



1075: Hypochlorous Acid: The Non-Toxic Healing
Molecule Every Mom Needs to Know About
With Justin Gardner

Child: Welcome to my mommy's podcast!

Katie: Hello, and welcome to the Wellness Mama podcast. I'm Katie from wellnessmama.com, and I actually can't believe it has taken me this long to get around to doing an episode about this topic, which is hypochlorous acid. If you haven't heard of that compound stick around, because it-- I use it all the time, and it has changed so much in my home.

And my kids love this. It's like the first line for so many things, and I didn't know about it for so many years of parenting and wish I could go back and give my younger self this compound because it's a non-toxic healing molecule that I feel like every mom needs to know about. And to explain it, I'm here with Justin Gardner.

He's worked in the medical space for over twenty years. He's partnered with hospitals and doctors on regenerative medical technologies, and he's founded and sold multiple companies in that space and brought more than fifty medical products to the market. So he's definitely a veteran in that world. But when he discovered hypochlorous acid, which is a molecule that is naturally produced by our bodies to fight infection and support healing, he left his former world, dropped everything to focus on making it accessible to the public.

And he created something called Active Skin Repair, which is an absolute staple in my house, and they're built around medical-grade, non-toxic products designed for everyday use. And it's important to note that this compound, we're-- in the market, there's tons of outdated solutions that are not as effective or ones that contain toxic ingredients that you don't wanna use.

So, like, all things are not created equal when it comes to this compound. The compound itself is so fascinating, and I feel like they make the most effective and the really, the cleanest on the market, and it's the one I use. But if you haven't heard of hypochlorous acid, stay tuned because this really could revolutionize the way you look at everything from eczema to a skinned knee to...

I use it right now as, like, a nipple cream, as a diaper cream. It can be used for so much safely because our body makes it naturally. It's also more effective than bleach by a long shot. So, he can explain it better than I can. Let's join him now.

Justin, welcome. I'm so excited you're here, and I'm so excited for this episode.

Justin: Well, thank you for having me.

Katie: I honestly can't believe this is the first time I'm gonna get to do a whole episode on hypochlorous acid, because I am, like, a super fan of this, and realized I've never talked about it on the podcast, which is absurd to me.

So we're gonna rectify that today. Before we do, though, in researching your bio for this, A, you're fascinating, but B, I found out you have traveled to 50 countries. You've run a marathon barefoot, which I can't even fathom. But you also got hit by a train, and that's the one I feel like I wanna hear a little bit of explanation for.

What happened?

Justin: You know, it was... This is a good... For parents who are letting their kids have electric bikes, when I was younger, it was mopeds. And so I got a moped when I was 14 years old, and I was coming down a country road and couldn't hear the train coming out of a tree line, and the moped wasn't quick to stop, so by the time I hit the brakes I had hit the side of the train.

And got on my side. I popped, the moped went under the train, and I hit the side of the train and bounced off. And thankfully, probably lost a few brain cells in that collision, but came out otherwise okay.

Katie: Wow, that is wild. Well, I'm glad you are okay, and I'm excited for what we're gonna get to dive into today.

Because in researching for this, you actually spent 20 years in- inside the medical industry, so you are extremely familiar with research, with medicine, with that language. And then now you are deeply an expert on hypochlorous acid. So I'm curious for you, like, what was the moment when hypochlorous acid really stood out to you?

And also this would be a good time, I guess, to define what is hypochlorous acid.

Justin: Sure. Why don't I start with how I discovered it. So I previously owned a medical marketing agency, and we would help launch products into the hospital side of the business. And we had a kind of niche focus where we worked in regenerative medicine and wound care, so really expensive biologic products like dermal engineered skin tissues that would be used for surgical procedures.

And while I owned that agency, I got introduced to hypochlorous acid. The medical device company that was launching it into the hospital came to me and said, "Hey, we'd like your support in helping bring this into hospitals across the US." And so like any of the products that came through my agency, I started to do a lot of research on hypochlorous acid, what it was, and it was just mind-blowing to me how simple and inexpensive this technology was, but how powerful it was.

And so I'll then tell you about what hypochlorous acid is. So hypochlorous acid is the same molecule our white blood cells produce. So if you get cut, scraped, burned, any type of skin damage, our bodies send white blood cells down to that injury, and inside the white blood

cells is hypochlorous acid. So we've figured out how to replicate the same molecule that your white blood cells are producing and get it into a liquid and a gel formulation, so you're applying topically the same way that your body's working internally.

And that's does three really key things. It's a really, really powerful antimicrobial, so it kills 99.9% of bacteria, viruses, and fungi within 15 seconds. It helps reduce skin inflammation so that inflammatory response to that injury, it helps to down regulate that. And then third, it helps actually speed up the natural healing process.

So you get this kind of really powerful multifunctional, all-natural, non-toxic molecule that can be applied to all these different skin issues. In the hospital side, we were using it as a, into surgical procedures to help reduce surgical site infections. It would get used in wound care centers for diabetic ulcers, venostasis ulcers, and then in intensive care burn units.

So all these different areas where infection or healing was a issue. What was really cool is the product has the same safety profile as saline solution, so it's over 100 times as powerful as bleach. So you have this, again, really powerful antimicrobial, but the s- safety around it is really... It's innate to our immune system, so there's no allergic reaction, no synthetic antibiotics, all these things that we wanna stay away from.

And it had, because of the safety profile, it had an FDA clearance to be used over the counter. When I started to learn all this, I went to the medical device company and said, "Hey, what are you doing in terms of bringing this? This seems like something that should be in everybody's house, and it's at a price point that's, that I believe is digestible."

And they said, "No, we just wanna focus on the hospital." And that was my catalyst to start Active Skin Repair. And so that was about 10 years ago now. I was able to license that same medical-grade formulation. We launched into hospitals, and it's what we use in the Active Skin Repair hypochlorous products.

Katie: This is why I was so excited to talk about this today, especially for moms, because I didn't even know all of this when I first started using it. I just got to see firsthand how effective it was. And I love that you brought up those two things together, that it's the same safety profile as saline, but 100 times more powerful than bleach.

Because I know when it comes to natural remedies, sometimes it does feel like you're trading off the non-toxic for it being as effective as it could. And I feel like this is one area where actually, like, the both/and is so compelling, it's kind of absurd. And to your point, this is something we make endogenously, so it's something our body already recognizes as familiar.

But even more surprisingly, I feel like in the natural world it has FDA approval as well. And I know you've used the Windex analogy before, kind of like you call it the WD-40 of skin repair or the Windex of skin repair, because you can use it for almost everything. And I know at my house we do use it literally for almost everything, and it's...

My kids now even, "Where is it?" And w- if there's a cut or burn or anything. But what are the, what's the short list of things that this actually can do? Like, what does it replace in a medicine cabinet?

Justin: Well, I would say one of the first things that's unique about active skin repair in our formulation is that we do have FDA clearance for use on open skin.

So there's a lot of hypochlorous acids that have come to market as a facial spray, but what's really unique is we have that medical grade formulation, and we can talk a little bit more about what that means. But, so cuts and scrapes is, I would start with, it can be used in any type of cut, scrape, to help both prevent infection and speed up that healing process.

And then anything, think anything bacterial or inflammation, so things like sunburns and bug bites, those are inflammatory responses, so it works great on those types of everyday things. Obviously, we don't wanna get sunburn, but if we're out in the summer and we just get a little bit too much sun, it helps reduce that inflammatory response that our skin has to too much sun.

Same thing with a bug bite. It can work on, works fantastic on things like acne. So, and that can go... What's really cool if you have little children, the pediatric issues, so it works on baby acne, baby eczema, diaper rash. All those things are bacterial or viral or inflammation. Hand, foot, and mouth is one that we get used on a lot.

Then things like, that are bacterial inflammatory related issues, can also be eczema. So we get used there a lot as well.

Katie: And I feel like those are areas where it is often hard to find solutions. Like my teens love it for skincare basically, for the acne side which I love. And I also like, to your point, it kind of, it begins working so quickly.

I wanna talk a little bit more about this as well, because often things take a while for them to start working. And this seemingly works very quickly and very completely, even against things that in a hospital setting are often hard to handle. So I would love for you to talk a little bit more about that, and are there any actual contraindications, realizing it can be used for seemingly almost anything?

Justin: So what we know is the molecule takes 15 seconds to work, so it's going to kill even really complex bacteria like staph, it kills within 15 seconds. So what I generally

recommend, and with any type of... If you're using it as a facial spray to help with just daily cleansing or acne, I always say spray it on, let it sit 15 seconds, and then go upon your normal skin routine.

Same thing with, like, a baby. If you're using it on a diaper rash, let the product... You can spray the spray or apply the gel. Just let it sit for 15 seconds and then the molecule's gone to work, and then you can apply any balms or lotions that you're using after that. So it works very fast-acting, it works very quickly.

The... What it can replace, especially when you're talking about skin like cuts and scrapes, is like a Neosporin. So I don't think people realize that Neosporin uses synthetic antibiotics that up to 20% of people have an allergic reaction to. Ours does not have any type of allergic reaction because it's innate to our immune system.

There is no contraindication to hypochlorous acid in our product.

Katie: That's also super helpful to know. I would guess there are people listening who are thinking, like, "If this is so amazing, how have I never heard of this?" Like, "Why is... Does every mom not, like, shout this from the rooftops?" And I know I kind of felt like that when...

I was even skeptical at first. I'm like, "How can it be this good if I've never heard of it?"

Justin: I think you will. I think the answer is you will. We... I, our company is growing so fastly and, you know, I think now we have over a million customers, right? So it is... 10 years ago when we first launched, nobody knew what it was, and I think that is changing pretty rapidly.

One of the reasons, though, is hypochlorous acid has been around for a long time. We've been able to replicate that molecule. Scientists have been able to replicate the molecule for over 100 years. The issue has been around stabilization and being able to get it into a bottle, get it into a stabilized format that stays at the right pH level and has a shelf life to it.

So that has been the recent technological discovery and why it's now available over the counter. Previously, a lot of times it was just made bedside in hospitals. And when we... The real kind of magic around hypochlorous acid is around the formulation and being able... We want it to have the specific parts per million of hypochlorous acid, so you don't want too much, you don't want too little.

We know that exact amount, and you want it to be able to stay at that parts per million for that, that shelf life, and our product has a two-year shelf life. So we know that it's gonna stay at that right parts per million. Other one is you want it to stay at a skin-friendly pH level, so you want it to be within a five and a seven pH level.

So formulation really matters and being able to keep it into that right parts per million and the right pH level.

Katie: That's really good to know. And I actually, on that note, really wanna call out... It seems like this is having a moment in the beauty side of Instagram and TikTok, and I've seen this kind of circulating.

It's on social media everywhere, and I wonder, you said a, a lot of what people are buying isn't actually meeting those criteria. And I see a lot of different ones circulating. So how does someone know if the product they're getting actually works? I know you guys go to great lengths to kind of publish that, but how does someone know if what they're getting is even working?

Justin: It's a great question. And it do- it's, hypochlorous acid is having its moment, and that's why I said I think people w- people, if you are on social media, it's just there's so much buzz around it. What we're seeing, though, is the 99% of the brands coming to market are just cosmetic brands. And the primary use for that is just a daily facial spray, which is fine as a cosmetic.

The difference, though, is most of those brands are contract manufacturers. They're just using a manufacturer that does a lot of skincare products, and they're producing the hypochlorous acid. Those manufacturers don't really understand how to properly formulate hypochlorous. The quickest way I can know whether something is kind of has a more sophisticated pr- manufacturing process is whether it has an expiration date, whether it has a lot number.

Unfortunately, with cosmetic, there is no regulatory really oversight on efficacy and safety of that product. So it could be we, when we bring 'em, we bring a lot of these products when we see 'em back to our research and development facility, and we'll test 'em, and what we find is a lot of times they barely have any active hypochlorous in it.

And it will... It might have a little active hypochlorous in it for the first three months, and then by six months, there's really no efficacy to that product. And pH range can change a lot. So kind of going back to really having that stabilized formulation. For us, because we're using that same process formulation that's used in hospitals, we have a lot of checks and balances and regulatory oversight to make sure that every bottle we produce has that stabilized formulation that we know is gonna be efficacious and safe, safe for you and your family. We test every lot that goes out. So we have a lot number on our product.

We have a unique device identifier. We know that it's gonna be at that right parts per million, the right pH for that entire two-year shelf life.

Got it. And what about ones that have other ingredients added? Because I've also seen some that have, like, fragrances or colors or different things to make them kind of, like, more attractive.

Yep. Again, being at this now, I mean, we've launched... I've been over the counter for 10 years, but working with hypochlorous acid for, I think, 13 years now. So I've always... And we have a great PhD chemist that helps do the, a lot of the formulations and technology around our product on staff, and we keep going back to it and saying, "Hey, can we recipe this with this?"

Can we put it into wipes? Can we do all these?" Of course, we'd love to be able to come out with new products and new ways of thinking about the molecule and how it can be used, but the problem is the molecule is so finicky. And so when you... Every time we've reaccepted it with other ingredients, we lose any of the active hypochlorous acid.

So when I saw other products in the cosmetic space add additional ingredients to it, I thought, "Well, cool, maybe they figured this out." And we would take it back in, and we'd test it, and we'd find out that actually there was no active hypochlorous in it. And so I think that just, again, kind of shows that there's a lot of marketing that can go into the cosmetic side, but it sometimes it can lack that check and balance on the efficacy side.

And so to date, we have yet to test a hypochlorous acid that has added ingredients into it with active hypochlorous acid. So when you're buying those products with those additional ingredients, usually you're not getting any type of, the, all the things that we talked about that hypochlorous acid can do.

Katie: Awesome. That's good to know. And I also feel like this is so effective, and I've definitely used it as a switch for most things. But people who are, like, really ingrained in using certain products might be wondering, like, well, it- even if it's, like, the same, like, why would I use that instead of, for instance, like, antibiotics or steroid creams or, like, I know these things work.

And I feel like the safety profile really stands out here, and that's worth addressing again. Because it's not just like, oh, they both work. It's like there are also, in my mind, really tangible downsides to some of the other things we might use instead in certain use cases. And I know you come from the medical side, so I would love, if you're willing, for you to speak to this.

Like, what are we actually doing to our skin or to our kids' skin when we default to things like those antibiotic creams or toxic antiseptics or steroid creams or other things that we use to address problems?

Justin: It is such a great question. So the... And I'm a father of a four-year-old daughter, right? And so I really care about what I put on and in my daughter.

And I don't wanna say that this is a cure-all to everything, because it absolutely is not. And sometimes antibiotics, sometimes steroidal creams might be required. What I f- what our product does amazingly well is provide a first-line therapy before you would need to move on to something that can be toxic, harsher, have antibiotic or have chances of antibiotic resistance or allergic reaction.

So what hypochlorous acid, it's such a powerful molecule, but again, with no real downsides to it. So the, to be able to use it before you moved on to a toxic product is always what I recommend. Great first-line therapy. It certainly, like, I think when I grew up, you know, Neosporin was kind of the, if you got a cut or scrape, you put Neosporin on.

What we know about that now is again, up to 20% of people have an allergic reaction to one of the synthetic antibiotics. As an antimicrobial, it's pretty mediocre. Hypochlorous acid would beat it in that kind of antimicrobial test. So for something like active skin repair versus Neosporin, it's kind of a no-brainer.

I, again, would always say talk to your physician and really get deep into what the problem is and what the different therapeutic options. But the active skin repair and hypochlorous acid provide a great first-line therapy for all the skin issues before you moved on to something that could be, have more significant downside effects.

Katie: Awesome. And I wanna like specifically hone in on some use cases that are gonna be really relevant to the people listening, the first being babies and kids, because most people listening are moms and have kids or babies of various ages. So for parents with kids of various ages, how does it come into play for, I'm just gonna like rapid fire hit you with like diaper rash, eczema, bug bites, cradle cap, hand, foot, and mouth.

Those are the ones I hear a lot about. And what's that conversation with a pediatrician like? Or do parents just use these at home often and see resolution without having to like even go down the medical route at all?

Justin: So I'll just, from personal experience raising a daughter till four years old, or f- almost five now, when you start at that very infant phase, there are just so many skin issues, as I'm sure any parent knows, right?

So let's do diaper rash. So diaper rash, it can help both prevent and help treat the diaper rash. So diaper rash is gonna be caused by a bacterial issue, right? So that, it's helping kill that bacteria, so it's gonna help prevent that rash potentially from forming. And then when

that rash does form you want to take care of the bacteria issue, but also the inflammation issue.

So it's working there as well. One of the things that I found was really nice, especially with diaper rash, is that it, with our spray, is you can spray and you actually don't have to touch the bum. So you can just spray it on without having to, especially if it's really sensitive on the baby. So that works great.

It, also, when we look at things like, diaper rash balms or paste, those are great too, and I would say you can keep using them. This isn't to replace those. The difference, the, is that the balm doesn't have any antimicrobial properties, right? It's just helping to soothe the skin. So I would use these in conjunction with each other.

I would start with Active Skin Repair to help with a bacterial and inflammation issue, let it sit for 15 seconds, and then if you have a paste or a balm that you like to use after that, keep using it. It doesn't need to replace that. It's an addition that didn't used to exist. Things like, let's say, hand, foot, and mouth, that's a viral issue, so you're trying to kill off the virus.

Again, a powerful antimicrobial. We're just gonna continually come back to anything bacterial or inflammatory issues on that end. And then when you know, you go into the toddler phase and all of a sudden now you're getting into cuts and scrapes from the falling and learning how to walk and all the things that just come with being a little kid, which you want, you know?

You want your kid out there. You want your kid to be progressing along, and that just comes with, you know, real-life skin issues. The really cool thing that you find is our product doesn't sting. So you get all of that bacterial, antimicrobial, antibacterial issue power. But unlike a toxic antiseptic like an alcohol or a peroxide, it doesn't sting, so you don't get your little kid running from you when you need to help get that, that cut or scrape clean.

Katie: I'm glad you mentioned that with it not stinging, because it's... I feel like my kids easily use this for everything now, because there's no, like, resistance there for them. Whereas, like, when, back in the day when I used to use, like, hydrogen peroxide or something, they would run away and scream and not want me to clean their skin, knee or whatever it was.

Another one that I found really unique when researching for this is that it's considered safe for nursing moms. This one actually is personally relevant to me at the moment. And I didn't know this, but including for nipple care. So I'd love to actually talk about that one, because I feel like this is a place where moms are really cautious to use almost anything, and of course, baby's mouth is gonna be in this area.

So what does the safety profile actually look like for nursing moms, even for something like using it for nipple care?

Justin: So it's funny when you put a product out into the world you just don't realize all the things that it's going to kinda take off for, and nipple care has been one of those that we hear.

Especially, we get lactation nurses all the time reach out to us, "Hey, can I get some product? Because I love to use this on my patients." Where a- again, we're, we're gonna come back to that kinda soreness, the inflammation of the nursing part of it. Our hydrogel works really well on those nursing issues.

What's cool about our, with hypochlorous acid in our formulation, is it's completely safe to use around the eyes, ears, and mouth. So I always do this one. You know, it's powerful enough to kill the most complex bacteria like staph and MRSA, but we can spray it around our eyes, ears, and mouth. So if a little bit was to get into the infant's mouth, it's not a big deal at all.

So it, again, because of that amazingly safe profile, completely fine to use for nipple care and nursing

Katie: Which I'm glad, like, I'm glad. That I did not actually know, and it didn't apply to me till very recently. So I'm glad to know that this is even an option for that. I wanna also specifically call out as we get closer to the end of our time, I know we touched on it, but the eczema piece, because I know this is really top of mind for any parents who are navigating that experience with their kids.

I had this with my third many years ago, and we did eventually resolve it, but I remember so vividly still how uncomfortable he was, how all-consuming that period was, and how brutal eczema can be. And I feel like a lot of people are in a cycle of either having to do a ton of natural stuff to hopefully work through the eczema or steroidal creams, or there's so many different approaches.

They're all kind of seemingly high-stress, high-touch. For us, eventually diet helped reverse it. But I wish I had had this then because I have a feeling this makes the process, even while you're doing other things to help address the inner, probably a lot more comfortable for those kids.

Justin: And I'll start by saying whatever's causing the eczema, Active Skin Repair is not gonna help with.

What Active Skin Repair is gonna help with are the flare-ups that's being created by the eczema, right? So all the skin issues that are caused by eczema. So a lot of times it is

figuring out the, the trigger is the diet and things like that to address the eczema problem. But nevertheless, if you are dealing with eczema, it works really well for the flare-ups, and the reason why is, one, a lot of times those flare-ups have a bacterial colonization issue.

What's really cool about hypochlorous acid, and, you know, our body is such a powerful machine, hypochlorous acid is really selective in being able to go in and target the bad bacteria, so things like staph, without... And by being more selective there, it helps bring the skin microbiome back to a right balance, and then it's also helping reduce the inflammation.

So safe to spray around eyes, ears, and mouth, too, so you can go around sensitive areas without having to worry. It's a great first-line option before you needed to move to something that might be a little bit more harsh or toxic. So again, great first-line issue for all the skin issues that can be created from eczema.

We have amazing stories of how it's worked when other products have not worked. The thing about steroidal creams, too, is they're not addressing the, the bacterial issue as well. So this is unique in really being able to go after and target those bad bacteria that can be creating the itching and all the skin issues that come from eczema.

Katie: Awesome. And I'm gonna put lots of resources in the show notes related specifically to all the things we have talked about. But before we wrap up, I also wanna touch on the different things you guys actually have available and link to them all specifically as well. As well as just let people know how they can find this.

I keep it stocked in my house in various forms. Like, you guys have several. But I would love for you to explain kind of what you have, what each one is best used for, like use cases, and then where to get it. And I know there is something specific for the audience who's listening, so I'll make sure that's linked in the show notes as well.

Justin: Sure. So I always say, one if you go into... If you're one of those people who really like to get into the science, this isn't just me saying it. If you go into PubMed, which is a great resource, there's over 100 peer-reviewed medical articles around hypochlorous acid that can really explain the science in a much more depth.

The... If you wanna learn about Active Skin Repair, activeskinrepair.com is the best place to go. That's our website. We also have an Instagram, [@activeskinrepair](https://www.instagram.com/activeskinrepair). The... We also have a discount code for all of your listeners, and that's WELLNESSMAMA20. That will get 20% off. So if you go to our website and you use that code, which you can link in the show notes, you'll be able to get 20% off.

That's the best place, I think, where you're gonna get the best price for the product. We are also on Amazon, so I always encourage people, especially if you're looking for, will it work on this? You can actually go into our reviews, type in the little search bar, "Does this work on eczema?" And then you can read all the reviews that we have on eczema, and you'll see that we have well over, I think it's like 7,000 five-star reviews around our product.

So Amazon's a great one. We are now in every CVS around the country, so 7,000 locations on CVS as well. So there's probably a CVS around the corner. You can always go into CVS and buy it. We do get asked the question a lot is what the difference is between our, our normal spray, our baby spray, and our kids spray.

So I'll address that one real quick as well, because they are all the same formulation, so any of them will work the same way. All the things that we talked about all work the same. We just kept getting asked whether I could use this on my baby, whether it was okay, and so we just figured we just needed to have specific products to address those specific issues.

The hydrogel is using the same molecule, so all the things that we talked about, it's gonna work the same way. It just is more of an ointment. And what's cool about our hydrogel is it's not a petroleum-based. So those, again, are available all through, at activeskinrepair.com, on Amazon, and also at CVS. Thrive Market, we're on Thrive Market as well.

Katie: Amazing. Well, all of those links will be in the show notes, and I'll say, like, I use it for so much with my kids, but I also always just have it in my purse because I'm not a fan of hand sanitizers or any of those kind of products. But if I'm traveling or if I have to change a diaper while I'm out and about, I use this on my hands, and it's been phenomenal.

I feel like there's, like, endless uses, and I'm so glad I found you guys. I can't believe I actually never have done a podcast on this until now, so I'm super grateful to you for coming here and doing such a deep dive, like really comprehensive overview in half an hour. Is there anything I asked- have not asked you that you wish I had asked you, or anything else you want to leave our listeners with today?

Justin: No, I think it's just one of those... I think, as a parent, personally, I just find that we have to be way more empowered about what we're putting on our children. So just do the research, and I think you'll see. We also have a bunch of new products coming out that are sunscreens and hydrating serums.

Everything that we're doing is EWG verified. So you can even go in and look at our hypochlorous acid products in Yuka, and you'll see that they score 100. So I think there's just so many resources out there to find really good, validated products. So, hopefully those types of resources are available and you can do your research and find some really good products.

Katie: Amazing. Well, Justin, thank you. I'm a huge fan, and I'm glad we got to actually, like, have this conversation. It's our first face-to-face. I'm so grateful that we got to record it. Thank you so much for being here and for educating us so deeply in half an hour.

Justin: Well, thank you for having me on.

Katie: And thanks as always to you for listening and sharing your time with us. We're so grateful that you did, and I hope that you will join me again on the next episode of the Wellness Mama podcast.