The Mineral Gap Behind Modern Fatigue Transcript

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Podcast Intro and Guest Introduction

It's a whole set of minerals that's required to do this entire process, right? So if you don't have enough minerals, what happens is the 1200 watts of electricity that your body can generate when it's fully mineralized is not possible.

You're maybe only generating 800 if you're pretty healthy. If you're not, you may be only generating five or 600. watts of electricity. And so your body says, well, I can't do everything.

I can keep the lights on. It's like a city in the summer when they're trying to run all the, you know, machines and they don't have enough energy. So they have a brown out, but they keep the hospitals running.

You know, they keep the fire stations running. They keep the most important things running, or they turn things on. We'll give you so many hours at this, you know?

And that's what happens in your body. It has to pick and choose. Welcome to the TBD Fit podcast on Dr. Talks. I'm your host, Daniel Keeley, and I will be guiding you through this wellness journey in terms of optimizing health and longevity, where we unpack the science, the do's, the don'ts.

and everything in between. Come join us. Look forward to seeing you inside. Welcome back to another episode of the TBD fit podcast, where we dive deep into the science of functional medicine performance and the pursuit of optimal health.

I'm your host, Daniel Kiela. I'm a functional medicine practitioner. My goal is simple. I want to find who's doing best in their category and bring that conversation to light.

And today we are joined with none other than Caroline Allen, needless to say is she is the founder or I believe co-founder of The Minerals. And that is a product that we have been using as of late as a staple in almost nearly all of our patient care programs.

Caroline Allenu2019s Health Journey and Mineral Discovery

It's a product that I use both myself with my family, with my children, super safe, super effective. I genuinely feel better. from using the ingredients that you have formulated.

I wanted to get you on the show to be able to underscore what you have been able to bring to market so that we can share in the benefit of what you have produced so I'll let you introduce yourself better than ever I can but how I love starting each episode is kind of allowing the guests to bring light into how they evolved into what they're doing today often pain drives purpose and so I'm curious kind of your backstory and how you came to found bee minerals.

Yeah. So I am a health survivor. So I grew up with autoimmune, had lots of health issues with gluten intolerance growing up, also had a bad mold exposure event, which created mycotoxin issues in my body.

But about 10 years ago, I was in a tech career, so very intense software development career. And I burned out of that. I had flat-lined adrenals for over a year.

I had really bad inflammation in my gut even after having been gluten-free for seven or eight years. I had bad inflammation in my mouth, a periodontal disease, bone loss in my teeth, major recession in my gums.

I had recurring sinus infections every eight weeks, I mean really more than a few times a year. I had brain fog like you wouldn't believe and I didn't sleep at night.

So I've been an insomniac all my life struggling to get to sleep and to sleep through the night. So at that time I woke up three to five times every night.

So you can imagine what kind of shape I was in. And at that time I met my business partner, Dan Howard, and he introduced me to these plant-based mineral substances called humic and fulvic.

They were a liquid substance and they tasted like water. They were really easy to take. And after all of the different you know, kinds of things that I had tried, all the protocols and tinctures and you name it that I had tried.

It was really nice to have something that tasted like water. So it was easy and I took it every day. Two months in, I went to my dentist. She looked in my mouth.

I'd had my teeth cleaned without the regular pain or bleeding. She was like, oh my gosh, what's changed? The tissues are pink and healthy. there's no gingivitis in here, what's going on?" And I thought for a minute, I thought, you know, I said, well, maybe it's these minerals.

So she said, great, just keep taking them. So four months in, I went to my naturopath to have my adrenal test results looked at, and they were one third of the way up the chart, which We had tried so many things at my last appointment, my naturopath had given me a prescription for hydrocortisone, which I didn't want to take, but these minerals had made the difference.

So over the space of eight or nine months, all of the symptoms that I mentioned to you, every single one of them just cleared. If it had been maybe one or two things, I probably would have just kind of gone, oh, whatever, you know, but because it was so many things, I got really, really curious and I started researching and my friend Dan gave me a few things to start reading and I went down the rabbit hole, Daniel, and I've given myself a PhD in things like cellular biology and molecular biology and minerals depletion in the body and how it happens and its effects in the body and how minerals work in the body why we need them and what minerals we need and why ultimately, you know, the whole thing about the supplementation model, this concept of recommended daily allowances, I've studied all about that and I've studied about supplementation versus what I call replenishment, which is actually how do you get minerals into your body effectively.

And in the process, I had so many aha moments and I just kept thinking, I've spent so much money on my health, I've gone to every kind of specialist and you know, you name it, I've tried it and no one ever mentioned minerals.

Why Modern Life Causes Mineral Depletion

And I thought, wait a minute, these are like the foundation, they're the foundation for everything in the body and no one's talking about them. So I became galvanized to learn how to talk about this very complex subject in ways that people could understand.

Again, pain drives purpose. It's interesting because you mentioned the oral microbiome or the kind of oral health, which to me is very overlooked, very disconnected.

My focus practicing microbial medicine for the last 10 years, we understand the impact now of the oral microbiome on Alzheimer's patients or in Parkinson's or with cardiac risk factors and stroke.

We realized there's translocation of this bacteria that is now seeding the gut, seeding other organs of the body, each having its own kind of biome. And that is already indication there's damage.

And what you did very elegantly was just end of one, you solved that problem, right? You saw us kind of what's the erosion that was effectively happening and you needed to replete.

And the foundation is what's key. And that is the most probably overlooked component in medicine. We're trying to get, you know, a pill for every ill or specific symptoms.

Well, what about just simple minerals? The problem is our soil is not that of our ancestors, so it's replete. That's why food, especially vegetables, tastes like cardboard in America.

I go over to my ancestors in Europe and I bite into a piece of fruit or vegetable and it's like, oh my God, I just had an orgasm in my mouth, but different kind of reaction.

But let's start with the basics. So let's start with minerals. So in terms of your products, which I want to highlight, literally, it's funny that I had you on the podcast today because at the three of my patients right before you, just before the podcast episode, three patients came in, all three of them left with the fulvic and the humic, electrolyze and the microboost.

And so I want to kind of highlight that, but talk to us maybe what's going on in our modern biology that all of us are at risk, that all of us are kind of share that same story that you have, myself included.

So definitely maybe allude to kind of what's going on here. Yeah. Well, you know, one of the things that people hear all the time, you know, our foods are less nutrient dense and, you know, the soils aren't good anymore.

But I think it's really helpful to help people understand why that is, because it's also instructive about how minerals work. If you're in your car or you're talking to listeners, if you're in a room somewhere, wherever you are, just look around.

Every piece of structure that you look at is made of minerals. All of the structure in the entire universe including all the structure in your body is minerals.

Okay, so that's how foundational they are. There's not a single thing in the universe that at its foundational level is not minerals. Okay, so that's the first thing.

The second thing is that when a plant grows in the soil, the way that it creates all of that structure is by pulling the minerals from the soil. It both uses the minerals for energy generation and also as a substrate of its structure.

So that's the same if it's a small pea shoot or a huge California redwood tree. It's all minerals, okay? So what happens in nature is things grow and then they die and they decompose and they deliver all of their mineral content back into the soil.

And this is what I call the sustainable loop that nature relies on. When you grow plants in soil and you cultivate, so you harvest those, you take them away, you cook them, you work with them, you whatever process them, and then you eat them and you never get the waste back to where the soil was, You break that sustainable loop.

Okay. And there's a very specific component of that sustainable loop, which is that when those freshwater plants die and decompose, what is created is humic and fulvic.

And that's what's in our products. Humic and fulvic represent the Earth's way of storing energy for use by future cellular systems. So the beautiful thing is you have this opportunity with our products, with other humic and fulvic products, to reconnect yourself to that natural, sustainable loop.

So that's kind of this foundational new perspective. about why we are mineral depleted. The other thing, of course, is that we're also drinking filtered water, and so water with no minerals in it.

In Europe, again, you go to the store, they only offer spring water. You can't get distilled water there. You can't get reverse osmosis filtered water.

It's spring water. So here we drink a lot of that and that water just goes straight through you. And in fact, as it goes straight through you, it flushes minerals out of your system, leaving your system in deep depletion.

In fact, they consider mineral depletion such a widespread issue in humanity that the World Health Organization

coined a term for it and it's called the hidden hunger.

So the hidden hunger is that feeling that there's just something missing and it has you going to the fridge at night, you know, right at, you know, maybe half an hour, 40 minutes after you've finished dinner and you're like, I just need something.

Yeah, in terms of minerals, I mean, our body runs on enzymes and that's mineral dependent.

How Humic and Fulvic Minerals Work

I mean, we need minerals for DNA repair, for immune function, for digestion, all that's kind of pushed through enzymatic reactions, which then drives energy and ATP and supports every multicellular function of the body.

And when someone is minerally deficient, well, what do you think is going to happen, right? The health of the organism starts at the cell and the cells now are very very minerally depleted.

There was a gal who came in this morning, she left with bean minerals and I'm not trying to plug, it's just a reality because I like doing what works and I love that there's no kind of taste profile, there's no sweeteners, there's no other synthetic, no chemicals, etc.

We'll talk about the packaging later on but in terms of we do a BIA at everyone and she looks at, man, why am I so dehydrated? She's like, I'm drinking almost a gallon of per day.

And I go, it's not a product of how much you're drinking. It's that your cells are dehydrated. Water can't come in. Waste cannot exit. And so the goal is we need to remineralize you.

Right? Starting off with maybe like a pinch of salt and water, good quality salt, devoid of toxins or heavy metals. But something as simple like that, people think they just have to drink more water and that equals more hydration.

No, no, no. It's what you can absorb. Cause often enough people drink more water, there's just a hose and just urinating out and nothing, toxins cannot exit the cell as nutrients enter.

And because now we're more toxic, the cells are more rigid, less permeable. And then you see all of a sudden disease began to manifest as we begin to age.

So cellular hydration is critical. How do we determine that the health of the cell? Obviously with remineralizing. That's why I love kind of what you brought into existence.

And from my understanding of fulvic and humic, it comes from decomposed freshwater plants, if I'm not mistaken, and it carries with it 70 minerals or so that attracts amino acids and other nutritional elements in the blood.

And so that's kind of when you had explained that to me, that's when I was like, okay, this is probably something that we all need on a cellular level.

Yeah. And then, you know, so if you think about your body is completely made of cells, everything in your body is made of cells and all of those cells require minerals to function.

So in your cells at a mitochondrial like energy generation level work just the way a cell in a tree works. So I say, you know, we've been kind of taught to think of our body more mechanically, but you'd never buy a car if you didn't know how to put gas in it or Check the oil.

But a lot of us are walking around like that. We actually don't know how to fuel our body. We don't actually know how to hydrate our body, so we're irrigating.

The water comes in, the water goes out. The water comes in, the more you drink, the more you urinate, right?

Because we don't actually know what hydration is and how it works in the body.

In science, scientists tend to look, they go in their labs and they try to figure everything out. And that's beautiful. I love science. What sometimes happens is they forget to go look at how nature does it.

So this is the amazing thing is that humic and fulvic, they represent a technology for getting minerals into cells. and getting bio-waste and toxins out of cells and out of an entire cellular system.

So they not only provide all of the minerals that your body needs in the natural ratios that you need them in. And this is one of the kind of misunderstandings about minerals is that minerals, it's not just about how much.

how the quantity like relative to a minimum daily allowance or a recommended daily allowance amount that you see on a supplemental facts panel or a nutritional facts panel, it's about the ratios between them in your body.

So when you start putting single minerals into your ecosystem, your cellular ecosystem, what happens is you're often throwing your body into imbalance.

you're creating a lack of homeostasis and now your body has to work to regain balance by eliminating a lot of the excess or pulling other minerals from places in your body to balance the large amount of one mineral you've put in your body.

So, it's a completely different way of looking at hydration and looking at replenishment. But it requires understanding some of the basics about how your body works.

The first thing is like, well, why do I need all these minerals? And people always ask me, well, what minerals do I need and what should I go buy and what should I take?

And here's the trick is that nature solved the problem. All you need to do is use humic and fulvic. They will get all the minerals into your system and they will also deliver them directly into the cells because that's where minerals work mostly is inside your cells.

Yeah. So again, to reiterate, I mean, as I understand it, so the fulvic molecule goes straight into the cell and does, for my understanding, what no other molecule can do, which is changes its polarity and drops off everything that it carries, which approximately is about 60 times its weight.

And when it's inside a cell, it picks up just like you expressed, bio-waste, toxins, heavy metals, viral debris, nanoplastics, glyphosate, et cetera. And it carries this out of the cell.

And when the cell channel opens and it deposits into the bloodstream, it's able to be eliminated. So fulvic is designed in the same ratio that the body requires, which is I think what you just had mentioned.

And it's not about what you, most people think more equals better. No, it's about this balance and nature has it perfect. I always say if man made it, stay away.

If nature made it, it's okay. And that's what you're doing. You're extracting natural elements in terms of kind of derived from nature. And then where humic comes in, and this is how I explain it to our patients, like fulvic gets intracellular.

It kind of exports the waste out. Humic is a larger molecule and it hangs out in the bloodstream and it's able to kind of bind. allowing for excretion of what's kind of been pushed out and so that's been my one-two punch in order for our patients to see notable improvement again in energy and detox and in overall just quality of life and well-being and so I always said once upon a time because my focus has been GI for the last 10 years and the microbiome and interplay of the microbiome in each biological system.

It's not about what you eat anymore. It's about what you digest, absorb, assimilate, and then eliminate. So that's

what your product does very elegantly in some respects because it's constantly cleaning things out at the cellular level.

Correct me if I'm wrong. No, I love hearing you talk. And what I really enjoy is that you've really got it. And the thing about it, Daniels, there's very few people who actually understand, even really experienced practitioners who understand what you just described.

So it's very, very exciting to me. And it says I've done my work well because people like you who have the potential of helping so many people really get it.

There's one more piece I'm going to give you, which is really exciting, which is the one other thing that Humic does. So you talked about the challenge with cell linings and with all of the toxins and all of the different things.

Seed oils, all these things that are affecting the health of people's cell linings, which mean that they're not as permeable or as healthy and effective.

The one thing that humic does is when it hits, it's a big molecule. The way I like to describe it so people can imagine it is if you make a fist with your hand and that's a humic molecule and you think of the head of a pin, the cell is a head of a pin, maybe a little bit bigger.

Okay. And so the humic molecule is quite large relative to a cell, but when a cell touches the humic molecule, the humic interacts with the proteins in the cell wall, causing the cell to open a channel.

So what it does is it increases cell wall permeability. So like if you're in a room and you have one door and one window, so much can go in and out. But if you have four doors and four windows in that room, more things can go in and out more efficiently.

And that's what you're doing throughout the body is increasing cell wall permeability.

Dosing, Sensitivity, and Athlete Protocols

So now you have more, you have an enhanced nutrient uptake, also enhanced by the way fulvic carries so much into the cell and also so much bio waste out of the cell, but you have more channels for that to happen.

So everything works. better. Everything works better. I love to talk about this one thing because I think it's helpful for people to grasp this. Minerals in your cell, I like to use the analogy of a campfire.

If you're going to build a campfire, you're going to need wood and you're going to need some paper and you're going to need a match. The match is like the mitochondria.

It's the thing that enables your body to turn that wood and paper into energy. It ignites it. Okay. But the wood and paper are like minerals and amino acids.

They are the fuel for most energy generation in your body. So if you don't have, I mean, your body makes a lot of amino acids, it makes no minerals. So if you don't have enough minerals and it's not just one mineral or two minerals, it's a whole set of minerals that's required to do this entire process.

right? So if you don't have enough minerals, what happens is the 1200 watts of electricity that your body can generate when it's fully mineralized is not possible.

You're maybe only generating 800 if you're pretty healthy. If you're not, you may be only generating 500 or 600 watts of electricity. And so your body says, well, I can't do everything.

I can keep the lights on though. It's like a city in the summer when they're trying to run all the, you know, machines and they don't have enough energy.

So they have a brownout. But they keep the hospitals running, they keep the fire stations running, they keep the most important things running, or they turn things on, we'll give you so many hours at this.

And that's what happens in your body. It has to pick and choose. So imagine what's possible. When you start providing more fuel to this fundamental system and your system is able consistently to generate enough electricity to just do things like neurotransmitter washes and all of the cognitive things that happen in your brain in a single cell in your brain, a neuron, you could have upwards of 2 million mitochondria.

So no wonder you get brain fog. because there's just not enough fuel to power them all. So it's really exciting to imagine that you could affect so many systems in your body by simply building bigger campfires.

You said we're a battery, so you said electrically charged and we definitely have to fill the tank every day, every week, every month, every year. It's a constant process or we need that.

And then while I'm a producer proponent of living within the seasons and the cycles and feasts and famine and all that at the fundamental level though, we evolved with the sun and the moon and structured water and clean water and minerals in our water which are now devoid and so this is kind of in some respects taking that place.

But what I love when you underscore it is again the cell membrane health which is now coming to fruition and now we're understanding a lot more because as a foundational product in most of my patient care plans was something like a phospholipid.

phosphatidylcholine, something that was speaking to the integrity of the cell membrane such that we can begin to eliminate those toxins that are lodged inside the cell.

So I love that you'd mentioned, Humic does that very, very well, which only reinforces my belief in your product, but it's not even a belief, it's science, it's evidence-based.

And so that's why I always aim to stay where science and medicine is evolving to, so we can optimize outcomes for our patients. So maybe let's get into the administration of your product, like how to take it, what to take it.

Is there adjudications? Is there too much? Should I not be drinking the whole bottle every day? What is suggested? Yeah, so first of all, so we have two products.

One is called Electrolyze and that is the fulvic product, comes in a green bottle. And then we have another product called Microboost and it is the humic product.

And just so people aren't confused when they look at the label, there is some fulvic also in our humic product and that's because They interact together and it allows the humic in that product to stay ionized, which means completely bound to the water molecules.

You'll never have to shake the bottle. You won't have precipitation because it's completely ionized and ready for absorption in your body. Now, the reason we've separated them is for a really good reason.

The first is because humic, because it is a detoxification agent, can cause detox symptoms in some people. I'm one of those, okay, so I have a very, very sensitive system.

I had autoimmune, I've had mold exposure, I had long COVID, and all of these things together created a system that will have a detox symptom very easily.

If I take a shot, like a whole shot of our microboost, I'll wake up tomorrow with some pimples on my face. That's what happens to me. If I did it for four or five days, I'll get hives.

So that's just the nature. I have really challenging detox pathways in my body for my genetics. So the beautiful thing about it being liquid is it allows you to do what I call a slow introduction method.

So the slow introduction method, and you can access this with the QR code on the back of the bottle, it's just you would start very slowly with a quarter teaspoon in a glass of water, drunk, and you drink it over 15 minutes.

And then, so you're going to slowly, and you're going to do that for three days, you would slowly introduce it. I, at this point, I just, every morning I put my humic into my glass of water.

I drink it. No problem. Okay. I've worked over time to get my body aware and able to utilize it without creating those potential of detox symptoms. And as you know, detox symptoms show up in lots of different ways for different people.

So now the fulvic product, the Electrolyze. The beautiful thing about it is that you can take that without worrying about any kind of detox. There's literally had one person in all the years that we've been running our company that has had some adverse effect from electrolyte.

So the beautiful thing about that is if you're somebody who struggles with energy, with hydration, with feeling depleted, with brain fog, you can just start taking electrolyze without any concern, if you are a sensitive person, without any concern for any kind of detox and just up-level the entire energy system in your body.

And that's what I always recommend is you start with electrolyze for somebody who's very sensitive, you allow them to increase their energy overall, the energy production in their body for about two weeks, and then you start them with the humic product with a very small amount using what we call our slow introduction method.

And then what happens is people just start feeling better. And you know, for practitioners who now have patients coming to them with not one or two chronic symptoms, but five or six that are really impacting their health, sometimes for the practitioner, it's like, where should I start?

And what I'm telling you is the first place you should start is with electrolyze. You get their energy system, start enhancing energy generation in their body, and now every protocol that you work on with them is going to be more effective.

And I think, you know, for a practitioner, one of the most challenging things is if your patient comes with you and then they leave with six or eight bottles of pills, actually getting them to consistently do that is very hard.

But you give them, tell them to take one half or one ounce of a liquid every day that tastes like water. They're like, no problem. And they continue. And then you get that momentum.

They begin to feel that momentum in their health. In terms of kids or youth, and again, is there an upper limit? Can more equal better dosing? BID, like taking it, you know, throughout the day.

If someone's really immunally depleted is more, I understand there's a detoxification effects with starting slow, but any sort of contraindications in any of that realm.

Yeah. Well, one of the beautiful things about the fulvic and humic is because they're bringing the minerals into your system in those balanced ratios that you need, You don't get those toxic effects that you could like if you took a whole bunch of magnesium, you're going to get diarrhea because your body's like, I've got too much.

I got to get rid of this. Okay. So you're not going to get those toxicity kinds of effects from taking that you can get from or imbalance effects that you can get from taking single minerals or multiple minerals.

The cool thing is you've got two tools here. So if you're an athlete, I would give you, especially a performance athlete, we would give you a totally different protocol, okay?

Because for athletes, we actually have them take our capsules, which are, they're humic in a capsule and they provide this kind of time release, slow metabolizing foundation, and then they use the electrolytes to load prior to an event and throughout the event to keep their electrolytes high, and they use the microboost at night as their

replenishment tool and for recovery while they're sleeping.

And it works incredibly well, creates this baseline. So all of their compatriots in their events are struggling with cramping, with depletion, their guts are hurting because they're using the salt-based electrolytes.

And these guys are like, everybody's looking at like, what are you doing? Like, how are you, what? You know, because, and they never go back. I just got a great letter from a runner who just said it's changed his life.

So that's for a performance athlete. But then you think about a child, you know, now again, from the back of the bottle with the QR code, these are great for any child.

Topical Use, Packaging, and Final Takeaways

Once they're no longer breastfeeding, you can start them using the minerals and there's a weight chart. So you can just adjust the amount. And it's a very small amount.

I mean, even for an adult. you know, half an ounce of our Electrolyze and Microboost is enough unless you're, you know, workout, you know, then if you're going to be doing intense workouts, you would fill your water bottle, put a splash of Electrolyze in it as an additional support for the work.

If you're doing red light sauna, you can use Microboost as a great tool for clearing out the detox event that occurs when you do red light. Because in general for adults, I'm just suggesting, you know, one cap of each in the morning.

And that's great. That's great. Again, and the only thing is that if they are a sensitive person, you might just want them to start slow on the micro boost.

That's the dark colored one or ask them to tell you if they're starting to feel anything. And then you would have them go back to the slow intro method.

What about for the athletes that are younger that are not taking capsules yet? We have a lot of those, sports performance, young athletes, more reluctance day capsules.

I know you said the micro boost capsules and then the electrolytes into the evening. Would you dose it then almost the same where it's the micro boost in the morning, just in liquid and then electrolytes in the evening?

No, I would actually do it the opposite. So think about it this way, because the electrolyze is about nutrient uptake into the cells. It enhances all nutrient uptake into the cells.

So during the day, you're gonna be eating. So you're gonna take your electrolyze in the morning. Now throughout the day, you're getting more impact from whatever nutrition you're putting in your mouth.

Before you go to bed at night, you're gonna take your microboost, which is gonna support recovery from all of whatever workouts, whatever training you've been doing.

and include, it will also support all of the detox events that happen when you sleep, including respiration of the brain, etc. And is there any point where more equals better?

I definitely, here's what I say to all the athletes and trainers that we work with, you've got two tools here. If you're doing intensive training, you can take more.

Use it the way, like if you think, oh man, I'm feeling that, I call it the squeezy feeling, you know, the squeezy feeling your temples are squeezed because your body's going, I don't know if I have enough energy to support the level of activity that you're doing, you can just Take a shot of electrolyze.

You're going to feel the difference in like a minute or two. Yeah. I always tell my patients, I genuinely feel better. Like I feel a boost of energy. I know we're approaching on time.

I want to be mindful of your time. Last few questions here. So this is the one I travel with. Is that InstaLites? Yeah, because there's another option for me.

So this is what I use on the go, right? This is kind of that formulation. InstaLites is the go-to for all athletes. You always want to have it with you.

We use it for people on bike races when they literally spray their legs because there's lots of cramping that happens when you're riding bikes. And when you ride and spray your legs, you will not get the cramping because you're providing the minerals directly to the muscles that need it most.

And the amazing thing about that fulvic molecule, it's so tiny that it absorbs straight through your skin. It leaves no residue on your skin, zero residue, right through the skin, delivering the full spectrum of minerals that your muscles need.

right to where you need them most. So we say, take it to the gym and spray it on your weak side. Let's say you're doing arms or biceps or whatever. Spray it on your weak side and leave your other side.

And your weak side will match now. You'll find more performance ability on the side that is usually your weak side. And that gives people like, oh, interesting.

Or if you've done a huge workout, you know you're going to have some muscle soreness afterwards. spray your whole, wherever you've been working, you think you're going to have the muscle soreness and it will immediately start doing that cellular detox process for you and support the regeneration.

I love now the idea of topical administration. In terms of oral, how many sprays should one consider? Well, you know, I often, because I had gingivitis and all the problems in my mouth before, what I started doing is before I went to bed, I would just spray like a whole bunch in my mouth and just let it sit there as I slept.

So it's incredible for gum health, lots of bio, whatever you call them, kind of dentists that do functional dentistry use the minerals in their practices.

Yeah, and Fulmic actually is pretty cool because it breaks biofilms and a lot of problems in the in the mouth microbiome have to do with biofilm production.

Caroline, how do we get this in everyone's showerhead? Well, you know, I am very lucky because since we make the products, I actually do take baths and I pour.

So after they do a run in there, they still have some left in the machine. I have them clear out the machine and put it in a five gallon bucket. And then I pour it in my bath.

It's actually really, really incredible thing to do. Last couple of questions because I need to ask this because everyone knows I'm going to go plastic-free since 2003. I'm diamond-imposed to plastic.

It's a huge problem. It's a huge endocrine-disrupting chemical. I see it in all my patients now. It bioaccumulates and it's very difficult sometimes to detox.

I want to be mindful because the packaging, why not glass? Yeah. Well, first of all, there are two things that we've tried to do. We've tried to minimize the cost of our product and making our products, which are already very heavy.

I mean, your small little insulites is not very heavy, but the big bottles, they're 32 ounces. They already weigh two pounds. And when you add on the glass and then what happens when you have a glass bottle, now what do you do?

You have to wrap it in a really big, thick bubble wrap. You see, so you're not actually doing, we've done a lot of work on that. We're actually working with a company in England that is creating a bottle that has, it does have a very tiny bit of plastic around the very top where the lid goes on.

The rest of it is not plastic. So our hope is to actually, my dream is to get out of plastics altogether. The thing I want to mention about our HDPE bottles, is that we did a test where we did a certificate of analysis on our product and then we put it in the bottle and we let it sit for six months.

We did another certificate of analysis on the same bottle and there was zero difference. And what that means is that that plastic is not interacting with the material inside.

So we feel confident that our products inside our HDPE bottles are, that the plastic is not leaching into the product because, you know, the reason that Humic and Fulvic actually picks up nanoplastics is because there's heavy metals in nanoplastics.

So actually that's the real issue underneath nanoplastics is heavy metals. Okay. So the thing, you know, yes, I would love to get out of plastic. It is our dream.

And I so appreciate the concern with nanoplastics. And I want to say that the best way to get nanoplastics out of your body is with humic and fulvic. This is awesome.

Certainly I wanted to address that because that's something we are very mindful of, I in particular. Me too. In our growing environment. Any kind of last thoughts to surmise the entire conversation?

Any takeaway for our audience? I think the biggest takeaway is that when you start to recognize that your body is a natural cellular ecosystem, it's not like a car, it's more like a tree, and you start treating it that way and fueling it from the very foundation, you actually start building a beautiful, bright, glowing campfire that everyone wants to come sit around.

You're absolutely right. We were designed to thrive. Got to get out of the way, but we have to refuel with the right nutrients. So it's been a wonderful conversation.

Thank you for your time. Where can people buy it, find you, learn more? Obviously it's on our website. All our patients are on it, myself included, my family.

So I love the product, but where can people kind of learn more? Well, people can find our products at beamminerals.com and I believe, Daniel, you might have a discount code that you can offer your people and you can put that in the show notes.

I also want to let people know about a book that is being published by Hay House this spring that I've written called The Mineral Reset. And if people want to go pre-order that book and learn more and join the community as I start teaching from the book over the next several months, they can go to MineralReachThatBook.com.

So we'd love to have all your people joining us to learn more. And I so appreciate you having me on the show today, Daniel. Last question I end up every episode is if you could have one superpower, what would it be?

What would my superpower be? You know, it's funny because I said, I've always been a sensitivo all my life. And I always thought it was the worst thing.

And, you know, I was always trying to get over being a sensitivo. And as I get older, I realized that is my superpower. My superpower is that I've had to be so sensitive that I don't drink alcohol and I don't smoke and I don't do drugs and I don't do all that.

And I have to eat really carefully. And now I'm really healthy. My superpower is. is my sensitivity. You know, I love that because that's honoring who you are.

I empathize so much and with my patients, I am too very sensitive and sometimes more emotionally and I wear my heart disease and we do what we can for the people that we love and obviously trying to create impact, which you've done so beautifully with what you've created.

Obviously, pain drives purpose. That's your story here. It's kind of defined who you've grown into, especially being sensitive and don't run from that, like embrace it.

You know, that's who you are. That was incredible. So I love the conversation for everybody who's tuned in. Thank you. Please like, review and subscribe and share this with someone who you think can benefit and definitely get re-mineralized.

So until next time, stay healthy, stay wealthy, my friends. Thank you. Thank you for tuning into the TBD Fit podcast on Dr. Talks, where we unpack all things health and longevity.

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