Behind the Scenes Look at the DNA results of Dr. Fab Transcript

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Introduction and Guest Welcome

Hello again everyone. Welcome to another episode of our DNA Code Success Stories. Today I'm here with a wonderful friend and mentor who I met recently.

But I feel like I've known for my whole life. I wanted to introduce all of you guys to the wonderful Doctor Feldman Sini, who has been an incredible supporter of ours.

Doctor Fab met us, last year now? I think it was earlier this year, but it just feels like we've known him forever. He's a great supporter of our cause.

So I want to open up the floor and introduce you to this incredible individual. And let's hear it for Doctor Fab. Well, thank you, Harrison. You know how much I appreciate you and Kashif.

What you have brought to the world, to me, is one of the greatest, gifts. You know, for 35 years. The health of humanity has been my mission. You know, I've worked really hard in the world of holistic health.

As a doctor of chiropractic, primarily, but also acupuncturist and nutritionist and energy medicine expert, to try to let people understand that their health has to be their greatest investment, because health is the one area that impacts every area of our lives.

And, and of course, you know, I've been a doctor, I've been president, Park a university for 13.5 years, which I became the youngest president of a college or university in the whole United States at 33.

And we have a lot of success, and now leading one of the top universities in health care with over 36 degrees in health care in one place. And then, of course, the last ten years I've been a media expert.

So my job is a healthy living expert.

Health Philosophy and DNA Company Overview

For Doctor Phil, the doctors, Fox News, CNN and many others to really inspire millions of people every week, to be able to give them tips on how they can deal with some of these health challenges that we're dealing with, to try to keep opening their minds, to look differently at the way that they are taking care of themselves, but more importantly, how they're managing their own health issues.

So for me, that have been in this space for a long time, for me that have taken care of myself and inspired millions of people every week for me that have been a doctor and provider taking care of tens of thousands of people over the years.

What I love about the DNA company was that even though I have been a big supporter of genetics and making sure that we can evaluate our GM makeup, what I had never seen anyone do other than your company up to this point, is being able to bridge the value of genetics with epigenetics by giving me a plan of action as to how I can incorporate behavior and mindset to allow me to not only reverse whatever illness I may be going through, but most importantly, prevent them, because that's the key.

Prevention is the key. Over 95%. According to data, over 95% of our illnesses can be prevented by simply changing the way we look at our illness and most importantly, what we do to manage that illness, to be able to reverse it, to be able to prevent it.

So what our behavior is like. So for me, when I met you guys and when I heard you guys speak, I was so taken

because I was like, finally somebody has taken science, true science of genetics and actually given me a plan of action towards my lifestyle because my lifestyle is what I had control over.

I can control my genetic makeup. I know that I heralded that, but when most people still think it's that their genes are actually a life sentence. And as you know, it's only a predisposition of what could happen to you that maybe happened to your mom and dad or your grandparents or your brothers and sisters, etc..

So to me, getting this report, doing the testing, which was so simple, you know, first of all, you spit a little while and then a couple of weeks later I get my results.

And now what I was excited about is that your report was so much better than anything I heard from your lecture that I was so taken that now you gave me the roadmap.

I mean, you gave me actually a roadmap and action step that I can follow to be able to be so specific to my needs that nothing else has ever compared to it.

So I'm excited to have this conversation with you and most importantly, to thank you personally for the gift that you have given me. And of course, all of my family that now, have become individuals that have taken the DNA test.

That's amazing. And, you know, if have you, you to hear that from someone who's, who's been in the industry for as long as you have and has experience everything, you've seen A to Z in terms of health and health innovation, it really means a lot.

Now tell us maybe, perhaps some of the things that really opened your eyes. Obviously you're a person that I would say, you know, for those who don't know you, you're the kind of person that you are so hyper intuitive about your own health.

You often know right away that something's wrong. I need to tweak this and tinker with this, and you get ahead of those things. What are some of the, you know, the insights that you gleaned from your own test that you that you were like, wow, like that is, you know, that caught me off guard.

Or maybe that was surprising for me to learn when you did your own test. Well, I love and appreciate you, asking me that question. And then what I would love for you to do for me is to maybe bring me some of your wisdom of what is it that you're doing on the back end to be able to help me understand this better.

But more importantly, how did you come up with some of the recommendations that you gave me? Because that's what I'm excited about. So I'm going to give you three that I can think of off the top of my health.

Because your your test results are so comprehensive and you're actually guiding me into particular areas of my life. So we're going to do the first one, which is probably the most common for people, which is my nutrition. Right?

So I am an expert in this space, and I have to inspire people to put nutrition as a priority of their life. Most of us understand that we know what we should be eating more of, but we have a hard time changing our patterns and those habits.

The challenge with have is, is that people feel that habits is something that I can't change. But data shows suggest that, you know, if we do something consistently for a period of, of 21 days, a little bit over 21 days, we can pretty much change any habit.

So for me, what was very, insightful is that when I read my nutritional, component and my predispositions and what you were suggesting me to do, one of the things that I noticed is that you picked up on something that I really had known, but I wasn't really clear with it, and I never paid that much attention to it.

And that was my propensity for being an emotional eater, having emotions attached to my food. Now, I believe most people have this issue, but we didn't know what to do about it, right?

Because if I come from a culture, right, that I, eating perhaps foods that are not the healthiest, but that is when my family gets together. And that's where all my love relies.

That's what my support system is. That's where I want to spend all of my time with. And you tell me that I can celebrate that with them, because what they're preparing is not going to be healthy for me.

That's a challenge for a lot of people.

Nutrition, Emotional Eating, and Food Habits

So tell me a little bit about how is it that you were able to identify that emotional component to foods that were perhaps predisposing me to not being at my optimal health?

Yeah. And it's funny, you know, you bring that up whenever we we speak to patients and we work with clinical providers. You know, when we think about Di nutrition, everyone thinks, okay, what do I have to.

What is the the what foods. And what is it that I have to eat? But most people don't realize food needs to begin in the question of how do I eat and why do I eat?

And where and when do I eat? Because all of those play a role even before I've taken the first bite. There's a lot that's happened in my preparation for food right now.

Humans, by and large, are social creatures. It's in our DNA, no pun intended, to share a meal with each other. And we know there's a huge epidemic of loneliness happening in the United States.

You know, not, not the least help because of the pandemic, but social eating is part of our DNA. Now, that being said, there are some of us that actually born strongly over food and we hear this all the time.

Oh, like, let's go have a good meal with so-and-so and you meet someone you haven't seen in 20 years, or let's go and grab a meal because there's an actual relationship.

And what it has to do with is how certain individuals experience pleasure. Okay, so that said, it said pleasure. The dopamine relationship that even before I've picked up the fork to put the food in my mouth, it's the it's the atmosphere.

It's the person I'm sharing the meal with that for me, I'm engrossed in the moment. And so, for better or worse, I the situation that I'm in, the environment that in the, the, you know, the tasks that I'm doing, or perhaps the difficult experience I've just had may attune me towards eating certain meals.

Right? Like for some of us, you know, nothing will keep me happy or get me happy like a slice of cheesecake. Well, like I know that if I'm upset, I have to go have a slice of my favorite cheesecake.

And that's going to make me happy. That's genetically driven. Some of us carry the the. Com gene. The relationship with dopamine, that predisposes us to wanting to derive happiness and pleasure from food.

And it's more important than others. Now, this becomes really important when you think about, you know, people who do meal prep, right, meal prepping me for someone like you and for someone like me is very difficult to do because for us, we need to make an experience out of the food.

If I have to go into the fridge and every day I'm eating the same boiled chicken and and sweet potato, that's not that's not for me. And now this becomes a self-fulfilling, defeating prophecy for people who are like, well, maybe I'm just not meant to be on a healthy diet.

No, that's not the case. It's just you need to create an environment around your food to make it sustainable. You're not a meal prep guy, but that doesn't mean that you can build your meals around experiences that can help you

make it sustainable.

Right. And so you brought up an excellent point. I would tell this to people all the time. We haven't even talked to you about what you need to eat. First, we need to address how you need to eat.

So that's a great point. Well, you know, it's interesting because, after reading my report, one of the things that I started doing is selecting meals with people that tend to be healthier eaters, because that it was my experience.

Right. So I want to get together with a friend or a client, and I get to select, right. There are some people that I know are going to be more health conscious when they order from a menu, and there are other people that are going to be the opposite, that are going to try to push me to, hey, why don't we have and share a big tomahawk, you know, plate and, and what are we going to hit and have all the fried stuff.

They have all this and so that was one of the things that I recognize now that I need to select the people I want to experience that are healthier, but I also need to learn to develop a healthy experience with the better foods in my life.

Right. So I need to be able to look at the healthier foods in my life and try to find that emotional bond that I have in other foods that I haven't developed yet, because it's really a matter of habit.

So I can learn to create a better bond, a better experience, a better emotional connection with healthier foods. But I got to give myself permission and enough repetition to get there and not always rely on the old patterns, which is the ones that have that gotten me not to be as healthy as I can be.

So that was brilliant, in my opinion. And then there's another one which is sleep. You know, in my space, I have to get to, to talk a lot about sleep, because during the pandemic and post pandemic, especially here in America, over 100 million Americans are claiming that they can't sleep at night.

And we know that, when we talk about sleeping deep and sleeping long is very rare. Very rare that people have a deep sleep or a long, uninterrupted sleep, meaning 6 to 8 to ten hours.

So for me, when I started looking at my gene results, I was really surprised that I had genes that did give me the propensity or the, the predisposition shown to not be a good sleeper, a deep sleeper, which made me recognize that I needed to do certain things to be able to allow me to sleep deep and longer.

But I would have never known that if it wasn't because of this test. Because you're giving me the answers of what I need to do. But I need to also understand that there's a predisposition in my genetic makeup that is already designed to not let me be one of those deep and long sleepers.

Yeah. And it you bring up such an important point because, you know, people think that, oh, if I just slept 7 to 8 hours or if I just got the eight hours sleep, I feel great.

But it's my work. Life will say no. Some people, even when they get seven, eight, nine hours of sleep, they wake up saying, well, I don't actually feel rested.

I don't feel like I've recovered. And it's literally down to genetic predispositions. You know, what you're talking about is your Bdnf, your relationship with brain derived neurotrophic factor, which amongst other things, influences your circadian rhythm.

So here's the important thing. We hear this all the time quality over quantity, quality, sleep even in a smaller amount, can be more effective for the human than the quantity of sleep.

Because if you're restless at night, you're light sleeper, you're waking up at night. It doesn't matter if you went the whole eight hours because you don't feel rested, but if we can get you into that deep REM, the rapid eye movement, the dreaming sleep that everyone wants, then the more of those cycles you have, the more opportunity

your body has to do what?

To detoxify. Because a lot of the detoxification mechanisms in our body are only active when the rest of our body, including our mind, is shut down because the body literally needs to be like flat zoned so that the body can work on recovering itself.

And when we tell this to people, we say, listen, one of the things that's super harmful, which is another epidemic, but especially for people with low Bdnf, is using digital screens at night.

It completely messes with their circadian rhythms, their production of melatonin and serotonin, and it completely disrupts their ability to fall asleep.

And I always tell these people, I said, look, no magic pill, no sleeping pill, no supplement is going to solve the problem of you lying down in bed, lights off and a phone five centimeters from your face, and especially if you have lobed enough, forget about it like it's not.

That's not for you. Right? And so people are like, oh wow. Like literally. Here's the reason I know people have told me not to use the phone, but based on my genetics, this is literally causing me harm, right.

And these same very people, when we tell them how to improve it, it's what you do during the day, earlier on in the day that sets you up for a successful sleep at night.

So the more exercise in the morning, the use of the sauna, things they're doing, their daytime is resetting, recalibrating the circadian rhythms, which ultimately leads your body to be like, now it's time to go to bed.

I'm ready to go to bed. Well, you know, it's interesting because after reading the results, I started make an implementation of changes, right? So I started, you know, I always work out early in the morning, but I started doing a more rigorous workout.

And I'm finding that that's setting the stage for me to have a deeper sleep. Then I also realize that I needed to make sure that when I schedule my days right, sometimes I go so hard that I just go, go, go to the point of exhaustion.

And I needed to have those breaks in between. And then instead of watching something later in the evening on TV or anything, because I don't necessarily do a lot of social media or the fun, but I do like to sometimes watch something.

I started changing that.

Sleep, Circadian Rhythm, and Recovery

And, and I started using things like Brain Tap, which is, you know, a meditation, a state of meditation, and, and that can set my brain waves with the proper sounds, and all of that right before I set my stage for sleeping.

And I got to tell you, here is I've been sleeping better since I got those results. Better than I have in in the last 56 years that I can remember. And the last one is really a little bit touching to me because it got into a little bit of my emotional state, and that is when we started looking at the results of my longevity.

Now, I already wrote my 100 year birthday speech. I had planned to live to be 100, and I'm reversing the aging clock by many of the things I've learned over the years.

But the one thing that I learned from this particular test, which I wasn't aware of in any of the testing that I've done, is the fact that I had a predisposition for cognitive decline.

Now, we've seen that in my family, not directly my parents, but I lost in an at a beautiful age. I mean, one of my most beautiful, loving arms at a in her early 50s to dementia.

And it was the saddest thing in the world because on the outside she was just this beautiful and loving us always. But there was nobody inside. And I saw her deterioration to the point that we had to institute her because we couldn't take care of anymore.

And she passed away. Now I started thinking to myself for the first time, fab, you have an address, that aspect of cognitive decline. So one aspect, I mean this was only I'm giving you highlights because the report is so comprehensive that actually I will have enough to work on for the rest of my life.

Right? And even though we plan to redo the report on a constant basis so I can see the changes that are seen that I'm seeing happen, one of the things that know I'm very aware of is the fact that I needed to pay attention to those genetic makeup that may also be within me, that was in my hand, and that we're seeing so many people around the world now with cognitive decline, like never before.

And it's, it's you've brought up, you know, an important point that we see more in people now, more and more people now asking the question about dementia, Alzheimer's disease, cognitive health has become huge.

I was just working, you know, the last few months with, you know, some folks in the high performance, division for elite athletes and even their everyone's saying, look, it's not about how physically successful these athletes are anymore.

It's about how cognitively successful these guys are. Because cognitive help for these athletes, they're still humans at the end of the day. And they've been pushing their bodies to the limit.

But ignoring their brain health. So brain health is something that is very dear to us for the reasons exactly. The treatments that we can genetically identify where certain people need to put more effort.

Now, you know, we're looking at genes like a body, which we know has a strong association with the development of late onset Alzheimer's disease. We're looking at a person's insulin response.

And this is important, the NHS, which is, you know, the United Kingdom sort of, health division in their government, they've recently, renamed Alzheimer's disease to type three diabetes.

Right. Why is that? Because two things. Number one, it's a chronic disease, which means it's not happening. You don't just wake up one day with Alzheimer's.

It's a result of years and years and years of mis, you know, mis mistreatment of the brain. That's number one. Number two, it's possible to reverse Alzheimer's disease with the right you.

But you have to be personalized, right? You have to. This is the whole point of what we're trying to do is, hey, take your brain health seriously and approach it based on your genetic profile.

So looking at the combination of what we which influences lipid metabolism and your insulin sensitivity, your insulin resistance, and how likely you are to have, you know, issues with metabolic dysfunction.

We hear it all the time. The gut brain axis is a big it plays a big role. So all of this is to say, once you understand what your genetic profile is, and we told it to people, you know, you can start to modify your diet to make sure you're including the things that are going to be protective of your brain.

Right, folks? You know, like yourself. In fact, like myself, we share the exact same, Apple profile. We carry one copy of the E4 allele, which is the allele associated with poor lipid metabolism, higher levels of cholesterol, and the potential risk folks like us don't benefit the same way as the average person is from taking an omega three supplement in its supplemental form.

We simply don't absorb it. It was clinically shown and published recently. So how do we get our omega threes from the actual whole food? So we got to eat the fish.

There's no shortcut for us. We have to eat the fish. But how many people are going to know that know that they can't just pop a supplement and say, okay, no, you have to actually eat the fish.

Once you get the report, you're like, Holy crap. Like, I got to make this change now. And of course, it's not just any omega three. It's not just salmon for some people, because you have to look at your detoxification and, well, if you're not good enough at clearing out heavy metals like mercury, like lead, you got to go lower on the food chain, right?

So instead of doing the big salmon and the tuna and the larger fish, we've got folks who are now eating sardines, anchovies, mackerel getting their omega threes, but reducing the risk.

And this is what we try to tell people. It's not you know what we're what we're suggesting is not rocket science. We're simply saying if you calibrate 1 or 2 things here, you've made a massive leap, a massive change in your health simply by calibrating your decisions based on your genomic profile.

And that's as simple as we we try to present it to people. Well, you do a very good job. And I've been in this space for us, you know, over 30 years.

Longevity, Cognitive Health, and Alzheimeru2019s Risk

You do a very good job in not only guided me from a dietary recommendation because your diet recommendations in every one of the reports is solid. I love that not only you kept it to food, but you also were very specific on the supplement.

That will help me personally. And that is a part that, you know, most doctors do not get a lot of nutrition in their basic education. So the fact that you compile all of that data and research to identify what are the key supplements and even the dosages of what I need to be taking, that to me was revolutionary.

The second component that I thought you hit it right in the nail is not only you, my diet and my supplementation with that diet is my lifestyle. This is where I find most people, including myself, struggle because there who teaches us lifestyle.

We pick up lifestyle from the environments that we surround ourselves with. There is no teacher of lifestyle like they call me a healthy living expert in the media, right?

For the last ten years I've been that for all the major networks and I've been doing media for 30 years. But my struggle is the fact that our teachers are not teaching us our lifestyle.

Our parents are teaching us lifestyle, but sometimes, unfortunately, it's the wrong lifestyle because nobody taught them properly. Our friends are typically not living the proper lifestyle, and they're here in us to the wrong place.

So now to have the recommendations right there in front of me where I can, what I'm suggesting people do, which is what I'm doing, I took your recommendations and added them to my calendar as an action step, and I don't want to change my lifestyle immediately, all in one day or even one week.

But if you just take one thing and change that one thing a week, or maybe two to a week, then all of the sudden you'll be able to see how your lifestyle can be changed very quickly, with the right things that are going to help your genetic makeup really allow you to be not only the best version of yourself, but more importantly, the healthiest, potential that you can possibly have based on your genetic makeup.

And that, to me, is what the DNA company is bringing. One of the greatest gifts to the world right now through these reports and this testing that you've been an incredible, partner here, you know, sharing all your beliefs, and it all comes directly from the heart.

I really appreciate that. You know, beyond sort of the experience you had of the DNA company as a health expert

who's been you've been everywhere in the United States.

You've been a nationwide leader in health. What do you want to leave listeners you know, with here? And what are your sort of parting words of wisdom that you'd want people to really take from, from, from, from what you have to say?

Well, one of the things, been in this field for so long is, one of the things, that I've learned as a health care provider is that we can force health on anyone.

You're going to have to want to health for yourself. All I can tell you right now, over the last five years, your health issues have become the number one reason why people have gone personally bankrupt.

That means that why are you allowing over 75% of Americans have have personally bankruptcy because of a health issue? I believe the healthiest, greatest investment that you can make for yourself and your future, for your family, for your business, etc..

So that's number one. Number two is, right now, don't measure yourself based upon what you've done in the past. A lot of times people say, I've tried this, I've tried, I don't know if this is going to work with me, for me, but they talked himself out of their future.

And what I tell people is that your health tomorrow depends on what you do today. It's that simple. You health. A month from now, it's going to depend on what you do today.

Because all we have is today. Tomorrow is another day, and then the next day will be another day. So what I want you to consider for today is to go ahead and order a kid, get tested, do your DNA company test, because that's going to give you the foundation of understanding your own genetic makeup.

But like never before, like, I've never seen a report like this before. We're not only are you going to get an idea of what you genetic makeup is and is very thorough there, but more importantly, you're going to get the solutions.

You're going to get the recommendations when it comes to your diet and supplementation. And most importantly, my opinion also is your lifestyle. So now you have your activities.

What can you do today to be able to ensure that tomorrow is going to be better than today, that next year is going to be better than today, that ten years from now is going to be better today.

And like me, that when I turn to be 100, I'm going to be a healthy 100 year old and not somebody that can barely even move around because I haven't taken care of myself.

So I want you to give yourself permission to make a decision, right.

Lifestyle Changes and Final Advice

Make a decision today to make your health a priority, and do that by ordering the DNA company test, which will give you the foundation of a report unlike anything I've seen.

And it will give you the answer to what you need to do every single day in order to ensure that whatever illnesses you're concerned about or you're fearful about, or you have had a history of or whatever, whatever illness you may be facing today, that some providers are telling you that there's no cure and you've got to be dependent on a pharmaceutical for the rest of your life.

Give your body a chance to function. Give your body a chance to be able to heal like never before. And I believe through this report, you're going to find amazing solutions like you probably have never seen anywhere else.

But more importantly, they're all designed for you. They're not assumptions of other people. They're actually

designed for your particular DNA tests. And that is was brilliant about this, in my opinion.

And the reason that people are having such effectiveness, not only me, but all of my patients that I'm recommending to do this. And, you know, here is I completely tell everybody right now, whenever I speak, you've got to do the DNA company test.

It will set the foundation for your health, not only today but for the next 50 years. And that's what I want for you. There's still hope out there, but it has to begin with you making a decision that from today on, through the DNA company test, your life will change forever.

And it starts with you making a decision, ordering the tests, doing the tests, sending it back. And as soon as you get your results, implement them into your life right away.

Fab. You've been an incredible, You're always an incredible speaker. You speak right from the heart and you, you've touched the lives of millions. I really appreciate you taking the time out of your busy, busy, busy schedule and sharing that, those gems of knowledge with us and for our readers.

You've heard that from the man himself. If you have any other questions, of course, feel free to reach out to us. And we look forward to welcoming you next time as we go through the rest of the DNA companies success stories.

But for now, Tara Harrison signing off, with a wonderful Doctor Fab mention. Thanks again everyone. Take care.