Beyond the MRI: How to Truly Diagnose Brain Dysfunction Transcript

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Introduction and Guest Welcome

When I went through naturopathic medicine, I started realizing there are tools that you can naturally bring yourself out of them, right? You can retrain those attention networks.

When it comes to the emotional state, you can find the virtue that can overcome that emotional state. You're listening to the Lifestyle Medicine podcast with Dr.

Ivan Rusilko, brought to you by Access Lab, where we explore new perspectives at the forefront of personalized healthcare. All right, well, welcome back to another episode of Lifestyle Medicine, the podcast version.

We're coming at you today from sunny Miami Beach, as always. We're powered by Access Medical Labs. If your doctor's not checking labs, they're not a doctor.

And we got a naturopathic doctor guru today who knows everything about the brain and everything that goes on with it. I can't wait. Dr. Saeed, we're going to have an amazing time talking today.

We're going to talk about concussions, pine pollen, the great North Canada's country. I mean, it's going to be super fun. So Dr. Saeed, thank you for coming in today.

Thanks man, I appreciate you having me here. Hey man, from Miami Beach to probably the second most prettiest place in the world, Vancouver, Canada, how is it up there in the great wide north?

Oh, it's the best season. It's spring. The blossoms are out. It's the perfect time to be here. But definitely, you can't beat it where you're at. It's Canada.

It's the best place. The second best place it can be, like you said. There we go. I love it. No, I actually spent my honeymoon for my first marriage up there in the Orca Islands and everything.

Absolutely spectacular part of the world. It really is. I mean, it's absolutely beautiful. So dude, I say Miami is an amazing place. Vancouver is really, really high up there as well.

So kudos to you for picking the right location. Yeah. And the nature is amazing. Like you can go as far like anywhere you go here is just, just beautiful.

God's country, if you will. Right? Well, hey, so talk to me. I'm so I'm super curious. So now, you know, you started out in one area and you've transitioned to both longevity, naturopathic medicine, as well as especially when it comes to brain issues, brain disease, brain augmentation.

So can you kind of take me through through through your story of how you got to where you're at right now? Yeah, for sure. It's I've been watching some of your videos just to get a sense of it.

Dr. Saeed's Path Into Naturopathic Medicine

Like I was telling you, it's just, I've been learning so much and it kind of like, I see echoes of like a lot of your guests coming through in terms of like the medicine, the start of it and how they've evolved into this kind of idea of, okay, well, what can I do more?

How can I get out of this whole process of offering one-on-one patient care as opposed to something scalable or something more impactful? So just a little bit of backstory this year and how it started.

I like me sitting here in front of you having this podcast. This year as part of the legislative process of in Canada, regulating naturopathic doctors.

Okay. They came and said, you know, like, you got to do an annual review in your clinic. Right. I was, I was listening to one of your podcasters that was saying, you know, how they had like quarterly reviews and that's how like accelerated their practice.

And this was my first time doing an annual, like as a solo practitioner, I've been like always on the wild side, not wanting to get in like involved, but you know, solo practitioner, this was the first time I came in.

And one of the questions was like, what are you doing in terms of mentorship or in terms of taking the role that's like you signed up for or like the value structure that you signed up for.

And as a naturopathic doctor, the biggest philosophical teaching to us was doctor originates from the word docere, which is teacher. So like, how are you teaching medicine?

Which, you know, then I decided, okay, well, like the only way to, to scale my teachability is, is to actually break it down and teach it to a larger number than one-on-one in transition.

I love that. I love that. So in a way that's, that's my journey going from medicine from, from the wild days of pioneering naturopathic medicine to provinces and territories in Canada, where it wasn't legislated.

My first practice was in, in the Northeast territories in Yellowknife. Oh, fun. I love the Northwest Territories. Not gonna lie, I've been up to the whole Nunavut territory, did the whole craziness up there.

What a beautiful part of the world and beautiful people too. The whole Nunavut culture was just one of the most magical things I've seen and I've been everywhere in this world.

They're probably one of my favorite peoples I've ever had the privilege of actually being around. That's amazing. Yeah. There is a, there's a side story of a kayak canoe trip that I did 30 days into the wild in that territory, going in and back, but that's, I can get sidetracked.

If I get sidetracked, bring me back. That's a whole other podcast right there. I'm curious. I'm curious. So how did you, how did you bring the whole natural Catholic type message to, to an area of the world that's so remote and probably looked at you sideways when you got there?

I can say, I was confident in my ability to deliver primary care in a way that would get people healthy. But like the education I got as an asthmatic doctor definitely doesn't prepare you for for a business, right?

Like it prepares you to put healing of individuals primary and serving them, right? That's what it trains you. At the most, you will get to come out a good doctor.

You're going to be able to do it. At the least- But what do you do with that education? That's the biggest thing we found. Especially on the podcast, you sit there and like, you know, either you train at the A4M and learn longevity, you train at traditional medicine and learn out of this, but how do you like what do you do with it once you actually have it so you know it's one of those situations it's kind of a tale as old as time uh so i'm definitely glad to see you you you kind of figured it out eh Yeah.

So when I set up my first practice in the Northwest territories, that whole place wasn't regulated. And I was, I, all of a sudden I became busy five days a week.

I reached burned out within a year. I was just like seeing patients because I was the first naturopathic doctor.

Brain Health, Concussions, and Diagnostic Testing

It got to the point that the authorities kind of like got on my case of saying, you know, you're practicing medicine without a license because it wasn't regulated there on naturopathic medicine.

It was, you know, you got the hospital, you got, A couple of, in a city of 20,000, you know that much, the word gets out really quick. Right. It was, it was essentially breaking it down to people and saying, you know, like your health is simple.

It's not too complicated. You know, it's. It's like a, it's like a chair. It's got four legs and it's resting on that. Sure. It's got your sleep. It's got your movement.

It's got your nutrition. It's got your, um, your connections with people around you. And that's it. Like if. Just find out what's weak. Build on that.

You know, um, I used to do like back in the days, I used to do prolo up there. They came like prolo prolo wasn't, wasn't a big thing there. I was always curious to see what's the next thing.

Yeah, no, for sure. I think that's how medicine is, is finding the next thing and the way it actually evolves into it. So I'm actually, I'm very curious to see how you evolved into really tackling mental health, brain health, neurological diseases, everything from that to actually concussions, which is what you actually specialize in.

Can you kind of talk to me and tell me how you're able to not only diagnose patients as a naturopath, but also kind of give your patients a different form of medicine that they might not be used to.

Absolutely. So like any medical doctor, you get training to do neurological exam. That's typically not enough for concussions. You can do MRIs, you can do CT scans.

That's only if the brain injury is severe enough to actually cause a visible hemorrhagic change within the brain. But in most cases, it's like the jarring of the brain.

And in personal story, my brain had been jarred many times growing up. You and me both, brother. I mean especially I see like the photos behind you and you probably are into diving any kind of any kind of sports kind of activity you get that that's got a little bit of adrenaline possibly other than diving is going to have a negative impact on you.

It's all about the coloring, right? It's like the networks take a long time to be developed. So when they jar, they become problematic. So my personal journey in a way was always, I had my own personal struggles with mental health, you know, a bit of anxiety, a bit of depression.

A bit of ADHD combination of all of that. And then obviously the stressors of life and connection and disconnect and, you know, immigration, whatnot, you just add everything into it.

Right. I had my own issues, but when I went through naturopathic medicine, I started realizing there are tools that. You can naturally bring yourself out of them, right?

You can retrain those attention networks. When it comes to the emotional state, you can find the virtue that can overcome that emotional state and understanding of psychology from a Chinese medicine standpoint.

And then obviously the herbs and the remedies. homeopathics and you name it, the acupunctures, all the healing that I got from the people, they force you to actually go get one hour of treatment from colleagues per week.

I like that. It kind of makes you a good colleague. Weekly treatment definitely makes you kind of get out of all of that. And I'm curious now, when it comes to like, you know, you, somebody comes into your office and that they're having ADHD or they're having depression, anxiety, they just, they don't, whatever it could, they feel unwell mentally.

What's your first step? Is it diagnostic testing? Is it an intake? Is it, is it, I mean, like, how, how does a naturopath doctor kind of go like, what are the steps with that?

It's always diagnostic. First step is always diagnostic. You gotta know. Without knowing, you can't really treat. And in my clinic, we do two things. We do a QEEG and then we do a functional test.

And the functional test goes based on where the person is. Obviously you can stack these functional tests, but the QEEG is straightforward. It's a standardized EEG cap, goes over the head, records the brainwaves at idle when you're doing nothing, with eyes closed and eyes open.

And the science of EEG is the science of statistics. So you take that raw EEG and you compare that to standardized databases that are big enough to have a bell curve.

And you say, OK, which nodes of the brain, whether you go based on Broadman nodes, which is 102 nodes, like 52 on each side, or you go where based on the The Loretta nodes, which is 3,500 pixels within the brain, you identify which areas at idle are not connecting electronically with other areas.

Okay. Exactly. And then which networks do they fall on? Is this node collectively? Because each node within the brain is pitching into multiple areas and multiple functions.

So for example, like attention, it's got three different networks. The emotional, the salient, the So, and I can get into details of those, but then you've got executive function network, you've got language network, you've got memory network, you've got a lot of these functional networks and you can figure out where the connectivity has been lost because of concussion, which areas are under spending time in, in all the functional networks.

frequencies which areas overspending time and all the frequencies and you pick those areas outside the two standard deviations so you know that's like five percent chance that this is normal okay but 95 percent chance that it is not sums up Something's up, and oftentimes, because you reflect the functionality of those notes to the patient, the patient is like, yeah, exactly, it's like that.

When I read, I'm slower. I have loss of visual memory, and it matches. So that's the first step. The second step is, does this person has the capacity to heal?

Are you testing hormones, you're testing nutrition, you're testing toxins? In concussion, hormones become the most important low-hanging fruit.

Hormones, IGF-1, and Recovery Strategies

Which hormones would you say? If the patient has the budget, I would run the Dutch because it will give me like complete overview of everything. Have you heard of that Dutch test?

Oh yeah, of course I do. I'm saying more so when it comes to the actual generalized aspect. We're looking at testosterone, thyroid, IGF-1, estrogen, progesterone, adrenal glands.

Which is the area that we're focusing on? Testosterone. Testosterone. I love it. Amen. I agree with you now. Testosterone and women, testosterone and men.

Because they're both anabolic and if you're low on them, you're not going to heal. Like healing requires anabolic activity, growth, regeneration. So if you're low on any of those two, like in men, if progesterone is low, your testosterone to hydroxy testosterone conversion is higher, so you wanna test the progesterone as well.

Those two I would definitely test, but unfortunately in men, the progesterone levels, when you do just the straight up blood work, it doesn't show you, so you need progesterone metabolites for you to know exactly what's going on in a man.

What are your thoughts on something like IGF-1 when it comes to the overall ability to heal for the brain? Because I know, I mean, IGF-1 is probably the most important healing overall hormone.

Do you test that? And if so, what is your correlation between that testosterone and progesterone? So that, that is, I don't have much to do for that. If it's low, you see what I'm saying?

Like, I know it's good. Oh, if, if I had to definitely like, I even testosterone, I can prescribe, right? Yeah. So I can do progesterone, but testosterone I can't.

And that's how like the other venture, the pine pollen venture came in because it's a herbal source of testosterone, but it's IGF-1 is always going to be low.

And you had a concussion, your health is jarred. It's not going to go like, you know, the system is not working, right? And if you're older, it's going to be low.

What do you do there? I like to know. I'll tell you what I do here. I'll be honest. My entire practice, I think I came out 16 years ago when again, wellness wasn't even an industry and IGF one has and always will be my favorite hormone to go after and actually treat.

It's kind of the, the overall way that you incorporate the environment into your tissue. Um, and there, there's so many unique ways. The first real peptide, I guess you could say was some moral and way back in the day that was actually approved through every channel of legality down here.

which is nothing more than a way to actually stimulate your brain's ability for the pituitary gland to produce growth hormone, which then eventually goes to the liver and turns into IGF-1.

Since then, the amount of different types of serpidogogs and whatnot that have come out, Tessamorlin, Ipermorlin, CJC, all these different things that help your brain basically stimulate a much better, more effective way to produce growth hormone naturally, and also induce a correct sleep architecture, which I think is fascinating as well.

You know, it's not just so much about getting deep sleep, it's getting the great deep, the light, and the actual REM. Um, it's a situation where, as I think this kind of therapy, um, cause you're right.

Everybody go, like women go through menopause, men go through andropause. They both go through the exact same thing, but it's more apparent as a, as I guess a unisex type thing to go through somatopause.

So when it comes to something like concussions or brain degeneration and things like that. You know, proper IGF-1 levels for the overall healing aspect of what that can actually do for the brain is just phenomenal.

And like we treat a lot of people here with Parkinson's, dementia, Alzheimer's and whatnot. And everybody is not getting good sleep, which therefore means they're not getting good IGF-1 levels and they can't heal.

So it's kind of unique to sit there and see. And I think testosterone, like you said, progesterone, both fantastic things for the brain. Everybody hears testosterone, they automatically think.

Sex and muscles, it's like, guys, I mean, it's such a narrow view, you know what I mean? Like, open your mind a little bit. So I'm super happy to hear that you're actually looking at those, you know.

Do you take a look at like cortisol and DHEA and pregnenolone and things like that or no? Yeah, if you do the Dutch that that will run the whole thing.

The pregnant alone is a good indicator of how like their liver is actually churning that cholesterol towards hormones. So it does give you a good idea of like a couple of steps behind what's coming in.

The EEG is amazing, bro, because it can tell you if the hormones are off in a way. What happens is, you know, you

mentioned sleep a few times and that's really key thing, right?

You know, like when I was talking about the chair and one of the legs being asleep, sleep is when you heal. And if you're not healing from concussion, it's because your sleep architecture is off, right?

And the lowest hanging fruit on that, now they're finding is five minutes of direct sunlight in your face, even if it's bright or cloudy, to correct that.

That's your lowest thing. Sometimes the best medicine is the most naturalistic, basic, and free. I tell everybody, good sleep, you have to get that. Sunlight, hydration, food, I mean, like, come on, this is real medicine.

Everything else that I do here and that you do, that's just icing on the cake. My biggest thing is, it's funny that people think that, you know, sleep is just, you know, shut your eyes for eight hours, wake up and go.

Sleep is more complicated than anything we do in life, from sex to playing sports to doing arithmetic. And so once you can, you can kind of teach people like, you know, no, there's so many different stages of sleep, so many different cycles, various wavelengths and things like that.

Then you start to get into the real, and I hate the word biohacking, but the real manipulation, let's call it that, of brain chemistry and actually how the brain works.

So that's why I'm fascinated when I was reading over your profile, which I think is great. You take such a more naturalistic approach to it, but then you're testing things like neurotransmitters and the hormones and things like that.

Can you expand on the actual neurotransmitters that you test for? Neurotransmitters, I would do it for someone whose mood network has come up and they have had a history of depression, more so than if they got anxiety.

If they got anxiety, the testing is not as effective, but if there is depression for sure, I would do neurotransmitters. Anxiety, it's better to combine it with more of like a gut panel as well.

Very good call. that hits it, that hits it quite, quite a bit. There is just such a, such a bit, like, I mean, anxiety, right? It's like, it starts there, it doesn't start here so much.

Depression is a little bit more heart and more, more brain. So we always do HRV, heart rate variability. That's fascinating.

Sleep, HRV, and Neurotransmitter Assessment

I mean, that's a great gauge. I think that's the ultimate gauge of how, of not only heart health, but stress, anxiety, everything. You know what I mean?

And it's a situation where, go ahead. That's your simplest functional test. Like anybody can do that on themselves, right? Yeah. I mean, every wearable now, I mean, even my bed that I just bought tells me my heart rate variability when I wake up.

There's no more excuses. No, no. And what, what is your obviously sleep, but, um, Actually, I'm going to take two steps back. We were talking about IGF.

How I hit IGF, like I wish I had those peptides, you know, and I would be going at it for anything neurological, right? I don't have them. There was one that we were trying to get through, like order it for an individual and three time doses.

I was interested for myself. I wanted to get them. But NAD, I do NAD, IV NADs. Fantastic. And that, that hits, that recovers IGF like a charm. Um, you know, and, and I've seen this case after case where when we have tested IGF

and it was low, you do a series of that and it naturally brings up it, it in a way corrects the mitochondrial function, which corrects the, uh, The architecture, the background, you know, everything of the background noise of your entire physiology, you know, if they're not working well.

Your hormones are not working well, your neurotransmitters are not working well, your muscles are not working well. Well, I think cellular health is probably the most important type of medicine you can do, which is basically propagating how the mitochondria works as a whole.

NAD is obviously one of the big players. You have FADH2, which a lot of people don't even pay attention to. I mean, again, it's the little brother. Pay attention.

That's a very important aspect to have. But then you also have to look at how ATP is produced because NAD is nothing. You know what I mean? Like, it just helps produce more ATP, adenosine triphosphate, which is our cellular currency.

This is our gold bullion that we, you know, that is how we operate everything for healing, regeneration, repair, sex, energy, mental clarity, whatever it could be.

So things like, you know, you have like the SS 31, the human and the MOTC, you have anything from methylene blue, increase the oxygen. So there's so many different ways to skin that cap, but you're right.

I mean, as long as you can sit there and clear that noise or quiet it, so there's not so much static around, then your brain can focus on what it actually needs.

It fine-tunes itself to that specific frequency, which I think is the most beautiful thing about the brain is it works on frequencies, whether it's delta, theta, beta, gamma, alpha, whatever you want to call it.

And there's a lot of people who don't realize, you know, your brain is nothing but a tuning fork and how you choose to tune it, then that's how you choose to live.

If you want to be in a beta gamma type thing, you're going to be stressed your entire life. You're going to be a delta the entire time. You're going to be Eeyore depressed all the time.

If you sit there and actually have the heart rate variability of the brain or the brain rate variability to where you can go from low to high, I think that's one of the most important gifts that somebody can actually give to themselves.

Yeah. Yeah. The very connection of words in that statement is interesting, heart rate variability, because it definitely ties in the brain connection of what the heart is, and it allows a heart-centric view of the brain.

And ties in this idea of connections, like if your connections to yourself, to your heart, which is your first system, is not sufficient enough, how is your connection with other people in your field, in your art field are going to be?

Neural resonance, one of the most important, unique things I've ever seen. You literally have about a three-foot grace period of how your heart's magnetic field and the neural resonance from your brain affects the people around you.

Just like with a tuning fork, you'd have a tuning fork in C and a tuning fork in D, They won't match. You get two C's together, you are jamming, you're vibing, right?

You know, it's kind of funny to sit there and see the most basic form of medicine is understanding the most basic principles, which nobody in this longevity space seems to remember.

Everyone wants to jump straight forward to the most extravagant stem cells and natural killer cells for EBV, which are all great. But if you don't understand simple things like neural resonance, heart rate variability, how mitochondria work, what a redox reaction for iron is this is the basis of medicine and it sounds like you know this is

why i think the whole natural pathic aspect is i think the most.

Most pure form of medicine is nature itself which is kind of unique cuz yeah i was reading through your bio that you're out there collecting pine pollen all this kind of unique stuff.

And I'm reading through, I was like, what the hell is he talking about? And then once I kind of researched a little bit more, it's fascinating how that helps influence hormones in the correct way.

Much like, you know, things like resveratrol you find in red grapes is a fantastic polyphenol that I now infuse intravenously for cancer. You know what I mean?

Like, so it's really unique to sit there and see how you can go through and find things in nature like you're doing, and actually bring to the forefront of what medicine is and should be.

Man, my hands are tied at Resveratrol. I'm so like, I can't inject that stuff, you know? Yeah, I mean, naturally, yeah, Resveratrol, Corsetan, Kirkland and Green Tea.

I mean, like, those are all natural. Well, you know, like, because botanicals, we can't do it. So that's like, I got to move down there, but that's, so yeah, pine pollen.

Pine Pollen, Phytoandrogens, and the Business Story

If I forget, ask me about the doctrine of signature after, but pine pollen, the way it started was one of my patients came in, like because I couldn't do testosterone, one of my patients came to me and said, you know, what do you know about pine pollen?

And I found out that it has testosterone. It's got testosterone, it's got DHEA, it's got dihydroxy testosterone, it's got progesterone, it's got estradiol.

So it's got, it's got it all. And it's got it just as the tip of the iceberg of like this huge class of brassinosteroids that are like analogs of prognetolome, progesterone, estrogen.

So it's kind of like, it's got the plant. phydo androgens to mimic the same thing on the receptor side. So I became interested and then find out that that's one thing I use in my natural pharmacy.

There's a lot of plants, but I realized that it's got the highest chance for food fraud. So if I'm giving it to my patients, how do I know this is not 60% mixed up with cattail pollen or ground up bee pollen?

Unless you do like RNA, like a lot of herbs, You can, you just run a TLC fingerprint and it's, you know, $40 equipment with a UV light that you can get and you can stain them and you say, okay, this ginseng is the same thing as the ginseng balance I have.

But in pine pollen, because pollen is protein, profile is very similar. If you do that, you can move the pollen from the pollen. You have to do fragmented RNA to know it's pollen from A.

It can't be done. And in Canada, Well like you drive between Calgary and Vancouver and it's just pine forests it's like evergreen you go into the interior not so much on the coast here but where you go interior and that's the the industry like the industry of the lumber industry is 70 dominated in the interior by pine and these plantations.

It's an untapped resource in Canada, everywhere, everywhere in the world. It's an untapped resource because you're churning these trees and you're not really using their fruits, the pollen, their nutrition.

In our material Medica of herbs, it's this and Tribulus and Tung Cat Alley. These are these three things that would have testosterone and pine pollen has it the most because of the doctrine of signature.

The thing looks like the pineal gland and then as it germinates, looks like the man organ, the male organ. So like the doctrine of signature says a herb can help something that it looks like.

It doesn't look, it's not a hundred percent. It's a doctrine. It's not a law, but in this case it matches. And so yeah, that's how this business has started.

It was also the idea of I was, In a way, I was tired of seeing patients back to back. Like you see, I think diseases in any form of shape is contagious.

You spend time with this three feet heart field energy of, you know, a disorganized, crooked, unstructured energy, it does have an impact on you. And being in nature is one of the easiest ways to get out of that.

I've always been curious. I've always wanted to be outside. So we said, okay, well, you know, why don't we go camp and pick pine pollen? Amen. Have a couple of drinks.

It's a great time. My God, man, sign me up for some pine pollen picking. Exactly. I'll definitely hook you up with some pine pollen because once you go pine pollen, that's it.

You want that stuff. That's awesome. The thing about it is that if you do any testosterone therapy or any HRT therapy, the phytoandrogens are going to be protective against the side effects of those.

Okay. You see, that's how you use phytoandrogens in someone that you're doing HRT for the same way you can use phytoandrogens. So phytoestrogens and phytoandrogens.

So they would have like some protective mechanism. It has an impact on. There's some cell studies, but there's, there's human trials with prostate health now with pineapple.

Anyhow, after like a camping trip and I got enough of it for myself and my, my three business partners at a time that's, you know, this started into it.

It turned into a business because the three of them, like we said, well, you know, if we can get for ourselves and we love it, there's got to be other people that would, that would want it.

And that's how this has become now a seasonal business where we go out into the wild. We actually collect this stuff and bring it. We have a processing facility that we process it out of and turn it into.

I've learned so much about the extraction side of things and the pharmaceutical side of things since this venture, you know. I could almost turn into a consultant for health Canada, you know, NPN and this and that.

I do believe when it comes to like the plant-based medicines, just from what I've seen here, I mean, like I was on the forefront of creating IVs nationwide.

And I think the most important IVs we have right now are the actual plant-based ones, polyphenols, which are the curcumin, the corsets and the ECGC, which is green tea as well as the curcumin.

And it's a situation where it's like, I think I love what you're doing. Your company is called the Canadian Pine Policy Company, correct? So I want to make sure.

Yeah, we'll make sure everybody understands that. Check it out. It should be a cool one. But I do, we're coming to an end here. I want to ask you two questions, all right?

I do it for everybody. Question is number one, for anybody who is in the medical industry in Canada, we're going to pigeonhole this to Canada now. since there's different regulations.

Advice for Practitioners and Choosing the Right Provider

So if you're getting into medicine, if you're getting into naturopathic professions or whatever it could be, what's your, as a person who's done very well in it, what's your best advice to give to somebody who's looking to kind of get into the same kind of longevity, naturopathic type industry that you're in?

I would say you would need to be master of many crafts with longevity. You got to know your testing, right? That's your first thing. You got to know your testing and be able to figure out where the person is.

And you also got to have, wear multiple hats. You got to be able to do hormones, HRT. You got to be able to do. IV nutrition, you got to be able to do some of the electronic type pulse EMF and laser.

And, you know, you got to have, have all of that and, and HBOTS, right? So like, so you got to have it, you got to have it all. You got to have a lot, you got to wear a lot of belts.

Yeah, I got my HBOT too, my HBOT certificate, but it's tough to set it up, right? And it's another non-scalable thing, but you got to be a master of many crafts.

Okay. I dig that. I dig that. So for somebody in Canada, and we're going to say maybe even the Northwest Territories, and for people to know that is look it up, that is this work you can get.

If you're looking to come in and get treated by a naturopath or somebody who's more longevity based, what's some, I guess we would say some advice to give them when selecting the right person to actually trust with their health?

So with that, I would say someone who is well trained in their assessment tools. Again, I think it ties into your first questions. Like you got to know where your patient is at.

So find out someone who spends the time to utilize the correct tools to assess you properly. So then they can advise what that's a good angle. I like that because, because the rest is algorithm, right?

Like you do once your assessment is done, then it's, it's a simple of like, let's do this ABC because ABC was off. Yep. So I love that. Very good. Very good.

Well, man, Dr. Syed, it's been an absolute pleasure. I think I'm going to get some pine pollen. Not going to lie. See if I can, you know, put some masks back on with this natural testosterone of yours.

But man, thank you so much. Could you please tell everybody where they could find you? Social media, websites. Yeah, so the pine pollen business is Canadian Pine Pollen, p-o-l-l-e-n dot com.

And then for my services, it's North Shore ND, that's my clinic, North Shore Naturopathic Doctor, northshorend.ca. Rock and roll, man. Well, it's been a pleasure having you on.

As always, it's the Lifestyle Medicine Podcast. I'm Dr. Ivan Rusilka. We're brought to you by Access Medical Labs. You can find us on YouTube. You can find us on Spotify.

Pretty much any place you find podcasts, we'll be there smiling and having one hell of a time, guys.

Closing Remarks and Access Labs Outro

So, Dr. Sayed, thank you so much for stopping by again. And everybody, rock and roll as usual. My pleasure, Matt. Thanks for joining us today on the Lifestyle Medicine Podcast.

At Access Labs, every innovation we pursue is driven by one bold purpose, making personalized medicine more practical and accessible for patients and providers.

If this episode sparked new ideas or challenged how you think about patient care, awesome. Follow the show and

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It helps more practitioners like you find us. We'll see you next time.