Podcast Introduction and Guest Background

I had that suspicion. I said, let's do a gene test. I suspect you were just having issue with histamine. Okay. And so sure enough, she was doing a lot of meal prep.

Another similar case, just like that same thing is a lot of people that are eating right are doing meal prep, and histamine driven intolerances are often done with foods that just sit out for a long time.

Are leftovers constantly meal prepping? You line of foods? Same thing within the bodybuilding community? Well, once upon a time we worked a lot of kind of professional bodybuilders and bikini competitors and all that is meal prep, but that's a problem is because sometimes if you're not breaking that down, you're driving more inflammation.

You're creating more of this ltps or lipopolysaccharide representation, which is an endotoxin which then drives intestinal permeability. And now you have systemic inflammation.

Hey, guys. Thanks for joining us on the My Indy Unscripted podcast. We have an awesome guest for you today. We are talking to Doctor Daniel Gilles. He is her protector, a functional medicine doctor naturopath that also runs a gym in the Chicago based area.

But if you're not in Chicago, no worries. He also does nationwide telemedicine to help people, you know, get deep into lifestyle medicine and actually help people not just feel better, but be better.

It's fun talking to providers that are getting outside the system for all the right reasons, to help people be who they were really meant to be. Doctor Daniel, tell us a little bit more about what you're doing and what's going on in your area.

Thank you for the introduction. I love how you introduced my name. It was kind of like a swanky edge, so I appreciate that. Oh yeah. Well, if anyone is swanky and edgy, it's you, bro.

It's great I appreciate it. Yeah. So thank you for the introduction. What we're doing is, is kind of unique. Many people at the Find Us, they express and see the difference right away.

So we're intersecting functional medicine with functional fitness. And that's looking at kind of underlying drivers to optimize just general health and human performance.

We treat kids all the way to our aging population. And in clinic we have the advantage of providing fitness training, personalized training programs, obviously rehabilitation, recovery, getting people out of pain.

Then we also provide that virtually as well. It's a little bit less hands on, but needless to say, it's still the level and depth of practicing what I like to term as personalized precision medicine.

And so we know that that muscle is kind of the largest organ of longevity. Now it's it's critical to aging healthy and functionally. And so we've been going deep for for the last ten years in making sure that that we're preserving lean muscle, we're maintaining lean muscle.

We're optimizing lean muscle. And not only for our aging population, but starting off with with building healthy foundation with our children. And so it's important within my family dynamic.

I'm a former professional athlete myself. So fitness has always been a component of my lifestyle, and I think it has

been tremendously overlooked within medicine.

Right. It's so easy.

Functional Medicine Meets Functional Fitness

Movement is medicine and it's it's critical. We see that within the blue zones, and it's not necessarily you have to go to the gym every day, right? It's just moving, making sure that the body is constantly in flux.

I always said that we were designed to run away from a tiger, rest, eat, repeat. constantly moving, moving the length, getting healthy blood flow throughout the periphery, making sure that we're also getting in obviously the right nutrition, optimizing circadian rhythms.

But needless to say so so what we do is kind of a unique blend of of those two practices. And then within that, what I love to do and kind of how many of our patients start with working with you directly, we'll do advanced blood chemistry.

So what I term as a advanced longevity wellness panel. And then we will combine that with the genetic tests to ascertain holes within your biology. And what's interesting is just from a personal lens.

My great grandfather died in his sleep in Sicily. So I'm half Italian, and he passed that at the ripe age of 104, just from natural causes, kind of died in his sleep.

You take the same genetic lineage. My grandmother moved to, to Rome, kind of to work and support the family. And so they pass, unfortunately at 84, same kind of genetic lineage.

Right. See what epigenetics can do to drive our genes. So while genes are not deterministic, it's important to plug holes in our biology to extend both lifespan and healthspan the quality of our years.

Because I can say very quickly is that we didn't win the genetic lottery. But I mean, if you look at my great grandfather, needless to say that there's a way to to overcome any sort of kind of genetic predispositions.

I, I see that firsthand. And especially in our patients who appreciate that when we go through, they did their genetic tests because we take a lot of time and effort to to dissect that.

Tell me a little bit more about what genetic tests are you doing? Like like, you know, in my world, in the direct primary care world, that's that's a super sexy thing to, to be able to offer.

But I don't know exactly how to use it or what. What are you using? What is it? How does it help you? Yeah, it is a bit inundating the started. I mean, I went through several sort of game process to come up with that.

So I wouldn't say so straightforward, but I pride myself on being on the cutting edge of, of where medicine is going with. Yeah. And, and strategy. And I exported my DNA from 20 to 20 years and years ago.

And then also using Prometheus, it's since evolved tremendously since then, especially because of we're kind of covering different genes in the air play there in daily almost, if you will.

And so we use three by four right now to, to do that on a very high level, we'll look at all of the kind of risk factors under the sun from cardiovascular risk, oxidative DNA methylation, inflammation, any sort of nutrient deficiencies, hormones, detoxification.

And so once you kind of uncover some of these genetic snips and your specific oils, you can see very quickly where there are holes in your biology and nature doesn't really make mistakes.

So looking at key part, you know, gamma gene it it's interesting because was termini was termed as the thrifty

gene. If you have this once upon a time this would help you live longer.

Because we died of scarcity. Food was in prevalent 24 hours. Right. But yet now we're kind of turning on certain genetic pathways which otherwise would have been more kind of for self-preservation.

And it's working against us. Yeah. So same thing with detoxification. I mean, you can be slow phase to detoxify. And so with our environment, just 2 billion pounds of chemicals coming in at us from every angle.

Air, water, food, soil, etc. it's on us to make sure that we're plugging specific holes to alleviate that toxic burden. So we go very deep within genes three by four. Is the company.

Genetic Testing and Precision Medicine

Another excellent one that that does things at a high level is the DNA company, which we've collaborated with as well. But that's one of the ways that our patients start with us, because now we're it allows us to to practice that precision based approach.

But looking at our genes, it's a fraction to our partners in crime or microbes, real DNA by a factor of 10 to 1, while human genes are about 20,000. I mean, we have over 2 million bacterial genes in the trillions number of of microbes that reside within us.

So that third pillar that we practice is microbial medicine, which has been my very big passion for the last five, ten years. And it was birthed out of personal story of overcoming illness once upon a time kind of being let down by just the conventional approach of treating symptoms.

And so I just realized early on, much like the the story that you shared with yourself, is that when we got to figure something out, I guess that's the that's the really the impetus to to get the ball real, to move the needle.

And so, my passion really has been all things microbiome and, and gi, I mean, it's like if you look at the pinky as an example, we can't really see it.

But there's more microbes in our pinky that live in the UK. That's how many microbes we have greater population than it reside in the United Kingdom. So we are far more bacterial DNA than than we are everything else.

And that interplay also not with only bacteria. But it's interesting. And Peter to his book, he references his Four Horsemen minor diarrhea fungus, parasite and viral.

And that's kind of how we've evolved over time. Our immune system was designed to overcome that burden. But now you layer in heavy metals and worse yet, environmental toxins away pesticides, plastics, fungicides, herbicides, insecticides, VOCs, phthalates, energy disrupting hormones.

Right? The list continues. We're just at a huge burden, right? And it's now estimated that 252 or while close to almost 300 now chemicals in the in the birthing moms placenta we ingest about one credit card is worth a week of plastic every single day.

And so very difficult with these forever chemicals for the body to to eliminate. So above all else, I fear for our children. Right. They're just coming into of where there's been an inflection point where it's estimated that we're going to be outliving them.

Unfortunately. So what we do is, is we try to catch things early. We play the prevention game instead of playing the reactive game. So personalized, proactive approach similar to kind of what you're doing, the level and depth of what you go into.

We try to help as much as we can and really figure out the underlying drivers. And so within that, I created a program called My Road to Recovery. So people that come in with sick that we're treating and then once they get

better, which I think happens very, very quickly, I see often too many times practitioners say, yeah, you know, we need to get you in for this is going to take a long time.

And you certainly things do take a long time. We're looking at autoimmune and we discuss that. That's a diagnosis of seven years. People have been really fighting an uphill battle for a long time before that's been diagnosed. Right.

And so it takes time to heal, certainly. But within our road to longevity, excuse my road to recovery. I want my patients that are yesterday the aggressive in our approach.

Once they maintain that new bill of health they don't want to revert. And so then we have a road to longevity program, which is kind of that that maintenance roadmap.

Yeah, I love that. And I'll sit with my patients in here and you know, we will we will have put out most the fires and they'll be like, so what are we doing.

Right. Well, because we're just starting. It's like, we you want to feel this good or better 20 years from now and more for the, you know, my 30 year old and 40 year old, you know, he's like, let's go.

What what do we need to do to to live? Well, you know, health span baby. Let's go. It's great. Yeah I definitely support that. I created this Foundation five principle where it's you and one of my mentors.

I always love to give shout outs to people that have developed my learning potential and growth. Doctor Rakowski who? That's the one who I suggested, who's out in Houston, in Houston.

So he's he has kind of a more in depth version, but mine I try to be things as simple as possible. So is your eat right sleep right move right, talk right, poop right.

You mess with life, you're going to feel right. It's that simple. We make it complicated, input it. We just don't have the right input. And so I always say that we're living backwards to our evolutionary biology.

We're not living in congruent with our with our biology anymore. Unfortunately, we're staying up late. Sleep is compromised. I always ask my patients, what time are you setting your alarm?

They go, you know, five and 6 a.m., 7 a.m. I go, no, what time are you setting? Alarm. You go to bed right.

Microbiome, Toxins, and Chronic Disease

So it's a it's a fundamentally paradigm shifting model where we have to the premise of practicing lifestyle medicine starts with certain pillars, and sleep is probably the most overlooked.

Unfortunately, because it's free, we, you know, I always say nothing good happens after sunset for our baby. We we we defer there because when we're putting kids to bed, finally, it's our time. But that's the problem, right?

We prioritize everything else and then sleep is the afterthought. Right? We're then we're we talked about this kind of on our podcast Eating Up or eating late at night.

It was interesting. It was very elegant. Study in the circadian code book where two group of mice, one that eat healthy at night versus unhealthy, but early in the afternoon, 100% of the mice weighed healthy at night all gained weight.

brains are so metabolically demanding and driven off of glucose, so at night we're trying to feed our metabolically active, hungry right arms. So what are we doing?

We're going for the snacking foods, right? We're not in the healthy. And with the advent of light, which is great, we become more kind of efficient, but to our detriment.

It doesn't look like we're getting healthier. So there's many things that we do. I think our backwards, but our goal is to help reshape someone's foundation and then leverage the testing to be able to move the needle even faster.

And the sleep piece is fun and difficult because there's a lot of people like, well, I would lay down at 9:00, but I won't fall asleep till midnight. And it's like, well, have you been what have you been exercising and eating?

And you know, all the other pieces of the other five that all play in together, not the insomnia can't exist when you're doing those things right. But, you know, mostly this insomnia epidemic is largely lifestyle mediated.

And, you know, the percentage of Americans on Ambien is embarrassing. But, you know, they even then they're like, well, I got to sleep. So, you know, for your for your insomniacs, they're like, I would go to sleep earlier, but you know, what's your next go to like, you know, is it so holistic that it's just so independent depending on the patient or what do you say to those.

So healing occurs in in stages. And how we look at it is first we have to optimize circulation and perfusion. So we got to get blood flowing liquid in nitric oxide.

Everyone that works in the door they get a nitric oxide start. I want to see kind of how we're able to deliver nutrients to the periphery to help your second is blood sugar dysregulation, which I find incredibly common.

But now it's not only a product of just eating crap, which is completely refined and processed food crap unintended. It's a lot of just internal dysbiosis.

That's the problem. Our modern lifestyle is so stressed out, so burnt out that is driving this metabolic endotoxin. It's creating perturbations in the digestive process where we have holes and get into this kind of dysbiosis terrain where it's driving intestinal permeability or colloquially known as leaky gut.

And that's now then just affecting everything. And worse yet, that's where I believe a lot of the chronic disease, minor disease comes from. Unfortunately, it's just getting with I see that more and more with kids.

That's the sad reality. But broken up sugar dysregulation is tremendously detrimental to the endothelial lining. So looking at cardiovascular risk, which kind of kills one and two these days unfortunately.

And so you get those two layer right. You're already moving the needle and helping with with sleep and optimizing circadian rhythm biology. But three and four to me is is got an immune which naturally go hand in hand.

It's estimated now that even up to 90% of our immune function resides in the gut. Rather well. We're not even touching hormones because we're. That means layer five.

You are atomized one through four and you're already cleaning up hormones, right? But we use SRT and such to get people feeling and looking their best.

But sleep remains that that foundational pillar where so many people go into the component of stress, is the elephant in the room. I didn't realize until I had kids I didn't know what stress meant at practice.

I was like, hey man, this is difficult, but darn with kids it's a whole nother layer, right? And so but provides another layer of purpose too, which is incredibly rewarding.

But stress component is super real. So we're all walking around with HPA axis dysregulation and cortisol resistance. And that drives then insulin resistance going back to the blood sugar.

Peace and hormones are you. So if your cortisol resistant there's all your hormones are going to be off okay. But if you look at any of those previous layers you begin to optimize the foundation.

You can quickly move the needle with helping people heal. Let's come on out of input equals output. So one of the

the my clinical pearls that I or I excuse me learned early on was therapeutic dosing of melatonin and l-theanine to help optimize sleep to restore circadian function, to make sure that every cell in your body, which melatonin is found essential to life, plants included, we are going to be doing therapeutic dosing of melatonin l-theanine to help buffer against the stress that's driven both internally and externally.

So melatonin calms the body. L-Theanine calms the mind. That one two punch really helps people with insomnia or sleep issues. Even some of these behavioral issues as well.

Because once you get every organ tissue sinking in the right harmony, it's like a beautiful symphony. Until then, it's broken. And then we're looking for exogenous molecules to help.

We synchronize. That's a that's a crutch. And that's not sustainable long term either. So we got to figure out what's driving that long term. And interestingly, more so is that healthy sleep starts with healthy cortisol rhythm.

And throughout the day which starts with blue light exposure first thing in the morning, which we were designed to do when sun's rays are less ionizing, less damaging.

So we get our people brushing their teeth barefoot out in the sun and on Mother Earth, and already people start feeling better. It's crazy, right? And it's soup and it's and it's completely free.

I like using what nature and guy kind of provided for us to heal instead of a lot of these, you know, modern tech things that are quite pricey which have this place.

Sleep, Stress, and Circadian Health

But needless to say, there's easy, different ways that we can start with our patients. And within ourselves. We try to practice what we preach, but sometimes we go off to the deep end too.

I know, but needless to say, it's it's been fun and a privilege to be able to, to help my patients and just kind of reframe that, that whole paradigm.

I know the I tell my patients all the time. And you had mentioned running from a tiger and in previous conversations, like your body assumes that you're running from a bear right now has no idea what this stress is about, but it basically assumes you're running for your life.

So of course, sleeping is a bad idea because we get eaten by the bear and eat whatever you can get your hands on, and your body's going to let it through.

It's going to, you know, open up all the doors the leaky gets. Fine. Just get it in so that you survive. And then you're supposed to, you know, settle and get away from the bears.

Settle in the family, and your body will move its resources away from the adrenal glands and give you some hormones back and tighten up the gut and pitcher cortisol back in order.

And you know, all these things that never happen because we're just always running from another bear, sometimes three bears. Right. So being able to put everything in its place, you know, it's like it was kind of a trick question, like how do you fix sleeves?

Like, well, you got to kind of fix everything. But I like the I like the melatonin l-theanine combo. I think that's brilliant. What are some, you know, what are some of your favorite cases?

What are some of the the ones that pop to the top of your mind that that sort of, you know, when you're having a bad day, you're like, yeah, but you know, this is why we're here.

I was just talking with a practitioner the other day and he's like, dang, I'm in healing these patients. It's an addiction.

That's what I live for. And I was like, I never heard anyone say that.

And I couldn't agree more. Like, I come to work hoping to get a difficult case. And usually that's the thing is, it's not difficult, right? I think we just complicate medicine. That's the problem.

Like looking at kind of through the lens of how I look at things. I just want to figure out what's driving that. That's why I don't like guessing. I like testing, I like to ascertain what's the underlying driver to figure out dysfunction.

And so that's why going back to the the genetics, going back to the blood chemistry and then going back to the microbiome, that usually is the missing link.

The the the microbiome often enough is once you begin to unfold that composition. And we've only begun to scratch that surface, we see very quickly. That usually is the root of what's driving someone's headache or the brain fog or their energy, libido, skin issues.

I mean, I had this patient who came to me with seeing a plethora of different doctors. In fact, he even saw my dermatologist doctor who I grew up with that was like my family derm doc who was crazy, small world and farm and never got full remediation like severe skin issues.

I mean, like, you see these pictures, it's impressive. The degree of kind of how how thick he was, how stuck he was. And so we did a gut test. We figure out right away there was a lot going on there.

We clean him up, he got better, didn't get full resolution. And I said, usually when I see this representation, I think some exposure to kind of mold or environmental toxin did that test.

Bingo. That was the bull's eye. That was what took him over the cliff. We did a mold cleanup, and it's almost like everything cleared up instantly overnight. Right.

So sometimes that's the power of testing is like when we get difficult cases is just I don't like guessing. I like testing, but often enough there's patterns that I can see that, you know, very quickly.

Correct is struggling with it. Just sometimes with the testing. It allows us to be hyper targeted, especially in terms of the microbiome, because we recognize, like lactobacillus corresponds with a prostate, a cancer patient.

What we now realize that the prostate gland is like I term it as the O'Hare airport of our organ tissue because we know there's performance gingival there's of bacteria in which are both oral microbes found in the prostate.

How does that happen? Which is also found in skin in the prostate. How does that happen. There's vaginal microbes or urinary microbes. Lactobacillus bodies.

We now see that when people are deficient in certain strains, lost keystone species, that's when we confer a lot of these kind of impaired immunological dysfunction and then which further exacerbated into autoimmune.

So being able to reverse and suppress cancer some very kind of tricky cases. But once you start looking under the hood, it's not a guessing game anymore.

It's pretty definitive. And now we have tools as science. And some of these tests begin to evolve to be able to treat on a higher level because we're seeing kind of holes in the system.

It's interesting. Another patient of mine, histamine, is a big one. But looking at the microbiome you need healthy microbial diversity to to break down histamine.

Same thing with synthesizing B vitamins and methylation I had a patient. She was doing all the right things. She was eating all the right foods. We did a gene test.

She was very high risk factor for histamine. And what she was doing was, well, one to microbial diversity wasn't as great that need to be. So we did a kind of a gut cleanup and then restore some of the lower healthy commensal strains.

But we then her genes and I just I had that suspicion. I said, let's do a gene test. I suspect you were just having issue with histamine. Okay. And so sure enough, she was doing a lot of meal prep.

Clinical Cases and Histamine Intolerance

Another similar case, just like that same thing is a lot of people that are eating right are doing meal prep, and histamine driven intolerances are often done with foods that just sit out for a long time.

Are leftovers constantly meal prepping? You line of foods? Same thing within the bodybuilding community? Well, once upon a time we worked a lot of kind of professional bodybuilders and bikini competitors and all that is meal prep, but that's a problem is because sometimes if you're not breaking that down, you're driving more inflammation.

You're creating more of this ltps or lipopolysaccharide representation, which is an endotoxin which then drives intestinal permeability. And now you have systemic inflammation.

And now that impairs hormone function. Now you're not optimizing results and certainly compromising sleep. So it's all kind of connected in that big picture.

We're not just one organ. This is the difference of practicing holistic health. And that's what people appreciate when when they find myself and my team is that we look at it's a it's a systems biology approach.

We're not just kind of, you know, one area, you know, we're not just pain in the neck or in the foot or in the back, right? There's there's right, you know, the body is manifesting pain.

And pain is actually interesting component because my velocity z within the rehab setting, you go in a lot of these clinics not they're doing anything wrong with this early.

But you're not looking at internal chemistry, right. Your kidneys sit at the lower back. Well, if your blood is is toxic because so many toxicities that we're exposed to in your genes are are impaired.

Where you're not you're phase two is slow. You're not clearing out. You're recirculating even more a metabolically active very kind of detrimental metabolites.

And you're not clearing that out. Well, your kidneys organ that filters kind of best in class has to work overtime. Now you get back pain but you go to treat back pain.

They're treating musculoskeletal. Not so fast. Let's look at the internal chemistry. Right. So what we try to do is kind of pair everything to really get this full picture approach.

So some of the hardest cases we have so many patients that come in that worked with three, 4 or 5. They come in with a plethora of testing to like, okay, let's pull up your GI test.

Not one comes in with the GI test, right? Even some some very elegant blood tests done. But something as simple like that. Like, or a gene test like there's certain missing components.

And once we do that, it's it becomes game changing. We see right away kind of what's, what's going on then that's so cool. We could do this for another hour for sure.

And what you're doing is so awesome and so needed. But I know you've got a hard stop and you kind of need to get. But what is one of the things you wish every patient need before seeing you?

And I guess, you know, you've already said a lot of it, but what's the one thing that you're like, hey, give me a call, I can help you out. But first, what do you wish that they knew?

Everything we're doing is backwards. Oh, yeah. No, because again, I get so many people say they've seen so many docs and they're still stuck. And it's really the simple things that have been overlooked.

But it goes back to my foundational five. They're like, what are you eating right? Are you sleeping right? Are you moving right? Are you talking right? Are you pooping right?

And sometimes and often enough they think they are. But it's really not when we compare it with the results, when the testing is almost everything that all of us are doing are backwards and sometimes mean include is like.

My philosophy is we go from one box to another, negating the power nature. But above all else, I think stress is really the the culprit here modern world.

And so my mantra is attitude of gratitude. Like if someone approaches that philosophy, you're you're going to be in a better state of healing. Now, it's it's not the end all be all necessarily.

But that's kind of just a philosophy that that I adhere to in my approach with, with all my patients, which obviously they appreciate. Everyone has their own story.

We all think we're we're special and we are right. But really, you and I are like 99.98% identical, right? It's that I that that really drives kind of our system failure if you will.

So it's it's the people that you keep the information that you read. It's kind of everything that you're exposed to that is really molding who you are.

All right. And so my premise is just to help reeducate patients, much like you shared when we spoke, is I'm a guide. You know, what I know is still limitless, these new studies that are being pushed out daily.

My goal is to to keep myself and my team, current science and medicine continue to evolve. You leveraging cellular medicine through the use of peptides and some of these other testing that that we can now integrate, we're able to intervene on a higher level.

But really is is I try to find beauty in everything. Every day above ground is a good day. I try to do well with my patients, instill hope, but really get to the to the basics of again, let's have let's help you eat right, sleep right, move right, talk right.

You're going to feel right, I do it, I love it, and I bet a bunch of other people do too. So tell us how they can find you. And and I know you've got your own podcast.

What's that? And how do we reach out to you? Yeah. This is awesome. You're awesome. What you're doing is super high level two. So I appreciate you and your time and be able to to speak to your community.

Five Pillars and Closing Remarks

So we just started a podcast. I'm fresh in the game, but we've been pushing out content for for some time now. Big on education, big on educating our patient practitioners alike.

It's the TV Fit podcast TV sitcom that stands for Total Body Diagnostics. We use a holistic health approach to to longevity. So it's the DVD Fit podcast is where you can find us.

Otherwise, TV fat.com and our clinic is right outside of Chicago, Illinois. But we offer telemedicine, and we're glad to tell people however, they need help.

Yeah, you know, you can get to him from anywhere that's, you know, nationwide sort of virtual assistance is amazing. We'll have his contacts in the show notes what you're doing a special man.

I appreciate you being on and sharing with our audience. And I suspect I'll be reaching out to you begging for some nuggets of wisdom here in the near future.

We'll have you back on when we have a little bit more time and let you know we'll dig into some more stuff. It'll be great. Glenn, if you haven't done a gene test yet, I'd love to to test yours and kind of walk you through the process.

If you would like to see what perfect genes look like, I will donate some DNA. You know, what's interesting is like one of the one of the guys that started this really brief who, man, he's just like, again, not mastering the basics, but his genes.

One of the best I've seen out of it was just a genetic anomaly. I was like, I don't understand how you're still with the lifestyle. You live. Super successful entrepreneur, several businesses, but just burning the candle, right?

He saw our clinic. He trains with us every morning at 5 a.m. for the last. He was literally my third patient when I opened up almost ten years ago. Now they're awesome. Is just in.

But his genes like genetic lottery bro. That's what I say all the time. So but the interesting component above all else is you can kind of see now you can get a picture of where your kids are at.

More fun, because now you can intervene at at a more earlier stage in the game to prevent kind of and really mitigate any sort of risk factors later on.

So yeah, we can walk through that process any time, anytime you're ready. But this was all you, Daniel. I'm going to reach out for sure. That sounds awesome.

And I bet a bunch of other people will say, thanks for being on. It's been a blast. We'll have you back on later and talk. Get in more depth. There's, you know that Five Pillars is five different podcast, quite frankly.

But we you know, we may not you may not fit everybody through all of that. But I may be hitting you up. But thanks for being on and you have a great day man.

Well it well said. Thanks that I appreciate you as well.