Introduction to Barton Scott and mineral health

Welcome back to the conversation. Today I'm talking to Barton Scott. Barton, you're a biochemist and inventor, a behavioral nutritionist, an international speaker, and the founder and CEO of UpgradedFormulas.com Welcome.

Thank you. Such a pleasure to be back with you. It's always so fun to chat. It is. And you know, today we're going to we're going to go a lot of places today, but we're going to focus on minerals.

We're going to focus on how without adequate minerals, you pretty much are never, ever going to hit your health goals. It's it's literally critical. And not enough emphasis is put on mineral testing.

Mineral replacement and the interplay between minerals and all the root causes of why we have chronic inflammation and chronic inflammatory diseases. So, you know, our our viewers here have been hearing interview after interview where we talk about four really big components of root causes of all chronic conditions.

So, number one, being chronic infections, you know, parasites, fungus, bacteria, virus toxins and all the categories of toxins from heavy metals to mold to environmental toxins.

Everything there is on the planet. Then the third bucket being nutrient deficiencies and the fourth bucket being traumas, unresolved trauma, stress. And it's interesting, you could link mineral deficiency to all four of those buckets, couldn't you?

Absolutely. Okay. So which bucket should we start with? I, I think the the, the nutrient deficiency buckets really cool, but trauma as well is interesting.

You know, I think a lot of people think of trauma as just this black box of like don't know how to solve it. But yeah, interestingly enough, I mean, it plays a role there, too.

So tell me more about that. What what why would minerals be important for us to solve unresolved trauma stressors? You know, we aren't releasing these.

It gets into our body. It's into our biology. It creates disease when a minerals have to do with that very question. So the way I look at it is I you know, I think of people I've known and people we've worked with as a company that have had extreme levels of stress and trauma that has caused that stress.

Minerals, trauma, and stress resilience

And really the interesting part there to me is how supportive they are and feel emotionally, how their their personality begins to shift, actually, which is the book I'm writing that's out later Next year is all around the topic of how this becomes personality, how nutrition specifically becomes personality in really specific ways.

And it's so enlightening to me to think about how and it's so I would say affirming to think that we can we can measure and then shift our how we feel.

And so that's one side of it. But the other side of it is that if we don't shift it, our burn rate is, you know, imagine you're you have, you know, half a tank of gas in your car and you've got to get to your destination if you drive very, very fast.

But, you know, that burn rate is higher. Right? And then so trauma really does the same thing. So trauma is a steady state of elevated stress. That's how it's interpreted to the body, from my perspective, on a nutrient consumption.

So how fast we're using the quote unquote gasoline right. In this example. So that's that's how I think of it. Yeah. I mean, it's a multi disciplinary approach where you're doing things like emotion code, for example, to reduce stuck and trapped emotion.

And then you're also you're also, you know, actually giving your body the nutrients it needs to process and complete these things, for example, to tell you a story on on this, a friend of mine, they've been a client for years, taking the supplements for like six years now.

Her dad started dreaming her first time, like vividly in over 20 years. So he started unpacking all these different emotions and and it was great for him, but it was also surprising he had stopped having dreams, really, that he would ever remember, even for a few moments after he woke up and by doing that, he was able to clear out this cache of, you know, backlog of unprocessed things.

What I'm really saying there is something I learned just this last year about dreams, which is when we don't when we have something violent happen, for example, we're supposed to dream about it that night to help clear it and process it when that doesn't happen, due to, for example, a magnesium deficiency, we're not going deep enough into the dream world.

Then it doesn't happen and it becomes traumatic. And boom, there's a link right there. You can't get to a state of deep sleep to do the emotional work that needs to happen while you're sleeping.

If you're deficient in a critical mineral, magnesium. Yeah. So I'm going to I'm going to pursue there because I want to make sure you have time to cover everything.

And I just wanted to touch on how minerals affect all of these buckets. So the other big one, you know, one of my personal favorite buckets to play around in and help people solve is the infection bucket.

So minerals affect your viral and even your bacterial susceptibility. Tell us why. Viral and bacterial susceptibility so viral, On the viral side, it a zinc Your zinc level is very much a governor of that and that's part of the reason during COVID, we saw so many people talking about zinc.

The problem with that and the reason I talk about them in tandem together is because copper governs your bacterial susceptibility. So how easily you get a bacterial infection so you can think of them as on a seesaw together, right?

So too much zinc means too little copper. Too much copper means too little zinc. You have to have a balance. The only way you can have a balance is you're testing your levels.

Specifically from what I found, the only real way to do that with accuracy is through hair testing, which you can go into later with specifically with minerals and bacterial susceptibility.

Those are that's the ratio though that I look at. Okay. So definite link between infection susceptibility and minerals. Yes. Yeah. We're going to spend a lot of time in the nutrient deficiency bucket during this talk, but I just wanted to hit the other the other three and then the other one would be the toxin bucket.

So here's where we have the mold toxins, the heavy metals, the environmental toxins that are coming at us from every angle, from food we eat to products we use in our home, to, you know, what we put on our body, on our skin.

Where do nutrient where is where is mineral interplay with toxins in our ability to detoxify and to get these things out of our body? This is a great question.

Most people don't understand this. So this is brand new information then you're not alone.

Minerals and infection susceptibility

The the something I've been saying for a few years now is that minerals play offense and defense and by offensive is probably self-explanatory. They help the body do what the body needs to do from an enzyme standpoint.

Enzymes are these little things in the body that help the body save energy. They're shortcuts. So minerals activate those. And when those minerals are there, they block heavy metals.

So that's the defense part. So they actually, you know, from an environment, let's give a real world example. You were in your car last week in traffic and you inhaled some brake dust.

In that brake dust, there was cadmium. There was probably arsenic and lead as well, for sure. There's cadmium. What do you do about that? What how do you want to support your body?

You can't get around not breathing it in even if you're like AC is on recirculate and like this and that. But think the other like you can reduce but you don't completely avoid our the fact is is our modern world is 1000 times more toxic.

It's a real number than any other time in in the history of the world. And every week we put out about 20 new chemical compounds from around the world.

So everybody's constantly bombarded. The question is not whether or not, but is this accurate? What do you do about it? So again, that's that's where minerals come in.

Minerals are electricity in the body. You know, they're electro statically protecting us cell level. So that's how I think about that. Okay. Now, the fourth bucket is where we're going to spend the majority of our time here today, and that is nutrient deficiencies being a cause of inflammation and chronic disease.

Now, something very interesting that people may not realize is that vitamins are not going to get into your body without minerals. So explain that. So vitamins or essential for the utilization of minerals with minerals are the essential for a utilization of vitamins, even more so.

So for example, I mean, there's I don't know, there's a lot of different examples. I don't want to get bogged down too much there. But they that that's certainly something that people need be aware of because we've heard vitamin A, vitamin A vitamin for years and now more and more what I'm what I've been talking about for a decade is minerals, minerals, minerals.

And the reason why is when you think about this just for a moment, you you recall that ninth grade periodic table that might have, you know, caused some trauma.

Memorizing that was traumatic. And it really was. It was I didn't like it the first time either.

Minerals, toxins, and detox support

Even though I went on to, as people probably heard in the intro to study chemical engineering, which you have to become pretty familiar with, that they will everything in the world is that collection of elements, right?

So ultimately, in ways that we don't fully understand when we take in the elements, everybody knows how to do things that we don't understand it. B We just know we took in potassium, a lot of things happened, took in magnesium, a lot of good things happened.

And then we use certain testing to figure out what amounts do we need right now personally, which is really more accurate than doing genetic testing. Although that's not bad.

It's just that this is a that's a case of what could be a lot of people will ask me like, oh, so hair, like so DNA. No, no hair as in elements as in periodic table as in the thing that builds everything in the world.

So, so yeah, we, we need these these things. And yet like, sure, there is the other side of it too. So there is a balance. Like you do need things like we talked about, we've talked about before like B6 that helps the utilization of magnesium once it's in the body, but there's a lot of vitamins.

Linus Pauling, who won the Nobel Prize, said that a long time ago. He said, you know, vitamins quite literally are useless without minerals. So yeah. And this is why you'll see, you know, when you're purchasing higher quality vitamins and minerals, you'll see blends of that sense where you have the right things put together.

So what we really want to do in this first half of this talk is give people some actionable steps here. So now we've kind of laid the groundwork that if you missed the mineral piece, you're going to be on a hamster wheel of trying to solve your health problems for a very long time because they play a role in every root cause problem.

Yeah, and URLs are very important, which is why I brought you on this summit to talk about this. There is a way to determine what mineral deficiency people have now.

There's blood testing and there's hair tissue meta analysis. So let's talk about that. What are the drawbacks of blood testing? Because people may say, well, I got my minerals test at my doctor's office or my functional can a mineral test on me.

And then there's a better way to test minerals, which is hair, tissue, mineral analysis. And a lot of people really don't know how to interpret that test.

And I have to be totally transparent. The first time I ever tried to study how to read a hair tissue mineral analysis test, I felt like, oh, I need to I need to be a biochemical engineer to understand this.

This is great. And so most people don't know how to read it, so it's not used very often correctly. So let's talk about the drawbacks of blood testing and then the benefits of hair tissue, mineral analysis testing.

Sure, drawbacks of blood testing very simply. Let's go to one of the most dire two things that are killing people right now. How about that? This is the silent killer summit.

Let's talk about it. Yes. So this is iron levels and sodium levels. The sort of the same common thing that I'll say about iron is true about sodium as well, which is essentially the body showing low levels of X and it's actually high in and that's why the body stores and tissues sodium.

So we're saying is the blood test is low but it's not actually a true it's a false low. I think. That's right. That's exactly. Exactly. So imagine there's a river which is the blood, the lifeblood, right, as we call it, in the body.

And that's your body. And you're measuring and you put dipstick and you measure it and you're like, oh, okay. Says that there is, you know, a low amount of iron in the blood.

All right. Well, and this is true for women of any age, men of any age. There is a and there's an iron recycling system in the body and iron recycling system in the body.

Why vitamins depend on minerals

How much iron does that does that recycling system recycle? 96%. So would it be uncommon then to to experience iron deficiency? I would say, yes. You think it's uncommon because your body literally recycles it?

What I'm hearing you say, because you're not excreting it, it's in you're not actually losing it, right? Yeah. Unless you really have a GI hemorrhage.

Yeah, exactly. Exactly. Yeah. You're losing blood, right? I can't tell you how many times. Okay. So I just have to pause for a second, I guess numerous times because I worked in the Western medicine world for 21 years running CBCs on people and looking at hemoglobin levels and then ordering iron tests to try to figure out why does this

person have a micro acidic, what looks like an iron deficiency anemia?

And then we run labs and like, okay, we can't figure this out. So now we're looking for like where's the where's the iron going? And I can't tell you how many times people get full GI workups.

Well you're not bleeding anywhere. You don't have an ulcer. There's no I don't know where your iron's going. You're just low in iron. Take some iron. Yeah. So great.

I love that story where that iron is going for people that to really understand that is that the body is so smart it's taking it out of the blood because it was high in the blood and it was causing damages to like endothelial function, blood's blood vessels and it's storing it in tissue.

So it's storing it in tissue to get it out of the blood where it's causing damage, the blood stream, the blood vessels. Right. So the problem with that is that people age a lot faster.

They go gray very fast, and they have and that's thanks to high amounts of something called oxidative stress and a lot of reactive oxygen species or waste.

So, I mean, a lot of fun stuff to avoid or not, you know? Yeah, we're like cranking the joint. People are like cranking joint supplements all day and they, they just they have ungodly amounts of our, you know, oxidative stress and really reactive oxygen, oxidative species.

So yeah, there's other ways to do it. And, and getting, getting to the elemental causes is really cool. So what I'm hearing you say is that blood testing may not be accurate because minerals stored in the tissues and if you're only looking, go back to the river analogy. You were about to explain that.

So if you're just measuring what's in the river, which I'm assuming is synonymous with the blood, you may be missing something because it's deeper. The issues in the tissues and tissues.

We got it. Okay. So how does hair, tissue, mineral analysis then come to play? What? How can we get a more accurate representation of what's happening in the body.

Or hairs tissue. And that's really how we get this more accurate represent in the body is that we we look at something you know we use this phrase lifeblood.

Right. I think that's the name of blood donation clinics the lifeblood the here in Florida at. So yeah, when you think of lifeblood, what that means is the body is getting the blood.

It's doing whatever it can from a tissue perspective to make sure the blood is really nice. So so you heard that from a tissue perspective, meaning the body's looking at the tissue and going, hey, what can we pull from the tissue to make sure the blood is good?

Because if the blood is not really close to ideal, organs start to shut down, unfortunately. And people pretty quickly can die that way, right? So the first prerogative is don't think about tomorrow or long term and the issues that may cause.

Think about right now what's needed. And that's how the body keeps us alive. I mean, you may want to be following that. Some people are like, wow, I don't know how their life they've lived that lifestyle for ten years.

Blood testing vs hair tissue mineral analysis

That's how it's just that you're not seeing that they have osteoporosis and osteopenia and all sorts of things that they're not like they're not experiencing yet.

So what I say often is that for a deficiency that we've actually found in blood, we could have found that easily a

decade before. And hair and almost every case. Wow.

So if if we know how to interpret the hair to us and really what. I was going to say, like that's. The other caveat. Most people don't really know how to do it and.

I know that self included, I am not going to a specialist. I if somebody wants to go talk to Barton Scott because he knows how to do this, he's created a way for people to get this done and to get a good interpretation of it.

I mean, I'm a gut specialist. I'm a detox specialist. I've read all kinds of other tests, organic assets, all of it. But to me, not my specialty yet. I will say that because I'm like, I have hope that I can that I can comprehend this test because we created an easy way to understand it.

But can you give us some you know, in the last 5 minutes that we have in this first part of our talk, can you give us some maybe we can maybe we can talk about some pitfalls and traps when people look at TMA and they try to interpret it, why is it so confusing?

What's the problem and what's actually happening? Like maybe some tips. They're like, it doesn't have to be so hard, right? Sure. Yeah, sure. What you have is you you have things like magnesium loss that are really confusing because it looks like a high level of magnesium, but it's usually an indicator of stress.

And the way you do that is, is you actually ask questions to the person and you do the opposite of what a lot of traditional medicine or yeah, the medication world would do, which is go, all right, well, your test shows and just use the test as the tool to to give you an supplements.

It's like it needs to be a conversation. So that the test should be it as a concept opening conversation. And then when the conversations opened, you then ask questions or you supplement magnesium or you, you know, how much are you taking?

Again, what we do is built around the absorption. So most of the supplements, the reason I create the company is I found when I was working to get my mom well and then, you know, reversing my own issues like hypothyroidism, Hashimoto's, all sorts of things, brain fog which didn't, didn't get reversed overnight.

But what I realized pretty quickly was all these minerals, all these supplements were not absorbing very well. And, and I knew we both could and had to make that better because soil was getting more and more depleted.

So we needed to be able to reverse the deficiencies. So that's kind of the framework when you have things like hidden copper toxicity that you have to like, there's just no way to get around.

Like you have to have a deep knowledge because you have to look at like ten different things and there, you know, it's within this range. Within that range.

What's the ratio of, for example, zinc to copper? Is it above or below this? So, you know, things like that. So yeah, there's a lot of things like that and there's no possible way to see that at all whatsoever in blood in any way at all.

For example, you know, in the case of a hidden copper toxicity, now something something else that I just wanted to touch on too, when I mentioned sodium and I mentioned like it being a real issue, this is something you can see through, through, through here, testing really clearly.

And you look at certain ratios. So general picture, there's ratios are way more important than individual levels. So you have your ratio of this thing to this thing, for example, sodium to potassium.

And that's a really important ratio in the body because that's intra and extracellular fluid. All that just means is like it's really important for how cells communicate and therefore organs and your whole body communicates and balances fluid in the body.

So people think of sodium as not being good, but sodium quite literally keeps us alive all the time, just like magnesium as well. And when people are swelling, particularly when the hospital, they're in the hospital, I've seen a couple of people, friends of the family die because of this.

And we weren't able to like intervene. I wasn't like I just I gave it bias. I was like, look, they will be you can set your watch to it. I give it like 72 hours or less.

If they if their sodium levels aren't improved, I give them a sodium, I think, and literally saved their life. What was happening in both cases, their joints were swelling.

They were giving them a lot of pain medication. And this this I'm just saying this as a story to kind of give people a real world tangible example of how important this is at every stage of your life.

Now, this is also in true for your parents that something happens and they're in the hospital and this this could be them two weeks after they'd been in the hospital, they haven't been given much sodium.

And yet, for some reason, they're acting as if they have way too much sodium. They need cut it back and it's super dangerous. What's really happening.

I know this is really conflicting and really hard to understand for some people, but the way it's been taught in modern, quote unquote modern medication world is the exact opposite.

What's happening? The joints and the fluid and the tissue. The legs, for example, the ankles are all swelling and that's becoming very painful because it's pulling on the ligaments because there's not enough sodium and it's so precious that the body is trying to retain it, trying to hold on to it.

So when that happens, we get fluid buildup, trying to retain the salt. It's not trying to get rid of it because it has too much. It's trying to retain.

So that's the second example of how it's completely opposite. And so I just want to comment on that for a second. I can't tell you how many times when I worked in the Western world that people would come in with edema in their ankles and legs and we tell them to restrict sodium.

Yeah, surely that's the advice. Yeah, totally. And you know, maybe in some some of those cases, they people didn't have too much salt. But what we were seeing is, you know, these people that hadn't had real salt in like two weeks.

So of course they were very low there. It would make sense that they would be low anyway. And then when it's not working and their pain has been building their fluid has been rising.

Rising. And you've seen a number of different people, like as an institution, just, you know, die from this. What about thinking the opposite? That's how you solve most problems.

And you go, Oh, I guess we have to have the humility to admit that we may be completely wrong, not a little bit wrong, but complete wrong about this. And then you get the solution, and that's how you solve a lot of things in life.

It seems like a lot of like the toughest math equations in the world are solved that way, all these different things. So yeah, but that's really simple and this is fascinating.

So everything in the second part of our talk, I want to I want to talk about your nanoparticle oil minerals and how you figured out how to get minerals absorbed into the body better.

We're going to explore that. But right now, what I'd love for you to do is tell our audience where to find her tissue mineral analysis, testing, because you have you have it set up where anybody can go get this and then they can get an interpretation of this from somebody trained by you on how to interpret.

So where do where does our audience go to find that? Yeah. Thank you for that. That's upgradedformulas.com upgradedformulas.com Yeah, great. And then where do they go on that website to look at?

And then they just click hair analysis or hair test and consultation and that will take you right there. It's one of the main dropdowns on the site and you you book that and the way that works is, you know, you have a consultation after you get your results, you get your results by by filling out the, you know, the envelope.

It's very easy. Whoever cuts your hair or, you know, even a family member or someone you're close to can do a sample for you. The instructions, they have video. It's very easy.

And you you can do it from the comfort of your home. And then we have separation. Okay, perfect. Great. And Barton, you have a special coupon code for viewers of this summit.

If they go to upgradedformulas.com and they purchase using SILENTKILLERS all one word, they get 15% off, right? Yes, that's right. Okay, great. You know, I really want to thank you for contributing to this.

Thank you so much for joining us today for this talk on minerals to our audience. I hope you found our conversation insightful and helpful thus far.

Interpreting HTMA ratios and hidden deficiencies

If you're a summit purchaser, stay right here because we're about to dove even deeper into this discussion with Barton. And I really want to unpack the importance of nano minerals, these tiny minerals that he's created to get into the body.

And we'll talk about some case studies and some also some research around that. If you're not a summit purchaser, click on the button on this page to get access to a continuation of this conversation and many others and get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Barton Scott, thank you for being a valuable member of our community. We're going to dove right back in.

Barton, I want to talk about your product line. We've just established how important it is to do hair, tissue, mineral analysis over blood analysis for minerals.

Now, once you identify what's going on, on your hair, tissue, mineral analysis, now you can really start to put minerals in your body that will really support you.

But even if you don't do a hair tissue mineral analysis, most of us need support in several minerals so we can safely take minerals. And I've got a personal story with your minerals and you create them differently than everyone else.

So can you tell us a little bit about why you developed your minerals the way you did and what the heck is a mineral anyway? When I was in my early twenties, I was getting my my chemical engineering degree, but it not getting my mom well and or trying to.

And something I noticed really early on is that in pursuit of getting her well and sort of reversing some of the deficiencies I had from being an athlete, I, I wrestled.

So I had a lot of deficiencies from sweating all the time, like football, ran track, all sorts of things. And what I noticed for her in her late sixties and also for me in my early twenties, was that we weren't absorbing from one task to another when we finally found her testing and then were doing all sorts of other tests, the hair was very actionable.

It showed, which was really nice, what was what needed to be worked on, what needed to be improved, what needed to be shifted. And with that it became pretty clear after one test and then another and another, or after the

second and third and fourth that the supplements were taking were switching brands.

They weren't absorbing. It was like, Oh, we're not taking enough or different things. And it turns out that, you know, most of the the supplements we we take absorbed probably under 20%.

And, you know, food is only around 30%. And this is true because our body is very inefficient. There is nothing in this universe is a perfectly efficient system, unfortunately, that we know of from a like modern day physics standpoint.

So we we all expect that to be like ultra high because it's a big digestive system. But what I understood is like, well, there are certain processes that just work every time.

So let's just make it a process like that. So understanding how the body takes in food was one thing. So to pause for a second, say, and just kind of answer this for people because it's probably a common question, they'll say, well, what is the most important form or What's the best form of magnesium or selenium or iodine or.

And we make all like every mineral product you can think of, plus a lot of blends. And my, my answer to that is what I realized about 12 years ago was that it wasn't about forms so much as it was about mimicking how the body gets nutrients.

And it has evolved throughout millennia to get nutrients from food mimicking that. So when we talk about a specific form of this mineral that and what that, what we're attempting to do is use our money, our manmade manufacturing processes and get an outcome through the body instead of really listening, which I've I've just had so many breakthroughs in the past few years and realizing that listening is the key to succeeding in anything.

It's that's like magic and it's like, wow, that's that's kind of really what it takes. And when I really listen to that, what I what I understood was just that this is how the body how the body does it.

The body doesn't ask for multiple forms. A body receives nutrients from food. And then, you know, it goes it goes in the base of the body, doesn't eat chloride.

So in the case of magnesium, I stabilized it after it went through our, you know, technology process with chloride. So by needed chloride, chloride is essential for something people are low end, which is stomach acid.

Pretty much everyone has some level of low stomach acid today for a lot of different reasons. H pylori all sorts of things which, you know, you're very astute on.

So yeah, that's like the short of an answer is I can give. Oh to sum that up, what I hear you say is that we're our bodies are inefficient. Yeah. And so you created something that would work in an inefficient system, and that was a nano sized magnesium.

So I'm holding your bottle of upgraded formulas, magnesium right now, and it's fun because on the on the side of this bottle, there's actually a diagram of what the magnesium you're taking and then the size of the magnesium, you can't even see the dot in the film.

In the video here, it's so tiny and I have a personal story with this magnesium that I want to share. So this magnesium has actually been. We can talk about the research study.

Yeah. Do you have a research around sleep with this magnesium. So I medical trial. Yes we'll talk about the clinical trial. So my story is when I travel, you know, as a functional medicine practitioner, as a biohacker, as you know, I travel with an arsenal of devices and supplements to keep my body strong and healthy when I'm in air travel, when I'm in hotels, when I'm getting exposed to mold and toxins and all kinds of things.

And, you know, my friends and family makes so fun of me that I travel with a whole suitcase full of this stuff. Right. And some of it it's carry on because it's expensive devices.

And I don't want that checked. Well, while in a recent trip, it was actually just a couple of months ago, I forgot my magnesium and I got to the conference and in the gift bag for the practitioners was a bottle of the magnesium that I forgot to bring with me because I shoot.

I'm going to sleep like crap in this hotel without this magnesium because you were there, your company was there as one of the sponsors of the actual event.

Yes. Thank God I got my magnesium. It was like, Oh, thank you, Barton, you were here. So. So this stuff works. So you talk the clinical trial and why this works so well.

I mean, you will sleep. I always say you'll sleep like a baby. And then I realized, babies don't sleep, you'll sleep like a teenager.

Upgraded Formulas and nano mineral design

Those sleep along to sleep like a teenager. When you take this, I have a teenager who sleeps. She did not sleep when she was a baby. But she's sleeping now.

Right, right, right, right. Yeah. That's so. I love that story so much. We I mean, we've taken people from, like, our mutual friend. Now we gel from 16 minutes and I still remember looking at it.

Her deep sleep scored to an hour and 54 minutes and five days by restoring her magnesium levels. And it is crazy. Her literally her personality changed her like and her activity changed, too.

She'd been like very good at doing the same thing. And then she did a 30 day. She's like, Oh, I had this idea, which when you sleep well and you get a lot of deep sleep and REM sleep, you become more creative, like more creative version of yourself.

She did a 30 day challenge where she did something new she'd never done for 30 days in a row. For a month? Yeah. Every day for 30 days. So that's an example of how it you know, like I said, the book that I'll have out later this year or in 2024 is how nutrition becomes personality.

It's called your your personality a pill. And really that's just like a catchy title to say everything we're talking about today, which is, you know, you have to test.

And it turns out hair testing is really one of the most fundamental things because you're looking at all the elements and and the ratios and then yeah.

To your point, okay, you identify it now what do you do that. So that was a very important but only part of the process. Part of the process now that you know, you have to take the supplements of really absorption, whether it's that product, our current product, our iodine, our memory products, selenium, like on and on and on potassium, our electrolyte products, yeah, whatever it is, it's like depending on do you need it and how much do you need?

And you know, it's, it's like being a surgeon and using a scalpel that's actually sharp and something that should have been thrown away a long time ago just doesn't very doesn't work very well.

So this by choosing something that works very well and then knowing how to use it and knowing how much of it you need, I mean, that it I wish I would have had this process in my early twenties.

It would have gotten probably a lot more done, a lot more enjoyment, too, because your mood, you know, your serotonin is completely dependent on everything we're talking about here.

Like your magnesium levels and other things. So upgraded magnesium would have been a game changer for me and I was I was totally in that and potassium and a lot of the blood sugar minerals and I mean all these different things that we offer today.

Yeah. So on that I want to talk about that clinical trial for just a moment because this is this is very relevant because there aren't a lot of supplements out there in the world that can say they actually have a placebo controlled clinical trial that actually has valid relevant data that came out of it. So it was four capsules at night and of the upgraded magnesium.

And what did it show the electrode? So the high point in the trial was 250% on the the improvement in deep sleep, which is really the most important for healing, for DNA repair, for longevity, for disease prevention.

I mean, all these different things, it's there. It's, you know, sleeping really well is really our bodies best attempt at immortality. It's like where so much magic happens and REM sleep is also very important and improved.

REM sleep as a high 160%. This is only in 14 nights with only doing this and not changing, not eating right before bed and like, you know, getting your circadian rhythm right.

Like none of that. All they. Did, all they did. Was design. And we yeah, we were completely out of it, completely uninvolved. This just the lab running this and you know, you pay a lot of money for that.

And we were very confident it was a good investment because we've seen for years now the type of results that it would have for people. You know, we've had people tell us that they have gone into their doctor and gotten off of sleep medication that they've taken since college.

And they're in their forties now. And we have like video testimonials of things like that again and again. You and I have mutual friends now at this point that have formulated create a lot of different supplements and they've used it to get off of anxiety medications, sleep medication, all sorts of different things like that.

Yeah. So what, what Barton just said is that some of our mutual friends who are formulators are using this to solve problems that they couldn't formulate for. So.

So, I mean, and what I love here, too, is that you actually invested in a study. So knowing that I came from the Western world where there is big money in research of drugs and pharmaceuticals and, there is very little valid research done on supplements because the money market isn't there.

The return on investment for research is just not there for supplements like it is for some pharmaceuticals. And so you actually just invested in this on your own and said, we need to do this and we need to show the world how great this is.

And we're going to front this ourselves and eat it because it's not like you're selling a pharmaceutical on the other side of it. So so that is relevant.

Everyone is relevant now in terms of I'd love to know, you know, if you're not doing a hair tissue mineral analysis, you can still benefit from taking minerals if you're trying to fix your gut, if you're trying to improve your longevity, obviously, if you're trying to sleep, anyone can take Upgraded Formulas, magnesium.

It's not going to harm you. Now, in terms of people trying to detox, fix their gut, health, all the things, I'm sure you have some blends and some products that anyone can take.

Like if you could say like, look, if I could put this stuff in the water, this is what I would tell everyone to take. What would that be? What would. You recommend? That's a great question.

That's a great question. Most people have low thyroid, so our upgraded iodine helps with that. It's also hair, skin and nails and helps with getting mercury out of the body, which pretty much everyone has as well.

So definitely the upgraded magnesium or our upgraded product, which is probably my new favorite product because it has everything upgraded magnesium has plus B six trace minerals and a blend, a private blend that I put together of trace minerals over acid and omega acid.

Magnesium, sleep, and the clinical trial

And that's for you cells. Yeah, that's for menstrual cramps or people who have leg cramps at night when they're trying to sleep or people have cramping feet are just muscle cramps in the body.

Right, right, right. Yeah, exactly. Yeah, exactly. That's for every type of gram because, you know, cramps are really a painful warning sign that something's wrong.

Like headaches. Cramps, like I actually think of I've only said this a couple of times, but I think of headaches as a brain cramp, certain type of headache, at least, you know, it's like it's the mind is in part like a muscle, right, on some level.

So anyway, that's a different, different thought. It's, it's, yeah, it's just really, really essential to, to keep all of this in the forefront of your mind.

You can literally, you know, I gave a talk at my ballet this summer in Estonia. And one thing I said, the beginning of talk was the promise, the promise I can make to all of you here listening is that it's worth your time, because everything we're going to talk about today will be not only useful, but something that you you really should know and use for every day for the rest of your life.

Like this is this is not going away. It's not changing. There's no new device that's going to come out that's going to go like, oh, this is no longer important.

It's like it will. It's only getting more important. Since I've started the company, it's become more important because of the world becoming more toxic, because of all sorts of issues.

I mean, I'm not giving to touch on vaccines, but the world becoming more toxic food supply becoming more and more depleted, all these issues, right? So, yeah, I love what you're doing.

And I think the Silent Killer Summit is just so essential for people to understand. This is a great blueprint that you're giving people. Yeah. I mean, the solutions are here.

So listen to the talks. Find the the talks that resonate with you, connect with the people here. Barton This has been a wonderful discussion. I would love I mean, you almost just dropped a mic drop there.

I mean, we could stop right there. But I want to give you one more moment to just any other pearls of wisdom that you'd like our audience to hear from you on their health journey.

These are health seekers here. These are some smart people listening. These are people seeking answers. So clearly, there's a lot of answers in your in your heart tissue, mineral analysis, testing, in your supplements in terms of their quest to prevent depletion of minerals.

What are some tips and some pearls you could give people? Yeah, well, I would say a couple of things come to mind. What's this focus and and or ADHD ed related.

I really believe that you can solve that with everything we talked about today and also maybe meditation going for a walk in the morning, not looking at your phone right before you go to sleep like good sleep hygiene, just Google good sleep hygiene.

Listen to some other talk that I'm sure you've done in a summit on that as well. Take upgrading these in literally every night is is also part of that you know hence the trial that we just talked about that was, you know, expensive but very, very important to to do so that we can we can send you and go like, hey, convincingly, we have like we know this can help you.

So that that's one thing. Like, you know, the the Vyvanse is and Adderall. So the world are not doing anyone any

favors, even if you feel emotionally addicted or emotionally dependent on it.

And so that can really replace it. You start to sleep better and you get off of that and you just like take a trip to the woods for a weekend and get away from light pollution.

You'd be surprised by how quickly some of these things start to resolve themselves. It's it's amazing. It's it's a joy that it's solvable. And the good news is, is that we just have to do a lot of what we talked about today, and we really start to feel a lot closer to optimal, which means we we start to, like, find what we're meant to work on in our lives.

We follow that path. We follow through on things better. So so I realized early on that energy and all we achieve in life in the house, you know, it's very obviously linked to how much satisfaction we have in life.

There's a pretty clear connection for most people in getting the clarity on what we're meant to do. This is big picture stuff and then following through on it and you need energy levels that are pretty high to do that.

Know, like all the great achievers, like yeah, when you look at history, something that had in common the pretty much all had relentless amounts of energy.

Practical mineral recommendations and closing advice

So this is this is this is key if you want to, you know, leave your dent in the universe, so to speak, and I think the other thing is that just a total other thing that we didn't have a chance to talk on that's really important is sex hormones for men and women and why they're falling and what to do about it.

We have a second clinical trial coming out probably January on our Upgraded T and people. I mean, I've been taking this product for several years now.

We've been selling on the site for several years as well. And what we've seen so far in just self-reported blood tests is that we're seeing about 30% improvement in testosterone.

And this is key for men and women. So for women and men. Right. And the interesting thing you see is that women, a healthy woman, has about 30 times more testosterone than estrogen.

So, you know, ask yourself then, you know, if you're surprised by that fact, is it important to boost well, test and boost your testosterone levels? I would argue yes, certainly for that reason.

If nothing else, what that helps you with those energy like we were just talking about and, you know, achieving things, following through, but also being the size that people think it's testosterone.

It's like being upset or angry or like building too much muscle. What's like, believe me. Aggressiveness, testosterone. Aggressive. It's like, well, no, definitely not.

It's like just just like the probably having the life you would hope to have means that you have adequate testosterone levels. I'm decisive. I love that. Decisive. Yeah.

So good. Like, I can walk into a furniture store and I can say, I'll take that, that, that. No, I said I am done shop. Let's get out of here. Totally.

Yeah, that I mean that's that's a great example. Instead of like just this wavering and and then the whole life is that way. That's a fun example because, you know, ultimately it's not a life or death.

What would you hopefully what what course you choose but wow is it important for every other you know like now when you get the couch back home and you're living the rest of your life and you're there and you're, you know, day to day, wow.

Decisiveness really becomes this life, you know, very, very thing. Very great. The tool that goes. With being laser focused, being distracted and laser focused and productive and strong.

Metabolism. Yeah. Always things. Yeah, so good. So good. This talk is so good. We could go on and on. Barton So thank you so much again. Our audience can go to upgradedformulas.com You can also click the Upgraded Formulas link that's on every page on this summit.

And the coupon code is SILENTKILLERS after the summit, all one word, SILENTKILLERS to give you a 15% generous discount on supplements, hair, tissue, mineral analysis, testing.

Thank you so much for giving us that. Because we can you know and yeah, I mean, I just wanted this this company to be able to impact a lot of people. So I'm grateful for, you know, our conversation for having me on and everything else we're doing together.

So I know the summit is going to be truly just incredibly valuable for people. So yeah, thank you for the great work you're doing. Thank you so much. Until next time, everyone take good care.

Bye now.