S3 EP 35: Skin Deep: Truth About Healing from the Inside Out with Doug Godkin Transcript

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Introduction and Guest Welcome

Hey everybody, welcome to the Eat Pray Faith podcast with Dr. Tracy. That's me. And today I'm so excited to have my good friend Doug Godkin, CMO and founder of Amo Life with us today. I had Doug on before and it was all based Doug if you remember on your structured silver and it was our second most popular podcast with the second most highest downloads. Only thing that beat you out was a solo one that I did on castor oil. So, I guess everybody loves castor oil packs, but I think that's Barbara O'Neal's fault. Um, but I'm actually really excited to talk about skin today and the application internally and externally of your entire line because you do more than silver. You do a lot of different things in the AMOLife line. So, we're diving into this powerful and really misunderstood and underutilized, I think, tool, which is silver in general, and all the other great products that you have. So, welcome back. So glad you're here. >> Thank you for having me. I always love being on this with you. >> Well, give us a little foundational background. I know people have listened to the podcast before, but you have an interesting story of how you kind of got into the industry. Just give us a background on who you are and how did you come up with this company and why?

Sure. Um, so I was a firefighter for years. I actually grew up in the natural health space with a grandfather that was very proactive back in the 1970s with health and wellness. But my story started where I was a firefighter for 18 years and got blown off a second story balcony, landed on my airpack, and that was the end of of a firefighting career.

Doug Godkin's Background and AMO Life Origins

and basically took matters into my own hands as far as how I was going to course correct myself because I didn't want to go down the pharmaceutical route and and worked at healing myself naturally let's say from years of extreme back pain and you know today being completely healthy where um you know I thought that that was going to be a career and a life-ending injury in in a lot of ways and which at the end of of that career uh got into the the internet space, the supplement space, and have had the opportunity to work with some of the most brilliant doctors on the planet. Have have traveled uh all over the world, you know, in regards to health and wellness and and formulating products and, you know, being able to see real world application. But, you know, really understanding, and this is, I think, where it really comes into play with with your podcast here, is understanding that, you know, all of us are created in our creator's image and likeness. And we have a world that can substantiate healing the body naturally. And if if we can if we can put our egos aside and I'm going to say this as a like a formulator and a product brand owner to realize that there's nothing that I can do better than our creator.

It's how do we take these raw herbs, botanicals, you know, vitamins, minerals from the body into the human body, not altering anything and getting it as it was intended. You know that there as much as we make health supplements, people are under this perception that a supplement heals, treats, and cures a condition. But realistically, it's the it's the body that's the healing, treating, curing machine. The body is the miracle. We just give the need to give the body what the body needs to do to heal itself naturally. And that's where our goal is, is to create the most purest natural products that haven't been touched by mankind with a whole bunch of crappy ingredients, let's say.

Uh, so you can let the body, you know, do it do do the miracle that it was intended to do. >> Very cool. Well, Amolife, I I'm not sure exactly what your flagship product was, but how did you get into this space? And I know prior to the podcast recording, you said you have an interesting story about skin since that's our focus. So give me a little background like how did what was your flagship product and now you've grown into a multiple skew product company. So give us a little highlight of everything you offer and then I'm interested in your story. >> For sure. So, we've been historically known as a silver company and we make the most advanced form of silver product or silver supplementation on the market today. And that's our our structured silver. And we've we've been doing this product

for close to 20 years. And the difference that we've done with I'm going to say collodial silver um is is we've taken it we've made it into an alkaline. We base it on structured water. Um we've got it to a specific energetic frequency. So when we look at it compared to the other silvers on the market, you know, we've got the smallest particle charged to the best frequency that won't build up in the body. It's a you know a very very small particle, a nanoized particle. A lot of people don't like the word nano based on everything that's been going on in the last few years. But just understand that nano is a particle size. It's not a nefarious product that's going to go into the body. And and what does silver do?

Cleanses yeast, bacteria, fungus, and mold. So when we look at what is wreaking havoc on our body, it is a yeast, a fungus, a bacterial mold. When we rip apart kind of what's making us sick or what is causing the body to go through the crisis that it is, most people don't ask the question, well, what's making me sick? What's causing this? They they live to what the doctors told them or what the system has told them to say, you've got such and such a condition, but they don't ask themselves, well, what's causing it? So when we look at what silver does is it's it's in my opinion the best cleanser to start the body's healing process because it can partner with the immune system and partner with the body's supportive systems to cleanse the body, you know, of those pathogens and of those unwanted bacteria so the body can start its healing journey. So that's that's historically what's been our flagship product. Uh it's used by doctors all over America and all over the world. Um, just amazing stories come out of that. Then we also do a silver gel, which is basically taking our silver liquid and just thickening it to a gel. So, you've got a super clean um, no chemicals, no fillers gel for topical usage.

AMO Life Products: Silver, Probiotic, and Hydration

And we see amazing success with this with skin conditions, with um, yeast concerns in the in the sensitive areas of the body, you know, toenail fungus. Um, the list goes on and on. If we're thinking of something topical, this is one of the best preventatives and supporting tools for for the skin. Uh, and we'll get a little bit deeper onto that in a second. Then we've got our probiotic and and our probiotic has become and it bounces monthto monthth whether it's our number one or number two selling product. There was a study that just came out on MD40 and people can research this that MD40, which is the strain of probiotics that are used in here, are 95% effective at wiping out staff infections. And that's big. Like, that's huge. So, we've been we've been getting calls all over the world from doctors and different organizations that are wanting to get their hands on this strain because staff is one of those stubborn ones that is very hard to get rid of and there isn't any real known helpful components I'm going to say in the medical system when it comes to staff. So, we've got something natural here. Then, we take this this probiotic strain and we also enhance it with inulin, slippery elm, turmeric, fiber, and aloe. So, we're not only helping the digestive system repopulate the digestive flora, but we're also lubricating the bowels, we're helping with some inflammation markers. We're helping pull toxins out of the body. So, it's a complete digestive kit, let's say, probiotic and and it's it's really gotten a lot of accolades and and a lot of great information coming out of that.

National Institute of Health, whatever we think of them, is doing an internal study on this right now. um on the splend. And then we just came out with a hydration product. And this is one I'm really excited about because hydration products right now is one of the fastest growing verticals in natural wellness.

But when we look at the amount of companies that are capitalizing on this and the formulas and blends that are on the market, um this is one that's an industry leader that most people know, company called Liquid IV.

We were tasked to create a hydration product that exceeded what was on the market. And this is by no mean any form of ego or anything, but it but when we look at hydration, we look at the body, then we look at the hydration products that are on the market. I was actually pretty shocked when I did a deep dive as to what the ingredient deck is on most of these products. Number one ingredient in here is actually sugar. So sugar and and and I can let anybody, you know, do some research on this, but it's it's sugar and chemicals.

That's not good. That's not what we want. And we're we're at a spot right now in the world where people are dehydrated because our food system has been so manipulative. People aren't eating good fruits and vegetables. Our water is manipulated. So when we're buying what we think is healthy water in the gas stations or the, you know, the food stores or anything, it's flattened water. It's got no life force to it. The mineralization's been sucked out of it.

So people are thinking that they're drinking their 3 L of water a day and getting proper hydration. Well, they're actually not hydrating the body at all.

So we can look at skin conditions too. Like since we're talking about skin here is, you know, collagen production and wrinkles and all of these things that people see on their on their skin and their complexion is yes, there's signs of aging, but most importantly, it's signs of dehydration, >> right? >> And the the collagen market has exploded. And I think that the card collagen market is kind of BS to be honest with you because our body produces collagen naturally if we give the body what it needs to produce that collagen naturally. So when we look at what we can do you know from a hydration standpoint we can really help from skin concerns but also you know giving the body what it needs. So what did we do different with hydration compared to what other products are doing? First and foremost, no fillers, no sugars, no nefarious chemicals. We also put fulvic trace minerals in there, fulvic acid in there. Because when we look at salt, and in this case, we're using pink Himalayan salt, but salt needs a carrier to get it into the cells, believe it or not. So, we're using that fulvic and the potassium to get the salt into the cells to hydrate the cells, but we're also using that at the same time to pull toxins out of the cells. So, not only are we giving hydration to the body, but we're also removing and excreting the toxins that are in the cells as well. So, we're doing something with hydration that no other company is doing. And then you know just the absolute purest ingredients we're using you know magnesium sodium potassium the pink Himalayan salts evaporated coconut water and the fulvic minerals. So when we look at the mineral profile of each of the ingredients as well we've realistically got over 300 trace minerals in this hydration product which there isn't another one on the market that's able to offer that. So we've we've we've just launched it. We sold out really quickly. Now the testimonials and the reviews and the stories are coming in and they're just absolutely overwhelming. And a lot of people that you know are seeing concerns, you know, heart concerns and um like POTS for instance is another one is also amplified with lack of hydration. So we got to get our bodies hydrated and we've got to do it the best way possible. Yeah, I just actually wrote a post about the sun and hydration and everybody's so scared of the sun. Um, and I just put a few points in there like don't gluttonize the sun. You know, you're not a piece of fried chicken out there. And number two, make sure you have the internal nutrients and be toxin-free as much as possible. I mean, I think we're just in the habit of slathering ourselves with chemicals and thinking that's going to protect us from something. It's an oxymoron. It's almost as good as injecting a baby with disease and then calling it a well visit, but that's a whole different topic. Anyway, >> I have to slip those in just, you know, right into every podcast. But >> with your product, the hydration product, I love the fact that it not only hydrates the cells, but it pulls the toxins out. And those are like two key factors that I talk to everybody about. Nutrient-dense, toxin-free. That's what reduces oxidative stress. If you're in oxidative stress and you go outside and you bake in UV rays, you're going to ignite that thermogenic temperature, you're going to create higher oxidative stress. So, you need to be this is an inside outside job all the time. So, while we're talking about skin and everybody thinks we're going to go topically, I I love the fact that we're talking inside out, you know, and the probiotic by far, you know, I've seen severe staff infections where people's skin was peeling off and it was missed uh because they're not looking at gut, you know, as the culprit. I had one client whose daughter we believe came from a ham source where she got a staff infection. Uh at that time they went into I'll refrain from saying the name of the hospital but they kept telling her it was monkey pox because it was monkey pox season.

>> Right >> here she was misdiagnosed and she almost didn't make it. So she went to another facility and they were like, "No, this isn't monkey pox. This is staff infection and a very unique staff infection that starts on inside, but the expression of it is your skin literally peels off your body." And so the mom called me and while she did receive some antibiotics, I was doing the probiotics, the topical gel, the internal silver solution, you know, in addition to systemic enzymes and all the things that we do to really try to get her over the hump. And then recovery was another thing. So we we really have to be up in our game. We're seeing some massive infections that I think you know our antibiotic resistance. You got these gram negative bacterias and we have to use what's in our toolbox to let as you said let the body utilize what God has given us here to overcome the issue and come back to homeostasis on its own. So I love that your mind just keeps expanding in the new hydration product. I haven't tried it personally, but I'll have to um that that is out. And uh I love to try things like that, especially in my post and pre-workout drinks. Like I love hydration products for those and I recommend them. But I think this would be a good one just for summer in general for people that are going to go on vacation just to keep yourselves hydrated and toxin-free. Sounds like a good plan. >> For sure. For sure. Yeah. And we've, like I say, we've been getting some amazing stories from people on this and just, you know, in areas that you don't think about because when we look at our bodies and we look at, I'm going to say healing that body naturally, a lot of people may not realize that they're ill or may not realize that their body's reacting to something negatively, for instance, right? or they've just

learned to live with a problem that they've got and then all of a sudden they start taking something that fuels the body and gives the body what it needs and they're all of a sudden seeing these great like, you know, blood pressure reduction and all of these different kind of positive markers happen when we give the body what it needs to to heal itself naturally. So, like I say, we've been getting a ton of great stories and and it it some of it comes as a surprise and then some of it doesn't because it's like, well, yeah, of course that makes sense now, >> right?

>> And you know, when we look when we look at skin conditions, for instance, society has been trained and I'm going to say society has been trained by profitering companies to look at skin as a skin condition, right? whether it's acne or, you know, the list goes on of of skin conditions. And it's like, okay, you've got acne and and and the system and the companies really play a great role at, you know, causing inferiority and insecurity in people that, you know, your complexion is everything and your skin is everything and if you're not, you know, if you're not looking as good as society, you don't fit into society, if that makes sense. Um, but when we look at skin, we we've got to realize that healing the skin doesn't start with the skin. Healing the skin starts with the digestive system.

Skin Health, Inflammation, and Internal Support

And most people don't haven't been trained or don't think about, well, why do I keep getting these reoccurring skin conditions? I've thrown everything I've got at it. It helps for a little bit and then it just comes back. Well, if we look deeper into that concern and you know, and it starts with foods and lifestyle, but that's kind of a whole other conversation. But when we've eroded our digestive system and we've got leaky gut syndrome, which I'm sure a lot of people have heard about before, but we've got those toxins that are leeching out of the digestive system into into the body. They circulate through the body and the skin being our biggest organ they get stuck as they're exiting the body in the layers of the skin causing infection and bacterial outbreaks which then manifest themselves as an acne or another form of skin condition. So when we look at truly healing the skin, we want to first truly heal the digestive system. So go after the what's causing me to have this issue and then going at the effects at the same time. So you know we've talked about silver in the past and we and you you know you asked it's like okay what can I products do to help support the skin. So you know step one is the silver. Why? Let's get rid of the yeast, the bacteria, the fungus and the mold that's happening in our digestive system and kind of wreaking havoc throughout our body. Let's cleanse that out. Silver doesn't metabolize in the body. So that's really important to know because when we look at supplementation and we look at the different products that people use for the digestive system, we've got a war happening in our digestive systems for instance, right?

We've got this war, good bacteria versus bad bacteria. And I'm sure a lot of people have seen those images of a outouse after a concert where they're full of supplements because they're just passing through people's systems. Well, when we've got a digestive system that's sick and overworked, in a lot of cases, it can't break down and use those supplements because it's too busy fighting a battle. So, they just pass through and they and people spend a lot of money on supplements that never materialize into anything. So, silver isn't going to be required of function, let's say, or a metabolization of the digestive system to be used. It's going to come in, it's going to circulate through the body for about 12 hours, combating, like I say, these yeast bacteras, these funguses, and these molds to help internally support. So then when we look at the silver gel, for instance, from a topical standpoint, we want to cut off the tap of what's causing the havoc on the skin, but then look to, you know, rejuvenate the skin naturally without any chemicals and anything. And what's this going to do? It's going to help combat the the concern on the exterior of the skin. But when we look at taking a lot of different skin products, they're full of alcohols. They're full of all sorts of different chemicals that do get absorbed back into the skin, end up in the liver and kidneys, and once again further create more havoc on the body. So, we want to reduce all of that workload on the body and start healing the skin naturally. Once again, backing that up with the probiotics because we want to feed the digestive enzymes. We want to further help pull the toxins out of the body and help it in that manner get people pooping properly, for instance, so they've got their waist system working properly. So those three things work in extreme harmony together. But then one of the things that we can sort of stack on top of that, and this isn't a sales pitch to, you know, buy all these products, it's just reality. Um, >> well, it's synergy, right? You need the synergy between the products. So, >> so then then we look at humic and fulvic trace minerals. And what are those going to do? They're going to further pull the toxins out of the body as well. And the best way to think about the humics, and I'm a huge lover of the humic and fulvic trace minerals. And the best way to think about these is ancient plant life. And you know, we don't have to get into a conversation on how old we think the earth is. But when we think about our world pre flood, let's say, and I hope and I hope this resonates with people.

We've got a we've got a world of plant life and and a world that wasn't touched by mankind in a nefarious way, let's say. Then along came the flood, created this layer of sediment over all of that plant life, and here's our world today.

So what we're able to do is we're able to tap into that ancient plant life and pull the minerals from it. And in a lot of cases, it's actually still somewhat alive. We've got probiotic bacteria and enzymes that are still alive within this plant life that we can extrapulate and use that for helping the human body because you know we talked about hydration and how people are are dehydrated but just as importantly people are nutrition or nutrient deficient as well and as Lionus Pauling says you know you can trace all sickness and disease to a lack of of nutrients in the body. So, we want to make sure that we're we're tapping in and I'd say getting to this plant life, this this ancient nutrient into the body so that we can help extend the vitamins and minerals that are going in that way without any pollution, without any glyphosates, without anything that's falling from our skies based on the airplanes that are flying over and all this kind of crazy stuff that that we can see is harming our food supply. and you know the things the the plant life and everything that's growing today. Right. Right.

>> Absolutely. >> So that's that's another and and I put this in my coffee every morning that is black. It's it's black dirt essentially. But it the nice thing is is it'll take a cup of coffee that's an acid and it'll turn that cup of coffee into an alkaline as well which we want to get the internal you know alkaline substances within our bodies. So and it's the same with the hydrate. the hydrate. Um, I can turn an a heavy heavy acid into an alkaline with this as well as it's got so much energy that I can turn a light bulb on it. And some people have seen my little light bulb test that I do before where I I test fruits and vegetables and all that kind of thing to see how much mineralization in is in them uh and see if we can create enough energy within that fruit or vegetable to turn a light bulb on. So when we look at getting the absolute purest raws natural botanicals from the earth, amazing things happen.

>> Wow. Very cool. So much I mean you know you guys have grown so much over the years that I've been using your product and you know I still love the silver solution. That's my number one. I I don't even sell any other silver uh just because I I believe and I've seen your product work so effectively. And now I I think I'm really excited about the hydration product.

So, >> I'm gonna have to reach out and get some from Dina. >> Absolutely. Absolutely. Have her send her send you some. And then we also do Sorry for going back and forth.

>> A full line of organic soaps as well. >> And your silver drops. Don't forget those because the blueberry the best. Maybe the lemon, but I love the blueberry. That was my favorite. >> They're they're good for cold and flu season or any itchy scratchy. >> Just good. Like you can just eat them.

That's what I think. >> Totally. Totally. So, cleanest soap that you'll ever find on the market. And you know, whenever if if you hear me say cleanest soap or make any kind of claims around, hey, this is better than that or whatever, at the end of the day, it all comes back to the ingredients panel and and looking and saying, okay, well, what is actually in this product? What makes it different? because there's a gazillion supplements on the market today and people are extremely confused in why would I use this and not use that or what makes this different than that. And the one thing is is just look at the ingredients deck or the ingredients panel on the back of any product. And that would be right here for instance on the soaps, >> the supplement facts panel on the probiotic for instance right here. And and what you can really tell if a company cares for you who's going to be using those products is is the ingredients that they're using. It's hard to tell. There's a lot of supplements on the market that use synthetic ingredients and they'll use synthetic versions of the of the good ingredients, let's say. The one thing to always tell to say, "Okay, does this company care about me enough to not use synthetics?" is looking at the other ingredients. And if they're not putting a bunch of fillers, sugars, just other nefarious ingredients in the other ingredients, that's a good indication to say, okay, this is a quality product that's that's most likely using good quality ingredients and not just synthetic versions of those. >> Awesome. So, I want to go through some specifics and ask like, you know, just questions based on conditions like inflammation and irritation. What would your top one, two, or three products be in your line that you would go for to help soothe that? Whether it's something that they have like skin irritation, eczema, psoriasis, and I know it's not a cure or treatment, but more of, you know, what would be a suggestion you would use to help support that condition and help the body overcome it. So, let's start with that. Inflammation or irritation.

And it can be any of your products. You can put them in >> silver, silver liquid, and silver gel. Okay. Why? Give me that explanation. >> Because when we look at inflammatory markers, a lot of times those are coming from bacterial and yeast overgrowth in the body. So if we can help reduce yeast and bacteria from the body, we can help bring down inflammation cuz inflammation is being caused by something that's wreaking havoc on the body. Then when we look at the skin side of things is if we can get the silver onto the skin and get it absorbed into the pores, then we're going after what the effect is of the problem to help support it naturally. Once again, there's no fillers or chemicals. So, as we're using this either internally or topically, we're not putting a nefarious cream or lotion on the skin that's going to be absorbed by the skin and then dump those those chemicals back into the liver and kidneys, further causing more inflammation, further causing more toxin and further causing more problems with the body.

>> Yeah. Awesome. All right. Since it's summer, let's talk about sun and heat exposure. like what role can silver play in addressing skin traumas like that like sunburns or minor heat burns? What would your product be of choice?

>> The silver gel with aloe >> is the aloe is going to help hydrate the skin. But as we're looking to heat exposure as well, I would say the hydration product and the silver gel with aloe. And I don't have an aloe gel in my hand, so I'm just up the hydration in the silver gel with aloe for uh heat concerns and you know um >> burn, right? Sunburns.

Wound Care, Burns, and Anti-Aging Benefits

>> Burns. Yeah. Sunburns and uh and and any kind of like uh sunstroke is the word I was looking for. I I have to laugh because my son had sunstroke when we were in Florida in August as no person should ever go to that state in August.

Uh he got he got heat stroke and um you know had to just keep him hydrated. But any trip I go on, anytime I'm at the beach, anytime we're out in the sun, I take the silver gel with aloe. You know, my first aid kit has your products in it. So, >> you know, because that silver gel with aloe, not only does it work for um, you know, helping with the progression of the skin getting healthier and the burn being alleviated, but it takes the pain away. And I'm just saying that as me. I know I put it on my sunburn and the pain is gone. And you can just apply it, apply it, apply it. it doesn't, you know, and now that you have the hydration, I mean, I can see how that would work from an internal factor to help overcome any type of, you know, skin irritation that's resulting of a burn. So, very cool.

>> We we had a customer, this is a couple months ago, that got a basically she she stepped on a nail and got an infection. And I can I can send you the before and after pictures, but I mean it's one of the I've seen a lot of gruesome things, you know, in the years of doing this. Her leg was from basically the knee down black. It got so badly infected and she spent 3 months in hospital and the the doctor said, "We're looking at having to take take your limb." Like it was it was that bad. And it was it almost looked like a a flesh eating condition. It it was so bad. And the medical system threw everything they could at her and she got a hold of the silver liquid and the silver gel and just started mega dosing herself with that on a daily basis. And and like I say, I can show you the pictures. A, you know, it took a couple months, but a a completely clean limb. And and I'm not making a claim here that the silver liquid and the silver gel healed her concern, but if we just look at it from a common sense standpoint for a second, unfortunately, our medical system is going to throw chemicals at the body and altered ingredients.

The body is the healing treating curing machine. As we said at the beginning of this discussion, if we can give the body what the body needs, the body's going to heal itself naturally. So, did the silver heal treatment cure her? No. But what it did give her is it gave her the support that her body needed to repair itself. >> And we see amazing stories when we can do so. >> Wow, that is awesome. I do want to see those pictures. >> Okay.

>> Um, so we talked that's kind of my segue into my next one, which is infections and wound care. You know, I know it's been long used in hospitals and I don't think many people know that silver was actually used in the eyes of babies. Uh, silver nitrate eye drops. Now they use antibiotics. Why? Because, well, they probably couldn't patent and price silver. It's naturally occurring. So, therefore, they had to figure out something they could do. Uh, which moms you can refuse those drops, FYI. So, take your own. Moving on. But tell me a little bit more about infections and wound care. Well, if we go into the burn clinic, for instance, still, uh, if somebody ends up in the burn clinic in a hospital, they're going to get silver infused bandages put over their worms.

>> Yeah. So, yeah, >> exactly. And then that's still, you know, common practice today. Uh when we look at wound care, we look at bug bites, we look at, you know, irritations, rashes, cuts, you know, the silver gel is phenomenal for the skin care. And and realistically, the question is, well, why? Well, when we when we understand the mechanism mechanism of action is silver naturally cleanses yeast, bacteria, fungus, and mold. When you get a cut or you get a wound, what are we trying to do? We're trying to keep that wound clean. and we're trying to keep it free of bacteria. When we look at the area around a wound, you know, that goes black or or looks ugly. That what is that? Well, that's a bacterial infection. So, the skin is naturally going to rejuvenate itself and heal itself. What the difference is is we're just giving it something that is going to help do it naturally and do it in the safest, most effective way possible. So, we see we see, you know, like I say, cuts and burns and scrapes and that kind of thing. the body heal itself faster because we're giving it something that's going to help it along without the chemicals and without the things that are going to slow it down or inhibit it. >> Awesome. And we might as well talk about the anti-aging and skin tone. I mean, I can see silver really helping with oxidative damage, but you could probably elaborate a little bit more on that. I know you started out talking about the gut, everything. So, go ahead and give give us some flagship products that we could use for anti-aging and skin tone.

>> The the best one that we've got for anti-aging and skin tone would be our Fulvic. It's called Activate. I don't have one in front of me, but it's it's the same size bottle as our silver. It's it's the fulvic trace minerals. And there's actually studies on that in regards to fingernail growth, hair growth, skin, and complexion as well as it's 25 it'll increase collagen production in the body by 25%. These are all peer-reviewed studies. And why is it doing that is it's it's once again giving the body the essential minerals that it needs to be able to do so. A lot of people don't realize that fingernail health is a great marker for what's going on inside the body. And and you know, people look at their fingernails and say, "Hey, my fingernails are looking really gross or my fingernails are growing really fast and shiny and look great." Um, I play guitar in church and I've got to trim my nails almost every week. They grow so fast. But that's a great indicator of what's happening positively inside the body. So, I absolutely love the fulvic minerals and and what we're seeing with those. We also have the fulvic minerals inside of our hydrate product as well. So, we're getting those essential trace minerals along with the electrolytes, but we're getting them into the cells and and fulvic fulvic is a great carrier and helping actually break down our foods as well to take the nutrients into the cellular level cuz a lot of foods and a lot of things that people are eating nowadays are just substance and and a lot of food our foods don't contain any form of mineralization at all. But for those foods that do have the mineralization, the fulvic helps break that down and and bring those properties into the cells.

>> Beautiful. Well, you just gave me a great segue into my class that I'm releasing at the end of June, which is advanced face, tongue, and nail analysis for practitioners. And then we also have the DIY do-it-yourself face, tongue, and nail analysis for lay people. So, they'll be able to do exactly what you just said. Look at their face, look at their tongue, look at their nails, and understand what that means. that physiological expression, what it means internally as to what's happening in the body. And now they have solutions already ready to go for what they're going to discover in that class. So, we we're going to link all of this stuff in the show notes, including the products for AMO Life that you can get and going to have a special deal going on on all those product sales. So, make sure that you check out the show notes and get yours because you're going to want it this summer. Trust me. And I just want to throw one more thing in about skin integrity. The silver gel with the aloe hands down works incredible for poison ivy. That's my personal testimony. It's the it's what I use. I'll use you know rusttox internally homeopathic 30c and silver gel with the aloe topically by your company. You can apply it all day long. It I mean within two or three days it's gone. And I know people suffer with really bad reactions to poison ivy. So people need to have what they need. They need to have stuff on hand. you know, they need to hear this and not because they have something going on, but because they want to have this apothecary that they're building in their home for when things occur and then they can be like, "Oh, yeah. I remember that podcast with Doug and he said, you know, if I have X, Y, or Z going on, I could try taking this internally and taking this topically and it might help." And voila, it usually does. So, I hope everybody, you know, grabs some of these products and has them on hand because you can keep silver for a long time. You know, you can keep all of this for a long time. You don't have to use it in 30 days.

>> Exactly. Exactly. And you know that the other thing, too, is is we can help, I'm sure you find this when you're talking to people, too, is a lot of people are taking too many supplements and spending too much money on the amount of supplements that we're taking. What we're trying to do is reduce the amount of supplements that people are taking. Make it easier on their pocketbook, for instance, but once again, giving the body what the body needs

and not too much of it. but what it truly needs to start healing itself. And when we look at why people take a lot of supplements or take different ones, it's because Dr.

Daily Routine, Product Philosophy, and Closing Remarks

Google said or Facebook said, "I need to take that." But when we get back to the absolute basics, we need to get rid of the yeast, the fungus, the mold, and the viruses. We need to give our body proper mineralization, proper electrolytes, and hydration. With very few products, we can actually really put the body on a course corrective journey without taking 30 or 40 supplements that the body doesn't need. Plus, the digestive system isn't in a place where it can break them down. So, a lot of people are just going through these supplements without any positive aspects at all. >> Awesome. Yeah. And I I agree. I think there's too many supplements and man, just taking silver daily is so easy and works in so many avenues. And then you add the probiotic and the hydration and the fulvic and it's like boom, you know. >> So let's talk a little bit. We talk about the gut microbiome through this a lot. So what about your your um skin microbiome? You know your does your silver interact with the beneficial versus the harmful? Kind of give us the gist there because I think that's a big thing that comes up. People will say, "Well, you take silver and it's going to kill your microbiota or your good probiotics." And I'm like, let's ask Doug. So how does that how does that interact? it it actually won't disrupt the biome of the skin at all. When we look at our internal silver, we've got an alkaline because we want to get an alkaline into the body so it's embraced by the immune system. When we look at our skin, we want our skin to be slightly acidic. So what we do is we formulate the gel slightly acidic so that it matches the delicate biome of the skin. But also when we look at good versus bad bacteria, we good bacteria excretes a lipid fat milk barrier around itself to protect itself that bad bacteria doesn't. We haven't energized or put a frequency to the silver that will actually penetrate through that lipid fat milk barrier but will naturally combat the bad bacteria. So unlike an alcohol product and when we look at different um skin products for instance, you know, here's a here's a big one on the market that a lot of people go to. >> I know you only have that in your office because you demonstrated as something you shouldn't do.

>> Exactly. But when we look at when we look at the ingredients on this, you know, glycerin, um, alcohol, like it it's all chemicals. And people, that's the problem is is people people will look at this and they'll scrutinize it and they'll say, "Well, it's this, well, it's that and whatever." And they'll scrutinize it, but they'll go to the grocery store and buy this and not scrutinize it whatsoever. But, you know, and this is where kind of common sense comes in. So when we talk about the biome and the delicate biome of the skin, what this is going to do is it's going to leave the skin completely unprotected because that alcohol in there is going to wipe out the whole biome whatsoever. And when we go back 5 years ago to when the big scary monster was all over the world and everybody was told to use hand sanitizer, like what a dumb idea taking a product that's primary ingredient is alcohol. And when we say, okay, we're afraid of touching another human or shaking hands with another human, take and used as hand sanitizer. Well, now you've just completely wiped out the biome, left the immune system completely open and exposed that if you are going to have contact and that person does have that big scary problem, if it was one at all, now we've created a bigger problem. So when we look at taking care of things naturally, let's not harm our biome. Let's not put alcohols and all of these chemicals in there. Let let's let's scrutinize the product we're using, but let's look at the natural products under a bit of a different lens than we're looking at the stuff we buy in the grocery store and think this is all good and fine and dandy. >> Yep. So, I noticed that you rebranded the AMO structured silver to say cleanse. Why? Why did you do that?

Um, yeah, and I'm going to actually change that from cleanse here in the next two months to I think reset. It was more so that people understood what the products would do. So, you know, we've at this point we've got the cleanse on on the silver, right? It's cleansing the yeast, the bacteria, the fungus, and the mold. You know, we've got the digest on the probiotic, which is helping, you know, the digestive system. The renew on the silver gel. Let's renew the skin.

let's renew the mechan action for the skin to heal itself naturally and then of course you know hydrate on the electrolytes. So what we've tried to do is made the make the products easier for somebody to understand to say okay what do I do with this and how because we all know that our friends at big pharma are always so cautious on what we can and cannot say as a supplement company. We want to make sure without crossing any barriers that we're able to help people understand for what purposes and how to use these.

>> Cool. Well, this has been fascinating. I think people have a lot of tools walking out. But I just want to know, how do you use your products every day? What's your regimen? >> I drink the hydrate. Um, usually two or three times a day. I'll make a, you know, a 32 oz bottle of this. I'll take the probiotics every morning. Um, the mouthwash, which I've got over here, we made a super super clean mouthwash that's actually safe enough to swallow. So, that silver, some xylitol, trace minerals, and some peppermint essential oil. Understanding that a lot of the illness that we contract every day comes in through our roller cavity. This is going to support the mouth. So, I use this twice a day. Um, what else do I use? the soaps, of course, every time I'm in the shower.

And you know, I'm always, as a guy that's always working outside or doing something, I'm always banging myself up pretty bad. So, I'll use the gel for uh her skin. >> Awesome. Well, very cool. Love how you're growing and keep up the good work. So, for everyone listening to this podcast, if you found it beneficial, make sure you share it with somebody.

Everything we talked about is in the show notes, so you can go grab the products that you want for your family. You can also sign up for that upcoming class if you're a practitioner or for the DIY class on face, tongue, and nails if you're just a lay person wanting to know more about what's going on in your body. So Doug, do you want to leave us with any parting words as we wrap up this podcast? >> This has been great. I hope that this one gets listened to more than your castor oil.

>> Me, too. But, you know, >> throw a challenge at you. >> But we're we're here to help. You know, as as a as a supplement brand and a company, we're not just making products for the sake of making them. We want to make sure that we are an active part of people's healing journey and and doing things the way that our creator intended to, you know, from how we approach supplementation, how we approach our business, and then realistically how we approach the relationships with our customers.

Amen. All right, guys. Thanks for tuning in. Doug, thanks so much for coming back. We're definitely going to have you on again, so prepare for me to jump into your calendar. Uh guys, thanks for listening. Make sure you share it, subscribe, and give us a follow on all the social channels. God bless.

[Music]