

BEH PODCAST – EPISODE 3

UNDERSTANDING THE TRACE MINERALS WE USE

Participant: I've been taking the *Energy Boost* for a long time, but I noticed on the mineral list that there are things like cesium and gold and titanium. Is that a problem? I assume that it's not, but it is worrisome.

Dr. Miller: No and that's a good question. *Energy Boost* is derived from ancient plant sources; things like cesium and gold and titanium occur naturally on the earth. Those products are actually present, but in very, very small amounts. If you were to do an assay of the potatoes in your grocery store, they would also have equal amounts of cesium and gold and titanium and all the other things that are on that label. So they are present, but they are present with the same proportions that you find them in anything grown anywhere on the planet. They're present in the same proportions or less than what you'd find in all of the foods that you eat that are grown in the dirt. But they are required to list what is in there, so they list those things, but there's nothing to be worried about with those.

Participant: Okay, thanks

Dr. Miller: In California there's a law, proposition 67 I believe, that was passed that says if you know for a fact that the building you're in or the product you're selling has something that has been defined as toxic, you're required to put a label on the product. But the law, has a perverse element to it. That perverse element is that there are special rules for herbs and supplements, which say if what you are selling has any amount at all of something thought to be toxic like lead, then you have to put a special warning on it.

The reason I call that perverse is as I just said, if you go into the produce section of your grocery store, anything you tested would have measurable amounts of lead and mercury and titanium. They would be in very small amounts, but they are measurable amounts of all of these things that are naturally present on the earth. Plants pick them up and they're there in very tiny, but measurable amounts. And yet, the law did not require that sweet potatoes have a label on them, just that herbs and supplements did. So it's a bit confusing for people, but again these things come from a very clean source. They're as clean as anything that comes out of the dirt on the earth, and I have no concerns about those trace minerals that are in there. One last thing is that none of these things are isotopes and none of them are radioactive.