Opening and Speaker Introduction

When it comes down to the fasting, I'm gonna do the fast and I'll do water fast, which to me is water, little bit of sea salt, lemon or lime, and charcoal, safer than any other detoxification agent in the world.

And that's why I am such a fan of it. Charcoal, by the way, is number one in animal studies for longevity, period, end of story. That's been known for decades.

This is Dr. Talks. Well, welcome back to the Medicine of Mindset virtual stage, everyone. It's Jana back here, your host for this entire week of amazing speakers that are reminding you that medicine, true medicine does come from this amazing planet that we are on and our own bodies, our minds.

We just sometimes need a little tap on the shoulder to be reminded of that. Our next speaker is perfectly positioned to help us through this new information gathering from this week.

And so I'd love to introduce David Wolf to you. David is the rock star and Indiana Jones of the superfood and longevity multiverse, which I just think that first sentence of his bio is like, you could just like it's a drop the mic moment.

Let's just stop there. But I am going to tell you that His social media posts, his education and inspiration reach millions of people every single week and we'll make sure at the end to help you understand how you can become connected to him and his community so that you could be receiving this information as well.

He's got over 28 years of dedicated experience and this gentleman has hosted nearly 3,000 Live health events. So he has been in service to humanity in a really major way.

He has led the environmental charge for radiant health via a positive mental attitude, eco-community building, living spring water, and the best ever quality organic foods, wild foods juices and herbs.

Lovingly known as David Avocado Wolf, he is the visionary founder and president of the non-profit The Fruit Tree Planting Foundation charity, And this mission is amazing.

The mission to plant 18 billion fruit, nut, and medicinal trees on this planet that we call home. David, welcome to the Medicine of Mindset Summit. Thank you so much for having me, Jana.

And I'm excited to be here. All right. Okay. Let me just make sure everything's working. It looks like it is. We're going to have some fun. I think we're gonna be able to condense some really important topics and make it useful for people in the next 45 minutes to an hour that we are sharing together.

I love it. I loved it so much. So let's get rooted into this conversation. We read your official bio, but maybe before we get into some of the nitty gritty education and inspiration that you're going to offer us today, can you help us understand what were some those pivotal moments or those gifts in your life that brought you on this path to becoming an expert in the area of health, wellness, superfoods, herbs?

Both my parents are medical doctors and I think that's probably the best place to start. I grew up in it. And I was completely immersed in all my life.

Eventually my mom got out of it, but my dad stayed with it and he's still going at it even today. He's retired, he is always there helping doctors, talking to doctors.

Strategizing about different types of emergency care. So I, I grow up it it so I saw the good, the bad and the ugly. And the good is, is like, my dad's really one of the great people in that field because he spent so many years stitching people back up.

So he knows every emergency surgery and you're dealing with mainstream medicine and the ability to deal with a crisis. They really got a handle on that strategy of, you know, how do we stabilize the patient?

How do get them? So they're not losing blood, that kind of stuff. But when it comes to long-term strategies for longevity, for example, or just being healthy or immune system, that profession is completely out to lunch.

Health Background and Nutrition Foundations

Let's just be totally honest and clear. And so that's where I step in. I'm a nutritionist. That's why I became a nutricionist because I'm kind of naturally designed to be a doctor, you know, coming from that, my family and, family beyond them that are doctors and in that field, but you can't really do it without nutrition.

You just really can. Nutrition is kind the core of the way we take from the outside and internalize it and make it the inside. It's that whole relationship with the earth itself.

And I love how you have positioned that because we are living in a society right now where, you know, two years ago, our governments told us that, my business, a health and wellness facility, an integrated health therapies clinic, we have to shut our doors, but yet liquor board stores and fast food drive-throughs were open, right?

And so I want to go there. Let's start with what have we forgotten about what mother earth supplies to us. I want you to touch specifically on superfoods, super herbs, and I wanna have a bit of a conversation around medicinal mushrooms because I feel like it's becoming more mainstream.

Some may seem it is trendy. And I feel like our audience may be looking to experiences like this week, the Medicine and Mindset Summit to gather information, to navigate what they're Googling to see what really is the truth behind these ideas of nutrition.

Okay. Thanks for that. There's so much to be said about nutrition, it's definitely more important, nutrition is more the younger that you are. And when you're growing and building a body, you've got to have the best nutrition possible.

So the first message about nutrition is if you have children, young children sacrifice for their quality, make, suck it up and get them the most quality food you can because as life goes on, You don't need all that food.

You're already constructed, already built out. But a young child, they need all that food and they needed to have a good range and variety of foods. Now, in saying that, all civilizations had selected the top and most appropriate superfoods and super herbs for their region where they were.

And they did that kind of automatically because once you start living in a civilization and everyone's bundled up together, You got to have a medicine strategy and they would just take their ancient wisdom, for example, medicinal mushrooms and the immune system.

Those two go together and medicinal. Mushrooms are tree mushrooms. They're mushrooms that grow out of trees and there are almost no toxic medicinal, mushrooms in the world in sense of no, toxic polypores.

There's a couple of exceptions in the world. There is a yellow one in Australia, for example, that's toxic. But if you find a mushroom or a bracket mushroom, or growth coming off a tree and you look at the bottom of it and it's got pores, you can be rest assured that it is going to be a medicine.

Now, what I'm getting at is that every civilization and society has picked these things out as their natural medicine system. And that is what we're talking about.

Big Pharma basically came in and said, oh, we'll take these kinds of leads and we use those leads, and well just kind of synthesize our own things. And it never really works quite the same as the way nature does it.

It's called side effects. So Big Pharm's medicine has side-effects. Mother Nature's Medicine does not, or at least if

you use it appropriately. What I got into and what I teach people to do is how to bring these things in for your region, your ecosystem, the top superfoods and super herbs for you ecosystem historically.

And then make that part of your life and just make it a regular part. So you can build what my teacher taught me, which is a health beyond danger. You're not going to get sick.

There's no cough, cold, fever, flu, any of that stuff. This is not gonna happen because you are so healthy on the inside and. Another part of it is not only getting your tissue healthy and getting the right nutrients in, but making sure there's no stowaways on board or, um, unwanted guests or your uncle and wife beater that just won't get off the couch, otherwise known as parasites.

And we have to get the parasites out. That's another very important piece of this puzzle. and I found my, my teacher told me 28 years ago. If you get all the parasites out of your system, you can't get a cough, cold, flu or fever.

Now I've been experimenting with that for 28 years and I'm going to tell you that I think that's correct. So where do we, I mean, there's a lot there.

Like, yeah, like the super food world is plenty. And I just wanna make sure that our audience understand, like, is there, and I know we're all individuals, I understand that, we all have our own, you know, fingerprint on this earth, but where, Is there a general starting point?

I mean, You talked about parasites as, kind of, that's really important. If someone was just starting to dabble in this world of super foods and super herbs, it's there are one size fits all that they could at least start with just one thing that would start to address Some of what I believe is plaguing humanity these days.

Geez. I mean, it's different for every person because we're all coming from different backgrounds and we are coming into this with a different perspective and what we understand, what don't understand.

So for example, like if I had to say like one food, I'd say, you know what, grapefruit in the morning. Let's go with that. Grapefruit In the Morning. The medicinal value of grapefruits is astounding.

That's why they tell you, by the way, don' have grape fruit with medication because the grape fruits will neutralize it. That's how powerful grapefruit is.

So you always have to keep it separate from, let's say you're on some kind of medication where you got to, that's gotta be separate and grape fruit. That just popped up for me recently.

I was like, yeah, I need to talk about grapefruits more because I'm a citrus grower. It's near and dear to my heart. Lemons, limes, grapefruits, oranges, anything in the citrus family is just so epic and so amazing.

And wouldn't it like, I'm drinking it right now.

Superfoods, Herbs, and Medicinal Mushrooms

You know, always have lemon juice, lime juice and wild orange juice. We've got wild oranges down here in Texas. and it's fascinating, you know what's just what going on with citrus wildly in many ecosystems around the world, including this one.

Shocking discoveries. Now, what we have to do to get these super foods and super herbs into our diet is, just pick what makes sense to us. That's the very first step is like, look, if I gave you a million different things and through the whole book at you, you know, most people are going to be like this is too much, what am I going do?

So we have to start with what we what makes sense to us. So, for example, let's say you're like medicinal mushrooms. I can keep these capsules in my purse.

I'm going to take, you know, that guy on that show said, take eight or nine of them, nine capsules, eight, or, not two, one or two take 8 or 9 and really feel it.

And then, You know you try that out and you're like, Whoa, I really felt that. Then you start into it and then it begins. So then you might want to play around with like Hey, instead of encapsulated, why not just bulk powders?

Then You could just shove them into smoothies or put them in the food or that kind of thing. You can do that now with medicinal mushrooms. you can get them all as a powder, all mixed together and it tastes good.

So no argument there real easy and I go to medicinal mushrooms first because to me it's one of the great Discoveries of our time. It's like we had to categorize like what is the best category of herbs super herbs in this case for humanity This is this is it the medicinal Mushrooms are it because they're food for your immune system and they transform your system permanently I mean, I'm on 20 years of taking massive doses of medicinal mushrooms.

I am telling you, it's like you're not going to get cough, cold, flus, fevers, all that other stuff. Your immune system gets educated. Let's put it that way.

Okay, so I want to ask what do you, what would you say to those people that are like medicinal mushrooms? Like is that, you know, is the, Is that a psychedelic?

Am I going to be, and you what, What do we need to re-educated about medicinal mushroom when it comes to maybe some I don't know if we're going to change personal beliefs or not here on this episode, but I feel like there are people who just would be like, no, that makes me think of like the 1960s and I'm just not going go there.

What needs to be dialed in about really the value? Okay. So medicinal mushrooms and mushrooms in general, that's a vast category of life forms on earth.

Massive. And there are kings and queens in that category. There's things that are at the top. Rishi mushroom, for example, is the queen of the medicinal mushroom and Chaga is king of medicinal of mushrooms.

and there's many deep reasons for that. Not only the surface. I went around and got this. Oh, good. Okay. So let's just talk about like, you know, Chaga, king of the medicinal mushrooms.

There's so much stuff about Chagas. I wrote the book on Chagar. there's, so many things I've observed about it over the years that has taught me like whoa, this thing might be running the whole forest.

And we can get into a whole conversation about that. These are not magic mushrooms. these are beyond that level. This are things that have to have an overt psychoactive effect on you.

It's beyond. They have what we call a shin stabilization. Property, which means that they tend to bring you back to center, essentially emotional center mental center.

They're really good. If you're about taking an exam or, you know, You need to be totally focused and you need some magic there with you. And they have all the magic of the mushroom kingdom or queendom.

but none of it's not psychoactive. And they're very interesting because they not only nourish you from a direct perspective, minerals, nutrients, even vitamins, but they also have very strong and interesting bitter alkaloids that are essentially like triterpenes.

So they are very essential oil-like and they don't taste really good, and then they have this whole other end, which is the flavorless, mostly polysaccharides, which is the sugars that are in these medicinal mushrooms.

That's like the real modulating factor about them that changes your immunity over time and smartens your immune up. So I do want to say that too, they're dual directional, Which means that if your system's overreacting for some

reason, like an autoimmune problem, it brings it back down.

Rishi and the top 20 mushrooms are like that. And Chaga and all of those lines, Maine, et cetera. And then if your immune system is like not really kicking on, it's like, you don't have, if you have low chi and you're trying to get your system to kick on because you know, just went through 10 airports, the medicinal mushrooms again, also they're useful for that because they have an immediate and fast acting component.

And it just depends on what fits your lifestyle. For me, I like capsules because I'm traveling in airports a lot. So it's easy. Like sprays. Sprays are easy, you can spray.

It's. Easy. I liked tinctures because it was just a liquid. You'll never find me without all kinds of tinkers. all around me all the time, mostly of medicinal mushrooms, but not always.

And those are kind of fun because you can just, you drink them. They've got a little bit of alcohol in them, not a significant amount. You get those effects without having to digest a whole lot of food.

So the herbalism has to do with medicine without calories. Superfoods has do do medicine and calories! Okay. Okay, all right. And earlier you talked about as parents sacrificing a little bit of our nutrition for our kids.

Does this apply to children as well? Yeah. Well, the medicinal mushrooms are great for kids. And I've known, like, for example, one of my best friends who, who somehow we were still working together after, geez, we started together in 2006. So how long is that?

That's been a long time. Anyway, all the days of her pregnancy, Chaga tea, her, both her two boys, their first drinks that weren't mother's milk or water and Chagatea.

It's still a staple in their house. You know, it's, they're that they are anti-toxic. They're anti toxic. That is what's amazing about the medicinal mushrooms.

And that's why I go to that category first. Another thing, another reason why go tell me is because most of the medical mushrooms are tree mushrooms, therefore they're starting to get us to understand things about trees.

Trees are important for many reasons, not just because they sequester carbon or not, just cause they help produce oxygen for us. But there's so many things they are doing in the ecosystem.

They're bringing the water table up. Mycelium or the mushroom that is built into the tree comes out a lot of times when the Tree dies or when The tree is injured and that what comes Out is the medicinal mushroom.

It's already there. That's part of the trees immune system already. it's Already there Okay, that's cool. Now you mentioned did you literally write the book on childlike?

Do you have ideas? Yeah, okay. All right. And so what is that book called? It's called Chaga, King of the Medicinal Mushrooms. Amazing. All right, everyone.

Chagas, king of medicinal mushrooms. Maybe add that to your at-home resource library. David, this has been great. I want to shift gears a little bit. Or maybe we're not shifting gears.

What is Jing? Can you help us understand that concept? Americans and westerners, I would say westerns in general have trouble with Jing. That's why it's a very important lesson for western people.

Westerners typically have other categories of Taoism that are discussed. So for example, Jing is a treasure in Taoist. It's considered a treasurer. Something you treasure and that you love and you nourish and build up.

There are other ones. Another one that's very common and we all have heard the term before is Qi. Qi is a treasure that we nourish. So like the example I was giving earlier, Qi, is how you mobilize your immune system instantly.

That's your Qi. Qi's how your mobilize energy, like, the first five seconds of your mixed martial arts bout, right? That is Qi! Qing is long-term energy.

It's endurance. It's the ability to endure. It is the Ability to outlast everybody else. That's a Jing phenomenon. Now, the Taoists who originated the system.

So there's Qi, there is Jing. There's also Shen, which is like your aura, your charisma. that's another treasure that you nourish. there Is blood. And then another one is your willpower.

It's another treasure that you work on. But of all these, Jing is most important for Westerners because we're kind of like the Jim Morrison archetype, like, you know, rock, sex, drugs and rock and roll, but then, the dude was dead at 27. That's Jing, that's a problem with Jing.

You want that Jing coming back and helping you reach 80, 90, 100, 110 years of age and have flexibility and your brain power and everything working when you're 100 rather than barely crossing the finish line.

Hmm. So are we born with it or do we nurture it based on lifestyle and environment? Okay. Yeah. And that's good. That's the next thing I was going to say is the Taoist system was set on this idea that you're set up with a certain amount when you were born.

It depends on your genetics and where you are born, how you born that kind of thing. But you can increase it or you decrease it. You can also leak it, they call it jing leakage.

If you want to nourish it and build it up, then there's certain things you wanna do. And one of them is be natural. So for example, barefoot on the earth, outdoors in cold weather without so many clothes on, like be exposed to the elements, cold dipping, getting into cold water, swimming.

walking on the earth in all weather conditions and being available to any situation that the atmosphere throws at you because that's our natural state.

And this was what helps to nourish Jing. There's also a whole category of foods that nourished Jing, which are black foods. So foods, that are Black and super foods and Super Herbs that Are Black.

And then there's additional add-ons of things that are really good for Jing, for example, Shizandra berry. Shazandra berries are red berry, but you know, it's really, and it has this Jing property that should indicate that the berry should be black, which it does kind of turn black as it dries.

So there is some element of it there. When we're dealing with the medicinal mushrooms, It's real easy. Cause you look at Rishi and you go, its red. Okay.

And so that's going to be your Chi herb. And you look at Chagan, it's black. That's gonna be you Jing herb, like that. Okay, and so I was trying to, as you said, black foods.

I said black food. The only thing that came to mind from the vegetable world was black beans. So besides mushrooms, what are, I can't think of other black Well, it's, you know, what's interesting is it, I'm a vegetarian, but let's say you're somebody who's a meat eater.

We always want the brown fat. Basically we want it even in our bodies to develop brown fats. That's the fat that's healthiest fat, that helps you adapt to the cold really quickly.

So if you were suddenly thrown in ice cold water, You can survive it. Right. And that what people are developing when they're doing these cold-water plunges.

so it is interesting that it turns brown. The fat turns you brown and this is true of all muscle or meats is that they go darker if they are healthier.

And so that's something of interest. Why? Okay, so darker the healthier. This is also true of fruits. If you think of something like a blackberry, blackberries are a tremendous nutrition.

They're actually six times more concentrated in antioxidants, six time than blueberries. And blueberries are no slouch. So when you look at it, you start going, oh, okay, like a blackberry, not just the blackberries we're used to, but dark berries like aronias.

Jing, Qi, and the Color System of Foods

Aronia berries are black. And you started to go, Oh, I see why that's important. Then you realize, when I was a kid, it was the Black Apples that survived all the way through the winter that could be stored all winter.

There's a reason for that because they're black. And it goes on like this. See, the Daoists had connected it to a color. Once you've got that, then everything becomes so much easier than trying to count calories and figure this out and that out.

How are you going to balance it all out? Just go by the color? Okay. We're going come back to those colors, but I have a question about cacao. Is that considered a black food?

Yes. I mean, well, cacao is brown, black. Well, let's look at it. Why don't we look out? I have some cacow beans right here on my desk. What do you know?

So boom, these are from the big Island and it was just a big volcanic eruption on the Big Island, Mauna Loa. And let see what we got in here. Okay. I'm spelling this out.

Oh yeah. Okay. So you can see it's black, purple, and brown. Now what's Black? Well, Black is Jing. What's purple? That's a protector and defense of your central nervous system and gut nervous.

Of your nerves, essentially. It's an nerve protector, that color. And then brown is a laxative. That a pretty good combination. You've got black brown and purple.

and that's why I consider one of the top superfoods in the world to be Cacao or chocolate itself. And this is again, the food that all chocolate is made of.

You can see these beans right in here would make about probably two chocolate bars, maybe three, if we were lucky. So when we're at the, like, we'll gonna go there into chocolate.

When we are at a grocery store. We want the highest percentage of cacao. Are we looking at the label for anything more than that? Because I know one of the things that my husband does is uses genetic fingerprinting to help understand the life cycle of food we eat, right?

We know that over 40% of our food is counterfeit. So do we get caught up in saying like, oh, this is 95% cacao, I'm going to put it in my cart? Or what should we look for when we flip over that chocolate bar to see, you know, in the fine print?

Can you help us understand that? No soy lecithin. That's a genetically modified ingredient that sneaks in because most soy today is genetically-modified.

I always recommend if you're going to have leccithine in a chocolate bar, it should be sunflower lecinthine or organic sunflower, which is ideal. They use that as a creaminess agent.

I have some theories about that. I've been a chocolatier for about 20 years, so I had some. Theories about why they use lecithin in general, but it generally centers around, they're covering up mistakes caused by roasting the bean, which causes sharp, bitter elements to come out in the flavor.

And that's my personal take on it. If you don't roast the beans and you, you basically grind them like those beans are those, those have never been roasted and your grind into a chocolate bar like that, it's completely smooth all the way through the flavour.

There's no need for a leccithen. Hey, do you have like a chocolate bar line? Yeah. Well, I do. Yes. Our chocolate factory is in Florida now. We just moved it down to Florida.

What's it called? Sacred Chocolate. Sacred chocolate. Okay. So we are living in Mexico now, so so much I need to use like my family members coming to visit me as my mules so that I can get some of this Really great stuff.

So sacred chocolate, thank you for sharing that. And so you touched on brown, you've touched, on purple, You've touch on black foods. You mentioned red for, can we go through some of the other colors and you know, complete, whether this is a rainbow or like a kaleidoscope, what else, like what are the yellows and the reds, and and oranges?

And is this truly like the colors of The Seven Chakras that we're looking at? Sure, they're related. The colors are never escapable. It's the most obvious thing in all of nature, the colors of everything.

That's why we studied it last. Humanity does everything almost, it seems, in reverse. If I was going to look at anything in our world and be like, okay, what's most important thing Spirulina, for example.

The very first thing is I go to the blue and green pigments that are in there and study that first. It would be obvious, but rarely does that ever happen in the food biz.

So let's get into it. Blue is throat chakra and it has to do with being able to bring what's from the very inside of yourself out. So for example, blue colors are noted in bone.

You think, no, bones are white. But if you really look, if ever seen a compound fracture with the bones out of the skin, or you ever see somebody really injured like that, the bone does have a blue tint to it.

There's no question about that. And so to me, that's really the power of blue. Now blue is by far the hardest pigment for nature to make. That's why nature almost always fakes it, mother nature will fake it and so the sky isn't blue because there's a pigment in the skies, it's blue, because it is a color refraction.

The water is blue, not because there's a blue pigment in the water. It's because it's refracting. Whenever we're standing in light and we are looking into darkness, the color will just refract to blue.

That's the way this place is constructed. When we were in darkness and were looking in to light, that color would refract red. And blues are so difficult for nature to make because there's highly symmetrical, highly energetic molecules, Highly organized.

And so you'll see them, for example, like in spirulina, the blue pigment of spirullina which is called phycocyanin is one of my favorites ever of any of those kinds of things.

and it's a true blue substance. If you look at the molecular structure of it, you go, Oh, I got it. Now I see that it's something unusual, very strange.

And we could say that of every blue pigment. There's only, I think I've totaled up about definitely less than 20 in the world. Less than twenty. To give you a contrast, there's tens of thousands of yellow pigments.

So blue is about enunciating what's within and bringing it out. Yellow has to do with tissue building and tissue repair. So that's like folate, right?

It's yellow, it's basically tissue building, tissue repair. It has to do, Wilhelm Reich had a great term for that, he called it bions. And yellow wood, for example, is really rich in bioms.

it has the great precursors for growth. I'm thinking of my favorite yellowwood, which is a local wood down here in Texas called the Osage orange or the hedge apple.

It's the bow and arrow plant down here or tree and the wood is renowned all over the world. It is a lovely wood and it's yellow. And it speaks to the vigor and vitality of this tree.

Its rich in bions. Yellows are very rich like that. They're rich substances in potential. And a big, a yellow pigment, by the way, one that's got a lot of press lately is quercetin.

Quercetin's has got lot pressed lately and it's a Yellow pigment. And I have studied it for years as a YELLOW pigment and I can tell you it is one of the most interesting molecules in all of nature.

It's in every single food I ever looked at. I never was able to find a single FOOD in the world, or single plant, I'll say that, not an animal, but in a SINGLE plant in world that did not contain quersetin, they all contain Quersitin.

And so earlier in our conversation, you talked about grapefruit in the morning. Is there, are there other little tricks like that around timing of the day?

Like I had one of our speakers talk about the magic of morning, right? That if you want to, if can win the mourning, You set yourself up to win day of these pigments and how we know they support the body and the mind and our immunity and you know, on and on, and, Are there strategies, like simple strategies around timing of the day with when we take these in?

Definitely. The morning is a break fast. So go easy on yourself. I've always been a type of person who, you know, when I was younger was like, five pancakes and, French toast and all that.

And then when it got into the health world as a real commitment. 28, 30 years ago, I went to no breakfasts in the morning. So I drink lots of water. I'm drinking water right now.

This is Shilajit tea right here, and this is water over here. And basically I've tried to skate as long into the day as I can without eating something.

and I noticed that that really sets me up for success. It makes the, you know, if I don't have anything in my body, my, body functions way better. And I'm maybe different than others in that way.

And maybe it's because of my age, for sure. Definitely when I was younger, I could handle eating anytime, didn't matter how much, any of those things.

But now it a lot different. So I find that fasting. and eating less is really the way to get more. And that you set that up by just that long morning fast.

So you fasted all night when you slept and then you try to stretch it out an hour, two hours, three hours five hours 10 hours whatever you can do. Then when actually break the fast, you go to a smoothie.

You go fruit, grapefruit, go something that's simple and light. Tell me your perspective on single ingredient foods. Love it. Mono diet. We live that way for years.

I mean, we didn't just talk about diet and lifestyle. we, I'm a wild mushroom forager. became that because that's the only way I could really understand these medicinal mushrooms.

And what that does to you is just outrageous. mono diet, what does that do is outrageous when you get back to like original food of like, okay, We couldn't have had all these things mixed together even a hundred years ago.

So how did people eat back then? What was happening mostly was they would just pick one thing like, okay, I'm going to eat, like I am reading a book on Quanah Parker right now is a famous Comanche and the Comanches ate

buffalo.

That was their thing. And so every meal was buffalo something. It was Buffalo this or Buffalo that, Buffalo, this, buffalo that. And that was the center of their diet.

And so that made sense in that context. That's kind of how it is in our world. It's like, there's going to be one thing that's local, it's native to where you are.

and that the thing you should focus on, not too much complexity. So let's touch base. This has been amazing information, David, and I want to loop back to, we've talked about how nourishes our body.

But what about our mind? We are here at the Medicine and Mindset Summit. Help us understand when we are fueling with these colorful foods, when maybe even dip our toe in fasting and getting in more.

You talk about living water, which I do want to get your definition on what that means. Because someone might be like, well, isn't all water living? And I would probably say no.

But how does this lifestyle, understanding this, start to impact our mindset?

Chocolate, Timing, and Living Water

I've done many, just this, this is what came up immediately. Cause again, I'm a citrus grower and I love citrus fruits. I'd done. Many water fasts without citrus fruit.

And I have done, many with to see if there's a difference and it's an energetic difference. It really, it is really interesting. Its an emotional difference, its a mental difference, and its, a vibrational difference. And when you have this citrus, fruit in there, and of course we use no sugar.

So we used lemons, limes and wild oranges. Wild oranges in these parts have no, sugar, Citrus trifoliata, check that out, everybody. Anyway, what you find out is that these are there in our water, for example, it's a vibrational thing.

They brighten you up, they brighten, citrus is bright, its sunny, It's happy. Fruit in general is happy and this is when people go totally off, you know, They flip from one thing to the next thing and they just go Totally off the deep end on like, oh, now I don't eat fruit ever.

I Don't need any sugar, any of that. It' like okay, do that for a while. Maybe you need to have that experiment. But you also need to know, and you should be aware of fruit is very happy.

It makes you happy, it makes it easier to feel happy is also about abundance, right? When you're picking, for example, I'm thinking of my plum tree. He has thousands of fruits on it every year.

Its abundance. I mean, total abundance of, well, in heaven, its plum crazy out there. And so I can see how, yeah, no, go ahead. The colors are high-frequency emanations.

Yeah. I, there's a term I tell my friend all the time. It's high frequency emanations from nature or something of that nature, spiritual emanation from major high-frequency spiritual eminations for nature.

There we go. And that's kind of what color pigments actually are. Is there high frequency spiritual emanations from Mother Nature, from the creation? So there's something so magical about fresh food.

There's, something's so important about, fresh juices. Or something really powerful about from, the tree to me, directly eating from nature and food that's not been shipped.

And that's why I'm still a wild food forager. And, that why, I am absolutely committed to eating what's growing right

around me. That's good that I like, and there's always a lot everywhere you go.

It's amazing. Tell us a little bit about this, about living water. What is the definition first about Living Water and why is it important? And how do we understand that water coming from a plastic bottle is probably not living?

In two, let's see, geez, it's a long time. It's probably 26 years, 26 or 27 years ago, I did a water fast. with a friend of mine in the desert outside of Las Vegas.

And we got stuck out in a desert. It was a long story, but anyway, we finally got home after four days of water fasting out into the dessert. When you get to that stage, a lot of times you're just like, let's just lay on the floor and read books.

That's all you can do. So I sat there on the floor and read books. And one of the books was about Victor Schauberger, who was the Austrian water wizard.

It was a book that changed my life forever. I've been hunting cold springs ever since on every continent I have ever been to, almost as a daily hobby.

It's the most amazing thing. Wherever there's a spring where water is bubbling out of the earth, there is always some magic going on. There is something inexplicable about it.

Something that shocks you to your core. There's just things that are mysterious about the phenomenon. I mean, for example, a lot of these Springs come up at the highest mountains.

They come out high there. It's high altitude at 7,000 feet. How come they're not coming down at a thousand feet? Isn't gravity pushing everything down that kind of stuff?

And I've just stayed with that mystery. And that's a whole, we do a show just on that side of my personal hobbies, which spring water is a big one. Spring water that comes fresh out of the earth is living water.

it's in the original intent of The Creator. And my old neighbor, God bless his soul, he had a great saying. He said, food and waters of the original intent.

I love that phrase. Oh, that's a cool concept. The original intents. And that is what spring water is. It's the way that the water has been purified by Mother Nature and it's now coming up.

And what a magical thing to drink fresh spring water at the source, wherever you are in the world. And we've created a resource called find a spring.com.

It's a free resource for everybody in. Where you can find the spring that's local to you and go get free water. That's actually living water, it's never been through right angles.

in pipes. It's never been through iron pipes or plastic pipes, or copper pipes and it's original and has the original intent in it. And that, when you drink that fresh from the source, wow.

I've been to even springs that were carbonated naturally. There's one in Iceland that I particularly like. We stopped there quite a bit and, it is like Oklfjaten or something, whatever.

Unclevatn or whatever the name of it, and its carbonate coming out of the earth. Its phenomenal. What an experience. You've mentioned water fast a couple of times and I, you know, we might have members of our audience being like, what does he mean water?

Fast? Like literally just water. Can you give us just the intro to what is a waterfast? Why would you do it? And I'm assuming again that you have resources to help guide someone through that experience.

A water fast is something today that we should do with guidance because we're way more toxic today than we've ever been. Think of Flint, Michigan's water.

Just the carcinogens coming out of automobile exhaust don't even get any press anymore. There's two of the most dangerous carcinogens for breast cancer, for example, not even talked about, you know, so this is why we have to cleanse and detoxify regularly.

And we work towards step-by-step water fasting. We don't want to just water fast like tomorrow because our body's not ready. You have prepare your body and it takes, I've worked out for new people.

It's really about two weeks. you prepare them every single day for two week. So, okay, this day we're doing this. Now we going to do a little bit different today.

Then we are going actually clean up this, we gonna do little less food now. do more liquids and we just work them through a whole process over two weeks and then we get to day 15 and were ready to fast.

And that's really fun. We do that four times a year actually with the public. Anybody can join us. You don't have to pass you can just for example drink juice or maybe you want to do just a strip down liquid diet or something.

But we'll guide you through that too. We just basically take you for all the steps and we do it as a community together and have a lot of fun. It's one of my favorite things in the year and it pushes me every time because when it comes down to the fasting, I'm going to do the fast and I'll do a water fast, which to me is water, a little bit of sea salt, lemon or lime, and charcoal.

Why charcoal charcoal dredges out the toxins in our body better and safer than any other detoxification agent in the world. And that's why I'm such a fan of it.

Charcoal, by the way, is number one in animal studies for longevity period. End of story. That's been known for decades. It's amazing how they never told us that by.

You'll never hear that, but that when I dug into this, like, wait. 25% longer lifespans from feeding these rats charcoal 30% Longer lifestans 33% long or lifestyles even numbers as high as 40%. Long or life spans from one thing.

Which is activated charcoal. And so you can imagine when I've got that download, I was like, Oh, this is my, my jam. Now I'm into the charcoal and there's a whole story about that in Scandinavian mythology that I learned from the Icelanders about the Charcoal itself as a transformative element.

If you think about it, if you look like I spent years with the Tony Robbins is the Jim Rones of the world, the less Browns of world that Mark Victor Hanson's of.

Every one of them, all of him, I did all their shows, everything eventually I was on the stage with them doing the docs too. And what was so cool about that is that I started to feel and sense that, you know, that the missing link of it all, which is.

That you to really be high vibing. You got to be clean on. The inside. You've got to be purified and with the charcoal as a transformative element is, is the best way to get there.

I don't know anything that there's nothing better than that in terms of long-term every day, 500 milligrams of charcoal, just one in the morning. That's it with your water.

And then gradually go to, after a few months of that, you go, let's do a thousand milligrams and just stay there, stay for a year every. Day. and if you start digging into this, You're going to.

Be shocked. I was shocked because essentially the theory that aging is caused by an accumulation of metabolic toxins and metabolic breakdown that finally starts to cause so many fires in your system, inflammation in system

that your body goes, we don't know what to do.

Water Fasting, Charcoal, and Detox

We're trying to deal with this. And that's what's breaking us down. That's been proven repeatedly in activated charcoal longevity studies. just receiving and absorbing.

I'm just intrigued. So you said four times a year, you take your community through a water fast experience where you properly prepare them. That'll be the first day of the cleanse.

Yeah. And then we go two weeks together and then that third week you get to decide because we've done all that prep. Okay. Am I going to try this? Let's try it out.

You go one day on water, maybe two days. Maybe you do a week with me and it's all online and we're all together. We're chatting together in a chat group all day.

It's phenomenal. And what's powerful about that is, it's everybody together is a much easier energy. It's amazing how different it is when everybody's on the same page.

Okay. I want to help everyone understand that where would someone go to get, if they're like, I'm in, like this is inspiring me, where will they go and get signed up for that?

You could go frequencylifestyle.org. Frequencyliffestyle dot org. Gang, if you are watching this after the 25th, If they're a couple days in David, do you think it's still okay for them to join or should they wait until the next go around so they can truly have a day one with you?

It's, you know, it's really the individual's own choice. I've found over the years that people have come in late, pulled it off, pull it together, did really well.

So I don't ever tell people like, Hey, just because you're late you are barred. No, because I have had experience of people who really crushed it, even though they came in two days late.

If you committed and you come three days later, no worries. We're just going to keep going. know, this whole process isn't really a two-week process. It's not really, a three- week process, it's really like 31 and a half days because just to get going and then the mistakes you make and it was like, oh, I shouldn't eat that food or oh my God, ate this and I'm doing the cleanse.

And then, the next morning starts over, you're like okay, i'm resetting, getting back on the horse. Then, by the time we get to the water fast, for example, or we're till, all liquid diet, Then you start to like, you'd start, to settle into it.

You start and go, okay, I can do this. I got this, and then you'll start. To be able to do it with other things happening, picking up the kids, going to deal with a bill that you didn't pay, whatever it is that goes on in your life.

you can also do that too. If you just take it slow and step by step, by, step you started to build these skills up. And that's why I keep doing them because I need to learn these schools as much as anybody, but I think mostly it's a public service and it a service around.

dealing with the insane amounts of toxicity in our environment and in us, what we can do about it. And then we start vibing higher. That's the facts. You cannot be in a low vibe like doom and gloom report when you're fasting on water on day seven.

It's not happening. Sorry. Your vibbing. For me, I'm in my peak health, peak state of mind, state a focus. peak level of fun. It's like, it's the thing actually, you know, this is interesting.

I loved partying when I was a kid, I love going out drinking beers with my friends and you, know smoking a little bit

of this or that with all that stuff.

The best thing by far for you and that is the most incredible way to party is to actually do nothing, which is fasting. Everything goes into like euphoria.

Once you're clean cleaned out, of course, and just feel you feel at the top of your game. And what an amazing thing that is because so many people in our world, right?

In our peak performance world trying to get us in that peak perform state. I finally found for me, I know what it is. It's basically day seven of that water fast, day eight of the water, fast day nine of water.

Fast. Crushing it. 23 hours of work and then sleep an hour. No kidding. Wow. Okay. All right. Well, for our audience, I am in. So if you want to join me in David's community for this experience, please, consider heading over to Frequency Lifestyle now.

It's a game changer. Super fun too. I'm telling you. People, by the way, they keep coming back. We've got people who've done, there's one gal who's done I think 14 of these with me.

You're so amazing that you're staying with it. Cool, all right, let's do it! Absolutely. Okay, this has been fantastic. I want to get one more question in around your own personal mindset toolbox.

Can you share one or two of your non-negotiables when it comes to nurturing your mindset with us? Okay, good one. Number one is I don't do depression.

Don't it. Never have, never will. Emotions are things you do. You create them by things that you're doing. So I never have done it and won't be doing it in the future.

Another one, and this kind of arose from somehow in my childhood with my friends and somehow it came out of that world. I'm not really sure exactly who came up with it, but it's the idea of the best day ever.

Today is the best day ever, which is really all we got. If today's not going to be the Best Day Ever, it's never coming. It better be today. And that philosophy has been with me since I was a teenager and it is a really powerful one.

You feel listless, you feel concerned, You Feel Worry, no problem. Just say to yourself, today is The Best day Ever. Today Is The best Day ever. today Is the BEST day EVER.

TODAY IS THE BESST DAY EVER and soon it will be. I knew that this conversation with you was going to, like I said, meander. I know we're gonna, you know, cross a lot of roads and got a lotta vibes and things like that.

Mindset, Daily Practices, and Closing Remarks

And I just am so in awe of your ability to take what you disseminated to your audience in a way that is accessible, no pun intended digestible and inspirational because we, I think we need that these days.

I can be very easily overwhelmed and we live in this immediacy of an Instagram feed where everyone else's lives feels like exponentially more important or more juicier than our own.

And David, you've really brought us down to some basic fundamentals today around the colour of our food, the concepts of jing, how we understand the resources for findaspring.com.

To the audience that's watching here with us today or this week, I want you to understand that if there is just one thing you can take out of this conversation, it is going to fundamentally change.

Is it one day or day one? And there's so many day-one you know gems here that you can pull. So I want to thank

you so much from the bottom of my heart for being here.

You gave us a few ways we can get in touch with you. Frequency Lifestyle was one of them. Is there any other place if someone wants to follow you on socials where can they find you?

David avocado Wolf on Instagram and Facebook, David Avocado Wolf, and let's see David Wolf. On Twitter, which is total. I do them all differently. And that's that, by the way, I'm very controversial in that way.

Like I did Twitter completely different from Facebook. Oh, there we go. Okay. Just say you're back now. Say that again. I do all my social media differently and I have always done that.

And just some instinct inside of me told, told me to do that from the very beginning. So I had her handle Twitter completely different than Facebook, completely, different from Instagram, complete different, from telegram completely from say YouTube or bit shoot or Odyssey.

and the reason why I did that is because each platform attracts different types of people and it's really important to know what kind of. People are there so you can speak to them in a way that they're there to be spoken to in that way.

Right. Twitter's very political. Facebook's, very much human interest stories. Instagram is very like, like brilliant and bright and showy and great for good pictures.

And so you just go, you've got to morph with that. So for everyone who's like an entrepreneur and you're like how do I do social media? I'm telling you, and I've mastered social media.

I, if I want to, I can blow social out of the water. If that's what my main focus was based on the, since 2008, when I joined social medians and started into this.

And I'll tell you a big tip, do them all differently. Don't use Hootsuite or things and just copy it all to the same thing. Different audiences, different engagement.

and people want know that you're actually responding to those different audiences uniquely with it. Not some like pattern you use on all social. It's all good.

Thank you so much again. Stay connected, stay healthy, and join us next time on Doctor Talks. Real talks from real doctors on the issues that matter to you most.