Opening and Podcast Introduction

It's hard for some people to think about it because they're still looking for that lens of mortality. Yeah, right. And they're born into a like you were saying, this program, this mortal program.

Now, the question is, how do we get out of that mortal program and even consciously. And what I'm what I'm saying and seeing and that is that even though we're born into a mortal program, we also have an immortal seat in us as immortal.

You know, primal scream is primal scream at life. It's in us. I call it the immortal lineage. And and as we began to realize that that's there in our bodies also, this is the new program that can remove us from the tyranny of death.

This program of death that we're born into, I get people all the time saying in the religious world saying, oh, you know, they're afraid to go to hell, right?

And they're doing what they do not to. And I say to them, okay, I understand. Although I think, you know, welcome to Doctor Talks, the podcast where every episode leads to a healthier you.

Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease. In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors.

If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place. Get ready to unlock the secrets of lifelong health and vitality.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Hello and welcome everybody to Rad Cast. I am your host, Doctor Melissa Girl Peterson, and I am here today with the founder of the coalition for Radical Life Extension, James Strohl James.

What an honor to be sitting down and kicking off this podcast. For together we are going to share the science and the soul of super longevity. Welcome.

Thank you. Melissa. It's my honor to be with you. Looking forward to this. I know launching this, cat this at Rad Cats has been, a, desire for a while, right? Yes.

And thank you for your participation. You're great. This is going to be so fun. You guys. This is the inaugural episode, and so there's something really special about this.

I'm actually here at the headquarters, and, so to be here in person to, you know, just share the enthusiasm and the energy that we are able to really cast through to everybody listening because we've got some big, a big vision and a big plan of what we want to be able to share through this, communication in this podcast.

You can feel the energy in the room, right? Yes, completely. This is where we meet is where the team works a lot. And so every time I walk in here, you know, it's like, wow, you know, things are moving. Yeah. And it started you.

Founding the Coalition and Rad Fest

I mean, you've been an advocate for over 50 years, the early adopter to super longevity and helping everybody to know what is really possible beyond what we think.

Yet where we sit today here at headquarters for the coalition for People Unlimited, help our audience to know a

little bit about who you are, what the coalition really stands for, because this podcast is a new division of what you guys have already been bringing out to the masses for quite some time. Yeah. Okay.

Well, as you, said earlier, I'm the director for the coalition for Radical Life Extension. It's a nonprofit Bible, one C3 that produces rad best. Rad best was our first initiative when we formed a coalition.

You know, so our story is I in 19, excuse me, in 2014, I, got the idea along with my team. Actually, you know, Jarboe, Joe Bardeen, our communications director, a great guiding factor in our, in our company said, hey, you know, you like to go out and talk to people.

I have an idea. Yeah, yeah, I got an idea. Why don't you go out and, you know, talk to, you know, talk to scientists and doctors that in, in the longevity arena and, let's, let's talk about, you know, creating some type of collaboration.

So then we came up with the idea from that, coalition that would, and consequently the coalition for Radical Life attended because we wanted to really nail down what we're after.

We're after radical life extension. You know, where we're after and mortality, you know, or as long as people want to live. Yeah. That's the whole premise, the whole purpose of the coalition.

Unlike, that's what distinguishes us from other organizations on that level. And what distinguishes Rad Fest. Makes it so unique in the sense that, you know, we bring in the top doctors and scientists from, around the world that are into Reverso and and, of course, Maxim and wellness, which is, yeah, you know, an important foundation for super longevity, right?

I mean, you have to be, you know, keep your health going and, and feel good strength and get that strength up to be able to stay alive till the next innovation comes along.

And they're coming fast. And that's what's exciting. Yeah. So so we, you know, created rad fast. The first one was in 2016. And, but at that time, for the most part, it was only usually 250, maybe 300 people that would come to any given science event.

This is the information I was getting through. A lot of the organizers who were putting some of these events together in longevity. And so but we thought, okay, we want to we want to galvanize the longevity community and bring it together.

And we also want to bring in the public because that's so important to begin to educate the public, get them in to, to help support the movement, and to, create an environment that was conducive to really, you know, in-depth collaborations, etc., and support.

So, so that, you know, we put it together. And in 2016, we had the first one and now, it was funny because I had different ones. I mean, Aubrey de gray, as you know, is a tremendous contributor to what we've done.

And, and, but he said, oh, you know, I'm, I like your idea and I'm so sure it's going to happen. You know, he's lived that for. So after the first and I and I actually thought the same thing.

Yeah, but probably did admit it. So. So, so anyway, we had it in San Diego first year, and over 1000 people showed up. Wow. Yeah. And the. Wow, we maxed out.

We sold out. And, I remember Aubrey coming up to me and going, okay, I won't talk to you again. I and consequently, you know, like I said, he's been a great supporter and we have some exciting news actually just came in fourth.

Now that that, you know, we've been communicating Aubrey de gray and his team, the, longevity, escape velocity, organization. Now that he runs and they want to now merge with us, so we'll be.

Yeah, we'll be the two top events and super longevity and the country. Wow. That's. I'm just hearing this also getting, like, hot off the presses. Hot off the press is coming out in January, so.

So yeah, that's, you know, so this this is already in the works. Yeah. And we're, we're agreed upon no, terms fundamentally. And but by the end of the year, I'll put together and so this will come out in January and yeah, I'm very excited about it.

As you know, Aubrey and, left is doing, you know, fantastic work and, but this, this will bring more of a this around out, right rad fest more. That's fantastic.

Give us also even more in-depth science, you know, and more in-depth, you know, collaboration with, you know, that the whole field. Yeah. So, yeah, we're very excited about it.

So two key questions I want to ask you first for our listening audience, that maybe this is the first time they're just coming into this conversation, right.

Longevity Escape Velocity Explained

Give them a glimpse into what that term longevity escape velocity refers to. Well, well, in simple terms, Aubrey, climb that phrase. You know, since, he was on sand and then he, carried this organization now, and, but the premise of his work is to, like a classic automobile, right?

Yeah. He's, now, you sometimes you can make a you can make an automobile immortal, but you keep on replacing the past, keep on fixing it. So after a while, you know, you you've eliminated, you know, the possibility of that, that no matter how long it's here, that that automobile falling apart because you're constantly renewing its parts. Yes.

So this, that same, same context of what he's talking about. Same premise for the human body that you're you're actually regenerating at faster than you're aging.

So so that's the longevity escape. You're escaping the the aging. You're escaping deterioration and gradually regenerating faster than your deteriorating. Yes.

And it's so important to know that, you know, chronological age versus biological age is very different. And so at a biological level, we are able to measure and to slow down, stop and reverse that rate and pace of biological aging.

And that's a big part of this. Right. So so we can still chronologically be advancing yet biologically be reversing. So there's kind of this net net positive youth can gain that we literally do escape what otherwise would be considered how we've always kind of thought about aging.

Yeah. Isn't that a beautiful thing because you think about it and you know, and this is what we're wanting to weigh people more up to. Yeah. The beauty of being able to extend life, we're talking about extending it with quality, with strength, with resilience, not not in some decrepit state that we're facing out in this country, unfortunately, you know, people are living longer, but they're not necessarily living more healthy.

So but but we're talking about a healthy state with vitality. And isn't that a beautiful thing to think that, you know, you can be chronologically, for example, 100, you know, but but possibly biologically 30.

Okay. Wow. So you get all that knowledge and, and that, that wisdom that you've gained over say that 100 years. This is the beauty of it too. And, and yet, yet you still have the freshness and the strength in your body to go ahead and even pursue the dreams you've had through that time.

Right? Yeah. And and be more creative than ever. So I love that you just said that, because right now we are flipping the script, and I want to give our listeners a way to reframe what they might currently think of as the term aging as well as longevity.

Because you and I spoke about this yesterday, often, I'll ask my doctors, you know, what does the word longevity mean to you? And even my doctors that are studying with us are like, well, it means old aging breaking down.

And I'm like, oh, isn't that interesting? And there's I know, and it's not a judgment. I mean, because we've been programed like it literally is. It's just the images we've seen, the information we've taken in.

And so until we know better, we can't necessarily do better, be better experienced something different. Because until we're willing to question, well, wait, is it that?

Does it have to be that? Does it have to be my version of it? And so what I love that you just did, which I was going to ask you, hey, share your view of super longevity.

Yeah. And you just kind of started to tease it out to say, how amazing can it be that we can be chronologically 100, right? Biologically 30, and living and showing up fully at that age with vitality and resilience and strength and all of our wisdom and all of our creativity, you know, and it's like we're just getting started.

That's right. We're just getting started. Yeah. Fact that that's the name of my book and that, yeah. 50, 50 years of living forever and just getting started.

Oh, yeah, I wrote about that. Bernadine, I wrote I love that. That's a very pretty, extraordinary book. But yes, thank you for saying that about the program, because that's where, you know, most people respond from that, the program where, you know, we're programed that a lot over here.

They, you know, we're going to keep on deteriorating, etc., etc.. But now this new, new science. Yeah. And, and a whole new initiative happening that, we're already seeing people live longer with more about with more vitality.

Yeah. And, I feel I'm one of them. I think you are. You are living proof. Absolutely. Yeah. You know, I'm getting better in so many ways. And but this is this is what we want, right?

I mean, I get the response all the time when I talk to people about living long, you know, the first thing they'll say is, oh, I know I don't want to live in some decrepit state.

And then you like you said to you, you address that. Well, what if we had the opportunity to live a strength, vitality longer and enjoy all the things that we enjoy, even even more so our grandkids, their grandkids, the grandchildren gone down the line, right?

So so that's the world we're talking about. And and so longevity really the difference in longevity you're asking is super longevity. Is that longevity.

And that's where the response is that way a lot because longevity is really about has been defined as living long enough healthy, until you die. You've been eventually decrepit.

But super longevity is breaking the death barrier. Okay. So that death, that death barrier, that biologically that we're aware of is around 125. We know that there's doc, there's a document of, it's been documented that human beings can live to 120, 324, you know, we've got that documented and by, by, and biology, you know, they know that they're going to being without innovations can live to you know, that right around that.

125 Martin so, so, yes, I mean, that's a great thing, you know, to be able to be healthy, but that, that that's the key, right? Being healthy. So what we're talking about those and super longevity is going to pass that 125 mark.

And we know that's going to take innovations that's going to take where we're we're going to need you know we still don't know really the maximum capacity of creating health in our bodies.

Yeah. By just taking, you might say, the suppression or changing the program of death, I think that's going to increase all the time. Alongside, you know, the science and innovation we're going to create to help our bodies live

longer.

You know, everything. Like, you know, gene therapies and, you know, nanotechnology. You know, I what it's going to be developing more and more to, you know, take us to a more excellent place of health.

Yes. Right. And so but that's what super longevity is about, is breaking that barrier and not, you know, I was broke that barrier yet.

Super Longevity vs. Aging

But but, you know, we see it, right. And we see it. We like every, you know, human being has ever broken some record or we went to the moon, you know, we saw it first before we did it.

So people can say, well, how's it possible, you know. Well, well, you know, the innovation is already happening. And in fact, I expect in the next 1 to 3 years we're going to see an amazing, super longevity innovation that's going to begin to change the world.

Yeah. You know, Ray Kurzweil. Yes. Yeah. Record. Yeah. You know, he predicts this, that in 2030, we'll be entering into the era of immortality. The longevity revolution is about more than just searching online for a few hacks, or any one of us moving our biomarkers in the right direction.

It's about coming together to learn, share, to connect and create the unlimited future we want. That's why you need to be at Rad Fest 2025, in Las Vegas from July 10th to the 13th.

Rad Fest the Revolution Against Aging and Death is proud to be partnering for the first time with Doctor Aubrey de Gray and Longevity Escape Velocity Foundation.

The form the single most comprehensive, advanced, informative and inspiring event on age reversal for a general audience. Meet the people you want to make forever with Rad Fest 2025.

Take advantage of lower advanced pricing now at Radford Scott. And okay, so that is such a huge statement, right? Because when I think about what it is, cuz when I think about what you just laid out.

So we've got a couple of different brackets like step one is just longevity. And for many of us and there is no judgment on the statement, it's about being willing to meet ourselves or at and give ourselves a little grace and kindness.

To say it doesn't matter where I am is it's where I want to stay or what I like to create a different reality or potential, and if so, great. And if not, that's okay to go yet.

Where are we still like right now? We haven't even we have a gap between healthspan lifespan and life expectancy. So if life expectancy is upwards of 125, life span on average has declined.

And we're really only at about 76 now. That's right. Yeah. Health span is only at 63 meaning we're only healthy on average right now, at least in in Western societies that it's incredibly sad.

But it's also to me it's massive opportunity. Right. So it's kind of like, okay, well just because those are the numbers, that doesn't dictate what our reality has to be.

So step one is, do I even want to think differently? Do I want to be healthier all the way to 76, like maybe 100, 200? Maybe that doesn't even register, but would you like to make it all the way until 76?

Being strong, resilient, healthy and well, yeah, probably so. So we can do that first. And you said the other day, well, if we can make it there, why wouldn't we want to keep going.

Right, right, right. We've already left the lifespan. And then with the health really in the last, getting to 75 years. Right. Exactly. So, I mean, you get people saying, well, I want to live 231 280.

I tell them, okay, great. You know, in fact, I think it's important to say that I'm not saying that anybody has to live any, any length of time that they don't want to live, for example.

But what I want is a world that people will have the choice. Yeah. I want a world that can open up all the doors. And and for those who would like to live forever, it's available, you know, like set the table for.

Yeah. Right. Yeah. Let let people let people have an opportunity. I'm not going to say it. Say oh you have I'm not trying to push something on somebody that they may not, you know, be able to accept at this time, but how about just increase your lifespan then, like you said, to to the health span to 76, right?

Or 100 you or whatever, and be able enjoy life more, I'm guessing. You know, and I think it's a very good calculated guess that if you lived to 100 in good health, you going to want to keep going, correct?

Right. But yes, yes, I want the choice to be there. Exactly. And so if we get there like then we can edge to our current life expectancy. Right. And you know, Aubrey was one of the first people to say, hey, the first human to live to 150 has already been born.

He's been saying that for over a decade. Right. And now it's probably you, Mercer. I think so. My family calls me the vampire. They they're like, you know, it's like, you know.

And yet I love it. I'll take it. I'll take it. Yeah. That tenacious looks. Thank you. I'm in for it. I'm here. Here for the ride. And yet with super interesting is that now you know.

And that idea again, a bit of it is we get to shock our system because we have to. We were speaking about this yesterday, Roger Bannister and the four minute mile.

Right. Until we know it's possible. It's it's like I said, we're conditioned to think it's not possible. Right, right. That's just the human nature, right?

It is. And and what I think is so phenomenal about Bannister story is that he lived in a time where literally everybody, doctors included, said, this is physiologically impossible.

Your heart will explode. Yes. You cannot run the four minute mile. That's right. And he was absolutely certain. Yeah, that he could he saw himself doing it and and he did.

And now, you know, since then hundreds of other people have gone on to do the same thing. So it's making the impossible possible. And I believe that that's again, that's what super longevity is.

That's where we sit in science right now. And we're going to we're going to kind of dive into throughout the remainder of our conversation today about some of the exciting things coming in this year and beyond.

And, you know, I think so from a clinician standpoint, some of the things we teach our practitioners about, you just said it. There's ways to reprogram this death program.

That's right. So when we understand that our genetic code holds the information of us and our potential of how we're going to express or repress our our health, our well-being, our lifespan, our healthspan, our our capacity to live, we begin to say, well, what turns those things on and off?

And there's a bunch of switches. They're called epigenetic switches. And we live in a time where there are these little tiny, tiny molecules that can get into the cell and literally turn these switches on and off that help us to reprogram, which is why we can easily now be 100 look and feel and and express as though we're 30 biologically.

Right. And so I think about some of the, the technologies that are coming that every passing day I say, yeah, 150 really is going to be possible. And so, you know, one of the things we'll be talking about this in upcoming episodes, some of the big trends that we're looking at this year is going to be all around epigenetic switches, things like bio regulators and peptides, things like senescent cell clearance.

There's FDA trials going on, but there's also some peptides that are highly effective in clearing these senescent cells that create that accelerated inflammation aging process.

So the things that could give us the appearance or the sensation in this physical body that we are breaking down really quickly, that's not just aging.

That doesn't have to just happen. We actually can clean it up. It's like cleaning our house. That's all in. And spring clean. That's right. And then be like fresh and lovely and back to 30.

Yeah, that's the beauty of it. Yeah. And so you know there's the the clinical side. Yeah. What I'm excited to kind of get from you today is because you travel to all over the all over the world, you talk to people from so many different walks of life, in so many different verticals of the super longevity conversation.

One of the trends going into this year is really around longevity in policy. So government policy, social policy, you know, what we're looking at potentially with health care.

And one of the big things and I'm going to turn it over to you, Jim, is that a lot of people would say, okay, well, even if I think I want to live to 150, 180, whatever that number is.

Reprogramming the Death Mindset

Wait, don't we have a population issue? Isn't aren't there real don't we have a shortage of resources like can we actually handle people living longer?

And so that's kind of one of the reasons that policy is saying, hey, we might want to look at this. And I say we don't have to come at it from scarcity.

We get to come at it from abundance. But I'm really curious as to what you're seeing from a policy, from a technology, from trends that can help humanity embrace our super longevity potential.

And really the opportunities that exist there. Well, as you know, the technological growth is exponential, you know, and so I wouldn't worry about population or, you know, overpopulation.

I understand as the first saying, one of the first things that pops up in people's resistance to when we talk about unlimited life or what about population, I, I usually pop out, well, don't die because of that.

I like don't die because of overcrowding, right? I mean, we'll find a way, we'll find a way to deal with it. And that's really the bottom line. We're going to find a way to deal with all this.

We're already have ways, you know, new agricultural growth, you know, technology, you know, you name it down the line okay. Really, really. You know, even with food in the world, the problem isn't that we don't have enough. The problem is distribution.

Yeah. You know, many times from, from greed and monopolies etc., etc. as we create longer lifespans, we're going to create a value of human life that's never been seen before. And that's what I'm excited about.

We're going to get out of the of the era of, of survival and enter the world of creativity. And we're going to value ourselves in one another better because at longer here.

Right. And you have an opportunity, for example, you know, you can live at 200. You're going to go, wow, I'm going

to take better care of myself, right?

I'm going to maybe clean the planet a little bit better, because where it is now, people are just passing through, like, you go to a hotel room. Yeah.

And stay home and you don't clean up the room necessarily, because you got to because you're passing through. You got somebody else to clean it up. And this is what we do on this planet.

We're just most of the time passing through. But if you're here to stay, you're going to invest yourself deeper and you're gonna invest yourself deeper.

And the human connection. And this is what's exciting. Yes, for yourself and one another. There's going to be a new depth of communication and new depth.

Like I said, a value of human life. We're going to quit destroying ourselves. We're going to hesitate, you know, killing ourselves or one another and a deep, much deeper level.

And this is what we need. We're going to want to, you know, and like I said, we're going to get into creativity. We're going to create environments that are really conducive to human beings really living.

This is this is this is like off the charts exciting when you really think about it. Yeah. But for the most part, it's hard for some people to think about because they're still looking for that lens of mortality.

Yeah, right. And they're born into a like you were saying, this program, this mortal program. Now the question is, how do we get out of that mortal program, even even consciously?

And what I'm, what I'm saying and seeing and that is that even though we're born into a mortal program, we also have a immortal seed in us that's immortal.

You know, primal scream is primal scream of life. It's in us. I call it the immortal lineage. And and as we begin to realize that that's there in our bodies also, this is the new program that can remove us from the tyranny of death.

This this program of death that we're born into. I get people all the time saying to me and the religious world saying, oh, you know, they're afraid to go to hell, right?

They're doing what they do. That said, and I will say to them, okay, I understand, although I think, you know, you should just do that. I think it shouldn't be maybe an incentive or whatever to do the right thing because you're going to go to hell.

You should do the right thing because it's the right thing. But at the same time. But but but I understand it is clear motivations are always there. So so I'm saying, look, the reality is you're born into hell.

Yeah. Okay. We're we're born into the hell here. Hell, when you really think about it, we're born into this beautiful world. And then we then as we grow up, we see all of a sudden this world that people dying, the struggles, the conflicts, we're exposed to that.

And you ever see these pictures of of a kid who say that? And they're early ages. They they're bright and shiny when they get to the teenage years, all of a sudden they get these doe eyes.

They've been exposed to the trauma of death. They've been exposed to this world that's really, really mean to the human spirit. So. So I say, now, the good news is we have a chance to be get out of that.

And that's where it really immortality is about. That's what super longevity is about, getting out of that death oriented program that hell take you. Because it's hell to see somebody you love and care for deteriorate and die.

There's nothing worse. I mean, we ourselves in it, we we we try to pacify ourselves because we think it's inevitable, but it's still horrible to face and but but there's a there's a importance of waking up the world in this because that's going to really that's going to really speed up this process of what we want to create in this world by people waking up going, yes, death is terrible.

We need a support life. We need to invest in life, not death. We need doing not killing each other. We need to invest in creating these and speeding up these great innovations, supporting these scientists that are working on these innovations.

And that's really what the coalition is about, is to create this type of collaboration where the scientists and a world, we want to spread this message just so dynamically, and the world that so people can, can begin to see not not fighting anybody over this issue or arguing about it, but just saying, look, here's what we think is a better world that we can all want to live in because many times when I'm out moving in the world and talking, like you said, around the world, I get people saying, oh, I don't want to live in this world the way it is, okay?

We need to create a world that people want to live in and that does begin within each of us individually. So yeah, so at a fundamental level, every single person has to make that choice for themselves.

And I understand that the rate limiting step is this thought. We look out and we just go, well, I'm just only one. There's nothing I can do. But yet what you can do is change your entire inner landscape.

And you know, when I think about this, it again, it comes back to this Roger Bannister analogy. The brain needs proof. And so one of my favorite longevity studies was done in the late 70s by Ellen Langer from Harvard.

It's the the pinnacle counter-clockwise study. I'm sure you're familiar with it. And basically, she took a group of men that were in their 80s. They had they lived in a nursing home.

They had a lot of health, declining challenges, walkers, canes, poor eyesight, the whole thing. She puts them in an environment for seven days, and she completely they redecorated the environment to look as if they were two years younger.

So they just changed the environment. Right. And they instructed the the participants to say, don't just imagine that you're back 20 years ago. We want you to act as though you are there.

So speak as though you're there, you know, like engage as though you are present moment in that space and time. And they did for seven days. They just hung out.

They did things. By the end of the seven days, they were out in the yard playing touch football. These are 80 year olds that were on canes, right? Their eyesight improved in seven days.

Their hearing improved their grip strength. So all of these these measurable biomarkers, and they weren't sitting there going, I'm going to believe it.

I'm going to believe it. They just simply dropped in and they dropped it literally in their physiology. Right. And then all of a sudden those switches changed, right.

The program got interrupted, so to speak. Exactly. And they got to begin to no, wait, something different. It's not just possible. It is. Yeah. That's so beautiful and so real.

I mean right here and people unlimited and I been I see people we've created this environment. You know the very same environment that's conducive to people really thrives.

These changes happen at Rad best. You know all these doctors and scientists even after the first one we had came up to me and said, oh wow, thank you so much for creating an environment like this. We feel renewed.

Yeah. Know that some of them were outliers that we're kind of giving up on trying to get their innovation completed. Or and then they found new collaborations there and they found new inspiration.

I actually had one doctor give me a gift and brought me on stage. You gave me a necklace for that. He was a coin collector. I had a beautiful coin at the end of the necklace and just just to thank me, he says, look, he said, I, I was just becoming in despair because.

And now, now he is doing phenomenal things. And back in fact, I met an individual at this last AI wellness, that is a veteran that's working with veterans who are committing suicide.

Policy, Population, and Abundance

And this doctor, that, that I'm talking about, he is actually working with these guys to, brain trauma that he's the brain trauma specialist, and he just, you know, just renewed him every once, and I get an email from him, you know, stuff.

Thank you. Me. And but this is the overall across the board these responses. So so this environment this is the environment Melissa, that we want to create in this world.

But it has to start with that that we know that we can and can break through this death barrier. Because what that people say, well, what can can say almost like what does it have to do with it?

Can't we just, you know, create this anyway? No, we haven't been able to. Yeah. Look, look through history. This death haunts us. We must create an environment that is conducive to living unlimited lifespans, so that we can get into this era of creativity and create and, and, create a bigger, strength and also create a stronger feeling of connection with each other and also increasing that value of human life, like I said, and all that together is that environment that that we began to not just, you know, try to think, try to try to connect with each other.

Yeah, right. Like we've tried to for, so for thousands of years and, but we keep at the same old destruction thing. Right. It's so vital that we see that we need that we need to open up our self to this new future of unlimited lifespans to to to create this value.

Are you ready to redefine aging and unlock your full potential as a longevity leader at the Human Longevity Institute, our world class certification programs train doctors, coaches, and wellness professionals how to deliver cutting edge, integrate live longevity health solutions so people can live better today for longer, healthier, and more vibrant tomorrows.

If you're ready to join the Longevity Revolution, visit Human Longevity institute.com to enroll and become a practitioner today. And I think the work that you're doing, Jim, is is an important part of it because so there's a process within the human system that we only have the capacity to hold what we have the capacity to hold.

And what I mean by that is when we are constantly seeing, living and experiencing stress, trauma, hardship, challenge, lack of support, you know, just feeling fatigued.

And we can have these ideals go, oh, that sounds really great, but you're not really walking today in my shoes. And that's not my life. However, if we just begin to step one, start to expand.

But what if so? The first question I like to invite people to ask themselves, well, what if it could be possible? What if something what if you could have more energy?

What if you could live five extra years? What if you had the wherewithal, the desire to create more, to listen to that, that little spark from within.

So step one is just being willing to let ourselves play like we're kids again and go, well, what if we get to have an imaginary imagination game, right?

And what that does is before we go, okay, we to have this thing and we're going to go to super longevity. It's like, well, crap, what do we do if we have it?

Like there's so much that has to kind of happen from here to there. But step one is what if it could happen and how would I want to show up for it? And as the brain, you know, as the psychology, our psychology will inform and influence our physiology.

So if we start playing with it's like this malleable thing and we get a little more comfortable with it. I call it like doing reps. Right. So we're doing our longevity reps of just seeing a greater possibility.

But then we go even a little bigger and a little bigger. So when I hear you talk, my brain goes back in time to what I imagine, like Greece was in the ancient times when they were sitting around and literally philosophy, sizing and writing and like creating the greatest works in human history of music and art.

Like that's where my brain goes. Yeah. And it was a time of just pure creation and source and connection and compassion. And people were like, you know, as I don't know, maybe I'm sure I was there.

I don't know if I was there or not. Like, it feels like I was there. And and yet we're bringing it to us now anyway. Yes, exactly. And so the visual shows like to me, I'm just like.

And that's really what I think you're speaking about is, hey, we can see just like the counterclockwise study, they were able to see, right. A different expression.

We can show ourselves different realities every day. And whatever. There's part of the brain called the reticular activating system. And it's literally like what you feed it, it notices.

So it's like going, oh, you're telling me that's important. So I'm going to look for that. So if we all we do is say, oh, life sucks. And I'm so tired and I'm broken down and I don't know how I'm going to pay the bills our brain is showing us. Yep.

You can't you can't pay the bills. You're broken down. You're tired. It keeps reinforcing what we speak over it and what we tell it. Yet if we say, you know what, I just want to notice examples of, like, really vital people.

Yeah, I want to notice examples of happy people, of creativity, of community, of connection. And then all of a sudden we start to notice more of that.

And just that little bit starts to increase our capacity of having ness. And I think we have that opportunity, which is why I say your work is so important, because the more you do these events, having this podcast, for example, having these conversations expands the collective capacity of imagining what could be possible for the individual as well as for the whole.

Yeah. And, you know, I've, I've learned through a lot of this that, I think, you know, we all, are playing different roles in this in some, some level.

You might say that that I know that for me, I, I'm in a more or less, you know, and, I caught into that. I mean, right, right off the bat when I was 18, actually actually before that.

But I heard some people at 18 saying that you could send people as my business partner, Brendan Brown, and her partner at that time, Charles PA Brown, and they were saying immortality as possible, that 18 years old, that that just struck me right off the bat as, as, you know, like, wow, that was the my favorite thing I could hear, you know, and but then, but then, like you say, you know, some people, and I think it depends upon, you know, background environment they've come from or whatever.

And we have to understand that, it might be like, well, too much for them at the time. Sure. But my point is, though, is that, we need it. We need those.

We do the we need those that are going to go for the moon. We need those that might just want to take one. Just my orbit around the Earth. Yeah. Right. And and and then that.

Then what? We're all going to find a place in that. But I know if we don't, if we don't go for the moon, if we don't go for immortality, we're going to go too slow in these increments.

Right. Okay. And and we need it. We need to use a term, our world needs a quantum leap. Yes. No, we we we, you know, we're talking about evolution here and a certain level, you know, are we going to evolve without dying or are we going to keep on Saturday or this idea that we have to die to evolve, you know. Right.

And yeah. And so so I'm in to evolving without dying. I mean, to me that's the most excellent. Not saying the other isn't, you know, it's bad or good but but look what is the what is the most excellent thing we want and why not go for it.

Yeah. I mean, I can't stand the thought of anybody I love or care about you or anybody else and and losing you now. So the accidental thing would be to have you continue to see you, you know, 20 years from now and you're even better.

Yeah. 100 years from now, I see you even better, right? Yeah. And that's with each other. And that that to me, is the real glory of living. Yeah. And and that's evolving without dying.

And and so that's the world that, I think is really, so real for us and that, the energy that I'm motivated to put my energy into because, you know, I personally, I get kind of bored.

I use that term. Yeah, with just, you know, taking the baby steps. Yeah. Right. And so but also, you know, some people need to take baby steps at the time, but I'm going I'm but I'm also going to let them know the hey, there's some big giant steps you can take if you want to.

Right, right. And so this is this, this how this is evolving now in a way that's so dynamic. And facts are okay that, we're not going to change this world.

We think we think, well, we have to create a new world and write a message of this world, a whole new world is happening. We we've we've spent so much time and energies like the same thing.

Fighting a fighting one disease, you know, putting billions of dollars into it. Okay. And, and I commend people who do that. But at the same time, you know, why not cure aging, okay.

Immortality, Purpose, and Human Value

And then have a domino effect that all these age related diseases we will cure at the same time, get to the root of why we have all these diseases and quit and quit point so much money and just one at a time, right?

You know, we have all these specialties, that's all. Let's move to get the cure aging. And we'll have this domino effect that will take us into a whole new medical, place, a whole new physiological place.

Absolutely. And that's why I'm so passionate about what we do. Human longevity. Exactly. Because it's all about longevity medicine. There you go. There is a framework that we do understand, you know, and I say all the time, like, the diseases that we're out there treating are actually truly a symptom of aging, right?

They're just a secondary expression. Right. And if we appreciate and understand that all diseases have the same root expression. And so if we start there like we can we can really clean up a lot.

We can handle a lot. To your point, we don't have to give everything a label. But that would radically change our health care system. And we are at a and that's where we're at.

We are at an inflection point. And so what's super fascinating is that there are these structures that have been in place for a very long time, that do not want to dislodge.

They don't want to, be impacted. And yet, you know, as, as you say, humanity waking up in so many different ways and sometimes we wake up because we say, I'm sick and tired of being sick and tired.

I will not tolerate this anymore. Right? And other times, just because I know so much more is better and possible. So we come at it from different sides, but I say it's the opposite side of the same coin.

However we get there, the fact that there is such a desire from the masses, from so many to say I've lost trust. I've lost trust in conventional health care systems, in conventional disease management and treatment.

Like, I don't want to just take pills and I don't want to be labeled as I'm decrepit and broken. I want something different. Actually, I have so many doctors come to me now and say, oh, you know, they just, they have them, some of them, you know, they got into medicine, because they had a passion to help people and, and then, you know, all they are doing is patching up people and there's, there's a, need for that. Yes.

So 100% patching up people. And we've gotten good at it. But these doctors and so many now want to work in a preventative area. They want to they want to work for health.

They want to help the work to build health. They're sane. And so they want to get out of that, you know, and, and and I'm grateful for that for the doctors who actually, you know, patch you up from an accident or whatever like that.

But we have to get into, like you said, real health care also, you know, and it's going to complement everybody. Yeah, it's going to change the, the, the, the, the whole structure economically and everything.

We're bankrupting ourselves with this patching up, you know, chemistry that we get that we're so indulgent that we never and people just we're getting more sick all the time.

So what can we do to and, but I wanted to just say that the coalition, you know, is and this, this broadcast, you know, rad cast is about introducing, all these new innovations, ideas and thoughts to the world.

And I want people who are listening to get that this is going to be, you know, a weekly podcast that they can stay right and in line with us and share their own thoughts and ideas with us, as you, you know, are doing these great, these great as the host.

And but the coalition is really excited about this because we want people to know that, that not only are we going to bring the best to them through these broadcasts, but we're also going to keep them informed of the coalition's, goals and purposes as we go along.

Like, for example, the Rad Fest that we're going to have and Vegas and, 20, 25, July, 10th now through the 13th, it's going to be a phenomenal I'll say, you know, event based on the energy that we're even putting out now that you can feel drawing all the top doctors, scientists and people there that can really, energize the room and talk about environment.

You know, I want them to come to this rad fest because they're going to pick up an environment that's going to really get them. Yeah. You know, running again.

And I'm all for and all for engines. The events are going to get them going and, and, and then also we got to, we've announced that, this last rad fest that we're going to do a rally for longevity rights at the steps of the Washington, DC, Lincoln Memorial.

Okay. And and that's going to be a huge for and we're going to do that, do it in a way that is respectful for all human beings. We just want to go there and show the world that we, have an idea and not not only an idea, but our working on it have many innovations now that people can live better on and also show what show the world.

A world that all of us can live, and together that no one has to give up. You know, anything. But they're they're aging and deterioration right now. And this is this is phenomenal because we want to show the world that, hey, there's another way that's all.

And then they're going to pick what they're going to pick. We're not going out there to demonizing. There's too much demonizing in this world. Yeah. You know, too much like I demonize anybody, or I make it make them wrong.

We just want to show that, hey, here's a here's a blueprint of a new world that that we think everybody can benefit from. Take a look at a place. Yeah, well, think about a simple analogy like this.

When something's growing and we just remove the light. Yeah. Like, it's not that it has to. It's bad. It's just like, if we don't want to keep feeding that.

Yeah. Let's not keep feeding that. What do we want to feed? And you know, one of the things I love so much about this conversation is that and it's so interesting, I was doing a keynote to, just a couple of months ago and to a group of doctors, and one of the doctors in the room said, I am terrified at the cost of sick care.

Like we are literally bankrupting our country and they are in fear. And I said, well, I got good news for you. Let me tell you about longevity. Because what we know, what we know from the data, is that right now, on average, we're spending $3.8 trillion a year on our sick care costs.

Okay, sick care, one year of life, extension of increasing health span, not even life span, just health span. One more year without sickness and disease infuses 38 trillion back into the economy.

Just one year, 38 trillion versus 3.8. So instead of debt, we can create such massive abundance. That's massive. Well that's right, and that's right. And it's it's that's what I'm saying.

You know, like that longevity is going to, you know, answer so many, human, issues that we face, because it's going to take us again to that, to that level, you know, health, brain health draws then abundance.

Yes. You know, and that's part of it, the financial abundance. Because because otherwise we're burning our energy a lot of time. We're burning our money and causes that don't really, that just keep sucking it right down into a rabbit hole. Right.

Well, and again, like so fear is such a motivator, right? So if we think that there's lack lack lack not enough, not enough. That is part of that death program programing sickness programing.

That's what the stress is literally breaking down the. But if we do understand that there again opposite side of the same coin, there is such massive abundance.

So it's this thing, where are we putting the light, where are we feeding. Right. So I can fear I can feed the fear and I can listen to that propaganda and there is truth in it.

Like if that's all I focus on, yes, that is true. And also there's something over here that is so much bigger and better than that, but it's not getting the spotlight.

So the more that we take our own initiative to say, but I'm choosing that I want to focus on on the opposite side of that coin and what else could be possible, and let me learn more, which is, again, why we're having these conversations.

That's right. And the last point I want to make that you brought up, Jim, that's so important with this is this is what I would call. So you said quantum leap, right?

Humanity's at a point where we need a quantum leap. And so from a business standpoint, entrepreneurs understand this all the time. When we look at businesses, there's a phenomena of most businesses progress at

what's called A2X or a very linear like, what are we doing?

The little things step by step year over year, and that does produce slow growth. But for the companies that have had exponential growth, what's the difference?

The difference is that they've taken a whole different mindset. They've done that ten x, if you will, that quantum multiplier to say, wait a minute, I'm going to focus on the needle movers.

I'm going to cut away all the other noise that is distracting, that, you know, that isn't important to the big outcome that we want to achieve. And they put their resources, they develop their people into that.

So it's really the same conversation. We're just looking at it through a different lens and humanity and individuals. We get to say, well, I can take the baby step and I can just start and work my muscles today.

And that's great because sometimes we just have to decide, like, I want to do it a little differently. And then as we, you know, the training wheels come off, we can go, wait a minute, I want, I want to go be Evel Knievel, and I want to go jump off those, cars.

I want to do it differently. I want to go for the moon. How do I do that? And the moment we start to think and to say, how do I do that?

Community, Collaboration, and the Future of Longevity

It recruits so many more resources. Our brain starts to notice all of the different potentials and possibilities out there, and we start to experience a much more abundant and vital and alive life.

Exactly, exactly. I love that. You know, I say that, you know, new ideas, many times people are afraid to say something new because, they're, they feel that it might not be accepted or received.

Right. But we need this, and we need environments that are conducive to that. Right. Like we have here. We can and here are people in the RAF as we can.

We always tell our speakers have come to radical, as we say, look, you know, yes. Feel free to really, you know, get out there and say what's really on your mind and what you really got going and, and what you really want to create.

And don't criticize anybody else's stuff. Right. Because, you know, it's one thing to have a healthy debate is no, put somebody else down. Right. And so so we've created that environment and, and people are feeling, you know, free then to explore the unknown.

Yeah. And that's where these new ideas and new thoughts come. We don't have to worry about what's going to, you know, work or not. I mean, if something really meaningful, it's going to stick.

Yeah. You know, and so so that's what and we say, I say don't kill the energy because you don't understand something. Yeah. Yeah. So that's a great point. Yeah.

That's so vital because we're going to understand otherwise, again, people will be afraid to come out with what they say. Yeah. And we want to get that energy moving that it raises that human spirit in a way.

I call it the spirit of immortality. I want to raise that spirit. So the so there's really a coming out of each of each individual, the maximum we can because everybody has something to share, whether they're whether they're just an attendee or whether they're one of the doctors or scientists.

That's why it's so important to have the public together. I use that term public, but there's each individual that that has something. You know, we have a lot of citizen scientists now, I guess, owe more than ever.

It's beautiful. And they're great because because they sometimes they got a box where the scientists might feel working for some company a little bit more restricted.

Right. Yeah. So they're sharing more ideas. But so we have that mixture. But no one's criticizing each other. These publicly. But, but but that's so curious.

That energy and the room, you know, for for expansiveness. Yes. And this is why, you know, having been at multiple of these events and and having been to many conferences, over the years, both professional and as an attendee, you know, to kind of come from both sides, not just in the health spectrum, but to look at a conference environment as a whole.

Rad Fest is something very unique and different, and the fact that you do bring what I refer to as the experts in the enthusiast, right? So whether we're the professional in the lab or in with the patient care or the the seeker that wants, that wants this information that that alignment, that environment that brings both together is so vital and so important.

Because for doctors, we get out of our own intellectual bubble and we we realize and we can listen and we can respond and for the and for the consumer to to be able to be right there with the doc, you know, and to listen to the in their going.

They're treating me just like a peer. I'm not just somebody they're trying to dumb something down to. And they understand that I am an educated individual, that I do care and I do want to learn and I do want to know, and I do want to collaborate.

And so it is it fosters true community, true collaboration. And I think that allows us all exponentially right to improve. Right. And what we're able to bring out and about to, to to your point, before you said that when we're all focused on the objective.

Yeah. And then you know, and have that collective energy together, you know, you have the individual who, you know, like you said, the individual getting in touch with themselves. But then that's even more powerful.

That individual can move collectively with other individuals, can drop their, you know, their ego or whatever it needs to be. There needs to happen for that to happen.

That's that's where the magic begins to happen, you know, and like, you know, it's interesting because when we started the first rat test, we would start, you know, clapping for doctors, you know, that was their thing.

You know, they never had that before. If people other people have been to science events, they're looking over at. Yeah, I've been encouraging that. Yeah. Clap for these guys.

And so, so later on as that began to develop, now you'll see about work like this now Rat Fest. You hear that every time somebody you know by the first reference is like you hear about, you know, 30 people in the crowd maybe go, you know, and then start getting contagious.

But then the doctors that come and go, oh, wow, thank you so much. I felt like I was on an island by myself. Out there we see these two doctors. You know, I've gotten to know that you're human, you know. Yes.

I don't know if you know that. But you know, but but, that is you know, sometimes people put them outside themselves or they feel like they're isolated sometimes because of what they're doing.

That's true. And, but now it's like that. So that energy when like I say, it's about that energy again flowing together. And it brings out the best of all of us. It really does.

And I know we're just about to wrap up, but I want to bring up one final point, because you were saying, hey, when we have that container that creates such enthusiasm and collaboration, we also see the ego drop down and you

give prompts to your doctors to say, hey, go out and really share what's on your heart, right?

You know, and and this is a place that all is welcome. And we're not here to kind of, you know, break another one down. Here's what's really important about that.

Let's go back to this quantum leap, phenomena is that oftentimes we only take the baby steps because we are fearful of having to justify why I want something different than what my neighbor, my family, my friend, my coworkers want.

That's true. And justification is the single greatest factor that keeps us, individually and collectively from making these quantum leap. Right? Because it's just so hard sometimes and so uncomfortable.

And so I think the last thing I'd love to just drop into our conversation is to invite our listening audience to know that it is okay to want what you want to meet yourself, and whether it feels good.

What you're hearing Jim say about immortality, whether it feels good about to saying, I just want to play the what if imaginary game and think maybe I could live a few more years just without, like, being like my grandparents.

Like it's wherever you want to meet yourself. You get to want what you want in any aspect of your life. And and that is when things will radically begin to shift.

Because we get to feel so comfortable in knowing that we're allowed to have it. Yeah, I like that. Yeah, I want everybody to know along with that. And I think that's what you're saying too, is that, it's innately and all of us to want to live is okay.

Yes. It's okay to feel that. And what a what a level and cultivate that as a, as innately and as we always, as a human race, have sought immortality. Okay. Or a long.

Well that's lie. Why? Because it's innately in us. And now we're at the place that we're going to where we're at. We're at this era now. There's a whole new future for us, and it's okay to let that to feel that, you know, like you said, along with that, and closing, I think we ran out right here is that I want to say that, the that's the mission of the coalition, is to spread this great information and inspiration, of unlimited life throughout the world.

And to that, I think it's going to be a, I know already it's going to be an integrating factor for all human beings. It has no, it has no color. It has no prejudice or ethnic background.

It's for everybody. And this is for the first time, I think, also, know this as a, as a, you know, bold statement, but I'll say I think it's their biggest opportunity to really have what we all desire, peace on this planet because it's going to raise the value of human life.

It has no prejudice in it. Yeah. You know, it's just it's just about pure life, okay. And this is what we haven't had this, this, this, this magnitude, this, this passion, this virtue for pure life.

That's that's in us. Yeah. And and this is why I think that we battle each other because we feel unfulfilled in that, and we feel this, this is a death program that we play out.

But now I want people to feel as they're hearing this, that they can, you know, begin to play out life and begin to feel. And it what? Dismiss. Look, I had my own experiences.

They were dismissed a lot of the, trauma, a lot of resentful ness. I've had people come up to me and go, oh, wow. Other resentment has left me that I had, some women around men or men around women or or other circumstances and, and so it's a it's amazing.

It's amazing what we have in us that we haven't tapped into that that's there's cry for life in us. And it's a, it's a fulfillment of the ages. It's, you know, like I said, a primal scream.

And I sit with that and we're here now at this time to begin to enjoy the unfolding. I'm so I feel so fortunate, you know, and blessed to be here with you now and and to be taking this to everybody to be in this era, right.

To be able to feel this, you know, that that we're feeling, we are like the, you know, like the Roger Bannister so that we that we that we actually can see this, you know, we have run that for a minute mile yet.

We haven't we haven't broke that in. But to even have the feeling of this now, I mean, he must have felt imagine that he must have felt in his body, absolute, because he just kept going at it.

And this is one of the examples of many. But it must have felt like, wow, he could really see himself and feel himself doing that. Yeah. And eventually he did the impossible.

And he did not explode. No, he did not explode. And so there we go. We can make the impossible possible. We can want more aliveness. And as we round this out today, I want to say thank you so much.

Thank you. What a great way to kick off the year. So hopefully as we close out today's episode, you are feeling the call for greater aliveness to feel have full permission within yourself to bigger dream, a bigger dream for yourself, for humanity, for your own health, your own vitality, your own abundance.

This is going to be a phenomenal year. Each day moving forward is just going to keep getting better and better and better. Thank you so much for being here today.

And to the coalition and to this, exciting, you know, format here. I can't wait to bring out incredible voices week after week. Thank you for this time.

And I want to just tell everybody that everyone matters. Yeah. Everyone matters. And I want you. I want your life. So I hope today's, this this broadcast is going to give you a new inspiration, your person to hear that and to go for it, I love it.

Thank you and thanks, everyone for listening. Until next week, be well. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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