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00:00:00,000 --> 00:00:04,220

I'm extremely excited to announce a brand new sponsor for the Behind the Shield podcast

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00:00:04,220 --> 00:00:06,540

that is Transcend.

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00:00:06,540 --> 00:00:10,560

Now for many of you listening, you are probably working the same brutal shifts that I did

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00:00:10,560 --> 00:00:12,520

for 14 years.

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00:00:12,520 --> 00:00:18,840

Suffering from sleep deprivation, body composition challenges, mental health challenges, libido,

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00:00:18,840 --> 00:00:20,540

hair loss, etc.

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00:00:20,540 --> 00:00:23,800

Now when it comes to the world of hormone replacement and peptide therapy, what I have

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00:00:23,800 --> 00:00:28,220

seen is a shift from doctors telling us that we were within normal limits, which was definitely

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00:00:28,220 --> 00:00:32,920

incorrect all the way to the other way now where men's clinics are popping up left,

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00:00:32,920 --> 00:00:34,560

right and center.

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00:00:34,560 --> 00:00:40,120

So I myself wanted to find a reputable company that would do an analysis of my physiology

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00:00:40,120 --> 00:00:45,320

and then offer supplementations without ramming, for example, hormone replacement therapy down

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00:00:45,320 --> 00:00:46,460

my throat.

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00:00:46,460 --> 00:00:50,780

Now I came across Transcend because they have an altruistic arm and they were a big reason

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00:00:50,780 --> 00:00:56,800

why the 7X project I was a part of was able to proceed because of their generous donations.

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00:00:56,800 --> 00:01:00,820

They also have the Transcend foundations where they are actually putting military and first

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00:01:00,820 --> 00:01:05,440

responders through some of their therapies at no cost to the individual.

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00:01:05,440 --> 00:01:11,000

So my own personal journey so far filled in the online form, went to Quest, got blood

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00:01:11,000 --> 00:01:14,720

drawn and a few days later I'm talking to one of their wellness professionals as they

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00:01:14,720 --> 00:01:19,140

guide me through my results and the supplementation that they suggest.

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00:01:19,140 --> 00:01:23,640

In my case specifically, because I transitioned out the fire service five years ago and been

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00:01:23,640 --> 00:01:28,800

very diligent with my health, my testosterone was actually in a good place.

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00:01:28,800 --> 00:01:33,320

So I went down the peptide route and some other supplements to try and maximize my physiology

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00:01:33,320 --> 00:01:37,760

knowing full well the damage that 14 years of shift work has done.

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00:01:37,760 --> 00:01:41,680

Now I also want to underline because I think this is very important that each of the therapies

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00:01:41,680 --> 00:01:45,080

they offer, they will talk about the pros and cons.

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00:01:45,080 --> 00:01:49,520

So for example, a lot of first responders in shift work, our testosterone will be low,

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00:01:49,520 --> 00:01:54,360

but sometimes nutrition, exercise and sleep can offset that on its own.

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00:01:54,360 --> 00:01:58,680

So this company is not going to try and push you down a path, especially if it's one that

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00:01:58,680 --> 00:02:00,360

you can't come back from.

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00:02:00,360 --> 00:02:07,760

So whether it's libido, brain fog, inflammation, gut health, performance, sleep, this is definitely

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00:02:07,760 --> 00:02:10,880

one of the most powerful tools in the toolbox.

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00:02:10,880 --> 00:02:17,800

So to learn more, go to transcendcompany.com or listen to episode 808 of the Behind the

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00:02:17,800 --> 00:02:22,400

Shield podcast with founder Ernie Colling.

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00:02:22,400 --> 00:02:28,160

This episode is sponsored by a company I've used for well over a decade and that is 511.

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00:02:28,160 --> 00:02:33,600

I wore their uniforms back in Anaheim, California and have used their products ever since.

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00:02:33,600 --> 00:02:40,200

From their incredibly strong yet light footwear to their cut uniforms for both male and female

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00:02:40,200 --> 00:02:45,040

responders, I found them hands down the best workwear in all the departments that I've

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00:02:45,040 --> 00:02:46,040

worked for.

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00:02:46,040 --> 00:02:50,560

Outside of the fire service, I use their luggage for everything and I travel a lot and they

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00:02:50,560 --> 00:02:56,840

are also now sponsoring the 7X team as we embark around the world on the Human Performance

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00:02:56,840 --> 00:02:57,840

project.

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00:02:57,840 --> 00:03:01,960

We have Murph coming up in May and again I bought their plate carrier.

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00:03:01,960 --> 00:03:06,920

I ended up buying real ballistic plates rather than the fake weight plates and that has been

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00:03:06,920 --> 00:03:10,760

my ride or die through Murph the last few years as well.

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00:03:10,760 --> 00:03:14,720

One area I want to talk about that I haven't in previous sponsorship spots is their brick

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00:03:14,720 --> 00:03:16,560

and mortar element.

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00:03:16,560 --> 00:03:21,280

They were predominantly an online company up till more recently but now they are approaching

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00:03:21,280 --> 00:03:24,000

100 stores all over the US.

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00:03:24,000 --> 00:03:29,060

My local store is here in Gainesville Florida and I've been multiple times and the discounts

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00:03:29,060 --> 00:03:32,320

you see online are applied also in the stores.

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00:03:32,320 --> 00:03:38,940

So as I mentioned 511 is offering you 15% off every purchase that you make but I do

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00:03:38,940 --> 00:03:44,020

want to say more often than not they have an even deeper discount especially around

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00:03:44,020 --> 00:03:45,640

holiday times.

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00:03:45,640 --> 00:03:55,600

But if you use the code SHIELD15 you will get 15% off your order or in the stores every

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00:03:55,600 --> 00:03:57,440

time you make a purchase.

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00:03:57,440 --> 00:04:02,740

And if you want to hear more about 511, who they stand for and who works with them, listen

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00:04:02,740 --> 00:04:10,800

to episode 580 of Behind the Shield podcast with 511 regional director Will Ayers.

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00:04:10,800 --> 00:04:12,360

Welcome to the Behind the Shield podcast.

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00:04:12,360 --> 00:04:15,920

As always my name is James Gearing and this week it is my absolute honor to welcome on

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00:04:15,920 --> 00:04:22,280

the show, acupuncturist, chiropractor and the executive vice president of Regenexx,

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00:04:22,280 --> 00:04:23,800

Mark Testa.

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00:04:23,800 --> 00:04:26,880

Now in this conversation we discuss a host of topics.

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00:04:26,880 --> 00:04:32,440

From his journey into chiropractic, how the holistic professions were accused of quackery,

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00:04:32,440 --> 00:04:39,200

predatory practice in chiropractic, his journey into the world of stem cells, PRP, the healing

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00:04:39,200 --> 00:04:45,360

power of bone marrow concentrate, the myths around stem cell therapy, treating the sporting

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00:04:45,360 --> 00:04:49,440

and tactical athletes of the world and so much more.

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00:04:49,440 --> 00:04:54,520

Now before we get to this incredible conversation as I say every week, please just take a moment.

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00:04:54,520 --> 00:04:59,480

Go to whichever app you listen to this on, subscribe to the show, leave feedback and

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00:04:59,480 --> 00:05:01,440

leave a rating.

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00:05:01,440 --> 00:05:06,760

Every single 5 star rating truly does elevate this podcast therefore making it easier for

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00:05:06,760 --> 00:05:08,360

others to find.

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00:05:08,360 --> 00:05:12,800

And this is a free library of over 900 episodes now.

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00:05:12,800 --> 00:05:18,600

So all I ask in return is that you help share these incredible men and women stories so

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00:05:18,600 --> 00:05:23,980

I can get them to every single person on planet earth who needs to hear them.

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00:05:23,980 --> 00:05:28,720

So with that being said, I introduce to you Mark Testa.

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00:05:28,720 --> 00:05:48,680

Enjoy.

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00:05:48,680 --> 00:05:52,680

Well Mark, I want to say welcome back to the Behind the Shield podcast.

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00:05:52,680 --> 00:05:56,960

The first time you and I sat down we had some technical issues in the world of the internet

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00:05:56,960 --> 00:06:01,040

but I want to welcome you onto the Behind the Shield podcast today.

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00:06:01,040 --> 00:06:04,640

Thanks a lot James and I'm glad we could get that rescheduled because I was looking forward

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00:06:04,640 --> 00:06:06,360

to talking to you.

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00:06:06,360 --> 00:06:07,360

Absolutely.

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00:06:07,360 --> 00:06:11,600

The internet and computers are an amazing thing unless they don't work and they suck

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00:06:11,600 --> 00:06:13,360

away all that time that you saved.

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00:06:13,360 --> 00:06:15,360

Yeah, for sure.

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00:06:15,360 --> 00:06:18,880

And I want to say thank you to Doug Orchard, a mutual friend.

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00:06:18,880 --> 00:06:24,360

He is the creator of arguably one of the most powerful documentaries when it comes to fitness

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00:06:24,360 --> 00:06:29,880

and health in this country and the amazing PE program that some schools had in California

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00:06:29,880 --> 00:06:31,240

in the 60s.

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00:06:31,240 --> 00:06:35,200

So how did you and Doug meet and tell me about what you guys did together?

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00:06:35,200 --> 00:06:41,760

Yeah, Doug and I met, I don't know, it's probably been eight years ago now and he came

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00:06:41,760 --> 00:06:52,640

to shoot some video on me in my home when I was still practicing full time and that's

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00:06:52,640 --> 00:06:53,800

how we met.

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00:06:53,800 --> 00:07:01,000

And then I realized how talented he was and brought him into Regenexx because we were

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00:07:01,000 --> 00:07:07,280

looking for video on what we do, how we do it.

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00:07:07,280 --> 00:07:15,320

We had a lot of patients who wanted to share their story and Doug became our go to video

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00:07:15,320 --> 00:07:18,120

guy and he just got it.

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00:07:18,120 --> 00:07:20,320

He was so professional.

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00:07:20,320 --> 00:07:25,040

He was able to tell a story and actually better than that, better than telling a story, he's

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00:07:25,040 --> 00:07:31,700

great at asking questions and not the obvious ones and getting to a good story.

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00:07:31,700 --> 00:07:34,440

So that's how we met and then we traveled around a lot.

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00:07:34,440 --> 00:07:35,440

We became friends.

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00:07:35,440 --> 00:07:36,440

He's a great conversationalist.

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00:07:36,440 --> 00:07:44,280

We had a lot to talk about and I'll tell you, he turned you and me onto that video

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00:07:44,280 --> 00:07:45,280

you mentioned.

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00:07:45,280 --> 00:07:47,580

He also turned me onto fasting.

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00:07:47,580 --> 00:07:51,960

He did a fasting documentary and I was like, how do I not know anything about this?

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00:07:51,960 --> 00:07:54,920

How do I not know these people you're mentioning?

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00:07:54,920 --> 00:08:01,360

And that sent me down a deep rabbit hole then into fasting and intermittent fasting and

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00:08:01,360 --> 00:08:02,520

fasting mimicking diets.

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00:08:02,520 --> 00:08:09,120

So Doug has contributed a lot to my personal life as well as our business.

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00:08:09,120 --> 00:08:10,120

Brilliant.

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00:08:10,120 --> 00:08:13,000

Yeah, his documentaries need to be seen.

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00:08:13,000 --> 00:08:21,600

Funny, he did some on pandemics and masks and things like that a few years before 2020

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00:08:21,600 --> 00:08:26,140

and those ones disappeared into the ether from the people that originally funded them.

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00:08:26,140 --> 00:08:29,420

So that was interesting too because apparently they were phenomenal and they were talking

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00:08:29,420 --> 00:08:34,600

about a lot of the things and not demonizing stuff, but just the vulnerability that we

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00:08:34,600 --> 00:08:41,080

had when it came to the mask specifically, the very fitting N95 that was effective and

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00:08:41,080 --> 00:08:44,280

the ineffective elements of a lot of the other masks.

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00:08:44,280 --> 00:08:49,720

So really great information that would have been invaluable as we went into 2020, but

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00:08:49,720 --> 00:08:54,400

I guess cancel culture one and sadly his documentaries disappeared.

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00:08:54,400 --> 00:08:58,800

All right, well then where on planet earth are we finding you today?

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00:08:58,800 --> 00:09:02,520

Today I'm in typically sunny Denver, Colorado.

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00:09:02,520 --> 00:09:04,480

It was just outside with the dog.

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00:09:04,480 --> 00:09:07,520

It's like 60 degrees, sunny, beautiful.

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00:09:07,520 --> 00:09:12,440

So I'm not forgetting March is our snowiest month here, so I'm sure the other shoe is

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00:09:12,440 --> 00:09:15,040

going to drop at some point.

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00:09:15,040 --> 00:09:19,920

Last time I was there with my family skiing, I think it was about four years ago and you

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00:09:19,920 --> 00:09:21,840

had your coldest winter you'd ever had.

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00:09:21,840 --> 00:09:27,380

And we came over from Florida, rented a two-wheel drive car and I had the most terrifying two

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00:09:27,380 --> 00:09:30,760

days of driving to the slopes and back I've ever had in my entire life.

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00:09:30,760 --> 00:09:32,800

So I'll never forget Denver.

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00:09:32,800 --> 00:09:34,680

Yeah, right.

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00:09:34,680 --> 00:09:39,360

Once you start heading up that hill, if it's icy and cold and snowy, it's treacherous.

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00:09:39,360 --> 00:09:40,360

Absolutely.

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00:09:40,360 --> 00:09:44,140

All right, well, I'd love to start at the very beginning of your timeline then.

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00:09:44,140 --> 00:09:47,880

So tell me where you were born and tell me a little bit about your family dynamic, what

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00:09:47,880 --> 00:09:50,200

your parents did, how many siblings?

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00:09:50,200 --> 00:09:52,720

Yeah, I was born in Ravenna, Ohio.

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00:09:52,720 --> 00:09:54,280

It's Northeastern Ohio.

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00:09:54,280 --> 00:10:01,600

I have a twin sister who's a year older than me, who used to really beat me up till about

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00:10:01,600 --> 00:10:07,560

ninth grade and she's still quite competitive and athletic.

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00:10:07,560 --> 00:10:11,580

And then we have two older siblings as well.

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00:10:11,580 --> 00:10:20,200

So family of four, parents were both first generation born in America from Italian immigrants.

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00:10:20,200 --> 00:10:26,720

So they spoke both languages, but unfortunately didn't teach us both languages because they

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00:10:26,720 --> 00:10:30,100

wanted us to fit in because they didn't fit in, right?

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00:10:30,100 --> 00:10:38,040

Only Italian and so I'm sure that language is lost now in our family.

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00:10:38,040 --> 00:10:43,220

But we had great cousins and family really super close by.

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00:10:43,220 --> 00:10:48,000

We had a really tight knit Italian family, celebrated everything together.

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00:10:48,000 --> 00:10:52,680

I grew up really in my mom's kitchen learning how to cook Italian food and still love to

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00:10:52,680 --> 00:10:57,140

cook food and have dinner parties for people and have people over.

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00:10:57,140 --> 00:10:58,680

So it was fun.

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00:10:58,680 --> 00:11:05,200

And I remember during the holidays, during Thanksgiving, she'd make turkey and all that.

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00:11:05,200 --> 00:11:08,880

And then on the other side of the table was the whole Italian entrees.

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00:11:08,880 --> 00:11:11,080

And I was like, I'm going for the Italian.

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00:11:11,080 --> 00:11:14,600

I'm eating the lasagna and the meatballs.

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00:11:14,600 --> 00:11:16,520

Still lean that way.

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00:11:16,520 --> 00:11:18,080

What about their immigration story?

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00:11:18,080 --> 00:11:22,600

I think sadly a lot of the rhetoric at the moment with the borders and that kind of thing.

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00:11:22,600 --> 00:11:27,480

And obviously I'm an immigrant myself, is very kind of black and white, but this country

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00:11:27,480 --> 00:11:31,040

was created through immigration, depending on how you look at it.

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00:11:31,040 --> 00:11:34,240

Some forced, some willing.

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00:11:34,240 --> 00:11:38,720

But I think there's so much depth and power to people's immigration stories.

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00:11:38,720 --> 00:11:40,520

So what were the pros?

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00:11:40,520 --> 00:11:43,480

What were some of the good things, the good stories they used to tell?

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00:11:43,480 --> 00:11:47,680

And did they encounter any kind of prejudice or anything when they first came over here?

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00:11:47,680 --> 00:11:50,360

I'll start with that last one first.

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00:11:50,360 --> 00:11:53,800

Some of the stories, yeah, definitely a lot of some prejudice, right?

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00:11:53,800 --> 00:11:59,120

I remember my uncle telling a story like he never seen a banana before and someone at

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00:11:59,120 --> 00:12:03,400

school gave him a banana and he started eating it and didn't peel it, right?

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00:12:03,400 --> 00:12:04,400

Just he didn't know.

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00:12:04,400 --> 00:12:09,440

And there was a lot of that, you know, heckling and sort of thing.

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00:12:09,440 --> 00:12:15,280

And because they didn't speak English, they had a difficult time, which led them to stay

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00:12:15,280 --> 00:12:17,040

tightly knit, right?

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00:12:17,040 --> 00:12:18,040

With Italians.

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00:12:18,040 --> 00:12:23,360

In fact, when I went to school in first grade, I did not know there was another person on

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00:12:23,360 --> 00:12:29,160

the planet named Mark because we were just around our cousins all the time.

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00:12:29,160 --> 00:12:32,680

Anyway, on the good side of it, they were super hardworking.

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00:12:32,680 --> 00:12:33,720

They were industrious.

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00:12:33,720 --> 00:12:39,400

They came here to make a difference in their lives and in their heritage, in their, you

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00:12:39,400 --> 00:12:41,240

know, in their lineage, right?

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00:12:41,240 --> 00:12:47,120

They wanted to have opportunities and they came here and they were celery farmers.

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00:12:47,120 --> 00:12:49,200

And that's what they did.

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00:12:49,200 --> 00:12:54,680

They grew celery and they contributed a lot of that to public companies.

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00:12:54,680 --> 00:13:01,120

I heard like Campbell's soups and, you know, gave them some of those vegetables to use

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00:13:01,120 --> 00:13:02,440

in their soups.

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00:13:02,440 --> 00:13:09,480

All four of the Testa brothers were in World War II and all at once at one point.

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00:13:09,480 --> 00:13:12,000

So my dad was in Okinawa.

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00:13:12,000 --> 00:13:17,800

My one uncle was in Hiroshima literally days after they dropped the atomic bomb there.

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00:13:17,800 --> 00:13:24,000

Some of his pictures were just phenomenal of the and in a bad way of the devastation.

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00:13:24,000 --> 00:13:28,220

Like everything was literally flat there.

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00:13:28,220 --> 00:13:37,060

So they really were proud to be American and to help in every way they possibly could.

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00:13:37,060 --> 00:13:41,320

So after that, they tried, you know, they tried everything.

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00:13:41,320 --> 00:13:43,620

They were cotton farmers in Arizona.

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00:13:43,620 --> 00:13:46,320

They raised chinchillas.

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00:13:46,320 --> 00:13:48,880

They worked in machine shops.

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00:13:48,880 --> 00:13:55,640

They did all kinds of things till they found their niche in general construction, excavation.

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00:13:55,640 --> 00:13:57,520

They built roads and highways.

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00:13:57,520 --> 00:14:00,800

They built universities and hospitals.

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00:14:00,800 --> 00:14:05,480

They built housing developments.

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00:14:05,480 --> 00:14:11,560

They ran eight miles of water and sewer in one of the poorest neighborhoods in Ohio,

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00:14:11,560 --> 00:14:14,320

giving them running water for the first time.

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00:14:14,320 --> 00:14:20,520

So they really made a significant impact and really tried to, you know, make not only their

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00:14:20,520 --> 00:14:26,440

lives better, but contribute to, you know, their little ecosystem of Northeastern Ohio.

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00:14:26,440 --> 00:14:32,280

They never went far from there, but they did make a big impact there.

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00:14:32,280 --> 00:14:37,740

With your uncle being exposed to what we now understand would be an immense amount of radiation

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00:14:37,740 --> 00:14:42,600

after Hiroshima, did he have any health issues as he progressed through adulthood?

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00:14:42,600 --> 00:14:48,840

Interestingly, when he was over there in the Philippines before he went over to Hiroshima,

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00:14:48,840 --> 00:14:50,840

he got malaria.

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00:14:50,840 --> 00:14:56,000

But out of the four brothers and his sister, he lived to be 97.

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00:14:56,000 --> 00:14:58,000

So no, he was fit.

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00:14:58,000 --> 00:15:00,880

He was healthy.

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00:15:00,880 --> 00:15:05,360

The last time I saw him at, well, I saw him at 97.

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00:15:05,360 --> 00:15:08,320

And obviously, you know, that's frailty.

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00:15:08,320 --> 00:15:13,640

But when he was 87, he was on no medications at all and was completely healthy.

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00:15:13,640 --> 00:15:16,400

So somehow he dodged it.

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00:15:16,400 --> 00:15:17,720

And I asked him about that.

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00:15:17,720 --> 00:15:21,040

Why are you so healthy?

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00:15:21,040 --> 00:15:22,960

And you know, he ate clean.

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00:15:22,960 --> 00:15:24,360

He ate off the earth, right?

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00:15:24,360 --> 00:15:27,840

He exercised.

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00:15:27,840 --> 00:15:33,200

And his last thing was, I eat a quart of honey a month.

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00:15:33,200 --> 00:15:34,200

I don't know.

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00:15:34,200 --> 00:15:38,680

And that's really what he attributed a lot of it to, the honey.

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00:15:38,680 --> 00:15:42,960

Going back to the COVID conversation, one of the most heartbreaking things that I talked

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00:15:42,960 --> 00:15:46,640

about this a lot is, I mean, I stood in the middle the whole time.

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00:15:46,640 --> 00:15:52,400

Of course, it was a real virus, you know, but the underlying medical issues that people

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00:15:52,400 --> 00:15:57,720

had were a big determinant if someone succeeded and overcame that virus or they succumbed

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00:15:57,720 --> 00:15:59,100

to it.

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00:15:59,100 --> 00:16:04,160

And so we had a captive audience for two years to really educate the people of the importance

232

00:16:04,160 --> 00:16:09,520

of exercise, nutrition, sleep, time and daylight, community, all the pillars of health.

233

00:16:09,520 --> 00:16:12,020

And yet it was completely disregarded.

234

00:16:12,020 --> 00:16:17,660

And what a powerful kind of symbol of that, of your uncle thriving after being exposed

235

00:16:17,660 --> 00:16:21,120

in Hiroshima because of his underlying health.

236

00:16:21,120 --> 00:16:23,240

Yeah, I think that's so important.

237

00:16:23,240 --> 00:16:27,120

And I think we really missed an opportunity to talk about that.

238

00:16:27,120 --> 00:16:30,880

I mean, you don't need a double blind randomized controlled trial to know that exercise and

239

00:16:30,880 --> 00:16:35,640

moving and sleep is going to be better for you than not and, you know, trying to do healthy

240

00:16:35,640 --> 00:16:36,640

things.

241

00:16:36,640 --> 00:16:42,520

And I think we missed a real opportunity to have a very simple, basic message to people

242

00:16:42,520 --> 00:16:43,680

about that.

243

00:16:43,680 --> 00:16:47,400

And everyone was so afraid to say anything that they said nothing.

244

00:16:47,400 --> 00:16:53,480

And that was just as bad as saying the wrong things, in my opinion, because I mean, I think

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00:16:53,480 --> 00:16:59,040

intuitively, everyone knows that and hardly anybody or nobody's going to disagree with

246

00:16:59,040 --> 00:17:01,440

like you should get good sleep and eat a good diet.

247

00:17:01,440 --> 00:17:02,800

Yeah, 100 percent.

248

00:17:02,800 --> 00:17:05,560

And people were dragged one extreme or the other.

249

00:17:05,560 --> 00:17:10,600

And it was so sad because the middle ground was where really 80 percent were actually,

250

00:17:10,600 --> 00:17:14,380

you know, that's where they would have been had they not been pulled and censored in a

251

00:17:14,380 --> 00:17:20,240

way and shamed because they dared to talk about a vaccine or a mask or Chinese conspiracy,

252

00:17:20,240 --> 00:17:23,080

whatever their thing was, you know, and the middle ground was the truth.

253

00:17:23,080 --> 00:17:25,360

Like there will be another virus.

254

00:17:25,360 --> 00:17:27,360

There will always be another virus.

255

00:17:27,360 --> 00:17:32,080

And even if there isn't, we're still losing people, you know, just millions when it comes

256

00:17:32,080 --> 00:17:34,300

to obesity and diabetes and all these other things.

257

00:17:34,300 --> 00:17:35,500

So let's fix that.

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00:17:35,500 --> 00:17:36,760

That is the truth.

259

00:17:36,760 --> 00:17:39,320

Yeah, completely agree on that.

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00:17:39,320 --> 00:17:42,360

And there's simple ways to do it.

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00:17:42,360 --> 00:17:49,480

And it's it's it's it's within all of our grasp to be able to do all of that.

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00:17:49,480 --> 00:17:54,400

And if we all just shifted a little bit, you know, I had a mentor, a little plus often

263

00:17:54,400 --> 00:18:00,360

equals a lot, it would make a big impact on overall health of the individual and overall

264

00:18:00,360 --> 00:18:02,240

health of our society.

265

00:18:02,240 --> 00:18:03,800

I really believe that.

266

00:18:03,800 --> 00:18:04,800

100 percent.

267

00:18:04,800 --> 00:18:09,220

Well, just staying on the previous generation for one more observation, you have multiple

268

00:18:09,220 --> 00:18:12,640

relatives in World War Two.

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00:18:12,640 --> 00:18:15,180

We are told that they were the greatest generation.

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00:18:15,180 --> 00:18:20,480

And I've had a kind of awakening recently where I listened to so many stories of granddad

271

00:18:20,480 --> 00:18:24,960

and a lot of times he wasn't dealing well with what he had to do and what he saw when

272

00:18:24,960 --> 00:18:26,220

he came home.

273

00:18:26,220 --> 00:18:30,440

And we almost kind of projected that you're OK, you're the best generation on them and

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00:18:30,440 --> 00:18:35,040

really kind of closed the door on them finally be able to open up about what they saw and

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00:18:35,040 --> 00:18:40,280

did with this kind of wiser lens that you have now from a mental health perspective.

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00:18:40,280 --> 00:18:45,280

Did you ever observe the impact of the war on any of your your family?

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00:18:45,280 --> 00:18:49,640

You know, it's a great question, because as my 97 year old uncle was the last one, his

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00:18:49,640 --> 00:18:51,080

sister is still alive.

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00:18:51,080 --> 00:18:52,320

She's like 93.

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00:18:52,320 --> 00:18:56,240

But as he was the last brother to come back and then die, we were going through a lot

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00:18:56,240 --> 00:18:57,240

of his stuff.

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00:18:57,240 --> 00:19:03,200

His sister was there and she's like, yeah, he had what they called them shell shock.

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00:19:03,200 --> 00:19:07,740

Now we would know it as PTSD, post traumatic stress injury.

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00:19:07,740 --> 00:19:13,380

You know, his time in the Philippines before he was deployed to Hiroshima, he came back

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00:19:13,380 --> 00:19:17,800

home and I didn't realize this and I didn't necessarily witness it because I wasn't born

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00:19:17,800 --> 00:19:24,040

yet, but he holed up in his bedroom for a long, long time and did not want to interact

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00:19:24,040 --> 00:19:27,640

and did not want to come out and did not want to participate.

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00:19:27,640 --> 00:19:28,760

And I'm sure that's right.

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00:19:28,760 --> 00:19:29,960

That was what was going on.

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00:19:29,960 --> 00:19:34,760

I mean, some of the images, the pictures he shared with us, literally where it's a human

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00:19:34,760 --> 00:19:38,820

body vaporized on the sidewalk, you can make that out.

292

00:19:38,820 --> 00:19:41,240

But he witnessed all that.

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00:19:41,240 --> 00:19:51,040

And I think, you know, all I can say is what I witnessed is they were all very short tempered,

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00:19:51,040 --> 00:19:52,040

right?

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00:19:52,040 --> 00:19:56,120

Kind of a classic thing with PTSD, short tempered.

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00:19:56,120 --> 00:20:03,560

Now they were not smokers or alcohol abusers or things of that nature, you know, and I

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00:20:03,560 --> 00:20:09,720

think they just learned how to more of us in a stoic way, keep it in check.

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00:20:09,720 --> 00:20:13,880

But that is something I witnessed and that is something I heard my aunt say about my

299

00:20:13,880 --> 00:20:19,880

uncle from Hiroshima when he came home is that he was just, you know, isolated, wanted to

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00:20:19,880 --> 00:20:20,880

isolate.

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00:20:20,880 --> 00:20:21,880

Yeah, it's interesting.

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00:20:21,880 --> 00:20:26,000

I'm writing a book at the moment and the real kind of nucleus of it is multi-generational

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00:20:26,000 --> 00:20:32,000

trauma because I've got this unique perspective with almost 900 interviews now where, you

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00:20:32,000 --> 00:20:36,360

know, you just hear, and I love these kind of, you know, generational stories that these

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00:20:36,360 --> 00:20:40,080

guests have and you start to realize that, of course, war is going to have an impact

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00:20:40,080 --> 00:20:42,320

and we romanticize about some of these generations.

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00:20:42,320 --> 00:20:46,860

And some of them had the tools and they did deal well and they thrived for years and years

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00:20:46,860 --> 00:20:49,160
and years, but it still took its toll.

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00:20:49,160 --> 00:20:53,360
It still had an impact, which then is passed to, you know, to son and grandson.

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00:20:53,360 --> 00:20:57,880
And, you know, now here we are in 2024 with a lot of the physical mental health issues

311

00:20:57,880 --> 00:20:59,360
that we see.

312

00:20:59,360 --> 00:21:04,480
And if we're not talking about our ancestors, we're missing a part of the puzzle.

313

00:21:04,480 --> 00:21:08,320
I agree and I think we are losing our ancestry heritage.

314

00:21:08,320 --> 00:21:13,440
We don't, you know, our family, while we were super close growing up, is now dispersed everywhere

315

00:21:13,440 --> 00:21:19,000
and we have one of the five siblings.

316

00:21:19,000 --> 00:21:20,440
On both sides, they're all gone.

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00:21:20,440 --> 00:21:29,560
But on my dad's side, she's 92, 3, and I try to get as much out of her as possible, as

318

00:21:29,560 --> 00:21:31,220

much as she can tell us.

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00:21:31,220 --> 00:21:32,960

And we all are like glued to it.

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00:21:32,960 --> 00:21:38,960

But to your point about intergenerational, like, right, some of that short wicked anger

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00:21:38,960 --> 00:21:40,640

was probably pushed down on me.

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00:21:40,640 --> 00:21:41,880

And I'm aware of that.

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00:21:41,880 --> 00:21:46,960

And I'm trying to temper it and not pass it on to my daughter.

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00:21:46,960 --> 00:21:51,160

But you know, we learn this way.

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00:21:51,160 --> 00:21:53,280

And then we act this way.

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00:21:53,280 --> 00:21:57,600

And you know how kids are, they're not listening, they're watching, they're observing.

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00:21:57,600 --> 00:22:05,000

And I can tell my daughter, you know, do as I say, not as I do, doesn't work.

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00:22:05,000 --> 00:22:08,800

No, no, doesn't work if you're a parent or a politician.

329

00:22:08,800 --> 00:22:09,800

All right.

330

00:22:09,800 --> 00:22:10,800

Yeah.

331

00:22:10,800 --> 00:22:11,800

All right.

332

00:22:11,800 --> 00:22:13,500

Well, then go into your childhood now.

333

00:22:13,500 --> 00:22:17,960

What were you doing and playing as far as sports and exercise in the school age?

334

00:22:17,960 --> 00:22:21,800

I started in second grade competing in track meets.

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00:22:21,800 --> 00:22:25,820

I grew up going to a Catholic school and again, small town.

336

00:22:25,820 --> 00:22:28,760

And so we were all very tight knit.

337

00:22:28,760 --> 00:22:32,960

And I had a family that really took us under their belt.

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00:22:32,960 --> 00:22:33,960

They had older siblings.

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00:22:33,960 --> 00:22:39,440

And I say us, my twin sister, because she competed as well.

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00:22:39,440 --> 00:22:44,280

They took us under their belt and they would start taking us to local J.C. track meets.

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00:22:44,280 --> 00:22:45,280

Right.

342

00:22:45,280 --> 00:22:46,840

And I was fast and I was good and I was winning.

343

00:22:46,840 --> 00:22:49,680

I still have all those awards from second grade.

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00:22:49,680 --> 00:22:50,680

What is that?

345

00:22:50,680 --> 00:22:52,840

Like seven years old.

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00:22:52,840 --> 00:23:01,200

And I competed in track all the way through high school doing hurdles, doing quarter mile

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00:23:01,200 --> 00:23:04,360

sprints, you know, again, small school.

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00:23:04,360 --> 00:23:08,880

So I threw the shot put and was pretty good at it, even though, you know, it was one hundred

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00:23:08,880 --> 00:23:09,880

eighty five pounds.

350

00:23:09,880 --> 00:23:11,680

I came in frequently second or third.

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00:23:11,680 --> 00:23:16,940

And one of our the funniest story, one of our techniques I think I came up with was

352

00:23:16,940 --> 00:23:23,400

as we let go, just to make the as much noise as possible.

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00:23:23,400 --> 00:23:27,320

And it was intimidating to a lot of people who should have beat us.

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00:23:27,320 --> 00:23:28,320

But we did that.

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00:23:28,320 --> 00:23:29,360

And it was a lot of fun.

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00:23:29,360 --> 00:23:34,920

And then in ninth grade, I started playing football, lettered for three years.

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00:23:34,920 --> 00:23:36,560

I was a kicker.

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00:23:36,560 --> 00:23:39,520

The only regret there is I wish I would have stuck with it because I probably could have

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00:23:39,520 --> 00:23:43,600

got a college scholarship because it's a lot easier than being a lineman, which I ended

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00:23:43,600 --> 00:23:45,220

up playing.

361

00:23:45,220 --> 00:23:47,560

But had a lot of had a lot of fun.

362

00:23:47,560 --> 00:23:54,520

I love the camaraderie of team, you know, as in Doug's video, I think maybe the the

363

00:23:54,520 --> 00:23:57,720

exercise video.

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00:23:57,720 --> 00:24:04,320

Some of the the doctors that were interviewed talked about how teams break the barrier of

365

00:24:04,320 --> 00:24:05,560

color and race.

366

00:24:05,560 --> 00:24:06,560

Right.

367

00:24:06,560 --> 00:24:07,560

You're teammates.

368

00:24:07,560 --> 00:24:15,200

And I had a lot of friends that I became and stayed friends with through all of that.

369

00:24:15,200 --> 00:24:18,320

And color and race meant nothing to any of us.

370

00:24:18,320 --> 00:24:21,000

We were buddies, we were teammates.

371

00:24:21,000 --> 00:24:22,280

And I love that camaraderie.

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00:24:22,280 --> 00:24:24,280

Now, I'm still very active.

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00:24:24,280 --> 00:24:30,000

I don't participate on any teams, but I still work out, you know, five to seven times a

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00:24:30,000 --> 00:24:31,000

week.

375

00:24:31,000 --> 00:24:35,880

And, you know, I know I don't golf, but I enjoy Frisbee golf when I can.

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00:24:35,880 --> 00:24:39,760

I definitely do a lot of hiking here in the Colorado mountains.

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00:24:39,760 --> 00:24:40,840

So I love to stay active.

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00:24:40,840 --> 00:24:47,240

I think, you know, that was just part of my DNA, and I'm grateful to have the the ability

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00:24:47,240 --> 00:24:48,520

in the body to still do it.

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00:24:48,520 --> 00:24:51,640

I don't take any of that for granted because I know people who can't.

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00:24:51,640 --> 00:24:54,920

And so I'm grateful to still be as active as I am.

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00:24:54,920 --> 00:24:59,960

I think that was a missing part when people see because a lot the video of last year or

383

00:24:59,960 --> 00:25:01,200

high school has gone around a lot.

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00:25:01,200 --> 00:25:06,160

I mean, there was a JFK initiative and a lot of these are actually out clips that Doug

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00:25:06,160 --> 00:25:07,960

uses in the video.

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00:25:07,960 --> 00:25:13,840

You see these very muscular fit, you know, I'm assuming juniors, seniors by that point,

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00:25:13,840 --> 00:25:15,640

navigating all these different courses.

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00:25:15,640 --> 00:25:19,760

And every one of them could be on the front cover of Muscle Fitness is crazy.

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00:25:19,760 --> 00:25:24,560

But when you hear that they're put into groups and so the whole group has to rise up and

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00:25:24,560 --> 00:25:30,360

get to the next color shorts in the next level, you're working together.

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00:25:30,360 --> 00:25:34,600

And when you listen to them talking, their academic grades went up and the bullying went

392

00:25:34,600 --> 00:25:35,840

down.

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00:25:35,840 --> 00:25:39,360

So now we've removed basically any sort of physical exercise.

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00:25:39,360 --> 00:25:40,360

And what are we seeing?

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00:25:40,360 --> 00:25:45,840

All these videos of horrific bullying doesn't mean it happens all the time, but it happens.

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00:25:45,840 --> 00:25:52,680

And whether it's wrestling on jujitsu or a PE program, when you get kids to have shared

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00:25:52,680 --> 00:25:58,020

suffering, when you have to come together and work together and as you said, you see

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00:25:58,020 --> 00:26:05,760

each other now as team A instead of, you know, an Asian, a Hispanic and a black guy, you

399

00:26:05,760 --> 00:26:11,160

basically debunk the ridiculous myth that is, you know, racism and prejudice.

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00:26:11,160 --> 00:26:12,800

And you see each other as human beings.

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00:26:12,800 --> 00:26:16,680

So this is another element that I'd love to see that program put in because it's not just

402

00:26:16,680 --> 00:26:17,680

about fitness.

403

00:26:17,680 --> 00:26:19,800

It's about so much more.

404

00:26:19,800 --> 00:26:20,800

So much more, right?

405

00:26:20,800 --> 00:26:23,920

You said it brain health, help that develops.

406

00:26:23,920 --> 00:26:31,320

And you know, my daughter goes to an all girls school here and they are, it's called GALS,

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00:26:31,320 --> 00:26:33,000

Girls Athletic Leadership School.

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00:26:33,000 --> 00:26:34,560

Now she's not an athlete.

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00:26:34,560 --> 00:26:41,000

She is now, but their first period is movement every single day.

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00:26:41,000 --> 00:26:47,440

And the first six weeks, they did the one mile run, all of them.

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00:26:47,440 --> 00:26:52,480

And they want to teach girls, they can do hard things.

412

00:26:52,480 --> 00:26:58,220

And so she went from, you know, learning that to now she's on the lacrosse team.

413

00:26:58,220 --> 00:27:01,680

You know, we just bought a football, you know, she wants to play football.

414

00:27:01,680 --> 00:27:02,680

I'm all for it.

415

00:27:02,680 --> 00:27:05,760

Whatever she wants to do.

416

00:27:05,760 --> 00:27:10,520

And I love it that movement is their first period because to your point, it makes everything

417

00:27:10,520 --> 00:27:11,520

better, right?

418

00:27:11,520 --> 00:27:16,680

And then when you see in your camaraderie with your colleagues, race, color, everything

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00:27:16,680 --> 00:27:17,680

goes out the window.

420

00:27:17,680 --> 00:27:18,680

You're just a team now.

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00:27:18,680 --> 00:27:21,080

You're just, you're working towards the same goals.

422

00:27:21,080 --> 00:27:22,080

Absolutely.

423

00:27:22,080 --> 00:27:24,680

Well, I know you got into the health profession.

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00:27:24,680 --> 00:27:28,280

When you were in school, were you dreaming of holistic health or was there something

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00:27:28,280 --> 00:27:30,000

else in mind?

426

00:27:30,000 --> 00:27:32,320

I was sort of brought up with it, truthfully.

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00:27:32,320 --> 00:27:35,640

My parents, again, they were, they took care of themselves.

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00:27:35,640 --> 00:27:39,240

We did have a great holistic primary care doctor.

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00:27:39,240 --> 00:27:40,880

He was an osteopath.

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00:27:40,880 --> 00:27:45,320

He took care of three generations of us, of the testes.

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00:27:45,320 --> 00:27:50,320

He was part of our family, really anytime, our Christmas Eve parties.

432

00:27:50,320 --> 00:27:51,480

He was always there.

433

00:27:51,480 --> 00:27:52,480

He was always invited.

434

00:27:52,480 --> 00:27:54,520

He took care of us from all of us.

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00:27:54,520 --> 00:27:57,480

But I grew up with a big garden.

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00:27:57,480 --> 00:27:59,740

We were eating and cooking food.

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00:27:59,740 --> 00:28:05,880

My parents in the seventies were early adopters of vitamins, particularly vitamin C at nothing,

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00:28:05,880 --> 00:28:06,880

at a minimum.

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00:28:06,880 --> 00:28:11,240

Linus Pauling was really pushing that and they were into it.

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00:28:11,240 --> 00:28:16,600

I think when I started cooking with my mom, I realized, oh man, look, I can make healthier

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00:28:16,600 --> 00:28:17,600

meals.

442

00:28:17,600 --> 00:28:18,600

I can make higher protein meals.

443

00:28:18,600 --> 00:28:25,280

I can make food the way I want to eat it because I started lifting weights in ninth grade

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00:28:25,280 --> 00:28:28,640

after buying my first Charles Atlas workout.

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00:28:28,640 --> 00:28:30,360

Do you even know who Charles Atlas is?

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00:28:30,360 --> 00:28:31,360

Oh, I do.

447

00:28:31,360 --> 00:28:32,360

Yeah, yeah.

448

00:28:32,360 --> 00:28:36,240

The father of modern bodybuilding, but I mean, he was a strong man as opposed to a bodybuilder,

449

00:28:36,240 --> 00:28:37,240

wasn't he?

450

00:28:37,240 --> 00:28:38,240

Yeah, yeah.

451

00:28:38,240 --> 00:28:43,560

And I got his little free thing out of the back of a magazine when things used to take

452

00:28:43,560 --> 00:28:47,120

six to eight weeks to be delivered and I got it.

453

00:28:47,120 --> 00:28:48,840

And I was like, pushups.

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00:28:48,840 --> 00:28:53,480

It was all kinds of different pushups, inclines, declines between chairs, and I couldn't do

455

00:28:53,480 --> 00:28:56,480

them.

456

00:28:56,480 --> 00:28:58,200

So that was my early foray.

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00:28:58,200 --> 00:29:04,260

So between the cooking, the garden, the vitamins, the working out, the how do I get more out

458

00:29:04,260 --> 00:29:05,880

of this?

459

00:29:05,880 --> 00:29:10,140

When I went to chiropractic school and I intentionally went there because I was like, I don't want

460

00:29:10,140 --> 00:29:12,320

to deal with disease and dying and sick people.

461

00:29:12,320 --> 00:29:15,600
I want to do health related stuff.

462
00:29:15,600 --> 00:29:23,880
That just fueled the intention to get into holistic health care and learn as much and

463
00:29:23,880 --> 00:29:27,160
more about it as I possibly could ingest.

464
00:29:27,160 --> 00:29:29,600
And so I've been down that rabbit hole.

465
00:29:29,600 --> 00:29:30,600
It's my ethos.

466
00:29:30,600 --> 00:29:35,180
It's again, like exercise is just part of who I am.

467
00:29:35,180 --> 00:29:37,440
So is this.

468
00:29:37,440 --> 00:29:45,160
And I have a hard time not giving advice unsolicited to people when they tell me about an ailment.

469
00:29:45,160 --> 00:29:48,200
You're going to get some advice from me.

470
00:29:48,200 --> 00:29:51,040
You don't have to follow it, but I can't help myself.

471
00:29:51,040 --> 00:29:54,280
I can relate to that number of times I had people in the back of the ambulance.

472

00:29:54,280 --> 00:29:57,280

And of course, we're dealing with their acute emergency.

473

00:29:57,280 --> 00:30:01,640

But in the conversation that many a time to talk about, you know, plant based diets or

474

00:30:01,640 --> 00:30:05,840

foundation training or all these things so that hopefully they'll go away and like, all

475

00:30:05,840 --> 00:30:08,320

right, I'm not in an emergency condition anymore.

476

00:30:08,320 --> 00:30:12,400

How can I start reversing the disease that's causing this in the first place?

477

00:30:12,400 --> 00:30:16,760

So I don't know how many of them landed, but you know, all you can do is try.

478

00:30:16,760 --> 00:30:18,120

Yeah, right.

479

00:30:18,120 --> 00:30:22,400

So as you entered the chiropractic world, I heard you kind of discussing this on another

480

00:30:22,400 --> 00:30:23,400

podcast.

481

00:30:23,400 --> 00:30:28,080

Usually I write down who it was and I honestly I can't remember who you were on with.

482

00:30:28,080 --> 00:30:29,640

But quackery.

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00:30:29,640 --> 00:30:32,880

I was kind of interested that actually was a real term.

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00:30:32,880 --> 00:30:38,320

I thought it was just kind of a, you know, a snide remark that a lot of people regarded

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00:30:38,320 --> 00:30:39,580

certain areas.

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00:30:39,580 --> 00:30:46,360

But walk me through the challenges that chiropractic, I mean, osteopathy, for example, I had a great

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00:30:46,360 --> 00:30:50,240

osteopath in California that after getting the shit kicked out of me, he'd reset my

488

00:30:50,240 --> 00:30:54,580

jaw, my nose and my knuckles after training.

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00:30:54,580 --> 00:30:57,760

But I feel like we're at the beginning of a renaissance again.

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00:30:57,760 --> 00:31:03,280

And we've gone full circle from the generation I grew up in, which was poo pooing anything

491

00:31:03,280 --> 00:31:08,240

healthy, you know, organic food is for hippies and, you know, chiropractic is witchcraft

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00:31:08,240 --> 00:31:09,400

and all this stuff.

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00:31:09,400 --> 00:31:13,480

And now we're finally realizing that there's a reason why it's called ancient wisdom, because

494

00:31:13,480 --> 00:31:15,160

it works.

495

00:31:15,160 --> 00:31:17,080

It's lasted a long time.

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00:31:17,080 --> 00:31:23,160

So as you enter the holistic space, what was the history of this term quackery?

497

00:31:23,160 --> 00:31:27,440

Because I think it's important for people to understand how quote unquote modern medicine

498

00:31:27,440 --> 00:31:32,620

demonize a lot of the things that we now understand are extremely effective.

499

00:31:32,620 --> 00:31:33,620

That's right.

500

00:31:33,620 --> 00:31:34,620

They did.

501

00:31:34,620 --> 00:31:37,700

And I don't mean to throw the medical profession under the bus, but they deserve what I'm going

502

00:31:37,700 --> 00:31:40,800

to say and it started in the AMA.

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00:31:40,800 --> 00:31:44,960

And let me start where this I just really learned this right chiropractors have always

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00:31:44,960 --> 00:31:46,660

been called quacks.

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00:31:46,660 --> 00:31:48,740

And it started in the 50s or 60s.

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00:31:48,740 --> 00:31:50,720

And let me tell you this crazy story.

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00:31:50,720 --> 00:31:56,240

L. Ron Hubbard, right, the father of Scientology wrote Dianetics.

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00:31:56,240 --> 00:31:59,960

And he must have been also a little paranoid because part of his deal was we're going to

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00:31:59,960 --> 00:32:02,880

get rid of the need for psychiatry.

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00:32:02,880 --> 00:32:07,960

And I think in his paranoia, he thought the AMA was after him.

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00:32:07,960 --> 00:32:09,880

This is all back.

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00:32:09,880 --> 00:32:17,480

And so he put Scientology operatives in the Chicago AMA office and they started looking

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00:32:17,480 --> 00:32:19,880

through filing cabinets and things like this.

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00:32:19,880 --> 00:32:23,320

And the AMA and I don't remember the exact year, if it was the 50s, I want to say it

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00:32:23,320 --> 00:32:31,640

was the early 60s, started a committee on quackery and they weren't after L. Ron Hubbard

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00:32:31,640 --> 00:32:33,260

and Scientology.

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00:32:33,260 --> 00:32:40,440

They found out that the AMA was after chiropractors and they were after us because they were worried

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00:32:40,440 --> 00:32:41,920

about their turf.

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00:32:41,920 --> 00:32:47,920

Apparently during that, at that time, there was only 25 or 30,000 chiropractors or I mean,

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00:32:47,920 --> 00:32:48,920

MDs.

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00:32:48,920 --> 00:32:54,400

And so chiropractic was helping people with obviously musculoskeletal pain.

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00:32:54,400 --> 00:32:56,640

But I've seen it in my whole career.

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00:32:56,640 --> 00:32:58,020

Sometimes asthma gets better.

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00:32:58,020 --> 00:32:59,720

Sometimes irritable bowel gets better.

525

00:32:59,720 --> 00:33:02,680

You know, I'm not saying we cure those things.

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00:33:02,680 --> 00:33:07,960

We allow the body to find homeostasis and the body does its healing.

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00:33:07,960 --> 00:33:12,120

And so they were concerned they were going to lose ground.

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00:33:12,120 --> 00:33:23,860

And so they had an all out assault from the 60s until 1987 where they literally did everything.

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00:33:23,860 --> 00:33:27,560

They told their members, you cannot associate with chiropractors.

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00:33:27,560 --> 00:33:31,880

They told their members, you cannot take x-rays for chiropractors.

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00:33:31,880 --> 00:33:36,160

They told the radiologists, you cannot read x-rays for chiropractors.

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00:33:36,160 --> 00:33:37,880

We cannot do lab work.

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00:33:37,880 --> 00:33:39,720

You cannot refer to them.

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00:33:39,720 --> 00:33:47,080

They brought social media at the time, influencers like Ann Landers and I can't even remember

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00:33:47,080 --> 00:33:50,960

some of those names to talk crap about chiropractic.

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00:33:50,960 --> 00:33:55,000

They literally tried to crush the whole profession.

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00:33:55,000 --> 00:33:59,640
And that got disseminated into society.

538
00:33:59,640 --> 00:34:01,800
And people started to believe it.

539
00:34:01,800 --> 00:34:03,120
We didn't have an education.

540
00:34:03,120 --> 00:34:04,400
We were going to kill people.

541
00:34:04,400 --> 00:34:05,680
We were bad doctors.

542
00:34:05,680 --> 00:34:08,320
We were, you know, we weren't real doctors.

543
00:34:08,320 --> 00:34:09,600
And that got out there.

544
00:34:09,600 --> 00:34:12,620
And like I grew up going to chiropractors and osteopaths.

545
00:34:12,620 --> 00:34:15,240
And so I've been getting manipulation since I was little.

546
00:34:15,240 --> 00:34:17,360
I thought everybody did, frankly.

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00:34:17,360 --> 00:34:21,400
And when I got out of school in 1990, well, let me back up.

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00:34:21,400 --> 00:34:27,600

So 1987 and in the early 80s, the chiropractic profession sued the AMA, American College

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00:34:27,600 --> 00:34:31,360

of Hospitals, American College of Radiology, et cetera.

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00:34:31,360 --> 00:34:38,360

And we won this lawsuit that said, you guys got to stop this discriminating lying about

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00:34:38,360 --> 00:34:42,360

this profession and find ways to collaborate.

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00:34:42,360 --> 00:34:43,960

AMA appealed that.

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00:34:43,960 --> 00:34:46,840

They lost that in appeal.

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00:34:46,840 --> 00:34:49,560

But still, the damage had been done.

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00:34:49,560 --> 00:34:51,320

Physicians had believed it.

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00:34:51,320 --> 00:34:52,600

Everybody had believed it.

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00:34:52,600 --> 00:34:54,360

And when I got out of school, I didn't know.

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00:34:54,360 --> 00:34:57,600

I thought everybody got adjusted, right?

559

00:34:57,600 --> 00:34:59,240
I thought we were a noble profession.

560
00:34:59,240 --> 00:35:02,240
I know my education was not easy.

561
00:35:02,240 --> 00:35:05,680
I know we learned a lot of the same basic sciences as everybody else.

562
00:35:05,680 --> 00:35:10,140
I dissected a human body for a year.

563
00:35:10,140 --> 00:35:13,480
And so when I first got called a quack, I was like, what?

564
00:35:13,480 --> 00:35:14,480
We're quacks?

565
00:35:14,480 --> 00:35:17,400
I did not even know that.

566
00:35:17,400 --> 00:35:20,160
And so it is getting better now.

567
00:35:20,160 --> 00:35:27,100
So I say that in that in the 30 years or so I've been out of school, I have broken down

568
00:35:27,100 --> 00:35:28,880
a lot of barriers.

569
00:35:28,880 --> 00:35:35,640
I've worked in the largest primary care group in Colorado here, in-house.

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00:35:35,640 --> 00:35:40,240

I worked with the largest occupational medicine provider in the country.

571

00:35:40,240 --> 00:35:43,760

I worked in one of the largest pain centers here in Colorado.

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00:35:43,760 --> 00:35:50,200

I helped develop hospital staff privileges for chiropractors and acupuncturists and then

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00:35:50,200 --> 00:35:54,160

became the first chiropractor on the medical staff here at Denver Health.

574

00:35:54,160 --> 00:35:57,520

And so and I work with MDs, right?

575

00:35:57,520 --> 00:36:01,080

They know we all know the value we provide each other.

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00:36:01,080 --> 00:36:07,000

And I haven't been called a quack in a long time, but it started out of, you know, the

577

00:36:07,000 --> 00:36:15,400

medical profession trying to control patient flow and revenue and and their seat at the

578

00:36:15,400 --> 00:36:22,400

table as the big dog, when in fact, it really did a lot of damage not only to our profession,

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00:36:22,400 --> 00:36:28,360

but it probably does a lot of damage to other things out there as well.

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00:36:28,360 --> 00:36:36,400

And so, you know, that that's sort of the story on quackery and the misinformation really

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00:36:36,400 --> 00:36:42,320

that started back in the 60s and got pummelgated into today.

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00:36:42,320 --> 00:36:47,280

I'm a walking example of chiropractic and another thing called foundation training that

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00:36:47,280 --> 00:36:50,400

was created by a chiropractor, Dr. Eric Goodman.

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00:36:50,400 --> 00:36:55,680

I hurt my back pretty severe near career ending injury about 10 years ago now in the fire

585

00:36:55,680 --> 00:37:01,240

service and the workman's comp route was, you know, anti-inflammatories and painkillers

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00:37:01,240 --> 00:37:02,600

and then it would have been surgery.

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00:37:02,600 --> 00:37:07,520

And I've got friends that went down that route that temporarily had relief and then now they're

588

00:37:07,520 --> 00:37:11,520

you know, they're living with fusions and all kinds of horrific things.

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00:37:11,520 --> 00:37:16,560

Conversely, by going through this route, you know, I did PT, I did chiropractic out of

590

00:37:16,560 --> 00:37:19,040

my own pocket because it wasn't covered.

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00:37:19,040 --> 00:37:23,120

I worked with a PVC pipe and then started loading, you know, in the gym.

592

00:37:23,120 --> 00:37:26,400

But then foundation training was a real game changer.

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00:37:26,400 --> 00:37:29,640

And it was so effective in the end that I wasn't just better.

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00:37:29,640 --> 00:37:33,520

I was actually stronger than I was before because I'd fix the underlying issues that

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00:37:33,520 --> 00:37:37,640

got me hurt in the first place, which is a big part of the surgery conversation.

596

00:37:37,640 --> 00:37:40,840

You haven't addressed what got you hurt.

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00:37:40,840 --> 00:37:44,560

Then I ended up getting certified in foundation training and taking it back to my fire department.

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00:37:44,560 --> 00:37:46,160

I was so impressed.

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00:37:46,160 --> 00:37:51,620

And in the SIRT, there were all these people with, you know, severe back injury stories.

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00:37:51,620 --> 00:37:56,000

Some had surgery, some, you know, had overcome opioid addiction through the painkillers that

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00:37:56,000 --> 00:37:57,680

they got hooked on.

602

00:37:57,680 --> 00:38:01,520

And so this is the big conversation is it works.

603

00:38:01,520 --> 00:38:03,400
Again, nothing works for everyone.

604
00:38:03,400 --> 00:38:04,560
And that's the problem people get.

605
00:38:04,560 --> 00:38:06,840
You know, they always point, well, it didn't work for Steve.

606
00:38:06,840 --> 00:38:07,840
So I'm not doing it.

607
00:38:07,840 --> 00:38:10,160
Well, yeah, but what about all the other people?

608
00:38:10,160 --> 00:38:15,640
But you know, you parallel that with the Oxycontin issue.

609
00:38:15,640 --> 00:38:19,560
You know, if painkillers and surgery with the B.O.L. end all, then that's everyone would

610
00:38:19,560 --> 00:38:20,560
know that it worked.

611
00:38:20,560 --> 00:38:22,520
But how many horror stories have we heard there?

612
00:38:22,520 --> 00:38:29,560
So sometimes, yes, you know, micro disectomy might be, you know, an effective solution.

613
00:38:29,560 --> 00:38:33,080
I had a chiropractor from Australia on recently who did all the right things.

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00:38:33,080 --> 00:38:36,400

And then that was one little tool he put in and it worked for him.

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00:38:36,400 --> 00:38:38,280

So that was in addition to all the other stuff.

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00:38:38,280 --> 00:38:44,640

But when we look back now and realize how many holistic options were demonized and how

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00:38:44,640 --> 00:38:51,400

many of our 70% population that's obese or overweight have been prescribed blood thinners

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00:38:51,400 --> 00:38:57,760

and blood pressure medication and statins and diabetes meds rather than exercise and

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00:38:57,760 --> 00:39:01,920

nutrition and the things that they should be being given to.

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00:39:01,920 --> 00:39:06,360

It really underlines that whole, you know, first do no harm.

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00:39:06,360 --> 00:39:08,160

We couldn't be further from that.

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00:39:08,160 --> 00:39:10,360

We do nothing but harm to so many people.

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00:39:10,360 --> 00:39:14,760

And it's not malicious most of the time, unless you're talking about Purdue Pharma.

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00:39:14,760 --> 00:39:20,800

But this lack of education on underlying health that most of our physicians have, you know,

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00:39:20,800 --> 00:39:23,400
we need this paradigm shift now.

626
00:39:23,400 --> 00:39:28,720
We need to go back to, as you said, giving the body the tools it needs for it to heal

627
00:39:28,720 --> 00:39:33,200
itself because we're so fucking arrogant that we acted like the body doesn't know what it's

628
00:39:33,200 --> 00:39:34,200
doing.

629
00:39:34,200 --> 00:39:35,960
So let me give it pills or cut it open.

630
00:39:35,960 --> 00:39:41,320
So I'm excited to think to see that we're at the beginning of a shift yet again.

631
00:39:41,320 --> 00:39:45,020
And part of that, again, I'm going back to the AMA, you know, I've studied this stuff

632
00:39:45,020 --> 00:39:49,640
and I've been subject to the harassment.

633
00:39:49,640 --> 00:39:59,200
They wanted to elevate the status of physicians by making the people they took care of needy

634
00:39:59,200 --> 00:40:00,720
of them.

635
00:40:00,720 --> 00:40:09,240
And so they did that by talking in Latin terms, using Greek terms, using big jargon that separated

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00:40:09,240 --> 00:40:14,320

the patient, the person from medicine, from health really is what happened.

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00:40:14,320 --> 00:40:20,480

And we all became reliant on going to a physician to learn about ourselves.

638

00:40:20,480 --> 00:40:21,480

Right.

639

00:40:21,480 --> 00:40:24,420

I, you know, most people have no idea where their liver is.

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00:40:24,420 --> 00:40:25,420

You know, you got heartburn.

641

00:40:25,420 --> 00:40:26,980

Oh, we got a pill for that.

642

00:40:26,980 --> 00:40:30,120

Don't think twice about not eating that thing again.

643

00:40:30,120 --> 00:40:31,700

Like that's not even part.

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00:40:31,700 --> 00:40:38,720

And so that is spread so far in our society that people don't think their body has any

645

00:40:38,720 --> 00:40:44,160

wisdom, like you said, or can heal itself or that nature can do it.

646

00:40:44,160 --> 00:40:48,080

And they think the only way that they're going to get health is to go to the system.

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00:40:48,080 --> 00:40:53,600

And to your point, the system, it's not malicious.

648

00:40:53,600 --> 00:40:58,120

It's just like this wide of what's available.

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00:40:58,120 --> 00:41:02,820

And because we're dealing with chemicals and surgery, of course, there's going to be adverse

650

00:41:02,820 --> 00:41:04,400

side effects.

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00:41:04,400 --> 00:41:07,600

And I'm going to jump on the Purdue Pharma thing real quick because I was practicing

652

00:41:07,600 --> 00:41:11,440

full time in the pain clinic during that heyday.

653

00:41:11,440 --> 00:41:17,600

And that rep lovely woman nurse was in our office, not for me, but for the pain docs

654

00:41:17,600 --> 00:41:24,120

that were there, where it was 10 of them pushing, pushing Oxycontin like it was candy.

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00:41:24,120 --> 00:41:28,480

And this the fifth vital sign, I was like, what, when did this come out?

656

00:41:28,480 --> 00:41:29,480

Right.

657

00:41:29,480 --> 00:41:34,320

Remember that the pain and we started asking everybody about it till they became trained

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00:41:34,320 --> 00:41:37,320

to tell we say, I'm a seven, I'm a seven.

659

00:41:37,320 --> 00:41:44,600

And I mean, we had four deaths in one quarter in that practice from Oxycontin.

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00:41:44,600 --> 00:41:53,480

And we now know the way that that whole thing was cooked up to think doctors had a solution

661

00:41:53,480 --> 00:41:57,640

that was non addictive and that patients were going to do well with it.

662

00:41:57,640 --> 00:42:00,780

And even before I knew what was going on, I had patients saying, oh, yeah, I crush it

663

00:42:00,780 --> 00:42:01,780

up and snort it.

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00:42:01,780 --> 00:42:02,780

I'm like, what?

665

00:42:02,780 --> 00:42:03,780

Why?

666

00:42:03,780 --> 00:42:04,780

Right.

667

00:42:04,780 --> 00:42:09,080

Like, I didn't know what the whole what they were doing with it then.

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00:42:09,080 --> 00:42:14,120

But yeah, that was just another crazy fiasco.

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00:42:14,120 --> 00:42:16,440

And you know, money drives a lot of it.

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00:42:16,440 --> 00:42:20,960

They paid the AMA to teach physicians about the fifth vital sign.

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00:42:20,960 --> 00:42:21,960

Did they know?

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00:42:21,960 --> 00:42:22,960

I don't know.

673

00:42:22,960 --> 00:42:23,960

Did the AMA know?

674

00:42:23,960 --> 00:42:24,960

I don't know.

675

00:42:24,960 --> 00:42:27,880

They were probably buying it just like Purdue Pharma was selling it.

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00:42:27,880 --> 00:42:33,160

And as we know from that story, the guy who was working at the FDA rubber stamping all

677

00:42:33,160 --> 00:42:37,240

that stuff when he left, went to work for Purdue.

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00:42:37,240 --> 00:42:42,360

So I'm a little bit jaded and skeptical about FDA as well.

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00:42:42,360 --> 00:42:46,880

And I think chiropractors are just brought up to be looking over our shoulder all the

680

00:42:46,880 --> 00:42:47,880
time.

681

00:42:47,880 --> 00:42:48,880
Like, is that true?

682

00:42:48,880 --> 00:42:49,880
Is that really true?

683

00:42:49,880 --> 00:42:50,880
Is that are they?

684

00:42:50,880 --> 00:42:51,880
Are they back on this?

685

00:42:51,880 --> 00:42:53,360
I don't think they do.

686

00:42:53,360 --> 00:42:54,360
So anyway.

687

00:42:54,360 --> 00:42:56,120
Yeah, no, it's an important perspective.

688

00:42:56,120 --> 00:42:58,440
I was actually in that myself.

689

00:42:58,440 --> 00:43:01,080
Totally oblivious because I was a patient.

690

00:43:01,080 --> 00:43:05,400
I remember I hardly ever go to see a doctor, but I was working for Hialeah Fire and had

691

00:43:05,400 --> 00:43:06,600

some that there.

692

00:43:06,600 --> 00:43:09,400

I'm sure that a lot of the stations back then were full of black mold.

693

00:43:09,400 --> 00:43:10,400

They had to have been.

694

00:43:10,400 --> 00:43:13,400

So I had some really nasty infection and just wouldn't go away.

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00:43:13,400 --> 00:43:17,760

So I was there feeling like crap and waiting for just to see a physician just to get a

696

00:43:17,760 --> 00:43:21,680

simple antibiotic so I could hopefully kick it and move on.

697

00:43:21,680 --> 00:43:27,120

And my wife at the time, my ex, she was working for a doctor's office.

698

00:43:27,120 --> 00:43:30,280

And I remember her telling me, she's like, it's so weird that these people come from

699

00:43:30,280 --> 00:43:31,940

New York and New Jersey.

700

00:43:31,940 --> 00:43:35,400

They fly down, they get a prescription and then they fly back again.

701

00:43:35,400 --> 00:43:38,320

Well, we were in Broward County, Florida.

702

00:43:38,320 --> 00:43:39,860

This is where all the pill mills were.

703

00:43:39,860 --> 00:43:42,220

So now, you know, obviously we know exactly what was going on.

704

00:43:42,220 --> 00:43:46,900

But I remember waiting at doctor's office while dolled up, you know, model after dolled

705

00:43:46,900 --> 00:43:51,680

up model went in peddling their wares and the patients are waiting for hours while these

706

00:43:51,680 --> 00:43:54,240

reps were being prioritized.

707

00:43:54,240 --> 00:43:58,200

So I mean, it was just so unethical and so disgusting.

708

00:43:58,200 --> 00:44:03,440

And if anyone's ever seen Dope Sick, the show on Hulu, there was one called Painkiller that

709

00:44:03,440 --> 00:44:04,880

I didn't think was that good.

710

00:44:04,880 --> 00:44:08,920

Dope Sick to me tells the real story so, so well.

711

00:44:08,920 --> 00:44:10,480

And it was a predatory practice.

712

00:44:10,480 --> 00:44:12,080

They knew exactly what they were doing.

713

00:44:12,080 --> 00:44:14,320

They knew that people were dying in droves.

714

00:44:14,320 --> 00:44:20,360

They are the still the origin story of the opioid crisis that we're dealing with today.

715

00:44:20,360 --> 00:44:25,620

And Sackler, the main one, I forget his first name now, is still living in a mansion in

716

00:44:25,620 --> 00:44:27,760

Boca Raton, Florida.

717

00:44:27,760 --> 00:44:30,720

So you know, I mean, it's absolutely disgusting.

718

00:44:30,720 --> 00:44:31,720

Absolutely fucking disgusting.

719

00:44:31,720 --> 00:44:35,440

Yeah, I can't agree with you more on that.

720

00:44:35,440 --> 00:44:39,160

And then to try to take care of these people.

721

00:44:39,160 --> 00:44:43,040

And I remember, like, you know, ask them, you know, what's your pain level seven?

722

00:44:43,040 --> 00:44:44,040

What are you taking?

723

00:44:44,040 --> 00:44:45,040

I'm taking Oxy-Toc-Contin.

724

00:44:45,040 --> 00:44:46,800
I'm taking a breakthrough med.

725

00:44:46,800 --> 00:44:48,560
I'm on a long acting morphine.

726

00:44:48,560 --> 00:44:51,320
I'm on a muscle relaxer.

727

00:44:51,320 --> 00:44:53,320
And I'm like, and you drove here?

728

00:44:53,320 --> 00:44:56,520
Like how in the hell are you operating like this?

729

00:44:56,520 --> 00:45:03,920
And then, you know, again, part of the leak into society is somebody else is going to

730

00:45:03,920 --> 00:45:05,520
fix my problem.

731

00:45:05,520 --> 00:45:07,880
There's a pill for that out there.

732

00:45:07,880 --> 00:45:10,680
And that's just it's a slippery slope.

733

00:45:10,680 --> 00:45:11,960
It's not how it works.

734

00:45:11,960 --> 00:45:12,960
Yeah.

735

00:45:12,960 --> 00:45:15,280

Well, I think the other side of that whole problem is the fact that the thing is just

736

00:45:15,280 --> 00:45:20,760

us in New Zealand are the only countries in the world where you can advertise pharmaceuticals.

737

00:45:20,760 --> 00:45:24,160

And the number of times doesn't matter if it's a yeast infection medication.

738

00:45:24,160 --> 00:45:29,200

They've got a bunch of models dancing around, you know, and then what, like a two minute

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00:45:29,200 --> 00:45:32,680

warning thing at the end of all the things, you know, the antidepressant that will cause

740

00:45:32,680 --> 00:45:34,000

suicide ideation.

741

00:45:34,000 --> 00:45:36,680

And I really and this is this is approved.

742

00:45:36,680 --> 00:45:41,600

So this is the issue is the environment we've created again is not about the body's ability

743

00:45:41,600 --> 00:45:44,720

to deal with with its own mental and physical trauma.

744

00:45:44,720 --> 00:45:48,000

When given the tools, it's just just relax.

745

00:45:48,000 --> 00:45:49,000

We got it.

746

00:45:49,000 --> 00:45:50,000

We got a pill.

747

00:45:50,000 --> 00:45:51,000

You don't have to do anything.

748

00:45:51,000 --> 00:45:52,000

You know, just go see a doctor.

749

00:45:52,000 --> 00:45:54,680

Ask your doctor for insert drug name.

750

00:45:54,680 --> 00:45:55,680

Right.

751

00:45:55,680 --> 00:45:56,680

Yeah.

752

00:45:56,680 --> 00:45:57,680

Yeah.

753

00:45:57,680 --> 00:46:01,640

And I worked with a lot of those docs who are like, you know, fee for service is how

754

00:46:01,640 --> 00:46:04,360

you make your living in America as a clinician.

755

00:46:04,360 --> 00:46:06,080

And so he's like, I remember them.

756

00:46:06,080 --> 00:46:09,360

If I if I don't give them to them, they're going to go somewhere else and I'm losing

757

00:46:09,360 --> 00:46:11,040

business.

758

00:46:11,040 --> 00:46:15,120

So they were kind of put between a rock and a hard place, too, because it's how they make

759

00:46:15,120 --> 00:46:16,120

their living.

760

00:46:16,120 --> 00:46:17,120

There was more.

761

00:46:17,120 --> 00:46:18,720

There was a ton of moral injury there.

762

00:46:18,720 --> 00:46:19,720

They don't want to do that.

763

00:46:19,720 --> 00:46:20,880

They knew better.

764

00:46:20,880 --> 00:46:27,160

But at the same time, you know, especially if they work for a large hospital system or

765

00:46:27,160 --> 00:46:31,120

now a large insurer.

766

00:46:31,120 --> 00:46:32,720

Big Brother's looking down on them.

767

00:46:32,720 --> 00:46:39,640

You got certain RVUs, relative value units, the scorecard for how much revenue you're

768

00:46:39,640 --> 00:46:41,400

developing driving.

769

00:46:41,400 --> 00:46:47,720

And if they don't hit certain metrics, they're giving back some of their revenue, their income.

770

00:46:47,720 --> 00:46:52,600

So tons of moral injury everywhere around that system.

771

00:46:52,600 --> 00:46:54,200

Absolutely.

772

00:46:54,200 --> 00:46:58,760

One more area while we're in the world of chiropractic, to be fair and pull the kind

773

00:46:58,760 --> 00:47:03,440

of other side of it that I've witnessed out into the light a little bit.

774

00:47:03,440 --> 00:47:09,400

I am such a firm believer in the medicine that is chiropractic.

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00:47:09,400 --> 00:47:15,440

But you in America see some clinics opening up and it's a chiropractor and a lawyer in

776

00:47:15,440 --> 00:47:21,280

the same office and they're targeting all these traffic accident lawsuit cases.

777

00:47:21,280 --> 00:47:23,560

Talk to me about that side of your profession.

778

00:47:23,560 --> 00:47:26,640

Yeah, especially you see that in Florida, right?

779

00:47:26,640 --> 00:47:28,800

I'm sure you do.

780

00:47:28,800 --> 00:47:29,800

Yes.

781

00:47:29,800 --> 00:47:33,220

It's, you know, people do get injured in car crashes, right?

782

00:47:33,220 --> 00:47:34,840

There's no doubt about that.

783

00:47:34,840 --> 00:47:40,040

And they don't even need to be high volume or high velocity crashes.

784

00:47:40,040 --> 00:47:43,320

Low velocity crashes can hurt people.

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00:47:43,320 --> 00:47:48,920

And again, these are how attorneys make their living is fighting the insurance company for

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00:47:48,920 --> 00:47:49,920

payment.

787

00:47:49,920 --> 00:47:55,720

They need a chiropractor to treat those people.

788

00:47:55,720 --> 00:47:57,200

To me, it's a little slippery.

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00:47:57,200 --> 00:48:01,480

It's a little conflict of interest working that closely together.

790

00:48:01,480 --> 00:48:06,080

Sometimes, you know, I would refer a patient to an attorney because they were in a quagmire

791

00:48:06,080 --> 00:48:07,080

that I don't know.

792

00:48:07,080 --> 00:48:08,080

I'm not a lawyer.

793

00:48:08,080 --> 00:48:11,520

I don't know the legal, but you need some help with this.

794

00:48:11,520 --> 00:48:13,720

You're getting the run around by the insurance company.

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00:48:13,720 --> 00:48:15,520

And it's just a very adversarial thing.

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00:48:15,520 --> 00:48:18,160

The insurance companies don't want to admit anything.

797

00:48:18,160 --> 00:48:19,360

So you got to get a lawyer.

798

00:48:19,360 --> 00:48:21,840

The lawyer needs documentation on injury.

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00:48:21,840 --> 00:48:29,640

So chiropractors are a little easy to not all.

800

00:48:29,640 --> 00:48:35,180

Some are easy to just say, yeah, I'll go ahead and treat that person and do the documentation

801

00:48:35,180 --> 00:48:36,180

for you.

802

00:48:36,180 --> 00:48:38,800

And let's also be honest here, too.

803

00:48:38,800 --> 00:48:42,960

Right. Medicare pays a chiropractor twenty six dollars a visit.

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00:48:42,960 --> 00:48:47,720

If I'm doing an auto injury, I could get one hundred and fifty dollars a visit.

805

00:48:47,720 --> 00:48:52,280

Now, when you're doing time for money, you have to make a decision where you're going

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00:48:52,280 --> 00:48:54,180

to spend your time.

807

00:48:54,180 --> 00:48:57,680

And so I see I see both sides of that.

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00:48:57,680 --> 00:48:58,680

Right.

809

00:48:58,680 --> 00:49:02,920

Like I did do a lot of auto injury work and I did a lot of work comp.

810

00:49:02,920 --> 00:49:08,680

And again, my my decisions were there because people needed the care.

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00:49:08,680 --> 00:49:15,280

I felt super ethical about the care I gave, but not everybody's that ethical.

812

00:49:15,280 --> 00:49:18,520

And when you're that close together, there are.

813

00:49:18,520 --> 00:49:23,760

Hate to say it, backdoor shenanigans that might be going on.

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00:49:23,760 --> 00:49:29,560

Yeah, I think I mean, we all knew the lawyers who were that lawyer.

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00:49:29,560 --> 00:49:34,940

And I had one lawyer I had lunch with who asked me, you know, do you know anyone that

816

00:49:34,940 --> 00:49:39,000

works at X, Y, Z Hospital in the admission department?

817

00:49:39,000 --> 00:49:42,460

I was like, no, how would why would I know that?

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00:49:42,460 --> 00:49:46,840

And then lo and behold, a few months later, I'm treating a patient who was in a car crash.

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00:49:46,840 --> 00:49:48,960

She's like, I can't believe it.

820

00:49:48,960 --> 00:49:52,500

The lawyer called me while I was still in the hospital.

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00:49:52,500 --> 00:49:57,920

That's because he had somebody in there working for him, giving him names.

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00:49:57,920 --> 00:50:00,520

And you know, that's the classic ambulance chaser.

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00:50:00,520 --> 00:50:06,600

So if the shoe fits. Yeah, I think this is an important part of

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00:50:06,600 --> 00:50:10,160

the conversation, too, because I know people that have said, oh, I tried chiropractic.

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00:50:10,160 --> 00:50:11,160

It didn't work.

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00:50:11,160 --> 00:50:12,640

And I said, well, what did they do?

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00:50:12,640 --> 00:50:15,320

Oh, you know, they put me on a table and they and they pushed down.

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00:50:15,320 --> 00:50:16,840

And that was it again.

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00:50:16,840 --> 00:50:22,360

So no traction, no x-rays, you know, no no ways of figuring out what the imbalances are,

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00:50:22,360 --> 00:50:25,320

where the subluxations are, you know, what the treatment plan is.

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00:50:25,320 --> 00:50:29,040

Because obviously, the other side is that, OK, you need to come in 10 times a week for

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00:50:29,040 --> 00:50:30,560

the next two years.

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00:50:30,560 --> 00:50:32,360

There's those people, too.

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00:50:32,360 --> 00:50:36,440

But you know, if they're just coming in for an adjustment without any kind of backstory,

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00:50:36,440 --> 00:50:38,960

well again, that's not the right chiropractor either.

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00:50:38,960 --> 00:50:43,120

So I think, you know, whether it's jujitsu or whatever, a restaurant, you know, you've

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00:50:43,120 --> 00:50:47,120

got to you've got to go to the right ones that are right fit for you.

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00:50:47,120 --> 00:50:48,120

That's right.

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00:50:48,120 --> 00:50:51,120

And you know, you don't go you don't stop eating at restaurants just because you got

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00:50:51,120 --> 00:50:52,180

a bad meal at one.

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00:50:52,180 --> 00:50:53,180

You try another one.

842

00:50:53,180 --> 00:50:57,720

And that's what I encourage people to do with chiropractic, because there are great chiropractors

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00:50:57,720 --> 00:51:03,160

out there and, you know, I would not have made my way into medicine if I was full of

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00:51:03,160 --> 00:51:08,880

shit because they have they don't they don't buy anecdotes.

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00:51:08,880 --> 00:51:11,120

They don't they want you know, they want results.

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00:51:11,120 --> 00:51:12,120

They want evidence.

847

00:51:12,120 --> 00:51:16,520

They want, you know, they want to know who they're referring to as reputable and not

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00:51:16,520 --> 00:51:19,000

going to give them a bad reputation.

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00:51:19,000 --> 00:51:24,040

And I think there's a lot of great chiropractors out there that are doing good research, good

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00:51:24,040 --> 00:51:29,520

research, developing techniques, and just like every profession, you know, there's the

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00:51:29,520 --> 00:51:31,200

other side of that coin.

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00:51:31,200 --> 00:51:32,200

Absolutely.

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00:51:32,200 --> 00:51:35,720

Well, staying on the holistic side just for one more moment, then we'll go into regenics

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00:51:35,720 --> 00:51:36,720

and what you're doing now.

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00:51:36,720 --> 00:51:37,720

Yeah.

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00:51:37,720 --> 00:51:38,840

Talk to me about acupuncture.

857

00:51:38,840 --> 00:51:39,840

I have an amazing guy.

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00:51:39,840 --> 00:51:42,560

I haven't seen him in years, actually, but Dr. Wong.

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00:51:42,560 --> 00:51:48,680

And when I was still in the fire service, I used to get brutal, brutal migraines.

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00:51:48,680 --> 00:51:52,640

And I would go there and they'd put pins in my head and I'd basically take a nap for

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00:51:52,640 --> 00:51:57,440

an hour and it was amazing with all the candles and soft Asian music in the background.

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00:51:57,440 --> 00:52:01,440

But you know, again, this is another therapy that people seem to have a lot of success

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00:52:01,440 --> 00:52:05,520

with when it comes to pain, but also on the mental health side as well.

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00:52:05,520 --> 00:52:09,960

So what took you into the world of acupuncture and what are your observations of that art

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00:52:09,960 --> 00:52:10,960

too?

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00:52:10,960 --> 00:52:16,720

Yeah, I got sucked into that while I was in chiropractic school.

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00:52:16,720 --> 00:52:21,000

I don't say that negatively sucked into it, but it was like this force pulled me into

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00:52:21,000 --> 00:52:22,000

it.

869

00:52:22,000 --> 00:52:26,080

So I was in my first or second year, first year of chiropractic school.

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00:52:26,080 --> 00:52:30,960

Me and my buddy were going to weekend acupuncture conferences, courses.

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00:52:30,960 --> 00:52:35,160

We were in a course and these physicians, these doctors were like, the hell are you

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00:52:35,160 --> 00:52:36,160

guys doing here?

873

00:52:36,160 --> 00:52:38,120

You're still students.

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00:52:38,120 --> 00:52:41,360

And I was like, I am drawn to this so much.

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00:52:41,360 --> 00:52:48,720

And you know, in the seventies, Nixon went to China and his press secretary had an appendicitis

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00:52:48,720 --> 00:52:53,560

and got treated without surgery with acupuncture.

877

00:52:53,560 --> 00:52:56,400

And I remember that being on the news.

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00:52:56,400 --> 00:52:59,720

That's my earliest recollection of acupuncture.

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00:52:59,720 --> 00:53:04,240

So I got trained in traditional acupuncture.

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00:53:04,240 --> 00:53:08,120

I did it.

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00:53:08,120 --> 00:53:11,280

I didn't stay in traditional acupuncture.

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00:53:11,280 --> 00:53:12,880

I did do it.

883

00:53:12,880 --> 00:53:18,280

I've been doing it since like 98, but I got really drawn into what's called more biomedical

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00:53:18,280 --> 00:53:20,800

acupuncture and dry needling.

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00:53:20,800 --> 00:53:23,240

And my focus was on musculoskeletal pain.

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00:53:23,240 --> 00:53:27,280

I know there's a lot of other utilization for it with internal disorders and mental

887

00:53:27,280 --> 00:53:28,280

health.

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00:53:28,280 --> 00:53:30,240

That was not my niche.

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00:53:30,240 --> 00:53:34,400

I've seen it performed there, you know, to help those things.

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00:53:34,400 --> 00:53:41,480

But biomedical acupuncture was developed by Chan, by Yuntao Ma, who was a neuroscientist

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00:53:41,480 --> 00:53:44,440

training from Clemson, but from China.

892

00:53:44,440 --> 00:53:50,120

And he diagnosed or he dissected about, I don't know, almost all the acupuncture points.

893

00:53:50,120 --> 00:53:53,960

And he found 11 that had the most nervous system input.

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00:53:53,960 --> 00:53:59,680

And if you address those, you could stimulate afferent and efferent messages going back

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00:53:59,680 --> 00:54:02,560

and forth to the brain and the central nervous system.

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00:54:02,560 --> 00:54:04,280

And it just made a lot of sense.

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00:54:04,280 --> 00:54:10,640

And I read his book a dozen times, at least, and then learned dry needling, where that

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00:54:10,640 --> 00:54:18,560

also pulled in more Western understanding of anatomy and physiology and was based more

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00:54:18,560 --> 00:54:24,280

in just kind of what I learned as a chiropractor, anatomy and physiology and how the body worked,

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00:54:24,280 --> 00:54:29,680

not to discount the five elements or yin yang or any of that.

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00:54:29,680 --> 00:54:34,400

That was just not something that, like, I could explain to other people or truthfully,

902

00:54:34,400 --> 00:54:37,080

that made a lot of sense to me.

903

00:54:37,080 --> 00:54:40,200

Your liver chi is messed up and that's causing your headache.

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00:54:40,200 --> 00:54:42,720

Okay, I'm not your guy.

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00:54:42,720 --> 00:54:48,440

I mean, I get that said, I taught for seven years in acupuncture colleges.

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00:54:48,440 --> 00:54:49,960

So I believe it.

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00:54:49,960 --> 00:54:50,960

I've been around it.

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00:54:50,960 --> 00:54:52,040

I witnessed it.

909

00:54:52,040 --> 00:54:53,680

I worked in the student clinic.

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00:54:53,680 --> 00:54:59,080

I worked with those students and those professors that were way smarter than me on that sort

911

00:54:59,080 --> 00:55:00,080

of stuff.

912

00:55:00,080 --> 00:55:06,400

I worked with a woman who came from Beijing that we sponsored, who is phenomenal.

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00:55:06,400 --> 00:55:11,800

I still refer people to her at the University of Colorado that I can't help.

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00:55:11,800 --> 00:55:13,380

And for more internal things.

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00:55:13,380 --> 00:55:19,200

And so I think there's a lot there that can be done to help people manage their pain.

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00:55:19,200 --> 00:55:22,680

Here's my understanding, especially of dry needling and biomedical acuunctures, we're

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00:55:22,680 --> 00:55:26,100

creating a lesion in the body with the needle.

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00:55:26,100 --> 00:55:28,040

The body knows that injury is there.

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00:55:28,040 --> 00:55:31,800

And this has also been shown, University of Vermont School of Medicine did a bunch of

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00:55:31,800 --> 00:55:32,800

research on this.

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00:55:32,800 --> 00:55:35,840
That lesion stimulates a healing response.

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00:55:35,840 --> 00:55:39,520
Anti-inflammatories, cytokines are released.

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00:55:39,520 --> 00:55:42,240
They're released locally, anti-inflammatories, all that.

924
00:55:42,240 --> 00:55:44,080
They're released locally at the needle site.

925
00:55:44,080 --> 00:55:47,040
Then they get into the blood and they go everywhere.

926
00:55:47,040 --> 00:55:50,320
And they stimulate, they bring homeostasis back.

927
00:55:50,320 --> 00:55:51,960
If you're inflamed, it's going to reduce it.

928
00:55:51,960 --> 00:55:55,240
If you need circulation, it's going to happen.

929
00:55:55,240 --> 00:55:59,960
If you need to decrease inflammation, those cytokines are anti-inflammatory.

930
00:55:59,960 --> 00:56:01,240
And so people get better.

931
00:56:01,240 --> 00:56:05,400
It's a non-specific healing modality.

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00:56:05,400 --> 00:56:10,720

And then when you start twisting the needle and you can feel this, it's grabbing the fascia

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00:56:10,720 --> 00:56:12,560

and turning it.

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00:56:12,560 --> 00:56:18,080

And that's getting a mechanical change to the muscles and the fascia and the connective

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00:56:18,080 --> 00:56:23,160

tissue where it's stimulating those tissues to repair themselves.

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00:56:23,160 --> 00:56:27,800

And so on the musculoskeletal pain front, it's been a game changer for me.

937

00:56:27,800 --> 00:56:34,720

And when I could explain this stuff like that to physicians, all of a sudden they bought

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00:56:34,720 --> 00:56:35,720

it.

939

00:56:35,720 --> 00:56:40,120

Because I was speaking their language and my goal was to work with them, not alienate

940

00:56:40,120 --> 00:56:41,720

myself from them.

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00:56:41,720 --> 00:56:45,760

And once I could explain it and they understood it, boom, I started working with them.

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00:56:45,760 --> 00:56:48,320

I started getting referrals and people started getting better.

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00:56:48,320 --> 00:56:51,800

And however you get there, to me, all roads lead to Rome.

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00:56:51,800 --> 00:56:58,240

And when I studied at the University of Beijing in China in 2007, I don't want to come across

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00:56:58,240 --> 00:57:02,400

like I know everything, but I left there and go, all right, I'm on the right track.

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00:57:02,400 --> 00:57:07,040

They're doing very similar things, but they're saying it a little differently.

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00:57:07,040 --> 00:57:11,280

And so I felt, and I'm super confident with my needling skills.

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00:57:11,280 --> 00:57:16,620

And then I went to Janet Trevelle, which hardly anybody remembers anymore.

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00:57:16,620 --> 00:57:21,440

She was John F. Kennedy's physician because he had chronic back pain after a failed back

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00:57:21,440 --> 00:57:23,920

surgery in the 60s.

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00:57:23,920 --> 00:57:28,960

And she treated him using trigger point injections.

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00:57:28,960 --> 00:57:36,580

And so Chan Gunn, an MD in Canada, started what was called dry needling.

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00:57:36,580 --> 00:57:41,520

Instead of injecting stuff with an injection trigger point, he just would use an acupuncture

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00:57:41,520 --> 00:57:45,280
needle and disrupt the tight spots.

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00:57:45,280 --> 00:57:46,920
And so I used her textbook.

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00:57:46,920 --> 00:57:55,520
She wrote two textbooks on how she was getting the muscles with the steroid or with the lidocaine.

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00:57:55,520 --> 00:58:00,200
And I was like, well, if you can get to this muscle that way, I'm going to needle it with

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00:58:00,200 --> 00:58:02,060
just an acupuncture needle.

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00:58:02,060 --> 00:58:09,680
And I just kept pushing my knowledge and hands-on skill, taking from everywhere that I could

960
00:58:09,680 --> 00:58:15,400
and using her technique, needle techniques or injection techniques to do dry needling

961
00:58:15,400 --> 00:58:16,400
with.

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00:58:16,400 --> 00:58:18,520
So that's sort of my path to it.

963
00:58:18,520 --> 00:58:21,080
I'm grateful for the time I spent at the acupuncture college.

964
00:58:21,080 --> 00:58:29,920
Oh my God, I saw in Boulder, I'm blanking on his name, but I took my mom there after

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00:58:29,920 --> 00:58:31,040

a stroke.

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00:58:31,040 --> 00:58:37,080

And he got her so much relief before I was confident to do this stuff myself.

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00:58:37,080 --> 00:58:43,960

And I saw him just do literally miraculous stuff with the needle and his wife with the

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00:58:43,960 --> 00:58:44,960

herbs.

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00:58:44,960 --> 00:58:45,960

It was absolutely miraculous.

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00:58:45,960 --> 00:58:49,020

So I know there's something to that as well.

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00:58:49,020 --> 00:58:54,480

What is the difference between traditional acupuncture and dry needling?

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00:58:54,480 --> 00:59:02,040

Traditional acupuncture uses the five elements, fire, water, air, water, fire, water, air,

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00:59:02,040 --> 00:59:08,240

metal, wood as imbalances, yin-yang.

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00:59:08,240 --> 00:59:12,080

So too hot, too cold, too damp, something.

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00:59:12,080 --> 00:59:14,240

It's imbalanced, right?

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00:59:14,240 --> 00:59:21,440

And that's what that symbol means is these things coexist together, darkness and light

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00:59:21,440 --> 00:59:23,760

coexist.

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00:59:23,760 --> 00:59:25,320

And it's in a balance.

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00:59:25,320 --> 00:59:32,160

And so they believe in this energetic flow of these meridians, 12 main meridians, fire,

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00:59:32,160 --> 00:59:38,280

water, or no, long, large intestine, stomach, spleen, et cetera, and that they become imbalanced

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00:59:38,280 --> 00:59:40,200

and we can balance them back out.

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00:59:40,200 --> 00:59:44,600

And the flow of the energy will bring homeostasis.

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00:59:44,600 --> 00:59:47,080

Dry needling is very Western.

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00:59:47,080 --> 00:59:52,880

We're looking at the muscles, the trigger points, the imbalances of the muscles, the

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00:59:52,880 --> 00:59:55,400

hypertonicity, the ropey bands.

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00:59:55,400 --> 00:59:58,760

And we're going into that with a needle to loosen those up.

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00:59:58,760 --> 01:00:04,900

Interestingly, about 75% of acupuncture points are on trigger points.

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01:00:04,900 --> 01:00:07,740

So there is this overflow, overlap.

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01:00:07,740 --> 01:00:12,800

And I think a lot of the alternative medicine or more traditional medicines like you or

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01:00:12,800 --> 01:00:18,840

what would you call it, natural medicines, Ayurvedic medicine talks about prana, Chinese

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01:00:18,840 --> 01:00:23,440

medicine talks about chi, chiropractic talks about innate.

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01:00:23,440 --> 01:00:29,000

We're all saying the same thing with a different word is that there's this natural healing

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01:00:29,000 --> 01:00:38,160

ability in our body that needs to be let loose, added to, things removed from allowing it

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01:00:38,160 --> 01:00:43,920

to flow properly, nurtured, nourished something.

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01:00:43,920 --> 01:00:49,720

So we're all saying the same thing and just all roads lead to Rome except in a different

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01:00:49,720 --> 01:00:50,720

way.

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01:00:50,720 --> 01:00:51,720

Beautiful.

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01:00:51,720 --> 01:00:52,720

Well, thanks for that description.

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01:00:52,720 --> 01:00:54,920

I've never actually heard the difference before.

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01:00:54,920 --> 01:01:02,360

I want to move then to the world of PRP, stem cell, bone marrow concentrate.

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01:01:02,360 --> 01:01:07,040

So obviously there's a couple of specific ones that you do at Regenics, but talk to

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01:01:07,040 --> 01:01:12,820

me about the differences between all of these kind of elements of this group.

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01:01:12,820 --> 01:01:18,060

So bone marrow concentrate is what we use out of the iliac crest.

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01:01:18,060 --> 01:01:24,720

It's got a lot of different cells in it, but Arnold Kaplan, who just passed away, his

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01:01:24,720 --> 01:01:30,960

time as a researcher at Case Western Reserve discovered this cell in bone marrow concentrate

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01:01:30,960 --> 01:01:33,760

called the mesenchymal stem cell.

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01:01:33,760 --> 01:01:40,220

And this thing can turn into our body, can turn into ligament cartilage, bone and tendon.

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01:01:40,220 --> 01:01:41,220

That's what it does.

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01:01:41,220 --> 01:01:48,380

That's what it does naturally and how we can repair some things naturally by that.

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01:01:48,380 --> 01:01:52,660

And so that's one spectrum of the body's ability to heal.

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01:01:52,660 --> 01:01:59,520

We take those cells, we concentrate them and using a needle, an injection needle and video

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01:01:59,520 --> 01:02:06,280

x-ray, fluoroscopy or ultrasound, we can put all those cells, bone marrow concentrate cells

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01:02:06,280 --> 01:02:12,400

into an arthritic knee, into a ligament tear and do a tendon tear and get the body to increase

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01:02:12,400 --> 01:02:19,740

its own circulation, develop new blood vessels, even bring those cells, those cells specifically

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01:02:19,740 --> 01:02:25,320

call in other cells, ligament cartilage, bone tendon cells, tell them what to do to do the

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01:02:25,320 --> 01:02:26,520

repair job.

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01:02:26,520 --> 01:02:28,640

And then they can turn into your brick and mortar.

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01:02:28,640 --> 01:02:34,960

And so we've got papers and before and after MRIs where you can see certain rotator cuff

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01:02:34,960 --> 01:02:39,560

tears repair themselves, certain ACL tears repair themselves.

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01:02:39,560 --> 01:02:45,160

If there's a few strands of fiber left or it's not separated by a big distance, adding

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01:02:45,160 --> 01:02:47,760

those cells in there can do that.

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01:02:47,760 --> 01:02:53,680

And then platelet rich plasma comes out of the blood like a blood draw, again, concentrating

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01:02:53,680 --> 01:02:58,160

the platelets, getting rid of the red blood cells and for the most part, the white blood

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01:02:58,160 --> 01:03:05,040

cells, but getting the platelets and platelets have in them growth factors against cytokines

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01:03:05,040 --> 01:03:11,800

and other growth factors that can stimulate the body's repair, increasing circulation,

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01:03:11,800 --> 01:03:18,280

reducing inflammation and getting those local repair cells in a joint to work harder longer.

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01:03:18,280 --> 01:03:23,080

So when we cut our finger, it scabs and platelets heal that.

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01:03:23,080 --> 01:03:26,760

But why isn't it doing it for my torn rotator cuff?

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01:03:26,760 --> 01:03:31,440

Because those platelets are literally around the globe because we got that many blood vessels

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01:03:31,440 --> 01:03:32,860

and they're everywhere.

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01:03:32,860 --> 01:03:34,760

They're not all there.

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01:03:34,760 --> 01:03:42,800

So when we concentrate them and put them all there, wherever there is, they can stimulate

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01:03:42,800 --> 01:03:47,040

those cells that are locally there to do a repair job.

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01:03:47,040 --> 01:03:51,960

So that's what we're using to help people avoid elective orthopedic surgeries.

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01:03:51,960 --> 01:03:55,120

Our focus is only musculoskeletal.

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01:03:55,120 --> 01:04:02,640

Both those cell types are delivered with ultrasound and or fluoroscopy by a physician who knows

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01:04:02,640 --> 01:04:09,440

how to use those tools and is trained and skilled at getting the needle to the right

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01:04:09,440 --> 01:04:10,880

place.

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01:04:10,880 --> 01:04:15,440

So what is the difference between that and some of the stem cell therapies we hear in

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01:04:15,440 --> 01:04:18,700

Panama and some of those other countries?

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01:04:18,700 --> 01:04:24,200

So some of those other countries are, in particular in Panama, are taking someone else's cells

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01:04:24,200 --> 01:04:26,880

like cord blood.

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01:04:26,880 --> 01:04:28,480

So they're not yours.

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01:04:28,480 --> 01:04:32,280

We only use the patient cells called autologous.

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01:04:32,280 --> 01:04:35,720

So they're yours and they go right back into you in a couple of hours.

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01:04:35,720 --> 01:04:43,800

What they're doing is taking someone else's cells and growing them in a Petri dish and

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01:04:43,800 --> 01:04:50,600

mostly the mesenchymal stem cells and either putting them back in in an IV to go everywhere

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01:04:50,600 --> 01:05:00,000

or injecting those into an arthritic joint or something to that level.

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01:05:00,000 --> 01:05:08,400

Now we do that as well in Grand Cayman where we have a clinic where their government allows

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01:05:08,400 --> 01:05:10,200

that to happen.

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01:05:10,200 --> 01:05:17,880

And so we have a stem cell culturing clinic there where again, but they're your cells

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01:05:17,880 --> 01:05:22,960

and then we bank them and then we culture them and you can get, I don't know, a dozen

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01:05:22,960 --> 01:05:25,740

or so treatments out of those.

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01:05:25,740 --> 01:05:33,160

But the upside of that is that those are your cells and you're getting the Regenexx physicians

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01:05:33,160 --> 01:05:38,640

who were the first in the United States to do this sort of stem cell culturing, bone

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01:05:38,640 --> 01:05:41,080

marrow concentrate culturing.

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01:05:41,080 --> 01:05:48,520

And so you're getting all of our knowledge down there with American doctors that are

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01:05:48,520 --> 01:05:51,720

following best practices.

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01:05:51,720 --> 01:05:57,600

And again, the only focus of that clinic there is orthopedics as well.

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01:05:57,600 --> 01:06:01,080

So same day cells here, all we can do is concentrate them.

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01:06:01,080 --> 01:06:02,960

That's all the FDA allows.

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01:06:02,960 --> 01:06:03,960

Leave the country.

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01:06:03,960 --> 01:06:09,880

You can start to culture those and grow the number of those out into bigger numbers.

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01:06:09,880 --> 01:06:10,880

Beautiful.

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01:06:10,880 --> 01:06:12,000

I love Grand Cayman.

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01:06:12,000 --> 01:06:16,240

They have afternoon tea and they drive on the correct side of the road.

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01:06:16,240 --> 01:06:20,640

You know, I was down there with Doug Orchard and he was driving me around and I was a nervous

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01:06:20,640 --> 01:06:24,560

wreck in the back seat with him on the other side.

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01:06:24,560 --> 01:06:25,560

Yeah, yeah.

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01:06:25,560 --> 01:06:28,880

He handled it well.

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01:06:28,880 --> 01:06:33,160

Well going back to the bone marrow concentrate, and that's what's available to people here

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01:06:33,160 --> 01:06:34,500

in the US.

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01:06:34,500 --> 01:06:38,880

Talk to me about some of the success stories, whether it's in the sporting industry or some

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01:06:38,880 --> 01:06:41,840

of the tactical professions that are listening.

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01:06:41,840 --> 01:06:43,680

Yeah, so it's interesting.

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01:06:43,680 --> 01:06:46,800

Everyone wants to talk about athletes and we treat our fair share of athletes.

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01:06:46,800 --> 01:06:49,720

We don't promote it because they don't want it promoted, right?

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01:06:49,720 --> 01:06:53,840

We really protect that and they lose value when people know they're injured, but they

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01:06:53,840 --> 01:07:00,960

do come to us to get more time out of their career and knowing that we are the top notch

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01:07:00,960 --> 01:07:03,980

kind of clinic and clinicians to do this work.

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01:07:03,980 --> 01:07:10,440

That said, you know, we treat the 99% of people most of the time, just regular people who

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01:07:10,440 --> 01:07:14,360

are trying to avoid surgery, who want to get out of pain, who want to get off meds, who

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01:07:14,360 --> 01:07:18,520

want to get back to doing a lot of their normal activities.

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01:07:18,520 --> 01:07:26,880

Now we brought this to the self-funded employer benefits space and now we've got about 2000

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01:07:26,880 --> 01:07:32,680

employers who cover this under their health insurance for about a million people across

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01:07:32,680 --> 01:07:35,280

the United States have access to this.

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01:07:35,280 --> 01:07:39,640

The self-insured, the self-funded employer has skin in the game.

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01:07:39,640 --> 01:07:43,680

They're paying the first 50 to \$100,000 for every employee.

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01:07:43,680 --> 01:07:49,360

You might have that insurance card, but that employer is paying that, those claims.

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01:07:49,360 --> 01:07:54,580

Once it gets past that deductible of 50 or \$100,000, then an insurance company picks

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01:07:54,580 --> 01:07:55,580

it up.

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01:07:55,580 --> 01:07:59,760

So they got skin in the game to try to control costs and this is one solution.

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01:07:59,760 --> 01:08:04,960

Now to your point, we work with a lot of firefighters across the country.

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01:08:04,960 --> 01:08:11,480

We work with, I don't know, three, 400 fire departments, multiple fire trusts.

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01:08:11,480 --> 01:08:17,720

And my time at Denver Health, I took care of Denver fire and all you guys have little

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01:08:17,720 --> 01:08:19,040

injuries, right?

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01:08:19,040 --> 01:08:25,160

Just from the work, whether it's injured on duty or in the gym.

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01:08:25,160 --> 01:08:28,360

And if you're busy and active, we all have our aches and pains.

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01:08:28,360 --> 01:08:36,120

And so we treat a lot of first responders, fire personnel, and they love it because mostly

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01:08:36,120 --> 01:08:37,460

they want to stay on the rig.

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01:08:37,460 --> 01:08:38,720

They don't want the downtime.

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01:08:38,720 --> 01:08:43,480

Otherwise they just keep working through the pain, which I get it.

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01:08:43,480 --> 01:08:46,960

But that's also a little potentially dangerous, right?

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01:08:46,960 --> 01:08:53,560

If you got to help your buddy out or someone else and you're injured or working in pain,

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01:08:53,560 --> 01:08:55,240

it can impair that.

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01:08:55,240 --> 01:09:01,560

So our value proposition to employers is orthopedic surgery avoidance.

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01:09:01,560 --> 01:09:07,280

And if people didn't already go to Cairo or PT or whatever, we'll send them there first

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01:09:07,280 --> 01:09:10,180

so they maybe don't need us.

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01:09:10,180 --> 01:09:15,960

And so that's kind of how we're working with employers and first responders.

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01:09:15,960 --> 01:09:18,840

And I'll tell you, the fire personnel, they love it.

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01:09:18,840 --> 01:09:23,160

They absolutely love it because like I said, you know, you guys are physically fit and

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01:09:23,160 --> 01:09:24,160

want to stay that way.

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01:09:24,160 --> 01:09:29,600

Well, that's the irony is that preventative or a lot of these holistic methods are just

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01:09:29,600 --> 01:09:32,800

less expensive and more often than not more effective as well.

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01:09:32,800 --> 01:09:34,960

I mean, my back is a perfect example of that.

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01:09:34,960 --> 01:09:41,600

So seeing departments and insurance companies start to embrace chiropractic and therapies

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01:09:41,600 --> 01:09:48,120

like Regenexx, just like staffing in the fire department, we'll get to sleep in a second.

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01:09:48,120 --> 01:09:54,720

But they have resisted change because they don't want to pay the extra money to get more

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01:09:54,720 --> 01:09:56,480

people into the department.

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01:09:56,480 --> 01:10:00,960

But the long term savings is really what's starting to change people's minds now.

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01:10:00,960 --> 01:10:05,520

They're realizing that they're actually saving a lot of money by investing in their people

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01:10:05,520 --> 01:10:10,240

on the front end rather than trying to put them back together when they're already broken.

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01:10:10,240 --> 01:10:17,040

Yeah, that's so important right there because it's inevitable that people are going to get

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01:10:17,040 --> 01:10:21,360

hurt or injured to help them get better quickly.

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01:10:21,360 --> 01:10:30,280

And it's somewhat incumbent on the employer to help facilitate that because they get a

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01:10:30,280 --> 01:10:32,880

lot out of it as well.

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01:10:32,880 --> 01:10:39,240

We were talking about the kind of philosophy out there that the body can't heal itself.

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01:10:39,240 --> 01:10:43,560

And you look at, I mean, Forks Over Knives, for example, great documentary.

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01:10:43,560 --> 01:10:47,120

It doesn't mean in my opinion you need to be plant-based the rest of your life.

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01:10:47,120 --> 01:10:51,680

But if you want to reverse heart disease and obesity, I think plant-based diets are a great

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01:10:51,680 --> 01:10:53,480

star.

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01:10:53,480 --> 01:10:58,000

And you see these success stories of patients that were given to the study after the other

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01:10:58,000 --> 01:11:02,960

physicians had given up on them and then they end up living for decades after.

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01:11:02,960 --> 01:11:06,960

So we know there's a lot of reversible elements for a lot of disease.

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01:11:06,960 --> 01:11:11,360

One thing where people still seem to be set in their ways is arthritis.

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01:11:11,360 --> 01:11:20,280

Now to my very white belt level understanding of medicine, to me, it's still inflammation.

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01:11:20,280 --> 01:11:25,080

And therefore, if you can address things that put the body into inflammation, whether it's

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01:11:25,080 --> 01:11:30,520

muscle balance, whether it's gut biome, in my understanding, you can then reverse some

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01:11:30,520 --> 01:11:33,800

of the inflammation and arthritis is one of them.

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01:11:33,800 --> 01:11:36,040

Talk to me about that.

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01:11:36,040 --> 01:11:39,880

There's this kind of doom and gloom element about, well, it seems like I haven't met a

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01:11:39,880 --> 01:11:42,200

person yet that hasn't said, oh, I'm bone on bone.

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01:11:42,200 --> 01:11:45,440

And I'm not 100% sure that everyone is bone on bone.

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01:11:45,440 --> 01:11:51,480

So what have you seen as far as the perception of how bad arthritis is in a lot of people

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01:11:51,480 --> 01:11:59,840

that come to you versus the reality and possible irreversibility of some of this pain and degeneration?

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01:11:59,840 --> 01:12:05,720

Yeah, the knee is definitely the number one body part we treat.

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01:12:05,720 --> 01:12:09,440

Knee one and then one A, I call it, is lumbar spine.

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01:12:09,440 --> 01:12:13,440

Those are two areas that are definitely prone to injury on people.

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01:12:13,440 --> 01:12:18,040

Low back pain is the leading cause of disability in the world.

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01:12:18,040 --> 01:12:21,720

We don't have great treatments for it in traditional medicine.

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01:12:21,720 --> 01:12:28,200

And so we do see a lot of patients who have bad knee osteoarthritis.

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01:12:28,200 --> 01:12:34,960

And some can get symptomatic relief if they're willing to take the initiative to eat better,

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01:12:34,960 --> 01:12:39,960

clean up their gut health, make sure they get good sleep, exercise to the ability that

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01:12:39,960 --> 01:12:47,760

they're capable of, and calm down the inflammation, which is going to improve some of the symptoms.

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01:12:47,760 --> 01:12:53,000

That's a lot of, you know, we're sitting on 10 tacks.

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01:12:53,000 --> 01:12:59,160

And if you remove two or three of them and you're sitting on eight or seven, it still hurts.

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01:12:59,160 --> 01:13:05,320

And so sometimes you just got to go to the next level and try something to calm it down.

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01:13:05,320 --> 01:13:09,760

You know, traditionally, medicines use steroid injections, right?

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01:13:09,760 --> 01:13:11,240

Anti-inflammatory.

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01:13:11,240 --> 01:13:13,560

My patients would ask me, how long am I going to feel better?

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01:13:13,560 --> 01:13:15,880

And then my cynical, but it's my experience.

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01:13:15,880 --> 01:13:17,680

I'd tell them two hours to two weeks.

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01:13:17,680 --> 01:13:18,680

That's it.

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01:13:18,680 --> 01:13:19,880

Those things wear off.

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01:13:19,880 --> 01:13:23,360

Steroids kill stem cells locally in the joint.

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01:13:23,360 --> 01:13:28,640

If you have them in your shoulder, they could cause another rotator cuff tear if you had

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01:13:28,640 --> 01:13:33,880

surgery, if you have it in your knee before surgery, you know, you could have an infection

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01:13:33,880 --> 01:13:34,880

after surgery.

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01:13:34,880 --> 01:13:36,680

All this is well documented.

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01:13:36,680 --> 01:13:42,720

And so controlling inflammation is a good thing, but doing it with steroids is not.

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01:13:42,720 --> 01:13:44,960

It comes with a big downside.

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01:13:44,960 --> 01:13:50,360

The platelets, the bone marrow concentrate, those are also anti-inflammatory.

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01:13:50,360 --> 01:13:55,720

And so when we put those into a bad knee, they can change that environment, right?

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01:13:55,720 --> 01:13:58,300

In an arthritic knee, that environment is catabolic.

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01:13:58,300 --> 01:14:00,520

It's breaking down, right?

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01:14:00,520 --> 01:14:02,080

And that's causing problems.

1177

01:14:02,080 --> 01:14:04,160

It's causing pain.

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01:14:04,160 --> 01:14:09,320

That's causing a lot of cartilage to wear out and become more inflamed.

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01:14:09,320 --> 01:14:14,020

And then so once we put those cells in there, we can change that environment from catabolic

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01:14:14,020 --> 01:14:16,200

breakdown to more anabolic.

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01:14:16,200 --> 01:14:18,100

Now we're not going to see a meniscus grow.

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01:14:18,100 --> 01:14:22,600

We're not going to see, you know, the joint space go from, you know, bone on bone to

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01:14:22,600 --> 01:14:23,600

this.

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01:14:23,600 --> 01:14:29,780

But at the cellular level and at the symptom level, people are definitely feeling better.

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01:14:29,780 --> 01:14:31,380

Their range of motion is better.

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01:14:31,380 --> 01:14:33,640

Their ability to function is better.

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01:14:33,640 --> 01:14:35,020

Their pain is better.

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01:14:35,020 --> 01:14:36,580

How do we know?

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01:14:36,580 --> 01:14:37,580

We track that.

1190

01:14:37,580 --> 01:14:42,620

We have the world's largest registry with about close to 100,000 patients whose data

1191

01:14:42,620 --> 01:14:48,860

we've been following since 2005 when we started this, their outcomes, and it's self-reported,

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01:14:48,860 --> 01:14:51,420

but we use standardized questionnaires.

1193

01:14:51,420 --> 01:14:53,520

We break it down by body part.

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01:14:53,520 --> 01:14:56,380

And then we break it down by pain function and overall improvement.

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01:14:56,380 --> 01:15:03,180

I was just looking at our knee data where there's like 19,000 patients in that cohort

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01:15:03,180 --> 01:15:11,020

and pain drops 45% from time zero before the procedure to one month later.

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01:15:11,020 --> 01:15:13,140

And it stays low for six years.

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01:15:13,140 --> 01:15:15,900

We follow people for six years.

1199

01:15:15,900 --> 01:15:21,300

And so we know that that's what's happening is those joints are changing from breakdown

1200

01:15:21,300 --> 01:15:23,940

to catabolic to from catabolic to anabolic.

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01:15:23,940 --> 01:15:31,380

So from breakdown to repair and symptomatically, people are doing a lot better.

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01:15:31,380 --> 01:15:35,040

And it's not just about squirting it in the joint, right?

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01:15:35,040 --> 01:15:40,900

Because when a joint starts breaking down, especially as it narrows, the ligaments, oh,

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01:15:40,900 --> 01:15:43,580

let me do this.

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01:15:43,580 --> 01:15:46,380

Ta-da.

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01:15:46,380 --> 01:15:51,980

As the joint space starts to break down in a knee, these ligaments, which were once tight,

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01:15:51,980 --> 01:15:54,920

get lax because the space is narrow.

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01:15:54,920 --> 01:15:59,340

And then you get abnormal motion in the joint because the ligaments aren't holding it together.

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01:15:59,340 --> 01:16:03,820

And now the cartilage in the meniscus is starting to grind in there.

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01:16:03,820 --> 01:16:09,340

And so when we go in, and so sometimes also in a knee, as the cartilage on the end of

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01:16:09,340 --> 01:16:14,780

the bone, the articular cartilage wears out, the bone will crack and fissure and synovial

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01:16:14,780 --> 01:16:18,140

fluid will go into the bone causing a bone marrow lesion.

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01:16:18,140 --> 01:16:20,520

There's a whole lot going on here.

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01:16:20,520 --> 01:16:25,980

So when we inject these things, we tighten the ligaments, we put it in the meniscus,

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01:16:25,980 --> 01:16:30,660

we hit the ACL if we need to, we'll get it into the articular cartilage.

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01:16:30,660 --> 01:16:36,740

We will put bone marrow concentrate into the bone marrow lesion.

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01:16:36,740 --> 01:16:42,300

All of that is how you holistically treat an arthritic joint to get another six to 10

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01:16:42,300 --> 01:16:45,620

years of good function out of it.

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01:16:45,620 --> 01:16:50,900

So people get good results when we do it this way.

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01:16:50,900 --> 01:16:52,660

And it's not for everybody either.

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01:16:52,660 --> 01:16:54,980

We give everyone a good, fair, poor candidacy grading.

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01:16:54,980 --> 01:16:58,900

And if you're a poor candidate, and some people are, we're not going to do it because we know

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01:16:58,900 --> 01:17:00,380

it's not going to help.

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01:17:00,380 --> 01:17:05,220

Well, I mean, when I think about my knees, I've got, I had jug handle tears on both my

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01:17:05,220 --> 01:17:08,180

meniscus, so they've both been snipped.

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01:17:08,180 --> 01:17:12,660

And so this is something I'm definitely going to look into in the future.

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01:17:12,660 --> 01:17:16,860

However, when I was able to get the swelling down initially after the surgery, and then

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01:17:16,860 --> 01:17:18,260

I love CBD as well.

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01:17:18,260 --> 01:17:22,660

So it's another thing I use for pain and sleep and some other things.

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01:17:22,660 --> 01:17:28,620

But then when the pain is down, you're able to start moving more, which in turn is, so

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01:17:28,620 --> 01:17:34,780

it's this kind of, I think self-fulfilling prophecy is the wrong phrase, but it's a positive

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01:17:34,780 --> 01:17:39,980

vicious circle, you know, where as you heal, you start addressing imbalances, you get more

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01:17:39,980 --> 01:17:43,020

exercise, you get more blood flow into the joint.

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01:17:43,020 --> 01:17:44,980

You know, maybe you're getting now into yoga.

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01:17:44,980 --> 01:17:47,660

And so now you're addressing the things that are making it worse.

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01:17:47,660 --> 01:17:53,380

So it makes so much sense to me versus, for example, you know, having lumbar bones fused

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01:17:53,380 --> 01:17:58,140

together, you're actually pushing the other way, less activity, and therefore probably

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01:17:58,140 --> 01:18:00,420

more surgeries down the road.

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01:18:00,420 --> 01:18:01,420

Right.

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01:18:01,420 --> 01:18:02,420

Exactly.

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01:18:02,420 --> 01:18:07,900

That's why there's an ICD-10 diagnosis code called adjacent segment disease.

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01:18:07,900 --> 01:18:13,340

When you fuse the segments above and below, got to take on more motion.

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01:18:13,340 --> 01:18:14,860

And so they wear out.

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01:18:14,860 --> 01:18:19,660

And the number one predictor of back surgery is a previous back surgery.

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01:18:19,660 --> 01:18:25,580

And so, yeah, that's just a short, you know, short solution.

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01:18:25,580 --> 01:18:31,520

And to the point of, you know, positive, you know, cycle, there's the negative cycle too,

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01:18:31,520 --> 01:18:33,020

when you're in pain.

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01:18:33,020 --> 01:18:35,620

People in pain are greater utilizers of the health care system.

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01:18:35,620 --> 01:18:38,860

And, you know, they, I've seen this my whole career.

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01:18:38,860 --> 01:18:42,500

Their weight goes up, their diabetes gets worse, their blood pressure gets worse, their

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01:18:42,500 --> 01:18:43,500

sleep gets worse.

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01:18:43,500 --> 01:18:46,180

And we know what happens when sleep gets bad.

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01:18:46,180 --> 01:18:52,020

Just it's a bad cycle to be in pain and limiting your motion and your movement because you

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01:18:52,020 --> 01:18:55,060

only get weaker, you only get sicker.

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01:18:55,060 --> 01:18:59,940

And so, you know, trying to address that either through what you're talking about natural

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01:18:59,940 --> 01:19:06,940

kind of anti-inflammatory, calm things down, get out of pain or what we're doing or acupuncture.

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01:19:06,940 --> 01:19:11,580

But it needs, it's not going to be solved with just chemicals.

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01:19:11,580 --> 01:19:17,980

How much does the weight of the individual factor into the degeneration of their joints?

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01:19:17,980 --> 01:19:23,740

Again, I said, you know, 70% of our population is obese or overweight.

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01:19:23,740 --> 01:19:29,140

Just the loss of weight, how much would that help someone with joint pain?

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01:19:29,140 --> 01:19:33,860

I forget what the actual physics and math is, but on a knee, it's going to be a huge

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01:19:33,860 --> 01:19:34,860

difference.

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01:19:34,860 --> 01:19:37,500

It can definitely make a big difference.

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01:19:37,500 --> 01:19:42,180

But then, you know, people with knee pain, it's hard for them to exercise.

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01:19:42,180 --> 01:19:43,980

So there's that catch-22.

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01:19:43,980 --> 01:19:47,520

But I was just looking at the rate of growth for knee replacements.

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01:19:47,520 --> 01:19:49,420

It's very steep.

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01:19:49,420 --> 01:19:53,660

And one has to wonder, well, there's a couple influences there.

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01:19:53,660 --> 01:19:56,860

One has to wonder how much obesity is playing on that, right?

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01:19:56,860 --> 01:20:03,580

There's definitely that thing that's causing it to wear out a lot faster, driving the necessity

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01:20:03,580 --> 01:20:06,420

for a joint replacement.

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01:20:06,420 --> 01:20:11,620

And then same in the low back, right?

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01:20:11,620 --> 01:20:12,780

Same thing in the low back.

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01:20:12,780 --> 01:20:16,540

If you have that big pendulous abdomen, it's going to alter your mechanics and you're carrying

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01:20:16,540 --> 01:20:19,220

around, you know, 30, 40 pounds.

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01:20:19,220 --> 01:20:23,300

And that abdominal fat, as you know, James, is inflammatory.

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01:20:23,300 --> 01:20:28,780

So you're already feeding, you're fueling the fire to that max when you're walking around

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01:20:28,780 --> 01:20:34,100

with a lot of excess fat and weight and upregulating inflammatory chemicals.

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01:20:34,100 --> 01:20:36,420

What have you seen about our younger people?

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01:20:36,420 --> 01:20:41,340

I've made this observation numerous times when it comes to the youth athlete in the

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01:20:41,340 --> 01:20:42,340

States.

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01:20:42,340 --> 01:20:47,700

Sometimes the lines are blurred between performance and winning your organization medals and the

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01:20:47,700 --> 01:20:49,940

wellness of our youth athlete.

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01:20:49,940 --> 01:20:55,380

However, that aside, removing that from the equation, as we are seeing our youth getting

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01:20:55,380 --> 01:21:00,460

more and more overweight and deconditioned, you know, the posture is starting to change.

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01:21:00,460 --> 01:21:05,300

Are you seeing disease processes that you would have seen in much older people starting

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01:21:05,300 --> 01:21:09,540

to appear in younger and younger people?

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01:21:09,540 --> 01:21:13,660

I think biomechanically, it's going to cause a lot of problems and not when they're in

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01:21:13,660 --> 01:21:19,900

their 40s and 50s like in 60s like it is with us, but at a lot younger age.

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01:21:19,900 --> 01:21:20,900

So absolutely.

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01:21:20,900 --> 01:21:27,580

And, you know, young girls tear ACLs frequently in soccer and in other sports.

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01:21:27,580 --> 01:21:29,940

Maybe that has something to do with it.

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01:21:29,940 --> 01:21:34,860

I think our nutrition, you know, if you're feeding the cells Twinkies, that's what they're

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01:21:34,860 --> 01:21:36,200

being built out of.

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01:21:36,200 --> 01:21:38,660

So there's that.

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01:21:38,660 --> 01:21:44,540

What do we know about fatty liver or not fatty liver, non-alcoholic fatty liver disease,

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01:21:44,540 --> 01:21:47,000

massive in children.

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01:21:47,000 --> 01:21:54,340

And that's from high fructose corn syrup and is going to drive, you know, liver disease

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01:21:54,340 --> 01:21:55,340

like crazy.

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01:21:55,340 --> 01:21:59,900

And we're seeing that in young people at very high levels.

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01:21:59,900 --> 01:22:06,200

And so, you know, liver disease, cirrhosis, liver transplants, you know, I'm sure the

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01:22:06,200 --> 01:22:11,100

pharmaceutical industry is chomping at the bit to find something to, you know, to treat

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01:22:11,100 --> 01:22:13,100

that sort of thing.

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01:22:13,100 --> 01:22:19,340

Instead of us saying, let's clean up our diet or telling more people like we didn't during

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01:22:19,340 --> 01:22:25,140

COVID, get some sunshine, try to back down on the high fructose corn syrup.

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01:22:25,140 --> 01:22:26,340

But it's everywhere.

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01:22:26,340 --> 01:22:27,340

It's just everywhere.

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01:22:27,340 --> 01:22:33,500

And if it's not that, it's, you know, rice syrup or it's, you know, what sugar comes

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01:22:33,500 --> 01:22:35,300

by 53 different names.

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01:22:35,300 --> 01:22:37,620

So it's hidden everywhere.

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01:22:37,620 --> 01:22:40,340

So yeah, we're starting to see that big time.

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01:22:40,340 --> 01:22:43,320

And I think we're going to just only continue to see it.

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01:22:43,320 --> 01:22:49,060

This is where, you know, I called bullshit on the whole leaning on, oh, we're so concerned

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01:22:49,060 --> 01:22:55,220

about your health during the pandemic, because if that was truly heartfelt, then the soda

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01:22:55,220 --> 01:22:57,340

machines would have been removed from schools.

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01:22:57,340 --> 01:23:01,180

And our dinner ladies and men would be serving real food like they used to.

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01:23:01,180 --> 01:23:02,940

It's not like we're asking anything crazy.

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01:23:02,940 --> 01:23:06,420

They used to cook real food, you know, a few decades ago.

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01:23:06,420 --> 01:23:08,500

PE programs would be bolstered.

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01:23:08,500 --> 01:23:09,500

Sports programs would be bolstered.

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01:23:09,500 --> 01:23:11,300

Arts programs would be bolstered.

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01:23:11,300 --> 01:23:15,620

You know, there'd be more recess time, less standardized testing, but we didn't see any

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01:23:15,620 --> 01:23:16,620

of that.

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01:23:16,620 --> 01:23:19,900

So when they were screaming like, you know, oh, you're murdering people if you're not

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01:23:19,900 --> 01:23:23,660

doing A, B and C, well, where's your accountability now?

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01:23:23,660 --> 01:23:28,900

We relied on you to make the population healthier and they've actually got fatter and sicker.

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01:23:28,900 --> 01:23:29,900

Right.

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01:23:29,900 --> 01:23:31,300

Yeah, I know.

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01:23:31,300 --> 01:23:36,180

And I think that's going to really come back and continue to bite us on the butt and build

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01:23:36,180 --> 01:23:40,460

a society of people who don't believe anybody.

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01:23:40,460 --> 01:23:46,740

And, you know, again, all this fighting that is constantly now ubiquitous everywhere.

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01:23:46,740 --> 01:23:47,740

Yeah.

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01:23:47,740 --> 01:23:51,420

Well, I think I've again, I think that this might be the beginning of an awakening, though,

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01:23:51,420 --> 01:23:56,500

where there were people that call themselves leaders that we realized couldn't lead shit

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01:23:56,500 --> 01:24:00,380

because they were tested into the last two years.

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01:24:00,380 --> 01:24:05,300

So now I hope there's a real desire for real leaders and we get people that pull communities

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01:24:05,300 --> 01:24:09,420

back together and unite people and educate them on all the things.

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01:24:09,420 --> 01:24:13,180

And I mean, for example, come from England, I love the philosophy of the NHS.

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01:24:13,180 --> 01:24:18,020

Hey, we all chip in and whoever needs us at the time, whether it's someone having a baby,

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01:24:18,020 --> 01:24:23,300

whether it's an elderly lady or a four year old fighting leukemia, we're not going to

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01:24:23,300 --> 01:24:25,020

ask you for your social security number.

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01:24:25,020 --> 01:24:26,340

You just focus on getting better.

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01:24:26,340 --> 01:24:27,340

We got you.

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01:24:27,340 --> 01:24:28,460

I love that philosophy.

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01:24:28,460 --> 01:24:29,780

Is it flawless in the UK?

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01:24:29,780 --> 01:24:33,140

No, because it's been torn down and underfunded.

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01:24:33,140 --> 01:24:39,060

But for example, the altruism that most people study in their churches and temples, if we

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01:24:39,060 --> 01:24:45,100

apply that to the real world rather than this divisive nastiness and, you know, worshipping

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01:24:45,100 --> 01:24:50,100

of the monopoly, that maybe we can actually start undoing some of this damage.

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01:24:50,100 --> 01:24:52,140

Yeah, I'd like to think so.

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01:24:52,140 --> 01:24:57,580

And I like to think that, you know, my daughter's 11, that, you know, she's going to be in that

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01:24:57,580 --> 01:24:58,580

generation.

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01:24:58,580 --> 01:25:02,520

And, you know, I work with younger physicians who don't know anything about the history

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01:25:02,520 --> 01:25:08,460

of chiropractic, like I told you, but just see me as a peer, a colleague and equal.

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01:25:08,460 --> 01:25:13,860

And I think this younger generation is going to be like, this shit makes no sense.

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01:25:13,860 --> 01:25:15,780

What the hell are we doing?

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01:25:15,780 --> 01:25:16,780

Like we're good.

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01:25:16,780 --> 01:25:18,100

This makes no sense.

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01:25:18,100 --> 01:25:23,580

I work with a young resident now and he's like questioning everything.

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01:25:23,580 --> 01:25:24,580

And I love it.

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01:25:24,580 --> 01:25:28,580

I'm like, yeah, dude, keep questioning, because those are stupid things that we're doing and

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01:25:28,580 --> 01:25:30,780

you're asking the right questions.

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01:25:30,780 --> 01:25:38,500

So I hope you know, you're right that we are on the tip of a revolution or, you know, some

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01:25:38,500 --> 01:25:42,900

improvement here that brings it back full circle.

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01:25:42,900 --> 01:25:47,160

That's a good segue to one point I want to make before we go to fasting.

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01:25:47,160 --> 01:25:51,620

We have a hiring crisis in the first responder professions as a whole.

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01:25:51,620 --> 01:25:54,600

And you know, a lot of people are kind of, oh, these young generations, they don't want

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01:25:54,600 --> 01:25:55,600

to work.

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01:25:55,600 --> 01:25:57,100

And I tell you, I disagree.

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01:25:57,100 --> 01:25:58,100

The summer don't want to work.

1371

01:25:58,100 --> 01:26:01,980

Of course, we see videos of people crying over stuff with purple hair and I get that.

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01:26:01,980 --> 01:26:06,540

But the other 90 whatever percent of this population are our soldiers and firefighters

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01:26:06,540 --> 01:26:09,780

and police officers and nurses.

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01:26:09,780 --> 01:26:15,320

But as you just said, the difference is they're looking at the way that we've done it forever

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01:26:15,320 --> 01:26:17,860

and going, that makes no sense.

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01:26:17,860 --> 01:26:23,240

So 56 hours a week, I work, I don't sleep for 24 hours.

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01:26:23,240 --> 01:26:27,020

And then two days later, I'm back doing the same thing away from my family.

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01:26:27,020 --> 01:26:32,540

And so it's really interesting because I think we've really hit a wall now where people are

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01:26:32,540 --> 01:26:35,380

realizing that if we keep doing it the way we're doing it, we're not going to have a

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01:26:35,380 --> 01:26:37,860

fire department or a police department anymore.

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01:26:37,860 --> 01:26:42,780

So these young people that some vilify the way that they look at the world is actually

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01:26:42,780 --> 01:26:45,880

the way that we need to look at my profession as well.

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01:26:45,880 --> 01:26:50,680

And the insanity of the firefighters work week, for example, is something that we have

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01:26:50,680 --> 01:26:52,220

to change.

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01:26:52,220 --> 01:26:57,740

So with that being said, with your holistic lens, talk to me about the importance of sleep

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01:26:57,740 --> 01:27:03,860

and what you've seen when it comes to chronic sleep deprivation.

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01:27:03,860 --> 01:27:07,740

Well you know, I'm sure you know, shift work is a carcinogen, right?

1388

01:27:07,740 --> 01:27:08,740

Yes.

1389

01:27:08,740 --> 01:27:11,140

NIH considers it that.

1390

01:27:11,140 --> 01:27:14,540

It unravels everything in our biology.

1391

01:27:14,540 --> 01:27:21,660

And with light and food everywhere, it's easy to mess up the circadian rhythm.

1392

01:27:21,660 --> 01:27:29,540

And when you are either a shift worker or going to bed late or just not getting adequate

1393

01:27:29,540 --> 01:27:31,380

sleep, it affects everything.

1394

01:27:31,380 --> 01:27:35,860

And I don't think people, right, we grew up with the sleep when I'm dead.

1395

01:27:35,860 --> 01:27:37,740

I'm sure you heard that a million times.

1396

01:27:37,740 --> 01:27:38,740

And I kind of did that.

1397

01:27:38,740 --> 01:27:40,980

I was like, oh, fuck it.

1398

01:27:40,980 --> 01:27:42,700

I can handle this.

1399

01:27:42,700 --> 01:27:44,640

Macho.

1400

01:27:44,640 --> 01:27:46,300

But that's just such a bad thing.

1401

01:27:46,300 --> 01:27:51,520

And thankfully Matthew Walker in his book, his book, Why We Sleep, I'm sure you're familiar

1402

01:27:51,520 --> 01:27:52,520

with that, right?

1403

01:27:52,520 --> 01:27:53,520

Yeah, I am.

1404

01:27:53,520 --> 01:27:54,520

But there's an even better one.

1405

01:27:54,520 --> 01:27:57,940

I'll have to come back and I'll plug it in a second.

1406

01:27:57,940 --> 01:28:03,980

But Professor Russell Foster, he's actually the man that discovered the chronoreceptors

1407

01:28:03,980 --> 01:28:07,920

in the eye that even allow us to have a circadian rhythm.

1408

01:28:07,920 --> 01:28:09,220

So I'll look it up in a sec.

1409

01:28:09,220 --> 01:28:11,100

But his book is absolutely phenomenal.

1410

01:28:11,100 --> 01:28:12,100

Okay, great.

1411

01:28:12,100 --> 01:28:13,860

I'm going to have to check that one out.

1412

01:28:13,860 --> 01:28:19,140

But yeah, so sleep deprivation, which I think, you know, with your peers and your colleagues

1413

01:28:19,140 --> 01:28:24,660

in the fire station, you know, maybe why their injuries don't heal really well, maybe why

1414

01:28:24,660 --> 01:28:33,660

there, you know, why there's so much mental health issues that, you know, you're you see

1415

01:28:33,660 --> 01:28:35,540

such horrific things.

1416

01:28:35,540 --> 01:28:41,460

And then, you know, I don't know if it's a culture of the fire department, but the stoicism

1417

01:28:41,460 --> 01:28:48,160

and then I don't want to talk about it, kind of mentality that goes along with first responders.

1418

01:28:48,160 --> 01:28:52,780

You know, that's always my question to all new patients, any anxiety or oppression, cops

1419

01:28:52,780 --> 01:28:55,500

and firemen are perfect all the time.

1420

01:28:55,500 --> 01:28:58,940

Nope, good.

1421

01:28:58,940 --> 01:29:05,060

And so, yeah, so the lack of sleep, I just think is like the tip of the spear to making

1422

01:29:05,060 --> 01:29:09,200

little things bigger and worse.

1423

01:29:09,200 --> 01:29:14,940

And it's just too easy to fall into that, you know, again, with light and food and social

1424

01:29:14,940 --> 01:29:21,940

media and computers and Netflix, and it's easy to not prioritize that and coffee all

1425

01:29:21,940 --> 01:29:23,900

the time.

1426

01:29:23,900 --> 01:29:27,860

Although that was a decaf because I prioritize sleep.

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01:29:27,860 --> 01:29:35,040

So I think it's I think sleep deprivation, whether it's self induced or work induced

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01:29:35,040 --> 01:29:40,220

or whatever, it just takes something small and makes it even worse.

1429

01:29:40,220 --> 01:29:41,220

Absolutely.

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01:29:41,220 --> 01:29:45,100

This book is called Lifetime, by the way, it was a tip of my tongue.

1431

01:29:45,100 --> 01:29:47,380

What was I going to say then?

1432

01:29:47,380 --> 01:29:48,380

I just lost my thought.

1433

01:29:48,380 --> 01:29:52,580

I was going to add something to the sleep thing, but that's all good.

1434

01:29:52,580 --> 01:29:54,860

All right, I'll switch to the next one.

1435

01:29:54,860 --> 01:29:58,900

All right, well, then one more area I want to discuss before we go to some closing questions.

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01:29:58,900 --> 01:30:04,420

And it's funny because I just had Dr. Jonathan Edwards on and he mentioned the same study.

1437

01:30:04,420 --> 01:30:09,620

Talk to me about firefighters and intermittent fasting.

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01:30:09,620 --> 01:30:17,620

So you have a Salk Institute and Dr. Sashin Panda, who sort of leads that circadian program

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01:30:17,620 --> 01:30:18,620

there.

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01:30:18,620 --> 01:30:23,020

I've heard him speak at a couple of fasting conferences and he's got a book as well on

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01:30:23,020 --> 01:30:25,780

the circadian code, which is really interesting.

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01:30:25,780 --> 01:30:32,620

All of ourselves have a clock on them for everything where they're optimal and where

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01:30:32,620 --> 01:30:44,700

they're sleeping and intermittent fasting, which has become popular recently, can positively

1444

01:30:44,700 --> 01:30:49,980

help those clocks and eating within a certain narrower window.

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01:30:49,980 --> 01:30:54,940

It doesn't have to be one meal a day or it doesn't have to be 16, 8 or it doesn't have

1446

01:30:54,940 --> 01:30:58,200

to be something that maybe everyone can't do.

1447

01:30:58,200 --> 01:31:04,220

But in that San Diego Fire Department, they just narrowed their eating down to 10 hours.

1448

01:31:04,220 --> 01:31:09,580

And so an intermittent fast of 14 hours they could eat.

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01:31:09,580 --> 01:31:10,860

And I think it was ad libitum.

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01:31:10,860 --> 01:31:12,500

They didn't even tell them what to eat.

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01:31:12,500 --> 01:31:21,220

They just narrowed it down to more of a normal eating window, start at 7 and at 4 or something

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01:31:21,220 --> 01:31:22,220

to that degree.

1453

01:31:22,220 --> 01:31:25,940

I just read the study before we talked, but that was a few weeks ago.

1454

01:31:25,940 --> 01:31:31,380

And blood pressure got better, blood glucose got better, weight was dropped, all these

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01:31:31,380 --> 01:31:39,380

things that can occur when we're not forcing our body to operate in a time when it's not

1456

01:31:39,380 --> 01:31:44,580

really meant to operate, when it's not meant to be digesting, right?

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01:31:44,580 --> 01:31:52,260

Digestive juices and the pancreas start shutting down at 4 or 5 o'clock at night.

1458

01:31:52,260 --> 01:31:56,340

Circadian levels, we know this, are increasing with cortisol in the morning.

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01:31:56,340 --> 01:32:02,740

That's when you want to really optimize your workout or stop eating or what have you.

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01:32:02,740 --> 01:32:08,460

And so intermittent fasting, I mentioned it earlier, light and food are the two things

1461

01:32:08,460 --> 01:32:12,360

that mess up the circadian rhythm more than anything.

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01:32:12,360 --> 01:32:18,220

And so if you can try to rein it in by dimming the lights in your house and being done eating,

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01:32:18,220 --> 01:32:24,860

I usually recommend three hours before bed, but even at 7 o'clock, you're just going to

1464

01:32:24,860 --> 01:32:25,860

sleep better.

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01:32:25,860 --> 01:32:29,300

You're going to lose weight, inflammation is going to go down.

1466

01:32:29,300 --> 01:32:35,720

And if you're not doing, even if you're 12 hours, in my opinion, still a little too long.

1467

01:32:35,720 --> 01:32:40,500

But if you reduce that eating window to 10 hours or less, you're going to see some improvement

1468

01:32:40,500 --> 01:32:43,500

in all that, including your sleep.

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01:32:43,500 --> 01:32:47,820

I really like the intermittent fasting model versus the full on, you know, I'm going to

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01:32:47,820 --> 01:32:51,780

be in ketosis for forever, you know, extreme that some people thrive in.

1471

01:32:51,780 --> 01:32:57,260

But I think a lot of people fall off the wagon because I always just go back to, you know,

1472

01:32:57,260 --> 01:32:59,260

evolutionary, what makes the most sense.

1473

01:32:59,260 --> 01:33:02,900

And even though you're talking about acupuncture, you know, the chi and the meridians didn't

1474

01:33:02,900 --> 01:33:08,620

really resonate with you, but the way that you framed it did.

1475

01:33:08,620 --> 01:33:15,340

And so you think about caveman Steve, because everyone's called Steve when I tell stories.

1476

01:33:15,340 --> 01:33:20,460

You know, one day they come across an animal and, you know, and we were probably scavengers,

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01:33:20,460 --> 01:33:23,220

but at least, you know, they ate like kings that day.

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01:33:23,220 --> 01:33:24,220

And the next day there was nothing.

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01:33:24,220 --> 01:33:27,500

And then the next day there was a bush of berries and they were fine.

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01:33:27,500 --> 01:33:30,820

And so that intermittent element just makes sense to me.

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01:33:30,820 --> 01:33:36,540

And there's days intuitively where I'm ravished when I wake up and days where I'll do a full

1482

01:33:36,540 --> 01:33:39,980

jujitsu session, not even eat till 12 or one in the afternoon.

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01:33:39,980 --> 01:33:42,860

And it's very, you know, very intuitive listening to my body.

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01:33:42,860 --> 01:33:49,040

But I think getting off that rigidity of so many nutrition plans and just allowing yourself

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01:33:49,040 --> 01:33:55,460

to have variability, I think just that concept alone is a powerful one.

1486

01:33:55,460 --> 01:33:58,380

Yeah, I completely agree.

1487

01:33:58,380 --> 01:34:02,220

And you know, like you said, the feast and famine of our ancestors.

1488

01:34:02,220 --> 01:34:06,840

And you know, it's interesting because we always go back to Paleolithic man or caveman.

1489

01:34:06,840 --> 01:34:14,180

But again, my 92, three year old aunt, I asked her about this, what was your day like?

1490

01:34:14,180 --> 01:34:15,180

Right.

1491

01:34:15,180 --> 01:34:18,860

Well, we got up in the morning and we worked milked of cows.

1492

01:34:18,860 --> 01:34:20,340

We collected the eggs.

1493

01:34:20,340 --> 01:34:22,660

Then we would come in the house and we would eat.

1494

01:34:22,660 --> 01:34:24,140

But we made our own bread.

1495

01:34:24,140 --> 01:34:25,940

In the winters, we had a greenhouse.

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01:34:25,940 --> 01:34:28,300

So we had our we were growing vegetables.

1497

01:34:28,300 --> 01:34:29,500

And then we went back to work.

1498

01:34:29,500 --> 01:34:30,500

Right.

1499

01:34:30,500 --> 01:34:31,740

They didn't snack all day.

1500

01:34:31,740 --> 01:34:34,820

And then sometimes they wouldn't eat until dinner again.

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01:34:34,820 --> 01:34:38,580

But then she's like, then it would get dark early and we, you know, there was not a lot

1502

01:34:38,580 --> 01:34:40,540

of electricity and lights.

1503

01:34:40,540 --> 01:34:43,940

And so we would go to bed and start the whole cycle over again.

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01:34:43,940 --> 01:34:49,740

And so they were intermittent fasting, which if you look back at our grandparents, no one

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01:34:49,740 --> 01:34:51,860

in that era was overweight.

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01:34:51,860 --> 01:34:57,660

Even into the 70s, no one was overweight for probably other reasons.

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01:34:57,660 --> 01:35:04,820

But nonetheless, I think that, yeah, I mean, there's a lot that can be beneficial.

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01:35:04,820 --> 01:35:05,820

Right.

1509

01:35:05,820 --> 01:35:06,820

Again, there's food everywhere.

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01:35:06,820 --> 01:35:08,380

The refrigerator is right there.

1511

01:35:08,380 --> 01:35:09,380

There's snacks.

1512

01:35:09,380 --> 01:35:14,260

I hate it that, you know, my daughter was brought up with like, I have a snack, got

1513

01:35:14,260 --> 01:35:15,260

to bring a snack.

1514

01:35:15,260 --> 01:35:16,300

Did you bring snacks?

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01:35:16,300 --> 01:35:18,540

I don't ever remember having snacks.

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01:35:18,540 --> 01:35:20,860

Now I probably have forgotten more than I remember.

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01:35:20,860 --> 01:35:23,300

So I'll attribute it to that.

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01:35:23,300 --> 01:35:27,140

But nonetheless, the other thing I tell people to do, too, if they're going to intermittent

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01:35:27,140 --> 01:35:29,740

fast is like fast between meals.

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01:35:29,740 --> 01:35:30,780

Right.

1521

01:35:30,780 --> 01:35:34,980

Have your breakfast, have your lunch, but don't eat everything in between or anything

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01:35:34,980 --> 01:35:37,660

in between, because that can be beneficial.

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01:35:37,660 --> 01:35:43,460

It's all about the glucose and glucagon, you know, balancing itself out.

1524

01:35:43,460 --> 01:35:52,020

And if there's not a lot of insulin, the glucagon kicks up and starts pulling, you know, sugar

1525

01:35:52,020 --> 01:35:55,980

out of the liver to burn out of the fat, mobilizing things.

1526

01:35:55,980 --> 01:36:00,980

And so if there's no reason for the body to do that, it's not going to do it.

1527

01:36:00,980 --> 01:36:03,920

And insulin is a storage molecule.

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01:36:03,920 --> 01:36:10,620

So it's going to keep shoving things in there into the fat cells, into the liver, into the

1529

01:36:10,620 --> 01:36:15,540

abdomen, and the bathtub is going to fill up and start overflowing.

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01:36:15,540 --> 01:36:21,660

So yeah, fasting, intermittent fasting, a lot to do there.

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01:36:21,660 --> 01:36:28,100

Now I think there's a lot of upside if you can do it with two things, water only fasting,

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01:36:28,100 --> 01:36:30,020

which most people can't do.

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01:36:30,020 --> 01:36:34,380

But that's when you start to see autophagy, where the body's starting to clean up old

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01:36:34,380 --> 01:36:37,700

cells, weak cells, senescent cells.

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01:36:37,700 --> 01:36:40,220

But that comes at day three.

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01:36:40,220 --> 01:36:42,940

That's not in a 12 hour intermittent fast.

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01:36:42,940 --> 01:36:49,780

I totally disagree with all the bloggers and the blingers and the bullshitters out there

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01:36:49,780 --> 01:36:55,500

that are saying, oh, I'm getting into an intermittent, I'm in autophagy after 12 hours of fasting.

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01:36:55,500 --> 01:36:56,500

No, you're not.

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01:36:56,500 --> 01:37:01,300

The liver can store a ton of glycogen and so can the muscles.

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01:37:01,300 --> 01:37:06,300

And I track all that when I do intermittent, when I do five day fasts.

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01:37:06,300 --> 01:37:11,900

And even on the fifth day, if I'm on the bike working out and I take my blood glucose, there's

1543

01:37:11,900 --> 01:37:18,860

still a squeeze of glycogen out of those muscles because I'll see my sugar levels go up over

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01:37:18,860 --> 01:37:19,860

100.

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01:37:19,860 --> 01:37:20,860

Right.

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01:37:20,860 --> 01:37:23,500

So it's still got some to squeeze out of there.

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01:37:23,500 --> 01:37:28,500

The other side of that, if water fasting is not your cup of tea, and it's not, it's not

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01:37:28,500 --> 01:37:34,020

easy, it's hard, but it's also a good mental game too.

1549

01:37:34,020 --> 01:37:35,140

What can I put up with?

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01:37:35,140 --> 01:37:36,140

What can I tolerate?

1551

01:37:36,140 --> 01:37:38,180

How do I get through this?

1552

01:37:38,180 --> 01:37:47,620

Is the fasting mimicking diet developed by Walter Longo at USC, where you can actually

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01:37:47,620 --> 01:37:52,380

eat food, it's plant-based, and your body thinks it's fasting.

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01:37:52,380 --> 01:37:59,700

And it's largely a keto type diet, low carbs, super low protein, because we know protein

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01:37:59,700 --> 01:38:05,920

turns on that mTOR pathway and carbohydrates, specifically sugars.

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01:38:05,920 --> 01:38:10,220

And so if you reduce that and they know what the right number is to reduce it, you can

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01:38:10,220 --> 01:38:19,500

eat for five days and your body thinks it's fasting, goes into ketosis, autophagy happens.

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01:38:19,500 --> 01:38:24,540

At the end of that, four or five days, six days when you start refeeding it, the body

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01:38:24,540 --> 01:38:32,140

knows it just cleaned up a bunch of crap and upregulates hemopoietic stem cells to go repair

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01:38:32,140 --> 01:38:33,600

and rebuild.

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01:38:33,600 --> 01:38:38,940

So longer fasts, if you can do it, there's a lot of benefit that can come from those

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01:38:38,940 --> 01:38:40,260

as well.

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01:38:40,260 --> 01:38:46,980

I know when I simply switched to a plant-based diet, not vegan, not vegetarian, but plant-based

1564

01:38:46,980 --> 01:38:49,180

specifically, so a lot of whole foods.

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01:38:49,180 --> 01:38:53,860

It wasn't, again, with the understanding of trying to mimic fasting.

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01:38:53,860 --> 01:38:59,400

However, I had blood work done at the fire department when I was there, the annual physical,

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01:38:59,400 --> 01:39:03,820

and the physician literally said to me, can you tell me how you eat?

1568

01:39:03,820 --> 01:39:06,540

I've never seen blood work this good before.

1569

01:39:06,540 --> 01:39:10,820

It's not as good now, but that was what was interesting, is there was obviously a full-on

1570

01:39:10,820 --> 01:39:13,420

cleanser going on there as well.

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01:39:13,420 --> 01:39:17,540

Most of what I was eating was just leafy greens and there was filling.

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01:39:17,540 --> 01:39:23,260

This is the thing, I didn't have to feel like I was fasting, but removing not only meats

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01:39:23,260 --> 01:39:27,660

at that time, but obviously more likely the processed carbohydrates was the big common

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01:39:27,660 --> 01:39:32,500

denominator with these diets that swear up and down that theirs is the only one that

1575

01:39:32,500 --> 01:39:36,260

works, whereas the middle ground is they're all removing processed shit.

1576

01:39:36,260 --> 01:39:38,500

Right, exactly.

1577

01:39:38,500 --> 01:39:39,500

So do you eat meat now?

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01:39:39,500 --> 01:39:40,500

Yes, yeah.

1579

01:39:40,500 --> 01:39:46,060

For me personally, it was incredible, but I did hit a point where I felt like my strength

1580

01:39:46,060 --> 01:39:47,460

was diminishing.

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01:39:47,460 --> 01:39:53,820

And again, back to evolutionary thinking, when it came to, well, you just need to supplement

1582

01:39:53,820 --> 01:39:56,780

with this, this, this, and this, I'm like, well, I shouldn't have to supplement if it's

1583

01:39:56,780 --> 01:39:58,540

a diet that I naturally have.

1584

01:39:58,540 --> 01:40:00,740

So that was kind of what took me in.

1585

01:40:00,740 --> 01:40:06,020

But the way I look at it, I try when I'm eating well to have a plant-based diet.

1586

01:40:06,020 --> 01:40:11,220

Meat, which sounds ridiculous, but the focus being on the greens and the vegetables on

1587

01:40:11,220 --> 01:40:16,220

your plate, and then you add some protein versus the kind of yellow brown plate that

1588

01:40:16,220 --> 01:40:21,460

we only have in America where it's carbs, meat, and there might be like two green beans

1589

01:40:21,460 --> 01:40:23,060

on the side.

1590

01:40:23,060 --> 01:40:24,540

Exactly.

1591

01:40:24,540 --> 01:40:26,420

You're eating the garnish for greens.

1592

01:40:26,420 --> 01:40:27,420

Yes, exactly.

1593

01:40:27,420 --> 01:40:33,300

You know, it's interesting because prior to about maybe nine months ago, I was very plant

1594

01:40:33,300 --> 01:40:36,420

heavy and low protein.

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01:40:36,420 --> 01:40:41,260

I just wasn't paying attention and fasting too much because I was 50 pounds heavier with

1596

01:40:41,260 --> 01:40:47,300

fatty liver disease and reversed all that through fasting.

1597

01:40:47,300 --> 01:40:50,600

And I was like, so I was like, I studied it, I learned it.

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01:40:50,600 --> 01:40:55,300

But here's what happened is with that diet for me and everybody's different.

1599

01:40:55,300 --> 01:40:58,460

I'm in the gym and I'm not putting on any muscle.

1600

01:40:58,460 --> 01:41:02,820

I looked scrawny and I was like telling my wife, I'm like, what the hell is going on

1601

01:41:02,820 --> 01:41:03,820

here?

1602

01:41:03,820 --> 01:41:08,340

And so I started looking at my protein levels and I was getting like 35 grams a day.

1603

01:41:08,340 --> 01:41:09,340

That was not enough.

1604

01:41:09,340 --> 01:41:12,140

Two eggs is 14 grams.

1605

01:41:12,140 --> 01:41:14,820

That can be your breakfast, but you better eat something else.

1606

01:41:14,820 --> 01:41:23,680

And I up the protein to like 130 grams and then boom, 10 pounds and muscle.

1607

01:41:23,680 --> 01:41:27,240

So you just got to find what works for you.

1608

01:41:27,240 --> 01:41:32,380

And I always say that to people, but eat as close to the earth and nature as you possibly

1609

01:41:32,380 --> 01:41:35,980

can and leave that process stuff on the shelves.

1610

01:41:35,980 --> 01:41:38,740

Don't even bring it in your house and everybody's different.

1611

01:41:38,740 --> 01:41:41,300

And so, you know, I've gone plant based before.

1612

01:41:41,300 --> 01:41:42,300

Doesn't work for me.

1613

01:41:42,300 --> 01:41:45,220

Nothing changed.

1614

01:41:45,220 --> 01:41:51,900

And so you just got to find your balance and listen to your body and, you know, hopefully

1615

01:41:51,900 --> 01:41:54,140

you stick with something long enough to see some improvement.

1616

01:41:54,140 --> 01:41:55,140

Yeah.

1617

01:41:55,140 --> 01:41:56,380

Well, I think that's it.

1618

01:41:56,380 --> 01:41:57,380

Find what works for you.

1619

01:41:57,380 --> 01:41:59,740

And there's, you know, talk about the mental health side as well.

1620

01:41:59,740 --> 01:42:04,300

I mean, the toolbox is much bigger than people realize to say you've got pain, you've got

1621

01:42:04,300 --> 01:42:08,300

foundation training, you've got Regenexx, you've got CBD, you've got all these things

1622

01:42:08,300 --> 01:42:12,220

that 20 years ago you asked someone, they wouldn't have even discussed that.

1623

01:42:12,220 --> 01:42:13,580

Some of it wasn't even developed.

1624

01:42:13,580 --> 01:42:18,380

So this is what exciting now is you can find, you can make your own cocktail of what works

1625

01:42:18,380 --> 01:42:19,380

for you.

1626

01:42:19,380 --> 01:42:23,820

And if, you know, your neighbor swears up and down that plant based eternal ketosis

1627

01:42:23,820 --> 01:42:29,180

is the way to go, beautiful, you know, but as I point out, you take an Aboriginal man

1628

01:42:29,180 --> 01:42:33,260

from Australia who lives in the bush and you take an Inuit, are they going to have the

1629

01:42:33,260 --> 01:42:34,260

same diet?

1630

01:42:34,260 --> 01:42:35,260

No.

1631

01:42:35,260 --> 01:42:40,460

So, you know, understand that we're all this beautiful tapestry of, you know, generations

1632

01:42:40,460 --> 01:42:41,460

and generations.

1633

01:42:41,460 --> 01:42:46,220

So we're going to have a unique fit based on who we are and what we're made of.

1634

01:42:46,220 --> 01:42:49,280

And I think you got to find something you can stick with, right?

1635

01:42:49,280 --> 01:42:53,580

Like you said, you know, you can do ketosis, but how long can you stay on that sort of

1636

01:42:53,580 --> 01:42:54,580

thing?

1637

01:42:54,580 --> 01:42:57,220

And again, I've taken care of the 99%.

1638

01:42:57,220 --> 01:43:00,780

I'm not the guy who, you know, my sister's like, why don't you treat the Broncos?

1639

01:43:00,780 --> 01:43:02,420

I'm like, I don't want to treat those guys.

1640

01:43:02,420 --> 01:43:03,420

It's my thing.

1641

01:43:03,420 --> 01:43:05,700

I want to just take care of normal, regular, everyday people.

1642

01:43:05,700 --> 01:43:10,860

I feel honored to do that and that they trust me to stick needles in them as a stranger.

1643

01:43:10,860 --> 01:43:15,900

So the point is, you know, not everyone's going to do an ice bath.

1644

01:43:15,900 --> 01:43:16,900

Even my friends who do them.

1645

01:43:16,900 --> 01:43:18,940

I'm like, how long are you going to stick with that?

1646

01:43:18,940 --> 01:43:20,400

Like, right?

1647

01:43:20,400 --> 01:43:22,460

That's not sustainable for most people.

1648

01:43:22,460 --> 01:43:28,020

I want people to do things that they can do for the long haul that are sustainable, that

1649

01:43:28,020 --> 01:43:30,780

are pretty easy within their grasp.

1650

01:43:30,780 --> 01:43:33,020

They don't have to go out and buy special stuff.

1651

01:43:33,020 --> 01:43:37,100

They don't have to go get whey protein every two weeks because they're, you know what I

1652

01:43:37,100 --> 01:43:38,100

mean?

1653

01:43:38,100 --> 01:43:40,920

I'm all about the, you know, the common man.

1654

01:43:40,920 --> 01:43:41,920

What can you do?

1655

01:43:41,920 --> 01:43:42,920

What's simple?

1656

01:43:42,920 --> 01:43:43,920

What's sustainable?

1657

01:43:43,920 --> 01:43:45,380

What can you do for a long time?

1658

01:43:45,380 --> 01:43:46,740

What's easy?

1659

01:43:46,740 --> 01:43:51,620

Not, you know, what's the fad of the month kind of thing.

1660

01:43:51,620 --> 01:43:52,620

Absolutely.

1661

01:43:52,620 --> 01:43:57,220

Well, you mentioned Dr. Matthew Walker's *Why We Sleep*.

1662

01:43:57,220 --> 01:44:00,500

Are there any other books that you love to recommend?

1663

01:44:00,500 --> 01:44:04,940

It can be related to today's discussion or completely unrelated.

1664

01:44:04,940 --> 01:44:06,860

You know, I'm a big Peter Atiyafan.

1665

01:44:06,860 --> 01:44:08,080

I like Peter.

1666

01:44:08,080 --> 01:44:09,300

He's not a hyper.

1667

01:44:09,300 --> 01:44:10,360

He's a physician.

1668

01:44:10,360 --> 01:44:11,420

He's a scientist.

1669

01:44:11,420 --> 01:44:12,420

He's an engineer.

1670

01:44:12,420 --> 01:44:13,860

He's a mathematician.

1671

01:44:13,860 --> 01:44:15,040

He thinks differently.

1672

01:44:15,040 --> 01:44:16,960

He takes care of human beings.

1673

01:44:16,960 --> 01:44:18,660

His book Outlive.

1674

01:44:18,660 --> 01:44:20,100

I like, I like it.

1675

01:44:20,100 --> 01:44:21,100

I recommend it.

1676

01:44:21,100 --> 01:44:23,100

I just sent one out yesterday.

1677

01:44:23,100 --> 01:44:28,500

I give that book to a lot of people because it makes the most sense to me.

1678

01:44:28,500 --> 01:44:31,380

Again, back to sustainability.

1679

01:44:31,380 --> 01:44:33,260

Managing blood glucose, right?

1680

01:44:33,260 --> 01:44:35,140

That's so important.

1681

01:44:35,140 --> 01:44:36,380

Having strength.

1682

01:44:36,380 --> 01:44:46,020

Our muscles are resilient metabolic tissues in our body at controlling blood glucose.

1683

01:44:46,020 --> 01:44:50,060

You know, cancer is, get the screenings, right?

1684

01:44:50,060 --> 01:44:51,840

Blood smoke.

1685

01:44:51,840 --> 01:44:55,340

What kills more people in America than anything?

1686

01:44:55,340 --> 01:44:56,420

Cardiovascular disease.

1687

01:44:56,420 --> 01:44:58,900

So how do you control that?

1688

01:44:58,900 --> 01:45:04,760

Some diet, like you, they'll, diet people will fight endlessly.

1689

01:45:04,760 --> 01:45:06,940

So I'm not going to get in the middle of that.

1690

01:45:06,940 --> 01:45:07,940

Yeah.

1691

01:45:07,940 --> 01:45:09,900

Plant-based can help.

1692

01:45:09,900 --> 01:45:13,900

The American College of Lifestyle Medicine, they show you the one image of the coronary

1693

01:45:13,900 --> 01:45:16,060

artery that's been reversed.

1694

01:45:16,060 --> 01:45:19,940

Show me a hundred thousand of those.

1695

01:45:19,940 --> 01:45:23,500

So I don't want to get in the middle of diet, but I think that's important.

1696

01:45:23,500 --> 01:45:25,700

But I think managing cardiovascular disease.

1697

01:45:25,700 --> 01:45:29,740

So the things he talks about and then neurodegeneration, right?

1698

01:45:29,740 --> 01:45:32,860

Those are the four pillars that he talks a lot about.

1699

01:45:32,860 --> 01:45:35,580

And how do you keep your brain healthy as we age?

1700

01:45:35,580 --> 01:45:39,560

Well, that's a lot of glucose related stuff too, right?

1701

01:45:39,560 --> 01:45:44,600

That goes on in the brain that causes and leads to dementias of some sort.

1702

01:45:44,600 --> 01:45:48,540

So that's another one of the books that I recommend a lot.

1703

01:45:48,540 --> 01:45:54,700

And then Influence Is Your Superpower.

1704

01:45:54,700 --> 01:45:58,140

I love that book by Zoe Chance.

1705

01:45:58,140 --> 01:46:03,260

I'm looking at it because that's the second number book I give to people as well.

1706

01:46:03,260 --> 01:46:11,980

She's a Yale professor who's done a lot of work with like Google, all the tech companies.

1707

01:46:11,980 --> 01:46:17,600

And she's a behavioral economist and she's science-based and it's such a good book on

1708

01:46:17,600 --> 01:46:24,740

and I give it to people who like you, James, are influencing through your podcast.

1709

01:46:24,740 --> 01:46:32,820

And it's not manipulation, but there's a lot of great lessons in there on how to help you

1710

01:46:32,820 --> 01:46:36,840

get what you want, but how to be a good influence on other people.

1711

01:46:36,840 --> 01:46:41,620

So those are the two books I've given away a ton of last year and already this year.

1712

01:46:41,620 --> 01:46:42,620

Brilliant.

1713

01:46:42,620 --> 01:46:43,620

Yeah.

1714

01:46:43,620 --> 01:46:45,980

Well, I need to work on trying to get Dr. O'Tee on the show and I've never heard of

1715

01:46:45,980 --> 01:46:46,980

Influence Is Your Superpower.

1716

01:46:46,980 --> 01:46:49,340

So I'm going to have to get that for myself as well.

1717

01:46:49,340 --> 01:46:51,420

So I appreciate that.

1718

01:46:51,420 --> 01:46:52,580

Let me send that to you.

1719

01:46:52,580 --> 01:46:53,580

Oh, well, thank you.

1720

01:46:53,580 --> 01:46:54,580

I'll send you.

1721

01:46:54,580 --> 01:47:00,100

I mean, it may be a poor exchange, but I wrote a book and I know you do a lot of work with

1722

01:47:00,100 --> 01:47:01,100

firefighters.

1723

01:47:01,100 --> 01:47:03,020

So I wrote a book about three years ago.

1724

01:47:03,020 --> 01:47:05,180

So I will send you that in return.

1725

01:47:05,180 --> 01:47:06,180

Wonderful.

1726

01:47:06,180 --> 01:47:07,180

All right.

1727

01:47:07,180 --> 01:47:10,300

Well, then the same question, but what about movies and documentaries?

1728

01:47:10,300 --> 01:47:16,020

Any of those that you love?

1729

01:47:16,020 --> 01:47:17,340

Movies.

1730

01:47:17,340 --> 01:47:23,740

You know, sometimes with an 11 year old, I'm watching kid movies.

1731

01:47:23,740 --> 01:47:25,540

There's some great kid movies out there.

1732

01:47:25,540 --> 01:47:26,940

The double meaning of a lot of them.

1733

01:47:26,940 --> 01:47:31,500

I mean, Up, for example, I sobbed my way through that damn movie several times.

1734

01:47:31,500 --> 01:47:32,500

Which one?

1735

01:47:32,500 --> 01:47:33,500

Up.

1736

01:47:33,500 --> 01:47:34,500

Have you ever seen that one?

1737

01:47:34,500 --> 01:47:35,500

Yeah.

1738

01:47:35,500 --> 01:47:36,500

Yeah.

1739

01:47:36,500 --> 01:47:37,500

Right.

1740

01:47:37,500 --> 01:47:38,500

Yeah.

1741

01:47:38,500 --> 01:47:39,500

Horrendous.

1742

01:47:39,500 --> 01:47:40,500

You know, it's funny.

1743

01:47:40,500 --> 01:47:43,180

I always say this and it's not a good one, but Goodfellas, that could have easily been

1744

01:47:43,180 --> 01:47:48,020

my life as a kid because, you know, I grew up around a bunch of Italians, mostly the

1745

01:47:48,020 --> 01:47:49,020

men.

1746

01:47:49,020 --> 01:47:50,860

Hey, go park my car.

1747

01:47:50,860 --> 01:47:53,500

Hey, go drop this off over here.

1748

01:47:53,500 --> 01:47:56,180

And thankfully, my family wasn't into that sort of thing.

1749

01:47:56,180 --> 01:47:57,660

But I love that movie.

1750

01:47:57,660 --> 01:47:58,660

I'm Italian.

1751

01:47:58,660 --> 01:48:00,180

I mean, I love all the Godfathers.

1752

01:48:00,180 --> 01:48:03,220

It took me a while to like number three.

1753

01:48:03,220 --> 01:48:08,500

My wife and I just watched the it's I think a 2012 The Great Gatsby.

1754

01:48:08,500 --> 01:48:09,780

I didn't know that story.

1755

01:48:09,780 --> 01:48:11,980

I thought that was such a really good movie.

1756

01:48:11,980 --> 01:48:18,820

And the way F. Scott Fitzgerald wrote it, it was it was brilliant how it was written.

1757

01:48:18,820 --> 01:48:21,020

So let's see documentaries.

1758

01:48:21,020 --> 01:48:25,020

I've been enjoying the Arnold Schwarzenegger documentary.

1759

01:48:25,020 --> 01:48:26,300

Always been a big Arnold fan.

1760

01:48:26,300 --> 01:48:30,100

I mean, again, it started in ninth grade when I started working out.

1761

01:48:30,100 --> 01:48:31,100

Right.

1762

01:48:31,100 --> 01:48:34,180

His movie Pumping Iron.

1763

01:48:34,180 --> 01:48:36,860

And you know, you can say a lot of things about Arnold.

1764

01:48:36,860 --> 01:48:38,140

I like Arnold.

1765

01:48:38,140 --> 01:48:40,260

He's done an amazing.

1766

01:48:40,260 --> 01:48:41,900

He's had an amazing career.

1767

01:48:41,900 --> 01:48:45,340

He's done amazing things and he's really self-made.

1768

01:48:45,340 --> 01:48:48,020

And so his documentary, I thought, was really well done.

1769

01:48:48,020 --> 01:48:51,500

And I like following, you know, people like him.

1770

01:48:51,500 --> 01:48:53,980

How do you do this sort of thing?

1771

01:48:53,980 --> 01:48:56,860

I read Elon Musk's book last year.

1772

01:48:56,860 --> 01:48:59,100

Also curious, like what makes this guy tick?

1773

01:48:59,100 --> 01:49:03,200

And it might have been a little, you know, curated.

1774

01:49:03,200 --> 01:49:06,300

But he's an interesting person as well.

1775

01:49:06,300 --> 01:49:09,540

And you know, I just like to see what makes people tick.

1776

01:49:09,540 --> 01:49:15,100

Well, speaking of interesting people, is there a person you'd recommend to come on this podcast

1777

01:49:15,100 --> 01:49:19,540

as a guest to speak to the first responders, military and associated professions of the

1778

01:49:19,540 --> 01:49:20,540

world?

1779

01:49:20,540 --> 01:49:29,220

Yeah, you know, I met Chuck DeSmith, Rent and Fire last year.

1780

01:49:29,220 --> 01:49:30,980

And Chuck's an amazing human being.

1781

01:49:30,980 --> 01:49:37,700

I think you guys will click a lot, but he's really brought a lot of.

1782

01:49:37,700 --> 01:49:42,860

As you have as well, but a lot of the mental health stuff to the forefront.

1783

01:49:42,860 --> 01:49:49,660

And so I think there's something very powerful and he's just getting ready to retire.

1784

01:49:49,660 --> 01:49:57,100

But all his years of experience, to your point, recruiting, he understands some of those problems,

1785

01:49:57,100 --> 01:49:59,840

like you mentioned, the 56 hour week.

1786

01:49:59,840 --> 01:50:05,060

He talks a lot about how the younger firefighters are looking for solutions like we talked about

1787

01:50:05,060 --> 01:50:07,500

intermittent fasting, Regenexx.

1788

01:50:07,500 --> 01:50:09,340

They're aware they're changing it, right?

1789

01:50:09,340 --> 01:50:10,740

They're shaking it up.

1790

01:50:10,740 --> 01:50:11,840

Why is it done like this?

1791

01:50:11,840 --> 01:50:13,440

How can we do it better?

1792

01:50:13,440 --> 01:50:20,100

So Chuck is a great person, a physician psychiatrist, Owen Muir.

1793

01:50:20,100 --> 01:50:27,740

Owen is a psychiatrist who spent a lot of time researching transcranial magnetic stimulation

1794

01:50:27,740 --> 01:50:28,980

for.

1795

01:50:28,980 --> 01:50:29,980

Are you familiar with?

1796

01:50:29,980 --> 01:50:30,980

Yeah, TMS.

1797

01:50:30,980 --> 01:50:31,980

Yeah.

1798

01:50:31,980 --> 01:50:32,980

Yeah.

1799

01:50:32,980 --> 01:50:34,540

I think that's really powerful.

1800

01:50:34,540 --> 01:50:41,900

Again, also we see this, we do some of this, but it's not our forte, but the stellate ganglion

1801

01:50:41,900 --> 01:50:42,900

block.

1802

01:50:42,900 --> 01:50:43,900

Are you familiar with that?

1803

01:50:43,900 --> 01:50:46,460

I've had guests on talking about that too, which again, perfect example.

1804

01:50:46,460 --> 01:50:53,580

I know people that it was game changing for and people that it didn't work for.

1805

01:50:53,580 --> 01:50:58,700

So I think some of those people are powerful.

1806

01:50:58,700 --> 01:51:06,500

Matt Chan is a firefighter here, a friend of mine, who he's an athlete.

1807

01:51:06,500 --> 01:51:07,500

He's a beast.

1808

01:51:07,500 --> 01:51:10,980

In fact, Doug videotaped him and his testimony.

1809

01:51:10,980 --> 01:51:16,100

You can probably find that on the Regenexx website, but Matt is a great athlete.

1810

01:51:16,100 --> 01:51:17,100

He's a great human.

1811

01:51:17,100 --> 01:51:18,740

He's a great firefighter.

1812

01:51:18,740 --> 01:51:24,420

He was like number two in the world in CrossFit when he was at his peak.

1813

01:51:24,420 --> 01:51:29,660

He's a super nice guy and very knowledgeable about fitness and he walks the talk.

1814

01:51:29,660 --> 01:51:35,460

He's had a CrossFit gym and now he's got a really successful app working with athletes

1815

01:51:35,460 --> 01:51:39,940

and first responders and staying fit and like that.

1816

01:51:39,940 --> 01:51:42,740

So those are a few names right off the top.

1817

01:51:42,740 --> 01:51:43,740

Brilliant.

1818

01:51:43,740 --> 01:51:45,580

Well, the first two I don't know, and I'll definitely look into them.

1819

01:51:45,580 --> 01:51:47,700

The last one, Matt, he's been on twice now.

1820

01:51:47,700 --> 01:51:53,340

So yeah, the way that his fitness even saved his life with that mountain biking accident

1821

01:51:53,340 --> 01:51:55,860

is a story in itself.

1822

01:51:55,860 --> 01:52:01,580

Right and he's not shy, but we keep him going as well, pumping him with his own cells.

1823

01:52:01,580 --> 01:52:02,580

Good.

1824

01:52:02,580 --> 01:52:03,580

Good, good.

1825

01:52:03,580 --> 01:52:04,580

It's good to hear.

1826

01:52:04,580 --> 01:52:05,580

Yeah.

1827

01:52:05,580 --> 01:52:08,020

Well, I want to get to where people can find that, but one last question before we do.

1828

01:52:08,020 --> 01:52:11,660

What do you do to decompress?

1829

01:52:11,660 --> 01:52:18,500

You know, I've meditated for almost 40 years.

1830

01:52:18,500 --> 01:52:21,340

That's my daily thing.

1831

01:52:21,340 --> 01:52:24,860

I'm not, you know, I'm not like ballistic with it.

1832

01:52:24,860 --> 01:52:30,060

And if I miss days, I don't beat myself up about it because I try to live it and not

1833

01:52:30,060 --> 01:52:34,120

have to do it to get the results.

1834

01:52:34,120 --> 01:52:35,120

So I do that.

1835

01:52:35,120 --> 01:52:36,260

I do a lot of journaling.

1836

01:52:36,260 --> 01:52:37,260

I have a journal.

1837

01:52:37,260 --> 01:52:41,580

In fact, I don't know if you can see them, but all those brown journals there.

1838

01:52:41,580 --> 01:52:46,940

I mean, I got journals that go back 20 years and when I'm pissed off or when I'm upset

1839

01:52:46,940 --> 01:52:53,340

or when I'm whatever, I go to the journal and I get it out of me.

1840

01:52:53,340 --> 01:52:54,340

And so I do that.

1841

01:52:54,340 --> 01:53:01,380

I have a great relationship with my wife who has trained tantra, sex, love and relationship

1842

01:53:01,380 --> 01:53:02,380

coach.

1843

01:53:02,380 --> 01:53:04,320

That's somebody else you should have on your podcast.

1844

01:53:04,320 --> 01:53:10,580

She's got a podcast with about 300 episodes, but she talks about trauma.

1845

01:53:10,580 --> 01:53:17,600

She's trauma certified, trained, somatic, experiencing, trauma certified.

1846

01:53:17,600 --> 01:53:21,660

And so we have a great relationship where we can talk about a lot of things that and

1847

01:53:21,660 --> 01:53:29,160

I always tell her, I mean, I call it, I don't know whether to call it the armor that I wear

1848

01:53:29,160 --> 01:53:30,540

or the shield.

1849

01:53:30,540 --> 01:53:33,220

And I think it's both sometimes that I have up.

1850

01:53:33,220 --> 01:53:37,300

But we were laying in bed last night just talking while our daughter was bathing.

1851

01:53:37,300 --> 01:53:44,180

I was like, I feel like I can let all of that down with you and be super vulnerable.

1852

01:53:44,180 --> 01:53:49,820

So when we can slow down enough, that's another great way where we just have just where we

1853

01:53:49,820 --> 01:53:50,820

can just talk.

1854

01:53:50,820 --> 01:53:55,120

So I try to keep it again, real at hand.

1855

01:53:55,120 --> 01:53:57,180

I don't drink anymore.

1856

01:53:57,180 --> 01:54:01,680

And the other big outlet for me, which I'm going to go do right after this is working

1857

01:54:01,680 --> 01:54:02,680

out.

1858

01:54:02,680 --> 01:54:06,960

That's, that's, I love to, I'm going to get on the bike and today's a push pull day.

1859

01:54:06,960 --> 01:54:12,260

So the girls, I'm going to do some of that.

1860

01:54:12,260 --> 01:54:15,940

I do more, you know, like you probably, you know, functional movements.

1861

01:54:15,940 --> 01:54:20,740

I don't do isolation, but you know, some of it comes there.

1862

01:54:20,740 --> 01:54:21,740

Brilliant.

1863

01:54:21,740 --> 01:54:26,500

Well, for people listening then where are the best places to find Regenexx and then

1864

01:54:26,500 --> 01:54:29,420

also what about yourself personally?

1865

01:54:29,420 --> 01:54:30,900

Yeah.

1866

01:54:30,900 --> 01:54:37,260

The best place is Regenexx.com, R-E-G-E-N-E-X-X.

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01:54:37,260 --> 01:54:41,340

That's where you can find out a lot of stuff.

1868

01:54:41,340 --> 01:54:47,260

The only social media I have is LinkedIn and you'll find it just like this, Mark Testa,

1869

01:54:47,260 --> 01:54:49,780

DC, MHA.

1870

01:54:49,780 --> 01:54:51,700

I put a lot of content out there.

1871

01:54:51,700 --> 01:54:54,220

I talk about a lot of stuff.

1872

01:54:54,220 --> 01:54:58,060

I talk about, you know, a lot of the stuff we talk about.

1873

01:54:58,060 --> 01:55:03,260

And then I talk a lot about reducing healthcare costs and I talk about what we do at Regenexx

1874

01:55:03,260 --> 01:55:05,460

and how to get through injuries.

1875

01:55:05,460 --> 01:55:13,240

And so I use that platform to educate, you know, insurance brokers, employers, friends,

1876

01:55:13,240 --> 01:55:14,240

people like that.

1877

01:55:14,240 --> 01:55:15,240

Beautiful.

1878

01:55:15,240 --> 01:55:16,940

Well, Mark, I want to say thank you.

1879

01:55:16,940 --> 01:55:18,740

It's been an amazing conversation.

1880

01:55:18,740 --> 01:55:24,940

We've gone all over the place from chakras and chi through to intermittent fasting, but

1881

01:55:24,940 --> 01:55:28,100

it's very exciting, you know, the things that you're bringing to the table.

1882

01:55:28,100 --> 01:55:32,540

I mean, this is the whole point of the podcast is to first obviously highlight problems.

1883

01:55:32,540 --> 01:55:37,180

It's important that we drag them into the light, but then to bring in solutions as well.

1884

01:55:37,180 --> 01:55:39,140

Otherwise, you know, what's the point of the conversation?

1885

01:55:39,140 --> 01:55:44,780

So it's really exciting to hear that even though, as you mentioned, there are certain

1886

01:55:44,780 --> 01:55:50,060

things that we hear about overseas when it comes to stem cells that the bone marrow concentrate

1887

01:55:50,060 --> 01:55:54,500

is actually available and you're finding a lot of success with the civilian population,

1888

01:55:54,500 --> 01:55:57,000

but also with a lot of the professions that are listening.

1889

01:55:57,000 --> 01:56:00,100

So I want to thank you so much for being so generous with your time and coming on the

1890

01:56:00,100 --> 01:56:01,100

show today.

1891

01:56:01,100 --> 01:56:02,100

Yeah.

1892

01:56:02,100 --> 01:56:03,100

Thank you very much, James.

1893

01:56:03,100 --> 01:56:04,100

It's been a great conversation.

1894

01:56:04,100 --> 01:56:05,100

You're a great interviewer and I love what we talked about.

1895

01:56:05,100 --> 01:56:25,100

So thank you very much.