known you for two years now and I've seen it over and over and over.

So folks, it's really a quality product that we use at our house and every patient that comes to see me gets a bag of Baja Gold. Fine, I guess it's the fine, you have a fine grind and like a natural school, but for sure natural.

Yeah. And they get fine grind cause I want them to use it in their water. So I just respect you so much and thank you. Thank you for, thank you for your time today.

And folks, thank you for listening to vitality made simple. I just want to bring you good information so that you can live your richest life, live out your purpose, have the best relationships possible.

And this podcast has grown because you are sharing it. So please subscribe. Please share it with somebody who can benefit. We're now in 144 countries and about 6,100 cities.

And that's because you all are sharing. I'm now on Instagram. It's kind of been slow. I mean, I'm slow to get on this stuff, but we're having a lot of fun there.

And Baja Gold has a wonderful, Baja Gold Salt Company has a wonderful Instagram too. So, thank you all for joining us. Blessings until next time. Thank you for tuning in to Doctor Talks.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

For more insights and strategies, subscribe to our podcast and visit our website, www.doctortalks.com. Stay connected, stay healthy, and join us next time on Doctor Talks.

from real doctors on the issues that matter to you most.