Scan Before You Swallow | Vitality Wednesday Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and topic overview

Hello everyone and welcome to another Hello everyone and welcome to another Vitality Wednesday. The last one in May. Vitality Wednesday. The last one in May.

My god, this whole month is flying by, My god, this whole month is flying by, isn't it? isn't it? So I'm I'm your host, Dr. Culpinar. With So I'm I'm your host, Dr. Culpinar. With me is Robin Fields. And today I can't I me is Robin Fields.

Why supplement verification matters

And today I can't I love coming up with silly titles that love coming up with silly titles that are funny because I just can't help are funny because I just can't help myself. I gotta make life fun. But today myself. I gotta make life fun. But today we're going to be talking about scan we're going to be talking about scan before you swallow. I mean, listen before you swallow. I mean, listen people, you're all out all out there people, you're all out all out there taking things and you don't even know taking things and you don't even know what the heck you're taking, but you what the heck you're taking, but you just put it in your mouth and you just put it in your mouth and you swallow it because you think it's good swallow it because you think it's good for you. How many of you do that or have for you. How many of you do that or have done that?

done that? >> I know I have. >> I know I have. So, today what we're going to talk about So, today what we're going to talk about is really something that doesn't get is really something that doesn't get enough attention in the wellness space enough attention in the wellness space and that's the verification process.

and that's the verification process.

Industry regulation and product safety

Because, you know, people are just, you Because, you know, people are just, you know, swallowing supplements. They don't know, swallowing supplements. They don't know what they're doing. They think know what they're doing. They think they're doing everything right. They're they're doing everything right. They're eating clean, their diet, eating right, eating clean, their diet, eating right, solid sleep and movement. And yet, you solid sleep and movement. And yet, you can actually still be undermining your can actually still be undermining your vitality if the products are you that vitality if the products are you that you're using aren't doing what they're you're using aren't doing what they're supposed to or aren't what they're supposed to or aren't what they're supposed to be. So, I'm not trying to supposed to be. So, I'm not trying to fearmonger, but you know, the industry fearmonger, but you know, the industry is extremely unregulated. Many of us is extremely unregulated. Many of us already know this, but maybe we don't already know this, but maybe we don't know to what degree they are know to what degree they are unregulated. So the FDA does not the um unregulated. So the FDA does not the um supplement industry does not require FDA supplement industry does not require FDA approval. They have a classification approval.

Biophotonic scanner history and evolution

They have a classification usually that's generally generally usually that's generally generally recognized as safe grass. So you know recognized as safe grass. So you know they can almost put anything on the they can almost put anything on the label or leave anything off until label or leave anything off until someone catches them. And that's really someone catches them. And that's really disturbing because as I we if you disturbing because as I we if you watched the episode two weeks ago, we watched the episode two weeks ago, we talked about that because many talked about that because many supplements get pulled off the market supplements get pulled off the market once they get caught. But you don't want once they get caught. But you don't want to be the one ingesting those to

be the one ingesting those supplements waiting for things to, you supplements waiting for things to, you know, we don't want the shady stuff to know, we don't want the shady stuff to show up. We would rather not know that show up. We would rather not know that we're taking and ingesting things that we're taking and ingesting things that are good for us and not containing are good for us and not containing contaminants and all that kind of stuff.

contaminants and all that kind of stuff. >> Yeah, >> Yeah, >> Yeah, >> agreed. Absolutely. >> agreed. Absolutely. Yeah. Yeah. Yeah. >> And this is really where this Well, >> And this is really where this Well, first of all, the company that that has first of all, the company that that has created the products that I use and created the products that I use and Robin uses, they are very highly Robin uses, they are very highly reputable. We've both been to the lab reputable. We've both been to the lab and the facility, there's 75 PhDs on and the facility, there's 75 PhDs on staff. And you know what? I'm sorry.

staff. And you know what? I'm sorry. Even as a physician, I think I said this Even as a physician, I think I said this last time, it doesn't matter. I don't last time, it doesn't matter. I don't know how to create a product. I don't know how to create a product. I don't know all those little biochemical things know all those little biochemical things because I I studied that years ago in because I I studied that years ago in college and I don't know how to do that.

college and I don't know how to do that. You need people who are doing the You need people who are doing the research and development. You need a research and development. You need a company that's going to invest in that, company that's going to invest in that, invest in the safety of the product, invest in the safety of the product, invest in the testing. That's huge and invest in the testing. That's huge and most companies don't do that and they're most companies don't do that and they're not required to. So the company has to not required to. So the company has to decide that they want to.

decide that they want to. >> That's huge. >> That's huge. >> Yeah. And and then the worst part is we >> Yeah. And and then the worst part is we don't even know if it's working. As we don't even know if it's working. As we talked about in the last episode, we talked about in the last episode, we often are winding up making expensive often are winding up making expensive urine because there's no way to test urine because there's no way to test whether supplements work. Except there whether supplements work. Except there is.

is. is. So yeah, most people think there isn't, So yeah, most people think there isn't, but there is because there have been but there is because there have been multiple scanners um for that have been multiple scanners um for that have been created a biopatonic scanner that created a biopatonic scanner that actually can measure the level of actually can measure the level of antioxidants and carotenoids and Robin I antioxidants and carotenoids and Robin I would love you to share the history of would love you to share the history of that scanner and what we have now. Yeah.

that scanner and what we have now. Yeah. So absolutely. So this is the prism now. So absolutely. So this is the prism now. So, it's the size of a hockey puck, but So, it's the size of a hockey puck, but this was this technology was as big as this was this technology was as big as an MRI machine over 20 years ago. And we an MRI machine over 20 years ago. And we acquired that for over millions and acquired that for over millions and millions of dollars. And then our millions of dollars. And then our company has invested millions throughout company has invested millions throughout the years to keep shrinking it down. So, the years to keep shrinking it down. So, last year we had the S3 scanner, which last year we had the S3 scanner, which is the biophetonic scanner that was the is the biophetonic scanner that was the size of a football. was about $10,000 to size of a football. was about $10,000 to to manufacture to build and it was very to manufacture to build and it was very expensive for somebody to have. But this expensive for somebody to have. But this year, January, year, January, this launched really a soft launch. And this launched really a soft launch. And just to give you a comparison, last year just to give you a comparison, last year we had 3,000 of these in the US. So we had 3,000 of these in the US. So still a lot of people don't even know still a lot of people don't even know about this technology. But now it's the about this technology. But now it's the end of April, we launched really January end of April, we launched really January 9th, we've sold well over 30,000 9th, we've sold well over 30,000 devices.

Using scans to track nutrient levels

devices. devices. >> That's a pretty alone. >> That's a pretty alone. >> That's a pretty big jump. And again, >> That's a pretty big jump. And again, 30,000 I mean it's more than what it 30,000 I mean it's more than what it used to be, but it's not that much used to be, but it's not that much considering how many people we have in considering how many people we have in this country and how many people we have this country and how many people we have in the world. So, and then you know in the world. So, and then you know that's what's beautiful about it because that's what's beautiful about it because now it's in the palm of your hand. You now it's in the palm of your hand. You can actually test if your products are can actually test if your products are working. So, you don't have to guess working. So, you don't have to guess anymore. And now people can take this anymore. And now people can take this home.

home. home. >> Yeah. >> Yeah. >> Yeah. And children And children typically scan very low and they're typically scan very low and they're developing their brains, their bodies, developing their brains, their bodies, and it's crucial for them to have the and it's crucial for them to have the right nutrients.

right nutrients. >> 100%. And what I've seen, you know, I >> 100%. And what I've seen, you know, I haven't scanned a lot of children, but I haven't scanned a lot of children, but I love scanning people in the fitness love scanning people in the fitness industry, and I'm shocked at how low industry, and I'm shocked at how low they are, but you know, and they often they are, but you know, and they often don't understand why. And I explain to don't understand why. And I explain to them, well, if you work out hard, you're them, well, if you work out hard, you're creating oxidative stress. What combats creating oxidative stress. What combats oxidative stress? Antioxidants. So, if oxidative stress? Antioxidants. So, if you're not, you know, refueling and you're not, you know, refueling and replenishing your body, your body's sort replenishing your body, your body's sort of depleting itself from the inside out.

of depleting itself from the inside out. So for it to function better, function So for it to function better, function better with the workouts, you have to better with the workouts, you have to replenish those antioxidants, which is replenish those antioxidants, which is huge.

huge. huge. >> And you've seen some important you've >> And you've seen some important you've seen some really amazing stories I that seen some really amazing stories I that you wanted to share today.

you wanted to share today. >> Yeah. So let me just see if you can you >> Yeah. So let me just see if you can you can kind of see the colors. Um, so red can kind of see the colors. Um, so red red is well you saw the red red we want red is well you saw the red red we want to be in the blue and the purple but 94% to be in the blue and the purple but 94% of the people in America will will scan of the people in America will will scan in the red and the orange. So if we were in the red and the orange. So if we were to give them a grade that would be a D to give them a grade that would be a D or an F. So and I've scanned many um or an F. So and I've scanned many um physicians that have been in the red. So physicians that have been in the red. So that would be an F, right? So, I helped that would be an F, right? So, I helped I'll just give you an example. One I'll just give you an example. One physician in December, she was in the physician in December, she was in the red. She was barely registering on this.

red. She was barely registering on this.

Personal results and energy improvements

And um so I re, you know, I recommended And um so I re, you know, I recommended a a really good foundational product for a a really good foundational product for her that was guaranteed. And um I think her that was guaranteed. And um I think in March, March, April, yeah, March, she in March, March, April, yeah, March, she was in the blue zone. And that's where was in the blue zone. And that's where your goal is, the blue and the purple.

your goal is, the blue and the purple. She was feeling better. She was sleeping She was feeling better. She was sleeping better. She had more natural energy all better. She had more natural energy all day because her body had nutrients that day because her body had nutrients that it needed to function properly.

it needed to function properly. And that makes a huge difference. You And that makes a huge difference. You know, I don't even I love drinking know, I don't even I love drinking coffee, but I have to tell you, I no coffee, but I have to tell you, I no longer wake up with that, oh my god, I longer wake up with that, oh my god, I have coffee or I can't survive feeling.

have coffee or I can't survive feeling. I drink it really because I enjoy it. I drink it really because I enjoy it. And honestly, I don't even drink it for And honestly, I don't even drink it for many hours until I'm up. And then often many hours until I'm up. And then often I only drink a half cup. I used to drink I only drink a half cup. I used to drink this large cup. I just don't really even this large cup. I just don't really even need it anymore. I just I'm fine without need it anymore. I just I'm fine without it. I like the taste of it, so I enjoy it. I like the taste of it, so I enjoy it. So, I will drink it, but I don't it. So, I will drink it, but I don't feel like I really need it, per se.

feel like I really need it, per se. Which is a nice feeling that I want it, Which is a nice feeling that I want it, don't need it. don't need it. >> Yeah. And that's because of the product >> Yeah. And that's because of the product that you're taking, do you think?

that you're taking, do you think? >> Yeah. Yeah, definitely. Because that >> Yeah. Yeah, definitely. Because that wasn't the case ever before. wasn't the case ever before.

>> Wow. I used to wake up and I was like, I >> Wow. I used to wake up and I was like, I don't want to take my dog out. I got to don't want to take my dog out. I got to have my coffee before that. But I got to have my coffee before that. But I got to take him out. You know, it was all a take him out. You know, it was all a whole thing. Now I'm like, oh, whatever.

whole thing. Now I'm like, oh, whatever. I just get up, I take them out, I go on I just get up, I take them out, I go on a nice brisk little walk and then I come a nice brisk little walk and then I come back and then I make my coffee whenever back and then I make my coffee whenever I feel like it. I mean, I make it. But, I feel like it. I mean, I make it. But, you know, and some days I just don't you know, and some days I just don't even drink it to be honest with you.

even drink it to be honest with you. >> There are days I don't even days I don't >> There are days I don't even days I don't drink it. Yeah. Which is shocking to me.

drink it. Yeah. Which is shocking to me. Really, really shocking to me. And Really, really shocking to me. And frankly, I I drink very good organic frankly, I I drink very good organic coffee, but it just I think the older coffee, but it just I think the older I'm getting, it just is starting to I'm getting, it just is starting to disturb my stomach more. So, the fact disturb my stomach more. So, the fact that I'm drinking glass coffee has also that I'm drinking glass coffee has also made me feel better because I don't need made me feel better because I don't need it. So, I'm enjoying it and I'm just it. So, I'm enjoying it and I'm just drinking a little bit. And honestly, the drinking a little bit. And honestly, the little bit I had today, I think I I like little bit I had today, I think I I like I think I nursed it for about three I think I nursed it for about three hours. Just hours. Just sip here, sip there, go heat it up, sip here, sip there, go heat it up, drink a little. I mean, that's how I do drink a little. I mean, that's how I do it now. just an enjoyment thing more it now.

Third-party testing and product integrity

just an enjoyment thing more than a oh my god I can't function than a oh my god I can't function without it type thing. without it type thing. >> Yeah that's that's great.

>> Yeah that's that's great. >> Yeah. And the other thing too is this is >> Yeah. And the other thing too is this is the other thing that I really like. How the other thing that I really like. How many people have seen a supplement many people have seen a supplement company give you your money back if it company give you your money back if it doesn't work? Well number one they don't doesn't work? Well number one they don't do that because there's no way to prove do that because there's no way to prove whether it works or not. So they really whether it works or not. So they really have the advantage. But in this case have the advantage. But in this case there is a way to prove whether it works there is a way to prove whether it works or not. So there are scanner certified or not. So

there are scanner certified products. If they do not raise your products. If they do not raise your score, the company will give your money score, the company will give your money back. Now to me, that is important back. Now to me, that is important because that's all about integrity. I because that's all about integrity. I mean, if you're going to give people mean, if you're going to give people their money back, I mean, you're going their money back, I mean, you're going to really stand behind what you deliver.

to really stand behind what you deliver. And that's a whole different level of And that's a whole different level of accountability. accountability. accountability.

>> Yeah. And that's Yeah. Our company is >> Yeah. And that's Yeah. Our company is all about integrity. all about integrity. >> Yeah. >> Yeah. >> Yeah.

>> It's And it's huge, you know. So, you >> It's And it's huge, you know. So, you know, they also test for over 270 band know, they also test for over 270 band substances. They verify that the label substances. They verify that the label matches what's inside. They're USP matches what's inside. They're USP verified, which means that the seal of verified, which means that the seal of the product has been tested for potency, the product has been tested for potency, purity. It actually dissolves and purity. It actually dissolves and absorbs properly in your body, which, absorbs properly in your body, which, you know, we've talked about in other you know, we've talked about in other episodes, too, that it's important. they episodes, too, that it's important. they have thirdparty certifications, you have thirdparty certifications, you know, so if you're taking supplements know, so if you're taking supplements that are not verified by a third party, that are not verified by a third party, uh, might be important to maybe stop uh, might be important to maybe stop using that because, you know, they can using that because, you know, they can say that everything is fine, but you say that everything is fine, but you don't know because you have to dig to don't know because you have to dig to find out what's really going on. But find out what's really going on. But when a company opts to have thirdparty when a company opts to have thirdparty verification, huh, that really puts it verification, huh, that really puts it in a different class, you know, where in a different class, you know, where they're they're opting for the highest they're they're opting for the highest level of, you know, you know, the the level of, you know, you know, the the product being the best it can be without product being the best it can be without contaminants. All of those things that contaminants. All of those things that are super important because what do they are super important because what do they say that, you know, what you're putting say that, you know, what you're putting in your body is all is in your body is all is as important as what isn't going in your as important as what isn't going in your body.

body. body. >> Yeah. Yeah. Yeah. I mean, if you're >> Yeah. Yeah. Yeah. I mean, if you're taking things that have microtoxins over taking things that have microtoxins over time, how exactly is that helpful?

time, how exactly is that helpful?

Community updates and closing remarks

>> Yeah. Yeah. Uh, and also, I learned this >> Yeah. Yeah. Uh, and also, I learned this a little bit ago. So, Australia has a a little bit ago. So, Australia has a very strict like FDA, like our FDA.

very strict like FDA, like our FDA. >> It's called TGA, >> It's called TGA, >> I think. Yeah. TGA. Anyway, 10% of the >> I think. Yeah. TGA. Anyway, 10% of the world's supplements pass their testing.

world's supplements pass their testing. and and and we definitely pass their and and and we definitely pass their testing. testing. testing. >> Oh, that's good. Because again, I know >> Oh, that's good. Because again, I know that in Europe generally, they have much that in Europe generally, they have much more stringent protocols. I mean, if you more stringent protocols. I mean, if you go to the personal care aisle in Europe go to the personal care aisle in Europe and if you read the ingredients, they're and if you read the ingredients, they're not like what you see in America.

not like what you see in America. >> It's just so much better because they >> It's just so much better because they don't allow the things there that we don't allow the things there that we allow here. So, our whole country is allow here. So, our whole country is just it's easy to get those things to just it's easy to get those things to faulty products

to pass unfortunately.

faulty products to pass unfortunately. So then it really puts the onus on us as So then it really puts the onus on us as the consumer to know what we're the consumer to know what we're purchasing and making sure because we purchasing and making sure because we have to make sure that we're taking have to make sure that we're taking things that are not hurting us.

things that are not hurting us. Apparently nobody else is looking into Apparently nobody else is looking into it as much as they should. it as much as they should.

>> Yeah. So we have to Yep. Good point. >> Yeah. So we have to Yep. Good point. >> Exactly. So Robin and I are going to be >> Exactly. So Robin and I are going to be doing something. We're going to be deep doing something. We're going to be deep diving into a lot of specific products, diving into a lot of specific products, what they do. That's just a a way bigger what they do. That's just a a way bigger conversation obviously than we can have conversation obviously than we can have here. this is going to be in my private here. this is going to be in my private community and my school community. Um, community and my school community. Um, this is just a place where I feel more this is just a place where I feel more free that I can just kind of really free that I can just kind of really discuss things and you know the members discuss things and you know the members are interacting. So, I are interacting. So, I love the way that love the way that this feels. If any of you are interested this feels. If any of you are interested in joining, you can, you know, register in joining, you can, you know, register to join. I have to approve you. So, it's to join. I have to approve you. So, it's not just that anybody can join. And not just that anybody can join. And frankly, honestly, I'm not really frankly, honestly, I'm not really looking for just random people just to looking for just random people just to say that, oh my god, I've got this many say that, oh my god, I've got this many people. That is not my goal. I just want people. That is not my goal. I just want to bring together these like-minded to bring together these like-minded people who care about the same things people who care about the same things around vitality, wealth, and impact and around vitality, wealth, and impact and put them in the same room as me. That's put them in the same room as me. That's really what I want because those are my really what I want because those are my people. So, I'm just looking for my people. So, I'm just looking for my people.

people. people. >> Yeah, that's incredible. And if you guys >> Yeah, that's incredible. And if you guys have an opportunity to be in that group, have an opportunity to be in that group, you should definitely register or, you you should definitely register or, you know, know, know, >> or sign up. They just have to sign in.

>> or sign up. They just have to sign in. Yeah. And it just sends me It just sends Yeah. And it just sends me It just sends me a thing and I just check out who you me a thing and I just check out who you are. But really, if you're just are. But really, if you're just like-minded, that's really what I'm like-minded, that's really what I'm looking for. I want the engagement. I looking for. I want the engagement. I want people to, you know, tell me what want people to, you know, tell me what they're looking for. I I'm excited about they're looking for. I I'm excited about creating content specifically for the creating content specifically for the community. So, anyway, this is my way of community. So, anyway, this is my way of getting less involved in social media getting less involved in social media and more involved in something that is a and more involved in something that is a little more deeper and meaningful little more deeper and meaningful because that's kind of who I am. So, it because that's kind of who I am. So, it just really resonates for me much more.

just really resonates for me much more. So, I'm really glad that I this I So, I'm really glad that I this I discovered this. So, pretty pretty fun. discovered this. So, pretty pretty fun.

>> I'm excited. I'm excited. >> I'm excited. I'm excited. >> Yeah. And then anyway, you can also, >> Yeah. And then anyway, you can also, this is also a great place where, you this is also a great place where, you know, it's it's free to join. I'm going know, it's it's free to join. I'm going to have all my vitality Wednesdays and to have all my vitality Wednesdays and wealth Wednesdays. They're going to be wealth Wednesdays. They're going to be in an easy place to find because in an easy place to find because otherwise on social media, you got to otherwise on social media, you got to scroll all over the place to find them.

scroll all over the place to find them. So, they're all there super easy in a So, they're all there super easy in a

specific classroom. So, I also like the specific classroom. So, I also like the organization of it, which is really organization of it, which is really awesome.

awesome. awesome. >> So, great. >> So, great. >> Yeah. >> Yeah. >> Yeah. >> Yeah. It's pretty new. I'm just working >> Yeah. It's pretty new. I'm just working and doing more things in it all the and doing more things in it all the time, which has been super fun. But time, which has been super fun. But thank you guys. I went way over today.

thank you guys. I went way over today. God, we're at like almost 15 minutes. God, we're at like almost 15 minutes. This is This is why I can't do short This is This is why I can't do short stuff. Anyway, I got stuff. Anyway, I got Yeah. So, now you can hear me talk about Yeah. So, now you can hear me talk about things more in depth. But anyway, guys, things more in depth. But anyway, guys, have a great rest of your Wednesday.

have a great rest of your Wednesday. Robin, thanks so much for joining me and Robin, thanks so much for joining me and you guys have a great rest of the day.

you guys have a great rest of the day. We'll see you in a few weeks. We'll see you in a few weeks. >> Okay. Thanks. Bye. >> Okay. Thanks. Bye. >> Bye.