


DR. STEPHEN HUSSEY
THE HEART DECEPTION, EPIGENETICS, & THE HEALTH EVOLUTION
PRESENTED BY THE HIGHERSIDE CHATS

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1
00:00:04,010 --> 00:00:02,360
embrace yourself because you're about to

2
00:00:06,170 --> 00:00:04,020
dive into another free first hour

3
00:00:07,369 --> 00:00:06,180
episode of the higher side chats and we

4
00:00:08,780 --> 00:00:07,379
just want to let you know that whether

5
00:00:10,820 --> 00:00:08,790
you're looking for a companion through

6
00:00:12,350 --> 00:00:10,830
your paranoid insomnia entertaining

7
00:00:14,360 --> 00:00:12,360
yourself through one of life's mundane

8
00:00:16,039 --> 00:00:14,370
activities or trying to ward off the

9
00:00:18,680 --> 00:00:16,049
internal scream to all those sad

10
00:00:20,420 --> 00:00:18,690
smothered Souls around the office THC is

11
00:00:22,099 --> 00:00:20,430
here and you should know that every

12
00:00:24,109 --> 00:00:22,109
episode of the higher side chats has an

13
00:00:26,509 --> 00:00:24,119

entire second hour four plus members

14

00:00:29,000 --> 00:00:26,519

sign up at the higher side chats plus

15

00:00:31,580 --> 00:00:29,010

calm and you get years of plus show

16

00:00:32,990 --> 00:00:31,590

archives lifetime forum access the

17

00:00:36,380 --> 00:00:33,000

special invite to Greg Carl woods

18

00:00:39,979 --> 00:00:36,390

monthly joint sessions mp3s of THC music

19

00:00:42,319 --> 00:00:39,989

bonus episodes for videos and 10% off

20

00:00:44,299 --> 00:00:42,329

t-shirts grinders and whatever else ends

21

00:00:46,279 --> 00:00:44,309

up in the higher side store it's eight

22

00:00:48,110 --> 00:00:46,289

dollars a month that you won't miss so

23

00:00:49,729 --> 00:00:48,120

become a plus member and treat yourself

24

00:00:51,529 --> 00:00:49,739

in these troubled times always

25

00:00:53,510 --> 00:00:51,539

action-packed and commercial for you

26

00:01:27,640 --> 00:00:53,520

which means you'll unfortunately never

27

00:01:32,090 --> 00:01:30,649

Christ on a cracker higher side shatters

28

00:01:34,370 --> 00:01:32,100

how are we doing out there from sunny

29

00:01:36,530 --> 00:01:34,380

San Diego I'm Greg Karl wood and despite

30

00:01:38,330 --> 00:01:36,540

a world of false flag secret space

31

00:01:41,060 --> 00:01:38,340

programs fractional reserve banking

32

00:01:42,710 --> 00:01:41,070

mind-control programs and more we cannot

33

00:01:45,139 --> 00:01:42,720

overlook the simple things in life

34

00:01:47,420 --> 00:01:45,149

that's where our power as individuals

35

00:01:49,850 --> 00:01:47,430

shines and there's still no shortage of

36

00:01:52,490 --> 00:01:49,860

misinformation deception and dare I say

37

00:01:55,130 --> 00:01:52,500

a tax to overcome when it comes to our

38

00:01:56,840 --> 00:01:55,140

health and wellness we know the AMA was

39

00:01:58,880 --> 00:01:56,850
set up as a Rockefeller medicine

40

00:02:00,590 --> 00:01:58,890
monopoly from the start and we've seen

41

00:02:02,240 --> 00:02:00,600
the medical school in sector take the

42

00:02:04,340 --> 00:02:02,250
money and drink the kool-aid longer than

43

00:02:06,109 --> 00:02:04,350
we've been alive we've seen scandal

44

00:02:08,059 --> 00:02:06,119
after scandal with the world's biggest

45

00:02:09,800 --> 00:02:08,069
medical companies yet the media still

46

00:02:11,860 --> 00:02:09,810
encourages us to applaud their efforts

47

00:02:13,880 --> 00:02:11,870
and donate to the cause we know that

48

00:02:15,800 --> 00:02:13,890
petrochemical pill pushers and

49

00:02:17,990 --> 00:02:15,810
sales reps have compromised our doctor's

50

00:02:20,240 --> 00:02:18,000
integrity by getting them to promote any

51
00:02:22,580 --> 00:02:20,250
new drug they can if it means box seats

52
00:02:24,800 --> 00:02:22,590
to next weekend's big game we've watched

53
00:02:27,290 --> 00:02:24,810
the corporate food industry deceive us

54
00:02:29,750 --> 00:02:27,300
over fat sugar and diet in general and

55
00:02:31,760 --> 00:02:29,760
even when folks do try to play ball

56
00:02:33,800 --> 00:02:31,770
we've seen no shortage of families reach

57
00:02:36,050 --> 00:02:33,810
financial ruin thanks to insurance

58
00:02:39,080 --> 00:02:36,060
companies and unnecessary exploding

59
00:02:41,390 --> 00:02:39,090
costs well it's time to come down from

60
00:02:42,890 --> 00:02:41,400
the soapbox and lead by example by

61
00:02:45,500 --> 00:02:42,900
taking the reins of our own lives

62
00:02:47,690 --> 00:02:45,510
putting our alternative information to

63
00:02:49,070 --> 00:02:47,700

the test and making it painfully obvious

64

00:02:50,990 --> 00:02:49,080

to the rest of the world that our

65

00:02:53,540 --> 00:02:51,000

perspective yields the healthiest and

66

00:02:55,460 --> 00:02:53,550

most fulfilling life but to do that we

67

00:02:57,380 --> 00:02:55,470

need brave souls and bright minds that

68

00:02:59,180 --> 00:02:57,390

we can trust like today's guest dr.

69

00:03:01,310 --> 00:02:59,190

Stephen Hussey who knows the

70

00:03:03,680 --> 00:03:01,320

repercussions of the system suggested

71

00:03:06,199 --> 00:03:03,690

ways of life firsthand as his childhood

72

00:03:08,750 --> 00:03:06,209

was plagued by health issues including a

73

00:03:10,040 --> 00:03:08,760

type one diabetes diagnosis when he was

74

00:03:12,500 --> 00:03:10,050

only nine years old

75

00:03:14,180 --> 00:03:12,510

Stephen went on to develop a passion for

76

00:03:16,250 --> 00:03:14,190

health in college and he attained his

77

00:03:18,380 --> 00:03:16,260

doctorate and chiropractic medicine and

78

00:03:20,330 --> 00:03:18,390

master's in human nutrition and

79

00:03:22,789 --> 00:03:20,340

functional medicine from the university

80

00:03:24,560 --> 00:03:22,799

of western states over the years he has

81

00:03:26,479 --> 00:03:24,570

learned the intricacies and details

82

00:03:29,090 --> 00:03:26,489

about the power of food to heal the body

83

00:03:30,440 --> 00:03:29,100

and it all began when he used the proper

84

00:03:32,780 --> 00:03:30,450

human diet as part of the healing

85

00:03:35,150 --> 00:03:32,790

process to rid himself of many chronic

86

00:03:37,220 --> 00:03:35,160

health ailments today he practices

87

00:03:39,500 --> 00:03:37,230

chiropractic and functional medicine and

88

00:03:41,690 --> 00:03:39,510

Roanoke Virginia and also coaches people

89

00:03:43,580 --> 00:03:41,700

back to health on his website resource

90

00:03:45,680 --> 00:03:43,590

your health he's also the author of two

91

00:03:48,050 --> 00:03:45,690

great books entitled the heart our most

92

00:03:50,539 --> 00:03:48,060

medically misunderstood organ and more

93

00:03:52,310 --> 00:03:50,549

recently the Health evolution so let's

94

00:03:54,350 --> 00:03:52,320

do the damn thing the do-gooding doctor

95

00:03:55,340 --> 00:03:54,360

health evolution educator and true

96

00:03:57,740 --> 00:03:55,350

champion of the people

97

00:04:00,500 --> 00:03:57,750

dr. Hussey my man welcome to the higher

98

00:04:02,990 --> 00:04:00,510

side hey thanks for having me

99

00:04:04,250 --> 00:04:03,000

it's great to be here you got it you got

100

00:04:06,770 --> 00:04:04,260

it I'm really looking forward to this

101
00:04:08,750 --> 00:04:06,780
you sent me both of your books and I

102
00:04:11,060 --> 00:04:08,760
found a lot of great stuff that I think

103
00:04:13,789 --> 00:04:11,070
people are going to appreciate but I do

104
00:04:15,680 --> 00:04:13,799
think some context for your life and

105
00:04:18,039 --> 00:04:15,690
your story would be a great way to start

106
00:04:20,090 --> 00:04:18,049
just because I've had a lot of

107
00:04:23,839 --> 00:04:20,100
alternative or maybe we should just say

108
00:04:26,330 --> 00:04:23,849
natural health advocates on THC and it's

109
00:04:27,740 --> 00:04:26,340
usually because of a personal need that

110
00:04:30,470 --> 00:04:27,750
they actually undertake

111
00:04:32,750 --> 00:04:30,480
the huge task of getting diet right

112
00:04:35,750 --> 00:04:32,760
learning about suppress or little-known

113
00:04:37,550 --> 00:04:35,760

elements of health and wellness and that

114

00:04:40,520 --> 00:04:37,560

seems like it was true for you too it

115

00:04:43,130 --> 00:04:40,530

was kind of a situation of either change

116

00:04:46,460 --> 00:04:43,140

your way of life or completely lose your

117

00:04:48,910 --> 00:04:46,470

quality of life for sure yeah so a very

118

00:04:51,230 --> 00:04:48,920

young age I was diagnosed with multiple

119

00:04:53,270 --> 00:04:51,240

inflammatory chronic conditions things

120

00:04:55,760 --> 00:04:53,280

like asthma we just had terrible

121

00:04:57,680 --> 00:04:55,770

allergies had IBS I used to like

122

00:04:58,850 --> 00:04:57,690

breakout and huge hives all over my body

123

00:05:00,380 --> 00:04:58,860

and just because of an inflammatory

124

00:05:02,000 --> 00:05:00,390

reaction and then ultimately ended up

125

00:05:05,090 --> 00:05:02,010

with type 1 diabetes which is an

126
00:05:07,010 --> 00:05:05,100
autoimmune condition and so I was kind

127
00:05:08,780 --> 00:05:07,020
of thrown headfirst into the Western

128
00:05:10,490 --> 00:05:08,790
medical world because that's all me and

129
00:05:14,420 --> 00:05:10,500
my parents knew what to do at the time

130
00:05:16,430 --> 00:05:14,430
and I guess that as I grew up especially

131
00:05:18,890 --> 00:05:16,440
in college and I found an interest in

132
00:05:21,440 --> 00:05:18,900
health and found that my lifestyle made

133
00:05:23,060 --> 00:05:21,450
these things easier to manage but

134
00:05:25,310 --> 00:05:23,070
especially when I went off to get a

135
00:05:27,650 --> 00:05:25,320
medical degree I get you know functional

136
00:05:30,409 --> 00:05:27,660
medicine training I really started to

137
00:05:32,050 --> 00:05:30,419
look at what Western medicine was

138
00:05:33,770 --> 00:05:32,060

missing and why it wasn't giving me

139

00:05:35,090 --> 00:05:33,780

solutions it was just kind of

140

00:05:37,280 --> 00:05:35,100

suppressing the symptoms that I had

141

00:05:39,440 --> 00:05:37,290

associated with these conditions and so

142

00:05:40,640 --> 00:05:39,450

you know digging further and further and

143

00:05:42,710 --> 00:05:40,650

further because even my medical

144

00:05:45,170 --> 00:05:42,720

education like as a chiropractor and in

145

00:05:48,620 --> 00:05:45,180

functional medicine it was focused on

146

00:05:50,960 --> 00:05:48,630

diagnosis we do all these tests blood

147

00:05:53,840 --> 00:05:50,970

tests or assess symptoms and find a

148

00:05:56,030 --> 00:05:53,850

diagnosis and then that gets us to how

149

00:05:57,050 --> 00:05:56,040

we can treat now functional medicine was

150

00:06:00,500 --> 00:05:57,060

a bit different because we're looking

151

00:06:02,780 --> 00:06:00,510

for the why but I am ever curious I

152

00:06:04,460 --> 00:06:02,790

guess and I just wanted to know the why

153

00:06:05,840 --> 00:06:04,470

of the why we want to know why these

154

00:06:07,450 --> 00:06:05,850

people are sick but why are they getting

155

00:06:10,790 --> 00:06:07,460

sick in the first place and so

156

00:06:12,350 --> 00:06:10,800

eventually led me to evolution which is

157

00:06:14,150 --> 00:06:12,360

where I wrote this book but when I

158

00:06:16,370 --> 00:06:14,160

really started honing in on evolution

159

00:06:17,900 --> 00:06:16,380

and applying that to humans and our

160

00:06:19,460 --> 00:06:17,910

health epidemic I really found the

161

00:06:22,100 --> 00:06:19,470

answers I was looking forward I had been

162

00:06:24,740 --> 00:06:22,110

looking for my entire life and they were

163

00:06:26,780 --> 00:06:24,750

ultimately things that led me to the

164

00:06:28,610 --> 00:06:26,790

lifestyle changes I made that got rid of

165

00:06:29,990 --> 00:06:28,620

all those conditions aside from the type

166

00:06:33,140 --> 00:06:30,000

1 diabetes which is kind of collateral

167

00:06:35,839 --> 00:06:33,150

damage so yeah and it is nice to have a

168

00:06:37,550 --> 00:06:35,849

robust medical education and some

169

00:06:39,230 --> 00:06:37,560

credentials that is important if you're

170

00:06:41,420 --> 00:06:39,240

going to coach people and work with

171

00:06:42,140 --> 00:06:41,430

people but you really had to do a lot of

172

00:06:44,450 --> 00:06:42,150

this were

173

00:06:46,910 --> 00:06:44,460

independent of the system right because

174

00:06:49,580 --> 00:06:46,920

as I understand it some people can go

175

00:06:51,380 --> 00:06:49,590

through the whole medical program and

176

00:06:53,560 --> 00:06:51,390

get very little education on diet

177

00:06:57,260 --> 00:06:53,570

nutrition they just kind of focus on

178

00:06:59,180 --> 00:06:57,270

disease mm-hmm but I guess talk to us a

179

00:07:02,570 --> 00:06:59,190

little bit about that most of what you

180

00:07:04,760 --> 00:07:02,580

preach and advocate for is stuff you

181

00:07:07,400 --> 00:07:04,770

learned on your own right yeah for sure

182

00:07:09,590 --> 00:07:07,410

if we just step back and look at how the

183

00:07:11,330 --> 00:07:09,600

whole medical system is set up I mean

184

00:07:13,310 --> 00:07:11,340

it's a for-profit system and if you look

185

00:07:15,110 --> 00:07:13,320

at the three aspects of it that profit

186

00:07:15,740 --> 00:07:15,120

it's the practitioners insurance

187

00:07:17,780 --> 00:07:15,750

companies and the pharmaceutical

188

00:07:20,240 --> 00:07:17,790

companies so the pharmaceutical

189

00:07:21,620 --> 00:07:20,250

companies are funding the education of

190

00:07:23,450 --> 00:07:21,630

the practitioners most of the

191

00:07:25,550 --> 00:07:23,460

practitioners as far as medical doctors

192

00:07:27,530 --> 00:07:25,560

and so they're gonna fund an dedicate an

193

00:07:28,790 --> 00:07:27,540

education that steers those

194

00:07:31,370 --> 00:07:28,800

practitioners toward using their

195

00:07:32,870 --> 00:07:31,380

products their pharmaceuticals and then

196

00:07:36,440 --> 00:07:32,880

the practitioners are looking for that

197

00:07:37,670 --> 00:07:36,450

diagnosis because they can't get paid by

198

00:07:39,980 --> 00:07:37,680

insurance companies unless they have a

199

00:07:41,150 --> 00:07:39,990

diagnosis so someone could be you know

200

00:07:43,220 --> 00:07:41,160

sick but if they don't have enough

201
00:07:44,270 --> 00:07:43,230
criterion we didn't diagnosis then the

202
00:07:46,010 --> 00:07:44,280
doctor can't help them without getting

203
00:07:48,110 --> 00:07:46,020
paid so that doesn't influence them to

204
00:07:50,420 --> 00:07:48,120
help them very much and then the

205
00:07:51,890 --> 00:07:50,430
insurance companies are only going to

206
00:07:55,040 --> 00:07:51,900
pay for treatments that have been

207
00:07:57,080 --> 00:07:55,050
approved or substantiated by research

208
00:08:00,200 --> 00:07:57,090
and since the pharmaceutical companies

209
00:08:01,670 --> 00:08:00,210
are also funding the research the only

210
00:08:04,040 --> 00:08:01,680
research that really gets put out there

211
00:08:06,440 --> 00:08:04,050
is that the pharmaceuticals are the best

212
00:08:07,460 --> 00:08:06,450
option so we have this you know system

213
00:08:10,160 --> 00:08:07,470

where all this money's flowing around

214

00:08:11,780 --> 00:08:10,170

between those three pillars and then the

215

00:08:13,400 --> 00:08:11,790

patients aren't getting better because

216

00:08:15,350 --> 00:08:13,410

the focus is not on them it's about

217

00:08:16,820 --> 00:08:15,360

where the money is flowing and so with

218

00:08:19,400 --> 00:08:16,830

all that stuff distracting us from

219

00:08:21,530 --> 00:08:19,410

finding out what's truly causing disease

220

00:08:23,480 --> 00:08:21,540

we have a system that's not really

221

00:08:25,130 --> 00:08:23,490

interested in what's truly causing

222

00:08:27,260 --> 00:08:25,140

disease so I had to figure out that kind

223

00:08:28,850 --> 00:08:27,270

of stuff on my own and so I go outside

224

00:08:30,920 --> 00:08:28,860

the box find any resource don't rule

225

00:08:32,720 --> 00:08:30,930

anything out just go and see if it makes

226

00:08:33,800 --> 00:08:32,730

sense or see if I can apply it to my

227

00:08:35,750 --> 00:08:33,810

life and that's kind of what I've done

228

00:08:37,490 --> 00:08:35,760

even though I have this formal

229

00:08:39,170 --> 00:08:37,500

chiropractic education and this

230

00:08:41,840 --> 00:08:39,180

functional medicine education I had to

231

00:08:44,600 --> 00:08:41,850

look further fair enough and luckily we

232

00:08:47,030 --> 00:08:44,610

have the golden age of information at

233

00:08:49,970 --> 00:08:47,040

our fingertips for people willing to

234

00:08:52,370 --> 00:08:49,980

walk the road and to elaborate on your

235

00:08:54,650 --> 00:08:52,380

story and to quote your book the health

236

00:08:55,519 --> 00:08:54,660

evolution you write on a more personal

237

00:08:57,860 --> 00:08:55,529

note I was

238

00:08:59,679 --> 00:08:57,870

not a natural birth I was only partly

239

00:09:02,509 --> 00:08:59,689

breastfed and I was fully vaccinated

240

00:09:04,189 --> 00:09:02,519

those things along with the poor diet I

241

00:09:07,189 --> 00:09:04,199

was eating and the anxious child that I

242

00:09:10,639 --> 00:09:07,199

was led me to the inflammatory childhood

243

00:09:12,350 --> 00:09:10,649

I experienced and that's pretty raw man

244

00:09:14,569 --> 00:09:12,360

sometimes this stuff isn't easy for

245

00:09:16,970 --> 00:09:14,579

people to admit about themselves and

246

00:09:19,249 --> 00:09:16,980

their own upbringing but it's also

247

00:09:21,199 --> 00:09:19,259

empowering when you learn that with

248

00:09:23,299 --> 00:09:21,209

better choices you can have a better

249

00:09:25,610 --> 00:09:23,309

life rather than being a victim of

250

00:09:28,280 --> 00:09:25,620

circumstance and genetics and just

251
00:09:30,410 --> 00:09:28,290
saying well I'm sick that's my life I

252
00:09:33,710 --> 00:09:30,420
mean it's really empowering to learn

253
00:09:35,030 --> 00:09:33,720
about say epigenetics right yeah for

254
00:09:36,799 --> 00:09:35,040
sure and so there's this huge field of

255
00:09:40,009 --> 00:09:36,809
epigenetics right now and basically

256
00:09:42,410 --> 00:09:40,019
epigenetics is the idea we've kind of

257
00:09:42,799 --> 00:09:42,420
proven now that your genes are not set

258
00:09:44,780 --> 00:09:42,809
in stone

259
00:09:46,309 --> 00:09:44,790
you have the certainty that you have but

260
00:09:48,199 --> 00:09:46,319
you can influence the expression of

261
00:09:49,910 --> 00:09:48,209
those genes based on the environment you

262
00:09:51,889 --> 00:09:49,920
put them in and that could be anything

263
00:09:53,449 --> 00:09:51,899

from the thoughts you're having to the

264

00:09:56,210 --> 00:09:53,459

toxins you're exposed to to the food

265

00:09:57,679 --> 00:09:56,220

that you're eating anything that you

266

00:09:59,869 --> 00:09:57,689

come in contact with in your personal

267

00:10:01,850 --> 00:09:59,879

environment and so when we think about

268

00:10:03,290 --> 00:10:01,860

it in that aspect I think that

269

00:10:05,449 --> 00:10:03,300

functional medicine has done a really

270

00:10:08,509 --> 00:10:05,459

good job of sharing this knowledge about

271

00:10:10,309 --> 00:10:08,519

epigenetics but what that means to me is

272

00:10:13,249 --> 00:10:10,319

is that our genetics are in the wrong

273

00:10:15,049 --> 00:10:13,259

environment and so when I started trying

274

00:10:17,840 --> 00:10:15,059

to figure out what the ideal environment

275

00:10:21,470 --> 00:10:17,850

is for a human it led me to evolution

276

00:10:23,990 --> 00:10:21,480

and so I guess one of the basic theories

277

00:10:25,819 --> 00:10:24,000

of evolution is that when an environment

278

00:10:27,710 --> 00:10:25,829

of a species changes too quickly and

279

00:10:30,980 --> 00:10:27,720

that species doesn't have the necessary

280

00:10:33,889 --> 00:10:30,990

generations it needs to adapt to that

281

00:10:35,629 --> 00:10:33,899

change then its health will struggle and

282

00:10:37,579 --> 00:10:35,639

sometimes it will even die or the

283

00:10:39,949 --> 00:10:37,589

species will go extinct because change

284

00:10:41,360 --> 00:10:39,959

too fast and so when you look at

285

00:10:43,280 --> 00:10:41,370

epigenetics from that point of view and

286

00:10:46,519 --> 00:10:43,290

you apply it to evolution humans are

287

00:10:48,740 --> 00:10:46,529

definitely in the wrong environment yes

288

00:10:51,319 --> 00:10:48,750

and I really think one of the

289

00:10:54,139 --> 00:10:51,329

overarching messages drilled into our

290

00:10:57,650 --> 00:10:54,149

heads by the big machine is this is how

291

00:11:00,110 --> 00:10:57,660

it is improvement is futile you know and

292

00:11:01,579 --> 00:11:00,120

that kind of crushes our hope for a

293

00:11:04,929 --> 00:11:01,589

better world and this applies to all

294

00:11:07,160 --> 00:11:04,939

areas of life but epigenetics is really

295

00:11:08,450 --> 00:11:07,170

dismantling that when it comes to our

296

00:11:11,570 --> 00:11:08,460

health and wellness

297

00:11:14,420 --> 00:11:11,580

I think that is super important and so

298

00:11:17,270 --> 00:11:14,430

let me ask what are some of the details

299

00:11:18,710 --> 00:11:17,280

about those major changes you've made on

300

00:11:21,560 --> 00:11:18,720

a personal level that you think have

301
00:11:23,000 --> 00:11:21,570
improved your quality of life most where

302
00:11:27,740 --> 00:11:23,010
did you see the biggest bang for the

303
00:11:31,400 --> 00:11:27,750
buck well I think initially it was diet

304
00:11:34,940 --> 00:11:31,410
I started to realize that what I ate

305
00:11:36,410 --> 00:11:34,950
made it so much easier for me to control

306
00:11:38,900 --> 00:11:36,420
blood Sugar's which is something I have

307
00:11:41,600 --> 00:11:38,910
to deal with every day and I deal with

308
00:11:42,860 --> 00:11:41,610
it less and less now because I eat a

309
00:11:43,430 --> 00:11:42,870
diet that I really don't have to worry

310
00:11:46,610 --> 00:11:43,440
about it that much

311
00:11:48,920 --> 00:11:46,620
and so diet was the first one and I

312
00:11:51,560 --> 00:11:48,930
think that the biggest thing for me is

313
00:11:54,290 --> 00:11:51,570

that humans are way more efficient when

314

00:11:56,840 --> 00:11:54,300

we burn fat we've been told that

315

00:11:59,660 --> 00:11:56,850

carbohydrates are necessary and they're

316

00:12:02,210 --> 00:11:59,670

the bulk of the American diet if we look

317

00:12:04,460 --> 00:12:02,220

at the big food companies out there

318

00:12:06,050 --> 00:12:04,470

they're the ones that produce all the

319

00:12:08,030 --> 00:12:06,060

wheat and the corn and the sugar and the

320

00:12:09,920 --> 00:12:08,040

soy and things like that and so these

321

00:12:12,470 --> 00:12:09,930

higher carbohydrate foods are driving

322

00:12:14,360 --> 00:12:12,480

our metabolism which is making us burn

323

00:12:17,150 --> 00:12:14,370

carbohydrate which is causing all kinds

324

00:12:18,710 --> 00:12:17,160

of damage I like to say that when we

325

00:12:20,510 --> 00:12:18,720

burn carbohydrate we make more exhaust

326

00:12:23,270 --> 00:12:20,520

just like when a car burns fuel it makes

327

00:12:24,890 --> 00:12:23,280

exhaust and so that exhaust can actually

328

00:12:26,360 --> 00:12:24,900

damage our bodies and make it less

329

00:12:29,540 --> 00:12:26,370

efficient whereas when we're burning fat

330

00:12:31,610 --> 00:12:29,550

we make way less exhaust and we get more

331

00:12:33,200 --> 00:12:31,620

energy from it and I'm metabolism just

332

00:12:35,480 --> 00:12:33,210

works way better so that was the first

333

00:12:37,940 --> 00:12:35,490

thing for me going to a higher fat diet

334

00:12:39,680 --> 00:12:37,950

which stabilized my blood sugars like

335

00:12:42,380 --> 00:12:39,690

crazy I mean I barely had to use any

336

00:12:44,060 --> 00:12:42,390

insulin anymore I basically have a basal

337

00:12:45,440 --> 00:12:44,070

rate that my body kind of gives itself

338

00:12:47,630 --> 00:12:45,450

where the pump gets itself throughout

339

00:12:48,830 --> 00:12:47,640

the day and I don't give myself anymore

340

00:12:50,570 --> 00:12:48,840

cuz I'm not really eating mini

341

00:12:52,520 --> 00:12:50,580

carbohydrates at all so that was the

342

00:12:56,170 --> 00:12:52,530

first thing the second thing which was

343

00:12:59,410 --> 00:12:56,180

surprising to me was that foods have

344

00:13:03,230 --> 00:12:59,420

plant foods I should say have their own

345

00:13:05,660 --> 00:13:03,240

defense mechanisms and so these become

346

00:13:07,310 --> 00:13:05,670

popular known as like lectins or phytic

347

00:13:09,590 --> 00:13:07,320

acid Zoar oxalates these are things that

348

00:13:11,840 --> 00:13:09,600

foods have in them naturally that

349

00:13:14,060 --> 00:13:11,850

disrupt our physiology they're trying to

350

00:13:15,620 --> 00:13:14,070

defend themselves against us and when I

351

00:13:17,930 --> 00:13:15,630

started eliminating foods that had a

352

00:13:19,850 --> 00:13:17,940

high amount of these the anti nutrients

353

00:13:22,100 --> 00:13:19,860

as they're called my blood sugar

354

00:13:24,019 --> 00:13:22,110

stabilized even more

355

00:13:26,210 --> 00:13:24,029

this was when I really was able to just

356

00:13:26,449 --> 00:13:26,220

set a basal rate and then kind of forget

357

00:13:28,910 --> 00:13:26,459

it

358

00:13:29,989 --> 00:13:28,920

didn't have to bolus for every meal give

359

00:13:31,400 --> 00:13:29,999

myself more enzyme looking that blood

360

00:13:33,799 --> 00:13:31,410

sugars were just stable for a type 1

361

00:13:35,780 --> 00:13:33,809

diabetic that's phenomenal because I'm

362

00:13:38,239 --> 00:13:35,790

sitting here trying to think like a

363

00:13:40,309 --> 00:13:38,249

pancreas you know and give myself the

364

00:13:41,749 --> 00:13:40,319

right amounts of insulin and now I don't

365

00:13:43,729 --> 00:13:41,759

have to worry about it really as long as

366

00:13:45,559 --> 00:13:43,739

I stick to the diet that I think humans

367

00:13:47,569 --> 00:13:45,569

really evolved to eat then I'm doing

368

00:13:50,809 --> 00:13:47,579

fine mmm well that's good to hear

369

00:13:52,549 --> 00:13:50,819

yeah and yes we all know our environment

370

00:13:54,769 --> 00:13:52,559

is full of toxins but you do bring up in

371

00:13:57,109 --> 00:13:54,779

the book these anti nutrients and I

372

00:14:00,470 --> 00:13:57,119

think people know far less about that as

373

00:14:02,539 --> 00:14:00,480

you mentioned lesions which are found in

374

00:14:03,400 --> 00:14:02,549

grain and some vegetables but you also

375

00:14:07,059 --> 00:14:03,410

list

376

00:14:09,919 --> 00:14:07,069

phytic acid which is found in legumes

377

00:14:13,369 --> 00:14:09,929

oxalates found in some greens tannins

378

00:14:15,199 --> 00:14:13,379

found in many teas this is interesting I

379

00:14:17,179 --> 00:14:15,209

mean it makes sense that some plants do

380

00:14:19,309 --> 00:14:17,189

evolve to have these kind of natural

381

00:14:22,400 --> 00:14:19,319

defense mechanisms and they aren't great

382

00:14:23,660 --> 00:14:22,410

to consume but I think we're surprised

383

00:14:27,889 --> 00:14:23,670

by some of that because it's always

384

00:14:30,460 --> 00:14:27,899

about eat more greens and tea is very

385

00:14:32,569 --> 00:14:30,470

healthy you know is there certain

386

00:14:34,609 --> 00:14:32,579

popular tea out there that you would

387

00:14:36,079 --> 00:14:34,619

avoid or some of the main greens people

388

00:14:39,410 --> 00:14:36,089

are probably eating where do you think

389

00:14:42,319 --> 00:14:39,420

people are probably eating the most anti

390

00:14:46,100 --> 00:14:42,329

nutrients without knowing it I think

391

00:14:47,600 --> 00:14:46,110

that grains in legumes are probably the

392

00:14:50,059 --> 00:14:47,610

two highest that people are eating a lot

393

00:14:52,609 --> 00:14:50,069

of mainly because they're added to a lot

394

00:14:54,829 --> 00:14:52,619

of processed foods grains and then

395

00:14:56,059 --> 00:14:54,839

things like soy can be very processed

396

00:14:57,109 --> 00:14:56,069

and added to a lot of processed food so

397

00:14:59,840 --> 00:14:57,119

if you're avoiding processed foods

398

00:15:02,929 --> 00:14:59,850

you're avoiding some food size and

399

00:15:05,569 --> 00:15:02,939

lectins or anti nutrients but we also

400

00:15:08,900 --> 00:15:05,579

got to talk about the processing of some

401
00:15:10,249 --> 00:15:08,910
of these foods so in the past humans

402
00:15:12,409 --> 00:15:10,259
have made some of these foods more

403
00:15:14,409 --> 00:15:12,419
tolerable because of the way that

404
00:15:17,119 --> 00:15:14,419
processed them so if we're talking about

405
00:15:18,979 --> 00:15:17,129
grains using mica sourdough where it's

406
00:15:20,629 --> 00:15:18,989
fermented actually reduces the amount of

407
00:15:22,579 --> 00:15:20,639
anti-nutrients doesn't mean they're not

408
00:15:25,489 --> 00:15:22,589
gone they're still there but there's way

409
00:15:27,439 --> 00:15:25,499
fewer of them or soaking beans before

410
00:15:28,939 --> 00:15:27,449
you eat them this has made them more

411
00:15:30,739 --> 00:15:28,949
tolerable I mean beans and notorious for

412
00:15:32,989 --> 00:15:30,749
making this gassy because they have

413
00:15:33,590 --> 00:15:32,999

these indigestible proteins these anti

414

00:15:35,239 --> 00:15:33,600

nutrients

415

00:15:35,830 --> 00:15:35,249

what if we soak them and we get rid of

416

00:15:38,170 --> 00:15:35,840

the soaking

417

00:15:39,670 --> 00:15:38,180

that can decrease the nutrients things

418

00:15:42,250 --> 00:15:39,680

like if you get like oxalates

419

00:15:43,870 --> 00:15:42,260

in some of the greens like spinach has

420

00:15:46,090 --> 00:15:43,880

pretty high oxalate scale has pretty

421

00:15:48,130 --> 00:15:46,100

high oxalates but if you cook them it

422

00:15:49,420 --> 00:15:48,140

decreases that exposure to them I guess

423

00:15:52,530 --> 00:15:49,430

the amount of the oxalate would affect

424

00:15:55,810 --> 00:15:52,540

you and then things like lectins in

425

00:15:57,700 --> 00:15:55,820

nightshade vegetables so if we look at

426

00:15:59,890 --> 00:15:57,710

which is very interesting here the

427

00:16:01,270 --> 00:15:59,900

Italians eat a lot of tomatoes and

428

00:16:03,460 --> 00:16:01,280

that's a nightshade vegetable that's

429

00:16:06,070 --> 00:16:03,470

pretty high in lectins but if you look

430

00:16:06,580 --> 00:16:06,080

at the way that they make their pasta

431

00:16:09,670 --> 00:16:06,590

sauce

432

00:16:12,160 --> 00:16:09,680

they blanch the tomato take the skin off

433

00:16:13,510 --> 00:16:12,170

and then they take the seeds out and the

434

00:16:15,940 --> 00:16:13,520

skin and the seeds where all the lectins

435

00:16:17,590 --> 00:16:15,950

are the vast majority of them are and so

436

00:16:20,680 --> 00:16:17,600

then they make their sauce with what's

437

00:16:22,630 --> 00:16:20,690

left so they're getting way less lectins

438

00:16:25,150 --> 00:16:22,640

i mean the way they eat most of their

439

00:16:27,460 --> 00:16:25,160

tomatoes and so it's part of the reason

440

00:16:29,160 --> 00:16:27,470

why they seem to do better on this hi

441

00:16:32,110 --> 00:16:29,170

tomato diet that they have like in Italy

442

00:16:34,360 --> 00:16:32,120

so it's very interesting that plants

443

00:16:35,860 --> 00:16:34,370

would do this I think that there's if we

444

00:16:38,380 --> 00:16:35,870

look at it evolutionarily it makes sense

445

00:16:40,210 --> 00:16:38,390

though I mean if we pick a plant kill a

446

00:16:42,250 --> 00:16:40,220

plant or take its fruit with its seeds

447

00:16:45,070 --> 00:16:42,260

and we eat it and that sea doesn't

448

00:16:46,930 --> 00:16:45,080

survive our digestive tract then that

449

00:16:49,000 --> 00:16:46,940

plant wouldn't survive it wouldn't be

450

00:16:50,860 --> 00:16:49,010

able to pass on its genes or grow

451
00:16:54,370 --> 00:16:50,870
another plant somewhere else so it would

452
00:16:57,190 --> 00:16:54,380
defend itself and so most animals who

453
00:16:59,290 --> 00:16:57,200
would get the effects that they get from

454
00:17:01,810 --> 00:16:59,300
these lectins these anti nutrients

455
00:17:03,880 --> 00:17:01,820
wouldn't go eat that again because if

456
00:17:05,500 --> 00:17:03,890
they're getting weakened by them and

457
00:17:07,120 --> 00:17:05,510
then something starts to chase them

458
00:17:09,730 --> 00:17:07,130
their chance of survival is decreased

459
00:17:11,170 --> 00:17:09,740
but we humans live in this easy world

460
00:17:13,600 --> 00:17:11,180
that we created for ourselves and so we

461
00:17:15,520 --> 00:17:13,610
eat these things without thinking about

462
00:17:17,080 --> 00:17:15,530
it and we may have a headache or we may

463
00:17:19,300 --> 00:17:17,090

have some inflammatory condition or

464

00:17:21,340 --> 00:17:19,310

something like that but it doesn't

465

00:17:22,960 --> 00:17:21,350

affect our ability to survive because of

466

00:17:25,750 --> 00:17:22,970

this world we've created for ourselves

467

00:17:27,670 --> 00:17:25,760

and so we don't really think that it

468

00:17:29,560 --> 00:17:27,680

could be causing our disease we've just

469

00:17:32,050 --> 00:17:29,570

been taught that plants are what humans

470

00:17:35,860 --> 00:17:32,060

eat and that may might be the case all

471

00:17:39,130 --> 00:17:35,870

the time so yes the world is complex and

472

00:17:40,860 --> 00:17:39,140

we have really lost our education and we

473

00:17:43,540 --> 00:17:40,870

really kind of got to get back into

474

00:17:47,640 --> 00:17:43,550

understanding the complexity and the

475

00:17:49,780 --> 00:17:47,650

nuance rather than just saying eat

476

00:17:52,270 --> 00:17:49,790

natural things and avoid the dry

477

00:17:55,060 --> 00:17:52,280

I mean it is more complex than that but

478

00:17:57,820 --> 00:17:55,070

yeah I also really wanted to dive into

479

00:18:00,550 --> 00:17:57,830

the heart because the things you lay out

480

00:18:03,100 --> 00:18:00,560

in that book probably blew my mind the

481

00:18:04,990 --> 00:18:03,110

most let's start with heart disease it's

482

00:18:08,260 --> 00:18:05,000

considered the number one cause of death

483

00:18:10,500 --> 00:18:08,270

so it should probably get some attention

484

00:18:13,360 --> 00:18:10,510

what do you consider the biggest

485

00:18:16,030 --> 00:18:13,370

misconceptions about heart disease I

486

00:18:18,640 --> 00:18:16,040

think there's two one

487

00:18:20,920 --> 00:18:18,650

is that the heart is a pump and the

488

00:18:22,420 --> 00:18:20,930

heart is actually not a pump it's

489

00:18:25,500 --> 00:18:22,430

something different and we're going to

490

00:18:28,090 --> 00:18:25,510

that but the other one is that

491

00:18:30,610 --> 00:18:28,100

cholesterol and dietary fat and

492

00:18:32,140 --> 00:18:30,620

atherosclerosis in arteries causes heart

493

00:18:33,820 --> 00:18:32,150

attacks I mean atherosclerosis and an

494

00:18:35,680 --> 00:18:33,830

order it's not a good thing to have but

495

00:18:38,380 --> 00:18:35,690

it doesn't necessarily cause a heart

496

00:18:40,750 --> 00:18:38,390

attack so let's get into this first of

497

00:18:43,360 --> 00:18:40,760

all the heart is not a pump so there's

498

00:18:44,980 --> 00:18:43,370

lots of studies that show that looking

499

00:18:47,070 --> 00:18:44,990

at the heart of the pressure propulsion

500

00:18:49,990 --> 00:18:47,080

pump meaning something that would take

501
00:18:51,580 --> 00:18:50,000
static water from somewhere suck it in

502
00:18:53,320 --> 00:18:51,590
and then forcefully pump it out

503
00:18:55,690 --> 00:18:53,330
somewhere else which is what we're

504
00:18:57,640 --> 00:18:55,700
taught the heart does just doesn't add

505
00:18:59,260 --> 00:18:57,650
up but the physics of our cardiovascular

506
00:19:00,910 --> 00:18:59,270
system if the heart was that type of

507
00:19:02,680 --> 00:19:00,920
pump doesn't make sense

508
00:19:05,080 --> 00:19:02,690
there's many experiments that have been

509
00:19:07,000 --> 00:19:05,090
done that show that the heart pumping

510
00:19:09,850 --> 00:19:07,010
that way or being the main force of

511
00:19:11,800 --> 00:19:09,860
blood flow the physics of the system

512
00:19:13,060 --> 00:19:11,810
doesn't work and actually like the

513
00:19:14,430 --> 00:19:13,070

system would collapse because the

514

00:19:17,530 --> 00:19:14,440

pressure and the system would collapse

515

00:19:18,850 --> 00:19:17,540

then we have to ask ourselves well how

516

00:19:21,190 --> 00:19:18,860

is the blood flowing though if the

517

00:19:23,040 --> 00:19:21,200

heart's not pumping it so I think an

518

00:19:26,200 --> 00:19:23,050

important question to ask with that is

519

00:19:28,600 --> 00:19:26,210

how does water get from the ground to

520

00:19:31,240 --> 00:19:28,610

the top of a 300 foot tall redwood tree

521

00:19:33,280 --> 00:19:31,250

there's no pump there right but it

522

00:19:35,050 --> 00:19:33,290

happens and then people would say oh

523

00:19:36,550 --> 00:19:35,060

well you can like siphon barometric

524

00:19:39,370 --> 00:19:36,560

pressure but the maximum you can do that

525

00:19:41,620 --> 00:19:39,380

is like 32 feet and so there's these 300

526

00:19:43,120 --> 00:19:41,630

foot tall trees that have water in the

527

00:19:46,270 --> 00:19:43,130

leaves so how does that happen

528

00:19:48,520 --> 00:19:46,280

well this goes to looking at some of the

529

00:19:50,740 --> 00:19:48,530

work done by Gerald [h__h] at the

530

00:19:51,820 --> 00:19:50,750

University of Washington and before him

531

00:19:53,950 --> 00:19:51,830

Gilbert Ling

532

00:19:57,160 --> 00:19:53,960

they found that water has some unique

533

00:19:59,800 --> 00:19:57,170

properties and so when water has

534

00:20:02,050 --> 00:19:59,810

sufficient charge which water can hold

535

00:20:03,740 --> 00:20:02,060

charge it can harvest energy from the

536

00:20:06,169 --> 00:20:03,750

environment and hold

537

00:20:08,060 --> 00:20:06,179

when it has enough energy and it's next

538

00:20:11,000 --> 00:20:08,070

to a hydrophilic surface a water loving

539

00:20:14,630 --> 00:20:11,010

surface then it will create this layer

540

00:20:17,870 --> 00:20:14,640

of exclusion zone water or fourth phase

541

00:20:19,580 --> 00:20:17,880

water and when that forms so let's say

542

00:20:22,279 --> 00:20:19,590

we're talking about an artery which is a

543

00:20:25,940 --> 00:20:22,289

hydrophilic surface and the blood is

544

00:20:27,560 --> 00:20:25,950

almost 50% water so if the water and our

545

00:20:28,970 --> 00:20:27,570

blood is charged enough if it's holding

546

00:20:30,950 --> 00:20:28,980

the energy enough it will form this

547

00:20:33,500 --> 00:20:30,960

layer around the artery and that does

548

00:20:35,950 --> 00:20:33,510

two things that layer protects the

549

00:20:38,870 --> 00:20:35,960

artery provided that we don't have

550

00:20:41,510 --> 00:20:38,880

toxins and oxidative damage that will

551

00:20:43,730 --> 00:20:41,520

destroy that layer but it also creates

552

00:20:46,909 --> 00:20:43,740

an energy gradient that creates flow and

553

00:20:47,990 --> 00:20:46,919

so dr. [h__\h] has done these really

554

00:20:50,299 --> 00:20:48,000

interesting experiments where they put a

555

00:20:52,880 --> 00:20:50,309

hydrophilic tube in water that has

556

00:20:54,020 --> 00:20:52,890

enough charge and the water just starts

557

00:20:56,960 --> 00:20:54,030

flowing through the tube in one

558

00:20:59,450 --> 00:20:56,970

direction without any pump or any force

559

00:21:01,120 --> 00:20:59,460

on it and he found that when he supplied

560

00:21:03,440 --> 00:21:01,130

energy to this system this water

561

00:21:06,020 --> 00:21:03,450

indefinitely the flow would continue

562

00:21:08,000 --> 00:21:06,030

indefinitely and so I think that's more

563

00:21:11,840 --> 00:21:08,010

like what we're seeing and I think that

564

00:21:14,120 --> 00:21:11,850

if we look at the heart its main purpose

565

00:21:16,580 --> 00:21:14,130

is not to forcefully pump the blood

566

00:21:18,590 --> 00:21:16,590

because I mean it's a good analogy here

567

00:21:21,919 --> 00:21:18,600

so if I was to put a pressure propulsion

568

00:21:23,330 --> 00:21:21,929

pump in the middle of a river a the

569

00:21:24,980 --> 00:21:23,340

river wouldn't need it to be there

570

00:21:26,450 --> 00:21:24,990

because the rivers already flowing which

571

00:21:28,310 --> 00:21:26,460

the blood is already flowing because of

572

00:21:30,500 --> 00:21:28,320

this dynamic we talked about with the

573

00:21:32,720 --> 00:21:30,510

fourth phase water in the artery but it

574

00:21:34,100 --> 00:21:32,730

also might get in the way of flow if we

575

00:21:35,390 --> 00:21:34,110

put it in the middle of this flow and

576

00:21:37,190 --> 00:21:35,400

it's trying to suck this water that's

577

00:21:38,419 --> 00:21:37,200

already coming to it and pump it out the

578

00:21:40,669 --> 00:21:38,429

other side it probably slowed it down

579

00:21:42,710 --> 00:21:40,679

and so that's one of the things the

580

00:21:46,909 --> 00:21:42,720

heart is trying to do is actually slow

581

00:21:49,460 --> 00:21:46,919

the blood because if it doesn't let's

582

00:21:50,899 --> 00:21:49,470

say we go out and go for a run we

583

00:21:52,909 --> 00:21:50,909

increase the metabolic demand or the

584

00:21:54,230 --> 00:21:52,919

need for blood and our tissues and our

585

00:21:56,750 --> 00:21:54,240

muscles because we're trying to propel

586

00:21:57,560 --> 00:21:56,760

ourselves somewhere well if the heart

587

00:22:00,320 --> 00:21:57,570

wasn't there

588

00:22:02,180 --> 00:22:00,330

all the blood would flow over to the

589

00:22:04,159 --> 00:22:02,190

arterial side trying to supply the

590

00:22:05,539 --> 00:22:04,169

tissues but since the heart is there

591

00:22:08,180 --> 00:22:05,549

when the Bloods coming back from the

592

00:22:09,529 --> 00:22:08,190

veins it slows the flow so that we don't

593

00:22:10,850 --> 00:22:09,539

lose pressure in the system because if

594

00:22:12,350 --> 00:22:10,860

it all flowed toward the arterial side

595

00:22:15,169 --> 00:22:12,360

the vaineast I would collapse and that

596

00:22:17,360 --> 00:22:15,179

would not be good so one of the roles of

597

00:22:18,740 --> 00:22:17,370

the heart is to actually slow

598

00:22:20,840 --> 00:22:18,750

the blood so that we can maintain that

599

00:22:23,270 --> 00:22:20,850

pressure in a situation where we're

600

00:22:26,270 --> 00:22:23,280

getting high metabolic demand the other

601
00:22:28,250 --> 00:22:26,280
rule is that dr. [h__h] has found that

602
00:22:32,270 --> 00:22:28,260
there's different ways to energize water

603
00:22:33,680 --> 00:22:32,280
and one of them is like radiant light or

604
00:22:36,230 --> 00:22:33,690
infrared light which we can get from the

605
00:22:37,430 --> 00:22:36,240
Sun another is contact with the

606
00:22:39,560 --> 00:22:37,440
electromagnetic field that is the earth

607
00:22:43,340 --> 00:22:39,570
that will energize the blood but another

608
00:22:45,590 --> 00:22:43,350
is vortexing which means swirling so if

609
00:22:46,790 --> 00:22:45,600
we look at everybody's seem like when

610
00:22:48,140 --> 00:22:46,800
water is flowing through a river and it

611
00:22:50,450 --> 00:22:48,150
goes past a rock on the other side it

612
00:22:52,700 --> 00:22:50,460
kind of swirls that will be vortexing

613
00:22:54,860 --> 00:22:52,710

and if we look at what the heart is

614

00:22:57,860 --> 00:22:54,870

doing as blood is flowing through it on

615

00:22:59,990 --> 00:22:57,870

its own then it's actually vortexing it

616

00:23:02,060 --> 00:23:00,000

so when the blood comes back from the

617

00:23:03,770 --> 00:23:02,070

veins to the heart against vortex when

618

00:23:06,080 --> 00:23:03,780

it flows through the valves it vortexes

619

00:23:07,340 --> 00:23:06,090

when the heart contracts it actually

620

00:23:09,799 --> 00:23:07,350

like the muscles in the heart are

621

00:23:11,450 --> 00:23:09,809

oriented in a spiral condition or way so

622

00:23:13,580 --> 00:23:11,460

that when it contracts it spins the

623

00:23:15,650 --> 00:23:13,590

blood when it pushes it back out and

624

00:23:18,799 --> 00:23:15,660

that's about all it does like it's got

625

00:23:20,210 --> 00:23:18,809

about 15% efficiency when we think of

626
00:23:22,220 --> 00:23:20,220
the heart as pressure propulsion pump

627
00:23:23,720 --> 00:23:22,230
because all it really does is takes the

628
00:23:25,370 --> 00:23:23,730
blood from the ventricle kind of puts it

629
00:23:27,620 --> 00:23:25,380
back out into the venous system and then

630
00:23:29,570 --> 00:23:27,630
the arteries take over because of that

631
00:23:33,260 --> 00:23:29,580
fourth phase of water so I think that

632
00:23:36,230 --> 00:23:33,270
the heart is a vortex and it's also

633
00:23:37,760 --> 00:23:36,240
there to slow the flow of blood so that

634
00:23:39,500 --> 00:23:37,770
we don't get collapse of pressure in the

635
00:23:42,350 --> 00:23:39,510
system which is very interesting it

636
00:23:44,630 --> 00:23:42,360
plays a very different role than I was

637
00:23:46,700 --> 00:23:44,640
taught in medical school but it makes

638
00:23:49,640 --> 00:23:46,710

way more sense when we look at it that

639

00:23:51,560 --> 00:23:49,650

way so that's the first big concept

640

00:23:54,470 --> 00:23:51,570

about the heart that debunks things the

641

00:23:57,890 --> 00:23:54,480

second is that heart disease in general

642

00:24:01,010 --> 00:23:57,900

is not caused by cholesterol or high fat

643

00:24:02,360 --> 00:24:01,020

so I mentioned the first aspect of heart

644

00:24:05,360 --> 00:24:02,370

disease is the atherosclerosis the

645

00:24:08,750 --> 00:24:05,370

hardening of arteries and so that can

646

00:24:10,850 --> 00:24:08,760

happen when that layer of fourth phase

647

00:24:13,130 --> 00:24:10,860

water that's surrounding the inner layer

648

00:24:14,570 --> 00:24:13,140

of an artery gets damaged and that can

649

00:24:16,490 --> 00:24:14,580

get damaged because we're exposed to a

650

00:24:17,930 --> 00:24:16,500

lot of toxins or because we're burning

651
00:24:19,640 --> 00:24:17,940
carbohydrates which is increasing the

652
00:24:21,410 --> 00:24:19,650
amount of free radicals that we're

653
00:24:24,620 --> 00:24:21,420
getting in our system and various other

654
00:24:26,330 --> 00:24:24,630
things can actually break down lining

655
00:24:28,010 --> 00:24:26,340
that protective layer and when it gets

656
00:24:29,630 --> 00:24:28,020
to the lining of the artery it can

657
00:24:31,310 --> 00:24:29,640
actually damage the lining of the artery

658
00:24:32,900 --> 00:24:31,320
and then our body has to

659
00:24:35,180 --> 00:24:32,910
do something about it because we can't

660
00:24:37,400 --> 00:24:35,190
let an artery rupture so what it does is

661
00:24:39,290 --> 00:24:37,410
it takes cholesterol and some minerals

662
00:24:41,330 --> 00:24:39,300
like calcium things like that and it

663
00:24:44,000 --> 00:24:41,340

kind of uses it as spackle to plug up

664

00:24:46,280 --> 00:24:44,010

that area so that it doesn't rupture so

665

00:24:47,900 --> 00:24:46,290

cholesterol is not what's causing the

666

00:24:49,490 --> 00:24:47,910

most grossest are too much cholesterol

667

00:24:51,800 --> 00:24:49,500

in the blood is not causing

668

00:24:52,880 --> 00:24:51,810

atherosclerosis it can get elevated in

669

00:24:54,530 --> 00:24:52,890

the blood because there's inflammation

670

00:24:55,880 --> 00:24:54,540

that's leading to the damage of this

671

00:24:57,890 --> 00:24:55,890

artery so that we need more cholesterol

672

00:25:00,470 --> 00:24:57,900

there to be spackle so that's the first

673

00:25:03,710 --> 00:25:00,480

aspect so atherosclerosis is caused by

674

00:25:06,020 --> 00:25:03,720

free radical damage toxins and free

675

00:25:07,310 --> 00:25:06,030

radicals being produced from eating too

676
00:25:09,950 --> 00:25:07,320
many carbohydrates and things like that

677
00:25:12,410 --> 00:25:09,960
the second aspect is that heart attacks

678
00:25:14,390 --> 00:25:12,420
are not caused or I guess the vast

679
00:25:17,240 --> 00:25:14,400
majority of heart attacks are not caused

680
00:25:19,640 --> 00:25:17,250
by acute blockages so we think of this

681
00:25:23,000 --> 00:25:19,650
like this de gnosis of an artery or

682
00:25:25,010 --> 00:25:23,010
closing off of an artery that's because

683
00:25:27,110 --> 00:25:25,020
of the atherosclerosis that leads to a

684
00:25:29,630 --> 00:25:27,120
further and further blockage of an

685
00:25:32,480 --> 00:25:29,640
artery around the heart or we think of

686
00:25:34,070 --> 00:25:32,490
maybe an artery does rupture and we get

687
00:25:36,560 --> 00:25:34,080
a clot formation and that clot flows

688
00:25:38,630 --> 00:25:36,570

down to an artery and so there was some

689

00:25:43,040 --> 00:25:38,640

very interesting work done by a guy

690

00:25:45,560 --> 00:25:43,050

named Baldy it was Italian and he found

691

00:25:49,160 --> 00:25:45,570

that the vast majority of heart attacks

692

00:25:50,750 --> 00:25:49,170

had no clot well he found that 50% of

693

00:25:53,270 --> 00:25:50,760

the heart attacks and the autopsies he

694

00:25:55,760 --> 00:25:53,280

did there was no clot there and the ones

695

00:25:57,590 --> 00:25:55,770

that there was a clot he found that the

696

00:25:59,300 --> 00:25:57,600

clot was a result of the heart attack

697

00:26:01,640 --> 00:25:59,310

not the cause of the heart attack and

698

00:26:03,620 --> 00:26:01,650

then there was about I think like three

699

00:26:06,020 --> 00:26:03,630

and a half percent where they were

700

00:26:07,940 --> 00:26:06,030

caused by an acute blockage but that

701
00:26:10,010 --> 00:26:07,950
does not account for you know the

702
00:26:12,440 --> 00:26:10,020
hundreds of thousands of heart attacks

703
00:26:15,170 --> 00:26:12,450
we see every year and so if we look at

704
00:26:16,760 --> 00:26:15,180
this further we'll find that what

705
00:26:19,940 --> 00:26:16,770
happens in the heart attack is actually

706
00:26:22,460 --> 00:26:19,950
a response to it's actually your body

707
00:26:25,550 --> 00:26:22,470
going back to a kind of a more ancient

708
00:26:29,420 --> 00:26:25,560
response from your nervous system so our

709
00:26:30,740 --> 00:26:29,430
nervous system is designed to perceive

710
00:26:32,270 --> 00:26:30,750
our environment and let us know if we're

711
00:26:36,260 --> 00:26:32,280
in a safe or threatening environment and

712
00:26:39,110 --> 00:26:36,270
so before the bigger reptiles came

713
00:26:41,360 --> 00:26:39,120

around there was this one nervous system

714

00:26:42,770 --> 00:26:41,370

pathway that did that and it was the

715

00:26:44,870 --> 00:26:42,780

vagus nerve but it was called the dorsal

716

00:26:47,300 --> 00:26:44,880

motor nucleus of the vagus nerve

717

00:26:50,300 --> 00:26:47,310

and so when that guy over stimulated it

718

00:26:53,330 --> 00:26:50,310

would shut metabolism down maybe even

719

00:26:55,550 --> 00:26:53,340

slow the heart rate and this was when it

720

00:26:57,620 --> 00:26:55,560

was advantageous for animals to fake a

721

00:26:59,180 --> 00:26:57,630

death and so that was the mechanism at

722

00:27:01,400 --> 00:26:59,190

play there but then as the organisms got

723

00:27:03,410 --> 00:27:01,410

more complex and especially mammals who

724

00:27:05,570 --> 00:27:03,420

are much more metabolically demanding

725

00:27:07,790 --> 00:27:05,580

meaning we can't shut down organs like

726

00:27:09,770 --> 00:27:07,800

that without major consequences we can't

727

00:27:12,440 --> 00:27:09,780

fake death without you know actually

728

00:27:14,930 --> 00:27:12,450

causing damage and so we evolved this

729

00:27:18,050 --> 00:27:14,940

second pathway of the vagus nerve called

730

00:27:20,240 --> 00:27:18,060

the nucleus ambiguus pathway and so that

731

00:27:22,160 --> 00:27:20,250

is the vagus nerve the one that

732

00:27:23,780 --> 00:27:22,170

everybody talks about stimulating the

733

00:27:25,700 --> 00:27:23,790

parasympathetic aspect of the vagus

734

00:27:27,350 --> 00:27:25,710

nerve you no rest and digest

735

00:27:30,890 --> 00:27:27,360

everybody talks about stimulating that

736

00:27:33,290 --> 00:27:30,900

and so unfortunately in today's society

737

00:27:35,480 --> 00:27:33,300

we're in this constant state of stress

738

00:27:37,700 --> 00:27:35,490

we tend to take non-life-threatening

739

00:27:39,440 --> 00:27:37,710

things as life-threatening because we

740

00:27:41,000 --> 00:27:39,450

think too much we're the only species

741

00:27:44,360 --> 00:27:41,010

that can think our way into a stress

742

00:27:46,580 --> 00:27:44,370

response we're very dependent on money

743

00:27:48,140 --> 00:27:46,590

to get us all the resources we need to

744

00:27:49,340 --> 00:27:48,150

live which can be very stressful to be

745

00:27:51,380 --> 00:27:49,350

depend on this one thing if you don't

746

00:27:53,750 --> 00:27:51,390

have this one thing then your health and

747

00:27:57,140 --> 00:27:53,760

your life is threatened and so all these

748

00:28:00,410 --> 00:27:57,150

things can combine to over stimulate and

749

00:28:02,810 --> 00:28:00,420

shut down that newly evolved pathway

750

00:28:04,820 --> 00:28:02,820

which is that nucleus ambiguus

751
00:28:05,810 --> 00:28:04,830
parasympathetic pathway and when that

752
00:28:08,330 --> 00:28:05,820
gets shut down

753
00:28:09,830 --> 00:28:08,340
too much and we get a surgery of

754
00:28:13,250 --> 00:28:09,840
gentleman from a stressful response then

755
00:28:14,510 --> 00:28:13,260
that old pathway takes over that dorsal

756
00:28:16,520 --> 00:28:14,520
motor nucleus and that's the one that

757
00:28:20,420 --> 00:28:16,530
would cause organ systems to shut down

758
00:28:23,420 --> 00:28:20,430
so we see that in a heart cell how the

759
00:28:25,910 --> 00:28:23,430
heart cells communicate you know your

760
00:28:28,580 --> 00:28:25,920
nervous system activity - like an

761
00:28:30,440 --> 00:28:28,590
individual cell in your heart is that it

762
00:28:34,010 --> 00:28:30,450
does that through what's called nitric

763
00:28:36,170 --> 00:28:34,020

oxide and if your body doesn't have

764

00:28:39,110 --> 00:28:36,180

enough nitric oxide which we would get

765

00:28:41,390 --> 00:28:39,120

from eating a healthy diet and having

766

00:28:43,040 --> 00:28:41,400

healthy endothelial so you know the

767

00:28:44,690 --> 00:28:43,050

lining of your blood vessel is where

768

00:28:46,700 --> 00:28:44,700

that nitric oxide comes from if we don't

769

00:28:48,380 --> 00:28:46,710

have healthy endothelial we don't have

770

00:28:51,200 --> 00:28:48,390

the nitric oxide so that signal can't

771

00:28:54,530 --> 00:28:51,210

get into the heart cell and so then

772

00:28:57,440 --> 00:28:54,540

we'll get this surge in adrenaline or

773

00:28:58,340 --> 00:28:57,450

stress response without the ability of

774

00:29:00,140 --> 00:28:58,350

that Paris

775

00:29:02,210 --> 00:29:00,150

pathetic stress response to get into the

776

00:29:04,490 --> 00:29:02,220

heart cell and that can cause problems

777

00:29:06,770 --> 00:29:04,500

that forces the heart cells to burn

778

00:29:08,210 --> 00:29:06,780

carbohydrate rather than fat because it

779

00:29:09,740 --> 00:29:08,220

thinks it's in a stressful situation and

780

00:29:12,140 --> 00:29:09,750

needs to get away and we can burn

781

00:29:13,279 --> 00:29:12,150

carbohydrates faster and unfortunately

782

00:29:15,110 --> 00:29:13,289

when a heart cell starts to burn

783

00:29:17,060 --> 00:29:15,120

carbohydrate we get a buildup of lactic

784

00:29:18,950 --> 00:29:17,070

acid just like happens in your leg

785

00:29:20,570 --> 00:29:18,960

muscles you know when you go for a run

786

00:29:22,700 --> 00:29:20,580

you get a buildup of lactic acid and it

787

00:29:24,470 --> 00:29:22,710

starts to hurt but when it happens in

788

00:29:28,669 --> 00:29:24,480

the heart cell it can actually cause

789

00:29:31,159 --> 00:29:28,679

swelling or edema as we call it and that

790

00:29:33,320 --> 00:29:31,169

swelling can actually change the

791

00:29:36,289 --> 00:29:33,330

pressure in the whole system of the

792

00:29:38,390 --> 00:29:36,299

heart and so if we have this swelling

793

00:29:39,950 --> 00:29:38,400

that's now forcing pressure out of the

794

00:29:42,049 --> 00:29:39,960

cells in the heart rather than the blood

795

00:29:43,820 --> 00:29:42,059

putting pressure into the cells of the

796

00:29:46,580 --> 00:29:43,830

heart now the blood can't get in and

797

00:29:49,100 --> 00:29:46,590

then we lose blood supply to an area of

798

00:29:52,190 --> 00:29:49,110

the heart we get necrosis because now

799

00:29:53,750 --> 00:29:52,200

there's no nutrition to that specific

800

00:29:55,970 --> 00:29:53,760

area of the heart where this happened

801
00:29:57,529 --> 00:29:55,980
and we get tissue death which is what a

802
00:29:59,360 --> 00:29:57,539
heart attack is we get an area of tissue

803
00:30:01,880 --> 00:29:59,370
death if that tissue death is a

804
00:30:03,860 --> 00:30:01,890
substantial enough amount someone can

805
00:30:06,140 --> 00:30:03,870
die from a heart attack but it's all

806
00:30:08,899 --> 00:30:06,150
triggered by our stress response system

807
00:30:11,210 --> 00:30:08,909
and it has almost nothing to do with

808
00:30:13,760 --> 00:30:11,220
clots and that's what bürol d found he

809
00:30:15,529 --> 00:30:13,770
found that anywhere there was a severe

810
00:30:17,510 --> 00:30:15,539
stenosis like a narrowing of an artery

811
00:30:19,640 --> 00:30:17,520
in the coronary artery like in the heart

812
00:30:21,770 --> 00:30:19,650
that the body had created a bypass

813
00:30:24,830 --> 00:30:21,780

around it already like it had created

814

00:30:27,409 --> 00:30:24,840

new arteries around it and so there was

815

00:30:30,710 --> 00:30:27,419

all these examples in his book about men

816

00:30:33,049 --> 00:30:30,720

who had 90% or 95% stenosis of coronary

817

00:30:34,430 --> 00:30:33,059

arteries but were running marathons it's

818

00:30:36,680 --> 00:30:34,440

like there's no way they're running

819

00:30:38,600 --> 00:30:36,690

marathons on 10% to one area of their

820

00:30:40,250 --> 00:30:38,610

heart and so it was because of these

821

00:30:42,789 --> 00:30:40,260

cloud or arteries that were going around

822

00:30:45,560 --> 00:30:42,799

it that combined with the fact that a

823

00:30:47,990 --> 00:30:45,570

stressful response like this and then

824

00:30:50,899 --> 00:30:48,000

balance in our nervous system can cause

825

00:30:52,520 --> 00:30:50,909

these events to happen explain that the

826

00:30:54,740 --> 00:30:52,530

vast majority of heart attacks and

827

00:30:56,779 --> 00:30:54,750

really a small percentage of them are

828

00:30:58,880 --> 00:30:56,789

actually caused by any type of acute

829

00:31:01,700 --> 00:30:58,890

blockage so that was a long rant but

830

00:31:04,760 --> 00:31:01,710

danko no I loved it that was a hell of a

831

00:31:07,430 --> 00:31:04,770

breakdown and just to revisit that first

832

00:31:09,710 --> 00:31:07,440

part I've had a few other guests bring

833

00:31:12,140 --> 00:31:09,720

up doctor Pollux fourth phase of water

834

00:31:14,120 --> 00:31:12,150

work and I was really surprised to see

835

00:31:15,710 --> 00:31:14,130

that chapter in your heart book funny

836

00:31:17,810 --> 00:31:15,720

enough if everything goes according to

837

00:31:18,470 --> 00:31:17,820

plan Gerald [h__\h] is my next interview

838

00:31:21,620 --> 00:31:18,480

too

839

00:31:24,470 --> 00:31:21,630

which is you know why I think this is so

840

00:31:26,210 --> 00:31:24,480

interesting because this context helps

841

00:31:28,520 --> 00:31:26,220

to understand blood flow in the heart

842

00:31:30,050 --> 00:31:28,530

and that's very surprising to me you

843

00:31:33,050 --> 00:31:30,060

also later in the book describe the

844

00:31:35,630 --> 00:31:33,060

heart as a vortex in hydraulic ram and

845

00:31:37,550 --> 00:31:35,640

note that even Rudolf Steiner used to

846

00:31:40,250 --> 00:31:37,560

say that the heart functions more like a

847

00:31:43,820 --> 00:31:40,260

damming up organ that it interrupts the

848

00:31:46,570 --> 00:31:43,830

flow of blood and then also this vortex

849

00:31:48,950 --> 00:31:46,580

scene thing it seems like a pretty

850

00:31:50,990 --> 00:31:48,960

obscure discovery of viktor schauberger

851

00:31:54,140 --> 00:31:51,000

that vortexing water kind of

852

00:31:56,630 --> 00:31:54,150

supercharges it that ties in with dr.

853

00:31:58,400 --> 00:31:56,640

Pollux work and ties in with what Rudolf

854

00:32:01,550 --> 00:31:58,410

Steiner saying I mean these are three of

855

00:32:04,460 --> 00:32:01,560

the bright minds that I appreciate all

856

00:32:06,800 --> 00:32:04,470

tied in together into this one subject

857

00:32:08,780 --> 00:32:06,810

that is quite crucial because heart

858

00:32:11,600 --> 00:32:08,790

disease is our number one killer and I

859

00:32:13,820 --> 00:32:11,610

just thought that was really awesome to

860

00:32:15,500 --> 00:32:13,830

see it all line up like that these all

861

00:32:18,110 --> 00:32:15,510

these alternative people kind of saying

862

00:32:20,120 --> 00:32:18,120

the same sort of thing or aspects of all

863

00:32:21,530 --> 00:32:20,130

their work tie into the full

864

00:32:24,380 --> 00:32:21,540

understanding of the heart and I just

865

00:32:26,870 --> 00:32:24,390

think that's awesome yeah I think that

866

00:32:28,870 --> 00:32:26,880

one of the coolest things that I found

867

00:32:32,180 --> 00:32:28,880

is that the reason that vortexing

868

00:32:34,910 --> 00:32:32,190

energizes water is because it increases

869

00:32:36,260 --> 00:32:34,920

the contact with oxygen so like when

870

00:32:38,240 --> 00:32:36,270

it's happening in a river like when it

871

00:32:40,370 --> 00:32:38,250

flows past a rock there's oxygen in the

872

00:32:41,780 --> 00:32:40,380

air and there's also oxygen coming from

873

00:32:43,670 --> 00:32:41,790

little bubbles you know coming out of

874

00:32:45,260 --> 00:32:43,680

the earth from the riverbed and so when

875

00:32:47,660 --> 00:32:45,270

it vortexes like that it's increasing

876

00:32:50,210 --> 00:32:47,670

the contact with oxygen so I think it's

877

00:32:51,680 --> 00:32:50,220

no mistake and I can't really say

878

00:32:53,510 --> 00:32:51,690

anything scientifically connecting the

879

00:32:56,210 --> 00:32:53,520

two but I think it's no mistake that our

880

00:32:58,400 --> 00:32:56,220

vortexing organ the heart is placed

881

00:33:00,770 --> 00:32:58,410

right next to our oxygen organ in the

882

00:33:02,990 --> 00:33:00,780

blood and that blood from the heart goes

883

00:33:05,900 --> 00:33:03,000

to the lungs and then back to the heart

884

00:33:07,430 --> 00:33:05,910

that just makes sense to me again I

885

00:33:09,080 --> 00:33:07,440

can't say anything that scientifically

886

00:33:10,550 --> 00:33:09,090

connects the two but it wouldn't

887

00:33:13,220 --> 00:33:10,560

surprise me if that was the case that's

888

00:33:15,080 --> 00:33:13,230

why that evolves that way yeah that

889

00:33:17,300 --> 00:33:15,090

makes sense it's just so interesting

890

00:33:19,010 --> 00:33:17,310

because I hear these people's work and

891

00:33:21,620 --> 00:33:19,020

we always talk about oh man we should

892

00:33:24,200 --> 00:33:21,630

implement some of the stuff for a better

893

00:33:25,730 --> 00:33:24,210

more natural society and here it is

894

00:33:27,650 --> 00:33:25,740

working right in our own

895

00:33:31,010 --> 00:33:27,660

bodies and I guess I just overlooked

896

00:33:33,080 --> 00:33:31,020

that yeah it's amazing it is when we

897

00:33:36,040 --> 00:33:33,090

talk also so much about the cancer

898

00:33:38,450 --> 00:33:36,050

industry how much money there is in

899

00:33:42,320 --> 00:33:38,460

chemotherapy treatments and these long

900

00:33:45,049 --> 00:33:42,330

drawn-out processes that really just try

901
00:33:46,640 --> 00:33:45,059
to kill the cancer before it kills the

902
00:33:49,790 --> 00:33:46,650
host and you're lucky if you can survive

903
00:33:52,340 --> 00:33:49,800
the process and we have all these people

904
00:33:54,680 --> 00:33:52,350
running marathons and wearing ribbons

905
00:33:56,210 --> 00:33:54,690
and donating all this money when really

906
00:33:58,760 --> 00:33:56,220
in the history there are quite a few

907
00:34:00,620 --> 00:33:58,770
things that seem to work okay that just

908
00:34:04,400 --> 00:34:00,630
weren't getting FDA approval not

909
00:34:06,520 --> 00:34:04,410
surprised but the heart health industry

910
00:34:09,260 --> 00:34:06,530
is just as big and we don't really ever

911
00:34:12,290 --> 00:34:09,270
criticize that as much but how often do

912
00:34:14,930 --> 00:34:12,300
you hear people say oh I'm going in for

913
00:34:17,389 --> 00:34:14,940

a double bypass quadruple bypass getting

914

00:34:18,830 --> 00:34:17,399

a stent in the heart and it's kind of

915

00:34:20,629 --> 00:34:18,840

the same thing then they're told oh

916

00:34:23,389 --> 00:34:20,639

don't eat a steak after this you know

917

00:34:25,609 --> 00:34:23,399

well that's kind of backwards right

918

00:34:27,080 --> 00:34:25,619

yeah totally backwards and there's so

919

00:34:28,879 --> 00:34:27,090

many big studies that looked at big

920

00:34:30,859 --> 00:34:28,889

populations there was one that was a

921

00:34:32,540 --> 00:34:30,869

heart disease Center in Houston looked

922

00:34:35,000 --> 00:34:32,550

at 100,000 heart surgeries over ten

923

00:34:37,760 --> 00:34:35,010

years bypass surgeries and their

924

00:34:40,010 --> 00:34:37,770

conclusion there was no benefit to these

925

00:34:43,010 --> 00:34:40,020

surgeries and to me it makes sense

926
00:34:44,899 --> 00:34:43,020
because we're all be found that I swing

927
00:34:47,119 --> 00:34:44,909
what broadly did he have you ever been

928
00:34:48,740 --> 00:34:47,129
to like those body world exhibits or the

929
00:34:50,810 --> 00:34:48,750
animal inside out exhibits where they

930
00:34:52,340 --> 00:34:50,820
make a plastic cast of the arterial

931
00:34:54,290 --> 00:34:52,350
system of an animal or a fish or

932
00:34:55,940 --> 00:34:54,300
something like that or a human that's

933
00:34:58,099 --> 00:34:55,950
what he did pretty much he took the

934
00:34:59,840 --> 00:34:58,109
hearts of people who had heart attacks

935
00:35:01,250 --> 00:34:59,850
who didn't have heart attacks or people

936
00:35:03,349 --> 00:35:01,260
who just died of an accident anything

937
00:35:06,620 --> 00:35:03,359
and he started studying them so he would

938
00:35:08,599 --> 00:35:06,630

pump this neoprene or this substance

939

00:35:11,570 --> 00:35:08,609

that was liquid and then when it dried

940

00:35:13,400 --> 00:35:11,580

it became solid plastic and he pumped

941

00:35:15,170 --> 00:35:13,410

that into the arteries and then he took

942

00:35:17,359 --> 00:35:15,180

hydrochloric acid and dissolved away the

943

00:35:20,420 --> 00:35:17,369

tissue and he was left with this mold of

944

00:35:22,190 --> 00:35:20,430

the arteries of the heart and like I

945

00:35:23,690 --> 00:35:22,200

said what he found was that anywhere

946

00:35:26,630 --> 00:35:23,700

that there was a more than a 70%

947

00:35:28,790 --> 00:35:26,640

stenosis or narrowing of an artery like

948

00:35:32,090 --> 00:35:28,800

a main artery of the heart there was at

949

00:35:33,560 --> 00:35:32,100

least anywhere from 16 to 30 collateral

950

00:35:36,080 --> 00:35:33,570

arteries the arteries that went around

951
00:35:38,030 --> 00:35:36,090
it bypass it by itself so it

952
00:35:39,920 --> 00:35:38,040
sense that these bypass surgeries aren't

953
00:35:41,630 --> 00:35:39,930
working because the bypass is usually

954
00:35:44,420 --> 00:35:41,640
already there the body is already

955
00:35:46,010 --> 00:35:44,430
created itself and so when I see the

956
00:35:47,900 --> 00:35:46,020
research like that and I find the work

957
00:35:53,030 --> 00:35:47,910
of someone like poor Aldi it makes

958
00:35:54,680 --> 00:35:53,040
absolute sense mm-hmm indeed and so what

959
00:35:57,380 --> 00:35:54,690
do we do with this information I mean

960
00:36:01,430 --> 00:35:57,390
proper blood flow it relates to easy

961
00:36:04,160 --> 00:36:01,440
water and you mentioned ketones is there

962
00:36:05,960 --> 00:36:04,170
a relationship between ketones and easy

963
00:36:08,240 --> 00:36:05,970

water or I guess what I'm asking is how

964

00:36:12,560 --> 00:36:08,250

can we use this new understanding to

965

00:36:14,750 --> 00:36:12,570

then pivot towards healthy hearts yeah

966

00:36:16,370 --> 00:36:14,760

so to me there's three things that

967

00:36:19,490 --> 00:36:16,380

people need to do to get a

968

00:36:22,040 --> 00:36:19,500

high-performing heart so one is we need

969

00:36:23,630 --> 00:36:22,050

to reduce our oxidative stress so I'll

970

00:36:26,150 --> 00:36:23,640

explain what that is so oxidative stress

971

00:36:27,320 --> 00:36:26,160

is basically when we have molecules in

972

00:36:29,660 --> 00:36:27,330

our body there are certain molecules

973

00:36:31,970 --> 00:36:29,670

that can come around that we can make

974

00:36:34,040 --> 00:36:31,980

through the process of making energy or

975

00:36:36,050 --> 00:36:34,050

that we can get exogenously from like

976

00:36:38,600 --> 00:36:36,060

toxin exposure and they're called free

977

00:36:40,580 --> 00:36:38,610

radicals and that just means that they

978

00:36:42,800 --> 00:36:40,590

have an unpaired electron and they want

979

00:36:44,210 --> 00:36:42,810

to be paired really badly I tell

980

00:36:45,560 --> 00:36:44,220

patients that it's like the Looney tune

981

00:36:47,330 --> 00:36:45,570

Tasmanian devil they're running around

982

00:36:49,520 --> 00:36:47,340

like that causing damage to anything

983

00:36:51,710 --> 00:36:49,530

they find trying to find that extra

984

00:36:52,880 --> 00:36:51,720

electron and so they'll do that they'll

985

00:36:54,800 --> 00:36:52,890

take it from anywhere they'll take it

986

00:36:56,480 --> 00:36:54,810

from exclusion zone water they'll take

987

00:36:59,120 --> 00:36:56,490

it from tissue I'll take it from

988

00:37:00,890 --> 00:36:59,130

anywhere we have systems in place that

989

00:37:03,320 --> 00:37:00,900

are designed to mitigate them our

990

00:37:05,000 --> 00:37:03,330

antioxidant system is designed to donate

991

00:37:06,500 --> 00:37:05,010

that electron without causing damage but

992

00:37:08,990 --> 00:37:06,510

if we get too many of these free

993

00:37:12,320 --> 00:37:09,000

radicals that will damage the lining of

994

00:37:14,840 --> 00:37:12,330

the endothelium and the exclusion zone

995

00:37:16,700 --> 00:37:14,850

water so that's one thing we've got to

996

00:37:17,930 --> 00:37:16,710

reduce the amount of oxidation s with

997

00:37:20,210 --> 00:37:17,940

juice the amount of free radicals that

998

00:37:22,490 --> 00:37:20,220

we're exposed to so that's heating a

999

00:37:24,680 --> 00:37:22,500

higher fat diet so we're making less of

1000

00:37:27,350 --> 00:37:24,690

that exhaust so to speak and also really

1001
00:37:30,590 --> 00:37:27,360
reducing your exposure to toxins now

1002
00:37:32,090 --> 00:37:30,600
skaars ketones go ketones are something

1003
00:37:34,850 --> 00:37:32,100
that's made when we're burning fat and

1004
00:37:37,520 --> 00:37:34,860
so it actually turns out that our brain

1005
00:37:39,800 --> 00:37:37,530
and our heart and most organs prefer to

1006
00:37:42,770 --> 00:37:39,810
burn fat for energy if given the choice

1007
00:37:45,290 --> 00:37:42,780
they will and when you add ketones to

1008
00:37:47,240 --> 00:37:45,300
that mix then their efficiency increases

1009
00:37:50,150 --> 00:37:47,250
like up to 28%

1010
00:37:52,220 --> 00:37:50,160
so pretty impressive now when we eat a

1011
00:37:54,050 --> 00:37:52,230
lot of carbohydrates we're training our

1012
00:37:56,780 --> 00:37:54,060
body to burn carbohydrates as fuel and

1013
00:37:58,850 --> 00:37:56,790

when we eat more fat when we get into

1014

00:38:01,010 --> 00:37:58,860

ketosis which is like the buzzword and

1015

00:38:03,410 --> 00:38:01,020

health circles these days we're teaching

1016

00:38:06,260 --> 00:38:03,420

our body to burn fat and then ketones as

1017

00:38:08,840 --> 00:38:06,270

well and so before I was talking about

1018

00:38:10,970 --> 00:38:08,850

how we can get this surge of adrenaline

1019

00:38:12,680 --> 00:38:10,980

or a stress response that could send us

1020

00:38:15,350 --> 00:38:12,690

down that cascade of events that leads

1021

00:38:16,970 --> 00:38:15,360

to a heart attack and one thing that can

1022

00:38:19,340 --> 00:38:16,980

prevent that from happening or make it

1023

00:38:20,060 --> 00:38:19,350

less likely to happen is that if we are

1024

00:38:22,250 --> 00:38:20,070

fat-burning

1025

00:38:24,740 --> 00:38:22,260

if our hearts are very good at burning

1026

00:38:26,750 --> 00:38:24,750

fat and used to burning fat then they

1027

00:38:28,430 --> 00:38:26,760

are less likely to convert to burning

1028

00:38:30,410 --> 00:38:28,440

carbohydrate which will create that

1029

00:38:32,480 --> 00:38:30,420

lactic acid which will create that burn

1030

00:38:34,100 --> 00:38:32,490

like in your heart angina that people

1031

00:38:36,500 --> 00:38:34,110

feel and eventually lead to a heart

1032

00:38:39,560 --> 00:38:36,510

attack if the stress response is high

1033

00:38:42,620 --> 00:38:39,570

enough so being fat burning eating a

1034

00:38:44,150 --> 00:38:42,630

high fat diets not canola oil not

1035

00:38:47,030 --> 00:38:44,160

vegetable oils those are terrible fats

1036

00:38:48,650 --> 00:38:47,040

but two good saturated fats from

1037

00:38:50,750 --> 00:38:48,660

grass-fed animal products and and

1038

00:38:52,220 --> 00:38:50,760

grass-fed butter and egg yolks and

1039

00:38:53,330 --> 00:38:52,230

things like that those are the good fats

1040

00:38:56,360 --> 00:38:53,340

they're gonna teach your body to burn

1041

00:38:58,010 --> 00:38:56,370

fat and then the third one is I've been

1042

00:39:00,950 --> 00:38:58,020

talking about this stress response

1043

00:39:03,440 --> 00:39:00,960

situation and so you know I touched on a

1044

00:39:07,360 --> 00:39:03,450

little bit how within our society today

1045

00:39:10,160 --> 00:39:07,370

we're living in this society that really

1046

00:39:13,100 --> 00:39:10,170

stimulates this stress response because

1047

00:39:14,660 --> 00:39:13,110

we are taking non-life threatening

1048

00:39:17,540 --> 00:39:14,670

situations and having life-threatening

1049

00:39:19,880 --> 00:39:17,550

responses to them in our physiology so

1050

00:39:22,460 --> 00:39:19,890

this is largely the work of dr. Robert

1051
00:39:24,230 --> 00:39:22,470
Sapolsky at Stanford and he studied like

1052
00:39:26,600 --> 00:39:24,240
the normal stress response and animals

1053
00:39:28,850 --> 00:39:26,610
in the wild and like they don't have one

1054
00:39:30,440 --> 00:39:28,860
they're not thinking about anything

1055
00:39:32,120 --> 00:39:30,450
stressful or anything like that while

1056
00:39:33,920 --> 00:39:32,130
they're grazing on the savanna but if

1057
00:39:35,330 --> 00:39:33,930
something came out to chase them and try

1058
00:39:37,490 --> 00:39:35,340
and kill them they have a stress

1059
00:39:40,190 --> 00:39:37,500
response and they have that response

1060
00:39:42,050 --> 00:39:40,200
until they get away if they get away but

1061
00:39:45,470 --> 00:39:42,060
once they get away the stress response

1062
00:39:46,760 --> 00:39:45,480
shuts down whereas we humans we could

1063
00:39:48,410 --> 00:39:46,770

have a stressful event like we could be

1064

00:39:49,760 --> 00:39:48,420

in a car accident or almost in a car

1065

00:39:51,110 --> 00:39:49,770

accident and we could be thinking about

1066

00:39:53,810 --> 00:39:51,120

the rest of the day stressed out about

1067

00:39:56,090 --> 00:39:53,820

it and so that really creates an

1068

00:39:58,250 --> 00:39:56,100

imbalance in our stress your nervous

1069

00:40:00,300 --> 00:39:58,260

systems ability to perceive if you're in

1070

00:40:03,750 --> 00:40:00,310

a stressful environment or not

1071

00:40:05,640 --> 00:40:03,760

so then again things like being so

1072

00:40:07,290 --> 00:40:05,650

reliant on this capitalist society where

1073

00:40:09,390 --> 00:40:07,300

if we don't have money then your your

1074

00:40:11,670 --> 00:40:09,400

life is threatened I mean that's why we

1075

00:40:13,170 --> 00:40:11,680

have homeless populations is because our

1076

00:40:15,660 --> 00:40:13,180

society is so dependent on money and we

1077

00:40:18,930 --> 00:40:15,670

don't have it you could starve or become

1078

00:40:21,660 --> 00:40:18,940

homeless things like social isolation I

1079

00:40:24,510 --> 00:40:21,670

think that technology has allowed us to

1080

00:40:26,280 --> 00:40:24,520

communicate very very well across long

1081

00:40:29,430 --> 00:40:26,290

distances but it's also socially

1082

00:40:31,020 --> 00:40:29,440

isolated us we are evolved to be in

1083

00:40:33,950 --> 00:40:31,030

contact with other humans and other

1084

00:40:36,810 --> 00:40:33,960

animals and the more isolated we get

1085

00:40:38,600 --> 00:40:36,820

there was a study done in elder people

1086

00:40:42,360 --> 00:40:38,610

who had already had a heart attack and

1087

00:40:45,750 --> 00:40:42,370

those people who did not have either a

1088

00:40:47,250 --> 00:40:45,760

close friend a spouse or a pet I think

1089

00:40:48,840 --> 00:40:47,260

it was like five times more likely to

1090

00:40:50,400 --> 00:40:48,850

have another heart attack than people

1091

00:40:52,740 --> 00:40:50,410

who did have those things so we're

1092

00:40:54,570 --> 00:40:52,750

definitely supposed to be in contact

1093

00:40:56,850 --> 00:40:54,580

with other living things were social

1094

00:40:58,770 --> 00:40:56,860

beings and isolation is one of the

1095

00:41:01,150 --> 00:40:58,780

biggest stimulators of that imbalance

1096

00:41:02,530 --> 00:41:01,160

stress response so

1097

00:41:04,210 --> 00:41:02,540

the third thing I think the most

1098

00:41:07,360 --> 00:41:04,220

important thing that people need to do

1099

00:41:10,150 --> 00:41:07,370

for healthy hearts is rebalance that

1100

00:41:12,280 --> 00:41:10,160

stress response and so these days we

1101
00:41:13,780 --> 00:41:12,290
look up anywhere on Google like how to

1102
00:41:15,010 --> 00:41:13,790
stimulate your vagus nerve you'll find

1103
00:41:16,840 --> 00:41:15,020
all these different ways to do it

1104
00:41:19,570 --> 00:41:16,850
and when I look at all those different

1105
00:41:21,760 --> 00:41:19,580
techniques that people do it's us

1106
00:41:24,160 --> 00:41:21,770
getting back to the state that we

1107
00:41:25,450 --> 00:41:24,170
evolved in so back to nature which also

1108
00:41:27,760 --> 00:41:25,460
is very calming to your nervous system

1109
00:41:31,060 --> 00:41:27,770
it's back in contact with people that

1110
00:41:33,010 --> 00:41:31,070
your tribe so to speak it's meditation

1111
00:41:35,650 --> 00:41:33,020
it's yoga it's things like that that

1112
00:41:39,010 --> 00:41:35,660
calms your mind those types of things

1113
00:41:40,750 --> 00:41:39,020

are having a physiologic retraining of

1114

00:41:42,310 --> 00:41:40,760

your nervous system and that's probably

1115

00:41:44,200 --> 00:41:42,320

the number one thing people need to do

1116

00:41:45,720 --> 00:41:44,210

to create healthy hearts and prevent

1117

00:41:49,150 --> 00:41:45,730

heart attacks

1118

00:41:51,670 --> 00:41:49,160

mmm-hmm and in terms of stressors media

1119

00:41:53,380 --> 00:41:51,680

is a big one too like family plan tune

1120

00:41:55,900 --> 00:41:53,390

in to the nightly news every night if

1121

00:41:59,620 --> 00:41:55,910

you don't want to be stressed out it's

1122

00:42:02,140 --> 00:41:59,630

also negative oh yeah indeed man this is

1123

00:42:03,820 --> 00:42:02,150

just all so eye-opening especially the

1124

00:42:06,430 --> 00:42:03,830

easy water stuff because you learn oh

1125

00:42:08,080 --> 00:42:06,440

this is why infrared saunas are so good

1126

00:42:10,180 --> 00:42:08,090

for us this is why laying out and the

1127

00:42:14,620 --> 00:42:10,190

Sun is important it's supercharges the

1128

00:42:17,590 --> 00:42:14,630

water in our cells but what about the

1129

00:42:19,810 --> 00:42:17,600

water we drink is there a way to make

1130

00:42:21,910 --> 00:42:19,820

sure we're getting the best water done

1131

00:42:23,860 --> 00:42:21,920

what do you do do you vortex it do you

1132

00:42:26,410 --> 00:42:23,870

drink spring water that's high in

1133

00:42:28,720 --> 00:42:26,420

minerals blend it to make more bubbles I

1134

00:42:33,400 --> 00:42:28,730

hear that increase is easy what about

1135

00:42:35,109 --> 00:42:33,410

water yeah so me personally I drink

1136

00:42:36,940 --> 00:42:35,119

mineral water

1137

00:42:39,870 --> 00:42:36,950

buying at the store but also I harvest

1138

00:42:42,430 --> 00:42:39,880

mineral water from a spring close to me

1139

00:42:44,049 --> 00:42:42,440

people go to find a spring calm they can

1140

00:42:46,120 --> 00:42:44,059

see if there's one close to them they

1141

00:42:48,069 --> 00:42:46,130

can get their own spring water because

1142

00:42:49,479 --> 00:42:48,079

there's lots of vortexing that happens

1143

00:42:51,549 --> 00:42:49,489

when it comes out of the earth and so

1144

00:42:53,709 --> 00:42:51,559

that water is pretty structured pretty

1145

00:42:55,479 --> 00:42:53,719

energized but it's also full minerals

1146

00:42:57,370 --> 00:42:55,489

which are also very important because if

1147

00:42:59,259 --> 00:42:57,380

you're drinking water that's been

1148

00:43:00,910 --> 00:42:59,269

demineralized that they could actually

1149

00:43:02,410 --> 00:43:00,920

end up stealing minerals from your body

1150

00:43:05,799 --> 00:43:02,420

because water likes to have minerals

1151
00:43:06,999 --> 00:43:05,809
dissolved in it so what I'm doing is for

1152
00:43:09,489 --> 00:43:07,009
drinking water I'm doing the spring

1153
00:43:11,109 --> 00:43:09,499
water either from the store or from the

1154
00:43:12,880 --> 00:43:11,119
spring near my house but for cooking I

1155
00:43:14,829 --> 00:43:12,890
have a filter like if I'm using tap

1156
00:43:17,440 --> 00:43:14,839
water and we're on a well so I don't

1157
00:43:18,729 --> 00:43:17,450
know if there's as many toxins as there

1158
00:43:21,249 --> 00:43:18,739
would be in the water if I was in a

1159
00:43:22,299 --> 00:43:21,259
municipal water supply but I still feel

1160
00:43:24,519 --> 00:43:22,309
to it because you just don't know what's

1161
00:43:27,339 --> 00:43:24,529
in the ground water these days I filter

1162
00:43:28,749 --> 00:43:27,349
it but then I also bore Tech's it and I

1163
00:43:30,279 --> 00:43:28,759

never really drink that water straight

1164

00:43:32,829 --> 00:43:30,289

though because it's deemed mineralized I

1165

00:43:34,120 --> 00:43:32,839

usually just use it for cooking and lots

1166

00:43:36,009 --> 00:43:34,130

of times when I'm cooking it's adding

1167

00:43:37,839 --> 00:43:36,019

minerals to it or I make bone broth with

1168

00:43:40,359 --> 00:43:37,849

it which is gonna add a ton of minerals

1169

00:43:42,700 --> 00:43:40,369

with it kind of remineralize it but yeah

1170

00:43:45,099 --> 00:43:42,710

that's where I get most my water yeah

1171

00:43:47,079 --> 00:43:45,109

it's just those three sources it's funny

1172

00:43:50,859 --> 00:43:47,089

because people might drink reverse

1173

00:43:52,870 --> 00:43:50,869

osmosis water or extremely filtered

1174

00:43:54,670 --> 00:43:52,880

water and think that that's as good as

1175

00:43:56,349 --> 00:43:54,680

it gets but a lot of people consider

1176

00:43:58,120 --> 00:43:56,359

that dead water and there's a lot of

1177

00:44:00,130 --> 00:43:58,130

positive things in the water that you

1178

00:44:03,190 --> 00:44:00,140

want to keep in while taking out the bad

1179

00:44:05,859 --> 00:44:03,200

and it just gets pretty complex but one

1180

00:44:08,469 --> 00:44:05,869

big aha moment I had and your book was

1181

00:44:11,109 --> 00:44:08,479

the fact that you know with a lot of

1182

00:44:12,489 --> 00:44:11,119

alternative medicine and places like the

1183

00:44:14,380 --> 00:44:12,499

Gerson Institute where people are

1184

00:44:16,269 --> 00:44:14,390

getting treated for cancer that or they

1185

00:44:17,859 --> 00:44:16,279

come in with other serious illnesses the

1186

00:44:22,269 --> 00:44:17,869

first thing they do is they give you a

1187

00:44:24,789 --> 00:44:22,279

ton of smoothies or juices and a major

1188

00:44:26,650 --> 00:44:24,799

factor in why that works so well other

1189

00:44:28,539 --> 00:44:26,660

than the vitamins and nutrients is that

1190

00:44:30,789 --> 00:44:28,549

you're getting an easy water

1191

00:44:33,519 --> 00:44:30,799

replenishment from the cells of the

1192

00:44:35,859 --> 00:44:33,529

fruits and vegetables and it just folds

1193

00:44:38,589 --> 00:44:35,869

right into making a lot of sense that

1194

00:44:41,259 --> 00:44:38,599

was just something that I didn't know a

1195

00:44:42,969 --> 00:44:41,269

week ago yeah we mentioned like how

1196

00:44:44,380 --> 00:44:42,979

water gets from the ground to the tops

1197

00:44:46,150 --> 00:44:44,390

of the trees oh it's the same thing in

1198

00:44:48,130 --> 00:44:46,160

the plants you know the fruits and

1199

00:44:49,990 --> 00:44:48,140

vegetables that we're eating if

1200

00:44:52,000 --> 00:44:50,000

fresh then they're gonna have structured

1201

00:44:53,320 --> 00:44:52,010

water in their cells I mean that's dr.

1202

00:44:55,750 --> 00:44:53,330

[h__h] wrote another book called sales

1203

00:44:57,850 --> 00:44:55,760

gels and the engines of life and he

1204

00:44:59,860 --> 00:44:57,860

talks about the role of this fourth

1205

00:45:02,200 --> 00:44:59,870

phase water in the cells it was just

1206

00:45:05,020 --> 00:45:02,210

absolutely fascinating so the cells and

1207

00:45:09,250 --> 00:45:05,030

these plants also have it now I don't

1208

00:45:11,050 --> 00:45:09,260

know if a plant is shipped from across

1209

00:45:13,480 --> 00:45:11,060

the United States and it was picked two

1210

00:45:15,880 --> 00:45:13,490

weeks before you eat it if the energy in

1211

00:45:17,470 --> 00:45:15,890

that plan is there goes down the longer

1212

00:45:19,390 --> 00:45:17,480

it's been since it's picked more I don't

1213

00:45:21,250 --> 00:45:19,400

know but I would not be surprised

1214

00:45:23,770 --> 00:45:21,260

because they're probably shipped in

1215

00:45:25,510 --> 00:45:23,780

crates and the plant has lost its life

1216

00:45:26,650 --> 00:45:25,520

source which is the earth and the

1217

00:45:28,540 --> 00:45:26,660

structuring of it so I wouldn't be

1218

00:45:30,040 --> 00:45:28,550

surprised if it's lost a lot of its not

1219

00:45:32,800 --> 00:45:30,050

only mineral content and nutrient

1220

00:45:34,990 --> 00:45:32,810

content but also its energy in the and

1221

00:45:36,850 --> 00:45:35,000

the water in the cells so the fresher

1222

00:45:38,290 --> 00:45:36,860

the better but yeah I mean you mentioned

1223

00:45:39,700 --> 00:45:38,300

like juicing and yeah it's no wonder

1224

00:45:41,290 --> 00:45:39,710

that people will start to get better I

1225

00:45:42,850 --> 00:45:41,300

mean eventually long term they're gonna

1226
00:45:43,900 --> 00:45:42,860
have trouble with blood sugar because

1227
00:45:45,940 --> 00:45:43,910
they're taking away all the fiber and

1228
00:45:47,260 --> 00:45:45,950
everything but we're putting structured

1229
00:45:49,030 --> 00:45:47,270
water directly into the bodies we're

1230
00:45:51,520 --> 00:45:49,040
creating higher levels of physiology

1231
00:45:54,310 --> 00:45:51,530
just by structuring the water in their

1232
00:45:56,290 --> 00:45:54,320
bodies it makes complete sense yeah it's

1233
00:45:59,260 --> 00:45:56,300
and that was another eye-opener the no

1234
00:46:01,810 --> 00:45:59,270
pump in plants like there's no heart in

1235
00:46:03,220 --> 00:46:01,820
a palm tree but it gets the water where

1236
00:46:05,440 --> 00:46:03,230
it needs to go all the way to the top

1237
00:46:08,650 --> 00:46:05,450
yeah and yeah it's just because this

1238
00:46:10,900 --> 00:46:08,660

water kind of does its own thing and you

1239

00:46:13,720 --> 00:46:10,910

also have a line in the book where you

1240

00:46:16,810 --> 00:46:13,730

say something to the effect of because

1241

00:46:19,840 --> 00:46:16,820

we know easy water in our blood kind of

1242

00:46:23,440 --> 00:46:19,850

pumps itself this could even change our

1243

00:46:25,780 --> 00:46:23,450

energy and plumbing systems if we did it

1244

00:46:28,630 --> 00:46:25,790

right I mean how much energy do we put

1245

00:46:30,460 --> 00:46:28,640

into these giant water plants and

1246

00:46:33,600 --> 00:46:30,470

plumbing systems just to get water

1247

00:46:36,940 --> 00:46:33,610

through all our pipes where if we had

1248

00:46:39,490 --> 00:46:36,950

properly energized or vortexed water it

1249

00:46:41,430 --> 00:46:39,500

would kind of push itself through the

1250

00:46:45,190 --> 00:46:41,440

pipes and that would be just a huge

1251
00:46:46,870 --> 00:46:45,200
efficiency win for our society yeah I

1252
00:46:49,180 --> 00:46:46,880
mean opportunities abound there if we

1253
00:46:50,650 --> 00:46:49,190
learn to use that technology or I have

1254
00:46:52,810 --> 00:46:50,660
really technology it's more like a

1255
00:46:55,180 --> 00:46:52,820
discovery of water yeah properly you

1256
00:46:56,890 --> 00:46:55,190
know we could do away with dams you know

1257
00:46:58,930 --> 00:46:56,900
all this hydroelectric energy we having

1258
00:47:00,340 --> 00:46:58,940
to create like we don't need it we don't

1259
00:47:02,080 --> 00:47:00,350
need the river flow we could create flow

1260
00:47:03,790 --> 00:47:02,090
ourselves you know or

1261
00:47:05,440 --> 00:47:03,800
design a system where the water would

1262
00:47:07,300 --> 00:47:05,450
flow itself and so we don't have to

1263
00:47:10,300 --> 00:47:07,310

destroy these ecosystems about putting

1264

00:47:11,620 --> 00:47:10,310

up dams and things I think but we'll see

1265

00:47:14,110 --> 00:47:11,630

if anybody gets ahold of this technology

1266

00:47:17,620 --> 00:47:14,120

and funds the research to develop

1267

00:47:19,810 --> 00:47:17,630

devices like that yeah it would be

1268

00:47:22,450 --> 00:47:19,820

awesome to see just one city try to

1269

00:47:24,790 --> 00:47:22,460

tackle that and then be able to study

1270

00:47:27,520 --> 00:47:24,800

the data of how the people who live

1271

00:47:29,830 --> 00:47:27,530

there were affected and in terms of the

1272

00:47:32,770 --> 00:47:29,840

ketogenic diet and getting more quality

1273

00:47:35,740 --> 00:47:32,780

fats in our diet I still kind of

1274

00:47:38,020 --> 00:47:35,750

struggle with this I end up just I know

1275

00:47:40,150 --> 00:47:38,030

it's not right to equate protein and fat

1276

00:47:41,980 --> 00:47:40,160

but I almost just do I just eat a lot of

1277

00:47:44,470 --> 00:47:41,990

protein and hope well there's some fat

1278

00:47:45,970 --> 00:47:44,480

in there too but that's not the right

1279

00:47:49,210 --> 00:47:45,980

approach and I got a little list online

1280

00:47:51,310 --> 00:47:49,220

tell me what you think you know if

1281

00:47:54,760 --> 00:47:51,320

there's any changes you would make but

1282

00:47:57,760 --> 00:47:54,770

this article says the 10 best foods high

1283

00:48:01,210 --> 00:47:57,770

in fat would be avocados cheese dark

1284

00:48:05,230 --> 00:48:01,220

chocolate whole eggs fatty fish nuts

1285

00:48:07,060 --> 00:48:05,240

chia seeds and extra virgin olive oil is

1286

00:48:10,200 --> 00:48:07,070

there something missing how would you

1287

00:48:12,760 --> 00:48:10,210

adjust that the thing missing is the

1288

00:48:15,490 --> 00:48:12,770

saturated fats from animals like red

1289

00:48:17,590 --> 00:48:15,500

meat I mean it's got this major negative

1290

00:48:19,300 --> 00:48:17,600

connotation and there's absolutely no

1291

00:48:22,540 --> 00:48:19,310

reason for it to I mean there's people

1292

00:48:24,880 --> 00:48:22,550

that are thriving on all red meat diets

1293

00:48:26,530 --> 00:48:24,890

that have been for years it doesn't mean

1294

00:48:27,820 --> 00:48:26,540

that we all should do that or that we

1295

00:48:29,890 --> 00:48:27,830

would all thrive like they would but

1296

00:48:32,230 --> 00:48:29,900

it's gotten this bad rap and I don't

1297

00:48:34,840 --> 00:48:32,240

understand why I mean all these studies

1298

00:48:36,880 --> 00:48:34,850

about how high protein will destroy your

1299

00:48:39,670 --> 00:48:36,890

kidneys or cause heart disease and then

1300

00:48:41,470 --> 00:48:39,680

we already explained how cholesterol and

1301
00:48:42,280 --> 00:48:41,480
narrowing of arteries won't cause a

1302
00:48:44,290 --> 00:48:42,290
heart attack

1303
00:48:45,820 --> 00:48:44,300
well atherosclerosis is not a good thing

1304
00:48:47,440 --> 00:48:45,830
to have it's not going to directly lead

1305
00:48:49,630 --> 00:48:47,450
to a heart attack but I think that

1306
00:48:51,700 --> 00:48:49,640
that's the biggest thing that's missing

1307
00:48:54,100 --> 00:48:51,710
from that list is that I think

1308
00:48:56,740 --> 00:48:54,110
evolutionarily and you can look at the

1309
00:49:00,100 --> 00:48:56,750
work of Mickey bender in Tel Aviv

1310
00:49:01,930 --> 00:49:00,110
University I think humans are pretty

1311
00:49:04,330 --> 00:49:01,940
much designed to eat meats we've evolved

1312
00:49:05,920 --> 00:49:04,340
the eat plants as well and we can do

1313
00:49:07,420 --> 00:49:05,930

that and we can survive on plants and

1314

00:49:09,250 --> 00:49:07,430

there's some plants that can be argued

1315

00:49:11,800 --> 00:49:09,260

to they're good for us but I think that

1316

00:49:15,240 --> 00:49:11,810

the good fats from either grass-fed or

1317

00:49:16,620 --> 00:49:15,250

wild animals and from egg yolks and

1318

00:49:19,650 --> 00:49:16,630

butter and things like that I think

1319

00:49:22,410 --> 00:49:19,660

those are the fats that give us life I

1320

00:49:24,750 --> 00:49:22,420

think that hey they're gonna convert you

1321

00:49:28,190 --> 00:49:24,760

to burning fat and making ketones and

1322

00:49:30,900 --> 00:49:28,200

ketogenic more quickly but if we're so

1323

00:49:32,609 --> 00:49:30,910

designed or evolved to to burn that fat

1324

00:49:34,020 --> 00:49:32,619

and that fat lots of times comes with

1325

00:49:36,030 --> 00:49:34,030

protein there's no way that that protein

1326

00:49:38,099 --> 00:49:36,040

could be bad for you I mean humans have

1327

00:49:40,560 --> 00:49:38,109

been eating meat for millions of

1328

00:49:42,210 --> 00:49:40,570

millions of years and heart disease is

1329

00:49:45,720 --> 00:49:42,220

in the epidemic that we're seeing it

1330

00:49:47,490 --> 00:49:45,730

today is it's only maybe 200 years or so

1331

00:49:49,859 --> 00:49:47,500

that we've seen this massive rise in

1332

00:49:52,290 --> 00:49:49,869

heart disease now where there's evidence

1333

00:49:54,510 --> 00:49:52,300

that ancient Egyptians have

1334

00:49:56,460 --> 00:49:54,520

atherosclerosis they did like CT scans

1335

00:49:58,859 --> 00:49:56,470

on the mummies and they found like I

1336

00:50:01,650 --> 00:49:58,869

think it was like 30 or 40 percent of

1337

00:50:03,839 --> 00:50:01,660

them had atherosclerosis but they were a

1338

00:50:06,599 --> 00:50:03,849

farming culture they were eating lots of

1339

00:50:08,040 --> 00:50:06,609

different grains it's very well known

1340

00:50:09,300 --> 00:50:08,050

based on the side of their culture that

1341

00:50:11,640 --> 00:50:09,310

they didn't need meat that much it

1342

00:50:13,589 --> 00:50:11,650

wasn't a huge part of their diet and so

1343

00:50:15,960 --> 00:50:13,599

that's the big thing missing there is

1344

00:50:18,660 --> 00:50:15,970

that people really need to get over this

1345

00:50:20,280 --> 00:50:18,670

meat or this animal fat or saturated fat

1346

00:50:23,010 --> 00:50:20,290

causes heart disease or that it's bad

1347

00:50:25,140 --> 00:50:23,020

for you it's probably one of the best as

1348

00:50:28,500 --> 00:50:25,150

long as it's from a wild or grass-fed

1349

00:50:30,810 --> 00:50:28,510

very naturally raised animal mm-hmm well

1350

00:50:34,020 --> 00:50:30,820

said I thought that's exactly what you

1351
00:50:36,240 --> 00:50:34,030
might bring up the fat from animals and

1352
00:50:41,160 --> 00:50:36,250
butter as well do you have a problem

1353
00:50:42,329 --> 00:50:41,170
with with cheese or dairy well this

1354
00:50:45,000 --> 00:50:42,339
one's kind of near and dear to me

1355
00:50:47,579 --> 00:50:45,010
because if we look at the mechanism of

1356
00:50:49,859 --> 00:50:47,589
autoimmune disease a lot of it can be

1357
00:50:52,200 --> 00:50:49,869
that there's this molecular mimicry so

1358
00:50:54,990 --> 00:50:52,210
basically I can get leaky gut which

1359
00:50:56,310 --> 00:50:55,000
means that things in my intestines are

1360
00:50:57,510 --> 00:50:56,320
leaking into the bloodstream before

1361
00:51:00,270 --> 00:50:57,520
they're supposed to because there's

1362
00:51:02,550 --> 00:51:00,280
holes in my gut and there are certain

1363
00:51:04,859 --> 00:51:02,560

molecules in foods that have been linked

1364

00:51:07,140 --> 00:51:04,869

to a certain autoimmune diseases one of

1365

00:51:08,609 --> 00:51:07,150

them is gluten for thyroid to see or

1366

00:51:11,250 --> 00:51:08,619

hypothyroid like Hashimoto's

1367

00:51:13,230 --> 00:51:11,260

hypothyroidism and so if some of those

1368

00:51:14,490 --> 00:51:13,240

gluten molecules leak into the

1369

00:51:15,960 --> 00:51:14,500

bloodstream when they're not supposed to

1370

00:51:17,250 --> 00:51:15,970

and then your body has an autoimmune

1371

00:51:19,500 --> 00:51:17,260

reaction to them because they're not

1372

00:51:21,540 --> 00:51:19,510

supposed to be there well some of those

1373

00:51:23,190 --> 00:51:21,550

look just similar enough to cells in the

1374

00:51:25,920 --> 00:51:23,200

thyroid that your body also attacks the

1375

00:51:28,470 --> 00:51:25,930

thyroid and so for me it is close to

1376
00:51:29,160 --> 00:51:28,480
home because casein protein found in

1377
00:51:31,320 --> 00:51:29,170
dairy

1378
00:51:33,420 --> 00:51:31,330
it looks very similar to beta cells in

1379
00:51:35,970 --> 00:51:33,430
the pancreas that make insulin and so I

1380
00:51:37,590 --> 00:51:35,980
think that at some point in my life I

1381
00:51:39,710 --> 00:51:37,600
probably had pretty severe leaky gut and

1382
00:51:41,820 --> 00:51:39,720
I definitely had all kinds of dairy

1383
00:51:43,980 --> 00:51:41,830
pasteurized dairy at that which was

1384
00:51:46,980 --> 00:51:43,990
already damaged protein and when I was a

1385
00:51:48,960 --> 00:51:46,990
kid and I think that it's very likely

1386
00:51:50,820 --> 00:51:48,970
that some of those proteins leaked into

1387
00:51:52,410 --> 00:51:50,830
my bloodstream my body attacked that

1388
00:51:54,630 --> 00:51:52,420

casein protein and then also attacked

1389

00:51:57,590 --> 00:51:54,640

the beta cells in my pancreas so that's

1390

00:51:59,430 --> 00:51:57,600

not to say that no one should have dairy

1391

00:52:01,800 --> 00:51:59,440

obviously a certain percentage of the

1392

00:52:03,930 --> 00:52:01,810

population has evolved to eat dairy

1393

00:52:05,490 --> 00:52:03,940

because we have that lactase persistence

1394

00:52:07,230 --> 00:52:05,500

but then other people are lactose

1395

00:52:09,180 --> 00:52:07,240

intolerance because they don't have that

1396

00:52:11,760 --> 00:52:09,190

lactase persistence and so they can't do

1397

00:52:13,680 --> 00:52:11,770

that but I think that I mean humans are

1398

00:52:15,150 --> 00:52:13,690

still evolving and I think that some of

1399

00:52:17,820 --> 00:52:15,160

us have evolved to handle dairy just

1400

00:52:20,670 --> 00:52:17,830

fine and we get raw grass-fed dairy that

1401

00:52:22,590 --> 00:52:20,680

can be a very nutrient-dense food source

1402

00:52:25,290 --> 00:52:22,600

for us and a good source of fat but

1403

00:52:28,500 --> 00:52:25,300

others of us may do better staying away

1404

00:52:31,470 --> 00:52:28,510

from it I just think that depends on how

1405

00:52:33,690 --> 00:52:31,480

long your ancestors have been using milk

1406

00:52:35,010 --> 00:52:33,700

as a food source because there were

1407

00:52:36,630 --> 00:52:35,020

certain areas of the world where it

1408

00:52:37,860 --> 00:52:36,640

became necessary and there were other

1409

00:52:39,810 --> 00:52:37,870

areas of the world where it wasn't and

1410

00:52:41,580 --> 00:52:39,820

so it's really hard to trace your

1411

00:52:43,110 --> 00:52:41,590

genetic line these days and figure that

1412

00:52:44,250 --> 00:52:43,120

out but maybe one day we'll have some

1413

00:52:46,680 --> 00:52:44,260

sort of testing that could tell us that

1414

00:52:48,090 --> 00:52:46,690

then we're getting pretty close but if I

1415

00:52:49,290 --> 00:52:48,100

was gonna do an elimination diet and

1416

00:52:51,120 --> 00:52:49,300

figure out what foods were triggering

1417

00:52:53,010 --> 00:52:51,130

people I would not include a dairy and

1418

00:52:55,980 --> 00:52:53,020

then have them add it back and see if

1419

00:52:57,930 --> 00:52:55,990

they did well with it mmm yes well I

1420

00:52:59,460 --> 00:52:57,940

hope my ancestors have been doing it for

1421

00:53:01,710 --> 00:52:59,470

a while because I have quite a dairy

1422

00:53:03,450 --> 00:53:01,720

addiction more so I could give up sugar

1423

00:53:07,200 --> 00:53:03,460

a lot easier than I could give up dairy

1424

00:53:08,670 --> 00:53:07,210

I think yeah and so with the ketogenic

1425

00:53:11,490 --> 00:53:08,680

diet I hear about it on a lot of

1426
00:53:13,350 --> 00:53:11,500
podcasts and it almost seems like you

1427
00:53:15,390 --> 00:53:13,360
already have diabetes with all the blood

1428
00:53:17,280 --> 00:53:15,400
monitoring and the daily attention to

1429
00:53:19,590 --> 00:53:17,290
detail and the biohacking that is

1430
00:53:22,470 --> 00:53:19,600
involved with the people who are really

1431
00:53:24,990 --> 00:53:22,480
into the ketogenic diet I just don't

1432
00:53:26,790 --> 00:53:25,000
know that that kind of monitoring and

1433
00:53:28,260 --> 00:53:26,800
stuff is something I could keep up with

1434
00:53:29,520 --> 00:53:28,270
and it doesn't have to be that way as

1435
00:53:32,660 --> 00:53:29,530
long as you're eating the right things

1436
00:53:35,300 --> 00:53:32,670
you could probably forego all the insane

1437
00:53:39,270 --> 00:53:35,310
monitoring but how do you feel about

1438
00:53:40,770 --> 00:53:39,280

ketone supplements or pills or taking

1439

00:53:44,010 --> 00:53:40,780

them in that form

1440

00:53:46,620 --> 00:53:44,020

I'm always cautious about any supplement

1441

00:53:48,780 --> 00:53:46,630

I think that they can be useful is

1442

00:53:51,000 --> 00:53:48,790

dodging those ketones if I had someone

1443

00:53:52,020 --> 00:53:51,010

come to me and was that terrible risk

1444

00:53:53,700 --> 00:53:52,030

for having a heart attack and really

1445

00:53:55,410 --> 00:53:53,710

wanted to immediately increase the

1446

00:53:57,900 --> 00:53:55,420

function of their heart exogenous

1447

00:54:00,090 --> 00:53:57,910

ketones can help your body get into that

1448

00:54:02,820 --> 00:54:00,100

fat-burning mode quicker but that's not

1449

00:54:05,190 --> 00:54:02,830

something I want somebody to rely on for

1450

00:54:07,170 --> 00:54:05,200

a long time I want to teach their body

1451
00:54:09,330 --> 00:54:07,180
through diet to make those ketones

1452
00:54:11,790 --> 00:54:09,340
themselves but that's the only time I

1453
00:54:13,200 --> 00:54:11,800
would ever use them and oftentimes I

1454
00:54:16,470 --> 00:54:13,210
think that these supplements that we

1455
00:54:17,820 --> 00:54:16,480
have are people use them as excuses but

1456
00:54:20,220 --> 00:54:17,830
they don't use as well as they should or

1457
00:54:21,690 --> 00:54:20,230
they stray from keto and they use these

1458
00:54:23,940 --> 00:54:21,700
things to get back in Iquitos like this

1459
00:54:26,430 --> 00:54:23,950
little hack they can do I'm not a fan of

1460
00:54:28,410 --> 00:54:26,440
that because I mean if you read health

1461
00:54:29,730 --> 00:54:28,420
evolution you know I think that if we're

1462
00:54:30,930 --> 00:54:29,740
all making the best decisions possible

1463
00:54:33,060 --> 00:54:30,940

for our health it's actually better for

1464

00:54:34,920 --> 00:54:33,070

the planet most people to rely on things

1465

00:54:36,960 --> 00:54:34,930

like that that will keep them living

1466

00:54:39,180 --> 00:54:36,970

this destructive lifestyle and the mail

1467

00:54:41,730 --> 00:54:39,190

will hack their way back to their health

1468

00:54:44,250 --> 00:54:41,740

so that make sense mm-hmm it does it

1469

00:54:48,300 --> 00:54:44,260

does and people really should look for

1470

00:54:50,580 --> 00:54:48,310

local food sources I try to on the show

1471

00:54:52,650 --> 00:54:50,590

give people as many options as we can

1472

00:54:55,200 --> 00:54:52,660

but it's a national audience a worldwide

1473

00:54:57,780 --> 00:54:55,210

audience and that's kind of what we're

1474

00:55:00,120 --> 00:54:57,790

trying to get away from is some kind of

1475

00:55:02,430 --> 00:55:00,130

supply that makes it nationwide because

1476

00:55:05,760 --> 00:55:02,440

it's just not the right way but I'm sure

1477

00:55:08,900 --> 00:55:05,770

there are local meat producing farms in

1478

00:55:10,500 --> 00:55:08,910

your area I'm sure there's plenty of

1479

00:55:13,410 --> 00:55:10,510

subscription-based

1480

00:55:16,050 --> 00:55:13,420

fruit and vegetable baskets you can get

1481

00:55:17,970 --> 00:55:16,060

from local farms in your area and it

1482

00:55:20,220 --> 00:55:17,980

just takes a couple of google searches

1483

00:55:22,830 --> 00:55:20,230

and you could really make a huge impact

1484

00:55:24,540 --> 00:55:22,840

and doing that and save yourself

1485

00:55:27,210 --> 00:55:24,550

precious time because they send it right

1486

00:55:28,650 --> 00:55:27,220

to your house that's right I mean

1487

00:55:30,270 --> 00:55:28,660

farmers markets obviously there's

1488

00:55:31,500 --> 00:55:30,280

farmers markets everywhere and obviously

1489

00:55:32,730 --> 00:55:31,510

you're having to deal with things in

1490

00:55:34,710 --> 00:55:32,740

season but that's the way we should be

1491

00:55:37,380 --> 00:55:34,720

eating anyways but also there's a good

1492

00:55:38,910 --> 00:55:37,390

website eat wild calm where you can go

1493

00:55:40,860 --> 00:55:38,920

and look for all like the places where

1494

00:55:43,500 --> 00:55:40,870

you can get grass fed and pastured

1495

00:55:45,200 --> 00:55:43,510

animal products closely farms near you

1496

00:55:48,210 --> 00:55:45,210

that you can go to and get them from

1497

00:55:51,240 --> 00:55:48,220

cool eat wild calm that's one I did not

1498

00:55:54,060 --> 00:55:51,250

know about so awesome yeah and of course

1499

00:55:55,530 --> 00:55:54,070

you have these two books both of them

1500

00:55:57,390 --> 00:55:55,540

are really great I enjoyed reading

1501
00:56:00,060 --> 00:55:57,400
through them both is there anything else

1502
00:56:01,530 --> 00:56:00,070
people should know about your website or

1503
00:56:03,300 --> 00:56:01,540
anything before I cut you loose I mean

1504
00:56:06,510 --> 00:56:03,310
you have this coaching going on and it

1505
00:56:08,790 --> 00:56:06,520
is quite reasonable price wise yeah so I

1506
00:56:10,950 --> 00:56:08,800
mean every saucer health calm is where

1507
00:56:12,810 --> 00:56:10,960
I'm doing my health coaching but I'm

1508
00:56:15,030 --> 00:56:12,820
also working on I mean I have a blog

1509
00:56:16,800 --> 00:56:15,040
there that I'm working on trying to put

1510
00:56:19,440 --> 00:56:16,810
out interesting things and then I'm

1511
00:56:22,230 --> 00:56:19,450
working on developing courses so one

1512
00:56:23,580 --> 00:56:22,240
about the heart one about evolution and

1513
00:56:25,890 --> 00:56:23,590

like mastering evolution to achieve

1514

00:56:28,350 --> 00:56:25,900

health and then probably one about

1515

00:56:29,250 --> 00:56:28,360

autoimmunity as well working on those is

1516

00:56:32,010 --> 00:56:29,260

I'm trying to get as many different

1517

00:56:33,180 --> 00:56:32,020

avenues for people to hear the message

1518

00:56:34,290 --> 00:56:33,190

and and improve their health you know

1519

00:56:36,210 --> 00:56:34,300

whether they like to read a book or

1520

00:56:38,520 --> 00:56:36,220

listen to podcasts where do the health

1521

00:56:39,900 --> 00:56:38,530

coaching or do online courses like I'm

1522

00:56:42,720 --> 00:56:39,910

trying to get as many different ways out

1523

00:56:44,760 --> 00:56:42,730

there as possible so I'll have those up

1524

00:56:46,650 --> 00:56:44,770

on the website hopefully if I can figure

1525

00:56:48,630 --> 00:56:46,660

out how to do it soon but that's what

1526
00:56:49,920 --> 00:56:48,640
I'm working on now and then yeah trying

1527
00:56:51,360 --> 00:56:49,930
to make the website a place where

1528
00:56:53,520 --> 00:56:51,370
there's many different resources as

1529
00:56:55,110 --> 00:56:53,530
possible so I'll be doing the ebooks and

1530
00:56:57,360 --> 00:56:55,120
things like that people can find all

1531
00:56:59,340 --> 00:56:57,370
kinds of information there awesome man

1532
00:57:01,620 --> 00:56:59,350
yeah build that business it's a noble

1533
00:57:03,090 --> 00:57:01,630
thing it's a great way to make a living

1534
00:57:05,760 --> 00:57:03,100
we all have to make a living you can

1535
00:57:09,930 --> 00:57:05,770
either be a cog in the big machine or

1536
00:57:11,640 --> 00:57:09,940
find some way to you know live the path

1537
00:57:14,910 --> 00:57:11,650
you want to live bring out your true

1538
00:57:16,950 --> 00:57:14,920

self and your expertise and kind of

1539

00:57:18,930 --> 00:57:16,960

fight back against it while still being

1540

00:57:20,670 --> 00:57:18,940

able to pay the bills I mean we're not

1541

00:57:22,530 --> 00:57:20,680

gonna change the whole system we can

1542

00:57:24,630 --> 00:57:22,540

only change our position in it and how

1543

00:57:27,150 --> 00:57:24,640

we react to it so I think that's great

1544

00:57:29,430 --> 00:57:27,160

yeah and show people a way to do it as

1545

00:57:33,330 --> 00:57:29,440

well that's the one goal for me indeed

1546

00:57:35,550 --> 00:57:33,340

cheers to that so right on man well I

1547

00:57:38,670 --> 00:57:35,560

definitely learned a lot Congrats on the

1548

00:57:41,100 --> 00:57:38,680

very difficult task of changing your own

1549

00:57:42,750 --> 00:57:41,110

bad habits and overcoming much of the

1550

00:57:44,640 --> 00:57:42,760

big machine throughout your own personal

1551
00:57:47,240 --> 00:57:44,650
research and commitment I know it's not

1552
00:57:49,320 --> 00:57:47,250
easy and thanks for paying it forward

1553
00:57:50,940 --> 00:57:49,330
amen thanks for having me on it's been a

1554
00:57:55,320 --> 00:57:50,950
blast you got it

1555
00:58:01,650 --> 00:57:58,020
sweet mother mariya the mushroom people

1556
00:58:03,480 --> 00:58:01,660
dr. Steven Hussey bringing all sorts of

1557
00:58:07,320 --> 00:58:03,490
fun stuff to the table and I hope you

1558
00:58:10,500 --> 00:58:07,330
had a good time I know when dr. Hussey

1559
00:58:12,930 --> 00:58:10,510
contacted me and sent over his books and

1560
00:58:16,440 --> 00:58:12,940
I saw the fourth phase of water was a

1561
00:58:18,480 --> 00:58:16,450
chapter in his heart book I knew it was

1562
00:58:21,360 --> 00:58:18,490
gonna be worth getting into I mean this

1563
00:58:23,690 --> 00:58:21,370

ties right back to the water alchemy

1564

00:58:26,220 --> 00:58:23,700

episode with Shama engineer and

1565

00:58:29,130 --> 00:58:26,230

understanding this about the body is

1566

00:58:31,350 --> 00:58:29,140

really interesting to me that this

1567

00:58:33,690 --> 00:58:31,360

negatively-charged structured water is

1568

00:58:35,490 --> 00:58:33,700

what actually is in our cells and that

1569

00:58:38,820 --> 00:58:35,500

it's this negative charge that helps the

1570

00:58:41,580 --> 00:58:38,830

blood move through our veins is pretty

1571

00:58:44,940 --> 00:58:41,590

mind-blowing to me it's energy its

1572

00:58:46,590 --> 00:58:44,950

motion with very few ingredients because

1573

00:58:49,770 --> 00:58:46,600

it makes so much sense it speaks to

1574

00:58:52,860 --> 00:58:49,780

magnetism and charge and these sorts of

1575

00:58:55,530 --> 00:58:52,870

ether physics principles being right

1576

00:58:57,750 --> 00:58:55,540

there in plain sight it explains why

1577

00:59:00,060 --> 00:58:57,760

sunlight helps with blood flow and why

1578

00:59:03,660 --> 00:59:00,070

saw as an infrared light are so good for

1579

00:59:07,080 --> 00:59:03,670

us it's like the things her show burger

1580

00:59:10,910 --> 00:59:07,090

was on being right in the body and some

1581

00:59:13,830 --> 00:59:10,920

of our most fundamental systems because

1582

00:59:16,230 --> 00:59:13,840

honestly it is pretty illogical to think

1583

00:59:18,330 --> 00:59:16,240

that the heart is responsible for

1584

00:59:19,890 --> 00:59:18,340

pumping blood through thousands of

1585

00:59:22,650 --> 00:59:19,900

different channels and then back again

1586

00:59:25,650 --> 00:59:22,660

and with heart disease being such a

1587

00:59:29,040 --> 00:59:25,660

killer this understanding goes a long

1588

00:59:32,490 --> 00:59:29,050

way in flipping the script on heart

1589

00:59:36,090 --> 00:59:32,500

health and it's this type of thinking

1590

00:59:39,600 --> 00:59:36,100

this simple natural holistic type of

1591

00:59:43,860 --> 00:59:39,610

perspective that leads to flying saucers

1592

00:59:46,350 --> 00:59:43,870

I'm serious I absolutely think it's why

1593

00:59:48,930 --> 00:59:46,360

we are not taught about blood this way

1594

00:59:52,560 --> 00:59:48,940

or why they don't teach easy water in

1595

00:59:56,330 --> 00:59:52,570

school because anti-gravity properties

1596

00:59:59,180 --> 00:59:56,340

are probably not that complex

1597

01:00:01,540 --> 00:59:59,190

the Flying Saucer pie is really just

1598

01:00:05,090 --> 01:00:01,550

made up of natural magnetism

1599

01:00:07,580 --> 01:00:05,100

something-something rotation and using

1600

01:00:09,380 --> 01:00:07,590

the environment and for example the fact

1601
01:00:13,160 --> 01:00:09,390
that the earth has a net negative charge

1602
01:00:16,370 --> 01:00:13,170
to engineer a repelling force to that

1603
01:00:18,110 --> 01:00:16,380
and there is more than one way to get

1604
01:00:21,680 --> 01:00:18,120
there to check out some of these

1605
01:00:24,290 --> 01:00:21,690
alternative science conferences you know

1606
01:00:27,260 --> 01:00:24,300
everyone asks me why I don't go to

1607
01:00:29,330 --> 01:00:27,270
conspiracy conferences anymore and I

1608
01:00:31,760 --> 01:00:29,340
just say well you can go to either

1609
01:00:34,580 --> 01:00:31,770
conferences or secret science Tesla

1610
01:00:36,380 --> 01:00:34,590
conferences and see people working on

1611
01:00:39,470 --> 01:00:36,390
the very stuff that conspiracy

1612
01:00:43,960 --> 01:00:39,480
conferences are still debating the

1613
01:00:47,840 --> 01:00:43,970

existence of man I didn't expect to go

1614

01:00:50,000 --> 01:00:47,850

so far into this tangent so quickly but

1615

01:00:52,910 --> 01:00:50,010

I just think it's another example of the

1616

01:00:56,900 --> 01:00:52,920

scientific paradigm being twisted and

1617

01:00:59,600 --> 01:00:56,910

warped and complexified and all these

1618

01:01:02,000 --> 01:00:59,610

obstacles worked around to come up with

1619

01:01:04,550 --> 01:01:02,010

an explanation that doesn't reveal the

1620

01:01:07,820 --> 01:01:04,560

simple universal truths in our

1621

01:01:10,130 --> 01:01:07,830

environment and how they work so I

1622

01:01:12,620 --> 01:01:10,140

really liked this show and we focused on

1623

01:01:14,990 --> 01:01:12,630

the heart quite a bit because of this

1624

01:01:17,030 --> 01:01:15,000

stuff and we didn't get too deep into

1625

01:01:20,570 --> 01:01:17,040

his health evolution book until the

1626
01:01:22,850 --> 01:01:20,580
second half which as I said people here

1627
01:01:26,120 --> 01:01:22,860
will have mixed feelings about using a

1628
01:01:28,850 --> 01:01:26,130
term like evolution but I look for ways

1629
01:01:31,310 --> 01:01:28,860
to agree with people rather than looking

1630
01:01:34,400 --> 01:01:31,320
for points of difference to focus on and

1631
01:01:36,890 --> 01:01:34,410
hammer home so if we just think of his

1632
01:01:39,710 --> 01:01:36,900
advice as in line with the natural

1633
01:01:40,250 --> 01:01:39,720
systems of the environment that's what

1634
01:01:42,890 --> 01:01:40,260
I'm after

1635
01:01:44,990 --> 01:01:42,900
he calls it evolution but what he's

1636
01:01:47,120 --> 01:01:45,000
looking at is how humans synced up with

1637
01:01:49,760 --> 01:01:47,130
their environment for hundreds of

1638
01:01:52,040 --> 01:01:49,770

thousands of years before we tried to

1639

01:01:54,200 --> 01:01:52,050

take shortcuts and beat the thing into

1640

01:01:56,270 --> 01:01:54,210

submission I mean that's really what

1641

01:02:00,650 --> 01:01:56,280

agriculture was it was gaming the system

1642

01:02:02,630 --> 01:02:00,660

and it definitely had consequences

1643

01:02:05,300 --> 01:02:02,640

but I like the idea of looking back to

1644

01:02:08,030 --> 01:02:05,310

the past and working with our knowledge

1645

01:02:11,510 --> 01:02:08,040

of our ecosystem to engineer abundance

1646

01:02:14,720 --> 01:02:11,520

and all that good stuff the idea of

1647

01:02:18,470 --> 01:02:14,730

going back to nature but bringing her

1648

01:02:19,910 --> 01:02:18,480

modern technology with it it's what I

1649

01:02:23,570 --> 01:02:19,920

thought was attractive about The Venus

1650

01:02:25,420 --> 01:02:23,580

Project initially sure the proposed

1651

01:02:29,210 --> 01:02:25,430

vision of Jacque fresco is all

1652

01:02:31,280 --> 01:02:29,220

controlled by a central AI but if you

1653

01:02:35,210 --> 01:02:31,290

can get past that the models looked

1654

01:02:38,570 --> 01:02:35,220

quite nice so I really like where dr.

1655

01:02:40,400 --> 01:02:38,580

hussies focus is we didn't get to touch

1656

01:02:42,110 --> 01:02:40,410

on this but in his book he even talks

1657

01:02:44,150 --> 01:02:42,120

about little tricks of language that

1658

01:02:47,690 --> 01:02:44,160

have screwed us up so bad like our

1659

01:02:50,870 --> 01:02:47,700

multiple meanings for the word fat we

1660

01:02:52,100 --> 01:02:50,880

think eating fat equals getting fat but

1661

01:02:54,560 --> 01:02:52,110

in most other languages they have

1662

01:02:57,260 --> 01:02:54,570

completely different words for dietary

1663

01:02:59,720 --> 01:02:57,270

fat and becoming fat so they don't get

1664

01:03:03,050 --> 01:02:59,730

tripped up on that one equals the other

1665

01:03:06,590 --> 01:03:03,060

element also if someone is unclean we

1666

01:03:08,300 --> 01:03:06,600

call them dirty but the dirt is what

1667

01:03:11,510 --> 01:03:08,310

makes us healthy in a lot of ways so

1668

01:03:13,550 --> 01:03:11,520

just the words we use sometimes screw up

1669

01:03:16,670 --> 01:03:13,560

our understanding of things that are

1670

01:03:19,550 --> 01:03:16,680

actually good for us we have this

1671

01:03:22,640 --> 01:03:19,560

subconscious aversion because of our

1672

01:03:26,360 --> 01:03:22,650

language by accident or design I don't

1673

01:03:29,000 --> 01:03:26,370

know but it ain't good anyway it's nice

1674

01:03:30,680 --> 01:03:29,010

to be getting a show out for may I know

1675

01:03:33,650 --> 01:03:30,690

we're a little late to the May party

1676

01:03:36,410 --> 01:03:33,660

both me and my special lady had family

1677

01:03:39,710 --> 01:03:36,420

come in town and I've also had some

1678

01:03:41,810 --> 01:03:39,720

backend work that needed attention but

1679

01:03:45,410 --> 01:03:41,820

we're here now and I am psyched about

1680

01:03:49,310 --> 01:03:45,420

what's coming in fact I can now safely

1681

01:03:52,870 --> 01:03:49,320

say that dr. [h__h] is our next guest

1682

01:03:56,210 --> 01:03:52,880

all right we did it it's happening and

1683

01:03:59,060 --> 01:03:56,220

while we did retread a little bit of

1684

01:04:02,120 --> 01:03:59,070

ground from today once we get past the

1685

01:04:05,030 --> 01:04:02,130

introductory stuff and I got into some

1686

01:04:07,700 --> 01:04:05,040

questions that chemin jr. gave me dr.

1687

01:04:10,130 --> 01:04:07,710

Pollock share some things and go some

1688

01:04:12,860 --> 01:04:10,140

places I did not expect him to go and

1689

01:04:14,390 --> 01:04:12,870

it's really exciting but that's mostly

1690

01:04:15,350 --> 01:04:14,400

in the Plus show

1691

01:04:17,750 --> 01:04:15,360

because that's just the way

1692

01:04:20,960 --> 01:04:17,760

conversations work but he did mention

1693

01:04:25,670 --> 01:04:20,970

that maybe he said too much which is

1694

01:04:27,260 --> 01:04:25,680

always music to my ears so get ready had

1695

01:04:29,900 --> 01:04:27,270

I actually recorded a show with dr.

1696

01:04:32,900 --> 01:04:29,910

[h__\h] before this one you know I might

1697

01:04:35,450 --> 01:04:32,910

have switched up where our focus was but

1698

01:04:37,490 --> 01:04:35,460

sometimes with these really big names

1699

01:04:39,410 --> 01:04:37,500

that I don't think I'm ever going to be

1700

01:04:43,220 --> 01:04:39,420

able to talk to directly we have to talk

1701

01:04:46,820 --> 01:04:43,230

to other people about their work call it

1702

01:04:49,970 --> 01:04:46,830

the THC insurance policy but regardless

1703

01:04:52,130 --> 01:04:49,980

we do do a little double dip in this

1704

01:04:53,900 --> 01:04:52,140

month but I hope people think this

1705

01:04:57,710 --> 01:04:53,910

information is so interesting that

1706

01:04:59,240 --> 01:04:57,720

that's fine but next week's Plus show is

1707

01:05:01,640 --> 01:04:59,250

really something to behold

1708

01:05:03,890 --> 01:05:01,650

and I should even say that you know I

1709

01:05:05,900 --> 01:05:03,900

shouldn't over hype the thing because

1710

01:05:08,060 --> 01:05:05,910

that always ruins everything right no

1711

01:05:09,890 --> 01:05:08,070

one likes going into a movie that all

1712

01:05:12,350 --> 01:05:09,900

your buddies have said oh this is a 10

1713

01:05:16,370 --> 01:05:12,360

out of 10 for sure you watch it you're

1714

01:05:17,930 --> 01:05:16,380

like it's good it's alright but it

1715

01:05:21,980 --> 01:05:17,940

doesn't live up to the expectations

1716

01:05:27,200 --> 01:05:21,990

because you saw it last and other people

1717

01:05:29,690 --> 01:05:27,210

like me built it up but I'm happy about

1718

01:05:31,670 --> 01:05:29,700

it you're gonna like it I think but

1719

01:05:35,870 --> 01:05:31,680

today's Plus show is great too we talked

1720

01:05:38,150 --> 01:05:35,880

about how our pets keep us healthy wild

1721

01:05:39,200 --> 01:05:38,160

verse domestic fruits and vegetables I

1722

01:05:41,150 --> 01:05:39,210

mean you hear that all the time with

1723

01:05:44,870 --> 01:05:41,160

animals but this actually comes into

1724

01:05:47,270 --> 01:05:44,880

play with plant life as well of course

1725

01:05:50,090 --> 01:05:47,280

you got to give a little dedication to

1726

01:05:51,590 --> 01:05:50,100

the modern EMF soup that we're living in

1727

01:05:53,090 --> 01:05:51,600

and what it's doing to our bodies if

1728

01:05:55,940 --> 01:05:53,100

you're gonna do a health show it's got

1729

01:05:58,880 --> 01:05:55,950

to be there we talked about what doctor

1730

01:06:01,820 --> 01:05:58,890

Hussey calls the selfish solution new

1731

01:06:04,700 --> 01:06:01,830

and exotic healing technologies and the

1732

01:06:07,760 --> 01:06:04,710

good doctors health coaching success

1733

01:06:10,460 --> 01:06:07,770

stories so treat yourself of course a

1734

01:06:12,860 --> 01:06:10,470

podcast like ours is going to have way

1735

01:06:16,370 --> 01:06:12,870

more free listeners than paid it's like

1736

01:06:19,730 --> 01:06:16,380

one in 20 actually get the full show but

1737

01:06:21,320 --> 01:06:19,740

man it would drive me crazy if I thought

1738

01:06:23,540 --> 01:06:21,330

the first hour was good enough and

1739

01:06:27,110 --> 01:06:23,550

valuable enough to keep tuning into it

1740

01:06:27,980 --> 01:06:27,120

and then not get that second hour I mean

1741

01:06:31,400 --> 01:06:27,990

look I'm not trying

1742

01:06:34,970 --> 01:06:31,410

to drive anyone crazy but I think I put

1743

01:06:38,390 --> 01:06:34,980

more time into preparation and more time

1744

01:06:40,700 --> 01:06:38,400

dedicated to editing than so many other

1745

01:06:44,030 --> 01:06:40,710

podcasts and I just think it's worth

1746

01:06:47,000 --> 01:06:44,040

eight bucks sign up at the higher side

1747

01:06:49,400 --> 01:06:47,010

chats plus calm even for just a month or

1748

01:06:50,990 --> 01:06:49,410

two and see for yourself at the full

1749

01:06:54,590 --> 01:06:51,000

episodes are definitely worth your time

1750

01:06:58,120 --> 01:06:54,600

you can always cancel and I'd rather you

1751

01:07:00,500 --> 01:06:58,130

shoot me one or two eight dollar tips

1752

01:07:04,250 --> 01:07:00,510

download a bunch of your favorite shows

1753

01:07:07,430 --> 01:07:04,260

and then cancel then never hear them at

1754

01:07:10,910 --> 01:07:07,440

all but that said the joint session this

1755

01:07:13,609 --> 01:07:10,920

month is on the 20th it's a Monday it's

1756

01:07:15,380 --> 01:07:13,619

Victoria Day in Canada and we're gonna

1757

01:07:17,930 --> 01:07:15,390

be drinking a little drink smoking a

1758

01:07:21,140 --> 01:07:17,940

little smoke and turning the THC stage

1759

01:07:23,930 --> 01:07:21,150

over to the fine people who listen the

1760

01:07:26,210 --> 01:07:23,940

last one was about three hours maybe

1761

01:07:28,910 --> 01:07:26,220

even more and we got some great stuff

1762

01:07:31,280 --> 01:07:28,920

and I know a lot more people wanted to

1763

01:07:33,290 --> 01:07:31,290

talk but it's just the nature of the

1764

01:07:36,230 --> 01:07:33,300

beast a lot of people answered my call

1765

01:07:38,960 --> 01:07:36,240

that our previous one was pretty light

1766

01:07:43,490 --> 01:07:38,970

and I also got the YouTube thing going

1767

01:07:45,560 --> 01:07:43,500

so we had a lot of people and in that

1768

01:07:48,020 --> 01:07:45,570

situation we're just never gonna get to

1769

01:07:50,330 --> 01:07:48,030

everyone I'm sorry about that I've

1770

01:07:53,660 --> 01:07:50,340

gotten some emails from people who have

1771

01:07:55,520 --> 01:07:53,670

taken that quite personally but don't I

1772

01:07:59,359 --> 01:07:55,530

don't know any of you so how could I

1773

01:08:01,430 --> 01:07:59,369

really single you out to be ignored you

1774

01:08:03,650 --> 01:08:01,440

know it's like if you attend the price

1775

01:08:05,390 --> 01:08:03,660

is right but you don't get picked it's

1776

01:08:07,970 --> 01:08:05,400

not because Drew Carey has some kind of

1777

01:08:11,110 --> 01:08:07,980

problem with you but to those folks

1778

01:08:13,270 --> 01:08:11,120

hopefully I'll get to you next time

1779

01:08:16,809 --> 01:08:13,280

I appreciate everyone who listens I have

1780

01:08:18,730 --> 01:08:16,819

the best job in the world and I tried to

1781

01:08:20,530 --> 01:08:18,740

take it quite seriously and produce a

1782

01:08:24,520 --> 01:08:20,540

good show for you so I hope you think

1783

01:08:27,220 --> 01:08:24,530

that that is still happening good useful

1784

01:08:29,829 --> 01:08:27,230

show today big dr. Pollock interview

1785

01:08:31,900 --> 01:08:29,839

coming up next and many other good

1786

01:08:32,380 --> 01:08:31,910

things on the calendar so I'll see you

1787

01:08:35,050 --> 01:08:32,390

then

1788

01:08:37,480 --> 01:08:35,060

big thanks to dr. Hussey check him out

1789

01:08:39,940 --> 01:08:37,490

for his consultations and coaching if

1790

01:08:42,550 --> 01:08:39,950

you need a little extra push and big

1791

01:08:45,820 --> 01:08:42,560

congrats to Denver for decriminalising

1792

01:08:48,070 --> 01:08:45,830

magic mushrooms I've done my part

1793

01:08:49,750 --> 01:08:48,080

your move heart health hidere corporate

1794

01:08:52,300 --> 01:08:49,760

wife estate soaked mono crop

1795

01:09:01,329 --> 01:08:52,310

perpetuators and deceivers of our

1796

01:09:10,410 --> 01:09:01,339

sickness system your [h__h] if it's all

1797

01:09:18,130 --> 01:09:10,420

right I'll keep my behind

1798

01:09:18,140 --> 01:09:32,600

[Music]

1799

01:09:32,610 --> 01:09:35,649

take it

1800

01:09:40,990 --> 01:09:38,160

monka monka

1801

01:09:44,999 --> 01:09:41,000

[Music]

1802

01:09:55,030 --> 01:09:52,089

banca yeah the last thing a li classes

1803

01:09:58,660 --> 01:09:55,040

while the screaming on the masses who do

1804

01:10:02,169 --> 01:09:58,670

you think they are fancy senior man a

1805

01:10:04,750 --> 01:10:02,179

steak gotta tell you the basics they

1806

01:10:08,500 --> 01:10:04,760

print your money you got the Fed in your

1807

01:10:14,700 --> 01:10:08,510

head currency now the smiley enter cage

1808

01:10:14,710 --> 01:10:34,850

[Music]

1809

01:10:40,950 --> 01:10:38,459

plans are simple the best protection of

1810

01:10:42,750 --> 01:10:40,960

all is the special shelter built

1811

01:10:45,600 --> 01:10:42,760

according to specifications of your

1812

01:10:47,730 --> 01:10:45,610

local civil defense organization

1813

01:10:50,700 --> 01:10:47,740

the basement of any house or building

1814

01:10:56,640 --> 01:10:50,710

will become a good improviser if you

1815

01:11:13,370 --> 01:10:56,650

block the windows if you don't have can

1816

01:11:19,910 --> 01:11:13,380

you do you find me in the

1817

01:11:33,730 --> 01:11:21,570

Punda