



EPISODE 1004

Science-Backed Ways to STOP GETTING SICK & Reduce Your Risk of Colds & Flu

With Guest Carly Kremer

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SHAWN STEVENSON: Is it possible for us to reduce the amount of times that we get sick? Are there any science-backed ways to reduce the frequency of things like colds and flus, and even to accelerate how fast we get better if we do happen to, quote, "catch something"?

Well, one of the first, most accessible things for us to take a look at is exercise. A meta-analysis published in *Exercise and Sports Science Reviews* determined that regular exercise significantly improves human immune system response to infections and reduces susceptibility to viruses. Another massive study published in the *British Journal of Sports Medicine* analyzed the impact of regular exercise in defense of COVID.

It tracked the exercise habits of over two hundred thousand people, and here's what they found. Number one, regular exercise has a notable protective effect against contracting a COVID infection. And number two, regular exercise appeared to slash the risk of severe COVID infections. In fact, in one cohort, people who regularly strength trained and utilized aerobic exercise had a twenty-seven percent lower risk of contracting a COVID infection and a fifty-seven percent lower risk of a severe COVID infection. Now, the question is, how? How, Sway? How does exercise protect us from getting sick? Well, one of the reasons why exercise is so effective at reducing the amount of times that we get sick and reducing the severity is, number one, exercise enhances something called immunosurveillance. This is the process by which cells of the immune system look for and recognize foreign pathogens to effectively make adaptations to them.

Number two, exercise reduces systemic inflammation. Exercise improves the recirculation of immune cells that stimulate an anti-inflammatory and antioxidant state through multiple pathways. Number three, exercise improves something called immunomodulation. This is the ability of our immune system to make an appropriate response to a foreign pathogen. So if our immune system is running low and it needs to ramp up, it can do that. Or if our immune system is overreacting, it can help to temper it and bring it down to make, again, an appropriate immune response. And number four, exercise delays something called immunosenescence. This is referring to the gradual degradation of our immune system and our immune response, often associated with aging.

But we can accelerate this degradation of our immune system through our lifestyle factors, and we can also slow down the degradation by frequently exercising. And so the bottom line is that exercise is a science-backed way to dramatically reduce how frequently we're getting things like colds and flus.

Another huge factor in this is sleep. Your sleep quality has a huge impact on the function of your immune system. A study cited in the European Journal of Physiology detailed how sleep deprivation suppresses the production and performance of our immune cells, leading to immunodeficiency. While research published by the Mayo Clinic shows that people who don't get quality sleep or don't get enough sleep are far more likely to get sick after being exposed to a pathogen. And sleep also deeply affects how fast you recover if you do get sick. Have you ever noticed that when you're sick, you actually find that you're sleeping more? Now, another powerful key for reducing how frequently we're getting sick is our nutrition. Eating real, nutrient-rich foods and utilizing science-backed supplements that truly improve the intelligence and activity of our immune system.

And for that, we have our special guest, Carly Kremer. Carly Kremer is a beekeeper, a mother, and the founder of Beekeeper's Naturals. She started the company with a mission to reinvent the medicine cabinet using high-quality, science-backed products from the hive. For years, Carly struggled with an autoimmune condition that made it difficult to rely on typical over-the-counter medications. Frustrated by the lack of clean and effective options, she turned to the beehive, and everything changed. Through the power of natural ingredients like propolis and royal jelly, she was able to support her immune system and feel like herself again. Since founding Beekeeper's Naturals, Carly has worked alongside leading doctors and scientists to develop natural solutions that are safe, effective, and accessible for the whole family. Let's dive in this conversation with the one and only Carly Kremer. All right, Carly. Thank you for coming to hang out with us.

CARLY KREMER: Thank you for having me.

SHAWN STEVENSON: Of course. Of course. I'm so excited to talk to you. One of the primary reasons that we miss work, we miss our productivity, we just miss on doing the things that

we wanna do, is getting sick. You know, colds and flus, and these things that are really a very big part of our lives, especially today. And ironically, you know, we kinda thought decades ago, we kinda figured this out. We'll be able to, you know, take care of all these infect- infectious diseases, but they've just gotten progressively worse and more diverse. But there's something unique about you. You're- Of the, all the people that I know, you get sick less often than just about anybody, and there's a reason for that. Can you talk about it?

CARLY KREMER: It's true. So I haven't actually been sick in about seven years, which is pretty wild. I also have a toddler, and as you know, toddlers are germ factories. And she also doesn't get sick, but I'll talk about that in a minute. But really what it comes down to is immune system hygiene. You know, we've learned a lot about oral hygiene and how it contributes to longevity. We need to brush our teeth, we need to floss our teeth, go to the dentist, do all these things.

And really, immune system hygiene is the next frontier. If you think about it, your immune system, that is your defense system against the world. And in today's world, it's not just the stress we're under, it's the toxins, it's the pollution, it's the processed foods. Like, we as a society, as a culture, we're being exposed to more chemicals today than we ever have been, and our bodies don't know how to deal with that. So such a critical factor of health, of wellness, of longevity is introducing things that bolster and support our immune system so that first line of defense is there, is strong, and is ready to kinda meet whatever life throws at us.

SHAWN STEVENSON: Yeah. That's exactly right. It's the sheer amount of things that our immune systems are trying to build up defenses against, basically. You know, there's of course the stuff that has evolved over time, but then there's so much newly invented chemical chaos.

CARLY KREMER: Yep.

SHAWN STEVENSON: And we don't think about that. So again, if we're wondering why the prevalence and diversity of all these different types of, you know, colds and flus and, and, just kinda these infectious agents, it's also thinking, and this is the other part of the equation,

when we get sick, we tend to think that it's like our, this thing is doing this to our bodies. That's why our bodies are having these experiences. But it's really our immune system's response.

CARLY KREMER: Yes.

SHAWN STEVENSON: And what we want is for our immune system to be capable, to have the right weapons-

CARLY KREMER: Mm-hmm ...

SHAWN STEVENSON: to make an appropriate response. Because a lot of times our symptoms, right, so the fevers and the aches and the congestion, these oftentimes it's a overreaction-

CARLY KREMER: Yes

SHAWN STEVENSON: . . Of our immune system to a potential threat.

CARLY KREMER: Mm-hmm.

SHAWN STEVENSON: And then we spend all this time trying to, like, get these symptoms to go away.

CARLY KREMER: Time and energy, and the inflammation caused by illness. Here's the thing, big pharma has kind of conditioned us to think, "Oh, we all get sick. That's normal." And then when we get sick, we just have these band-aid solutions to mask the symptoms, numb the sore throat until our body heals, and it just doesn't have to be like that. We can put our body in a state where we are getting sick a fraction as often as we are right now. And we can have the tools to not just reduce the viral load, reduce the quantity of illness, but reduce inflammation. Re- you know, inflammation is one of the number one causes of so many diseases. So there's a meta-analysis of 17 studies, and it looked at how propolis significantly reduced CRP and IL-6, which are key inflammatory markers.

Taking propolis, it's not just going to regulate and support your immune system. It's not just gonna prevent you from getting sick. It's going to take the inflammation down in a big way and prevent these long-term serious conditions from developing.

SHAWN STEVENSON: Mm, I love this so much. And by the way, if everybody's watching, you'll be able to see the study up on screen as well. But again, it's just keep it in context that this isn't just about trying to target a specific pathogen. It's creating the conditions for a more intelligent immune system an immune system response. A big part of that is regulating inflammation.

CARLY KREMER: Mm-hmm.

SHAWN STEVENSON: And so this is one of those tools in our superhero utility belt to have on hand, that I know I have on hand all the time, especially during times of stress and a lot of stuff going on, travel, people around me getting sick. I'm really tuning to my propolis immune spray-

CARLY KREMER: Mm-hmm ...

SHAWN STEVENSON: from Beekeepers. It's just sitting there all the time, and I utilize this probably more frequently than just about anything, just for that immune system workout.

CARLY KREMER: Yep.

SHAWN STEVENSON: Right? So talk a little bit more about that aspect of it because, again, when we think about training our bodies, we think about, you know, going to the gym or getting our walks in and things like that, and it's kind of like a fitness regimen, fitness hygiene, building up our physical, our physical body. Physical literacy. You're looking at this, and what we need to start to do is to look at immune system, hygiene, immune system fitness, so that we can dramatically reduce the times that we get sick.

CARLY KREMER: It's so important, and it's not just about when we get sick. I mean, it is massively about that, 'cause no one wants to get sick.

But look at how much autoimmune is on the rise. Like, every... You know, if you're listening to this, either you or someone you know has some kind of autoimmune condition. And bee products, propolis specifically, works as an immunomodulatory agent. So it actually helps to balance your immune system. Something I think about all the time as well is the bees have been around since prehistoric times.

So these creatures are doing something to survive. I mean, the dinosaurs didn't make it, right? The bees are doing something to survive. And propolis as a compound, the bees are collecting plant and tree resin. So, you know, you think about the survival of trees. So they're literally collecting the immunoproperties of the tree itself, combining it with their enzymes, and they're making this incredible complicated substance called propolis that is the single best thing we can do for our immune health, one of the best things we can do for antioxidant support, so powerful for inflammation. And, you know, it's something that has been around forever, and the reality is most people don't know what it is, and it could change their health, their outcome, their trajectory in such a massive way.

SHAWN STEVENSON: Yeah. You know what's fascinating is that we have a couple of studies affirming how propolis can support in accelerating recovery, but also reducing the incidence of something else happening, even in the context of something like cold sores, for example. And so it's not just helping to kind of spot treat which is what a lot of these, you know, pharmaceutical medications are doing, but it's something that is actually improving the intelligence-

CARLY KREMER: Yes.

SHAWN STEVENSON: ... of your immune system. You mentioned the immunomodulation, right? Sometimes our immune system isn't making a strong enough response. And sometimes, oftentimes, especially today, it's over-responding.

CARLY KREMER: Yes.

SHAWN STEVENSON: And so this is helping your immune system to mount, like I said earlier, an appropriate response. And we think about an overreactive immune system, we think about in our culture autoimmunity. And this was a big reason why you got into this space in the first place. Talk a little bit about that.

CARLY KREMER: Yeah. So I was struggling with my immunity. I'm autoimmune. I was getting sick all the time. Because I have a hyperactive immune system that's also super reactive, I can't take antibiotics. So most of the conventional medicine that somebody's given when they get sick is not accessible to me at all. And so I started using bee propolis, and I had such, you know, I, I never had that experience before where I was really sick and I actually recovered, but without all the side effects. Like, I would have crazy side effects. I landed myself in the hospital multiple times. And so propolis was something that my body actually tolerated, so I started taking it.

I had tonsillitis at the time. Totally recovered from that in five days, which had never happened to me before. But then I continued. I did, I had done all this research on propolis and, you know, the artemisinin, the cerasterin, all these different compounds in propolis that are so powerful for the body, both for supporting immune health, balancing out your system, fighting inflammation, all of these amazing things. So I just kept taking it, and I fully stopped getting sick, and I started feeling completely different. My skin changed. Like, I had a really dramatic change of state, and it was from there that I was like, "Oh my gosh, I need to learn about the bees." So I started beekeeping. This is back in 2012. I became completely obsessed with the bees.

You know, I've been working in sustainable and regenerative beekeeping now for a very long time. And yeah, I'm just, I'm so passionate about what these different bee products and what propolis can do to help people heal. People are, so many people are living in an unwell state, and if they can regulate their bodies, if they can regulate their immune system- They can completely change how it feels to be alive.

SHAWN STEVENSON: That's so powerful. You know, some of the most impactful people and products and companies are a result of struggle and trying to figure things out. And so that's

one of the things that really resonated with me about you from the very beginning, and truly, you really are about that life. And I'm so grateful because, you know, since we met, this was, you know, many years ago, maybe this is, like, six, seven years ago, and just to see the impact of Beekeepers and its reach and all the availability and access now, CVS and Target and all these different places, is just, I mean, out of this world amazing.

And by the way, if you're wondering where to get access to the Propolis Throat Spray and all the incredible Beekeepers products for 20% off, go to beekeepersnaturals.com/model. That's exclusive with me. That's beekeepersnaturals.com/model. That's B-E-E-K-E-E-P-E-R-Snaturals.com/model, 20% off. If you could, so what is your personal strategy? Because obviously, again, it's the, it's the hygiene aspect. It's thinking about it in those terms.

CARLY KREMER: Yes.

SHAWN STEVENSON: So what are you doing for your own immune system hygiene?

CARLY KREMER: So you have to create a routine. It ha- like, like I said, it has to, like, brushing, flossing your teeth every single day, four sprays of my propolis, morning and night. First thing I do in the morning when I wake up, four sprays of propolis. I spray the nasal spray. I love our nasal spray max. So, you know, if you're spraying propolis in your mouth, you're using the nasal spray in your nose, you are covered. Like, those are... How we get sick is we're breathing in viral particles.

Other people are breathing, coughing, speaking around us, and these vir- these particles are in the air, and then we're ingesting them through our respiratory system. So if we have propolis in our mouth, propolis in our nose- We're creating serious defense against these different viruses that can make us sick. So every single morning I'm doing that, plus the inflammation benefits. I'm obsessed with inflammation, reducing inflammation in my home. So that's my morning. And every single day I take a liposomal vitamin C and propolis, so that's 1,000 milligrams of vitamin C, 100 milligrams of propolis, and it's liposomal, so it's super bioavailable.

And then I take our gut health product every day. So that's a pre, pro, postbiotic. So the microbiome seriously impacts our immune system, and then having a pre, pro, and postbiotic in one, it addresses all three layers of the microbiome. So it's not gonna just help with regularity, bloating. It's going to balance the immune system.

It's going to improve your skin. It's going to reduce inflammation in the colon. It's going to help with leaky gut. There's, there's studies that have shown that propolis actually strengthens the tinctures in the digestive wall, so it has all of these... You know, it's reducing inflammation in our internal organs. It's reducing inflammation in our intestines, so, in our intestines. So I take all of those products every single day, and that's my immune system hygiene routine, and it's really not that much. It's, you know, a few sprays in the morning, the nasal spray, one liposomal C, my two gut health caps, and then I do the nasal spray and the propolis spray again before bed.

SHAWN STEVENSON: Amazing.

CARLY KREMER: And I have to say, my toddler, so she's two years old now.

SHAWN STEVENSON: Yeah.

CARLY KREMER: She goes to... She, she's in all these programs. She goes to this pod school. Her friends are constantly sick. Also, I take my kid everywhere with me. Like, this kid has been to 10 countries. When I'm working, like, she's coming with me. And she, I think she's maybe been sick, I don't even know if, if you can call this sick, but she, like, had a runny nose one day, and gone within 24 hours. Like, this kid never gets sick, and her friends are showing up at school, showing up at our house, coughing, runny noses, you name it. We were, you know, on vacation with our best friends, and their two-year-old, who's the same age, contracted this really intense virus when we were in Costa Rica.

They were literally sharing bottles touching everything, sleeping in the same room. My daughter was totally fine. So you can create an immune system hygiene routine for your little one, and it doesn't have to be a situation where it's like, "Oh, I have kids. I'm sick all the time."

You know, of course you're gonna get exposed to more, but you can actually control that. And so my daughter, she has our kids immune propolis spray every single day just like I do. She takes our nasal spray every day. We do it together. You know, mommy does her nasal spray, and then she does it as well. And, I give her a Kids Liposomal once a week, and that's it. She loves eating bee pollen.

She eats her Superfood Honey. Those are, you know, part of her diet. But she's taking propolis spray and nasal spray every day. She brings it in her backpack with her. And yeah, it's, it's pretty remarkable how rare, you know, it's pretty remarkable that she's two years old now, and she really hasn't been sick.

SHAWN STEVENSON: That's incredible. And by the way, the stories, first and foremost, the testimonials, people need to check these out. And even my videographer here, he swears by the sinus spray.

VIDEOGRAPHER: The Max.

SHAWN STEVENSON: The Max.

CARLY KREMER: It's the best.

SHAWN STEVENSON: So why do you love it so much?

VIDEOGRAPHER: It allows me to breathe, and I, yeah, feel like I don't get sick when I'm using it regularly.

SHAWN STEVENSON: Come on.

CARLY KREMER: Yeah. Totally.

SHAWN STEVENSON: I mean, j- just, it's, it's incredible. And by the way, I wanna ask you this. We just had on America's sleep doctor, Dr. Michael Breus. And he was dropping some science about snoring.

CARLY KREMER: Mm.

SHAWN STEVENSON: And this is one of the things that he recommends as a proactive treatment for snoring, is clearing up, he said the, the nose is the hose.

CARLY KREMER: Mm-hmm.

SHAWN STEVENSON: Is clearing up the nasal passageway, and in particular, like, using, like, a saline type of spray.

CARLY KREMER: Yep.

SHAWN STEVENSON: Have you heard any feedback about people snoring?

CARLY KREMER: All the time. So our propolis spray, it's saline, xylitol, propolis, and then in the Max version we also have eucalyptus and oregano. So it will really clear your nasal passages. It will take down the inflammation. We have a nasal microbiome, so it will also help to just balance that. We have people write in all the time that they ha- they were struggling with snoring. Their snoring would literally wake them up in the night. And then we have all these people who wrote in saying they tried everything.

They tried mouth tape, and then they couldn't breathe, and their sleep score went down on their Oura Ring. And I was like, "Okay, mouth tape is great, but try using the nasal spray with it." They wrote back, sleep score is through the roof. Because when you open up the nasal passage, when you open up the nasal passages and you train your body to breathe through your nose, it will radically change your sleep.

SHAWN STEVENSON: Incredible. This is so good.

CARLY KREMER: That's why I do it every night before bed. I do the spray in my mouth, the spray up my nose. I think I would sleep really differently, I know I would sleep very differently if I don't do that because I've been on trips where I ran out. And I wear an Oura Ring, so I can see my sleep scores.

SHAWN STEVENSON: Listen, that's one of the things that he talked about. He was very much against mouth tape if you can't breathe.

CARLY KREMER: Mm-hmm.

SHAWN STEVENSON: You know? Like, if your nasal passageways are not open, you're just setting yourself up for, you know, basically you might wake up in the afterlife. You know what I mean? Yeah. And so really proactively, let's target the things that, as he said, the nose is the hose. And we have a solution here, and we have a science-backed solution, safe solution, a non-habit forming-

CARLY KREMER: Yes ...

SHAWN STEVENSON: solution as well. Very important. Because, you know, even when we get into the realm of, you know, some of the over-the-counter or even prescription nasal sprays- Most of them ... and the steroids-

CARLY KREMER: Yes.

SHAWN STEVENSON: .. we can get into a little bit of a sketchy area for some people.

CARLY KREMER: Seriously habit-forming. A lot of these over-the-counter nasal sprays, I mean, nasal sprays kind of have a bad reputation because we've seen studies that they affect the gray matter in our brain. We've seen, you know, all kinds of studies about how addictive they can be. And so it was really important to us to create a totally natural, totally clean, non-habit forming, totally safe, you know, something that I feel good about. I'm pregnant. I'm taking it morning and night every day, giving it to my daughter, and I'm completely nuts about what I put in my body, even more nuts about what my kid puts in her body. So we wanted something that people can feel safe with and that will really impact their health.

SHAWN STEVENSON: I love this. I love this moment in time that we have, too, that you're pregnant right now.

CARLY KREMER: Yeah.

SHAWN STEVENSON: And then, like, in the future we'll be able to have a conversation. It's just, this is so awesome, and you're so awesome and I'm so grateful for you. What you've created is a big part of my family's lives. And my youngest son was actually saying to me, this was, like, two weeks ago, and we had just traveled, and he was a l- he had got a little, you know, a little something.

But he's like, "Dad, I feel-" 100%, but he's just like, "I'm kinda congested." And so we did our usual stuff, and you know, of course, just within, you know, maybe it's two days, he, he felt like he was 100% again. And again, this doesn't mean, again, it's, it's a part of life. People get sick. But we can accelerate recovery. We can reduce the amount of times that we are getting sick with some immune system-

CARLY KREMER: Yeah.

SHAWN STEVENSON: .. hygiene and training. And so-

CARLY KREMER: Reduce the strain on our body.

SHAWN STEVENSON: That part.

CARLY KREMER: The overall strain, yeah.

SHAWN STEVENSON: And so what he said to me was, once he was feeling better, he was like, "Dad," like he was like, "I- if I really think about it, like these kids, Dad," he's always saying these kids like he's, you know, like an adult at school. He's almost 12. He's like, " these kids are always sick, Dad. Like, they're always like coughing," and like, he's like, "I rarely ever have that kinda stuff happen." And he just said this after, you know, we were just hanging out. And you know, he's like, "They're always like, you know, mucousy and like coughing and like sick all the time."

And it really just kinda hit me in that moment that, yeah, you know, from time to time he'll get sick or, you know, you know, other family members. I r- that's another thing, too. Like, I rarely get sick myself. And you don't think about it because this is just your n- your normal.

But then when I think about when I met my wife, so we've been together for 22 years. One of our earliest experiences was her taking me to the hospital because I couldn't breathe from- Oh my gosh ... you know, seasonal allergies. Just getting sick, and it was just, for me, I was frequently getting sick, and it was just, you know, a, a part of my reality back then as well. And I just made a lot of changes in my life, but it was like the proactive immune system training that was really a game changer. So changing the way that I was eating, obviously those inputs, but we have these really powerful tools for our superhero utility belt, like propolis, that date back thousands of years. So you mentioned bees being prehistoric. How l- do we have any information about how long humans have been utilizing propolis?

CARLY KREMER: For so long. I mean, the first recorded human use, I think it was like 300 BC. Socrates spoke about propolis. It's said that Aristotle coined the term. Propolis means defender of the city, so it's like defending your body. So you know, people call propolis the OG antibiotic. It's really what humans were using to stay healthy, to treat things, to recover quickly, long before big pharma came into play. So we have a very long history. Bee products are very well-tolerated. Propolis, again, it's coming from trees and bee enzymes. It's sourced the way that we source it. It's so clean. It's so well-integrated. And people can really change the way they feel. Like, I just ... You know, we get, we get letters, emails, reviews every single day.

We have such a big community. I mean, I think about where the company was when we first met versus where it is now, and I'm Beyond grateful, but it's just been amazing to see different communities, different people all over the US, and how these products are affecting them. And they're affecting them in the same way that they affected me, the same way that they changed my life. You know, we're seeing people really healing, and feeling great, and doing things they didn't think they could.

SHAWN STEVENSON: Did you mean to say beyond like you did?

CARLY KREMER: I did.

SHAWN STEVENSON: You said-

CARLY KREMER: It's like so ingrained.

SHAWN STEVENSON: ... See, it's just subliminal. It's in you, you know what I mean? You know, I was just sharing that I was just speaking at an event, Jim Kwik's Limitless Live, and to see your products there, and matter of fact, I'm seeing them all over the place, by the way. But to see there was specifically stress support that the speakers were just going over and knocking down before they, they went on stage, and that's another component of illness as well-

CARLY KREMER: Mm-hmm ...

SHAWN STEVENSON: is the stress component. And so under times of stress, that when, that's when our body tends to, you know, just kind of have this overburden of stress inputs, and also we know that stress, cortisol, the, all of these things can trigger inflammation as well.

CARLY KREMER: Yes.

SHAWN STEVENSON: And so again, being proactive at helping your body to properly manage and modulate itself when faced with stress.

CARLY KREMER: Mm-hmm.

SHAWN STEVENSON: And so there's a liposomal to that as well, right?

CARLY KREMER: Yeah. Yep. So we have a liposomal stress support, which is honey, propolis, and ashwagandha, and there's also L-theanine in there. So it's an amazing formula to calm the system down.

I take that, you know, usually when I finish work. It's how I kind of wind down in the evening. And we wanted to... The whole idea behind Beekeepers is we wanna create a clean pharmacy. People are going to the pharmacy, the drugstore, they're buying these products that are full of everything from refined sugar, to steroids, to food dyes, and so we wanna give people tools that they can turn to and trust. And so stress is such an issue, and its effect, you know, it creates so much inflammation in the body. It absolutely affects our immune system. It affects our sleep. Physically, it affects us. You know, where everyone on TikTok is talking about cortisol face. And so we wanted to create something that people could feel good about taking, you know, on a daily basis or as needed to help calm their system down.

So that's been a really amazing product. And then Jim also really loves our brain health. So that one- You know Lauren Bostick from Skinny? She calls that one liquid Adderall. Like, it, that one is so great for focus, memory, concentration. And so same thing there. We wanted to create something that helps you with focus, memory, concentration, but also is good for your brain. So we have royal jelly in there. We have Cognizin, which is a really potent form of acetylchol- or of acetylcholine. We have ginkgo biloba in there. So that formula is something that it will help you, you know, cut through the fog, focus, memory, concentration. But it also will help to reduce inflammation in the brain.

It will help to support brain health as you age, reduce your likelihood of neurodegenerative conditions. So that's kind of the idea behind all of our products. How can we use these bee products that have been used for thousands of years to create healing and help people thrive, to help us make it in this chaotic, modern world, help our bodies to live longer and feel better and do the things we wanna do?

SHAWN STEVENSON: Yes. Yes. I'm gonna do what my wife... Is this right? Is that right? She does it so much better. You do it better. All right. So I, I gotta ask you about this. Can you say more about the cortisol face? What's up with that?

CARLY KREMER: Yeah. So when your, when your system, when you have heightened cortisol, it creates a lot of swelling. And so, you know, it creates this really puffy face, puffy eyes. It can create a lot of swelling in your body, too, in your abdomen. And so having something that

helps your body, using adaptogens. You know, I love immunomodulators. I love adaptogens. I love these natural things that help our bodies do what they're meant to do.

SHAWN STEVENSON: Mm.

CARLY KREMER: Cause a lot of modern life, a lot of the way we're living today gets in the way of our body doing what it's meant to do. So these things that help to kind of become shields for our body and let our bodies heal in the way that they should. So, our Stress Support Liposomal, it's made of adaptogens, which are natural tools that help your body respond to stressors. And so that will help you to respond to stressors so your body's not flooding your system with so much cortisol. It's not creating the swelling. It's not, you know, having this inflammatory effect on your organs. It's not chipping away at your immune system. So it's just another way to create a natural, safe, healthy defense system.

SHAWN STEVENSON: Amazing. So when I'm thinking about our bodies mounting a response to stress inputs and all of the new stressors that we're exposed to, it has me thinking that for all of us, we need to find those things that are consistent and mandatory from the nutrition side But also be proactive in the other nourishing things that help to build up our stress resilience-

CARLY KREMER: Definitely.

SHAWN STEVENSON: And the inputs that we might be lacking. And I wanna ask you more about, you know, your lifestyle because for you to be as healthy as you are for this long, there are other things that you're doing in your life. And I wanna ask you about the nature input, for example. You know, is that something that you prioritize?

CARLY KREMER: Majorly. We actually just did an amazing gardening project yesterday. We, I have a garden already, but we worked with an incredible specialist. I'm gonna be interviewing him on my Substack to share what we did. His name's Malcolm. But we created this incredible pollinator garden, and my daughter was a part of it, and she was getting her hands dirty, and so that's so powerful.

And when I think about immune system hygiene, I mean, obviously I'm using my products, but there's other things I'm doing. I'm really crazy about my water sources. I really only drink reverse osmosis water. I have it installed in my house. There's also countertop items people can buy. I really like Aquatru. I just bought that for my mom. I bought it off Amazon. So clean water's really important. Properly washing produce. Pesticide is a real problem, so I spend a lot of time thinking about that. You know, I regularly check my vitamin D levels, and then in addition to taking propolis for inflammation, I really like taking high quality omegas.

And so those are kind of the basis. And then of course, nature and family and s- and spirituality, those are all components of a well-rounded, healthy lifestyle. And it's like, you know, I, I re- I think it to- about, I think about myself years ago, before my family, before I started this company, and I kind of slowly got one thing at a time, and now I'm kind of realizing how they all fit together. They all play a role. And they don't necessarily come all at once, but if you have the goal and the vision of bringing them together, you will. And, they all just play such an important role in our health and wellness.

SHAWN STEVENSON: Yeah. Stacking conditions, we gotta do that now. And also, the, the joy factor is very important as well.

CARLY KREMER: So important.

SHAWN STEVENSON: You know, one of the things that we talked about the last time I saw you, that's just been on my mind, and today you shared with me, like, I have this awesome access now, is singing and karaoke. Oh, the best. Like, that's one of the things that you love to do.

CARLY KREMER: So much joy. It's like therapy. So I'm obsessed with karaoke. My husband's obsessed with karaoke. We just opened a karaoke bar on Santa Monica Boulevard in West Hollywood called Mic Drop Karaoke. It is pure joy. It's so much fun. I cannot wait to get you guys out there, so we're gonna have to do a karaoke night, when your wife's back in town, for sure. And yeah, joy, using your voice, getting out of your comfort zone, getting out of your head, all of that is so important.

And- Like all of us today, you know, I'm super busy, I'm a mom, I'm running a company, I'm using social media. There are so many things that keep us in our head, that keep us in this place of judgment. So when you can just shed all that and just experience joy, and by the way, I have a terrible voice, and I get up on the main stage. There's main stage and there's private rooms. So private rooms if you are a little more shy, you can start there. But, I get up on the main stage now, and I just go for it. And my voice is not good, but my energy is there. Yeah. And so people get into it, and it's just-

CARLY KREMER: Yeah.

SHAWN STEVENSON: "... it's so fun and so liberating. Oh, I love this. I love this. Well, you know, you've mentioned a couple of times the P word. You've mentioned pesticides a couple of times.

CARLY KREMER: Yes.

SHAWN STEVENSON: And, you know, if we are looking at one of the most valuable assets to life here on Planet Earth, to humanity's survival, a large debt of gratitude needs to go to the bees. And right now we're facing an ever-increasing complexity when it comes to bee populations and this pesticide exposure that is just so rampant and so integrated into our culture. Now, when you think about this, again, insecticides and pesticides, they're targeting very small organisms like those of bee populations. And a lot of people don't realize the impact that it's having on our bees. So can you talk about that?

CARLY KREMER: This is so important. I'm so happy you're bringing this up. So I've been working in pesticide research for over a decade now. It, for me it really started with working with the bees. I'm a beekeeper first. It was all about creating regenerative practices, doing this in a way that's healthy for the bees and healthy for the environment. And I've been very focused on how pesticides, toxins, these pollutants are affecting our bees, because bees pollinate one-third of our food supply. If we lose the bees, w- w- our entire ecosystem is flipped on its head.

And then I became a mom, and it was then that I started to think, "Oh my gosh, I know-" exactly what these different chemicals are doing to our bees, and it's terrifying. What are they doing to us? And I started going really deep there, and, you know, through Beekeepers Naturals, we do a lot of adv- ad- we do a lot of advocacy work, and so I have access to the top toxicologists, the top public health officials, top researchers, top doctors in the country. You know, internationally, really. And so I've really made it ... And I also think, and you live this as well, when you have a platform, you need to use it for good. And so with Beekeepers Naturals, as we've built this platform, you know, it's equal parts helping people to live and feel good using our products, and helping to have a real voice and create change in this fight against pesticides.

And I wanna thank you, because your voice has been so powerful in this fight, and your community has been so strong, and we've been able to create real difference. So, you know, some of the things that have happened because we have all come together and spoken about pesticides and the current state of affairs, the liability shield was struck down from the Farm Bill. They were proposing in the Farm Bill that these pesticide companies have total shield against liability. So what ... In other words, if you got cancer, God forbid, from pesticide exposure, you cannot sue that pesticide company. They say, "Sorry, you can't do anything." And so enough voices, enough community posted on social media, shared these articles.

We got together and did a rally. You know, you name it, we were out there using our voices, emailing reps, and they struck that down. We've created a lot more transparency in California. We now have ... You can sign up at Spray Days to get notifications when there's fumigation sprays happening in your area. And if you live in LA, highly recommend that you do that. So we've seen progress, and there's so much more that needs to happen. And there's big things happening right now, and I know that it feels really intimidating to people, 'cause it's like, you know, "How can I do something against this big organization?"

But your voice matters in such a profound way, and those other examples I shared just sh- just, you know, seal the deal there. And so It's really important for people to stay informed, and it's really important for people to speak out. So some of the things that are happening

right now, just to give people a lowdown, and we are using our voices and we are using Beekeepers Naturals, and we are fighting for a change here.

So this isn't, you know, to be doom and gloom. This is stuff we can actually have a role in. So, there's a big problem with fumigants right now. I just did a big post on my Substack, and I shared it on Instagram as well, what's happening with fumigants. So Driscoll's berries, which I'm sure we've all seen at our grocery stores, huge company, they're using fumigants. So we all know that strawberries are part of the Dirty Dozen. You wanna eat those... If you're b- if you're eating strawberries, you do wanna buy organic. But what we... The problem is, even if you're buying organic berries, even if you have the cleanest lifestyle, if you're living in LA or one of these many counties across the country where these farms exist, you are inhaling these carcinogenic fumigants.

And what we're actually seeing is that people that live in some proximity to these farms, 30% increase in childhood cancer. So this has to stop. This is not acceptable. And, you know, we're speaking out about it. I- you know, anyone who's interested, please check out my Substack or you can... I, I did a reel on Instagram if you wanna share it or just make your own, talk about it yourself. But these things are happening in our communities, and we need to use our voices here.

SHAWN STEVENSON: Thank you for sharing this. It's beyond important. You know, so much of the suffering that we have in our society is self-inflicted, and also it's the conditions that we're allowing as well.

CARLY KREMER: Yeah.

SHAWN STEVENSON: And we end up pointing fingers to all these different nefarious things or just even, you know, it's idiopathic, it just happened out of nowhere. And what we're allowing is a very toxic culture.

CARLY KREMER: Yes.

SHAWN STEVENSON: And we're trying, and we're doing our best to adapt in it, but so much of this simply doesn't have to happen. And there are-

CARLY KREMER: Doesn't have to.

SHAWN STEVENSON: ... there are better ways to go about this stuff, the science-backed safe ways to do these things. But, you know, sometimes it's initially more expensive because the system is built-

CARLY KREMER: Yep.

SHAWN STEVENSON: On this bottom line and continuing to cut costs and things like that. This is one of the, the reasons why, you know, the legislation around glyphosate has remained so sketchy, is that so much of our food system is now apparently dependent on glyphosate.

CARLY KREMER: Yeah, but let me tell you, as somebody who has apiaries, which are bee farms all over the world, and when I started beekeeping, I was told a lot of things about the insecticide, the you know, the antibiotics we need to give the bees, the mites, the different pests, and I just said no. And my bees are thriving. When you take pesticides out of the system, they're thriving, and the plants and the farms that are around my bees, business is booming because the bees are the world's most efficient pollinators.

So I... Look, things take time Rolling back some of these things can take time. Sure, maybe we can't do everything all at once, but I don't buy that our system needs this. I think also, you know, how much the public would save in healthcare, you know, what's happening to fertility. It, like this is a human rights violation in my opinion, and I'm very passionate about this. But there's a big problem right now with the EPA, the Environmental Protection Agency. It's run by Lee Zeldin. Most of the people in power there are former Bayer lobbyists, so previously they were working for pesticide companies. So right now we have a situation, and we live in a democracy, so we can change this, but people have to know about it.

We're currently living in a situation where these big pesticide companies are kind of calling the shots. Even the agencies that are meant to protect our health and our environment, they don't have the right incentive. So we need to really be speaking out about these things. And again, I'm seeing it every single day.

I'm seeing incredible people speaking out. And you don't have to give up your job and, you know, leave work and go protest. You can do a something little. You can write an email to your local rep. You can send your friend, you know, an article. You can write an article. You can post on your Instagram. You know, the, these, our voices are heard, and they make a difference. Little things like when I share these th- when I share these stories, when I, 'cause I'm constantly writing. I've become obsessed with Substack. But when I'm writing about these things, I always tag the companies that are either doing something wrong or the incredible agencies that are suing companies for their wrongdoing, just so people can either donate, be a part of it, make a choice with their dollars.

I'm not gonna buy Driscoll berries at all until changes are made, and if they are made. But you know, we need to, but we need to really be using our voices, and we all have so much impact here, and we can change the state of affairs.

SHAWN STEVENSON: Amazing. Your Substack, how can people get access to that?

CARLY KREMER: Carly Cramer, it's called Clean Thoughts, a little play on dirty thoughts, and on my Substack, you know, it's, it's like kind of my place to just flow, and so I'm talking about everything I'm passionate about, from breaking down my immune hygiene routine to, you know, clean travel tips, to going really deep on a lot of this pesticide stuff and what people can do. And again, there's so much people can do with their voices, and then there's a lot we can do to protect ourselves in our own homes. One thing I tell people, you know, the obvious thing is try to buy organic. It's expensive. It is not accessible for everyone. But if you look at The Dirty Dozen, choose organic with those ones.

If you can, you can shop local as well. Oftentimes, local farmers or small-scale farmers, same with many small-scale beekeepers I work with, they just don't... They're doing total organic

practices, but they can't pay for the certification. So to the extent you can go to a farmers market or talk to a local producer, usually you can create something there.

And then properly cleaning your produce, this is a really important thing because fruits and vegetables are so important, as we both know, and Right now they're full of PFAs. They are coated in pesticides, and so we need to be really taking care of them when we're cleaning them. And so I always use filtered water to clean my produce, always. And I use baking soda. Baking soda is a really cost-effective way to take down the pesticide quantity on your fruits and vegetables. And so I dump a little baking soda in a bowl filled with filtered water. I let them soak. I kinda agitate a bit. Then I rinse it with some more filtered water, and it's a little thing that you can do to reduce your overall toxic burden.

SHAWN STEVENSON: Love it. Love it. Very practical. And I love the tip as well about utilizing farmer's markets for the cost. That was a game-changer for me. You know, being a college student in Ferguson, Missouri, and the, you know, basically sometimes it was like electric bill, Whole Foods. You know, like... And come to find out there was a farmer's market that was five minutes from my house the whole time. I just wasn't attuned to it. And being able to not, first of all, save money, but also to meet the farmers to get closer to the practices involved in bringing my food to me. And my family, I made it a family experience as well. And did I mention the money that I saved, by the way, you know? And so these are some of the things, regardless of where you are, we have...

You can use AI for something, you know, something helpful and ethical, but asking farmer's markets near me. You know? And just finding out, going to your farmer's markets, and not only are you gonna be able to save money, but you're gonna get closer to your food. And probably it's gonna unlock more passion-

CARLY KREMER: Oh my gosh.

SHAWN STEVENSON: Around it as well.

CARLY KREMER: Completely. And it's so great to show kids. I bring my daughter to the farmer's market

SHAWN STEVENSON: Yeah.

CARLY KREMER: She sees me having conversations with people about organic practices, about, you know, the amount of farmers that are doing things in a super ethical, beautiful way but just can't afford that certification, so talking to them is so important.

And then, you know, picking your produce, connecting with your food, that's such an important part of everything. And another thing people can use AI for, not to be too annoying here, but use AI to write an email, share your thoughts, copy and paste that email, send it to your local representative. If you don't know who your local representative is, look it up and just say how you care about what's happening with pesticides and you wanna see more regulation because our voices make a difference. They really matter.

SHAWN STEVENSON: Come on. I love this. You know, thinking about, you mentioned the the whole Driscoll's, you know, berries phenomenon. And like you said, it's just oftentimes awareness of things.

CARLY KREMER: Yes.

SHAWN STEVENSON: And so thinking about different products, thinking about different options when it comes to, you know, where we're getting things. There's a huge conversation or, awareness about different types of honey, from the pasteurized honey bear on store shelves all the way to the most expensive, exotic Manuka honeys, and everything in between. And when I'm telling people about honey and that the Beekeeper's superfood honey is the best thing ever.

It's not just honey. It was as well, as well. We've got the propolis there. We've got some pollen there. But just the quality of honey itself. And it's so much more value, which I want you to talk about, for what you're getting. But it's happened. Even my videographer mentioned this earlier when talking about the superfood honey, and a lot of people will be like, "Well, what about Manuka honey?"

Isn't that the very best honey possible?" Let's talk about that because I, I've known about Manuka honey for over 20 years. And for me, again, just getting those kind of superficial messages, just like, oh, this \$100 honey in this little thing is like-

CARLY KREMER: Oh, yeah.

SHAWN STEVENSON: ... this is gonna activate superpowers.

CARLY KREMER: Okay. I love that you brought this up because this is really important to me. So Beekeeper's Natural's my company. We are built on efficacy, transparency, and authenticity. So no universe where I'm going to sell a product that I don't take and I don't believe in. Now, that being said, we can make a heck of a lot of money selling Manuka. We could easily do that. I mean, we have apiaries all over the world.

I have access to any honey pro- or bee product I want, and, I refuse to do it. And I actually, a few of my investors have been like, "Manuka. Manuka's so popular. I'm hearing about Manuka." And I won't sell Manuka honey because I think Manuka honey is just marketing. So there was actually a study done in 2004 at Warsaw University, and it compared Manuka honey to a bunch of different honey varietals, and it found that the darker the honey, the higher antioxidants.

And Manuka did not have the highest potency or antioxidant count at all. The highest antioxidant count in all the honeys tested was buckwheat honey. So that is the honey, that is the honey varietal that we use in our cough syrups. Now, Manuka honey just has so much marketing around it, and it's really a myth. It's a story. The big story around Manuka, it's something, it's something called MGO. So they advertise MGO, which has antibacterial effects. The thing is, all honey has naturally occurring peroxide, and there have been studies done comparing the MGO from Manuka to the naturally occurring peroxide in regular honey, any regular honey.

For internal use, eating it, just as effective. Just as effective. There's no reason to buy Manuka honey for its antioxidant, for the "antioxidants" or antiviral or antibacterial effects because

regular honey that's probably half the price has the same antibacterial effects, in many cases has more antioxidants, is healthier.

The only area where Manuka honey outperforms regular honey is for topical use. So for topical use It's great. Manuka honey isn't gonna hurt you. It's gonna hurt your wallet, but it's not gonna hurt you. It's just other honeys are actually stronger and half the price. And then here's the other thing I really don't like about Manuka. It's coming from the Manuka plant that's native to New Zealand. New Zealand's very small. Right now, New Zealand is supplying an international Manuka market. So a lot of the Manuka honey you buy, it's cut with other things. Sometimes it's really bad things like agave and corn syrup. Sometimes it's just a cheaper honey.

But I don't really wanna see my customers, myself, my family, I don't want us paying for the price of helicoptering into New Zealand to gather those things. And then the story, I don't think that's ethical. So you won't see Beekeepers Naturals doing Manuka products anytime soon. And I just think for people to know, save your money. By the way, there are no randomized controlled trials that show that Manuka honey does anything for your immune system. So a lot of the promise behind Manuka honey is marketing and storytelling. You know, clinically, again, the only area that it's shown to outperform is for topical use. So it's great as a facial.

And then if you look at phen- ph- And then if you look at phenolic compounds, propolis 10X's Manuka. Propolis, which is half the price. We work very hard at Beekeepers Naturals to keep the price down on our propolis spray, and, you know, our goal is to, you know, obviously we're a company, we have to stay in business, but one of our huge goals is to get propolis into everyone who needs its hands, which I believe is everyone. And so we work very hard to keep the price down. Propolis 10X's Manuka. It's less than half the price. So you just really don't need to waste your money there. Manuka is a ton of marketing with very little research to back it up.

SHAWN STEVENSON: Yeah. Yeah, and by the way, you, you put your money and your products where your mouth is. Also, you know, with the recent wildfires, for example, you were making these products available for free-

CARLY KREMER: Mm-hmm ...

SHAWN STEVENSON: for people and just, again, helping to support detoxification, the immune system, and all that good stuff, so.

CARLY KREMER: Yeah. Yeah. That was really important 'cause, you know- Especially with first responders or people that were exposed during those events. It's so much inflammation, it's so carcinogenic to inhale smoke and all those toxins at that level. And, you know, supplying people with propolis throat spray and the nasal spray, it was really, you know, we had a really beautiful response from the community. So we work really hard to be with our community, and we're very grateful that they're with us, and we're seeing it again in the pesticide fight and in supporting the ways that we keep bees at Beekeepers Naturals.

It wasn't easy to build a regenerative supply chain the way we have, and we've only been able to do that and to do the amount of third-party testing and, you know, build to the EU standards, all these crazy, crazy things that we do with our company, we're only able to do that because we have amazing champions like you, like your community, who make it possible, who, who care about this stuff and, you know, create a situation where you can build a company that has a positive impact.

SHAWN STEVENSON: Yeah. I wanna circle back really quickly to the Manuka honey. Because some of the lore around it is also, it's like a certain time of year that it's like the bees are able to make the honey and all the things. So is it just a completely, you know, black or white issue when it comes to getting Manuka honey?

CARLY KREMER: No. So there are people doing it the right way. Not all Manuka honey is cut with these other things, from agave to other honeys. But a lot of it is. A lot of it is. And you just think about how little can be produced and how big the global supply chain is, and most people selling Manuka honey have to cut it with other things.

Not everyone, though. Some people are doing it right. And again, Manuka honey isn't bad. It's not gonna hurt you. All honey has antioxidant, antiviral properties. It's just that what we're sold, the story we're sold about Manuka honey, the MGO, that is not any better than any other honey. So again, if you're using Manuka topically, it is better. But if you're using it internally, if you're using it for your immune system, for inflammation, for antioxidants, you can probably save some money there.

SHAWN STEVENSON: Wha- what has the world come to where we're treating honey like cocaine? And it's getting cut with this and that. Like, this is bonkers.

CARLY KREMER: I know.

SHAWN STEVENSON: You know?

CARLY KREMER: Well, this is, this is what happens, though. Like, this is what happens with pesticides, with deforestation. When we're taking too much from our environment and we're cutting too many corners. You know, the, the world is continuing to populate, as it should, and we need to support the environment to build with us versus continuing to pull from it and take from it and abuse it.

SHAWN STEVENSON: Yeah. So the best thing that people can do right now, again, just to stay up to date with what you're doing and the programs and the advocacy as well, because this is a humanity issue. This is a world issue. This is a sustainability issue that we can have a huge influence over for ourselves right now, but also for future generations. We've got to change the way that we're doing things.

CARLY KREMER: Yes.

SHAWN STEVENSON: So I appreciate you so much for that and just all the goodness that you bring to the world. It's so awesome to see, like, how things have progressed, and rightfully so. There's just something special about you and what you've created.

CARLY KREMER: Thanks. Yeah.

SHAWN STEVENSON: And so if you could, again, can you share where people can connect with you BeeKeepers, and also your Substack?

CARLY KREMER: Yeah. So BeeKeepers Naturals, our Instagram is beekeepers_naturals. We're on TikTok at beekeepersnaturals, and you can find me, it's carly.cremer at Instagram, on TikTok, Carly Cremer. And then my Substack is Clean Thoughts by Carly Kremer. So that's where you can find us, and, you know, I just, again, I wanna thank you so much for having me. I always have the best conversations with you. It's just such a joy to sit down with you, and it's just like catching up with a friend. It's the best. And really thank your audience as well for standing with us, standing with my company, supporting our ethical practices-

SHAWN STEVENSON: Yes.

CARLY KREMER: And supporting us in our fight against big pesticide and, you know, everything we're trying to do to make changes with the environment and changes for our community.

SHAWN STEVENSON: Amazing. I appreciate you so much. I can't wait to do karaoke. Coming up here soon. And again, for 20% off, go to beekeepersnaturals.com/model. But BeeKeepers is now also available in Target stores, CVS-

CARLY KREMER: Walmart, Whole Foods, Amazon, Walgreens, all over the place. Yeah.

SHAWN STEVENSON: Yeah. Amazing, and rightfully so again. So I appreciate you so much. Thanks for coming to hang out with us.

CARLY KREMER: Thank you.

SHAWN STEVENSON: The one and only Carly Kremer, everybody. Thank you so much for tuning into this episode today. I hope that you got a lot of value out of this. Adding this to your superhero utility belt, this is the key. We've got to transform the way that we're looking at the treatment of symptoms, but also understanding an ounce of prevention is worth a pound of cure.

All right? So really leaning into, as Carly talked about, immune system hygiene. What are we doing on a regular basis to ensure that our immune system is healthy, is intelligent, and making appropriate responses to the things that we're exposed to? We live in a very complicated, stressful, even toxic environment. But, and this is a big old but- We are incredibly resilient. We have the ability to adapt.

Now, my advocacy is that we shouldn't have to, but we're not living in a paradigm of shoulds. We are living in a paradigm where we need to do what we can to stack conditions in our favor to protect our families and our communities to the best of our abilities while advocating for big change so that our environment is one that is health affirming instead of health detracting. And this is why Carly is so special. And from the moment that we connected many years ago, I knew that she was truly about that life and this was much bigger than simply leaning towards things that we can do from a nutrition side, but really looking at how can we change our culture? How can we change our food culture and our environmental exposure so that again, we can stack conditions in our favor to be as healthy as we possibly can?

And so again, if you haven't done so already, you can replace so many products in the conventional medicine cabinet with science-backed products from the hive. Now, one of their most popular and it's the number one honey-based cough syrup in the United States. Number one. Powerful, powerful. We've got those, you know, the quote conventional brands are copying what Carly and beekeepers are doing. Number one honey-based cough syrup backed by science. Their honey-based and propolis infused cough syrup is absolutely amazing. Great to have on hand, especially if you got kids. The propolis immune spray, the sinus spray, as you heard, also looking at and hearing those stories, those testimonies. I didn't know what she was gonna say when I asked her about the snoring, but just to hear that it has that potential as well to reduce the frequency of snoring.

Snoring can create a lot of problems in some otherwise healthy relationships. All right? And this might be a very viable and also science-backed. Again, we had America's sleep doctor, Dr. Bruce, on a recent episode, which I encourage you to check out that episode next, by the way,

talking about how, again, working with patients for decades, being able to address the sinuses, the nose is the hose, and reducing the frequency of snoring.

It's another viable tool there. So again, I can go on and on and on. It's [beekeepersnaturals.com/model](https://www.beekeepersnaturals.com/model) for 20% off site-wide. That's B-E-E-K-E-E-P-E-R-S [naturals.com/model](https://www.beekeepersnaturals.com/model), 20% off. And also connect with Carly. She really is about that life. She sends me texts sometimes with like she's written this new sub stack that's just so passionate and detailed and looking at this advocacy for really creating sustainability when it comes to our food system, for addressing this pesticide issue and how we can really make change.

So again, truly, truly enjoy this conversation. I hope that you did as well. If you did, you could share this out with somebody that you care about and keep this conversation going. We've got some epic masterclasses and world-leading powerful experts headed your way very, very soon. So make sure to stay tuned. Take care. Have an amazing day and I'll talk with you soon.