Boost Insulin Sensitivity: A Simple Guide Transcript

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Introduction and summit welcome

Hello, everyone. Welcome to the reversing Type 2 Diabetes Summit. I'm your host, Dr. Beverly Yates ND. Today's episode for this particular session is my distinct honor and joy interviewed Dr. Jin She he has agreed to be here on our summit and give us some enlightening pearls about some of the things behind the scenes for his fabulous work that are going to be so helpful for people who have Type 2 diabetes pre-diabetes and other blood sugar regulation issues, looking to boost insulin sensitivity and decrease insulin resistance.

So Dr. Jin She welcome to this summit. Thank you. It's my pleasure to be with you today. All right. Great. So I love one of your sayings. In fact, I see it right behind you.

It says, what can be measured can be managed. Can you tell us a little bit more about what your thoughts are on that? Sure. So my in my 40 years of academic life and I have a focus on identifying and biomarkers network in medicine so we can figure out ways to prevent various human diseases, especially diabetes and diabetic complications.

Okay. Being able to measure is extremely important. Without the information we can cannot eg the precise knee and then in a personalized way which are absolutely important for now, not only diabetes but for other With the conditions.

Definitely. And it's one of those things I think people are really sensitive to when it comes to diabetes. This is around the idea of managing the information, you know, managing emotions, managing your habits.

There's a lot of management that goes on. Can you talk to us a little bit about some of the things that are not obvious that are helpful for people with diabetes to know that can be measured and therefore managed?

You have such an extensive background in research. I want to be sure we get the best benefit for our audience here and just enlightenment about their options.

Yeah, I mean, you know, for diabetes and like many other health conditions, a variety of what we put a biomarkers network in measure and biomarkers are just molecules that are inside of our body or the inside of our cells.

And in terms of diabetes, I think we can probably be separated into two different areas. And the first one is before someone develops diabetes.

Measuring biomarkers and diabetes risk

So what we can imagine and for diabetes prevention and the second area is what can we measure to prevent complications as a result of diabetes? And you know, as we were discussing before the recording, diabetes is so prevalent now and is probably increasing at a much higher speed.

And then both you and I want to see and the key deal with diabetes and many other clinical diseases really is in learning the risk identification and the prevention.

Obviously, we want to we want to have better treatment and we want to deal with the complications. But the first step is really to figure out ways for these for disease prevention, for diabetes prevention.

And I have been working on that for almost 40 years. And so that's, you know, the main risk effect for Type 2 diabetes in two areas. The first one is obesity.

And I think the most the people know about it in relationship between obesity and diabetes and obesity can be

measured relatively easily and very easily.

I think you don't need too much to measure. Right. Being able to control weight or no weight is probably the best solution for diabetes prevention. I mean, that's something that and it's so obvious.

I'm you know, I'm not an expert on that. And, you know, many people can do much, much better than I do. But but with overweight and obesity as the number one risk factor for for type 2 diabetes, the second risk factor is most commonly talking about less known to a layperson is called insulin resistance.

And insulin is a hormone that breaks down sugar. And we eat food and we have a fair amount of glucose in our blood and we secrete the insulin to kill the cells or to break down glucose for energy.

That's just a major part of how our body and our cells are designed. And I'm fortunate to be in in many individuals. And our cells have become desensitized to insulin And so insulin does not function as well as the should.

And that's called, you know, insulin resistance, insulin resistance is less important and even not a more important than overweight or obesity in terms of predisposing someone to the development of type one diabetes and not only insulin resistance is important for diabetes and insulin risk factor for many other health conditions and that we often see.

So being able to measure insulin resistance and being able to reduce insulin resistance will increase insulin sensitivity and be very helpful towards the prevention and the management of diabetes, particularly Type 2 diabetes.

And there are many ways that can be used to measure insulin resistance and the way complicated of ways. And and unfortunately there are no easy and reliable ways to to measure it.

That's why, you know, most people don't don't talk about you. You can use very, very complicated and inevitably walk and get the insulin resistance measurement and but it costs time and money.

But you can also measure your triglyceride levels and HDL and you can have you know, you can deduce, you know, whether someone is likely insulin resistant or not.

And these are simple biomarkers. So again, the biomarkers and it can be measured. And so, you know, being able to measure risk effects is the first step.

Definitely, it is the first step. It's a great place to start. It's necessary. We have to start somewhere. And thank you for mentioning directly that trying to do a clinical objective assessment of insulin resistance is actually not a straightforward thing.

We have, you know, we call adjacent biomarkers and helpful signs and symptoms. But meanwhile, you know, a simple lab test, it's just about insulin resistance is not that accessible.

So with that in mind, would you please share with us what the role is in terms of optimizing for people who have type 2 diabetes, prediabetes, blood sugar issues or glycemic regulation?

What's one of the things that they might be missing? Because we know that that also accelerates aging. And if we're looking to decelerate aging and to optimize that, there's a particular nutrient like, say, NAD would you tell us what the role of NAD is in this situation?

NAD, energy production, and insulin sensitivity

Because NAD, I think, doesn't get enough attention and it isn't necessarily on people's minds as something that would be really helpful to improve and to boost and optimize, to mitigate against damage from blood sugar problems.

Sure. You know, NAD is my newly found the in terms of signs because, you know, NAD Nicotinamide adenine dinucleotide is coenzyme And coenzyme is a molecule that helps other enzymes to function.

NAD is very important because is involved in the function of over 500 given the index and without NAD, these enzymes them within the functioning and we wouldn't be able to survive.

And, you know, I can sit here and talk about the 500 functions will more than 500 functions, but in number one is the production of energy in the form of ATP and by the mitochondria.

And without energy, we cannot produce ATP and we cannot perform many of the other functions since we are talking about a diabetes. And I want to mention that in the ATP is very important to insulin sensitivity and without or when there was an interval of insulin sensitivity decreases and insulin resistance goes up and soon that's, that's a very important function and so can the only the worse you can help people to Newsweek and you can we will also have evidence that getting the energy levels up can increase the efficacy of top one antagonist.

And so if you combine top one antagonist and is supplement, you can actually lose weight much more efficiently and you can potentially even reduce the dosage and new for top one antagonist.

And so now there are many many other functions this will why it is so important because not only to function, it is not quite enough for the functioning of variety of work set in the activities.

But our level and it declines with age. So in in young in in teenage is about 25% and diffusion that only in the study in our society that native twenties and early thirties and we more and more people start losing energy levels by our forties almost every single wise is deficient and this specific actions are taken and it continues to go down.

And by our fifties and the sixties we have less than half of the neighbors that we have in our youth. And wow, so, so with that, and that's the number one reason why people get it higher is the number one reason why people may not have a good night, that it was snake eyes.

And probably the number one reason why we have what inputs the invitation and we will have severe symptoms from arthritis and many many other different symptom symptoms network experience and energy supplement can also reduce the symptoms of allergies and asthma.

Now, you know, condensing things that come in, many people, what is starting worrying about, you know, allergies and get energy optimized can be very helpful and that this will so you know, this is just a molecule that's involved in almost every part of the body.

And you can increase our health in general and make us function better and and reduce reduces our chance of developing many different diseases, including diabetes.

That's really important to know. Thank you for mentioning that and I appreciate that you called out that using Neddy can help reduce dependency on the GLP one agonist and those class of drugs.

Those will include things like Ozempic and Majuro, Jardiance, Zepp, LB, etc.. And so for our audience, that's important to know. If you're on those medications and you're trying to find another viable option to help you lose weight along with dealing with but sugar issues, you know, this is something that's biologically active, that's decreasing, as Dr.

She is telling us. So clearly as we age, you know, the whole thing does sound kind of unfair to me as I'm listening to what you're saying here. Yeah. Yeah.

I mean, you know, as we age and many of the nutrients are depleting and we have to supplement to keeping them add to the the problem level. And that's not not adjusted for it.

But for a number of other, you know, micro nutrients. And unfortunately, by taking too much micronutrients and the

well what depleting for many of the important the micro nutrients and in the D is well happening to be one of the most important micronutrients.

So good to know okay so there are different formats in which this can be delivered as a supplement. What's the best way to optimize NAD levels? Is it intravenously as an I. V.?

Is it injections, oral supplements, patches? Like what? What is what does someone use? How do they figure that out? And then how do they know whether or not it's working?

All right. Very good question. So the first one is we actually do better. And they did test five years ago and and this is a still the only only test available to consumers and clinics and then it is not very stable molecules.

So we had to figure out how to make a stable and come up with a reliable and reproducible method to match. And it enables in large number of people and over time and without the test, we wouldn't be able to answer the very important questions you put in front of me.

And now I can. I can confidently tell you that with the tests we actually have answers to the questions that were, you know, people were asking for for decades now, intravenous infusion of the energy molecule has been used in clinics for several decades, primarily for new and logical conditions and addictions and some infectious diseases is particularly known as the disease.

And there are some clinical efficacy that there's no publication that I can find, but there's enough anecdotal evidence that it actually helps the patients.

But unfortunately, many of the functions of only D are made right from the inside of the cells that we call interest. Interesting, but only the you never by a V actually does not increase interest in the ingredient level so that many, many celebrities, many, uh, assignees have been using and maybe with the hope to boost their performance more longevity, unfortunately, I would say is probably a waste of money.

I think most of the but and unless someone has the, you know, the new and natural conditions that I mentioned so only the ivy is not in right right way to boost interest in on the energy and it's very expensive.

Many, many individuals have side effects and it's very time consuming. We have a much, much better way to to increase interest that energy levels primarily in the form of what we put in the precursors.

Testing, precursors, and personalized dosing

Only the precursors are the building blocks that our cells can use to make it inside of these cells. Okay. The precursors are smaller. They can get inside the cells and only the molecules are too big to get inside of the cells.

There are two main forms of energy precursors and what is called an nicotinamide modern nucleotide. And the second one is in nicotinamide Riboside. They're helping a lot of debate as to what's in better and or vice versa.

And what we have found is both in our and in very efficient energy precursors and they can inhibit in the efficiently eave the users who need those. I mean, I think you mentioned it.

I mean, what those we need and that's the that's the key to success. I'm fortunate in the most the products and the marketing, uh, gong to recommend the high enough dosage for the energy levels to be optimized and the dosage and recommended may increase energy levels by does not increase in levels through to the optimum range network giving people the benefits.

So with the test and whether we five we can guide every single person in terms of what brain what a form of supplement can help them and what's the right dosage network getting the energy level into the optimum range.

Some people, most of the people need a for example, it's about a thousand milligrams of RN, but about 20% is

more than a thousand milligrams and the bottom 5% need less than a thousand milligrams.

So you really have to do it in a very personal, nice, precise way to get the level into the range needle. What Geneva the benefits, you know but neither is bad.

But what I can also be humble and we know that now. So, uh, a certain form of the precursor is called niacin. And many people know niacin, right? Niacin is FDA approved with a drug to no bad cholesterol or LDL has been you know, very popular.

And in the past we know niacin can reduce LDL, but actually in niacin, that's not for reduce cardiovascular disease risk. You even though LDL goes down by the citizenry or will cardiovascular events are not improved by by niacin.

Now we know that too high doses of niacin can increase that energy level to extremely high. NGUYEN And net becomes harmful because very high dose of the ability metabolize a potentially infinite vitamin.

So so being able to both company and eat and also you need to use it in right form of energy precursors. Otherwise the harmful effects may may occur. So you want to carefully choose what supplements to use and the how much you need to use and get the dosage in.

Right. So you're only the never were providing you the benefits and and and the body that's not due to high to quote from and you started to hire to provide the wards with health benefits and that that we I've seen I mean so we see a wide range of benefits of form and the optimization and I always emphasized what I talk about the optimization none, not just an individual vitamin D optimization is really the key.

It is the key. I totally appreciate what you're saying. One of the things I've observed is how wonderfully well the human body is made and how our spirits are made and all, and in that we have to support them and our needs can vary.

What we might need in one moment might be different than another. And what I'm hearing you say is that with optimizing your meeting yourself, where you're at and you're getting what you need, not too much, not too little, there's a range of activity, whether it's with precursors or actual and and that's really optimal.

And things outside of that range are not optimal. Do I understand that correctly? You're absolutely right. So 2012, you are you are deficient. You are now going to have a function to I you can quote come as well.

I would my recommendation is get a test in and and then get on to some form of supplements. I happen to have a way to do one, but I'm not here to advertise my my supplement.

I'm talking about in general philosophy in that the people should look and see the and get the testing before and after. So find your own dosage with your fever, the blend of supplements.

What I need to practice is definitely the way to go, but you should get a testing. Though, with the idea of test on gas or test act and optimize right that way you know that what you're getting is relevant to you.

But I would love to learn some more about your particular supplement brand for any. What is specifically unique about your Vitality boost versus the other and the supplements?

Yeah, I'll talk about them, but I, I want to follow up on what you are saying. And yet if the philosophical philosophical impotence. So I when people ask me what I do, I said, well, I don't sell a supplement, I don't sell tests, but I'm selling philosophy and my philosophy is based on the ancient the Chinese philosophy called Taoism.

Communism is about abundance and harmony. We want our body to be in a harmonious, sustained worlds in time. We want to be we want to balance the genes and the lifestyle and the way network achieve harmony and abundance is through a program that we call the Tao Tayo.

And to always test X and optimize. I mean, that's I think that's what the you you are mentioning. So because it resonates so much with me, I want to let you know emphasize that the Tao approach is really important won't get a testy won't act precisely in a person that way and we want to continue to optimize to through continuous testing.

So I just want to emphasize the point now, you know, as opposed to disappointment that we have. We know I had a lot of the drug development experience in my academic life.

I by the way, I've quit in my academic job. And two years ago, I, I, I published before I knew 400 papers, I had the research grants put over $100 million.

And I but I was not happy with what I was doing because we were not able to translate any discovery is into clinical practice or some kind of service of a product that can really help people right now.

So and so when I quit my my academic job and what I wanted to do was to come up with practical ways that we can help people right now.

Building the Vitality Boost formula

And so when we developed the energy test and so we were looking for for energy products to get energy levels optimized, and we tested many different brands, many different recourses, and we couldn't find any product that can achieve the goals that we wanted to achieve.

So this is why my my wife now, who is the application design business, will and I decided to formulate our own images and supplement, and we never wanted to be a supplement to a company, but we, we did it by necessity because, you know, being able to test is great, but that's not enough.

You have to be able to correct any deficiencies or abnormalities that the tests can detect. So that's why we we spending a lot of time and I was the primary guinea pig to test the various formulations and to end.

We came up with a formulation that, uh, I saw four ingredients, and the main ingredients is a, an energy precursor. And, and then we also have, uh, creatine monohydrate and we have a ribose and we have nicotinamide and E the deforming the work.

This is the will somatic meaning we for a long time we did not quite understand why, but after some time, you know, we were studying, studying and we figure out the why the formula works.

The will is because of multiple reasons. The first one is we have we provide a multiple pathways for ourselves to make energy and we can, uh, with the formula, you can make it only from an element which is a one step or precursor.

You only need one one in the American reaction. It's what we call a one step or precursor. And with Deen ribose and the nicotinamide, you actually make it in that you make a nicotinamide riboside.

So you have both forms of the most important energy precursor and also nicotinamide can be used to mimic it. Only the through Lopez we call it salvage you pass away as well.

We have three basically three different types of ways that can lead to the production, and that's why it works so well in terms of enervating energy. The second the the second the mechanism that I didn't realize until only three months ago is, you know, creatine is becoming very important, uh, uh, supplement or ingredient.

And most of the people know that the creating is important to build muscle mass, you know, that some, you know, many, many s needs. And there were people involved in, uh, in training.

They know the importance of what, 18 because is known to create a muscle mass. What's most people don't understand how that works and how in addition to increase in muscle mass creating actually serves as a battery for

ATP.

Right. And many, many I didn't make it the knee and two three months ago. Okay so what happens is you when you are sitting here well not consuming the ATP.

If you have a creatine creating an ATP pilot, we try to to create a forceful creatine and just blind energy from the ATP in forceful creatine. Now, you know, I just played tennis this morning.

I depleted a lot of my phosphate creatine. But what happens is you in investing time, you build up and you are possible 18 when you need an and ATP is and release to form forceful creatine to provide you immediate energy.

So basically creatine is a battery that helps you to store ATP to store the energy and that's so important and our cells can make doesn't make a creative buy does not make make enough if you have in a way activity we need a lot of ATP so supplementing ATP will provide a better way you for your energy source and that so that's that's an income that I did not have making for a long long time and the second an income that I just I then I discovered is a creatine is actually a neurotransmitter many many people within the and probably doesn't know never quitting is a neurotransmitter and only this was a neurotransmitter in this a formula we actually have.

We are providing two important neurotransmitters and that's why we are providing Well, the supplement provides so much, uh, help to neurological functions, including, you know, brain fog, and you can help, uh, patients with autism, Alzheimer's, Parkinson's disease and so on.

You know, one surprising story that I had that was from 18 months old, a baby in Cookie, and this baby girl, unfortunately, fell into a will and she went to a coma for six months and the doctor tried everything possible and couldn't wake up.

And and then they decided to put her on the supplement. We have after a few days, she started moving a little bit. After a few weeks, she she walks again like a normal baby.

And I went to the the e-mail in the morning about two months ago. Now, I was as shocked as I spoke. I was wondering why, How could this happen? But now we and we just think about it in the formula web providing to deepen the neurotransmitters.

So you are basically rewiring the new all new connection. And you up you are also reconnecting. We'll have a connecting the neuromuscular juncture, I believe.

So that's why the pull that was able to wake up when this new baby in coma for six months and and turn her into a normal, healthy baby. You know. That's incredible. Can I just say that? That's amazing.

But that speaks to the power of treating the root cause, the fundamental issue she needed support with. That's a beautiful thing. Yeah. You know, I'm not saying that it's going to help a war in a war war patients, you know, up I'm I'm, I'm happy that I was able to help.

You know, this is the one baby girl and you know, weapon to help one person that I'm right and it's just a wonderful thing. Well-Deserved to have such a wonderful feeling.

Wow, what a contribution. You just never know what's going to be literally the thing that wakes someone up and sparks that return to health and for an infant for a baby.

They're at the beginning of life, you know, And everyone needs support wherever they are in your age. All right, great. So I'm curious, Dr. She what do you do for your own personal health?

Well, you know, I got into a nice tribute to you. Under age in a field, the fashion the baby, most of it because of my my own injuries. You know, I'm I'm 62 years old.

And this this year I you know, I want you to be able to walk and I'm enjoying life. I'm beyond my 100 busted. I might walk. I mean, I you know, I was leading a meeting yesterday.

I was asking, well, what I want to do, I want to be able to play tennis at 100 and be on nets. And that's my goal in in Nice. And I want to be I want to be able to help as many people as possible to do the favorite scenes in life and beyond the 100 plus.

They want. Well, and that's this is cool that I believe in that that we can we can achieve by using cones in the obtainable technologies.

Personal health habits and longevity goals

And I know the technology I'm a technology person, but I think with even with the technologies we have today, if we can educate the and do the math and teaching them how to do the simple things, it doesn't have to be very expensive, nor is it going to cost a little bit of money.

But it does not have to be very expensive to improve. How's that? You magic me and extend health to spend by, you know, 2 to 3 decades and you know I'm I'm not one of the incredible, uh anti-aging longevity avoid the e ten is I'm about extending health is spent unfortunately our health spend now is only a 50 to 60 years even though our lifespan is about a 78 years in the US.

We I want to close the gap between how to spend and lifespan and that's about, you know, 20 to 30 years, right? If we can get most of people to stay healthy beyond near eighties, think about them and think about what do people can do within their now think about is a productivity.

We don't have to retire in 65. Why should we retire at 65? I'm not going to retire at 65. I don't want to. I want to continue to work beyond my eighties, nineties, even even 100 is blessed and that's my goal.

I think that it's an achievable okay if we tell people you are going to die before ever. I think that's a not I don't want to feel nice. I mean that's not going to work.

But I think we can confidently tell people that if you do the right thing, you do the simple things. You can extend the your health span beyond your 80th birthday.

Let's just get to the bar. No, I always say to our eighties or beyond, that's my goal. So what I do well, I do I do not preach what I tend do myself. I and I, I exercise regularly.

I, I have a balanced diet. I completely cut it out. A couple of hydrogens as remains, though. I'm going to try to use another rice, which is not noise.

And that's what many people do, specially, you know, Asian countries and Africa and, you know, rice it is important you love and vice versa. But I tell you.

Yeah, our, our respective cultures, we love rice. It's true. Yeah. Bye bye. And rice and rice and other carbohydrates are the number one risk factor for for health.

So I cannot put I cannot appreciate what I don't do. So I, I decided to cut it down rice because my triglyceride was inching up and I completely cut it down.

The rice I don't eat and rice anymore. I cut down other carbohydrates as well. I don't eat the case. I don't. And I lost £15. I mean, I was not, you know, heavy and also £15 just by cutting down and switching to other foods, more vegetables, more beans and tofu and fish.

And I, I think I am much healthier from a biomarker point of view and from how I feel. Um, you know, I will do the night of a sleep and that's, that's very important.

I never will but I, I significant and this is something that I needed to to change and so partners nutrition good sleep and reduces stress and these are things that don't cost a penny.

Well I, I mean some people I said oh I don't have the money to to do what Brian Johnson does. You know the most famous biohacker I mean I go to Ben Johnson's doing and I work with him.

Um, but that's not to take a $2 million year to become much healthier. I mean, that's a key message. All right. So lifestyle changes are very important that not cost a lot of money.

Um, and then you need to look at the micro nutrients. You know, we talk about macronutrients. You know, you want to go on the protein, you want to add vegetables.

You know, don't appreciate any particular type of diet. But I believe in balance. You want to have a balanced diet and by the color done, carbohydrates and carbohydrates and cutting down carbohydrates is probably more important than cutting down the red meat and stuff. And so and then micronutrients and you wouldn't yeah, we are so deficient in so many micronutrients now because of the way that we we grew our our foods both, you know, the base and the animal base and what deficient in many given this means vitamin D.

All right now number two number one thing I mean I want everyone to do this and if you are not supplement in vitamin D, if you're not taking 5000 to 10000 units of vitamin D training, you are 80% likely to be deficient in vitamin D supply.

You need people with a darker skin, right? You don't have the triple sign. And the only way that we can make a vitamin D is through sun exposure. When you have darker skin, this neck need to have enough vitamin D, even if you are exposed to the design for a lot of hours and most people are still deficient, we vitamin D deficiency is a key risk factor for many diseases and is so manageable it costs five bucks a month.

All right. I don't believe in that to anyone. Cannot squeeze out two, five, $5 a month to get a vitamin D supplement. I want the government to give everyone vitamin D, All right.

I'm not a politician. I mean, I don't have any influence on them. But every time I to have a chance, I. I say that the government needs to put everyone on the better medi supplement.

But that's not a cost. And then much money. And we are going to save so much if health care dollars, if we just give everyone some vitamin D supplements.

Please, please. Any politicians who are listening and we need to do it and let's just make make it happen. And then, I mean, employers, if you are listening, give your employees five bucks a month and get them to buy.

Well, just buy vitamin D and and give it to them. This is just by giving people vitamin D, We have trend so many lives. I mean, I tell you and this is so this is so evident now after the pandemic, and I don't want to waste the time to talk about this, you know, vitamin D, you know, the vitamin C, right.

And wards do vitamins. And we are deficient in selenium, magnesium, calcium and zinc. I mean, all of these are very cheap. And I think the problem here is the mainstream of mainstream or traditional medical professionals.

You are not a part of. I mean, I used to be part of a fortune and they unfortunately don't believe in supplements or vitamins or even nutrition. Or even nutrition. I mean, how convenient.

But you're right. And not many. I mean, I you know, I, I was educating medical students for decades, right? I mean, we don't teaching them about them.

We don't teach medical students about nutrition at least not enough. And we're still not changing it. I mean, these are very simple things that can be done.

So, you know, we so we need we need to make sure that we have we are not deficient in the important micronutrients. Again, importantly, here is the recommended recommended dosage is often not enough to get people in the optimum level.

We are not talking about, you know, getting to the bare minimum to keep us going nice. I'm talking about optimization. So to be optimal, to never do quite is much higher than the bare minimum to stay alive.

And that's a mentality, that's a mentality change that I don't mean that to preach every time I have a chance. So so we want to change the mentality. We want to stay away from the bare minimum.

We to talk about optimization. We can debate what's the optimum. I'm I'm open to to a debate on what it should to be, but I don't want to debate the bare minimum.

This is not going to keep us in the night. That's that's a debate in that I I'm not interested in engaging you know we we need to optimize. We don't we don't want this race to the bottom.

We want people to optimize and to thrive because, you know, just think about it. If people felt well and I loved earlier that you talked about health span equaling a life span.

I've been saying this for a very long time. You and I are so aligned in this message. What a difference that would make. So many people are terrified of getting older because they just see people get sick and not feel well.

At least here in the U. S. it is awfully expensive to age because then you need kinds of care. Most of your time is spent with strangers attempting to keep you patched together until the inevitable awful end.

It doesn't have to be like that, but we do have to make better choices and be well informed. And where we don't have a lot of resources, as in money, we can still do things like you have so wonderfully pointed out that don't cost a penny, but we still need to actually take action.

Absolutely. You know, and, you know, I think that this this a personal responsibility and this a societal responsibility. And we need to align both, I often say, and then I cannot accept what people who don't want to help themselves.

I mean, there's only so much I can do, right? So the first thing is we have to be personally motivated and I'm being responsible for what we do. What are we don't do.

We mean you and I. We can talk about in what the people we're missing. We're not listening. Well, this is something we can do, but not too much. We can do, right?

So how we can get the message out so some people will pay more attention to it. I but I do believe that more and more when people are paying attention to the personal health of the pandemic than the pandemic, I think that's actually good news.

If you just look at how many people are taking vitamin D supplements now, I. I don't know. Do you think some number, But it is much, much higher because so so I think is was the the younger generation seems to be more health conscious.

I mean there is hope but the government and also organization both the fore and not for profit organizations can can do much more both in terms of education and also providing resources.

And I know some some corporations are already looking into that and I'm involved know with some some of the organizations and is is hope I think is getting better.

But the speed of change is much slower. And then I wouldn't like to see and you wouldn't like to see. And that's the question is how everyone can work together to deliver the message to to the people who are needed to know how to convince them that, you know, I I've, I've no, I'm not no good at many.

What a wonderful way to wrap up this great, great episode. Thank you so much, Dr. She I appreciate you being here, sharing your insights and pearls of wisdom, Your work on NAD and, making sure people can optimize such a fundamental coenzyme, a building block that can help us with our energy, our sleep, our blood sugar regulation, our weight, and so much more.

It's important that people understand that there are really fundamental, important things they can do to help themselves. So would you please share with us where can people find out more about your work, your products?

Like what are your websites we could go to. Our website jinfiniti.com and it's J – infiniti ending with I and you even if you were and that was a Y you can get in J I N F I N I T I Dot com (jinfiniti.com) Great.

Thank you so much for being here. I appreciate you being part of the team for this reversing Type 2 diabetes summit 2.0. Thank you. Thank you.