The Detox Revolution: Why Zeolite Is Changing the Game Transcript

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Introduction to Jeff Hoyt and Zeolite Detox

Welcome back to the conversation. My next guest is Jeff Hoyt, a functional diagnostic nutrition practitioner and founder of Zeolite Labs. Jeff is passionate about helping people live healthier and happier lives through effective detox and smart living strategies.

He specializes in developing innovative wellness solutions that challenge the status quo with a current focus on helping people safely and effectively remove toxins from their bodies using natural detox tools like zeolite.

Jeff believes zeolite is one of the most powerful yet misunderstood supplements available today, and he's made it his mission to educate and empower others to use it properly for true health transformation.

Jeff, welcome. Thank you very much, Jason. Happy to be here. Looking forward to the conversation today. Yeah, I'm curious what what really kicked you off on this sort of detox focus.

I mean, obviously the big issue today and in today's world, but but why was that something that you felt was so important for you to kind of really, make a difference here?

Yeah. Well, I started off kind of in, in the functional wellness functional medicine space. And then I got into biohacking, opened up a biohacking center.

I was doing all this stuff that was helping people, but once they stopped doing it, a lot of times they were going back to their original baseline. And I realized there was a missing piece.

And I, you know, this is the very short version of the story. But basically, detox was one of those those missing pieces where when you're detoxing, you're removing toxic elements from your body.

And then when you're done with the detox, you're better off than when you started opposed to a lot of biohacking technology, which is great. But then a lot of times you're back where you started to begin with.

So I got into detox. Then I was looking into, okay, what are some of the most effective and efficient methods to remove some of these deeply stored toxic elements from your body?

And I experimented with a number of things. And there's different approaches that work well for different people, because ultimately I think the body is in control of detox, and the healthier someone becomes, the faster they're going to be detoxing.

And there's some approaches that just work well for other people.

Why Detox Became the Focus

But zeolite was a little bit different in that I was seeing results that people were not getting with some of the other products and technologies out there, and especially for kind of the more sensitive individuals, the too sick to detox individuals that could not handle the stress that a lot of other detoxes, resulted in.

Yeah. You know, I mean, one of my favorite things about sort of the detox approach and I mean, it goes back to even our data. They have a whole bunch of karma process, right?

Which is sort of complex in its way. But but the, the, the framework, the idea is the same, which we both share an education and functional diagnostic nutrition, which is cool, but really it's that the body knows how to be healthy.

It it has these processes and there's these blocking factors that get in the way, whether it's, you know, trauma or whether it's these toxins. Right. And there's a natural waste that the body builds up.

So if theoretically, if we lived in the cleanest, most pristine world, no chemicals existed. Metals were all in the ground in their proper places, and we never interacted with any of them.

We'd still have biological waste that we have to remove, right? Hormones need to be processed. There's all kinds of things that need to happen. And and just due to living, let alone all of the chaos that we're living in, this doesn't happen at the rate that that we optimally would be doing it right.

We need to. So we need some of these sort of assistance in detoxification. Again, going back to punch karma. It's something that they do in our Veda. Ideally, once a season right as the season turns.

So they're using it doing it three times a year, sometimes more. And so it kind of showed me through that lens that like, this is something that's been around for a long time, this this idea that we can assist the body in purging and getting rid of the stored metabolic waste toxins.

And I related they call it alma. Right. And so, and there's a practitioner that's something I noticed in, in, in my practice, the more that I, I guess the longer I practice, the more I realize that's what we got to do.

We just got to get these blocking factors like, and the body will return to its sort of healthy function. So I love that you're, you're sort of doing this.

And so maybe we can just get into some of the, the aspects of what zeolite is. Some people probably have heard of it, some people have never heard of it, but they even the people that have heard of it may not know what it is or what makes it unique.

So maybe we can just start at the very basics like what the heck is your life? Yeah, absolutely. So it's it's a mineral. It's a naturally occurring mineral with a negative ionic charge.

So it's going to bind to positively charged elements, which happened to be a lot of the toxic things in our bodies like the heavy metals, environmental toxicants, mycotoxins, radioactive materials metabolic waste products like ammonia, urea, excess histamine, etc.

and kind of what makes it unique is that it's a selective or considered a smart or selective binder, as opposed to some of the other binders that are more indiscriminate in what they bind to, because zeolite works by a swap mechanism.

So it's got this cage like structure that's naturally occurring over time, basically, with the interaction of sea or groundwater with, with ash, from lava, from volcanic eruptions.

Over time, it forms these this mineral called zeolite. And one thing that that's important is that zeolite is a class of mineral. So there's many types of naturally occurring and synthetically developed zeolites.

So when we say zeolite it's it's not just one type of thing. It's a class. So the type that's used for humans for supplements is going to be clean up to a light.

Generally that's the form of zeolite that's used. So when I'm referring to zeolite in this talk I'm talking about clean it tell a like zeolite made for human consumption.

But it's got this negative. It's got this cage and a negative charge. And naturally occurring in the cage are electrolytes potassium sodium calcium magnesium.

And then the zeolite will trade those for heavier elements when it comes across them in the body. Such as heavier metals. Right. So heavy metals are heavier than the natural elements.

So that's how it works. That's why it's, selective where it's not going after your essential nutrients, and it's just going after the heavier things. So there's some binders out there.

And for those, maybe who aren't familiar with binders even. Right. These are various, sort of naturally occurring as well as sort of synthetic, elements.

Even, even fiber can be sort of a binder in some these, but there's these bunch of things that we can eat or consume or take supplements from, and they will sort of bind, toxins sometimes minerals will bind various things, and help escort them out of the body.

And that's one of the problems that we have with some some other binders. Right. Them are probably the most popular binders out there are charcoal, right.

And sometimes clay. Right. And so and these are bad. Right. But they do come with caveats. They have limitations and caveats. Right. One of them is that they they can bind to some of the minerals that we're looking for.

Right. Magnesium and zinc and some selenium. Right.

What Zeolite Is and How It Binds Toxins

These are things that we are actually probably depleted in and most of us need more of. And yet when we take binders they can bind some of those things.

So maybe you can talk to me about sort of the binding aspects. What makes zeolite different from things like charcoal, different from things like clay and perhaps even modified citrus pectin or whatever other binders that we might have out there.

Yeah. Absolutely. No. Great. And thanks for sharing that about binders because I just I like binders in general. Right. There's a lot of good binders out there.

And I think binding in the 21st century is important because our bodies are overburdened with toxic elements and our bodies. You're not processing effectively all these toxic elements that are coming in, and not only the toxic elements coming in, but the toxic elements that are being produced within our bodies on a daily basis, like the metabolic waste products and like the microbial waste products and all these things.

And that makes up the majority of our toxic burden is these, these regenerative toxins that are a new every day. And if we can't keep up with that, then we're going to be symptomatic.

And then we were exposed to toxic elements from the external environment. The body's probably going to start tucking those away into tissue as storage, because the body's more focused on short term survival over a long term rival.

So we'd rather keep a toxic element like mercury in an organ like the brain, even though it's not good for it, opposed to having it floating around while the immune system is actively attacking it, resulting in inflammation and an immune response.

So binding is is crucial because in someone that has this overburdened, toxic daily dose of toxicity, whether it's from external internal production or whatever it is, binders come in and they just bind to this toxicity and they help escort them out of the body.

So it reduces the body's need to do this on its own. Right. If the body can't keep up, something needs to be done to reduce the symptoms and reduce the accumulation of toxic elements.

So taking some sort of binder is key. And then it's, you know, finding a binder that works well for you. A lot of binders are really great for short term use, like you mentioned, the charcoal and the clays and various other

binders, but generally they're not they're not sustainable for long term use because of some of the issues such as depleting essential nutrients.

And a lot of them can be constipated with zero charge is actually more laxative for most people than constipated, so it's just one of those things. Some people.

It takes some experimentation to find which binders works for them, because they do bind to different things. But like charcoal is used in the medical community to for overdoses, you take it, it stops up everything the good, the bad and the ugly.

It's great, but you don't want to do it every single day. And if zeolite is being used for detox, sometimes there's this process is a multi month or multi year process.

And if you're tolerating the zeolite well it can be taking long term where other binders generally cannot. So and I think one of the other things that a lot of people are combining binders which is fine too.

So you know you can combine like the packed ins and the charcoals and the clays and everything else. But one of the challenges is if your body's not responding well to one of those, then it could be problematic and then you can't know which one, right?

So then so and what I think is more important is total binding capacity as opposed to direct binding affinity for specific things. Right. Because that most of the focus is okay, I want a binder that binds to and I want these ten binders or these key liters or whatever.

I want to bind to every single thing in my body. But really, I think what's more important is binding to a lot of things, but binding efficiently. So then your body has more energy to naturally clear things on its own.

So for example, zeolite is very effective at binding ammonia, a metabolic waste product, a very toxic waste product. And a lot of people have a buildup of ammonia.

And it could be because of microbial issues, because the microbes are releasing ammonia, or could be because their natural detox system, like your liver is not working properly and it's not clearing ammonia.

And when you have a buildup of ammonia, it's taking up a lot of your body's detox energy that it could otherwise be using for other things. So just by binding to ammonia, it efficiently can help your body naturally clear all the other toxic elements, even if there is no direct binding capacity.

Having said that, zeolite is the most broad spectrum binder that I've come across in terms of, when it's able to bind to and how effectively it's able to bind to things.

Yeah, absolutely. And I mean, anybody that has dysbiosis or chronic gut symptoms, they're probably going to be producing more ammonia, and various other products, byproducts that are, that are going to be harmful, that the body's gonna have to detox, the liver is going to have to deal with.

Right. And then it's going to continue to signal actually to the rest of the microbiome. Right. So there's there's all kinds of issues there on that sort of chronic basis.

I know we know the messaging and sort of the sort of fear point that's out there. We're talking about metals and we're always talking about chemicals and oil and sometimes radioactive, elements.

Not not as much these days, but it's coming around. But, but really it's it's these, dis biotic dysfunctional guts that are producing tons of this waste that that the body's got to clear.

Right. So, I'm with you. I think the broad spectrum is, is critical and something you can take a long term. Right. And so, again, I like modified citrus packaging.

It's one of the ones I take consistently and do like, zeolite. I think it's more broad spectrum. It's going to it's it's more powerful. I would say modified to just make things more like immune regulation and sort of a decent binder.

But, you know, zeolite is going to be the one if you got mold toxicity, if you've got heavy metals, particularly aluminum. Right. Like it's a it's a huge one if you've got dysbiosis and if you've just got stuff you don't even know what's going on.

Do you like a pretty good bet. And, and I agree, I don't know too many people that actually complain of, of, constipation when they take, zeolite, on a consistent basis.

So, so maybe I kind of mentioned aluminum. I know that's a big one. Give me a little bit of an idea of kind of how people are using it. What are they using it to bind to, you know, if they've got certain issues?

Yeah, it depends on the person. Generally people people will purchase any detox supplement because the they've they're trying to detox a specific thing.

Right. Which I think honestly, I think maybe it's not the ideal approach because there's so many things we want to detox that we don't even know where and we don't even know.

It's just it's just detoxing something or binding to something. Right? So generally someone to go get a heavy metal test and they'll identify an elevated level of an aluminum or something.

They say, I need to detox this, right. But if you have an elevated level of a certain toxic element, chances are you have elevated levels of pretty much everything you were exposed to because your body's not keeping up with the daily demand.

Right? Right. So that's that's the thing.

Zeolite vs Other Binders

Like, for example, if someone has a complex health challenge, let's say Lyme disease or something, over time they become more heavy metal, toxic because their bodies using their energy to deal with this complex condition and not on detoxing. Right. So heavy metal toxic.

Some of these actually directly shut down detox pathways. Right. Mercury is notorious for shutting detox pathways. So you might start off at Mercury and then you're going to start building up and everything else down the line.

Yeah. So the more toxic you become, the more heavy metals and other toxic elements you accumulate create, right? The healthier you are, the faster you detox.

The sicker you are, the slower you detox. And part of that is because your body's trying to protect you. So it's slowing down. Natural detox functions because it wants to lower the circulating level of toxic elements, right?

Because your body can't handle that. An elevated immune response and inflammation if you're dealing with something else. So it's kind of like a lot of times the heavy metals are a result of another issue and they accumulate over time.

So that's why a lot of people say, oh, how do I get all these heavy metals? I'm living this clean life. It's we're all exposed to toxic elements on a daily basis.

It's just all about whatever's coming in. Is her body able to process and remove, or is the body just tucking into the storage and say, I'm going to deal with that later?

And that's kind of what happened. So aluminum is a big one. Everyone is going to have high levels higher. Everyone I've ever tested I suppose, is going to have higher levels than normal of aluminum.

There's a lot of, you know, people are probably aware of some of the various sources of that, but aluminum is going to be one that's going to be there.

Mercury is huge as well, especially anyone that's had the, silver amalgam fillings in their mouth currently or at any point the mercury just gets lodged there.

And mercury, I do think, is one of the more difficult metals to remove from the body because it it's so destructive. And I think the body is more hesitant to let it go than some of the other metals because it's so destructive.

So a lot of people I've seen are detoxing a lot of toxic elements. They're feeling better. But the mercury is kind of the stubborn one because the body is resistant to let it go, because the body says, I don't want to necessarily like this, this metal go out of the brain or out of a tissue.

If I can't safely excrete it, if it's going of dangerous, like we don't want to let it out and say, if you were just if you were just exposed to mercury, right?

Your body, your body's dealing with it. Right? It's a high stress environment. Your body's trying to clear it. It clears as much as it can, but whatever it can't clear, it just tucks into tissue.

Once that is liberated from tissue, it's like you were just exposed for the first time because it's toxic on the way in, and it's toxic on the way out.

And that's why detox sometimes is harder than people think. And I think sometimes people are taking a number of detox, supplements or protocols, assuming that they're detoxing mercury and all these other things.

But really, ultimately, I think it's up to the body. Is the body willing to let go of this? Mercury? Is your body in a position to detox? That's where I think binding sometimes works better than approaches like direct correlation or trying to forcefully remove mercury from tissue, because if the body doesn't want to let go of it, I don't think it's going to let go.

And it just depends on the person in the state of the individual. The healthier you are, the more options you have for detox, the more challenged you are with your health, the more, approaches you need that really work with the body's natural processes as opposed to kind of fighting against them.

Absolutely. And from my perspective, you know, we got to get the nervous system online, right? So we have to be able to to, activate the parasympathetic.

So if we've got trauma, if we've got head injuries, you've got whatever the case might be that's preventing their nervous system from relaxing, which is involved, of course, with digestion, which is really important because we've got to move the bowels.

Right. We got to move things through. We got to have liver's got to do its job. We've got to be able to actually detox. So that's a big one. Having the nervous system online.

And then it's and then it's like making sure the channels are moving. Right. We got to have the channels open. So we have to the liver's got to be doing its job.

The gallbladder has got to be functioning. We got to get bile moving. We've got to get sort of this process is happening right. And then like immediately, if I know that those are happening.

Well not not even they're not necessary but they're necessary for property deoxygenation. But binding is going to help regardless. And it's definitely needs to be done before you do any activation.

In my opinion, like that is absolutely critical. So that is that is a step before you do anything trying to remove quote unquote this heavy metals because they have to be bound.

You've got to protect the body as it's trying to eliminate these things. So we've got to get things moving. You've got to bind them. And then perhaps, perhaps not even necessarily we we might start coaxing some of these things out of the body.

Right. Because deep pore detox and aggressive detox may be one of the most dangerous things. Yeah, I agree, and I think it's interesting because it most detox is just by nature going to add stress to the system.

Yes. Right. Because they're mobilizing or pulling or somehow removing toxic elements from a storage unit. And it requires lots of resource, right? Like regardless, it takes a ton of resource to actually get rid of these things.

Absolutely. And that's kind of why the body's keeping them in tissue, because it doesn't have the resources to get rid of them for the most part or not, and accelerate it level.

So once that's those are mobilized from organs and tissue into the kind of general circulation in the body's processing center, then that's going to require a lot of energy to remove those things.

Right? So and it causes stress because the body's now trying to actively remove it. So with collection and, and various even natural forms of that detox modalities that are going to mobilize these things, it's adding stress to the system.

Not necessarily a bad thing. It's just that some people can't handle that stress or they can't handle it for very handle it for very long. And they have to keep taking breaks on and off, on and off the detox.

And some people are considered too sick to detox, because if you're at your kind of max threshold of circulating toxicity, where you're basically symptomatic every day just from your daily dose of toxicity, and you try to go and mobilize more toxins from storage, you're going to get these detox reactions right.

And really, that's a sign that your body's telling you there's now more circulating toxicity than what we want, that what the body wants to deal with, hence the symptoms. And it's really not sustainable.

So zeolite is is kind of the opposite approach. Instead of going in and just trying to rip out or to mobilize toxic elements from tissue, it's just binding.

It's binding what the body's already working on the metabolic waste products and whatever. That was kind of floating around. And then in an effective binding protocol, the body says, okay, now I have energy because we kind of cleared this out.

There's energy to start detoxing. So then the body let go of toxic elements from organs and from tissue. So I think it's kind of a detox cascade kind of a downstream effect.

Common Toxins Zeolite Helps Remove

So opposed to like some approaches where you're like push catch, which is great. Like you push stuff out and then you use binders to mitigate the stress that was just caused by detox.

If you're just taking zeolite as a binder or any other effective binder, you're binding. So you're catching and then the body's releasing. So I call it catch and release.

You catch. And then if the body wants to, it will let go of the toxic elements, because now there's room to receive it. And it's gentler because first you're reducing stress on the body.

And then the body will add a little bit more stress if there's capacity for it. Whereas with the other approaches approaches you're automatically adding stress.

And that there's a lot of time is going to be some time to deal with symptoms. Yeah. If you're at your stress

threshold. So it's just a different approach.

So for a lot of people that are very sensitive, the catch and release approach seems to work better, or at least a combination if you're doing some sort of other detox.

Definitely taking a binder like seal, it's going to be helpful to mitigate some of those reactions. But if even if that's too, symptomatic for you than just taking that, you like to start with or a binder to start just sopping stuff up and cleaning up the environment might be step number one to get your body in a better position to start detoxing.

Absolutely. And, you know, it's interesting because there's some perspectives out there that look at this Horkheimer reaction or healing crisis that that one might go through during detox as a positive sign.

Oh, that means it's work and we're doing our job. And I'm like, no, no, no, no, that means we're too aggressive. It can happen. Right? So, if it does happen, we need to back off.

We need to change our approach. We need to just slow down, use more binders, get the digestive system moving, get the liver, gallbladder functioning, get the kidneys supported.

My gosh, the kidneys are super, super critical in this process, right? So it's like you actually don't want to go that route in my opinion. If that happens we need to we need to slow down.

You have your zeolite, which is called zero charge. And I'm curious about this. Right. So, what makes sort of your zeolite different from others? Because there's actually a handful out there on the market.

There's a couple things that I'm aware of with respect to actually aluminum being in the product. Right? Which is I think kind of when I'm saying it's inevitable.

I mean, you can't go to zero because this is such a strong sort of binder, electrostatic charge to these elements. It's impossible, I think, to go to zero.

But I know there's some products out there that do not give you any information on how much aluminum is in this product. They don't talk about it. It's not mentioned.

And to me that's a problem because I can't trust that it may be good, but I can't trust it. And I know some that are actually have been tested and are really not good.

So, I know that's one issue. Maybe you can just kind of speak to me about what the difference differences in some of these products. Why did you create the charge?

Yeah, absolutely. And basically the reason I made it was because there I wasn't really pleased with a lot of the options on the market. Right. Because there's kind of three categories of zeolites.

In terms of supplements, for human use, you've got powders, you've got liquids and you've got nanos, right. Initially they were all powder. And then there was liquids, which were essentially the powders mixed with water at a very low dose.

And then those have progressed to nanos, which are actually different. So they are different. They're not just the powder mixed with water anymore, but they're nanos and there's there's issues with all of them.

And advantages of all of them as well. So with the powders, the one of the issues is a lot of times you're just coming from these commercial mines. They're, they're not cleaned.

They're not really activated. There's just issues with them and they're really grainy. Sandy. It's not a nice experience. I've had some of those. It's like, great.

Yeah. And there can be benefits to all these products. Right. Even if you have a lower than ideal quality product sometimes that there's still a net effect.

Net net positive effect. Right. So it just depends. But you want to get the best. Then you have the liquids, which can be problematic because most of them a lot of them still honestly are just regular sized powders mixed with water.

And there's basically nothing in them. And there's been a lot of issues with those. A lot of companies are stopping the production of those just because of the issues, and people kind of are kind of calling them out on it.

And then with the challenge with that, and we'll get into the dosing in a minute, here is the dosing, because getting the proper dosage is crucial. And that's essentially a micro dose of zeolite.

And that's the problem there. Then you have the the nanos which are completely different. But those some people have gotten good results with. But a lot of times those are more likely to cause detox reactions as well.

One, because of the dose as well. They're also micro doses of zeolite. And also they're they've broken down the zeolite particles so immensely that it's potentially disrupting the zeolite cage structure.

And now you have clean to the light fragments as opposed to actual zeolite cages. So you don't have that cage structure anymore for ion exchange, you have absorption capacity because you can still bind stuff to the surface.

And but and if you're at like two nanometers or something ridiculous, like in a nano, you might not be able to capture a lot of toxic elements in the cage anyway.

So limitations there are some advantages, like increased surface area, but. Well, and those are marketed, I think, to basically detox at the cellular level.

Right. Like that's kind of how I've seen them really kind of pushed and like, I don't know the validity of that, to be honest with you. It's kind of above my sort of, knowledge base, and I wouldn't know how to verify that, to be honest.

But I know that's kind of really how their push is that we got this sort of micro, and we can, we can we can bind things at the same level. Yeah. And that is the marketing.

And I would, I would say so it's if, if that is the case. So, you know, at least one of the major companies talks about that. It's actually going through the digestive process.

And then absorbing through the intestinal lining and absorbing, into the bloodstream and then going into organs, etc.. So if that that's I don't think that's happening.

Right. So it's going to hit something before it goes. Exactly. I mean, this micro dose that you're going to have, all the zeolite cage is bound by the time you get to the small intestine, it's never going to make it to the bloodstream, let alone the organs.

And I don't think you would want zeolite in a brain or an organ or any of that stuff. And at that point, you're really not even you're really have turned it into a synthetic key later at that point, a post, a binder, because the whole point of the binder is to grab this stuff and reduce the stress load.

If you're bypassing digestion, which some of the companies are claiming, where they're just absorbing in the mouth, sublingual or whatever, and then it's going straight to the brain or the bloodstream, that's not a binder.

Right? So now it's really more of a synthetic later. So it's it's I do there's also very, very little research on nano zeolites. So I it's one of those things it's kind of proceed with caution.

I'm not a fan of them. I don't personally take them. I don't recommend them. And then, there's, there's research indicating like there's synthetic zeolites as well.

Why Zeolite Labs Created Zero Charge

And some of the supplements on the market are actually synthetic zeolites or lab grown. And those are going to be problematic as well, because there's studies showing synthetic zeolites can actually accumulate in the body and cause a little bit of toxicity.

So one of the issues so I stay away from the nano is the synthetics, even if they're natural nano. Because also when you break down this cage structure structure then you also potentially have some free aluminum floating around, which can be problematic.

I stay away from the liquids just because they're basically powders mixed with water and there's going to be very, very low dose. And then the powders.

So that's right. It's you know, in my process, the question was, and how did they come up with see what charges like, I'm going through all this stuff, trying to identify the strengths and weaknesses of each product.

And I said, okay, what's the path? Yeah, yeah. I'm like, we're definitely going to go with the powder. And then I'm like, okay, let's make this a little bit better.

So like zero charge. And one of the thing I tell people is just because sometimes the third party testing, which we do have, is limited because it doesn't give you the full picture, because there's a lot of things that go into the manufacturing process in there and mechanization equipment and all these things that can't necessarily be seen on paper.

So I tell people just, you know, go on Amazon and buy a couple brands and the buyers and you'll see and everyone's like, okay, they can tell immediately just from looking at it, from tasting it.

The texture, it's smooth. It's not grainy, it's not gritty. It's just very fine. Almost. People think it is a clay because it's so fine. It's so finely micro.

Nice. So, we've done that at the cleaning process. So that's one. So it's, it's purified, which is basically the activation along with the highly, highly micro.

Nice to make it a small particle size. So it has a high surface area which just means more binding capacity. So you need a little bit less to get the same results. Right.

So sometimes like with powders you could you could have three powders and you might need ten times or 20 times the amount of one powder to get the same effect as you charge because of the surface area.

And you wouldn't really want to take the eye of a dose because it's potential, you know, contamination or purity issues or whatever. So basically with you charge one, it's, you know, the cleaning process, the mechanization, it's finer.

And then we also wanted to address some of the common concerns with zeolite. So prior to launching we did a case studies program. So basically through that we were able to say okay it's not are able to show that it's not causing aluminum toxicity, which we should probably talk about.

I think that was part of your question. I got a little rant. Yeah. Yeah. It's it's great. And this product is not causing aluminum toxicity. It's not depleting essential nutrients.

And it's effectively detoxing. So we utilized kind of a tissue analysis for heavy metals called the illegal scan, which is looking at the metals at the tissue level of metals in your hand.

So it's still not organ levels because there's no organ level test that I'm aware of. But it's looking at the levels of heavy metals in your hand. We're able to see that it was moving and reducing the level of all 15 of the heavy

metals that we were testing it for.

And it was able to improve the nutrient level that mineral and vitamin levels. And most people as well, not everyone. Right. Because it's it's based on how you respond, some people that there is going to be a little bit of a stress, stressful response to zero charge no matter, you know, zeolite, no matter how quality it is, a lot of people, it's going to have a net reduction in stress.

So that's going to affect the minerals and vitamins. And you also see fluctuations as you're detoxing metals. Sometimes you get some mineral depletion.

And then it bounces back though. So that's that's the thing. It always bounced back and never had a like a long term negative effect of minerals and vitamins, even at higher doses.

And how long was this sort of, window that you did? About six, six months of case studies. And they're on their website. So, there's, there's a bunch of just videos basically, showing kind of certain metals and, and overall, things.

But one of the things was the aluminum, because that was the main concern with steel, like was, was is this going to cost aluminum toxicity because zeolite by definition is an aluminum silicate, right?

Meaning that it is its primary structure is silica and aluminum. Right. That's what makes you like zeolite. So you cannot remove the aluminum from zeolite and still have zeolite.

So any company that tells you there's no aluminum and there's UV light is completely lying or it's not zeolite at all. Right. Because an aluminum is what provides that negative charge for the zeolite to work.

So the key to understand with zeolite is it's in this structure it's not bioavailable or free aluminum. It's part of a structure that simply goes into the body.

And then you flush it out. It's not releasing it. So that was all. You know, in the literature, the studies have indicated that, clean up Tila like zeolites.

Powder does not break down in stomach acid. It does not cause aluminum toxicity. That all sounded great, but I still want to see for myself. So that's kind of why we did this. We're looking at the tissue analysis.

And, not only was it not causing aluminum toxicity, but it was reducing aluminum and aluminum was actually one of the things that gets detoxed the fastest.

Yeah. It's like it's like a superstar when it comes to aluminum. Yeah. Yeah. And I perspective it's the silica right. I mean the silica itself like horsetail tea and other things that have silica in them.

It's will will bind potentially. I mean there is some bioavailable silica in supercharge, but but really it's most of that silica is also bound in the structure.

So it's not really a silica supplement. It's just still binding it. And I think I think that alone, I think that aluminum is one of the easier things to detox, because it's lighter than some of the other heavy metals.

And just by binding to all the other stuff, the body's just able to remove aluminum a little bit quicker. So the another thing with Zeo Charge is one of the things that determines the stability of it is the silica to aluminum ratio.

Right? So you want to look at that in the steel like product. And the higher the ratio the basically the more silica and zeolite product, the more stable it is. Right.

So that's why clean up Tila, like zeolite, was the form of zeolite chosen for humans, because it's got a higher silica to aluminum ratio than the other forms, because the other forms potentially would break down in stomach acid.

And now you have free aluminum, which kind of defeats the entire purpose of the detox. Right? So ours has, approximately like 74.8 to 75% silica, which is a very, very high percentage.

Like the whole thing is like 75% silica. So very high percentage. So it's it's very stable and stomach acid. The other ones are too, but ours is even more stable basically.

And it makes it more productive as well. That makes sense. I'm glad you explained it that way, because it's for me. I was thinking about it a little bit differently and so just to kind of recap what you said, the higher the silica to aluminum ratio in in the zeolite product, the more stable it is.

And that stability is the sort of the key function that prevents the any aluminum from sort of, dissipating in your, in your body and adding to your load, whereas the other ones that have a lower ratio, in other words, more aluminum compared to the silica.

It's not necessarily that that that is just there and easily sort of accessible, but it is more unstable and so therefore you're going to get more of those particles.

And so that's interesting. I've never heard it explain that way. I mean, I think the other the other important thing that you said that I really want to sort of highlight here is the surface area.

Right? So, just to kind of recap that for anybody that maybe missed that, the same amount of zeolite zero charge versus another, you know, less fine brand, same exact amount in terms of weight, but the surface area, because it's so fine, you're going to you can have multiples like a multiple times more surface area, like three times, ten times depending on the size.

Right. So this kind of gets any sort of I guess complex geometry. But but when you understand like when you get things super fine, you have so much like almost infinitely more surface area to these smaller particles that changes the game in terms of how much you're taking, not only the experience of it.

I mean, the experience is definitely a part of it, right? But I think most of us in this sort of, who've been taking supplements and smoothies and other things for a long time, we're kind of used to just taking things that aren't exactly the most pleasant.

So I wouldn't say that's the biggest, you know, thing that I would worry about, but rather that that I can take less and get the equivalent effect where I can take the same amount and get much more effect.

Binding capacity. So I think that's that becomes a really important factor for why I would use something, versus something else. Yeah. And I think and that's, it's kind of an art because that's where some companies are saying, oh, let's just let's just make it even smaller and smaller, infinitely small. Right.

And then but it's like you don't want it so small where you start destroying the integrity of the zeolite structure. Right? Because although you do have more surface area, it's now potentially less safe and potentially free aluminum and potential other issues.

So that's why we don't have anything in the nano range. One, because we want to preserve the stability of the structure and it's really safety first. And two, because we don't want it to be bypassing the digestion track.

Aluminum Safety and Product Testing

Right. So if it is too small, maybe it is, you know, sublingual absorbing. We don't want that because we we don't know if that's it's that safer. We don't. That's just not what we're going for.

The soccer ball can only get so small, right. Like there's big ones. There's medium, there's little. There might be a little there. But we can't just the limitation that's there is that how small we can actually go to be effective. And that makes sense.

And it's, it's what a lot of people think. A lot of people assume that you charge is going to the brain. Everyone thinks, I mean, the people that are taking it like, oh, it's in my brain.

It's detoxing and feeling great. Just because your brain's feeling incredible doesn't mean it's in your brain, right? It's kind of a downstream effect.

And what we were able to identify in the case studies was that, yes, it's offering a full body detox. As we're looking at tissue levels, we're seeing movement in the tissue levels of heavy metals.

But that doesn't mean it's going into the tissue and ripping it out. Right. It's a downstream effect. It's one way or the other. It's encouraging the body to detox. Right.

And that's that's what was the most shot. I learned a lot in this case studies program because at the time I was a big fan of certain like key liters, certain like mercury, like a specific mercury key later.

And it's not available in the market. But I was experimenting with that, and I assumed this was going to be the best thing for Mercury Detox because it has such a strong bond to Mercury.

And then I started experimenting with the case studies with zero charge, and I found that zero charge was actually removing mercury faster and more efficiently than this mercury specifically later.

And that's when it dawned on me that it's it's not just about direct, you know, binding strength to specific things. It's about getting your body to the point where it pushes things out at its own pace.

And the more efficient the detox, the faster you're going to detox, because the body is going to be willing to let go more if you have specific key layers, although those can be helpful, they're missing a lot of the metabolic waste products and a lot of these byproducts.

You know, stresses of detox. And it can actually be slowing down the detox and causing a stressful reaction because they're so specific. That's why the broad spectrum is important.

Yeah, I I've kind of learned a lot from, my experimentation and study of fasting as well as, again, I have Veda and the bunch of comments that they do.

And in my sort of the way I think about this and it's sort of, I guess you could say in layman's terms is it's one of the reasons fasting, I think, is so effective.

And to be honest, sometimes too effective at detoxing is because I almost think about the GI tract where the gut is like, when it's empty, it's like it's like a suction, like it has like a negative draw to it.

Right? So in other words, when the belly's empty, when you're not processing now the body's like, oh, we actually have capacity here. There's, we don't have all this other stuff pushing the other direction.

All the toxins, all the waste, all the undigested stuff, all the purification, all the fermentation, all the things that might happen due to improper eating, improper food, improper digestion.

It's like it finally gets a break from all that. And they say, okay, now's our time. We can try to do to do, right? And we start moving things out of the system. Right.

And it's going to do it in the most, I guess, efficient and effective way. The body's intelligent in that way. So to me, it's like I've seen that with fasting and again, with bunch of karma.

There's a process to what they're doing to sort of encourage that natural, you can say it's like a draw. It's like a suction. It's like a, it's like a movement toward the GI tract. Right.

And that's really how we detox a lot of things, not everything, because we can detox through the skin, through the breath, and in and various other ways.

But but the real idea is to mobilize. The body has capacity and ability if lymphatic system to clean, if the interstitial fluid is relatively clean and fluid like, then we can move things back into the body, into the blood, back into the GI tract.

And that's what we want. We want to get into the GI tract and poop it out. Right. Like that's kind of how the body does this stuff. Whether the toxins are in your, you know, right thumb, right, or your left toe, like the body has the ability to be able to do that.

And that's kind of its process. And so again, it's kind of argues for for a little bit of fasting, some intermittent type of fasting, not eating too much properly chewing properly digestion.

A lot of the things that we're talking about in this summit, right, the ability for the body to be able to digest, to metabolize so that we're not, again, as they say, all disease begins in the gut.

Right? And again, it's a more clever saying than it is true. But, you know, I'd say probably 80 to 90% starts there for most people. Right? So this is one of those things where we can take something like zeolite, really clean up that terrain. Right.

And when you clean up that terrain, you you're helping your microbiome become less this biotic. Right? You're assisting that what they're naturally trying to do.

And to be honest, my in my, opinion, a lot of the parasites and the various, infections that we might get in the GI tract are there as almost friends, right?

Candida, etc. because there's so much metabolic way, so many toxins, so much metal, so much things going on that they have to come in and clean up the mess and which also causes more problems.

Right? So it's really cleaning up that drain is such a key to the success of the GI tract success of mobilizing toxins naturally from the rest of the body, keeping a clear head, etc..

What do I leave out? No, that was fantastic. And we'll touch on parasites for a second, because and I completely agree with everything you just said there.

And one of the interesting just that the thing that I think a lot of people don't understand or don't want to because it's not ideal is is detox takes a lot.

It's a process. It's a long time thing. It's not it's not a 30 day process. It's not a juice cleanse. It's it's I mean, those things can remove stuff from your body.

But if you've been accumulating toxic elements for 30 years because your body hasn't been working properly or you've had amalgam fillings or whatever, your body's not going to just let go of all those in six months or a year, right?

It's the longer you've had them, the longer it's going to take to remove them, because the body's going to remove at their own pace. So doing the fast and doing these things can accelerate the detox, but they're not sustainable forever.

That's right. Right. So it's really a lifestyle in doing so. That's why Zeo Charge can be very helpful, because it's something that can be taken as long as you're responding well to it.

For an extended period of time, and you can kind of keep that detox ball rolling as opposed to having to continue going on and off on, on not well. And this is a life, in my opinion, detox that the body's not going to stop detoxing.

The body is not going to start. It's is a lifelong process. And so to me, this is why it's so important to find these products like Zeo charge, that you can take on a consistent basis, which doesn't mean every day for the rest of your life per se, but consistently enough where you're bringing it in and you're using it intelligently for life.

Because we are surrounded by so many toxins, so many metals, and we produce metabolic waste. Yeah, the good news is the healthier you become, the less support you need, right?

That's kind of the supplements they're supplementing. So as you become healthier and your body's natural detox capacity is increased, then you can start lowering the dose of your detox supplements. Right.

But I just wanted to touch on parasites because it's always interesting the a lot of people as an unexpected side effect or benefit of zero charges, they say they're passing parasites and they're saying, you know what's happening here?

And it's not that the zero line is directly going in and binding to parasites, it's that it's cleaning up the environment. And then the parasites. The opportunity for these things to thrive starts going away, and then you start flushing them out.

Right. And to in a lot of ways, it's more beneficial than killing parasites, because when you're killing parasites, you're then releasing all of the toxic elements that the parasites have just consumed and are protecting you against.

And now you get these terrible reactions. But if you can get the parasites to leave with all the toxic elements inside of them, you don't get those same reactions right.

It's like having a, you know, these drunk people at your party, right? It's like you can start a fight with them if you want, right? You're probably going to cause some destruction in your house.

You might get a little bloodied up yourself, or you create the environment in which they don't want to be there, and they naturally just leave on their own.

Right. And your party continues. And so in what your your sort of anecdotes, there are exactly what I've seen, which is that it's really about that terrain.

Surface Area, Stability, and Better Binding

If you clean that up because they're cleaning up again, they're kind of your friends, right? They're kind of your friend, right? Sure. They cause some damage, right.

But they're there because of all the toxicity, all of the purification, all of the fermentation, all the things that are happening in the GI tract that really shouldn't be happening.

And they got to come in and do up, do the dirty work, like they got to clean up because the body is unable. And you're, you're, you're giving it too much of this toxicity.

And so when they're naturally being passed, when they're naturally leaving, that's a sign that the terrain is actually being cleaned up. Yeah, absolutely.

And maybe we should just touch on detox reactions really quickly. Yeah. And kind of what to expect. And then I want. And then before I forget I want you to go into dosing two dosing.

Yeah I'll go. And so I'll combine these two. Right. So and I think so detox reactions are very interesting. We kind of touched on earlier that they're not ideal.

Or you don't necessarily want to have to experience these terrible reactions when you're detoxing and kind of fight

through them because it is a sign that it's adding stress to the system to test.

But there's different types of detox reactions, right? So there's certain types potentially are unavoidable and certain types are avoidable. So we definitely want to avoid the stuff that is avoidable.

And then maybe slow down the detox for things that are unavoidable. Right. So for example, one of the types of reactions that we do not want is redistribution of toxic elements. Right.

And that's going to come from an inefficient detox. So you go in, you kind of stir stuff up, and then you have all this other stuff that gets stirred up at your body has to deal with, right.

And then some of them redistribute to a new home. Right. That's that's not ideal. And, we'll go into dosing with that. So so interestingly, there's a dosing paradox with zeolite that I discovered a number of years ago where higher doses are actually gentler and less likely to result in detox reactions than micro doses or low doses.

Right. So with most things, you want to start with the low dose. You want to work your way up, right? Start low and slow. Titrate up. But with zeolite, at least once you charge you.

Actually it's a better idea to start with the higher dose and then titrate down because explain that the logic. I'm looking for the logic here. I'm trying to absolutely. And I do it.

I do have a 40 page document on the website going deep into all the all the, all the reasons behind it. But the super, super short version is when you go in with even a very tiny amount of zeolite, it stirs stuff up, right?

It potentially disrupts biofilms. It does all sorts of stuff. It kind of makes a mess. But then the body has to deal with that mess, right? But if you took a higher dose, it still goes in and makes a mess.

But now you have extra zeolite cages, you have extra binding capacity available to clean up the mess that it just made. So then the net effect is actually a reduction in stress when you take the microdose.

The net effect is an addition of stress to the system because you've stirred stuff, you've started the detox, but you didn't have enough to finish it.

Your body has to finish it right. And there's a lot of mechanisms that go into that in terms of just you basically want to have enough seal like that goes in and binds to as much of the circulating toxicity as possible.

And then even some additional zeolite cage is available for some of that stress that gets added to the system, such as, you know, potential like metabolic waste products that are being produced, in in response to the detox and potentially like microbial waste products and all this other stuff that gets stirred up.

So the micro doses, like we're talking and I'm talking because a lot of people say, oh, you're recommending these mega doses, I would say I'm recommending standard doses.

It's just that a lot of other companies are recommending micro doses. And I think that's the challenge. Like, you don't see people like Pect us all see.

And the peptides we're talking about, you don't see people microdosing those, really, and taking like a liquid like mixing that in a liquid. Right. That would probably be a bad idea. Same with activated charcoal.

And clays like the microdosing of binders is basically unique to zeolite. And I think that's where a lot of the problems come in with it. And we did an experiment, for example, where we did the SEO charge SIP challenge, where people took a scoop of zero charge, mixed it in the glass of water, and they just took one sip.

And a lot of people or some of the people experienced headaches, irritability, kind of the standard detox symptoms. The next day, same thing took a scoop of zero charge mixed in a glass of water.

Drank the entire glass of water or zero charge. No symptoms. Right? So the higher dose was a more effective and an efficient detox. So that's the one type of detox reaction that can be tricky because people think, oh, I'm getting these reactions.

It means the product it means the product is working, which is true to some extent, but really it means it's an inefficient detox because if you can take a higher dose, like cooked, yeah, you could take 100 times the dose and not get the reaction.

It doesn't mean the lower dose worked better, it just means it was less efficient. So you felt the detox. Ideally, these toxic toxins are leaving quietly.

Your body's able to excrete them without stress. So that's the one type of detox reaction that can be avoided generally with zeolite is, is the redistribution because you don't want to stir stuff up and then the body has to deal with it.

If it can't handle it finds a new home. So the general rule with zero charges are so you take one scoop and you experience a headache. The next day you do two scoops or four scoops, right?

You work up. So and of course work with the practitioner and fully understand this before you before you do this. But that's just kind of the general guidance that we found to be very interesting.

And that's another reason why a lot of people have had challenges with liquids and nano zeolites, because they are micro doses. And like for example, a lot of liquid zeolites are less than one milligram, whereas you charge is 5000mg per scoop.

And a lot of people start with six scoops or 30,000mg of zero, 30g basically. Yeah. So it's exponentially more than, than the liquids, right. And some people need that to avoid the detox reactions.

Yeah. Typically I'm used to taking five grams per per, which is great. I'd say that's a standard. I'd say that's a standard dose that is to usually two times a day for me.

Right. Because and maybe you can talk to me about taking it with food away from food and supplements, because just to be safe, I've always taken it about an hour away from on either side of food.

Just just to be safe and not knowing how much is going to bind, how much is not going to bind, etc..

Detox Reactions and the Dosing Paradox

And the reason I did that was because it was never really that difficult to do that. You know, it was actually easy enough. And I will say, here's the here's the benefit of doing that, not necessarily that we need to I'll be curious to hear your answer, but what I actually kind of like about that is that it forces you to actually open up your, your, the time at which you're not you're not eating.

Right. So it's it's keeping you away from food in a good way, which can be beneficial. So, so talk to me about that. Does that mean. Yeah. Food. No no that's.

Yes. It can't. And I'm gonna go back to the detox reactions really quickly to clear something up. So people don't just go and start doing this. So I check the information out.

So you like labs.com to to learn more about the dosing paradox. But there's a there's a couple situations where this might not work. So if you take more and the symptoms get worse, it could be because you're disrupting more biofilms and it might be more microbial in nature opposed to a redistribution system.

Right. So sometimes the microbial release those are symptoms that sometimes can't be avoided because you're stirring stuff up too fast. That's when you might want to go down in dose opposed to going up.

So it kind of depends on what's happening. And then there's sometimes there's like retracement symptoms that can occur as well. Even bringing up past emotions, people dreaming.

So there's there's different types of detox reactions. And some of them are better than others. But we want to avoid the redistribution. But one thing that's good, just to kind of the approach here is just to basically say turn off the the intuitive sort of grasp here.

And you start it, let's say a dose, you may actually need more or you may actually need less, and you may want to sort of experiment with both and see how you react.

Yeah. Because it's one situation where and this is less likely. But in some people they'll be taking two scoops or one scoop, let's say. And I would call that a binding dose because it's binding, right?

It's working, but it's not in curt yet encouraging the body to let go of the deeply stored toxic elements, because maybe you're only binding to, you know, 30% or 40% of the circuitry or something. Yeah. It's so it's helping you feel better.

Maybe you're improving your vitamin and mineral status, all this other stuff, but you're not detoxing. Then you raised the dose and now your body says, okay, we have more energy, we have more detox energy.

We're going to start dumping the mercury from the tissue. And now you get the symptoms, right. So that's where a higher dose when it turns into a detox dose can cause more symptoms.

So it's just interesting. But it's it's it's but I want to emphasize two I think I want to add to that too. And this is maybe where it's important to work with somebody who kind of knows what they're doing with regard to detox, because, you know, you can take two doses that I may actually and, or to, spoonfuls.

Right. And or two scoops and that may be the right dose, but your pathways are blocked. You're not you don't have good bile flow. Your liver and kidneys aren't being supported.

You're not moving your bowels often enough. Right. So that that may be one. And that's why you're getting the reaction. In other words, the dose is perfect.

It's doing exactly what it's supposed to do. But the rest of your system is not supported. It's not functioning very well. Right. You may have suboptimal hydrochloric acid production.

Right. There's there's a lot of reasons. Right. Why the system itself may be dysfunctional. Now again, in those situations, that's where I kind of tell my clients okay.

What let's back off on this sort of detoxing. Let's support the systems a little more and then we can we can go back up. But I just want to point out that it's not necessarily unavoidable.

The dose may not be just the problem. It may be the system that is not able to keep up. And we can support that as part of the process. Yeah, yeah. And that is one thing.

When you're detoxing, you definitely want to make sure the bowels are moving. And, and that's and that's well, as discussed earlier, one of the reasons why zeolite sometimes works better than the other binders because it is less constipated.

Interestingly, the lower doses, like like a half of a teaspoon of zero charge would be much more likely to cause constipation than six. You know, 12 teaspoons.

Interesting. Four tablespoons. Right. So because it's less about because with the other products it's usually the actual material that's causing the constipation.

With zeolite it's more of a detox reaction. So the higher doses, if it's resulting in a more efficient detox then it's less likely to cause the issues.

And some people even then start getting diarrhea at the higher doses. So it's it's I'd say it's 80, 20, 80% of the time that's the case. But 20% of the time it can be constipated.

So it's one of those things you just you never know how you're going to respond to any product. And that's why it's always difficult to, you know, talk about things with absolutes.

So it takes experimentations. But I would say if you're if you're going to be trying as you like, experiment with the dosing to see what works best for you.

And I don't know if we were so obvious with this, but tell people where this is binding. Is it staying in the GI tract? Is it going into the sort of hepatic portal, or is it going into the liver?

Is it is it just GI tract? Yeah, I, I'd say just GI tract. I mean there's a lot of, there's a lot of thoughts and theories on this stuff. I mean most companies are saying it's going into the bloodstream, into the brain and the organs and all this.

I have not seen evidence for that. But I don't think it has to. Right. Because it's the downstream detox effect. I think it's the GI tract. And then it's being, you know, pooped out, basically.

And one of the interesting things with the liver, I think it's incredibly effective for the liver because as the liver is producing this bile, if your liver is toxic, your bowels toxic, right.

And then you have this toxic bile in your small intestine, which could be resulting in Sibo. And it's some of these pathogens that are actually from liver toxicity, but binding to the toxic, you know, the basically toxic bile and preventing the recycling of this toxic bile can be greatly helpful.

And that's that's basically purifying your blood because you have this, you know, this loop where the liver's releasing talks about and it gets recirculated, like 95% of it.

It's normal to reabsorb that, that bile. Right. Like that's part of the body's natural process to reabsorb the bile, reuse it and sort of recycle it. And if that's toxic is what you're saying then then why do we want to re we want to recirculate toxic bile. Right.

So we got to get that out of the bile so we can recycle recycle the bile and get the toxins out. So I like to look at Zillow like kind of as a bile filter. Right.

So it's kind of filtering the bile in the small intestine. So then the bile can continue on and and not poison the blood. And back to the liver and recycling it.

So I do think a lot of back to, to the question of the timing and when to take it, can it be taken with food? It is unique in that it can be taken with food opposed to, you know, having to be taken an empty stomach like other binders, because like an animal studies, it's always taken with food because they always mix the zeolite with the animal feed.

And they've still it's still shown to improve nutrient levels in the blood even when taking with food. Right. So it's not depleting the essential nutrients.

And there's advantages of taking it with food. There's advantages of taking it on an empty stomach. It's going to bind to whatever's currently there. So if you take it after a meal, you're going to be binding to more of the metabolic waste products and stress of digestion and one of the reasons a lot of practitioners do recommend taking.

So you charge between 30 and 60 minutes after a meal is because that's when a lot of times your body produces a

lot, or your liver dumps a bunch of bile, right?

To start, you know, helping with the fat. So and if your liver is toxic, then you want to bind to that to prevent the absorption. So a lot of people do take it after a meal and find that to be greatly helpful.

A lot of people take it on an empty stomach. It what I say is, whenever you're most symptomatic or whenever you think you have the most toxicity that your body's processing, take it then, because that's when it's going to be most effective.

Well, I'll give people a tip. One of my favorite times is first thing in the morning, right? With warm water, whatever lemon, whatever you whatever because you've just been laying down all night and there's a bunch of metabolic waste happening going on in the, in the digestive system.

Timing, Food, and Final Takeaways

And the reason that the best way to tell us to before, as soon as you get up in the morning, just look at your tongue, stick out your tongue and look at that coating, whether it's white, yellow, green, brown, sometimes even a blackish, right.

All of that is again innovative. They call that, it's metabolic waste. So that's telling you. And it's crept up into this part of the GI tract known as your tongue.

So there's a lot of stuff to be clean up there. And to me that's just it's an opportune time to get rid of whatever's in there. Right. And again, lemon water.

Lime usually warm water is more effective. That'll get the GI system moving right. It starts to signal digestion. We're finding all that metabolic waste that was created at night.

So that's just one of my favorite times is right then, and again, that's great to hear that that you can take it with food and to help clean up that sort of digestive mess if that's going on.

So that's cool. I learned something new, with, with regard to timing, which is, which is really cool. And and by the way, my wife loves your product. She did.

She took some as soon as it arrived. And she's like, this is fantastic. This is good stuff. Okay. She's like, although she was she I, I didn't tell her to take it, but she took just the powder and then the dark water, and I'm like, it's a little it's a little fine, you know, and you like.

Yeah, a little tough, but, but yeah, she, she loves that she's had some GI stuff going on lately. So that's been really, big help for her. So, Jeff, this has been fantastic.

Tell people where they can find more of your work that the best place is going to be the website right now, zeolitelabs.com. That's that's a lot of information.

There's an educational education tab and page that has a lot of videos, presentations going over zeolite best practices, a lot of information on dosing.

The case studies pages on there. We also we we're not currently very active on social media. We only have an Instagram. So if you want to follow us we're looking to start posting more in there.

So Instagram it's at Zero Light Labs. And then you like labs.com. And just check out the education. Pat page. And I would check out the the dosing for sure. Because that's going to be the most important thing is like getting the dose right.

Well that's fantastic. Again, you're you're one of the few people that I've seen in this space that is just kind of

curious and wants to look, see what's working, see what's not happening.

And like to me that really, has it goes a long way. Because a lot of people kind of skip over that stuff is to see what's actually happening when people take this stuff.

And, and really using it as an experimentation, a way to learn. Right. And, and hopefully a way to improve the product. So, I think so many people are afraid to do that because they don't know what they're going to turn up.

And God forbid, they have to redo their process or find a new, source. And I know you guys have a really good source, that you have, so again, thanks for all the work that you do.

A really appreciate it. Thanks for coming on. Yeah, well, thank you for everything you do and keep up the good work. And it was a pleasure.