Break The Stress Cycle: Slim Down & Beat Diabetes Transcript

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Introduction and Guest Overview

Hi everyone. Welcome to this episode of the Reversing Type 2 Diabetes Summit 2.0. I'm your host, Dr. Beverly Yates, and right now I have the delight of interviewing Dr. Joseph Kametz, who will share wonderful insights with us.

He is a doctor of Chiropractic from the San Diego, California area here in the United States. He's also the research and development director at one of our sponsored companies, which is Regenesis Health & Body.

Also based in San Diego area. Today he will talk about weight losing weight and why weight affects diabetes and other conditions. All right, Dr. Kametz or Dr. Joseph, how are you today?

Hi, Dr. Yates. Thank you for having me in here today. All right. We are thrilled to be able to talk to you. Thank you so much for being a sponsor of the Summit.

Can you summarize for us the main points of what you're going to talk about today? Sure. Today, I'm going to talk about how Type 2 diabetes is the natural long term adaptation from chronic stress and any form of stress, whether it's physical, chemical, emotional, electromagnetic, and how losing weight quickly can get you back on track.

And if your listeners can understand that most chronic conditions that they're experiencing are the body's intelligent way, that it adapts to chronic forms of stress over the long term, then they can, to a great extent, control their outcomes.

And one of the easiest ways to do this is by losing weight. And I'd really like the listeners to be able to completely understand the stress cycle and how it creates these conditions, because if they can reset the stress cycle, then they have a good chance of not only reversing type 2 diabetes, but virtually any of the diseases of civilization.

And one thing that I would really like them to understand is that the body has an incredible innate wisdom and that they have a better appreciation for that.

And just to start before, when I mentioned stress before, I'm talking about all different forms of stress. Most people think of stress is just something mental.

Stress, Health Philosophy, and Epigenetics

But I'm talking about obviously mental stresses from whatever social media, politics, physical stresses in the forms of maybe too strenuous of a workout or not doing anything at all, or poor sleep habits, chemical stresses, which is a huge one for this one, which is mostly the toxins in the food that the air, the water and the medication.

And and it doesn't matter. You know, even EMFs from my phone and it doesn't matter what the form of stress is, the body is going to adapt. And exactly the same way that adaptation.

Important thing. Go ahead. And one more thing here. This red eye right here, that is when the body breaks down to chronic forms of stress or even acute forms of stress.

So very fortuitous for this to be happening today. Yes, our day to day moments really do make a difference, don't they? Okay. Yes. So why do you feel that your philosophy of help is so important when it comes to understanding diseases like type 2 diabetes?

Sure. I think this is probably the most important thing is understanding the philosophy of health that you have. As you can imagine, for instance, a creationist and an evolutionist staring at the Grand Canyon and the evolutionists

as the creationist.

You see that Grand Canyon right there. It took one river, a tiny little river a billion years to create the Grand Canyon and the creationist to look at the Grand Canyon and say, See that Grand Canyon right there?

It took one gigantic flood, 40 days to create the Grand Canyon. Now, here are both people looking at the exact same condition was completely different viewpoints.

And because of how they went in, what their world view was going in or their philosophy going in is going to determine how they came up with that conclusion.

Medical philosophy looks mostly at diseases as being something that's genetically determined or luck, which both of them, you have no control over. And because of that, if you can't control your genes or your luck, the logical outcome of that is of course going to be drugs and surgery.

And, you know, relatively recent example of this was in 2013. Angelina Jolie, she had this BRCA one gene mutation. You remember maybe remember this. And she believed that she had it was a she believe she had an 87% risk of breast cancer and a 50% increase in ovarian cancer just because she had this gene and she believed that those genes were going to determine her health.

So if you can't change your genes and you don't want to get breast cancer, the logical conclusion of this is a double mastectomy. And that's what she did in 2013.

And there's no judgment here. It's just that's what her philosophy showed. Her actions were show. That's what her philosophy was. And what she really was saying is that it's her, regardless of her lifestyle choices, whether she took care of herself, she ate better, She went to the chiropractor, she got exercise that didn't matter.

Her lifestyle choices didn't matter because those genes were determinant of her health. So, of course, that's the logical conclusion. And as a doctor of chiropractic, I think we have an unfair advantage because we don't see diseases as a medical philosophy.

We see the diseases of civilization today as the body adapting to long term forms of chronic environmental stresses. But if you believe that, then since patients and clients can largely determine the stresses that they have in their life, then they have some degree of control over what the outcome is going to be, whether they get these conditions or the diseases of civilization.

I mean, you can control the food you eat, you can control whether you work out or not. You can't control the pollution in your water and your air, but you certainly can have an air filter and a water filter in your house.

And I'm not saying genetics don't play a role in anything, but if genetics were the only determining factor, nobody would have ever in history recovered from cancer or type 2 diabetes or anything because because you can't change your genes.

And what we're really getting to is this concept of epigenetics. And if medical philosophy ever embraced epigenetics, it would completely can change the industry because they would have to admit that your actions largely control what type of disease conditions you'll have, and they'd have to start selling drugs that make you want to work out.

So your philosophy of health absolutely matters, and it's going to determine whether you put your your health, the fate of your health in the hands of drugs and surgery or make better, wiser lifestyle decisions.

Definitely. And you need to be well informed about what your options are so you can go through the menu of possibilities to find out what's going to work for you.

I think I feel like in today's world it's gotten surprisingly complex. The old 1950s advice of eat less and move more is

not sufficient in today's world, which is part in why?

Why we put together the Summit so that people have clear options and ideas and inputs on Hey, here are some more avenues to investigate. Right? So many other factors these days. You're right.

It's yeah, there's too many other factors like you're saying, you know, things like, you know, what's in our air and water, etc. are things that we're trying to we think be healthy with.

And then we later on find out that contains something that is completely not helpful for us. Right? So that conversation around weight, I think has its own nuance and its own issues.

So in this case, how is your weight related to type 2 diabetes? Well, it's not only that weight is really related to virtually all all diseases of civilization.

And when you get into the stress cycle, we'll talk more about that. But these all these whether it's the weight, the heart disease, the type 2 diabetes, whatever, it's it's all the body breaking down, the chronic forms of stress.

Now, when we deal with weight or body mass index and body mass index, BMI is kind of the way they classify your weight. And it's based on a ratio of your height and your weight.

And it puts you in a classification from underweight to normal to overweight or obese class one, two and three. And it's not 100% accurate in the case of obviously very well muscular, very strong athletes.

It's going to break down that. But for the the the vast majority of people, there is a very, very clear correlation of what category you're in, whether you and whether you're whether you're, you know, overweight or obese, Type one, two, three and what type of metabolic health you have and how likely you are to suffer from the diseases of civilization.

So it's it is very important. And the data on the weight and chronic disease, it's pretty overwhelming.

Weight, BMI, and Diabetes Risk

There was a 2003 journal of Bio Social Science and it found that BMI using BMI to predict cardiovascular disease and specifically type 2 diabetes mortality, they found that obese class two individuals had a 34% increased risk of mortality in a obese class, three individuals had a 77% increased risk of mortality, and that's adjusting for age and sex.

But notice in that study, they were lumping both heart disease and diabetes together. And we'll talk about this in the stress cycle very shortly. But you notice having a high BMI is deadly.

Consequences of that and a 27, there was a study in diabetes care that said if you were underweight at age 18 versus being obese at 18, age 18, your lifetime risk of diabetes goes from 8 to 70%.

That's for men. It's even higher for women. And so very, very clear, very, very clear correlation here. And then even in 2020, you remember this, all the hospitalizations.

In 2020, the CDC said that obesity combined with other other metabolic comorbidities, specifically type two diabetes, accounted for 60% of the hospitalizations in 2020.

So if you weren't in that category, greatly reduced risk of being hospitalized. So there's a very clear indicator how these it's undeniable. Definitely these things are related.

Right. We know with the things that they have in common around the metabolic disorders and dysregulation to go with obesity, with type two diabetes, with heart disease, with cancer, unfortunately invoke certain pathways in the body that absolutely lead to illness and away from health.

But you also shared an idea with us, Dr. Joseph Earley, I want to go back to, which is would you please explain how the stress cycle that you mentioned, how that can eventually lead to type two diabetes?

Sure. And and again, when I say stress, I mean all different forms of stress, whether it's a physical stress from you said lack of exercise or too much exercise, chemicals in the food, you know, emotional stresses from just scrolling through social media all day.

EMFs 5G, it doesn't matter. The body is going to react the same way. And here's the big idea. The body uses sympathetic nervous system dominance with which most people would refer to as fight or flight to overcome short term stressors.

But if these adaptations to those stresses last for extended periods of time, eventually you're going to end up with all the diseases of civilization, whether it's obesity, type two diabetes, cardiovascular disease, even cancer.

And here's a simple example. Imagine in today's context. Imagine that you're driving on a highway and somebody cuts you off and immediately your body recognizes this is a major threat to its life.

So the hypothalamic pituitary adrenal atlas kicks off in your body, releases adrenaline and cortisol, and everybody's felt that adrenaline and cortisol rush.

You feel like you're getting amped up, you know, like you want to play a football game or you want to run away. But there's a few things that happen here that are very important.

The first thing is, is your heart rate's going to increase and your blood pressure is going to rise. And the reason that would happen, of course, is because your body needs to send hormones and energy and other chemicals through the blood to the cells very fast.

So it does that by raising the heart rate and raising the blood pressure. Another thing that happens here is your LDL cholesterol is going to increase and why would the bad sticky cholesterol increase in a situation?

Well, if you get in a car accident, you want your blood clot. So these are very, very intelligent adaptations to prep for danger. And these adaptations can keep you alive in a short term.

It's very intelligent, but but over long term, there's a lot of damage. These are not healthy things at all. Imagine, imagine just to explain how intelligent the body is.

Imagine climbing Mount Everest and you get stuck in a storm and it's cooler than you thought and all of a sudden your fingers and your toes now are starting to develop frostbite.

Well, that's an intelligent adaptation. The body is pulling the blood from the extremities to the core, so the temperature of the blood doesn't get too low and overall lower.

The blood temperature of the body because that happens, you're going to die of hypothermia. Now, obviously, if you're stuck in a cold for too long and you don't get the down the mountain in in enough time, you're going to you're going to sack your body will sacrifice the extremities.

It will sacrifice your toes. It will sacrifice your fingers all to buy you time to get you down the mountain. That's very, very intelligent, but it's not healthy.

You can lose your limbs at the end of the day. So if you go back to the beginning of humankind, the stresses of today and you alluded to this earlier, Doc, is there.

How Chronic Stress Drives the Diabetes Cycle

They're very different. I imagine back then it was warring tribes are running away from wild animals. The body's

physiology, physiology needs to change to survive.

I mean, imagine running wooly mammoth, running off year after year. You need to do everything you can to get away. So the body uses a sympathetic nervous system dominance to prepare you for fight or flight.

But there are consequences to that. Now. That's how it was originally supposed to happen, is once these warring the war was over or, you know, running away from the animals was over, now you can get back to a more parasympathetic dominance, you know, the seed and breed the rest and digest the healing part of the nervous system.

And that's the way it was meant to work out. But today, the stresses never stop. You avoid the accident, the highway, and now you get home and you find an unexpected tax bill in the mail and then you realize you got 10 minutes to get to pick up your kids at school.

And you've already been late there a couple of times this week. So the the staff is upset about that. But then you pop a tire on the way over and you're at the gas station.

And of course, you start stressing they're eating your Twinkies. So these little micro stresses, they keep you in a constant state of low grade fight or flight.

And you never get out of this sympathetic dominance. And and notice the examples that we showed you there, that was a physical stress. There was a with a near accident.

There was an emotional stress from a bills and being late now you got a chemical stress by adding in these foods your heart rate's going to stay a little bit higher.

Your blood pressure is going to be a little bit higher. Your your LDL cholesterol will be a little bit higher. And if you, you know, multiply that over 40 years now, it's very easy to see how you're suffering from cardiovascular disease.

So, again, any forms of stress can do this. Now, is that really a disease or is it really an intelligent way for the body to adapt to these stresses? The body makes wise decisions to keep you alive, but if you stay in that environment over extended periods, of course there's going to be consequences like the diseases of civilization.

And I know this isn't about heart disease, but this is these are all one and the same. They're all part of the same cycle here. And get back into that cycle when when your body when the sympathetic nervous system is prepping you for fight or flight, you need a lot of energy.

It's very intense energy intensive to run this cycle. So you've seen it in your clients. When people are stressed out, they don't want broccoli or meat or fruits or vegetables.

They want Twinkies. I want Twinkies high, highly processed, high calorie, high fat junk food. So because this stress cycle now you're craving more sugar, so you start to overeat.

And this is where the way baby begins when the body releases this adrenaline and cortisol for the the sympathetic nervous system, dominant dominance, it's going to start down regulating the thyroid land because the body is going to conserve energy, which seems absolutely ridiculous.

Why would the body conserve energy in a case where you need it? Well, because your body has no idea how long this this stressor is going to go on for how long you the war is going to go on for, how long you're going to need to to fight this wooly mammoth or more appropriately today, how long is this fight with your spouse going to last?

So to conserve energy, your body starts to it stops burning sugar. But since sugar is your primary source of energy, and if you don't burn sugar, it's going to start accumulating in the blood and too much in sugar, in the blood, as we know, is very, very dangerous.

It's a condition called diabetes. So your body protects you from diabetes by increasing the insulin levels. And insulin is your fat storage hormone. Insulin pulls the sugar out of the bloodstream and what it can't store is glycogen in the liver, the muscles that get stored away as fat.

And the longer you're in this sympathetic nervous system dominance, the more calories you're going to crave, which is going to increase the insulin level.

It's going to increase your sugar levels to the point that all this inflammation you're creating, it's starting to severely damaged these cells so they become resistant to insulin and then eventually the pancreas can't produce enough insulin to keep that blood sugar low.

And now you're in the diabetes state and how you start packing on the pounds by doing it by doing nothing different People wonder why I haven't changed any habits.

I'm not eating any differently from what I did last year. Well, when cortisol starts to downregulate the thyroid hormones, this cuts out nonessential functions in the body to keep you like, for instance, immunity, because you don't need that when you're running away from, you know, a saber tooth tiger.

So your body actually conserves energy by stopping some of its processes. Immunity is one of them, obviously, you know, when you're when you're really run down, you're susceptible to any form of illness or any form, every type of bacteria or virus that's out there. And you're not using those calories.

The body's restoring them. So let's say you're your BMR, your basal metabolic rate, the baseline for what how many calories you need to survive is 2000 calories a day.

Well, maybe being in this sympathetic nervous system is stress cycle for a long period of time. Now, your body maybe only needs 1900 calories a day to survive or 1800 calories a day to survive.

So there was 100, 200 extra calories a day are not going to run the immune system. They're going for stored energy. So now you have this case where you got more sugar, more fat, more insulin resistance, more diabetes, more obesity.

And it all makes sense. And this is exactly why there's a direct relationship between type two diabetes and obesity. And you might as well like lump in hypothyroidism here at the same time.

So all these diseases of civilization that we're seeing, they're not necessarily diseases of the body adapting to these long term forms of stress in the most intelligent way possible.

Now, if you think that that's a genetic thing, well, then of course you're going to be going for the in the metformin, the the ozempic and then the the insulin.

But clearly they're not they're not a genetic thing. They're the body's intelligent way of adapting to long term stresses. Okay. That's an interesting point of view.

So as you are going and presenting this, please share with us your thoughts on how do people break out of the stress cycle so that they can potentially start to reverse type two diabetes?

It's absolutely the most important thing. Now you understand that. What do we do next? You do got to break out of that stress cycle and then not only can you potentially reverse your type two diabetes, but virtually virtually every other chronic disease of civilization, if you're using weight as a proxy for health and most chronic disease.

And the research will show, you know, just a modest 5 to 10% decrease in weight has known been known to improve metabolic outcomes such as glycemic profile, lipid profile, thyroid hormones, blood pressure.

So the benefits of just modest weight loss are very, very significant. And once you can break out of this stress

cycle, now, you can start dealing with the rest of these diseases of civilization.

This can start changing. Okay. Okay. So with this in mind, having this background, right, and knowing you can change one and get benefits in other places, which is really the good news.

The same way one thing can break and take out the things with it. You can have one area of improvement and have multiple areas of good results. Right?

So how do you feel about exercising specifically for weight loss? So I, I love exercising. I've been doing it since I've been 11 years old. I when when we talk about exercise, what I see is is the major correlation of type two diabetes is not with whether you exercise or not.

It's being overweight. So I feel it's exercise is by far the best way you can possibly get fit. And I think it's the slowest way to lose weight. Exercise will absolutely help with insulin sensitivity.

It's going to help with burning calories. But exercise is a stress and if done improperly, it can get you stuck right back in that stress cycle. The more effective way that we've seen in a clinic to lose weight is by lowering the caloric intake.

And because when you extend energy in a gym, you're going to eventually crave more energy. So it's food, more sugar, more fat. And what we generally see a lot of people that have done this coming into the clinic, they use, they're typically doing boot camps, which they work for weight loss.

There's a quick weight loss. It's amazing. And but how they work is, you know, very highly intense exercise over a long duration and generally pretty significant calorie restriction.

And at that time, if you exercise intensely for those long duration, of course, your body is going to start craving food, but you're also going to be putting a lot of damage into the body.

And if you're not getting enough protein for cellular repair, you're going to be malnourished, you're going to be fatigued, and injury is just around the corner.

Breaking the Cycle with Weight Loss

And most of the people that we see with with with injury in boot camps, usually they end up stopping due to injury and the weight comes back. And that being said, at weight loss, this exercise, everybody absolutely I feel needs to do it today but but I don't think it's a best way to to lose for for losing weight.

But now remember the other thing too is just losing weight. 10 to 15% of your body weight with exercise doing it and healthy exercise to it may take two years to do that.

So for most people that overweight, what seems to make more sense to us at the clinic is is lose 10 to 15% of your body weight and in six six weeks to three months and then hit the gym.

Now you're going to be lighter. There's going to be less stress on the joints. You already have your healthy eating habits and your lifestyle habits in place, and then you're just adding in some exercise. And exercise is something that absolutely needs to be done.

I just think the better weight option is to lose the weight first and and remember, to exercise can be and it should be for everybody a more medic stressor, meaning that meaning a good stress when you're when you're when you're bench pressing, you know, you want to take that muscle to the point of momentary muscular failure and then stop and rest and let that recover.

Now, when you come back to the gym, you're going to be stronger. But what we see is that wearing and tearing down the body, it's just too much on it. And that's why we would suggest there's it needs to be done, just not not in

that order.

Yeah, I think it's really, really helpful that you're breaking this down into the details because I have seen people pound themselves and really grind and do too much and because they eventually, you know, they're invoking this stress cycle that is completely counter from what the results are they're trying to get to.

They're working. So hard, but they're not getting the results right. You really have to question that. So if anyone is resonating with that, you know, continue to listen closely because we are meant to exercise and move around.

Exercise is awesome. But just like most things in life, there is such a thing as too much. And most people with diabetes are not doing are type two diabetes specifically.

I may not be doing enough of the specifically right kind of exercise for them, but there are some who are doing too much. So okay. With that in mind, what types of techniques do you employ at your clinic to support people wanting or needing to lose weight fast?

Exercise, Weight Loss, and Timing

So we consider in our clinic fast weight loss to be women losing anywhere between 15 to £25 and men losing anywhere between 25 to £35 in a month and a half by and minimizing muscle loss during that time.

And we feel that we've developed the best of the best approach to get our patients to do this in a very encouraging timeframe. And our programs are based around a few things, is first is is meal planning for quality, low glycemic anti-inflammatory, low toxicity foods.

And I feel this is the most important part of any program here to break this stress cycle. You can't keep feeding toxic foods into the cycle. So this is the foundation and I feel and if you want to take two diabetes, you can't keep spiking your glucose levels with your with your food intakes.

So the foods are specifically chosen with those goals in mind. Another thing that we do is time restricted eating. And this is something I would encourage everybody to start doing today.

Even if you just eat the foods you normally just break it down to a smaller window. There's been plenty of studies on this by improving your glycemic profile and losing weight without doing any change to your diet.

So this is something everybody can do today. Obviously, if you're on insulin, this is something you want to speak to your doctor about. First, lowering the caloric intake.

Ultimately, you need to burn more calories than you're taking in. And the idea here in the program is to use the stored fat as energy in the belly area.

But but this is very difficult because if you cut calories too much, your body goes into starvation mode. And at that point, your body is going to hold on to the stuff that you packed on there and it's going to start taking off the muscle first or it'll start using the protective fat first instead of the stored fat.

So you got to monitor your intake to make sure that you're not you're within those limits and you're not taking any more muscle off. Now, fortunately to help with that, we got some incredible supplementation for assistance with protecting the muscle and protect the fat.

And we use a mix of homeopathic homeopathy and natural herbs that support the hypothalamic pituitary adrenal axis and hypothalamic pituitary thyroid axis.

And the supplementation helps suppress the appetite. It increases the metabolic rate and also contains the mild detox because toxins, as you know, they're stored away in the fat cells.

And when you start using that from energy and you start breaking down those fat cells, those toxins are released into the body. So you have to have some type of at least mild detox going on.

So this isn't resort, you know, reabsorbed back into the bloodstream. I think one of the great things that we offer to is that we have a proprietary mobile app that we use that monitors our clients everywhere they go, right on their phone, their meals, their fluid intakes, any other factors that may raise their stress levels like poor sleep, menstrual cycle, eating late, any deviations from the plan?

They're in constant contact with the staffs for guidance. So it's like having a health partner right there. Your accountability coach is as close as your cell phone. And finally, what's the point of losing weight if you can't keep it off?

So we go with through an off boarding process to make sure that the patients are maintaining their weight loss.

Clinic Approach to Rapid Weight Loss

And I think one thing that really is is great is we have staff that have already been there, Three of our staff, they have lost £100, £90 and £70 between them, pre-diabetic in their early, early twenties.

So even though I don't look at the people that are closest to me, they've had incredible success. So on average, our clients are losing women anywhere between 15 to 35, 25 pounds and men anywhere between 15 or 25 to 35 pounds and a month and a half.

Men, obviously with testosterone and other factors, get a little bit of an advantage here. But still, that's tremendous speed for anybody. And I think that the greatest thing about this program is, is the sheer speed with which people can lose this weight and maintaining their muscle mass to all they're doing in such a short period of time.

And I know of nothing outside of I'm a chiropractor outside of chiropractic that can make such a quick change in somebody's life. I can do this. And besides, esthetically too, I mean, imagine losing four inches off your waist and a month and a half. So in a month and a half, our clients, they're having a totally new homeostatic set point for anything a stable blood, a stable blood sugar, better glycemic profile, lower BMI, lower A1C, a better lipid panel.

And so and not only that is the body is now really, really getting much healthier to get back into the gym. So if you're using, you know, blood glucose levels as as determining whether you have a risk or you are a type 2 diabetic already and you're using lipid profiles to disarm and some of these risk of cardiovascular disease, well, then just by making one simple change and breaking this cycle, now all those other things are like all the other diseases of civilization are going to be changed too, because they're all within this cycle.

So ultimately, weight is is and BMI is going to be a proxy for health. I was just talking to a client yesterday and he sent this over. Brian. He said he was pre diabetic for four years.

He's been on our program for 20 days. He's lost 19 pounds so far. He said as initially before he started the program, his morning glucose fasting glucose was 186, now it's at 75, this is in 20 days.

And he said this is coming in from the staff, quote, Tell him thanks for helping, helping get back, helping get my health back in a healthy range. So it program works very well.

And I and I and I understand us and we talked about this before is we've really focused on the weight loss because the vast majority of Americans today are are overweight and losing weight quickly is a great way for them to shift.

But there's a number of pre diabetics out there that aren't overweight or type 2 that aren't. And just breaking the stress cycle will help them. It's the only way to help them. Also.

You know, it's one of the interesting things that I think is just not explained well to people is the whole idea that stress all by itself can cause someone to become a Type 2 diabetic.

It absolutely happens. And I think that's one of the things that's really different from now compared to, say, earlier times. Right. So, Dr. Joseph Kametz, how can people get in touch with you?

Well, obviously, thank you for if you've listened this long, I really hope he's got something out of it. The whole goal was for you guys to understand the cycle so you could start making better decisions.

But DrTalks will be getting a an email out, I think, to most people, and there'll be a promotional offer on that. You can also visit our website. It's regenesisbody.com.

You can also call the office too. We'd be happy to speak to you there and there'll be a no no charge consultation for anybody. Also, this is not our programs are not just restricted to the San Diego area with our app and our supplementation.

Contact Information and Closing Remarks

We can we can help anybody pretty much anywhere in the world, so we can help you wherever you're at. If you think this is something that would be helpful to you.

And the other thing I would encourage you to do today is if you do feel you're overweight or somewhere in there, go online right now and find out your BMI.

Just look at BMI calculator and we'll give you an idea of where you stand. And also start with today doing something different, which would be at time restricted eating.

If you're not insulin dependent, start trying that just start making some lifestyle changes today. All right, great. So before we sign off, I would love it.

Would you spell the website name so that people get that? Because sometimes people are listening. They're not necessarily always watching. They will do that.

Thank you it's regenesisbody.com regenesisbody.com. regenesisbody.com. All right great and what's the phone number. They can call the schedule directly the phone.

The phone number is 7606963388. All right, great. Thank you for such an informative talk. We appreciate the work that you do to help people live healthier lives.

Appreciate you. Thank you. Dr. Yates, nice speaking to you. Take care.