Are We Biohacking Ourselves Into Worse Health? Chervin Jafarieh | Ep. 175 Transcript

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Intro and guest introduction

A lot of people have trouble hearing this. All disease begins in the mind because it's your actions. It's how you handle things that's going to lead to all the other stuff.

So I would say a majority of the population today are completely demineralized and dehydrated. Is it true that even if you drink a lot a water throughout the day, you potentially could be walking around dehydrate?

100%. You can die from over drinking water. Water becomes a poison at some point pretty quickly. And I strongly believe that A Healthy Point of View, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

Who do we have here today? Shervin Safarie! Shervene is a health expert, mentor to world-ranked athletes, podcast host, co-founder and chief scientific officer of Symbiotica.

Through Syambiotic, he is bringing back the raw materials modern life has stripped from our food through clean ingredients, advanced delivery, rigorous testing.

What are some of the things that people need to focus on when it comes to oral health? If your oral microbiome is off, you're not only disturbing your entire GI, but you are lowering your defense against everything.

We're aging in this world of technology. Is this a good thing or a bad thing? Welcome to another episode of A Healthy Point of View, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

I'm your host, Sam Tahata. Listen, today's topic, we'll gonna be talking about optimizing the human body in a world of technology. Today's guest, this guy's been all over the place.

You see him on social media. If I heard of his company, you know this little tiny company that's out there called Symbiotica. Some of the best products that are out their, listen, the glutathione, it's a great product, but sometimes the taste gets to me and my wife a little bit.

But what is it doing inside of your body? God, we're gonna get into those details today. Who do we have here today? Trophine Safarie. Wow. You brought out the rooster.

Let's go. Hey man, we gotta chuck the chicken in here a little bit. Or chicken, yeah, okay. Chicken, roosters, you know, either one of those. It doesn't lay any eggs, so I'll call it a roost.

Okay. We have tons of them running around our house in Hawaii. The real ones. I mean, there are roasters and chickens everywhere. But hey, Samuel. It's good to be here.

And he said it inside my head. You know, that's not the easiest thing to say. So I appreciate you saying that the way you did so. In, you know about the roosters.

I mean, I was just in Dominican Republic probably like a month ago, my wife and I. and it's nice when you don't wake up to an alarm clock, but you have that natural alarm.

Clock of a rooster right in the backyard. Absolutely. That's the real alarmclock. So, Shafid, man, I'm gonna go straight into it, and I wanna ask you a question.

And I want you to take your professional input from the years that you've been doing what you do and answer it as truthful as possible. Can the human body heal itself?

100%, without a doubt. The human body is constantly healing itself. At just at some point it gets too exhausted and too many problems occur. And then that's when you lead towards disease.

But the human is constant. Right now we have trillions of cells that are healing themselves. We have natural killer cells, white blood cells and go on and on.

It's just nonstop. And because we're subjugated to so much artificiality, which we are going to get into, the body is constantly in that state of stress, in the state flux.

So that's why, you know, mindset, stress regulation, all of these things, sleep, these are all conductors of having the best healing process ever. Absolutely.

You know when we talk about healing, right, there's different forms of medicine and different treatments, depending what part of the world that you're in.

To kind of pick your brain on this one, if I were to ask you Eastern or Western medicine, which one would you pick? I would say both. Sorry, you can't just bifurcate and go one direction.

You got to merge those two worlds. I think the beauty and we're talking about it earlier. is a lot of the ancient mystic forms of health. We're talking about plant medicine, we're taking about alchemy, understanding the Ancient Sciences of The East, Ayurveda, TCM, some of other mystical sciences.

There's ones in the Hawaiian Islands, there's one in Persian culture, the Egyptian, I can go on and on. you know, all the Latin countries have their ancient philosophies that are really, really profound.

Modern science today is showing us that a lot of that was real, authentic, and validated. And that's what I think of allopathic care. You know I, think you, know surgeons today that, are doing emergency room stuff some of your background stuff and the line of work that you were in before this is profound.

It's just remarkable how far we've come to understand the diagnostic of an injury, an emergency, and an accident. Unreal. And I praise that. I think we're getting even better and better at it.

But when it comes to long-term traditional health, allopathic is not the way because our bodies are so complex and you can't use targeted approaches that don't look at the big picture and it's not a living lifestyle to go the allopathy route.

It's an emergency. Let's just, you know, plug something up or let's put duct tape over something else to fix something. That doesn't work. So that's the beauty of what I find in traditional sciences and ancient Eastern philosophies and how they merge with the modern world.

Yeah, that's powerful, man. And I get what you're saying. That acute care, right? We're very advanced here in the Western medicine world, you having a heart attack?

Listen, I'm not gonna give you a few vitamins and minerals to fix that. They're gonna go in and they're going to attack it and figure out how to unplug those arteries.

Now, when it comes to different healing practices, and we're talking about some of that chronic type of illnesses that people have, chronic fatigue, autoimmune issues, what type healing practice do you typically gravitate towards?

Well, you know, we got to identify what the root cause of most of these things, because there's so many things going on in the human body, right? Now I have my non-negotiables in terms of lifestyle, but when it comes to

diagnosing what a specific issue is, We really have to understand the person and the personal has to Understand thyself first, they got a know where the problem is.

Healing, medicine, and root causes

Like, for example, I think one of the main parts of long-term health is oral health. Right? Oral health is the root cause literally, a lot of people are walking around right now with rotting cavitations in their mouth, metal in your mouth root canals, all kinds of draconian dental practices that have been going on their entire life.

And that could be the center point of all their information, all the information all other disease, other pain and frustration. I mean, it's real because think about it.

If you're if your nervous system is completely dysregulated because that mouth is leaking cytokine storms into your gut 24 seven and you don't even realize it or you have mercury in your mouth, which is causing methyl mercury to leak into our brain and pass the blood brain barrier, Which is basically like chopping your central nervous System into shreds every single day.

That's where we would have to go. You know what I'm saying? But if somebody maybe has a burdened liver, and they don't even know it, because they have non-alcoholic fatty liver disease, they've been living on this constant flux with their blood sugar, stage three metabolic syndrome, there's so many ways to look at.

But I would say to your question, there are there is a hierarchy that really just brings everything up right right which is you know understanding your circadian rhythm getting into balance there understanding the water you're drinking everything understanding your social group, you know, are you in constant flux with your partner, your business partner?

Your loved ones, Your network? Are you flooding yourself with constant stress in that world? How's your sleep hygiene? Right? As your food hygiene, not just the macros, the foods you're actually eating.

You know, are you present when you eat food? A lot of people just eat foods, they don't even realize it. They're not even realizing that they're chewing their food.

Eating food from like a Ayurvedic or even a Japanese perspective is a ceremony. It's an actual ceremony And we now know through modern science that if you're not present when you are eating food, you aren't building up hydrochloric acid and other enzymes, pepsin and enzymes that are needed to break down the food properly.

If you don't break it down properly, that stuff is going into your gut, your brush border barrier is breaking down, all of a sudden you have leaky gut and then every autoimmune starts to pop off.

You throw in all the other stressors, and you never had a chance. And so you get what I'm saying. It's like there's so many things. If you're demineralized, everyone always asks me, you know, the center point of symbiotic, it's mineralization, vitamins and proteins and enzymes take their cue from minerals.

I would say a majority of the population today are completely demineralized and dehydrated. Those are the two most conductive things of a human body. People are looking for an allopathic reach.

They're looking a pill. It could even be holistic. I have people in the holistic community that contact me and they just want to solve a certain problem with a supplement or a strategy.

That's not real holistic care, that's allopathic. I don't care if it's a pharmaceutical drug or one of our liposomal formulas, we gotta get to the root cause.

We really gotta understand what's the problem here. So I have my non-negotiables, I my fundamentals, and of course, We're in a crazy life. I just flew from the West Coast to the East Coast in the middle of the night last night and didn't get much sleep.

But I was in an airplane filled with people, coffin, you know, blue light, radiation, God knows, showing up in that airport. It's intense. You know we put our bodies through scrutiny.

We've been conditioned to think all these are normal and so is our nervous system. So sometimes we don't feel it as much, but a lot of people are feeling the backlash of all of these things.

Again, we've got to get the fundamentals back. That's why I always feel like I'm regurgitating that my entire life. It's like, oh, you want to do XYZ but you're not even doing the foundation.

Tell me about your sleep. Like, what's your sleep hygiene? How do you go to bed every single night? What's the temperature of your room? how dark is your.

Do you have a relationship with someone that's not allowing you to sleep properly is sometimes two people have different fields and they can't sleep next to each other.

I know that I have my friends, you know, they're on the level and. They sleep in separate beds, them and their partner, because they know they look at the data, especially with wearables today.

You can see what your HRV is. And so those, we can go down the laundry list of the fundamentals, because I think, you know, a lot of people skip over them.

But back to the main one, if you're not mineralized, If you are not getting sunlight, if you aren't getting proper hydration, You're you not sleeping properly, not chewing your food.

You are way below the eight ball. And all the other extracurricular stuff means nothing at that point. Those are just micro band-aids on a root cause.

That's the foundation. A lot to unpack on that, man, because you started off talking about oral health, and that's one that I think a lot of people skip over.

Even the people that call themselves health and wellness enthusiasts, I've noticed a lotta people, they don't take care of their oral heath the way they should.

And you mention aotta different things. We do know based off of science and data that Gum disease is the leading cause for heart disease. So when we talk about oral health, what are some of the things that people need to focus on when it comes to oral?

Because one of things, when you mention it right away, I'm thinking to myself, well, you know, we're talking about the microbiome, this is where it starts, right?

It starts right from the opening all the way to the to the tailpipe. The oral microbiome is the is, the input of the entire GI from the esophagus duodenum down into the gut, down and to colon.

It the the. Entire chain is pretty much the same material, too. And so the oral micro biome, is your defense system. That's how it starts the generation of digestion.

Um, and it's one of those things that it so often overlooked. You mentioned that. Because we just take it for granted, you know, and we've been conditioned to think, do your Colgate toothpaste, brush twice a day, whatever, floss a little bit, And you got it.

And that's the furthest thing from the truth. If your oral microbiome is off, You're not only disturbing your entire GI, but you're lowering your defense against everything.

It's your mouth that's protecting you against every thing that we're dealing with. That's where it breaks down most of the bacteria, and most the H. pylori, I can go on and on, all these things.

So for me it's really understanding your current state of mouth health. How did you get here? What are you doing about it? what is your hygiene around it um not and again everything that we're going to talk about today is to not scare you right it really is because you can't do any of this stuff out of fear i want to make that like sometimes certain people need to like Wake the fake up, you know, it's like you got to snap out of your bullshit.

This is a level of awareness for people to start taking it, even if they're baby steps, just head in the right direction. Yeah. You got a sharpen the blade if you really want that blade to work for you.

And so I would start with your oral health. So the way I approach it is obviously you've got understand what's going on in your mouth. Now talk about the difference between a biodentist versus your typical dentist that most people are used to.

So you have regular dentistry, which I call draconian dentistry, no offense to anyone out there, just because it's backwards in their way of thinking and it is not their fault, it just the system.

All these are symptoms of a system, the systems, damn industrialization destroyed us. We got to go back to the homeopathic energy and understanding that the force of the teeth and the energies around them, each tooth is connected to a meridian point.

You know, your your wisdom teeth are constantly producing stem cells that is, you know empowering your immune system. And as part of like rebuilding structures in the body, I can go on and on.

It's crazy. Your tongue placement on how growth hormone, the pituitary access work, all of that's important. So wisdom tooth, though, You just mentioned Most people have got their wisdom teeth pulled, including myself.

I did too. Yeah. You really want to give it much of a choice when I was in high school, right? I know. And they just gave you ice and they sewed it back up and gave it an Advil or something.

It's so crazy. Then I got the dry sockets, had to take a little service. That was horrible, by the way. Like, what is a dry socket? That means air and other energies have gotten in there.

So I'll give you a story. Six years ago, I intuitively felt, and I'm asymptomatic, but I intuitive felt that something was going on in my jaw. Something was happening, but I was asymptomatic.

I just knew it. So I linked up with a bio dentist. Her name is Dr. Valerie Cantor. She's the top bio dentists in the world, maybe. He's out of Beverly Hills.

And I went over there and talked to her and we got into it and were just popping off on health. Then I told her what's going on. she's like, OK, you need a cone beam scan.

And I'm like a cone beam. She's like, what's a code beam? Code beam is a complete three dimensional breakdown of your entire jaw. I am like yes, I usually not big into like x-rays and CTs and all that kind of stuff.

But sometimes you have to do these things. That's the beauty of modern technology, allopathic, right? But you pick and choose your battles. And you do it with strategy.

You don't just like go berserk and let everything just hit. So I did it and sure enough, all four of where my teeth had been pulled in my root canals had pockets in there.

And in the photos you can see that they were all infected. Like pretty decent size infection. That right then hit me. I was like everything that I thought I had going for me, all my health, everything was on point and you never know.

So I immediately at that point scheduled cavitation surgery. And that's when they go in there and they clean up that entire mess and rebuild that whole area with mineralization, PRP, stem cells and heal that area so stuff can't get in.

The problem with pulling your wisdom teeth is constantly, you're eating. Your mouth is the most explosive area ever. You're getting all these things and it's neutralizing viruses and bacteria and infections and Candida.

I can go on and on. Stuff gets in there, Lyme disease gets there. I can go on and on all the co-infections, EBV, everything. They can biopsy that material and look at it and tell you what's in it, which is good for some people to know what is going on.

So I had that entire area rebuilt. and went through that entire process. Night and day over the next few months, in terms of accessing genius, night and days, my body's ability to recall information, to be able to explain things, be to able move around my day properly, more efficiently, and more sharp.

And then from there, just increase better health. And so if you're looking at your oral health, number one, go get a comb beam scan. Number two, look at you daily, you know, are you chewing your food?

What's the integrity of your teeth? Are you scraping your tongue every rise with copper? If you are not tongue scraping, I don't know what the hell you doing.

The amount of infectionary material and mucosal material, and white blood cells, it's nonstop. the foods you eat, they build up throughout the night because you detoxing while you sleep.

It's same stuff like you get boogers in your eyes and stuff The whole point of sleep is to detox the body, by the way. That's it's a detoxification process and a rejuvenation process.

All that material starts to come out. And when that mature comes out, you got to get rid of it. Got to. Get it out the tongue scraping. Is that the white stuff that's on your tongue film?

It's loaded with all kinds of stuff. You got. To get it rid. Of it, sir. So, are you are. Are you talking scraping? Actually, I'm not. But. I'm gonna learn.

The one thing that I do that have been doing for years, which it works for me because they say that white stuff on your tongue causes bad breath. So since I was a kid, probably like middle school.

If you bring up Scope or Listerine, that's a whole new rabbit hole. No, I use hydrogen peroxide. Every day? Every Day to scrub my tongue before I brush my teeth.

Okay. And it removes everything. Are you diluting it a little bit or are you just putting straight hydrogen peroxide? I put it on the toothbrush and just go at it.

I would do that every couple days. Every couple. Because you don't want to disturb the microbiome. Okay. That's the key. And that's where I was going to lead into is you can take the burden of the microbiome and the bacteria and infections and toxins out of your mouth, but stabilize the oral microbiomes.

Those are disinfectants that I don't use. Have you seen the study on that stuff? It kills all of you important bacteria. kills all your bacteria, which is needed to break down nitrates into nitrites, right?

Which is used by the body to produce vasodilation, nitric oxide. They did a study on, I forgot what college football team it was. What team was it? Well, they studied them.

Had them do Listerine or one of those companies. I don't know what it and they measured their nitric oxide production for the next like 10 days and it was gone.

It took like two weeks for it to start coming back. Nitric Oxide. And that affects the performance as athletes. That's crazy. Everything. Yeah. For folks, your heart, the brain, you're every your reproductive system.

I mean, it's what it allows blood vessels to contract. Yeah. So I've been using a toothpaste created by Dr. Nathan

Bryan. OK. A nitric oxide toothpaste.

Oh, cool. Which actually is supposed to support your microbiome. It's a new one. He just came out of probiotics or something in there. Yeah, that would make sure of different things.

But, you know, he's the nitrous oxide guy. Okay. Cool. Well, but he came up came with it and he actually gave myself and Los a few tubes when we were at Dave Asprey Conference.

Amazing. I was like, let me start using it. You know because you know he brought one thing up when I was at that conference and I Was watching him he says you most people don't understand How much toothpaste you're really supposed to use and what you are doing with the amount of toothpaste that you Are using if you using one of these like Colgate or whatever they're just overdoing it You're only supposed you use a pea size right and people are putting this whole thing on their brush and You know, so decided to use his.

I can't say that I have noticed like a noticeable type of difference.

Oral health and the microbiome

And I do so much for my health to begin with. So, but as long as I know that, I'm taking care of myself. That's why I mean, you're doing a good job. If your gums are bleeding, you are in like stage five crisis infection there.

It's infection. Oh, it's an infection and that's a telltale sign that all of that periodontal disease, gingivitis and all the other stuff is just leaking into your body.

oil pulling with coconut oil and maybe an essential oil a couple of times a week, tongue scraping, water pick, not over brushing. Over brushing, a lot of people do that.

They're wearing out the enamel and they're causing the gums to recede a little bit. You've got to be gentle and there's a motion to this frequency. Salt water, you know, gargle salt water all the time, which is good for the vagus nerve on the rise, They all go hand in hand.

So I'm glad we talked about this because that's the beginning stage, right? From a physiological standpoint. And if you can take, let's say you rate your oral health at like 15%, if can get that to 50%, And oral health has such a huge volume of effect on your entire health.

Do you get what I'm saying? Yeah. It's like, where is your time going? Your value input? That's the way. Yeah, I agree, man. You know, since I was a kid, um, my parents were the parents that would always take us to the dentist.

Yeah, not saying that that was the right thing. The type of thing is that they didn't know any difference. They're doing good on you. Nobody knows. But we learned, you know, like both my parents growing up in Dominican Republic, they have, different, yeah, They don't have real teeth.

Yeah. You know they've lost a few of their teeth the way they grew up. And then I remember my father, when I was a kid, my grandfather came, he was diagnosed with cancer, and they took him to the dentist.

He was here getting his cancer treatments for about six to nine months from New York. And my dad, I remembered him coming back home and he says, you know, the dentists told your grandfather that if you would have flossed every single day, it would still have his teeth.

That stuck. I probably was in the fifth grade, so I'd been flossing every day. There you go. And, you know, since I was a kid, I haven't had one cavity.

Oh, wow. Not one. So that's huge. Yeah. Yes. Oral health for me has always been extremely important. You know as we continue to talk, one of the other things you brought up was about hydration, how so many people walking

around dehydrated.

Now, i see a lot of people walk around with their bottles of water and I see people drinking a water. Is it true that even if you drink a lot of water throughout the day, you potentially could be walking around dehydrated?

100%. Water is a solvent, right? What does that mean? That means water is almost like chelator. It pulls things from the body. And that's why some people go into like a detoxification with distilled water, because distill water has no life force, it's just H2O, and it wants to pool and take impurities out of the bodies, which is good for a detoxification process, but not for long term health.

We're in an age right now where there's so much access to diuretics. that we don't even realize what is happening from a hydration standpoint. Everything that were drinking, eating acts and serves as a diuretic.

And it's not just coffee and alcohol. Many things, herbs can be diuredics, all pharmaceutical drugs are diuresics and it causes pressure and stress on the kidneys, which then cause pressure on stress, stress the heart.

They're like lockstep. That's why you get a regular heartbeat when the potassium's off and vice versa. We're an electrical body before we're chemical.

Our entire system is running through electricity. The term mitochondria is just a catch word now. It's we are an electric CPU system. So from a hydration standpoint, I think the world's starting to realize that salt is not bad for you.

I've been an advocate for sea salt since day one. We use Icelandic sea-salt in all of our supplements at Symbiotica. This is the cleanest place on earth.

No microplastics, no toxins, heavy metals. It's like pure crystal salt. And what we have to understand is that in order for water to penetrate the cell and to create hydration, there needs to be conductivity.

And if there's no conductivity, then water, again, becomes a theoretic. Right. Because we're also not eating fruits from the trees anymore, we are not getting structured water that you find in certain fruits, which is the perfect type of water for hydration.

So what do we do? I think a combination of understanding your relationship to water, how you're drinking water where you getting your hydration from. Also, if you are active, you in saunas, movement, all that kind of stuff.

If you an artificial lighting all day long, stuff like that. That is very dehydrating. What's the barometer of where your living? How humid is it? The more humid environments, the more your body gets soaking in some of that hydration.

When I go from Hawaii to the mountains of Nevada, it's completely different. My water requirements are different if I'm moving seven to 10 miles a day, just in movement, and I am getting 25, 30, 40,000 steps, whatever that day is, my requirements need more.

It's the same thing with food. You eat food based on your requirements. If I'm sedentary for an extreme amount of time, whether I am flying or whatever it is that I do, if I have an ankle injury, I don't eat.

That's how these things work. How do you measure your hydration? Number one, you can see it in your eyes. Number two, You can just tell. It's an intuition.

If you have dry mouth, your like almost clinically dehydrated. You could tell by your skin. if you scratch your and it's flaky all the time, You could tell by the color of your tongue.

You can tell the colour of the eyes. The sclera, the white part. A lot of people, there's this yellow and red and whatever. That could be a telltale sign.

Your sense of taste and your smell is diminishing. It could dehydrated. uh mental you know like if you feel like really just like like a lot of weight like you felt like heavy you could be dehydrated.

Hydration is the opposite of all those characteristics. Yeah hydration you, feel light on your feet you. Feel moving all that kind of stuff um if. You urinate a.

Lot that means there's something going on with your kidneys where your body is not receiving the water A lot of people, they're drinking water and they are peeing all the time.

You know what I mean? That's because the water is just running right through them. And if it's running through, it is taking everything with it. All those key electrolytes, not just potassium, magnesium, chloride, sodium.

It's taking other things that your body requires. So you can die from over drinking. Water becomes a poison at some point pretty quickly. So we talked about how important it is.

If you're dehydrated, all the other stuff that what you are eating, the supplementation, it doesn't matter, goes out the window. And I think that's good with some of the stuff you do with the IVs and stuff like that because you help people that might be chronically dehydrate or acute from something.

They might have had a surgery or gone through something traumatic or whatever. But hydration is foundation to everything. You can't digest properly. I would say one of the number one reasons for constipation in our world today is dehydration.

And if you're constepated, you are sitting in filth. Right. The GI is the center of your mind and your heart. A lot of people are angry because they're constantly.

Just think how crazy that is, because your gut bacteria your connection to the synapses and how your body produces, you know, serotonin, dopamine, nanomide, the feel-good hormones, all of those, nootropic materials that are manufactured in the gut.

If your colon and your bowels are backed up and particulate matter is hardening because you're not properly hydrated and you don't have the right bacteria that is breaking foods down, You're angry.

There's no way that you're not angry and frustrated at life. And when you are angry or frustrated, you stress out. What do you look to do in those moments?

Escape. That's the age of technology. Technology is escaping a big portion of the population that has those root issues. It's very interesting. Talking about a blockage in the gut brain access with someone in that situation.

So as we make the segue towards talking about aging in the age of technology. Well, the first thing I'm going to ask you because I cut you off one lesson because.

I am a big Kobe Bryant guy. I saw that in one of your pictures. You have a picture of it. Kobe was my Jordan, my era. I'm a Laker. Played basketball my whole life.

Koby was bigger than life for me. But I've been through a lot of crazy points in my life and Kobe Bryant's energy got me through it, you know? That's awesome.

And his Achilles injury in 2013, he snapped his achilles. And then walked out there and hit those free throws with a torn Achilles. It shows you that character, that mamba mentality.

I respect so much. Yeah. My business partner is mambas mentality 24 seven. And I respected it. Triggered a memory because we're seeing more and more of these types of tendon injury.

You know, these things. If you're dehydrated. The tendons are the last place to get that water. It's really interesting,

and there's some new data that's showing that all these ruptures and these ligaments and tendons, if your body, your interstitial muscles and skeletal muscles are dehydrated, then it starts pulling hydration from all those underlying pinning materials that are attached to the bone.

And I strongly believe that the increase in volume and these types of injuries and you see them in sports, but that just means it's happening worldwide.

Yeah, that phenomenon is it. It's the same thing. Like when you. See a bunch of like actors and people are everyone's dying. That means the world's. Dying.

I means that there is an accelerated thing going on. And that's real. The microcosm of macrocosms is real, and so I believe we're hitting such a level of dehydration right now as a populous because water has become a fringe commodity just like food.

And you know, there's water wars right now in our world. I drink spring water, I drank salted springwater. Sometimes I add chia seeds in there to add the hydration and I'm eating organic, live, biodynamic fruits wherever I can get them.

Those are how I am hydrating my body and being very careful because I know a lot of athletes, and work with a and they can be doing everything right, but at the core of it, they're not properly hydrated.

And this has to be something that everyone needs to understand is at core their health. So I just wanted to, that triggered a lot of that. No, I like that, because when you talk about those tendons, man, it becomes a dried out rubber band.

Exactly. It's gonna snap. Yeah, will snap, and it's the hydration, It' that moisture that keeps it supple. So it can contract and span think about the achilles tendon.

It's like, yeah, so tight. What's your go-to fruit for hydration? Um watermelon Watermelon is the number one hydrating fruit in the world. They'd give it give that to us as kids In farsi, it's called hen dune.

That's the persian way of saying it And you want to eat seeded watermelon, you know, because the seeds are where a lot of that nutrition and compounds are.

But watermelon juice the whole thing. You know what I mean? Like juice or blend it because you wanna get some of the fiber in there so you're not getting like an insulin hit.

I eat watermelon all day, every day. Like it's going out of business. What about coconut water? Have you seen my videos? Not on the coconut water. I have 70 coconuts on my property.

Oh, wow. And they're Tongan, there's Melee, There's Hawaiian. You know, I mean, have a whole variety. Coconut water, you know. There is an old wives tale that coconut is the closest thing to blood plasma.

My father would always tell me that as a kid, if they could find a way to put coconut in a sterile form directly in your veins, it's better than an IV bag.

He's, you know, he's not wrong in a way that the war they were doing that in World War one or two. You know on the battlefield, they didn't have access to like saline or whatever.

So they're using coconut water. Yeah. I mean, think about it. The water has to travel. you know, underground, up that tree, and then into the coconut.

Yeah, that's implosion airy energy. That's called structure. So that water that in that coconut is literally got a message to it. And that Water, not just the potassium, calcium, magnesium, sodium, it literally goes intracellular.

There's nothing like it, I'm a big fan of coconut water. And there's some, you know, there are some companies that do it pretty decent job. There's one out there, man, that does the pink.

Right. Yeah. That's like from like, where is it? Thailand or one of these? I think it's from it from Indonesia. I As they've grown, they have to go to like high levels of antioxidants.

Yeah. Big fan of coconut water, especially intro workout. And I use it. I dilute some coconut. Water in my like protein smoothies and stuff like that.

You know, I've heard of people measuring hydration, hydration in the body with like certain microcurrent devices. Oh, even utilizing like an in body. Yeah.

Yeah, that makes sense. Because we're electrical. Exactly. They have the ability to actually measure intracellular hydration with that type of technology.

That's the beauty of understanding frequency technologies and understanding how you can measure and oscillate and get things back on the body and then create baselines.

Right. So then you now have like where that where's the equilibrium? And then if it's here, then something's underperforming. If it now we're moving in the right direction.

And I love that with with the new tech right now. But yeah, we know hydration is connectivity. Yeah. Well, listen, man, what we are talking about technology, right?

Hydration, minerals, and electrolytes

So one thing I want to ask you, now that we on a topic of this world of technology that Your Instagram account. The Instagram name has 333. What does that stand for?

What, what does it mean? Well, my life path number, which is an equation, is a three. And I grew up understanding cosmology. Cosmology is basically a man's connection to the universe in a deep esoteric way.

One of my main teachers or philosophers was Dr. Rudolf Steiner. Dr. Rudolf Streiner created biodynamic farming and Waldorf education, among other different mystical scientific applications.

He was the merge of science and esoteric knowledge. And his whole thing was, we need to find balance between the ethereal plane, hyper spirituality, and the material plane, hypermaterialism, and find the Christ, which is the balance in between that which we're in a non-dualistic world.

It's the Trinity. And so that balance really stuck with me and The Three stuck me. There's a lot of things that went on with my father, too. So Cherubim 333 was born.

I'm also a nine in certain ways, so the 3-3- 3 adds up to a 9. I'm more than sure other people have probably asked you that question. I get it all the time, yeah.

It's not like some angel number thing or that's kind of watered down in my opinion. This is a deep esoteric numerology perspective. Cool, I like that.

So we're aging in this world of technology. Is this a good thing, or a bad thing? You know the quote, your perception is your reality? Okay. I love that quote.

I think it's a little bit of both, but it how you do anything is how do you everything, right? And so if technology consumes you, then it is dangerous.

If technology takes over Everything that our design wants us to do, like chop wood and carry water, the basics.

That's a problem, in my opinion. Technology is being sold to us as protection, as making things more convenient.

We've been living in technology our entire lives. We live in boxes with regulated temperature and regulated light and food stored in a refrigerator. Those are technology, right?

But that's an artificial box. That's not the natural world, what has that done to us from an intuitive self? Who would you and I be had we just lived on the land?

Understanding how to survive on land. You know the coding of hormesis, right? Hormesis is that what does not kill you makes you stronger. A hormetic principle is fasting in the health world, but not eating food for two, three, four, five, 21, 30, 40 days, whatever your ticket is.

You're activating autophagy. Autophage is then cycling activations, sirtuin pathways to go and eat up cancers and tumors and toxins in your body and rid yourself of all of those things.

That's a hormotic principle. Going into a 210 finished sauna, activating heat shock protein is a form of hormesis, right? Going in to a cold plunge at 37 degrees for five minutes is the form survival, that's hormosis.

These are things that tell your body, survive, live, you're worth it. You moving the way that you move in your movement, as opposed to just sitting on a couch all day long and watching TV, is telling that this body has a purpose.

We've desensitized our bodies from that. Hundred percent. That's what I'm worried about techno. And I am bringing all this up because, you know, when I was in Hawaii, for example, I don't have a TV, really.

Like, that's not a thing that you do there. You're all I just thought on the land. The reason why I moved there, it's, drink my ties, and that's not Hawaii, the Hawaii I know.

The Hawaii know is you're in the earth and you are working. And I'm surviving on that earth. I am growing my food, I' m harvesting my foods, harvesting the coconuts, harvesting the fruits, making sure that the springs are moving properly, like I m in it.

Then when I"m hot, jump in ocean. So my point is that my body, so when the sun goes down, body is telling me, go to sleep, don't get on your phone. Don't preoccupy your brain with some nonsense that's happening.

Some other part of the world that has nothing to do with me. It's just some part or the cortisol news cycle or some other person's story. Who, like, who gives a shit?

Like, why do I gotta know 10,000 people's lives? What the hell is that nonsense? And so where I'm going with your initial question is like the technology is, It's causing us to lose ourself, right?

We're not in our presence anymore. This is this is life. You and I have in this conversation with these epic people and we're like, oh, like I'm having this aha moment that I probably never thought about before.

And all of a sudden, the course of my life could change. He never know one of these guys have never heard of this stuff before Could be like the fuck life changing life-changing and and in that one moment, it's like a butterfly effect Shapes their entire circuitry of life and all the people in their lives and their future kids and they're kids It's crazy like that.

But when we're all in this technological system And we've forfeited our integrity, our sovereignty, or freedom, are directional path in life, Our karma.

Then what is of this world? And I think we're seeing that right now with the youth. I'm seeing I I. Think we are seeing with generation loss now. Yeah, I mean, kids are not playing outside.

You know, this topic just a couple of days ago, Ben, and I really started thinking about this. Topic that we talk about. So I am happy that you brought this up.

And, you know, I noticed it with a neighborhood street cat that we've had for quite a while in our neighborhood. And the cat, ironically, chose us. My wife fell in love with the Cat.

Had the vet come, mobile vet, give it whatever needed to check the cats, did everything, make sure it's clean. The cat's been basically living in the house.

Now, I used to remember looking at the ring camera, and the cat would hang around the house but would fight off the raccoons, everything you could think of.

The cat's been in the home for about a year now. If the can't goes outside, it has desensitized itself. It's domesticated, where now it goes out side and it can even fight of those raccoon.

Totally. And it's basically the technology that we've put the cat in. And then it started making me think, I was like, man, look in a year, and look what happened to this cat that would go find its own food, do whatever.

Now it like we feel so bad that just have to keep on feeding it because I don't think it can even find food if it tried. Then I started thinking about going back home to Dominican Republic.

Dogs are out on the street all over the place. You'll never see a dog out in the streets here. They're strong and they survive. They find their food. A hundred percent.

So the same thing that you're talking about with us happens with animals as well, too. And you know, what's the symptom of all this? I mean, there's a lot from depression to all of this, but we'll just talk from a physiological perspective is diabetes.

Hmm. whatever diabetes, whatever you wanna call it, metabolic syndrome, because the body is not processing information and not utilizing the hormone chain properly.

And when your body, is sensitive to insulin anymore, everything starts to break down. and cancer and cardiovascular disease and mental disease, whatever it is, it could be, you know, early in life, could it be later in live from all the neurodegenerative problems is all from this.

And so what is even before this? I think it's purpose. That's why you're, Rudolph Steiner said something interesting. This is 1917. And a lot of people have trouble hearing this.

All disease begins in the mind. I believe it. You feel that, right? Yeah. Because it's your actions. It's how you handle things. That's. Your decision making that's going to lead to all the other stuff.

If your brain is addicted to your device and doom scrolling and the news cycle and whatever Netflix, some whatever irrelevant nonsense that has nothing to do with life.

And that your reality. At some point, you develop problems with insulin sensitivity. And then from there, it's a downward stream. and all of a sudden you're not moving, you are not exhausting, your body is not producing, it's not this.

The human body wants to survive if it knows it has purpose. A body sitting around sedentary, that's why sedentry is the main issue. Sedentry lifestyle, which is a symptom of disease begins in the mind, is problem.

So you brought up all this technology stuff. Technology scares me, especially now with AI. AI is circumventing thought and people are giving away their autonomy to something that they believe is sentient or whatever.

It's not all AI do is doing is basically at a billion miles an hour is accumulating data based on what's already on the

internet. Right. That's all it is.

If you can use AI as a tool on structuring certain things without really losing its character, No judgment. And remember, I have zero judgment on any of the things that we're talking about today.

This is all discernment. Judgment is based on fear. Like I sit and contemplate. I think that's a lost art. Think about things. Before I go to bed every night, I review and analyze my day.

Sit for 15, 20 minutes before I got to sleep and I look at my entire day from when I rose to right then and that moment. What things I loved during that day, what things wanted to escape from.

You journaled that? I journal it. Of course, writing is the ultimate alchemy. And that's a powerful alchemy is it's actually writing from like a neurokinetic perspective, too, is that writing really like it sets the seed and sets to the stage.

And it so good for motor skills. It's so Good for information and being and recall. Right. Like just, you know, typing things in your notes or voice stuff better than nothing.

But writing it down is a power. What you're telling yourself is I'm worth it. All the things we're talking about today is an act of self-love. Just think of that.

Like that's that an aha moment for a lot of people to like have to recognize is like what everything I'm talking about is, like, it's just doing things to say that I am worth it.

I m worth journaling. It's not easy. it takes discipline. So much easier for me to go home every single night, hang out with my girl, whatever, to put the movie on and put my feet up.

And trust me, I still do that from time to time because there's balance in this. Right. But I know these things. I understand these. So I keep them as a constant.

And I'm telling myself the momentum is real. When you start doing these, if you've been living cooked your entire life and you're on the matrix and all that stuff.

We start sharpening that blade. Oh my God. You start having revelations and some people go through their dark night of the soul where they have a breakdown.

Right? Because it's just like in the matrix. The whole thing was an illusion. And when they took me started to pull him out of the Matrix, he had a breakdown.

He couldn't believe what the real world looked like, because it so much more powerful. It's so Much more raw. Then you start looking at your health. Because these these coincide to perfection.

It's really it's a spiritual journey. It is this whole thing's spiritual. Now you said break breakdown because A lot of people hear the word breakthrough right now breakdown is different than breakthrough Well, I think you got to burn some things down before the phoenix rises right because you gotta you've got like You got a snap out of your bullshit.

Yeah, you know, maybe you you go drink ayahuasca some people go do other forms of medicine some People stare in the mirror or three days straight, I've done that.

But you cannot lie to yourself. There's no bullshit. And you really call yourself higher. You have a breakdown, and then you have breakthrough. Because once you take the walls down of everything that you've been using to protect yourself through the matrix, the false ego.

False ego, think about the False Ego. In my early 20s, mid-20s I was lifting a lot of weight. You know, I was I built

this huge frame and like, why did I do that?

Like why, you know? So why was they so obsessed with it? Well, it was like OK, well, wanted to be strong. I wanted a best fighter. They wanted it to crazy.

And one of all that stuff. But those were traumatic representations of wounds that I had as a child. Yeah. You had gone through some stuff, and I created a barrier around myself.

of hardening. And we do that with everything in our life. In us as men, we're kind of programmed and taught. We're hardwiring. That's that's it. This this alpha masculinity and, you know, where I mean, think about it, were in a world now or you look at someone wrong and that could be that can lead to a fight.

Right. Like that. The level of breakdown we have in society where there's no more nonviolent communication. It's like it's, like, how do you size somebody up?

And that is false ego. That's anger. Because a traffic problem that you get in with someone and you want to kill the next person because they cut you off or whatever has nothing to do with that moment.

It's lifetime of trauma that has not been processed. And because you're on bad food, that's deep rooted in you. And it's sitting in your colon. It's. Sitting in.

Your liver and from a Taoist perspective, traditional Chinese herbal medicine, all anger is in the liver. So if your liver is burdened because. You have insulin resistance and you know, you are on prescription drugs or whatever the hell it is, it could be a million things that can cause burden to the.

Liver. That liver runs hot. And if that liver runs hot, then there's necrotic tissue in there. There's a necrotic tissue on there, that's the seat of the house of anger.

And, if you're loaded with microfilms, biofilmes, parasites, heavy metal toxicity, I can go deeper that I won't say publicly. then we're in that level, you know?

And it's actually not shocking to me to see the systems that are falling apart today, because every system in our world is on the brink of breaking. Our political system, our economic system.

Medical systems, what the hell? It's a joke. You know, it's people are struggling out there. They're in pain. There in suffering. I you asked me about my social media.

All my Social Media is me in like some type of empathetic heart for the world, because part of my design as a human is I'm a martyr. It's how I came into this world.

I know that through, you know, going through a lot of mystic teachings and stuff, I am an investigator. And I want to investigate everything and I'm a martyr. I'll die for it. And I seem to take it on.

When I m around someone that's not feeling good, I take on I feel it and it's a thing. It s something that I've been working on over the last 10 years specifically, because when me and my partner started Symbotica, my I just wanted to save the world I wanted everyone to feel how I feel.

I want everyone think the way I think.

Technology, aging, and purpose

And it killed me to like there's people out there that have no idea what's happening in front of them. Do you feel like that's your God given purpose?

I do. But it comes with a toll. I think you have it too. I mean, I became a first responder firefighter paramedic straight

out of high school because I used to be an ocean rescue lifeguard and stuff.

And, you know, for me I wanted to have that most rewarding job and help people in the time of need. That's when I found out that what I was doing, was just a product of the broken medical system.

and I saw it, right? Where I see it from being in a functional medicine space on my days off from the fire department and then being the allopathic world.

And I'm just seeing the same people call the 911, me taking them to the hospital, to quote unquote, you know, experts, and then just more medications, doctors not communicating with each other.

And it just got to a certain point where I just started seeing a difference between two sides of medicine. I said, I can't do this anymore, like I have to go over here.

You know? And that's where, y'know, had my call in very young, where knew exactly what, When you know, you. Know. Yeah. You know what it is. And it's just you do it.

Now, it doesn't matter if there's money behind it or not. Don't get me wrong. I don't run it now. The Mother Teresa Foundation, like, we want to make this is real.

It's important. We can't push that away. Right. That's too. But for me, I will. You know, some people sometimes, someone's like, Sam, you give way too much stuff away.

You give your time away way to much. Like I volunteer in a lot of different things, organizations, associations, just because I know what the world needs.

So I'm with you on that, man. Let me ask you, I call it the Holy Spirit, but the inner voice, do you listen to the Inner Voice? Yes. What is that like?

It's connection to God. You know, kids have it, though they're about six or seven years old because they are in theta. I believe that, you know the child is the closest thing to god.

Again, that's why Rudolf Steiner's whole thing is stay the Child. The moment you lose the children within you, lose connection with God, and that is when your body starts to harden.

And if you look at most diseases, they were sclerotic in nature. Heart disease is calcification of the arterial walls. It is hardening. all of these fixed positions are hardening.

The spinal cord alignment is one of the most important aspects of health. If your neck is bent and you don't have alignment with your structure, then the nervous system can't connect to the organs and can digest things.

It's so deep, it's more than just movement. And that's the hard ending. So your question, connection to God, a connection through a higher purpose and a hire being and having it be so accessible is everything.

Because when you dont have that, It's dark, very dark. You know, and we're not alone in this conversation. A lot of people have gone through those those like areas.

And if your body is so sick and diseased, You can't listen. That's the problem. Because I feel like our soul is incarnating a physical body here. It's like I chose this suit.

I choose my parents for a reason. To come into my mom's womb. And I'm just renting this. But this thing came with a set of instructions. You know, and so diagnostically understanding how those set of instructions work.

And that's why, you know. You have a lot of people like that. I got a. A lot. Of certain friend groups or whatever. They're like, You take things too serious.

Like you never get out alive. There's something to that, right? There has to be a balance. But I also know that I have I do have my non-negotiable. Lighting is one of them.

Yeah, I agree. So. You know, us talking about technology, I wanna talk about one thing, because we talked about a lot of different diagnostics. You even brought up earlier, you said there's a lotta different wearables that are out there.

So, when we're talking technology you could use AI as a tool or you can use it as crutch and get rid of your critical thinking, right? Which is, to me, it's bad thing when you do that.

Now, with a lot of the wearables, you have wearable, the whoop, or a ring. You have all these other different devices. I'm a firm believer that you improve what you measure, right?

But there's another side of that, that I've seen a a of it in the world of biohacking, where people are killing themselves from the stress of tracking every single thing with all these different wearables.

Where it gets to a point where they can't even live a normal life because they're just consistently tracking, tracking tracking. They have every device on their ears, on the fingers, everywhere you can think of.

And it creates this certain level of stress that now we all know stress is a true killer. So I want you to comment on like the importance of data and technology but the issue with what that can produce on the negative side.

Yeah. No, I think that's a great conversation because as we get more influenced with technology and data and access to these things, and it becomes more regular lies, meaning more people have access.

Cause I remember 10 years ago, nobody knew what HRB, for example, they didn't know what heart rate variability mean, what that means for stress and how your limbics works and your parasympathetic sympathetic system works, which basically the center of your immune system to a certain extent.

I think we're over data fine. And I've said this publicly for years. That's why I don't really, you know, prescribed to the biohacker energy. I Don't think our bodies are things to hack.

Mm hmm. Think connection to source physiology, but also understanding the metrics where you're not obsessive towards a number or to a certain number. Numbers are also complex because your HRV, it'd be perfect for you, but it doesn't match mine.

Right. You know, so there's complexity here. It's not empirical. And so we have to understand that. If you've never done a standard CBC or gone and done real lipid profiles or inflammatory profiles, you got to do it.

Yeah. that we have access to that. We can see that and for men, we want to give blood. You know what I mean? That's a thing, right? Some of us are not storaging iron properly and we need to get some of that iron out.

There's the whole thing to. But have a method to the madness. Have a system in place and don't get so stuck on a certain metric or a Look at the overall theme and the goal is to improve.

The goal not to get to, you know, where some IELTS numbers are or where my numbers or my pre-testosterone is or sex-binding globulin or whatever it is.

That's not the goals. Goal is get into a more improved state than you are now and to understand why. That's the key. Most of the people that are chasing certain numbers don't quite understand exactly what these markers are, in my opinion, when you have a real definitive understanding of how these things work and what their influences on the human body and Then you can take a more pragmatic approach and start doing it without the stress.

And as long as you're improving, you are going in the right direction. It doesn't have to happen overnight. You just need to understand what it is that those gaps are.

So I think doing standard blood tests, when it comes to wearables, I'm, I have mixed emotions on wearable. I, you know, not wearing anything right now.

Pretty careful with, having Bluetooth on my body. It's constantly sending signals. You know? That's why I don't really ever have my phone on. My person.

Um, don' like touching it. Don't like having it, it's a radioactive device and, uh, wearables are sending impulses to get this amount of data. And I didn't even know how accurate they are.

because we don't know that. It's not empirical. And so getting certain data points, like I'll wear them for like a couple of weeks just so I can see what's going on, but then I'm off of them.

So I could understand my baseline. But to be so extreme where it's like in my everyday field and I am constantly wondering if this is causing this, if I pull this here, will this happen?

What's the downstream effect? That's no way to live, because then you're not really in the whole reason why you are doing this in this first place. And it's just become this left brain thing again.

To our conversation, I think our conversations have been really filled with balance. We've been able to talk about human emotion, we've talked about action steps, but we're also looking at it from a big picture point of view and seeing what life really is all about.

And that's so important, man, is that balance and kind of, you know, I bring it back to my bodybuilding days where I had to measure my food on a scale.

Like, the macros days. The macro, yeah. And you what, and I appreciated it to a certain extent because it allowed me to recognize what X amount of ounces of protein is.

So visually I know what it's supposed to look like. But there's no way I would ever do that again. Right. But it served its purpose. It did. Just so you can learn some of that stuff.

You can also see what it was like. Right. It's that that's another thing is that part of the data and all this technology and stuff is like you got to experience some of it so you can get a feel for it.

Yeah. Get an understanding in that field. So naturally you kind of just figure it out. Totally. And and one other person's constitution, like kind like their character and how they handle things.

Completely different than someone else. Someone could be really like, that could just be easy for them. They're really into the data and that's part of their lexicon.

It's like a language for then and they're good with it. I'm partial. In between, I get it, get data, but I am not governed by it you know what I mean?

Well, the thing is, too, is when you look at our industry and you see all the stuff that's happening on social media, you got someone like Brian Johnson.

Two million dollars. I know Brian. Had a two hour debate with him at his house. You see, someone him. I'm the most, you know, diagnostic tested man in the world.

You know the, most measured man the worlds like, I don't know. Listen, grab me the popcorn and let me watch the show, but I dont think I'd ever want to be that person.

Of course not. Yeah? No, it's a show. But, someone had to do it, and he did it. All right. So bless him, you know. And now I think his girlfriend and wife, Kate, she's going through it.

I'm going to be the most, tested, data woman in the world. You know, and it's just. But this is the reason why I am asking you is, the message that's gone out there to the masses.

Like, what is your message when it comes to how much testing and how many of these wearables should people really do and what should they really take in consideration?

Well, nothing beats an answer to the point than experience. So my take is don't be obsessed over numbers. Understand your general inputs, your baseline.

Make sure you work with the right functional DO, right doctor. Who's going to walk you through this process? I wouldn't just do like, you know, standard online platforms, um, unless they're connected to sophisticated physicians and functional doctors that can walk that that's number one.

And there's some really cool groups that are coming out. There's one called a hundred health that they are amazing group of guys. and they're doing some cool diagnostic testing that's really, really powerful, and it's easy to understand.

That's where technology starts to work, is when it is easy understand for people. And if you wanna learn more, you have the opportunity to discern and go more.

Just like anything we're talking about today, don't take anything I'm saying at face value. Discern what I am saying. I not speaking to an empty mind, I speaking a soul that can receive the information, then make a decision, hey, this makes sense, maybe I wanna go do it.

And so with all the technology, try a wearable, see how you feel with it. See if it's giving you prudent information. Some people need to see some tracking.

Like, wait a second, I'm only doing four steps a day. You know, like some people have to that. I've been using that as an extreme example. No, you're right.

Continuous glucose monitor for some. Totally. Like, am I getting into the 130s? You know what I mean? Like these are certain things. What's my heart rate when I'm resting?

What is my HRV? How much deep sleep am i getting? Am I only getting like four and a half hours of sleep every night? Holy shit. Now they're starting to gamify their life a little bit.

And for better or for worse, human beings today are gamified beings. There's something about that. There there's sometimes there you get more out of something that's still giving you a little bit of diminishing returns, right?

Does that make sense? Yeah, like you'll take a. Little bit. Of a loss, but you're gaining more, and that could be somebody's life path. Yeah. You know what I mean?

Like we have this like altruistic vision. I know I do of like this beautiful, epic journey and this, this road to like, highest level of attainment in life, which I want for everyone.

But you know, maybe you're not getting to the highest of level attain, and maybe your just getting out of end stage disease that could occur in your 50.

And you are living another 25 years. I got you got to like, I gotta like get to that level of thinking for the human population is that you could do certain things with this technology that will give you more life and better life, and keep you from metabolic dysfunction, which railroad railroads you into a really sedentary, problematic life.

And another thing that, you know, the whole Blue Zone thing is, we're looking at these metrics to live a happier, healthier, more productive lives. That's the whole point of being healthy.

Right. Yeah. Whole point health being. Healthy is not to be like revered. It's to. Be a pillar in your community. You'll be able to take care of your kids, your family, the neighbor to to show up.

that's what villages, that what it was all about. And that. What Blue Zone's interesting about Blue Zones, which I have some issues with how that those data data works.

But the main thing that I get from Blue zones outside of some of the food and stuff. is community. Yeah, that's a powerful. That's it. You know, if you have purpose, you live longer.

And that why I like, someone who's been married to someone for 70 years and one of them goes, the other one goes quick. Because their purpose was that partner.

It's just a real thing, which is so beautiful. Right. it's. A real. Thing. and that. Why in. I'm sure in your. In your world where you come from, your bloodline, it similar with mine.

The Iranian culture like. Parents and grandparents don't go to a retirement home. No, they're with us. I wouldn't have it any other way. There's no way and my grandparents, my mom, whatever, They're cooking food.

They have a purpose. And that keeps them activated. Because of that purpose, you're responsible for things. It's just like buying your dream property.

You're not going there to have the coolest house and be this top dog. Yeah. Right. It's a, it's an honor. And so the stewardship energy, which is what I see in the blue zone data is part of this whole thing.

Yeah, and that I think trumps any metric out there because all that energy comes down into all those metrics, all everything, blood glucose, stress, CRP high, high sensitive CRR.

TNF alpha, you know, I'll the aisles, All those inflammatory markers are all dependent on that lifestyle. Community community. So so let me hit on one point when it comes to community Well, I want to drink alcohol that's my community yay or nay It's a ceremony If you're unconsciously drinking alcohol If your unconscious Lee drinking coffee, if you unconscious ly drinking food or eating food Or whatever its problem.

I don't care what it is alcohol in particular because of its chemical structure and what alcohol is, is very dangerous if you're unconscious with it. So for example, I don't really drink alcohol, but I like to have mezcal with a certain group of friends.

because mezcal to me is ceremonial, or a biodynamic wine that's grown in some dry farm in the middle of France or something, I'll enjoy that with my family.

But I'm present for that. I savor every drop. And that and those are moments that I might have some diminishing returns. My liver might release some enzymes and I feel a little bit more dehydrated than normal.

But I've expanded my opening and have lubricated my consciousness a bit. And I had the time of my life and that was way more valuable than not doing it.

Wearables, data, and balanced biohacking

That's awesome, man. You with me on that? The experience with that. Yeah. That mezcal. I remember the first time I tried mezcals. It was actually in Tulum.

OK. They had like different ones. And the 1st time, I I swear, like things were coming out of my skin from how it made me feel. I was just like, what did I just drink?

Airplane fuel? I mean, it's cactus energy, right? But once you understand it and when you when, you take the mezcal and hits the palate, there's something.

How you said, It's almost like a ceremony. It is smoke. Yeah, yeah, that's interesting. Wow. Well, That's your go to man. Interesting. Yeah, I like it.

All right. So. As we're talking about technology and health optimization, you know, we got to talk about your company, somebody I'd account, right? You guys have a lot of supplements.

You know when people hear about supplements, there's the people out there that will say, well, i.e. quote unquote clean. What is eating clean tea? Don't know what that means because it's you washed your vegetables, right?

I mean, I think what they're saying is they are not eating process Yeah, that's usually what the end of saying that is why I clean right I eat all my fruits and vegetables and you know, i'm not Eating crap.

Why do I need to take supplements? Yeah, I think we had this conversation earlier, we're not designed to eat supplements. Let me make that clear. We're designed eat healthy food, whole foods, from beautiful pristine farms with practicing ancient farming techniques, regenerative agriculture, soil that's actually filled with minerals and bioactive compounds and all the things.

Problem is, we don't have that anymore. Our food is completely denatured unless you're growing your own food in your farm and controlling the habitat of that soil and the conditions of it.

You're not really getting access to that. That's why I'm big on farmers markets and knowing the people that are growing the foods in neighborhoods and all that kind of stuff that they're doing it the right way.

But even that, you still might be missing a lot of the things. There's something called orthomolecular medicine, which is a study, scientific perspective, that when you are not getting certain raw materials, your body starts to break down.

And that's the world of supplementation. Supplementation is how can we bring back those raw material that are missing from an industrialized world. Everything's been industrialized.

We've monocropped entire North America. we've killed the entire topsoil. Our food is not food anymore. It's frankenfood. it's denatured food. You're just getting empty calories and fiber, if that, and it is coming with a host of glyphosate, pesticides, herbicides.

All the suicides are in there. And so that was the culmination of creating, or the spearhead of, creating Sambotica. You know, we set forward a path, you know.

My partner Shahab and I, at the beginning, the spirit was, this is going to be the most transparent company in the world. And my idea was we're going turn supplements into food.

People were like, what are you talking about? I'm like I'll turn them into foods. And that's through our liposomal delivery system. Liposomes were created by the drug company to basically deliver a payload of drugs and make sure that not one decimal point, one microgram was missing from that delivery.

And by doing such, you're encapsulating the nutrients in a phospholipid bilayer, like little, think of like a basketball. and you're filling up that basketball with whatever compound needs to go in there.

It could be NAD, it could magnesium, could D2K2O210, go to thion, you know, whatever. And it doesn't matter what that compound is, your protecting it with this lipid bilayer just like it was food.

For example, when you eat watermelon or when eat a broccoli or a steak, all those nutrition, the riboflavin, minerals, B12, 6, and B1 vitamins, is embedded into the protein, into a constitution of whatever you're eating.

As your body chews it and the saliva breaks it down and hits the 2.1 pH of your hydrochloric acid in your gut, and then if then it interacts with the microbes in your GI tract, it translates that information into workable nutrition.

Then it passes through the brush border barrier into the bloodstream and is utilized by the parts of the body. Well, we want to do the exact same thing nature did, but we did it with supplements.

and we didn't sacrifice anything in the process. We didn' add strange preservative systems, we don't add any strange delivery flavor systems. we kept it so high level and now we're seeing no words of that by getting recognized by the Clean Project Verified companies out there.

All the purity of words you can imagine is the cleanest supplement brand in world. SUPCO has this as number one in terms of liposomes. And these are third party agencies that are evaluating all of our products.

We do the most compliance. Every single batch is tested. All that documentation is on our site. This is the symbiotic away. Now, look, was this easy? I want to say F no.

this was a disaster, to be honest with you. At our scale to do this, I talk about stress. I was under tremendous stress, My business partner, Shahab, was under tremendous stress.

The entire Symbiotica organization, every single part of our leadership team, top to bottom, doesn't matter, under a tremendous amount of stress because this has not really been done like this before.

We're not taking powder and encapsulating it. You know how easy that is? I can make 10 billion different products in a capsule in week. This took years.

Each formula had to go through rigorous amount of quantitative analysis. How do you keep these things stable without putting things like potassium sorbate in there and other toxic preserves?

We didn't do that. We played with the water activity we played, with, the ph we use antioxidants we used enzymes organic stuff i only use fruit terpenes and vanilla and cacao extracts and salts from Iceland like This is some serious shit it was very difficult and it kept me up at night because The amount of resources, time, energy, money for this type of research and development took its toll.

But we swore that this is the only way Symbiotica was going to be available for humans to consume because it's going into people's bodies, it is going in to children's body, its going it to mothers and fathers and kids.

We talked about diminishing returns. How are we going to give them something that's supposed to be good for them, but on the backside creates a toxic effect in the liver or kidney?

You get what I'm saying? I would have been an oxymoron, a walking hypocrite. And so would the entire Symbotica organization. And that's the beauty behind every single person.

I speak, you fear me, this is my heart. The entire group, our entire team, I can name them all right now. All of them are all in, knowing that our formulas are eliciting this level of quality to everyone who has them.

And so when I'm in the airport or I am walking by the beach or somewhere or my business partner or his wife or whoever, you know, are walking around and people come up to me and say, Hey, thank you.

Thank you, this like what you're doing and how you doing it and the way that you are so transparent about it. And how do you show us? You open the doors so we can see it, show the data and show where you sourcing these raw materials and quality not just on your label, your labels are the cleanest.

Thank you. It's super powerful. And it gives me so much energy because remember we talked about purpose. Purpose is what gets this whole thing going. That's what it gets me out of bed.

If I didn't have purpose, who cares? None of this would even matter. I would just be out going crazy and doing whatever I want and going after dopamine.

Dopamine is just like serving that. But because that level is there, I have the balance and I know how to handle this, and so it's been a lot. It's the quality standard to create liquids at this level with this type of payload.

I never thought I could pull this off. And then when you have amazing technicians around you, like, for example, Over the last two years, I brought in a PhD to work side by side with me.

She does not work for me, her name is Dr. Shilpa Rao. she's incredible. Her dissertation is on liposomes. Our synergy together in the lab and not only in a lab, but in ideation, science, compliance, technical studies is so good.

We have so much mutual respect and we're on the same wavelength that we were able to do things that I never thought possible. And to have that level of quality around me is extraordinary.

And I see that in every aspect of the entire symbiotical organization. Everyone is of a quality. Their character is high morality and it just makes my job easier.

It makes Shahab's job, easier makes Irana's jobs easier, makes our entire team. We now can move with such sophistication and class and know that what we're doing is the highest level consciousness.

It's awesome. And so we just published two gold standard, we've just publish two Gold Standard Pharma Kinetic Studies. These are real controlled double blind blood tests on our products.

For example, our top selling formula, which is our glutathione, PQQ, CoQ10 liposomal formula has 300% higher absorption than a competitor. If you're at 10%, there's something there.

We're talking about three times the amount of the absorption, and we're publishing that data right now, among other incredible clinical studies. That's my favorite one, by the way, the glutathione.

Yeah. And I'm happy you went down this rabbit hole, if you will, on the importance of what you guys have created. What you just mentioned with your team and the PhD that you brought on board, that's the true definition of iron sharpens iron.

And when you're talking about the nutrients density, not being where it needs to be, that is exactly the answer where I wanted you to go of why you need to have certain supplementation.

We live in this world, this toxic world that we were really never meant to in. The ultra-processed foods, the food dyes, all the other type of chemicals, anti-caking chemicals.

All of this stuff, Yes, our body naturally produces that glutathione, right, and produces other antioxidants, but it's not enough. It's. Not enough to neutralize these free radicals inside of the body.

So, you know, use saying that and hitting those points, it some it. Amazing what you guys have done. Love following your journey, following the company's journey and excited to see new things that you.

Guys are bringing out. You know with that said, Understanding what's happening right now. There's a big movement make America healthy again right? Now the maja movement if You could just take one thing for the future of our nation or our world And you can take that one things until rfk jr.

Supplements, Symbiotica, and clean nutrition

Hey, I need you to do this. What would be that? One thing? Well, I told him that, you know, so I know R. F. K. I've met him a few times and I have spoken at I think three or four Maha events and it's one thing.

It's changed the whole school system. We got to get kids back in there. This whole thing where like they're under fluorescent lights at first grade and they should still be resting and this whole system of learning, you know, uninspired information is the devastation of our world.

We need to, at the early stages, even in the womb, there needs to be a complete change of how we're doing this. Kids need be growing their own food. They need understand body mechanics and movement, all of these things.

You need taught trades and not stuff that is irrelevant. That's how you change everything. This is not This is tried and tested, you know, just get the influence of the children at an early age.

That sparks the revolution. Have to go down that route. All the other things, chemicals, water supply, all that stuff, those are all critical. But they all fall a distance because there's so many of those things.

How do you how do. You catch up to them? You got to influence children from the beginning to activate their God given discernment and give them the tools at age four, five, six, seven to have direct observation of life.

And that's something they're just reading from a textbook. So you're saying kids waking up at five o'clock in the morning, going on a diesel bus, breathing in those fumes on the way there and then being at the fluorescent lights all day.

Is that a good thing? Yeah, that might not be the ticket. Yeah, and we're seeing we we were seeing it now the repercussions of it the depression rates the suicidal rates The anger resates the crime rates, the school all this stuff.

It's the whole it's a lot man. That's all I look at the School lunches and what's inside of these vending machines out there? Oh, it is for shit. Yeah You're already you're throwing a toxic waste and already a soul that's already hurting.

Yeah. It's no wonder we're in the position we are in. You know, I'm actually surprised we've made it this far. This is not doom and gloom, by the way.

All the things that we were talking about today is to spark some type of activation. Right. And it's good for me. Like another thing is like, take your own advice.

Yeah, we can dish advice very well as a human race. It's very easy to get a walk the walk, got to walk. The walk you got him by body. Got to be the samurai.

You know, that's one thing that I like to always say is. A lot of people say knowledge is power, but knowledge just power if you apply it. That's right.

You know, it's like we all know there's no one here in the United States that doesn't know that smoking is bad for you. Right. Even the people that go to the corner store and buy cigarettes.

They have that knowledge. It just don't apply. So, yeah, we're in pain. Right. You know, they're in pain. And where's that pain coming from? It's not a ceremonial smoke.

Right? Yeah. It said it's an escapism. So, man, I want to have a little fun here as we get close, close to wrapping up. Um, so Steven Barlet, the diary of a CEO, came up with these conversation cards.

I'll let you grab that. OK, you'll take that sleeve off the top and then you can shuffle them if you want or just go grab two random cards out of there.

Yo, read the card and answer it. Okay, cool. I like that because it's a channel. It's like everything we did today was channeling. Yeah, I don't think we had any idea what we were going to talk about today.

Not really. And I really didn't go off of much of anything. Just kind of let this for for hours days. What is an inadequacy you admit to? And you could work on starting tomorrow.

Tomorrow. I mean, that's so funny, because I just said, take your own advice. And that really speaking to that, right? Because, you know, I and I think humility is one of the most important characteristics for humanity.

Not just how you show up for friends and being humble, but for yourself, for your soul. And there's ways that I feel like I'm so humble in so many ways.

But then I have moments where, you know, one the closest people in my life, my business partner, Shahab, will maybe call me out on certain thing that I don't see.

You know, and you said iron sharpens iron, right? There's no there's nobody in this world that does that more to me. And, you know it was my dad, but my Dad went to the next world.

When you have that mirror, you'll have someone in your life, your brother, or your sister, whoever that is, it gives you that opportunity for growth. I don't always agree with him, but I take on some of his advice and I sit with it.

And so I just think that's interesting that this is the question that came up because we just this on the subject line of what we've just talked about is, you know, what inadequacy would I admit to?

I would say. That sometimes. I can get. To siloed in my thinking. where I can't comprehend that the next person doesn't think the same way as me. And that causes an internal conflict, sometimes a resentment and frustration.

And it's an active disciplinary practice to constantly be aware that you have no idea that someone else is going through it. You have to know idea what happened when they were in their mother's room.

We have know what happen when you were five, when there were 14. you don't know it happened yesterday. You don't know what they're dealing with from a intolerance perspective.

You. Don't even know. What is happening in their gut. Right. And. I have to take that advice and also I mentioned earlier, you know, road rage. Because there's a joke like, you can go do a Vipassana and be silent for a month in the monastery, then come back to LA traffic and one guy cuts you off and you're coming after them.

Right. And so there is something to that. I think an inadequacy that I want to reflect is always be in my body and be present to the fact that, you know, I can't be reactive.

But I have to be able to sit with them and beyond reactive and make a calculated. I love it. If there's one person listening to today's podcast or viewing todays podcast that really connects with our message, what's that last thing you can leave them on?

You know, I think I mentioned it a few times. Really discern. I use that word a lot. Chew it, smell it. Observe it feel it all the senses on everything we talked about and sit with it and create a chart.

and do like a XY chart or whatever, and just measure certain things in your life. and be radically honest with yourself and see where do they fall in place based on some of the observations and ideas and concepts we talked about.

Don't be linear in your way of thinking. Be complex and give yourself an opportunity to see light at the end of that tunnel and have the opportunity and then regain what that love really feels.

And self-love is not, you know, It's actually the opposite of ego. Ego could be a falsity.

MAHA, education, and closing reflections

Self-love is really stepping into the knowing that you're here for ego, and how are you showing up for yourself, which ultimately creates the beauty around you.

Amazing. If people are trying to find you, where can they find? You can't see me. I'm just kidding. Um, I try not to be on like all the social platforms, but for whatever reason, whatever God or karma chose Instagram, um, on Instagram.

Uh, Shervin three, three. which will include all the links down below, all that. Amazing. Brother, it was a pleasure having you on a Healthy Point of View podcast.

This was the powerful message that the world needs to hear. Thank you. It was an honor to send my entire team here. You got some incredible souls here and, you know, momentum starts with day one.

Absolutely. Wow. Guys, You heard the message here, discern, be honest with yourself. This is a message that you and I both know everyone needs. We went through a lot here today.

Make sure you take this podcast and share it with your friends and family. It can change many lives, even if it's just one life.