

EY 640:

Unveiling The Essential Role of Minerals For Cellular Energy And Detoxification with Caroline Alan

EPISODE SUMMARY

More than 90% of American adults over 40 have at least one mineral deficiency.

Are you one of them?

I see this in lab work all the time, including my own. But **minerals are essential for regulating how our bodies function.**

That's why Caroline Alan joins the podcast today to share WHY you may experience mineral depletions, and what you can do to **fix the problem.**

Minerals are just as important as vitamins for your health. They help:

- Balance your hormones
- Allow your brain to function properly
- Aid in fertility
- and MORE

Don't miss this episode to discover the vast world of minerals, and how you can ensure you're NOT one of the 90% that's mineral deficient!

Caroline Alan

Caroline Alan is a health survivor and mineral enthusiast. She's devoted to educating others about how minerals work in the body, why we need to supplement our mineral intake, and the benefits of natural, plant-based mineral substances to replenish our bodies. Caroline is the Co-Founder and CEO of **BEAM Minerals Inc.**, and a regular contributor to Podcasts and health-focused programs worldwide..

IN THIS EPISODE

- Understanding plant-based minerals and why they're important
- How Fulvic & Humic mineral complexes work in the body
- Minerals' impact on brain function
- How to ensure your kids are getting an efficient mineral intake
- Expected benefits of taking minerals
- Experiencing stress from a cellular level and how to combat it
- About BEAM Mineral supplements – plus a 20% off discount!

QUOTES

“Once I really began to recognize this whole body as an ecosystem of microbiomes throughout the body and smaller ecosystems inside the entire ecosystem, I started to recognize that this is the same situation we have in nature.”

“Humic and fulvic are tools– the fulvic being about increasing and enhancing nutrient uptake into your cells, and the humic being about that full system detoxification... constant, gentle, continual detox.”

“What I'm trying to help people and women in particular to understand is that a lot of that stress is actually cellular stress. It's literally coming from the inside.”

RESOURCES MENTIONED

[BEAM Minerals](#)

Use code **ENERGIZED** at checkout for 20% off your first order!

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