



1058: Minerals Part 5: The Ultimate Mineral Matrix Masterclass:
Pulling It All Together (Solo Episode)

Child: Welcome to my mommy's podcast!

Katie: This podcast is brought to you by LMNT, and this is a company you might've heard me talk about before, and I really love their products because proper hydration leads to better sleep. It sharpens focus, it improves energy, and so much more. But hydration is not about just drinking water because being optimally hydrated, a state called euhydration is about optimizing your body's fluid ratios. And this fluid balance depends on many factors, including the intake and excretion of electrolytes, which many people don't get the right amounts of. Electrolytes are charged minerals that conduct electricity to power your nervous system. I talk a lot about nervous system on this podcast.

They also regulate hydration status by balancing fluids inside and outside of our cells. LMNT was created with a science-backed electrolyte ratio of 100 milligrams of sodium, 200 milligrams of potassium, and 60 milligrams of magnesium with no sugar. Since electrolytes are a key component of hydration, here's what happens when we get our electrolytes dialed in.

We have more steady energy, improved cognitive function, suffer fewer headaches and muscle cramps, we can perform better for longer, and especially the support fasting or low carb diet because when we stop eating carbs like during a fast, the absence of insulin allows the kidneys to release sodium.

So replacing that lost sodium with electrolytes can help you feel good on a fast. Since LMNT is zero sugar, it also doesn't break up fast. Electrolytes are also important for maintaining blood pressure, regulating digestion and proper fluid balance. Keeping skin hydrated, which is a big one that I feel like often gets missed and so much more.

I feel like proper electrolytes is a missing piece for a lot of people and I love LMNT's new canned drinks, which are sparkling water with all the same ratios and minerals I just talked about, and they are delicious. You can check it out and learn more at drinklmnt.com/wellnessmama. And at that link you will receive a free sample pack with any order.

This episode is brought to you by Just Thrive Daily Gut Detox. Here's a hot take. Most detoxes are just an expensive way to feel terrible for a week, and this is because they force toxins out with laxative and harsh ingredients, which can result in fatigue and days of discomfort. And I've talked about before, how it's not, detox is not a thing we do to our body.

It's a thing we work with our body because it already naturally knows how to do it. And that's why I love Just Thrive Daily Gut Detox. It's different. It works with your body, not against it. It's not doing something external to you. It's powered by clinically proven immunoglobulins that act like a toxin magnet.

Copyright © 2026 Wellness Mama · All Rights Reserved

They bind to the bad guys in your gut and safely carry them out so there's no extreme flushing or cramping. No shock to your system, and because daily gut detox is gentle enough for everyday use, it helps give you the support you need to stay healthy long term. So if you're dealing with signs of toxin buildup like embarrassing bloat, or brain fog or fatigue, there's finally a science backed detox that's easy to stick with long term.

And it's microbiologists formulated, gluten-free, dairy-free, and non-GMO. And as always, you can try it risk free with their hundred percent money back guarantee. Just visit justthrivehealth.com/wellnessmama. And use the code WELLNESSMAMA at checkout to save 20%. So again, that's justthrivehealth.com/wellnessmama. Take control today with Just Thrive.

Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from wellnessmama.com, and this is part five in the mineral series to tie everything together and go deeper, you know, as a whole on how minerals impact the body, how they work together. I'll share what I personally do and a lot more on the voltage aspects of our bodies. And I find this topic so fascinating. If you missed the other four episodes I did one on sodium, one on magnesium, one on potassium, and one on humic and fulvic. Those are all linked in the show notes along with some more resources if you wanna keep learning on this topic.

Before we jump into today, I just wanna say I'm so grateful that you are here, and a reminder that nothing I ever share is medical advice or frankly, any type of advice.

I'm simply sharing my own experience, the things I've learned along the way and the ideas that have been helpful to me personally. My goal is to offer inspiration and information, never a comparison, pressure or prescription, because you are and always will be your own primary healthcare provider. So I encourage you to be curious, to do your own research, to listen to the deep wisdom of your own body and to question everything, including and especially me.

So if something resonates, that's great. If it doesn't, please leave it behind. My deepest hope is that these conversations will help you connect with your own wisdom and figure out your own N of 1. So with that said, let's jump back into one of my favorite topics, which is minerals. In a deeper way, kind of pulling all of these ideas together.

We've talked about sodium, which overly simplified is kind of the charger and a signal around blood volume. We talked about magnesium, which I think of as the great relaxer and very important for ATP activation. We talked about potassium needed in lesser amounts and in a very narrower amount, so more is not better.

But this is the inside cell balancer and stabilizer involved in the action of the sodium potassium pump, as you would guess. And then humic and fulvic, which are not

electrolytes, but fit in their own category, kind of being conductors, transporters, and soil to cell translators.

So in this episode, we're going to dive into how these work together. How minerals as a whole are the foundation of the body's electrical field. How minerals are involved in hormone balance, digestion, detox, mood and nervous system in a really big way. And I'll share exactly what I do personally, which I don't do often, but with minerals this has been a long journey of experimentation for me, so I will share what I do personally.

I also wanna mention, of course there are many, many minerals beyond the ones I've talked about in this series. I will mention some in future episodes. But I wanted to focus on the electrolytes and kind of the trifecta plus humic and fulvic, which I think also deserve a seat at the table before getting into kind of the more micro minerals, which I will do follow up on in the future if you guys are interested.

But to start big, big picture, the body is electric. And I've said this before, if we think of the body first and foremost as an electromagnetic organism, not a biochemical organism, in my mind, we get better data and there's an interesting book called *The Body Electric*. If you wanna understand some of the science behind this, I'll link to that in the show notes it goes pretty deep. But just from a big picture perspective, every cell, every tissue, every organ in our body relies on electricity in some capacity. So nerves fire using electrical impulses, muscles contract using voltage gradients, the heart beats. In an electrical conduction, the brain is an electrical organ.

So the body is, in my opinion, first and foremost, electromagnetic, and then biochemical and minerals are the carriers of this electricity. Because electricity can't travel in a vacuum, it needs a medium, or in this case, the medium in the body is water structured around minerals. So as I've said before, electricity does not travel well through distilled water.

It does travel well through water with certain mineral content, and when we understand this, we learn a new perspective of how to support our body on an electrical level. I also think of voltage as life force, and I will link to a really fascinating course by someone I know named Justine Stenger, who is really, really well researched on this and has a fascinating course that goes much, much, much deeper than I'm getting in this series, but she talks about phospholipids, about cellular voltage on a lot deeper level than I am.

But basically you can think of voltage is kind of like life force, and when our cell voltage drops, that's when we can experience everything from fatigue to sluggish detox, to low mood, to chronic symptoms, hormone issues, and slower healing. And often we attribute those things to biochemical causes and we try to teach them with biochemical solutions

like adaptogens or supplements or detoxing protocols or parasite cleanses, or whatever it may be.

However, in my experience personally, if the issue is voltage based, those treating it that way is only gonna get us halfway there because we're not actually addressing why the body's struggling electrically as well. So minerals raise voltage, stress lowers voltage.

And as you gathered, if you've listened to the rest of this podcast series, a lot of things in our modern lifestyle can deplete our voltage, are linked to stress. This is something we're facing in a huge amount in the modern world. And so I feel like understanding minerals, understanding voltage is a way to better understand the communication of our body and learn how to support it in a way that actually kind of gets more to the root cause.

And this is why personally I prioritize minerals over supplements. Over diets and over fancy protocols. Not that I don't think there's a time and place for those. There absolutely is, but in my opinion, entirely opinion, but it is a, both and. And minerals are always part of that equation in varying amounts, in various cases, of course.

Also keep an eye out for a voltage series coming soon. Because I feel like this area is not talked about enough. So now I wanna go into the layers of the mineral matrix, and I've covered these in depth in other, the other episodes of this series. So again, those are linked if you haven't heard them, but I'm gonna recap them briefly so that I can tie them all in together in this episode.

So essentially I use this framework when I think of this. Sodium is the charger. It is vital. We need a lot of it. According to multiple experts I've had on this podcast, we need much more than is recommended in the modern world. Much more than many of us are statistically getting. I will say I personally, not medical advice, but I personally consume quite a bit over five grams of sodium a day, often, much more than that, and sodium is linked to maintaining blood volume.

It's involved in nerve communication, the charge outside the cell, whereas potassium is intercellular charge. It's needed for stress resilience. So often if I'm feeling anxious, my first line of approach personally is I will take minerals in various amounts. And without sodium, people can sometimes experience things like dizziness, low blood pressure, or high blood pressure, ironically. Fatigue and anxiety type symptoms. Of course, there can be other factors in that as well. I personally start with the voltage side and then build the others. Then there is magnesium, which I think of as the conductor. It's required for ATP activation. It turns off the stress response. It helps muscles and nerves relax, whereas sodium and potassium help them contract.

Magnesium is needed to move potassium into cells. And it's kind of the master regulator of calm. I have a lot of blog posts on magnesium and I can link to some of those. I feel like this is in some ways a master mineral. We obviously need sodium as a foundation, but magnesium almost equally important in my mind.

It's needed in hundreds of enzymatic reactions in the body and not getting enough will kind of blunt so many things along so many lines of communication within the body. Third, we have potassium, which can be in a simplified sense, thought of as the stabilizer. So it's responsible for inside the cell charge.

It's a balancing mineral. It can be, really help with insulin sensitivity, which I saw as my mineral levels have, as I've really focused on these and prioritize them, I've noticed both my blood sugar and my insulin levels have gotten really stable and stayed there. It stabilizes heart rhythm. It's helpful for keeping sodium in check because again of that sodium potassium pump activity, and most people are profoundly deficient in this one as well.

I talked about in that episode food sources and how we do need potassium, it's vital. And in a certain amount, so more is not better. It's why supplements are often maxed out at 99 milligrams because too much is not better. And then I talked about humic and fulvic minerals, which are not electrolytes.

They don't work electrically quite in the same way as sodium, magnesium, and potassium, but they help with so much throughout the body, including gut communication, that they can make minerals more bioavailable so they can enhance the effectiveness of other minerals within the body. They can help with the transport of minerals into and out of cells.

They secondarily support, from my research, detox and the microbiome. And this is why they're often consumed and they can increase absorption and improve mitochondrial signaling. So these are another thing I include in my routine very often. Together, all of these building blocks form a closed circuit or closed circle, closed loop electrical circuit, kind of.

So sodium charges. Magnesium conducts. Potassium stabilizes, and fulvic and humic enhance the cycle. And so this is what I've loosely called the mineral matrix. I haven't actually heard it called that anywhere else, but from my understanding that's how I kind of think of it and how I kind of make sure I remember to prioritize all the different pieces within that closed loop circuit.

So understanding that as a baseline, we can now jump into why this matters for, in my opinion, everything within the body, but especially some big categories like hormones, sleep, mood, and detox, which I know are big categories I hear a lot of questions around and people, I see a lot of people talking about online.

So hormone production depends on magnesium and ATP for one. Hormone sensitivity and uptake within the body also depends on potassium and our membrane voltage. And hormone clearance and effectiveness depends on sodium, magnesium balance and our detox pathways, which are secondarily supported by humic and fulvic as well.

So, I don't think, I'm not saying that by any means I think that minerals alone can fix hormone problems. I am saying I have seen hormone improvement as I have really dialed in minerals more and more and supported the body electrically. And I do think hormones are a great window into what's going on in the body because when there's too much stress, when there's not enough voltage, when there's too much toxicity, whatever it may be the body can often kind of deprioritize fertility and deprioritize certain hormones and keep us more in a survival mode, which does not typically lend itself to rest and digest or to optimal fertility or to a lot of the things we would want to prioritize when we are healing. There's also the nervous system component, and I think the nervous system in general is massive as a lever when it comes to health. And I've shared before how addressing that piece for me was absolutely paradigm shifting.

And mattered more than many, many of the things I had tried before that. I think it's also a like complex and a little bit elusive piece to tackle because there is the mental emotional aspect, which is a little bit more intangible, and there is the fact that the body, the nervous system, can perceive stress from our environment and from things we eat or are exposed to or from deficiencies or not getting enough food, even if we don't mentally and emotionally feel stressed.

So I think the nervous system is worth a focus. Again, I think it's an area of communication that's really insightful into what's going on in the body and worth supporting. And the way I think of it is that, so sodium helps to fire the nerve within nervous system communication. Potassium helps reset that firing so it can do it again.

And magnesium helps calm the nerve when it's ready to calm. And so you kind of need all three in the right amount for proper, the electrical side of nervous system firing. And then of course there's the stress hormone component and how those interact as well. And then humic and fulvic can reduce inflammation and gut irritation, which are both potential triggers of a stress response and of fight or flight within the body.

So to me, as a matrix, these all, these pieces all seemed to support my body in sending safety signals and finding more parasympathetic nervous system tone. I also find maybe perhaps the first area people often notice a difference when it comes to dialing in their minerals is when it comes to sleep. And in fact, in my opinion, if I were struggling with sleep issues, minerals would be minerals and light exposure would be the first two things I would

look at before getting into anything deeper. And we know that magnesium and potassium can stabilize the nervous system as we just talked about, and are important for the cascade of hormones that leads to good sleep. And sodium because of that anxiety connection and the electrical communication connection can be, low sodium can be linked to that middle of the night wake up from cortisol spikes, and so I have noticed my sleep has improved more and more over time. As I prioritized minerals and really made sure that all of my levels were in a really good range. Now, the other piece that's related to hormones to nervous system and to sleep is blood sugar.

And I find minerals are also really relevant here because like I mentioned, potassium is really important for insulin signaling. Magnesium improves insulin sensitivity. Sodium helps maintain the glucose response, especially during stress. And fulvic and humic help gut absorption of anything in the gut, including glucose and helps its transport happen correctly.

The other great thing about this, and I should have mentioned this in the beginning, is minerals are largely inexpensive, especially compared to some of the things that are often used to address these various concerns that I'm talking about. So I feel like at the very least, they're worth kind of a first line attempt and a both and when it comes to any of these categories I'm talking about. And I'm only sharing things that I've had firsthand experience with seeing a difference in by adjusting in my own life. There's also the detoxification aspect. And before we go into this, I've said this before, but just to reiterate, to me, detox is not something we do to our body.

Detox is something the body is absolutely brilliant at doing on its own. So if it's not doing it well, it's because it needs some support somewhere, and that's very valuable communication. So I think it's important to enter that conversation, not thinking of I'm going to do detox to my body, but thinking of how do I support what my body already knows how to do perfectly.

And to me, minerals are a big part of that equation because liver enzymes, for instance, which is our master detox organ, it knows how to keep the body detoxed and functioning really well, require magnesium and without enough magnesium, optimal liver function can be impaired. Potassium is used in the transport of waste out of cells because that intracellular voltage and it's kind of several downstream effects of that. Humic and fulvic can bind two toxins gently and help escort them out of the body along the body's natural pathways, not overriding them or forcing them.

And sodium is needed for kind of everything within this category. But because it's involved in blood volume and lymphatic flow and hydration, it's kind of involved in a lot of parts along the line of the body's natural detox pathways.

So in my mind, understanding the voltage side of the body and understanding minerals pulled so many pieces together and helped me have a much better understanding of how to befriend my body and what my body was asking for when I noticed certain things. And in my opinion, everything in the body is connected through minerals.

Again, this is also a very, very simplified explanation, by no means includes the full picture of minerals or how much each individual body needs, or all the micro minerals that support in other ways. It only tackles the electrolytes, the big three, as I call them. And humic and fulvic. But I feel like this is an important foundation and that everything else builds from here.

So more on that in future episodes. Now I wanna talk about why modern humans need more minerals than we're currently getting in a lot of cases. And I touched on this in some of the other episodes as well, but the modern lifestyle is kind of set up to deplete our minerals and to increase our stress hormones.

The good news is when we understand that the body is electric, and when we understand that humans are meant to interact with nature daily, we get a lot of insight into how to correct pretty easily and inexpensively or for free some of these problems with the modern lifestyle. So we know, for instance, that stress burns minerals.

We know that stress can be multifactorial from the feeling of stress mentally or emotionally. To things we encounter in our environment to getting too much or too little of many things within our diet. Even considering under consuming calories can be a source of stress but essentially very simplified, the more stress, the more minerals we are burning and the more we need. We also know certain phases of life can really drastically increase our mineral need. Specifically pregnancy and breastfeeding are huge times of mineral demand. In fact, I read once that during pregnancy a woman will, her body will provide over four pounds of minerals to the growing baby, which means she needs to replenish that, which is a massive amount of minerals.

In breastfeeding, that number is actually even higher. This is why I would guess there are mineral companies I've heard from multiple of them that they get much feedback from breastfeeding moms that upping their mineral consumption, especially sodium, really improved their milk supply, and I think this is because of the mineral demand during breastfeeding and how important especially salt can be.

We also know that filtered water, which is often necessary in the modern world, if we don't add minerals to it, can deplete minerals because when we consume that, the body is trying to get them, we have to keep in very careful balance of minerals within water, and so we'll pull minerals from the body to properly use that water.

We also know that sweating, sauna, exercise and hot climate all increase mineral usage in the body, so then we need extra replenishment. We know there is less potassium in modern produce and there has been historically as well as less magnesium in the produce and the soil than there has been throughout history.

We often, if we eat any processed foods or just in the modern food supply, get exposure to more high calcium foods without the magnesium balance, which is also really important that something I will probably go into in another episode in the future. And then we also know that pesticides like glyphosate, bind and remove minerals from the body.

So, Dr. Zach Bush explains in detail how glyphosate is harmful to the planet and to our bodies, and how it's still being used in massive amounts. And how this depletes the body of minerals and creates many other problems. This is actually one of the ways I first learned about fulvic and humic, and one of the reasons I started using them in the beginning.

We also know that just overwhelm and lifestyle stress combined with low mineral intake can be linked to this mineral depletion in the modern world, and to things like depression and anxiety, which can be downstream effects. So modern life is essentially both mineral depleting at a rapid rate and mineral poor for replenishing it at the same time. And this is why I feel like many people feel better very quickly when they start consuming more minerals, even if we just start with salt. And I think, ideally, in my opinion, what I've seen is kind of all of these within the matrix and the right amount. But if you're gotta start with one, I, according to some other guests on this podcast, would start with salt.

But from here, let's go deeper into how to rebuild the mineral matrix, in my opinion. So what I do, and this is not prescriptive, but educational, is I'm gonna just share what I've dialed in over many months and years of experimentation, not so that you can do the same thing, but so that you can see the process to do your own experimentation and dial in your own levels. So as foundational habits that I've now just incorporated into my life, I salt my food to taste, which I found my taste has shifted, and I prefer more salty food now. But I salt it with mineral rich salt and I will link to a post I have done on salt, and specifically ones that are tested to be clean sources and don't have microplastics or heavy metals.

I also drink mineralized water, so I'll add things like beam minerals, which are humic and fulvic trace minerals, and even salt to my water. I try to eat fruits and roots, which are

dietary sources of potassium daily, and I also sometimes do take potassium as well. I will seasonally also consume coconut water, especially post exercise or post sauna.

And I replenish electrolytes when sweating. So if I sauna, I'm consuming salt in some form, and usually magnesium and potassium as well. LMNT has all three. I will link to them in the show notes. Or I'll sometimes just do salt tablets and magnesium if I need an even higher amount than I feel like drinking and tasting the salt.

I also try to prioritize magnesium rich foods. So as I mentioned this is not as effective because the soil is not as, is very depleted of magnesium.

And so even if you prioritize magnesium rich foods, you would have to eat a calorically prohibitive amount of them to get even a baseline amount of magnesium. However, it's still worth prioritizing those foods. And then I also supplement with magnesium as well. I love taking Epsom salt or magnesium chloride baths, or I'm very blessed to live near the Gulf where there's a high magnesium level in the water.

I'll spend time there as well. And then over the past few years, I have been attempting to address stress levels, which I've definitely not done perfectly, especially this year, which has been really difficult. But stress is the number one mineral thief. And so this is something I am constantly on the journey of trying to improve.

To touch on supplemental support. And this is of course very personalized and nuanced. I'm not giving any guidelines related to what anyone else should do. I'm just gonna share what I have experimented with and notice a difference from. With sodium, I'll do a pinch of salt in my mineral water in the morning.

Like I said, I replenish electrolytes before, after, or during sauna and workouts, and I salt my food a lot. I also have salt tablets that I consume, and I personally consume 5 plus sometimes 10 plus grams per day. Same thing with magnesium. I prioritize magnesium rich foods, which is also unfortunately not that effective anymore.

So most days I take magnesium breakthrough as well and also sometimes take higher doses than what is listed on the bottle. And I will sometimes use topical magnesium, especially on my calves and shoulders after workouts, and sometimes take magnesium baths as well. For potassium, I try to prioritize a couple potassium rich foods per meal.

So roots, fruits, coconut water, et cetera. And then a lot of electrolyte mixes also contain potassium. So LMNT for instance has sodium, magnesium, and potassium. I sometimes make potassium based broth with food, and then I do often still supplement with low dose potassium because you don't wanna get too much either.

But I do notice a difference if I start to not get enough potassium. And then on humic and fulvic, I primarily use Beam. There are some other good ones as well, but I'll link to Beam in the show notes. And I add small amounts daily to my water. I love that these don't taste like anything, so my kids will do this as well.

But I tend to add the one they call micro boosts in the evening to support sleep and the electrolyze one in the morning for more the electrolyte side. I especially do these more often around travel. Or after restaurant meals to bind to anything that I might have consumed or when the body's detox load is higher.

Because again, my body knows exactly what to do so it's about supporting that. And I feel like this helps the minerals get into cells, not just float around outside of them. So from a personal routine perspective like I said in the morning, you've heard me talk before about morning sunlight. I try to go outside barefoot in the grass as soon as possible after waking up and get my eyeballs in the sunshine, and I will drink first a glass of water often with sodium in it, with salt, and then another glass with humic and fulvic.

If I feel especially depleted I'll sometimes do coconut water and or take magnesium breakthrough or even a salt tablet first thing in the morning. And then I often, related but not directly to minerals, but I often try to, or I always try to, consume a protein rich breakfast and get this natural light before caffeine or screens because this is a safety signal to the body. So that goes back to the stress component. In the middle of the day, I'll add in more electrolytes, something like LMNT if I'm gonna sauna or work out, and then try to include mineral rich foods in every meal, which is also part of a larger focus on how do I maximize nutrient consumption in every time I eat food.

And then I'll often add in more magnesium by midday. I am strange in being an inverse modulator, so most people benefit from magnesium in the evening, I personally take it in the morning. This is another example of why you wouldn't necessarily want to just imitate what I'm doing because that's likely different for you.

And then in the evening, like I said, I don't, but this would be the time most people would benefit from magnesium, I'll tend to focus more on either more beam minerals, sometimes trace minerals, and then salting my food at dinner. In general, I would say my philosophy around minerals is that I don't really worry at all about getting too many.

Based on the modern lifestyle and what I understand of our modern world, I think that risk is very minimal compared to the risk of being low, of which in all of these categories, most people are. So I focus on replenishing what stress, life, years of pregnancy, sweating and modern living deplete. And I listen to my body as I do that.

So minerals are the foundation I kind of build everything else from at least nutritionally and supplementally understanding this electrical component and how vital they are and seeing how impactful they've been for me personally. I find if my minerals are good, everything else feels easier because of that.

They tie into sleep, mood, energy, hormones, digestion. There's almost nothing that they don't impact somehow. I also listen to my body on these. It's not something I test a lot, and here's why. The body has to keep very regulated amounts of certain minerals in the bloodstream, so it's going to pull them even from other important areas of the body to keep that blood balance and our blood pH.

So testing the blood is actually not that effective for knowing if we need more minerals or not. I personally just feel like going on what I'm feeling and keeping track of that has been much more effective.

And then lastly, I wanna return to the concept of minerals as safety signals in the larger context of how do we send more safety signals and fewer stress signals to the body in general. And I really feel like minerals are a massive component of this that goes hand in hand with our light exposure and sending safety signals by being in a more harmonic rhythm with light, which is a nature signal, and then minerals kind of are a part of this and also tie into sleep.

And I think those three things, if we get them right, impact every other area and give us a lot more resilience and leeway. So sodium stabilizes blood volume, which is a safety signal. It helps electrical communication, which is a safety signal. It can help address some of those stress hormones directly, which is a safety signal.

Magnesium is tied to a calmer nervous system, safety signal. It helps muscles, nerves, et cetera, relax, safety signal. And tied to both cellular voltage and ATP, which are needed if the body doesn't get enough and interprets that as stress. Potassium, it stabilizes the electrical activity in and out of the cell, which is another safety signal.

Because we're not electrically communicating well within the body, the body is stressed. And then humic and fulvic will help reduce and address toxins and gut irritation, which can be low level things the body's registering as stress, even if we don't feel stress. And to me, all this goes back to the body already knows what to do perfectly.

And when the body feels safe and feels resourced and nourished, which I think minerals are a tremendous part of, then hormones naturally balance. Detox flows naturally because the body does it perfectly. Digestion works and energy returns. These are not things we do to our body. These are things our body does perfectly when we support it.

I feel like minerals are a big part of creating the conditions by which healing is possible and healing, just like detox is not a thing we do to the body. It's a thing the body knows how to do innately and is simply asking for support in. They don't force healing. They allow what the body already knows how to do.

So to wrap up this series, I hope it's been helpful to you. The key takeaways I would summarize are these, you are an electrical being. Minerals are a massive part of the foundation of that electrical system. And for that reason, this mineral matrix is not optional. It is essential, it's foundational, and it's often not supported well enough in the modern world.

And if we can just shift into gentle support of this, in my firsthand experience, it can have a dramatic impact. We know that modern life depletes our minerals faster than ever and doesn't give us as much in our food and water and every other exposure as it used to. So rebuilding our minerals is one of the simplest, most profound ways that I've seen to feel better really quickly.

It's never an either or, minerals work in synergy. So I wouldn't be able to reduce this series down to a single mineral and say that's the one that's gonna help us feel better. It's very much a both and, and a supporting the body, and there's more beyond that. But again, I think the foundation is in these minerals. So the kind of overarching philosophy of this series, sodium to charge, magnesium to relax, potassium to balance and humic, and fulvic to activate.

I will say also that I feel like in closing, minerals are one of the most powerful foundational tools that we have, and I've seen many people have dramatic results and be amazed when their minerals finally come back into range and online and personally when combining this with light, gentle movement and sleep, I think the results can be absolutely life changing in a short amount of time.

And I think these are all pieces of the puzzle in supporting the body as a whole. And were all parts of my recovery process from Hashimoto's and other things as well. Thank you so much for joining me in this series of five episodes that are all linked in the show notes. If you enjoyed this series in general, please let me know and I will do other topics in series in the future, and I really appreciate your time, your attention, and your presence today.

It truly means the world that you took time to listen. And if you found this episode helpful, I would be so grateful if you could just take 30 seconds and leave an honest review wherever you listen to podcasts. That helps other moms and families find the podcast and become part of the community as well.

And if you wanna stay in the loop with episodes, resources behind the scenes tips, and some of my favorite things that I share only via email, you can join my VIP email list, no cost at wellnessmama.com. Thank you again for listening. As always, I hope you have a wonderful day and week ahead, and I hope you'll join me again on the next episode of the Wellness Mama Podcast.