



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello everyone. Welcome to the Healthy Traveler Summit. We are here with yet another phenomenal speaker. They have, everybody has brought so much rich content to each and every one of you and again, with this global audience. I mean, we have pilots and flight attendants and truck drivers and bus drivers and people who are living subways on a regular basis, we're so glad that you're here again with us to learn about some healthy choices from the owner of Vital Choices which is a great company and I, another owner, Randy Hartnell who's with us today. Want to welcome you Randy.

Randy Hartnell: Thank you Robyn. Wonderful to be here.

Dr. Robyn Benson: So, for all of you who, if you happen to be joining us for the very first time with Randy, with our speaker right now, my name is Robyn Benson, I'm a doctor of oriental medicine. Actually, in my 23rd year practice and the founder of a beautiful center in Santa Fe called Santa Fe Soul Center for Optimal Health where we have 25 practitioners and founder, co-founder of the Self-Care Revolution where we have interviewed some of the most amazing voices in the health, wellness and fitness industry and I've been fortunate to do this along with my co-host Kevin Snow. So Kevin, thanks for being here.

Kevin Snow: It's a pleasure and yes, I am Kevin Snow. I'm a an intuitive counselor at Santa Fe Soul and this journey, this self-care journey that we've been on has been such an amazing journey within itself and it's culminating in this healthy traveler's summit which is a good connection to the travel and the journey. So, we're all on our own journey and that is definitely traveled within itself. So, learning how to prepare and take care of ourselves on a regular basis, travel kind of brings that all through ahead but, definitely learning this to be consistent on a regular basis. Eating healthy choices and having an effective or very good way to do that is what we're going to find out about today and I'm definitely, looking forward to this conversation.

Dr. Robyn Benson: Exactly. If we figure out the food piece with travel, I think we're going to have better moods, we're going to have much better experiences, we're going to have much more energy because it's really true, look, when I did my survey and all the research I've done for my book, "The Healthy Traveler's Guide" that, it takes people mostly two to three days just to get into the rhythm of travel

because of all, because of how we're eating and our dehydration issues. So, without further ado, I'm going to introduce our speaker. Randy Hartnell is the president of Vital Choice Wild Seafood and Organics, the leading online seafood company, he and his wife founded in 2001. He's responsible for guiding the company on its mission of providing Vital Choice customers with convenient access to high quality, sustainable seafood via their company website vitalchoices.com. Randy is committed to educating others about the vital impact of their seafood choices on their health, the environment and the wild salmon resource. Randy is the public face of Vital Choice fostering relationships with health conscious, environmentally minded consumers and nutrition-oriented health and wellness advocates which includes all of you. You really care about your health. Prior to founding Vital Choice, he spent more than 20 years as a commercial salmon fisherman in the Pacific Northwest in Alaska. He's a Washington State native and currently resides there with his wife in Bellingham. Randy holds a degree in English literature from the University of California at Berkeley. Awesome! Thanks again for being here with us today.

Randy Hartnell: My pleasure.

Dr. Robyn Benson: So, why don't we just start out by hearing about your history Randy? How did you get into this business?

Randy Hartnell: Great question. I started out in college going to Alaska for the summer system to make a living, pay my tuition and get my [Inaudible 00:03:56.07]. Wonderful lifestyle and I had originally planned to go to grad school and on the law school. When I got my BA degree, I had totally fallen in love with fishing in Alaska and working out on nature and then the water. So, to make a long story short, rather than go to grad school, I started buying boats and hiring my own crews and became a full-time commercial fisherman and I did that as you mentioned for over 20 years. That all came to an end in about 2000, 2001 when farm salmon exploded under world markets and almost overnight, the value of our wild salmon collapsed and we couldn't really make alluding doing that. So, I did find something else to do and the resource was still very healthy, lots of salmon, a greater habitat up in Alaska and well-managed fisheries and yet, most of the grocery stores in America were defaulting with this farm sand which is a radically different product and consumers couldn't buy wild salmon if they wanted to at that time. So, I saw an opportunity to basically bridge that gap to use all my knowledge and network in Alaska to source really great seafood and then provided for people in the U.S. that were interested in it. The internet was just kind of coming online in the big way down it. I was familiar with a company called the Omaha Steaks that have online red meat sales. So, we based and modeled the company after them and it's been very successful. We've been in business about 12 years now and every year, we got a little bit bigger and it's just really gratifying both to

provide markets for the fisherman that are still up in Alaska catching those incredible fish and also consumers [Inaudible 00:05:46.16] with access [Inaudible 00:05:54.14] in the world.

Kevin Snow:

Excellent. I really, I'm very interested in this topic and we, I'm eating fish several times a week and trying to find a good source for that. I was even at the grocery store the other day and heard, overheard a conversation of, well, you really don't want that farm raised fish which I was so excited to hear and you're definitely providing us with another option there. Maybe, dug a little deeper into that idea of what is that product, farm raised?

Randy Hartnell:

Well, I want to make a distinction between aquaculture or farming seafood and farm salmon because there's a significant difference. There are one of sustainable aquaculture products, farm, shell, fish, oysters, clams, mussels, that sort of thing that are perfectly healthy, perfectly sustainable and even the catfish and some of the tilapia farms, they are reasonably sustainable. But its farm salmon that is really the problem because the way that they're farmed 99% of the time is out on the open ocean and their proximity to wild salmon runs and they've caused a lot of pollution of the environment. More time than we have, will take more time than we have right now to go into the problems of farm salmon and anybody that wants to delve into that, all of you have to do is Google farm salmon and you can figure out pretty quickly that's probably something you should avoid. Now, we, we just sort of have made it our business to go out and source the very best quality, not only salmon but a variety whether seafood products. Make sure that they are being sustainably harvested which means provided from a fishery that is closely managed, well-managed, ensuring that there are always to be more fish to catch in the future. And once those, once they meet our standards and we make those available to our customers.

Dr. Robyn Benson:

So, when we were creating this Healthy Travelers Summit, I knew I want, and when since I have met you a couple of times, I think it's really great, you're outreaching, connecting with the healing community, the health communities but, this message of a healthy travel and knowing that you can take your packaged foods. I mean, of course, we want whole or live food as much as possible but, I think you really provide something that more of travelers need to know about so, all of you listening from around the globe to this interview right now, to know that this is possible and that, at the end, will certainly give you the contact information. But just share how is, how important it is that we're getting this omega-3s and the vitamin D sources from the fish and the quality, I mean, your canned fish is so delicious.

Randy Hartnell:

And a....

Dr. Robyn Benson: Oops, I think we lost your mic there a bit. Here we go.

Randy Hartnell: No Robyn, me... The National Academy of Sciences has identified a minimum of 60 different diseases over self-conditions related to omega-3 deficiency and that's basically because people don't eat much seafood in this country with a fraction what the average person eats around the rest of the world. And so, consequently, many Americans have not, vast majority are deficient in omega-3 fatty acids. They are starting to show up in more foods and looking at, looking on any shelves about see something about omega-3 fatty acids in the grocery stores but, really, the very best source are, is the marine food chain. Lot of people are confused between vegetable source omega-3s and marine source omega-3s and this isn't a program about omega-3s so, I won't go into more depth but there is this very significant difference and suffice it to say that, came from the marine food shop, marine food web has a very richest sources of these long chained omega-3s that we need for our brain and our bodies and actually every cell in our body. And so, and over the years, I attended a lot of scientific conferences and got to know a lot of the, the doctors and scientist that work on this, work on this realm. People out there have written some of the pioneering papers and the biggest, most credible studies and really, what they tell, what I hear from them is that, the best thing people can do to improve their health, of course, we all need rest, we all need exercise and all that but from a dietary standpoint, the very best thing that people can do to improve their health is pay attention to those omega-3s and those omega-6s right for balance and...

Dr. Robyn Benson: I can agree more because when we travel, we want our brains to function, we want our skin to glow, right? We want our organs to function, it's so many of our systems depend on really healthy fats. In fact, let's just bring it down to this cell, every single cell wall is made up of healthy fats so I'm really glad that you mentioned this because it's one of the best sources of getting these healthy omega-3s because we want to have more omega-3s and less omega-6s in our diet. Can you just denude, so I think this is important and relevant to this audience, so talk of a little bit about omega-6s versus the omega-3s.

Randy Hartnell: Sure, we kind of a double whammy going on and with Western food supply, Standard American Food Supply, and that is for 40 years we've been told that fats are bad, stay away from fats and so we've driven the mouth of our diets, it's still hard to go into a store and not see low-fat this and low-fat that and...

Dr. Robyn Benson: Right.

Randy Hartnell: then, it's really been discredited. So, what a lot of the processed foods have been replaced, of used to replace the healthy fats are these

omega-6 fats where, their fats that come from seed plants, seed oils like corn seed and cat seeds, so far only about soy beans and consequently, our diets are saturated with all these omega-6s which tend to be the pro inflammatory kind and...

Dr. Robyn Benson: They're GMO's too. They are all GMO foods that you just mentioned. All three of those.

Randy Hartnell: That's right. That's just sort of adds to the problem but, they try to keep it as simple as possible. You've got these omega-6s which are, which tend to be pro inflammatory, you've got these omega-3s which tend to be anti-inflammatory and throughout history, a traditional diet, all anywhere around the world consisted of roughly half and half. Now, may have and two to one or three to one but, generally about balance, our bodies were designed to operate on roughly equal amounts of these omega-3s and omega-6s. You know, every now and then, you need information and it's a good thing. When you consume too many of these omega-6s as you end up with a chronic inflammatory state that is at the, certainly grand unifying theory of most disease now so there's a, an information component to that. And so, when we first learned this, my wife and I, 10 years ago, we started lowering the omega-6s, increasing the omega-3s and getting back to a balance state. It was remarkable that the changes in our personal health that we witnessed. Conditions with my wife that had for most of her life just went away and since, we have been in this business for a long time and serving a lot of people and we've heard these countless anecdotes about other people where they have enjoyed the same kind of rewards.

Kevin Snow: There's a, and looking to your website, there's a product called and I always mispronounce this but, astaxanthin? Anything?

Randy Hartnell: Astaxanthin.

Dr. Robyn Benson: Excellent.

Randy Hartnell: Yes. Astaxanthin is a naturally occurring carotenoid compound found in the marine food chain. It's produced by an algae called Haematococcus pluvialis and the beautiful red tones that you see in salmon flesh, natural salmon flesh and another animals that exhibit the red color or pink color at the marine environment, get that from eating this algae because it has such a potent antioxidant capacity up to 500 times more potent than vitamin E some counts. There has been a quite a popular horizon in the Musa vanesad supplement and so, you can buy astaxanthin...as we carry. There are different kinds of astaxanthin, there is a synthetic version that is fed to farm salmon that is not quite the same as the natural version but, I usually just tell people, much of seafood [Inaudible 00:15:07.00]astaxanthin.

Dr. Robyn Benson:

You know, my research for The Healthy Traveler's Guide, I tell you with the last few years, it's still one of the best things that I've come across for radiation, because people are exposed to a lot radiation when they fly but also, other electromagnetic collision that were around right now so it's just have to protect your cells. Really, really important to, also, just keep your body, your parasympathetic and sympathetic nervous system balanced and to help you detoxed. So, I'm glad that you have this product in you carry it because I think it's, especially to this travel message. So, huge issues concerned, Kevin brought up farm raised fish but also, the concern of mercury in fish and then also, with the Fukushima disaster and all the crap that's in there are of water supplies. So, can you speak to that?

Randy Hartnell:

You've not. We tried to address all the problems that people have about seafood and there are lots of them. We just mentioned only the biggest ones. So, when we first started, we didn't have it in our costumers, we were eating to ourselves. First we have the [Inaudible 00:16:15.20] and so, we just developed a very high bar for purity out of the gate. We continued to test our fish. What we've learned a lot about this over the years just because we cultivated costumers that are so concerned about it and I can talk for hours about it but I'll just summarize by saying that, as far as Fukushima goes, we have tested probably more than any other seafood company in the country [Inaudible 00:16:52.24] and many [Inaudible 00:16:55.12]. We've never, any levels of [Inaudible 00:17:00.08] the different I used to talks that would come from Fukushima. We never find any levels which we really think closed to have its effect and probably not more than 90% of the test as we never found any defect level at all. So, I'd say there is almost a zero-risk of radiation in the Pacific seafood. The only exception would be, maybe fish that are caught very closed to...even to the site itself but, then as far as mercury goes, that's sort of a big issue off and on for many years. One interesting thing that's happening right now is, well, let me back up there, there've been two major studies that have going on for one for 20 years, one for close to the 30 years. In the U.K., there was one called the ALSPAC study, A-L-S-P-A-C, if you're listening, you probably want to look that up. It's been going up for more than 20 years, they started out looking at over 14,000 pregnant and nursing women and looked at their seafood consumption and now, they've been following those children for over 20 years. And what they've found, what they expected to find is that, the moms who ate the most seafood would have the kids with the most developmental problems, right? If you're worried about eating fish then that would seem to follow. What they found was just the exact opposite that the women who ate the least seafood have the kids with the most severe developmental problems, the lowest IQs. The moms that ate the most seafood had kids with the highest IQs, the least developmental like problems. And the conclusion of the scientists,

one of them I know personally, Joe Finlan at the NIH, the conclusion that was written in The Lancet, pretty reputable medical publication, said that the advice the FDA has been giving since 2004, counseling women to limit seafood consumption, pregnant women, was actually causing the harm that is intended to prevent. In other words, women who ate equal to the FDA's recommendation, pregnant women, or less, actually had kids with more problems than women eating more. And they even fighting, and that's not the only say there's one in the Seychelles Islands of Dr. Gary Myers in the University of Rochester, it's been going on for close to 30 years now, same thing that moms that had the highest seafood consumption, they were looking, I think, majoring 90 different endpoints. I mean, they were studying these kids every possible way and they found only positive on some of the Asian's high seafood consumption. So, how can that be? Well, keep putting it as simple as possible, the benefit of eating seafood is vastly outweigh the risks. The exception of some very, a very few species that we don't find in your grocery store most of the time anyway like shark, tail fish, pilot whale, the least, a long-lived predatory species that had [Inaudible 00:20:01.19] are species evolved in the ocean. And not, mercury has been in the ocean since day one. Most of it comes from eroding land masses and a lot of underwater volcanic activities. So, it's always been there. Life evolved in the background of metal mercury and it looks to me and I'm not a scientist but, I hang out with a lot of them and listened to a lot of them and fascinated by the whole set. We can, we really want to get to the bottom of what's true and it, and it appears that we were all mechanisms to deal with these really low levels of metal mercury.

Dr. Robyn Benson:

Yes. And for mercury, concerns in your increasing your vitamin C. That's something we recommend to all of our travelers. Anyway, I love this [Inaudible 00:21:01.00] Dr. Garry Gordon was one of our speakers. So, this has some really good products and it has some rivals in it as the vitamin C. Let's see, what else is good for chelation? The chlorella is also very good.

Randy Hartnell:

There's another very important part of that story just like we just talked on at least and that is, when I referred to, we figured out a way to, sort of, deal with it on or, but obvious deals with it on some... The fact is that, selenium is a very powerful antidote to metal mercury because it binds with metal mercury and the problem with metal mercury is it binds with selenium in our cells, our brain cells and can cause a deficit unless you are replenishing that. Well, seafood is one of the richest sources of selenium and so, it turns out that, it appears that when you're eating seafood, you're actually getting some metal mercury but, you're also getting more [Inaudible 00:22:00.05], of 95% of the species out there, you're getting way more selenium than you are with metal mercury. And so, that explains how...

Dr. Robyn Benson: That's good. Good to know.

Randy Hartnell: Yes. How women in the Seychelles can eat 15 pounds of seafood every week and deliver healthy babies or anywhere else in the world. So, selenium I think is one great...

Dr. Robyn Benson: Excellent. Selenium, very important. I'd say, 200 to 400 [Inaudible 00:22:27.02] a day of the selenium is recommended. Keep the fiber healthy.

Randy Hartnell: Yes.

Kevin Snow: So, the, talking a little bit about the grass-fed beef and that, the ones that you provide on your site as well just a, what's balancing red meat with fish consumption and what do you recommend?

Randy Hartnell: Kevin, I'm sorry. [Inaudible 00:22:54.15] Can you repeat the question please?

Kevin Snow: Oh, just interested in the red meat that you're providing and the grass-fed red meat and to talk a little bit about that.

Randy Hartnell: Yes, we're just about ready to launch a little video, four-minute video on our site about that because a lot of people are scratching their heads about why we would be offering that grass-fed beef. We're so focused on seafood but, as the video explains, we have had a lot of costumers over the years that have asked us to extend our protein options with the same standards of sustainability and ethical treatment of the animals and very purity and all that. We were introduced to farming family, out 30 miles from us here in Bellingham, doing just an incredible job raising these organic 100% grass-fed American light good animals. They were passionate about raising them and they put all their energy into raising them, they go to farmers' market on weekends and they were just taking all they have that just try to grow the things and we said, "Well, maybe we'll be a great partnership. You grow them, you focus on growing them and we'll focus on offering them to our customers." It sounds like it so. That's kind of how that evolved and first, we never would've done it unless it met all of our, sort of, standards for more things I've mentioned earlier. So, it is Maine certified. It is 100% certified organic. These cattle, once you go down and treated about as good as any animal could be I think and of course the product is just phenomenal. I don't care where Michael, for me, Michael Powan but, he is a, he's friends with Georgia Nico and they have a testimony on their website that basically saying how much he, he has never eaten any better beef. So, it's expensive. It's really expensive to grow animals the way that they do and so the product is expensive and we can't keep it at stock but it's a really wonderful relationship. Because they are as passionate about they do with beef as we are with the

seafood and so, it enables us to give, make something like that available for our customers who are interested in it.

Dr. Robyn Benson: Randy, all the products you have, what do you recommend most for people who travel on a regular basis?

Randy Hartnell: Well, about 75% of our products are frozen. So obviously, those don't work but, we can ship them to people when they get where they're going. Well, we have a, about 25% of our products are non-perishable or, so those are available in cans and pouches and really, we hold the same quality standard to our canned products as everything else that we sell. So, many of the suppliers, even Alaska, around the world, canned salmon will tend to put the lower grade fish into the can because you can hide a lot of imperfections that way. You can buy a can of Alaskan sockeye salmon in one place and it can take like a completely different matter. It's just, there's a whole quality spectrum depending on when the fish is caught, how it's caught, how long it takes to get through the processing line and the boat that caught it, how did people treat it, whether they chilled it or not. So, you have this whole quality spectrum and most of the lower grade fish goes into the can because you can't sell it on a fresh or frozen or... What we do is we know to, we're aware of this first of all. When we go to companies and we specify, "We want you to put the best fish in the can." And they do that and we pay a lot more for that but, the result is, people tell us they've never ever tasted canned salmon like ours and that's sort of our competitive advantage. We are not, sort of, enslaved by trying to compete on price. We just go find and then buy it as product, let it salmon or almond or anything else and we tell the fishermen that we want the best of his catch and then we put our margin on it and make that available to our customers and it's been a pretty successful formula. So, anyway, we have this canned salmon, canned tuna, sardines, products that are really fantastic for travelling. We got a pouched salmon and tuna. We got a couple here I was going to show you. I hope you can see those. They're just, they fit into a handbag.

Dr. Robyn Benson: It's not just yet, perfect. I love it. Their tunas are awesome and that sockeye salmon's delicious. It's a meal.

Randy Hartnell: Yes, just a little three ounce pocket. It fits in your handbag or your briefcase and lighter. Every travel anywhere without them and we have a tons of costumers that do that and I walked in to a conference here a couple of months ago and I saw a friend waved at me and said, "Come over here." and I came over him and he said, "I want to show you something." he opened up his briefcase and he had some of our little cans of sockeye salmon. They got a pull-top on them so, it's easy to open them when you're in the hotel room or whatever. Just going to find a fork and a napkin and we have several, we have probably the biggest line of canned

seafood products on our website that you'll find anywhere. I'm pretty confident in that and the quality is going to be better than you'll find anywhere.

Dr. Robyn Benson:

You also have salmon jerky. I just want to say that I'm going to post some pictures because I was just travelling and I always have Vital Choice products with me now. In fact, when I went to Kenya for a 40-day trip, I had my suitcase full of 17 cans of fish, canned fish. I'm not kidding. It was because you're right. When you're in some other country and you try to find canned fish, either the quality, you just don't even know where it's coming from and also the can, the chemicals that, you got to care about with the can. Especially with a liquid, a] liquid in it, how you're eating all the crap that comes from the can. So, I just want to say great, great food that you're supplying for people like me and I introduce, I tell all my patients doing their travelling to really consider this. Because if they complain about the food, I said, "You didn't even have to prepare." and just, this is one of your best choices but you also have this something that I discovered just in January, the salmon jerky? Is that something new?

Randy Hartnell:

We do have a little individual salmon jerky strips. I thought I had some but they never stick around very long so I don't...

Dr. Robyn Benson:

Okay. Those are delicious.

Randy Hartnell:

... and a, yes, it's a, it's really fun, I was in New York a few weeks ago and talking with one of our costumers Norma Kamali, a fashion designer, and she, she was telling me that she travels to China quite a bit and she always loads up on our salmon pouches and also our with some organic fruits and nachos. She goes over so much that, now that the per contacts of China are now asking him to bring the pouched salmon for them. They discovered that she's got it and so, she takes more all the time. Anyway, it is a super convenient travel food. I've never ever had any TSA that you have taken away from me so I don't think that this that needs to be checked in the bag. And well say, coming back through Paris last summer, I did have some canned sardines in my carry on and the Paris TSA took those away from me but, I never had it happened domestically.

Kevin Snow:

Maybe just because they wanted them.

Randy Hartnell:

I don't know. Well, like I'd want it over, too.

Kevin Snow:

Well, what the, as far as again, travel, staying focused on what your recommendations are as far as that kit so, I'm leaving on a trip tomorrow, what should be in that? What should be in that kit?

Randy Hartnell: Well, you can come on to our website or you can call us up, call up or call center and if you like tuna, we've got different options for, for little packages of tuna and the wild salmon. I guess what we should do is maybe create a little travel can and gears and we'd really do that because that would be great. I just grabbed, you know. We also got these little packages of organic trail mix that are really popular. A lot of people travel with those so, unless with...

Dr. Robyn Benson: I think we continue with the healthy traveler summit and it's, even after the summits over, we're going to continue bringing in valuable, valuable message. Like I said, I'll show you guys a picture of how I carried my Vital Choice products with me on the road but, we can maybe think about that Randy, it's coming up with a great package for our people.

Randy Hartnell: I come under a healthy traveler kit. Why don't try something...

Dr. Robyn Benson: Healthy travelers kit, it's time. I love it. The next variety, get the salmon, the tuna, get your jerkies. I think that would be really, really, really valuable for so many people. Again, lot of that, the flight attendants, I see them, I interview everybody in the travel industry that I come across but, that's one of their concerns and I see most of them, a lot of them were just decided that they have to take care of themselves. That they don't want to eat airport food and, so it's nice to see that people are not being afraid of cans like, there are good cans and bad cans. So, just, can you just elaborate a little bit more on that? I mean, what's, what will make a consumer know? What do we have to see in the cans to know that it's a safe, it's a safe pouch or a safe can to use?

Randy Hartnell: Well, I can only talk about what we are through. We don't want our people consumed about BPA, Bisphenol A, it's been on the news for many years now.

Dr. Robyn Benson: Right.

Randy Hartnell: We started thinking out Bisphenol A containers at least six, seven years ago, started having some more of products tested six or seven years ago and so. Most everything that we have, if we can get a Bisphenol three, a Bisphenol A three packaging for or that we have it. The only exception that I'm aware of is our canned Dungeness crab which requires a little bit of citric acid in it and so they aren't able to do a Bisphenol A free can for that but our salmon or tuna are all Bisphenol A free, BPA free.

Dr. Robyn Benson: Yes. See, you have any other big travel hacks, you've been traveling a lot, I know that. So, anything else you can share with our listeners that want to hear from a fisherman, someone who's

got an amazing business that's helping us all eat healthier and get our omega-3s?

Randy Hartnell: I would just go back to where we started Robyn about the omega-3, 6 balances. I just can't emphasize enough how critical that is. I know you are aware of this and a...

Dr. Robyn Benson: Absolutely.

Randy Hartnell: ... it's hard to explain it to people without their eyes glazing over but, but it's so incredibly powerful and I should send you a video on a series of five interviews I did last winter with some of the foremost researchers in this world. Several mariners, well, into their 80's, they are some of the most vital, vibrant people you'd ever want to meet. In fact, I have just been schemed for four days in Park City with one gentleman who is 84 years old who, last year was admitted into the Royal Society at Madison Hall of Fame. He's researching this for 50 years and he was sitting here and you ask him one thing that he would, could share about, improve the health of the audience. It would be balance your omega-3s and 6s. So, just take a little bit of initiative. Learn more about that and we have a, a kit that we developed with one of these, there are other, there are different programs out there but we were approached by one of these scientists to develop a kit where you can actually test yourself at home, see where you are and then added your diet accordingly. So, the information about that and that kit is available at on our website at vitaltest.com.

Kevin Snow: Awesome.

Randy Hartnell: I've been putting out a shameless plug there because I'm so passionate about it and so, I want to get that information out there. I just don't think there is anything that we can share with people that are more vital than mixing those 6s and needy more omega-3s and start your way on to put some.

Kevin Snow: It's a vital choice that we're all having to make. I definitely agree and we definitely want people to jump on your website, vitalchoice.com. Get signed up for the newsletter. I think there's a lot of great information in there as well and Robyn, any final questions?

Dr. Robyn Benson: Well, I think you had us, a special for the healthy travelers here?

Randy Hartnell: I do. Well, I thought about maybe something, great deal and some products but like what I've said, we've got so many great products that, how about if we just offer a really great discount that can be applied to any product or even the test kit. So, how about if we...

Dr. Robyn Benson:

That's a great idea. We could talk about that, we'll make sure that that, for everyone listening that, they'll see it on the Facebook page for sure. We'd love to catch some of those videos so even again, after the summits over, we're going to continue to bring in really important information to you. Again, this is about the metaphor of how we travel through life everyday so, we want those omega-3s and I'm just, it's just, I'm grateful to hear your passion for your product that also to help the health of people around the globe because that is an essential piece, those essential fatty acids are so and getting enough some of fish is such a, and from grass-fed beef so, you were helping humanity in a big way and to bring that information down. So, thanks again for your generosity. Again, we'll mention what that, what exactly that coupon is for all of you to order from Randy in Vital Choices and Kevin, thank you for being here. All of you who are listening to this very powerful message. Randy, thank you for the work that you're doing and we appreciate you and for all of you, continues with Healthy Travels each and every day.

Dr. Robyn Benson:

Thank you Robyn. Thank you Kevin. My pleasure.

Kevin Snow:

Thank you.