Why Your Body Is Screaming For Minerals—And How To Finally Listen Transcript

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Introduction to Minerals and Hashimoto's

Hello everyone. Welcome back to reversing Hashimoto's and Thyroid Disorders Summit. I am your show host, Doctor Anshul Gupta, world's thyroid expert. I help people reverse their Hashimoto's disease by functional medicine plants.

And I am really excited for today's discussion because the person I have you know, is kind of, you know, approaching a very important aspect of Hashimoto's, which is the Mendel's.

Mendel's do not get the limelight. They should be getting and improving our health, you know, especially Hashimoto's and thyroid disorders. So really excited to talk about, you know, minerals and a different approach.

You know have a how you can actually replenish your minerals. But before we delve into this discussion let me introduce our speaker today. So Carolyn Allan is a health survivor and mineral expert.

Coming from a career in the corporate world, like many, Carolyn found herself struggling physically, mentally and energetically as a result of her journey back to health and years of deep study, Carolyn has become devoted to educating people about how minerals operate in the body, why we need to supplement our minerals intake, and the benefits of natural, humic and full week acids.

Plant based mineral substances for replenishment in the body. Carolyn is a great contributor to podcasts and health focus events and programs around the world.

She's also the co-founder and CEO of B minerals. Carolyn, welcome over here. Thank you so much. Doctor Gupta. And if you don't mind, I will just like to start off the discussion with your own struggle and your own story, because you have Hashimoto's disease and you became a mineral geek for a reason.

So I would like to know that, you know, how it all that happened. Yeah. So it's about ten years ago. And I, was in a corporate career, and I burned out, and I at that time, I had, flatlined adrenals.

I'd had flatlined adrenals for about two years. As you mentioned, I have Hashimoto's and I have low thyroid. I also had really bad inflammation in my gut, even after being gluten free for seven years, I could never get over the inflammation and, with, elimination problems and, and, bloating, etc.

in my gut, I had recurring sinus infections that, every 6 to 8 weeks. I mean, it was really, really struggle, a struggle.

Carolyn Allan's Health Struggles and Mineral Discovery

I had had mold, exposure, really intense session of mold exposure probably five years previous, and I was struggling to heal from that. I also had really bad inflammation in my mouth with, deep pockets in my gums, receding gums, and bone loss in my teeth.

I bent I went to multiple dentists trying to figure out what was wrong with my mouth. And of course, it's a systemic issue. You know, all of these things are systemic.

So I at about that time, I was introduced to these plant based minerals called humic and phobic. And it's this person who introduced me is now my business partner in my company B minerals, and they were liquid minerals.

And the beautiful thing about them is they didn't taste bad. They they taste like water. So I just started taking them

every morning. After about two months, I went to my dentist to have my teeth cleaned.

I had to have my teeth cleaned four times a year because of the issues that I had with my mouth when she looked in my mouth, after having my teeth cleaned with very little sensitivity, she looked at my mouth and she was surprised.

She was like, oh my gosh, what is changed? The pH in your mouth is totally changed. The tissues no longer look red and inflamed. They are pink and healthy.

What are you doing? And I thought for a moment and I was like, well, you know, I don't know. I, I think maybe it's these minerals I'm taking. So four months in, I went and had my adrenal test with my naturopath, and I was going in to review the results at my previous appointment.

She had, suggested recommended that I take, hydrocortisone internally, which I did not want to do. And I never filled the prescription, but she thought I had, and she was like, oh, this is so great.

Your that that hydrocortisone is working. I was like, oh no, I never took that. I never filled that prescription. And she said, but your adrenals are one third of the way up the chart.

And they had this natural sawtooth pattern. And she's like, this is incredible, because we had been working for about nine months with that particular doctor trying to heal these, adrenals.

So she said, you know, what are you doing? And I said, you know, I think it might be these minerals. So over the space of about 8 or 9 months, I all of those symptoms that I described, the elimination issues, the bloating in my gut, the all the sensitivity in my mouth and the in the unhealthy gums.

The sinus infections just stopped occurring and I just started feeling more energy. The other side effect was that, or great things, not side effect, which we think of as a negative, was that I started sleeping through the night.

So prior to that, I had really struggled with, with having waking up 4 or 5 times a night, so quite often and really disturbed sleep. So I started sleeping well.

So all of these things, of course, meant, I mean, they all cascaded into a positive overall effect in my health. And I was left with this incredible curiosity.

How could these little cups of liquid, liquid, after going to so many doctors and so many practitioners and herbalists and you name it, you know, to try and heal all these things, how could that little cup of liquid make such a difference?

So that was the inception point for me. Awesome. You know, I think a lot of people over here who are listening to this conversation might relate to your story because, you know, they have all these symptoms, their adrenals are short, you know, they're feeling tired.

You know, they have a lot of frequent infections, exposure to toxins. They have tried multiple things not getting better. And, there is definitely a big, big connection between all of these minerals and Hashimoto's and thyroid.

So why don't we start with the discussion about what is, you know, like, you know, how the minerals play an important role in thyroid. What is this connection?

So, you know, when I started studying and I've, I've spent the last ten years studying minerals, studying all sorts of biosynthesis. I mean, I've given myself college courses in, you know, graduate level courses in so that I could really understand all the scientific, studies that I was reading.

Every time I'd find a word, I would just keep studying until I understood what they were talking about. So but the challenge when we're talking about minerals is that it's a very complex subject.

So what I'm trying to do is bring these, bring the conversation to people in a very simple way. So what happened when I started doing the studying is a first kind of moment I had is that I had been thinking about my body parts.

You know, I had a thyroid problem, I had a adrenal problem, I had a gut problem. I had a sinus problem, I had a mouth problem. But what happened when I started going deep down the rabbit hole is that I recognize that the entire body is made of cells, and it's an ecosystem with all these biomes in it.

These these specific your mouse biome, your gut biome, you know, in your sinuses, in your eyes, these are all biomes actually with specific, you know, bacteria, beneficial bacteria and all sorts of things that keep them healthy.

And so when you have things like thyroid or you have things like adrenals, these are these are ecosystem issues and you have to look at them holistically.

You don't have to. But it's really helpful to begin to look at them holistically. So as I went down, I was looking for kind of what I call the theory of everything.

What is the thing that connected my thyroid and my gut and my mouth and my sinuses and all these? And what I found was two things. One, that you have about 37 to 150 trillion cells in your body, and every single cell relies on two things.

It relies on minerals and amino acids. Now, how does that work? Inside the cells we have these things called mitochondria. I'm sure you of course know all about the mitochondria.

And the mitochondria are like these energy generating units in this inside the cell. Now what we have to understand a little bit is the scale of the issue.

How Minerals Support Thyroid and Cellular Energy

So on the back of my hand here in a single cell there's maybe 1 to 200 mitochondria in one cell in my heart, in a single cell there could be 5 to 8000 mitochondria in just one cell.

And in my brain, on a single cell, in one neuron. And a neuron in my brain could have up to 2 million mitochondria in a single cell. So you can imagine how much energy is being generated by these mitochondria in my entire bodily ecosystem, at every moment, to allow me to move my body, for my heart to pump, my lungs to go.

My eyes are seeing and understanding all of the thinking processes, all of the autonomic processes associated with thyroid production and adrenal production and hormone production and moving the limbs and all of the different things in the body.

Okay, so this was such an for me, because what I recognized as I looked down at my own body is I recognized that my body had been mineral depleted for a very long time, probably since I was a child.

So over a lifetime, these kind of small, you know, things that only have a smaller impact. But over a lifetime as you age, these become more and more, issues because your body simply cannot produce enough energy, because it doesn't have enough of the fuel, those minerals to produce it.

And so it has to pick and choose and it says, well, okay, well, yeah, there's some inflammation in the gut. We'll just, you know, we'll just live with that because I don't have I can't actually clear it.

And you know, we'll just produce just enough thyroid, you know, or do the just enough transition from T4 to however, you know, you, you know, those those details, you know, you will we won't, you know, we don't really need hair.

Hair isn't important to life. So we'll let the hair go and and the nails. Okay. You know, we'll. And the skin will, you know, we'll just keep it alive.

But we're not going to make it shine, you know? And it has to pick and choose what it's going to do. So this is what people are experiencing more and more.

And I'm sure you experienced this as a functional medicine practitioner. And people don't come to you now with one thing. They come to you with 5 or 8 things.

Right? Absolutely. So absolutely, you know, you kind of pointed out very things very correctly is that, you know, like we are a complete ecosystem and not like fragmented systems.

And being a conventional doctor, that's what I was also told that, you know, you have this like, you know, GI system and endocrine system, you know, and then, kidney system and a circulatory system.

But now I know that everything is interconnected and minerals play an important role. Absolutely. Like each and every cell of your body needs these minerals to work properly.

And again, mitochondria. You're just talking my language. I'm also a big proponent that in Hashimoto's disease the major problem is is mitochondria, which is not functioning at the optimal level.

And that's the reason people have all these myriad symptoms that, you know, people get those that. So fixing the mitochondria is the root of the issue.

So definitely I do believe and same philosophy that minerals are the core, mitochondria are the core. So I'm glad that, you know, you are. You also realize it.

And you are working in this direction of how important these minerals are. But the question most people have, you know, in my practice or whenever there is there, well, how did I, I became deficient in these minerals, you know, because I'm still eating food and these foods should have those minerals.

So how did we get here where we are deficient with these minerals now? Yes. So there's a couple of reasons. Okay. So first of all, the sad fact is you cannot get enough minerals, all the minerals that your body needs from the foods you eat anymore.

Now I want to explain why this is. And because we've heard this before. You know, it's kind of out in the news that our food is less nutrient dense. Why is that so?

First of all, let's think about this. If you look around your room right now or wherever you are in the world right now, everything that is structural is made of minerals.

Everything in your body is made of minerals. When plants grow in the soil, the way they create their structure, whether it's a small little pea shoot or a huge redwood tree, all of the structure in that plant is minerals.

And where do those minerals come from? They come from the soil. So the plant literally uses the minerals in the soil to create its structure. When you're cultivating in the same soil, hundreds and in some cases thousands of years in the same area, that soil becomes mineral depleted.

And the plants, though they still grow. And we give them, you know, all sorts of nitrogen and different, fertilizers that make them grow large. You know, we have all these genetically modified foods that are huge strawberries and huge blueberries and things like that.

But these these foods are actually less nutrient dense. They're physically larger. They have more carbohydrates in them, but they have fewer nutrients.

They actually say that to get the same nutrition from an apple that your grandfather ate, you would have to eat 6 or 7. Some people say eight or more apples.

Okay. So it's it's substantial and it simply makes sense because, you know, the plants have continually taken the nutritional elements out of the soil to grow.

Now we take the plants over there and we eat them. And those in nature a plant grows and it dies and it decomposes. And those meant that mineral content goes back into the soil.

But in our modern production, farming kind of environment, that doesn't happen. It's very hard to get. So this is the next piece. Well, actually the next piece, let's talk about water.

So the reason so many and I talk with practitioners all the time every day. And they're all experiencing people coming in not with just one problem but with a myriad of issues.

And what I say is that is because, one of the reasons this, this kind of curve is going really radically up in the in the area of multiple chronic symptoms is because of this mineral deficiency, and particularly because now people are all drinking bottled and filtered water, which has no minerals in it.

You know, some people drink mineral water, which is good. But most people are drinking bottled or filtered water, as you should, because there are pollutants in our regular water.

The problem is that that has greatly increased the amount of of mineral deficiency that everyone's experiencing. The scientists that I've spoken to, agree that probably, 90% of the population in the United States.

So not we're not even talking third world countries where there may be nutritional deficits. We're talking in a first world country, 90% of the people are experiencing probably they're they're probably operating about 40% of the minerals in their body that they need for optimal function.

Well, so you room and you take the light and you just dial it down to 40%, dim it. That's how your body is operating. So one of the easiest ways and this is really a fantastic thing for practitioners because people come in with all these myriad of issues and you can't try and solve them all at once.

But what you can do is provide mineral replenishment. And that's the next piece we're going to talk about.

Why Mineral Deficiency Is So Common

But you can provide mineral replenishment that can turn their dimmer up on their entire system, so that their system can begin to start to clear some of that inflammation and do more biosynthesis for adrenal action or thyroid production or hormone production, etc., etc..

Absolutely. You know, and again, this is so important topic that, you know, I keep on telling my patients the same story is that, you know, our current food is deficient in to vitamins and minerals.

So doesn't matter how healthy you are eating, you still will be deficient for various reasons. So, so absolutely very important point that everybody should be knowing now obviously the next question is that a lot of people ask me this question, is that what how do I know which minerals I'm deficient in?

Do they have been going to the regular doctor as being a conventional doctor? The labs are limited, right? The blood, you know, is not the best way of checking a lot of these minerals.

So, you know, again talk about it like how people can get the mineral testing done. So at least have an idea about what and how much they are dealing with these deficiencies.

Yeah. Well one thing I'm going to tell you is, I'm going to tell this for every single person in the audience, you are mineral deficient in some mineral or another.

Okay. And the challenge is that the way that minerals work in your body, you need about 17 to 22 minerals. There's

disagreement. So I say 17 to 22 minerals, many of which you've never heard of, like molybdenum, boron.

You know, people have heard of the kind of the electrolyte, minerals magnesium, potassium, calcium, sodium, these things. And but you haven't there's, there's lots of minerals.

You've never heard of that. You absolutely need. You absolutely have to have iodine. Of course, as one of the main supporters of thyroid, the thing is, because of the way minerals work together, they don't work in singles.

If you look out in nature, there is no where where there is where there is a delivery of a concentration of a mineral. If you think about your gut microbiome and it's filled with all these beneficial bacteria, sometimes non beneficial bacteria as well, it's also got fungi and microbes, microorganisms like it's filled with all this plant and animal life.

Cellular life okay. And when it work when it's in balance, all those things naturally work in balance the same way a forest works okay if you think about your gut when it's healthy, it's like a really thriving forest with, you know, the forest floor is really healthy.

There's a lot of nutrients in the soil. There's enough water coming through with rain or maybe flowing water. There's clear, clean air going through the forest, and the forest thrives.

Now go take a wheelbarrow of magnesium as an example and just throw it on the forest floor somewhere. That's the equivalent of a person taking 320mg of magnesium and putting it in their gut.

What happens is the gut says, oh my gosh, we have a concentration here of way too much magnesium. We need to eliminate this. And so the body goes into this elimination process, trying to get rid of the excess when what you're needing to do is actually replenish.

So the whole the paradigm shift that I'm bringing is an understanding that your body is an ecosystem and you need to use ecosystem tools for replenishment of nutrients in your into your cells.

The amazing thing is that nature actually provided these tools, because there has been cellular life since the beginning of, you know, when where we came from, right?

All the cells in your body also evolved from single celled organisms on this, on this planet. And because the mitochondria were inside those cells, the minerals and amino acids had to and other nutritional elements had to get into those cells.

So nature created developed a technology for supporting that. And it's called humic and Volvic. Humic and Folbigg are plant based. The reason I call them plant based minerals is because they come from decomposed plants.

So and only freshwater plants, not saltwater things like, you know, seaweed or things like that that come from the sea only from freshwater plants. Now these when we say plant based minerals, we're not talking about like taking vegetables in your garden and grinding them up, and you're drying them and making plant based minerals, there are products like that out there.

But that is not humic and full egg, because humic and folic only comes from plants that have decomposed and in the process of decomposing fresh, decomposed freshwater plants there, it results in these two molecules.

Now, many people have heard of humic and folic acid. That is a kind of humic and Volvic that has been extracted using hydrochloric acid. It's not a bad thing.

It's used ubiquitously in, agriculture, but it does not taste good. So it's not really great for eating unless you're taking it in a dry powder form as a capsule. That's cool. Okay.

So humic and Volvic are two molecules. I really want to explain how they work because they are the game changer for replenishing minerals all the way into your cells.

So let's talk about Volvic first. Volvic is a very, very small molecule. It's much smaller than a cell.

Testing Challenges and the Need for Replenishment

The beautiful thing is your body recognizes Volvic as a beneficial substance. It absorbs through any tissue that it touches because it's so much smaller than a cell, and it is a flavonoid.

So a flavonoid is an intercellular transporter, and the Volvic is the most, the strongest flavonoid that is known. And this is why, first of all, it's a very strong electrolyte molecule.

It carries with it 70 plus minerals in the molecule itself. And it also can can attract amino acids and other nutritional elements that are in your bloodstream.

And they cling to it. Now when a channel opens in the cell wall, any channel doesn't have to have a specific receptor site. The phobic molecule goes straight through into the cell.

Now the phobic molecule does what no other molecule on Earth can do. It changes its polarity. And those nutritional elements and mineral content fall off inside the cell where they're available to all those mitochondria as cofactors for energy production.

And that molecule carries like 60 times its weight of nutritional elements into the cell. So think about that light that was dimmed down to 40%. Think about how much it's going to be able to turn up, because 60 times the amount of nutritional elements are getting into your cell, where they can be utilized for energy production.

So now this folate molecule is inside the cell and it's now in a opposite polarity. It travels around the cell picking up bio waste toxins heavy metals cellular viral items, nano plastics, things like glyphosate and those now cling to the molecule.

The channel opens in the cell wall. The phobic molecule carries those things out of the cell. Now it's back into the bloodstream, and it changes its polarity again.

And it drops those things off in the bloodstream. What an amazing natural technology. It totally makes sense that nature would provide some sort of enhanced tool like this, because cellular life on this planet has thrived even under extremely difficult, environmental conditions, because there's always been concentrations of, of negative or substances that were not beneficial to cellular life.

And there had to be ways to bring nutrition into the cell and bring those toxins and bio waste out of the cells. So just that alone, friends of mine who are really the, the world, renowned scientists studying human control like they call for, like, the god molecule.

Because it has this incredible capacity. So for energy, for uplevel energy in the body and bringing more to nutritional elements into the cells so that energy production can improve.

Phobic is the key element.

Humic and Fulvic Acids Explained

So let me just kind of summarize basically like what we are seeing is that instead of replenishing each and every mineral, like going after a supplement or myriad of supplements, you are actually fixing the process of getting the minerals like sodium, potassium, you know, magnesium, or, you know, like multiple of those inside the cells, which is where the mitochondria lives in, which is where they are needed, and the humic and the full wake is the way to doing it, because these molecules move into the cellular like structure.

Along with that, bring all the minerals from the bloodstream into the cells. And then obviously, like whenever cellular structure is functioning, any kind of, you know, toxicants which are being produced, then they can just actually

remove it outside the cell.

Is that kind of, you know, correct? That is absolutely correct. And here's one really cool thing. So the beautiful thing about those minerals that are associated with that full molecule is that they are designed by nature, in the same ratios of minerals that your body utilizes.

So there's a lot of magnesium and potassium, and calcium, what we call our macro minerals, the ones you need a lot of. But they're all it also includes all the other minerals that you need in those natural ratios that your body needs them to be in.

So taking Volvic and Humic over time will naturally balance the levels in your body, the the mineral levels in your body. So, you know, the thing that I try to tell people is taking minerals one by one in pill form is like taking gas, a cup of gas and putting it in the cup holder in your car.

It's not going to get to where it needs to go so that it can actually fuel the vehicle, and instead it actually creates a lot of smell and terrible, you know, it doesn't create a good environment inside your car.

So what we need to learn is how does the replenishment system actually work? Because and this is one of the reasons I tell people doing a blood test to understand how much you know, what your mineral levels are is not useful, because that's just transient.

That only tells you what you've eaten and what's been absorbed through your gut into your bloodstream. But because we know now that minerals have to get into the cells, having a lot of minerals in your bloodstream might be good, but we don't know how effective that process, what we call assimilation into the cells, is working in your body.

And when you eat bad fats, and, and other issues, they can clog the lining of your cell, and they, they make it they make that whole assimilation, that transportation of nutrients into your cells, less efficient.

Now there's a so now let's talk about humic because humic is also part of this whole, story. So humic is a very is different than the phobic molecule, particularly in its molecular size.

It's much larger than a cell. It hangs out in the bloodstream. And it I like to imagine it like a Velcro ball. It's extremely sticky on the outside and it's a very strong electrolyte molecule.

One of the things that it does is it interacts. It just bumps up against cell wall cells. And when it interacts with the cell wall, it causes the cell to open more channels.

So it's like if you're in a room and you have one door and one window, so much air and whatever can go in and out. But if you had four doors and four windows, you get more transportation of nutrients into the cell and bio waste and toxins out of the cell.

So it greatly increases the efficiency of cell ular function. This is this is it's I mean, it's truly amazing. Okay. But the other function of the humic molecules, you know, we talked about that phobic taking toxins out of the cell and dropping it in the bloodstream, the humic molecule, it just travels through the bloodstream like a Velcro ball.

And it just gathers bio waste toxins, heavy metals, senescent. What we call some people call zombie cells. Spike proteins, nano plastics. It also does an amazing thing with glyphosate.

It actually binds to the molecule and builds a film around it, so it can no longer have its negative effects in your system. At a certain point, this humic molecule gets so heavy at a molecular weight that it falls out of suspension and it leaves the body through all of the elimination channels.

So, you know, as a functional medicine practitioner, I'm sure you've dealt with, you know, issues of, of, detoxification. And the problem a lot with a lot of protocols is they require certain channels to be open and they're

clogged.

Then the detox process won't happen. But the beautiful thing about humic is it uses every single channel, which again, makes sense from a natural perspective because in nature it has to just work.

It can't say, oh, it's not going to work unless this or that is true. It has to just work. So it uses your tears, your snot, your sweat, your breath, your earwax just sloughing off cells every time you just rub your hands together or shake, you know, smells sloughed off the bottoms of your feet.

And of course, the standard, detox channels of your, your, your gut, your elimination channels. Yeah. Absolutely. So it looks like, you know, both of these molecules, like, you know, working induction and then, you know, replenishes the intracellular level of your minerals as well as also helping intracellular detoxification.

You know, all of your cells of removing all these different kinds of waste materials, which can be toxins like proteins and other things just accumulating.

So that is very, very interesting. Now obviously people will have questions about it like, you know, is there any particular way they need to consume it?

You know, like is it in the water form, you know, is it like in a supplement form or is it coming through their food? Like how do they, you know, kind of get these two molecules?

Yeah. So first of all, tell everybody they already have some humic and Volvic in their body because you get it breathing it in. It's everywhere. On Earth.

So you already have some in your body has very small levels of it. The best way to take it, of course, I think I think our products are the easiest and best way to take them, mainly because they're liquid.

They taste like water. We have two products. One is called electrolytes and it is a Volvic product. And then we have something called Micro Boost and it is a humic product.

The nice thing about them having them separately is that if you are struggling with energy issues, if you're a performance athlete, the following are.

Electrolytes product is a great place to start. It tastes like water. You just add it, you can drink it in the morning or you can put it in your water bottle.

You don't have to worry about taking too much meaning if you're a performance athlete and you need to do electrolyte replenishment, it's an incredible tool for just overall electrolyte replenishment as well as full spectrum mineral replenishment into the cells.

The micro boost product is really the detoxification tool. It does provide that full spectrum of minerals and all the micronutrients that you need, which is why we call it micro Boost.

But it's really the tool you would use to get the toxins out of your body. Remember, the phobic does the intercellular detoxification, but you want to get those things all the way out of your body and that's what the humic does.

So we use them together. They become tools that you can use. So the electrolytes mean let's say you're going to the gym. You're going to workout really hard.

You might after the, after the gym or even before you might take an extra half shot of the electrolytes.

How to Use the Products and Where to Learn More

And when I say half shot, that's about an ounce. So it's a full shot is an ounce, and a half ounce is the standard

amount that a normal person who's not super active would use the micro boost.

Same thing. You would take just half an ounce a day for a normal person. If you're a performance athlete, you might take more. If you're trying to get over night cramping or which is a sign of mineral depletion, you might use more of it.

The one thing I do want to tell you just for your audience is, I have autoimmune. I have Hashimoto's, I also have another autoimmune, issue. And but interestingly enough, before I had, I had long Covid and before I had Covid, I never had any detox reaction to using the humic.

But ever since I had that, I will get it if I drink it straight. It's really easy to do to change that. All you do is drink it in a big glass of water over a period of time, rather than just shooting it so it lands in your gut all at one time.

For people who are extremely sensitive, maybe they've had mold exposure or they've had lyme's, or long Covid. So other autoimmune issues, they would just there's a slow introduction method.

So it's and you can access that via QR code on the back of the bottle. It'll also come some information about it comes when you receive your package. They're very easy to take.

Their excellent for children. Fantastic for children because they taste like water. Children are some are the people who are getting hit the the most with mineral deficiency, which is, you know, one of the reasons we have our obesity issues and all of the chronic, you know, the the rise in ADHD and all sorts of other, attention deficit kinds of issues, cognition and, and behavioral issues, because of an overarching or maybe fundamental, mineral deficiency.

Absolutely. I mean, I think these are very intriguing things that you have shared over here. I'm sure people would like to know a little bit more about it so they feel comfortable and they kind of have the right knowledge.

So where they can find, you know, more information about these products or what you're talking about. Yeah, they could go to Beam minerals.com. And we have a really great learn section.

You can just see that in the top menu. And there's all sorts of articles that are cited for the people who are practitioners or who want to go deeper.

They they're all cited. So you can go through to the different studies and learn more. We also have a good YouTube channel with all sorts of videos with specific topics that might be of interest to you.

Just look for beam minerals and that's like beam of light beam minerals. On YouTube. Thank you so much. It's been absolutely a pleasure to to be on your podcast.

Yeah. No, absolutely. I mean, I think yeah, I mean, know, it's so interesting, you know, like the topic that you have touched over here, I'm sure most of the people have never heard of it.

So I will encourage everybody to kind of look at the research, you know, look at all the materials, you know, that Carolyn is sharing, you know, on our YouTube channel.

And then if it is useful for you, then definitely try it out, because that can be big game changers, you know, like so thank you for sharing. You know, this unique approach and obviously your personal, you know, story into how you got into this, you know, mineral deficiency thing.

So thank you again for coming over here. Thank you so much, Doctor Gupta. Gupta I appreciate it. Absolutely. All right, guys, this is it for today. We will have all the links in the description so that you can go and check it out.

So please go get yourself more educated and look into these products. And, this is it for today. Until next time. Take care. Bye bye.