Topical Medicine Cabinet - Part 2: Skin Health, Healing & First Aid Transcript

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Intro to Skin Health Cabinet

Ionic silver particles that are in typical silver gels are described as being able to donate about one electron each time before they're essentially spent.

They're no longer effective. So you rub it on the skin and it does its thing and then it's done. The nanostructured version in the triple action form that we have is described by the manufacturer as capable of donating thousands of electrons per particle.

Because of this structure and the charge that comes with it, This is why it is positioned to keep working for the full duration that it's on your skin rather than being used up on contact.

There's one reason a lot of people use it as a basically a natural antibacterial antimicrobial, you know, hand sanitizer type of thing. Now I'm not a big hand, sanitizer fan.

In fact, I can't stand hands sanitizer as general rule, but if I ever am going to use one, if there's a reason why I actually think I need to essentially protect myself in that way, silver gel.

every day over the alcohol rubs and sprays and all the stuff that you see, Purell and stuff, that's hanging off of people's purses and that kind of stuff.

Welcome to Vitality Radio, the podcast that helps you make sense of natural supplements and thrive without pharma drugs. I'm Jared St. Clair. All right, welcome back to Vitality Radio and the second episode of my topical medicine cabinet.

Last time we covered the products in my cabinet built for pain, inflammation, muscle recovery, soreness, stiffness, tightness, all that kind of stuff.

This time, we're shifting focus to the skin itself and skin health, the immune support at the surface, irritation, and a handful of products I reach for on a regular basis.

whenever I need support in those areas. There'll be a couple of honorable mentions at the tail end of this, but there are four products that we're gonna talk about today.

We're going to talk nano silver gel, probably the thing I reach for the most, whipped tallow, which has got to be right up there with it.

Nano Silver Gel and How It Works

Let's see, what else do we have today? The natural itch away balm. I will talk that and what that is and why it works. And lastly, we will hit the Natural Herbal Balm from Aminé Naturals.

There's not a lot of information in that title, but I'll explain what that product is for. It's a very healing balm. If you remember me talking about Comfrey Root on the last one, you're going to find that that one is front and center in the herbal balm from aminénaturals And then we'll talk about a couple of things, like you say, that I don't personally use or haven't used because I didn't have this issue or that issue, or whatever, but that are absolute go-tos for people in the Vitality nutrition community and the vitality radio listeners community, and that kind of thing.

So we will get into those at the tail end of this show as well. Alright, so the first product I want to talk about is the Nano Silver Gel from Vitality Nutrition.

This is Triple Action Nano Colloidal Silver Skin Gel. That's the full title. And I'll say up front that this is a very simple product, but it's very incredible how it works.

And I would say a little complex how works, although the ingredients are very simple. Here's what makes this technology in this gel different from any other, or I should say it's from most other silvers on the market, because we don't actually make our own nano silver.

It's made by a gentleman, he's been on this show before, Keith Muller, here in Utah, who has his own brand of silver, there's a couple of, I think there is one other brand silver out there that uses this techonology, but it is pretty rare.

Most ionic silver gel, known as colloidal silver gel, but it's really an ionic silver jail is not the same as this. And let me tell you why ours is different, why it is unique and then how I use it.

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Because of this structure and the charge that comes with it, this is why it is positioned to keep working for the full duration that it's on your skin rather than being used up on contact.

There's one reason a lot of people use it as basically a natural antibacterial antimicrobial, you know, hand sanitizer type of thing. Now I'm not a big hand, sanitizer fan.

In fact, I can't stand hand sanitizer as a general rule, but if I ever am going to use one, if there's a reason why I actually think I need to essentially protect myself in that way, silver gel.

every day over the alcohol rubs and sprays and all the stuff that you see, PRL and stuff, that's hanging off of people's purses and that kind of stuff.

Let's talk about the actual published research on silver nanoparticles and how they interact with bacteria at the cellular level. It's worth understanding this because it explains how this technology actually works.

And I think it'll give you a little bit of insight because people are often a bit confused on, you know, what does silver actually do and does it work?

In very recent studies, 2024 and 2025, It was described as an electrostatic attraction between the nanoparticles and the negatively charged bacterial cell wall, which allows the silver to attach to and disrupt that membrane, basically breaking that up.

Separately, silver ions are understood to interfere with bacterial respiratory enzymes and generate reactive oxygen species inside the cell, Which is part of the broader mechanism researchers point to when explaining silver's antimicrobial activity in laboratory and animal studies.

Animal studies specifically looking at contaminated open wounds have found that topical silver nanoparticle application increases the rate of wound healing compared to a saline control.

Now, I wanna be clear about how this product itself is positioned because of the legalities around silver and things like this. It's basically described as soothing the skin and supporting the skins own natural healing processes activating skin immune function and helping maintain a healthy skin microbiome.

Now, none of the statements around silver are evaluated by the FDA. Product, of course, is not intended to

diagnose, treat, or cure or prevent any disease.

There's your disclaimer there. Let me tell you the use cases because my wife, Jen, and I keep finding more. We love this stuff. Our favorite thing is as a natural deodorant.

It's not a deoderant stick. it's The other things they're putting these natural deodorants that are kinda cakey and flaky and all that kind of stuff. Now there's anything wrong with those those can be very effective a lot of people like to use those but i don't use them i just use silver now and my go to is a combination of and we're gonna get a little intimate getting the shower here with me for a moment but basically.

I wash my armpits with water, no soap, just water. Always just Ripe, we'll say, you know, I was at Lagoon yesterday, the amusement park here in Utah with my grandkids, definitely sweating.

Then, yeah, silver goes with us. It's almost always in my wife's handbag. If it's not in her hand bag, it is in the car. it always travels with this in our suitcase everywhere we go.

And what's so cool about it, is that it 3.4 ounces, so it can travel with you. So we take it everywhere. We go, We have a bottle in a bathroom. we have the bottle of the bedroom.

Like I say we had one in car or in handbags or our suitcases. It travels with us where we go. And if you start getting a little body odor going on, you just rub it on and it knocks it out.

It is really amazing because it wipes out the bacteria that causes the odor and at last for an extended period of time as well. Also fantastic. If you've got kids like I did who take their shoes off at the end of the day and Woo, incredible in that way too.

Super gentle on the skin and it goes into the and its gone. You do not notice that it doesn't leave any tackiness or stickiness, or anything like that.

Also fantastic for acne and any kind of skin blemish, any skin irritation. Anywhere you would use Neosporin, it's fantastic. And so much healthier. It does not harm the microbiome like Neosporin does.

It does not create significant allergic reactions and things like that, like Neosporin can, especially over time. And it is my absolute go-to for sunburn.

We have it in with our sunscreen. If we're going to the beach or to water park or the swimming pool or whatever, it's there with the sunscreen, we use of course the natural mineral sunscreen but if we do get a little red, then we are putting the silver on.

It takes the heat out of a burn. it is fantastic for that as well.

Whipped Tallow and Skin Moisturizers

And generally speaking, if you use it right away, it has such healing properties and supports the immune system and the microbiome at the skin level. That is a general rule.

You don't get the flakiness or peeling even if get sunburn. We are the biggest fans of this stuff in the world. It is absolutely fantastic. I use it also as my aftershave when I shave this bald head of mine.

And it tends to help with some of the nicks and cuts and things like that that I tend to get when i do that. Myriad uses my favorite thing of any of these episodes.

I love the vitality nano silver skin gel Alright, let's jump into number two because this one I bet a lot of people in the audience are already using I would anticipate You may also be using the silver because I rave about it all the time but whipped tallow.

Doesn't have to be whipped, it's just a lot easier to use whipped. This is beef tallows. And I mentioned at the top of the show, the silver and the tallower are probably the two things I use the most.

I used the tallow as a moisturizer, I, use it as lotion sometimes. If I put it on any dry patches of skin, oftentimes I will use that on my head after I've done my shaving.

It's either that or I'll use aloe lotion from Aloe Life. It's I kind of alternate because I love them both. I look both how they both feel. And I think they have different properties.

But I loved this stuff. Yeah, I have it in at both stores in the bathroom. If it's if I need it. This is one also that I have a jar on my nightstand. Sometimes I use it right before bed if I'm noticing some dry patches or something like that, or just as a hand lotion.

And then I'll have it in the bathroom at home as well. This always travels with us. My wife and I used it a ton aswell. Why does beef tallow work? Well, because it is a really unique fatty acid profile of oleic acid, palmitic, stearic acids, along with the fat soluble vitamins A, D, E, and K.

It is close in composition to the sebum that your own skin already produces, which is why it feels so good going on and sinking in. And that's why its often described as absorbing well rather than sitting on top of the skin like, you know, these more chemical toxic type petroleum based products are.

because it's closer to what your skin's already making. We have several different versions of Vitality that I love. There's an Atrubian brand whipped dream beef tallow that comes in a couple of scents that people really like.

It's got some jojoba and arrowroot added to it. That gives it a little bit of different thickness, and the johoba is also very, very nourishing to the skin, to hair follicles, things like that as well.

And then we also have more of a basic whipped tallowe from my friends at Roots and Leaves. We love this product here, and I haven't actually tried the two new scented ones.

They're scinted naturally, they have a cupcake and a creamsicle, but just their original whip tallow is our most popular. It's just whipped tallows, comes in a couple different sizes.

great stuff. And then if you like the idea of something that is a little bit more of a balm and has more a protective barrier than another great company that's in Utah, Trubion's is in the Utah and so is this other one, Golden Age Naturals has one that they add to beeswax.

It also has organic chemomile and organic apricot oil in it. Now it has, I think there's six or seven cents all centered with essential oils, all super clean.

If you're looking for a skin barrier, more like a Vaseline kind of thing, but you've learned not to use Vasoline because we don't want those petroleum products on our bodies.

This is a fantastic one for that. And we consistently sell that one really well for the purpose. So it really just kind depends on what you are after.

All of them give you the benefits of tallow. They're just a little different. The Golden Age, again, more of a skin barrier, and I would say a great alternative to something like a Vaseline.

If you want more just a straight tallow, the Roots and Leaves, if you like one with a little bit of stronger scent, The Etrubion is really good and has the Jojoba in there.

Using it on your scalp, I think that one makes a lot of sense. We have all of those options for you. They're all on our site at vitalitynutrition.com.

And if love tallows already, but you haven't tried these brands, these are some of my very best ones. Try tallow. It's awesome. I think you'll fall in love with it.

Now something new and something that I have not used. This is one of the only products in this whole series of these two episodes that i've never used myself.

Thankfully, because I haven't needed it, but the feedback that we've heard on this mostly from customers at Melanie's nutrition out in Tooele, Utah, where this formula was originally developed.

They've been tracking customer testimonials and things like that. But this is called the Ominate Naturals Itch Away Balm. And the Itchy Away balm is made the traditional way where they are using the 30-day oil extraction of the fat-soluble compounds in the herbs, like I talked about in my first episode.

And it also has aloe vera and beeswax and oatmeal and tea tree oil and lavender and vitamin E. I mean, it makes all kinds of sense.

Itch Away Balm for Irritated Skin

Oatmeal, of course, we know colloidal oatmeal has been used for years as a long-standing reputation for irritated, itchy skin, but tea for anything that has like any kind of a fungal type component to it.

Or if you're just not sure tea tree so soothing to the skin and also has cleansing properties, you could also consider with itching. If you are not what's going on, but you think maybe it's something that is bacterial or fungall in nature, the silver first followed by the itch away balm could make a lot of sense for you.

It also as lavender, which is very calming and soothing to the skin. And then it has the aloe vera, which of course has healing and cooling properties as well.

You apply it directly to irritated or itchy area of the and the Melanie, the one that developed this Omni line says, this is one of those ones you just want to have on hand because when the itching happens, if it does, and all of us have had that rash that comes out of nowhere, at least I think most of This is the one that you want on hand, really good one for the first aid kit, for medicine cabinet, you know, that kind of stuff.

And the feedback on this stuff has been really, Really cool. The product that may have the most traditional use, or at least the ingredients in it have, the more traditional used, is The Ominase Herbal Balm.

This one I want to point out as the clearest example of what makes Melanie's whole line, The Omni line different from typical drugstore salve. The ingredients are olive oil infused with comfrey, calendula, and chickweed, all home grown and hand picked, plus beeswax and vitamin E.

I made a strong case for comfree back in our last episode, but it's worth reconnecting here because this is exactly the situation that research was testing.

Remember it was called the knitting herb? The clinical trial I mentioned on the fresh skin abrasions found significantly faster wound closure with a concentrated comfrey extract compared to lower dose reference ointment.

And that's precisely the profile that this balm is built for, cuts, abrasion, and skin that needs support closing and recovering, not just comfort while it heals on its own.

Calendula has its own genuinely strong research also. A 2004 clinical trial out of a French cancer center compared a calendula ointment against the standard of care cream, which was pharmaceutical, used for radiation-related skin reactions in over 250 breast cancer patients and found significantly fewer cases of moderate to severe skin reaction in the group using calendulas.

That's a meaningfully large, well-designed trial for a topical botanical and is part of why calendula shows up in so

many serious herbal skin formulas, not just this one.

Chickweed rounds it out as one of the most specifically traditional herbs for rashes and itch relief in Western herbalism. Now, I mentioned Melanie's process back in the first episode, but it's worth repeating here in case you missed it or it has been a minute since you heard it.

And that is how she makes this stuff. A full 30 days, these herbs sit in the olive oil where all the fat soluble compounds are pulled into the oil in quart mason jars before they're strained.

This slow infusion is critical for getting the best stuff out of the herbs. And you can rush this process, but rushing nature doesn't work well. I love what Melanie's doing because she's going at the old fashioned way and sometimes the Old Fashioned way is absolutely The best way there's a fair traditional parallel worth drawing here between this herbal balm and dr christopher's complete tissue and bone formula which has been around for.

Maybe a hundred years now and i've used for everything from sprains and strains to scratches and abrasions and all that kind of stuff and I love it. But I like what Omene is doing, what Melanie's doing with Omane, because I know at least, and I honestly don't know how Dr.

Christopher's is making theirs now. That's how they used to make it back in the early days, but it's mass-produced now, I doubt they're doing that 30-day draw.

So I love what Melony's' doing. I loved supporting a smaller, little independent company. Nothing against Dr Christopher. Love their stuff. Use a lot of their staff and have used over the years.

Don't get me wrong. But I love what Melanie's doing with Amine. I loved that she's a little guy trying to make it in this world and I like supporting her.

But basically, this is important.

Herbal Balm, Cold Sores, and Tension Tamer

The Complete Tissue and Bone, or the Herbal Balm, Melanie's Ominé Herba Balms, which is the one that I now have in my medicine cabinet at home and at the store, that product is all about the healing aspect, whereas the Deep TISSUE SAV and the Aloe Life lotion that i talked about, the Body Heat Lotion last episode, they're more for the pain relief and discomfort.

It's kind of a thing where you can kind piggyback them, depending on what's going on. When there's a lot of pain at the point of attack with the initial injury, if it's not open, like a sprain or something like that, then I'm probably going to use the body heat or I'll use a deep tissue salve because we're going after pain and they're still going have some healing properties.

But once the pain is subsided a bit and we're looking at healing, then that's when we are jumping over into the herbal salve. Or even alternating the two can make a lot of sense as well.

So that is how I am recommending these. I love these types of formulas because they have so many different benefits all wrapped into one balm. And as I said, the slow infusion process that Melanie is kind of painstakingly doing the fact that she's hand picking so many of the herbs that he's putting in her formulas.

I just love what she is doing. Just amazing products for this purpose. As soon as you start feeling that little tickle or itch or whatever it is, I've never had it, so I don't know exactly what it feels like.

You start applying this stuff, the ointment is the strongest, but the lip balm can be used as a regular lipbalm and you can use it throughout the day, however you'd like, it also has some protective benefits, has a natural SPF in there that you could use as well.

But we love these products. The lysine ointment, the lysin balm for those purposes, as well as 3000 milligrams of lysines, 3000 mg of vitamin C and 1500 mg monolaurin.

For cold sores, that combination is the best thing I've ever seen. And then the last one I want to talk about is from Melanie's Omany Natural Brand as Well.

This one is actually called Tension Tamer. This is another thing I don't deal with, thankfully, is headaches, but a lot of people in this audience, and maybe you, do.

This a fantastic product that can be used right alongside with magnesium. At the temples is where most people use it, or they'll do it at kind of the hair halo, right around the hairline to back behind the ears and down below on the neck underneath where the hairs growing there.

It's a roll-on that you can carry in your pocket and it works very, very quickly for so many people. It's all essential oils, peppermint, lemongrass, rosemary, and clove, just an absolutely fantastic product as a first sign of discomfort, headache, migraine, that type of stuff that I think you can possibly use.

Peppermin is genuinely the standout ingredient here and is backed by one of the better known pieces of research in this entire category. A study published in 1994 tested a topical pepperman oil solution applied to the forehead and temples against 1,000 milligrams of Tylenol, acetaminophen, right?

For tension-type headaches in a double-blind placebo-controlled design, the peppermint application performed comparably to acetamenophan. And you know what it didn't do?

It didn' trash your liver, which is awesome. No significant side effects reported. The working theory is that menthol, The active compound in pepperman activates cold-sensing receptors in the skin and relaxes the small muscles and blood vessels in temple area, both of which are involved in how tension headaches and then you've also got support of herbs.

Rosemary traditionally associated with supporting circulation, which is part of what is impaired typically in a tension headache. Clove contains eugenol, a compound with a long traditional reputation for cooling, soothing sensation at the site of application.

In fact, people use clove oil a lot for like toothaches and things like that. And then lemongrass is traditionally used to support a sense of calm. So roll it on your temples, forehead, also all around the back down in your neck is what I recommend.

This is a great product, awesome feedback, great results. I just have never used it myself, because thank goodness, I don't get headaches. But for people to do, absolutely swear by this stuff.

Okay, that's episode two of the topical medicine cabinet. And I could have brought you more stuff, but those are kind of biggies, most of which I use on, well, on an as needed basis or even a daily basis in the case of a silver.

and the tallow. And I just wanted you to know about them because I talk a lot about stuff that we take internally, not so much about what we do externally.

Of course, many of these can't be paired with things that you're taking earned internally too. Thank you so Our Instagram is at VitalityNutritionBattleful.

If you haven't followed me over there, I'd definitely appreciate it. I am kicking up content over. We're going to be doing a lot more short stuff, reels and stories and things like that for you as well as lives.

And you can find me at all those places. Please share the show if you like it and please keep tuning in for more. we do it twice a week. Thank you so much for listening to me.

My name is Jared St. Clair and this has been Vitalty Radio. Thanks for If this episode helped you, follow the show, share it with someone, and explore trusted education and resources at vitalitynutrition.com.

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