Introduction and Speaker Bio

– Well, welcome back to the medicine of mindset virtual stage everyone, it's Jonah 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 own minds, we just sometimes need a little tap on the shoulder to be reminded of that. So 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 Wolfe 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 um 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 in his community so that you can be receiving this information as well. He's got over 28 years of dedicated experience and this gentleman has hosted nearly 3000 live health events. So he has been in service to humanity um in a really major way. He has led the environmental charge for radiant health via 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 Wolfe.

He is a visionary founder and president of the nonprofit, 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 Jenna and I'm excited to be here. Alright, okay. Let me just make sure everything's working.

Looks like it is. We're gonna have some fun and uh, I think we're gonna be able to condense some really important topics, make it useful for people in the next 45 minutes to an hour that we're sharing together.

– I love it. I love it so much. So let's get rooted into this conversation. You know, we read your official bio, but maybe before we get into some of like the nitty gritty um education and inspiration that you're going to offer us today.

Can you help us understand what, what were some of 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, that's probably the best place to start. I grew up in it. I was completely immersed in it all my life and eventually my mom got out of it, but my dad stayed with it and he's still, he's still going at it even today. He's retired, but he's always there helping doctors talking to doctors strategizing about different types of emergency care. So I grew up in it and so I saw 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 when you're dealing with mainstream medicine and the ability to deal with the crisis, they really got a handle on that strategy of, you know, how do we stabilize the patient? How do we get them?

So they're not losing blood, that kind of stuff.

Health, Nutrition, and Superfoods

But when it comes to long term strategies for longevity for example, or just being healthy or immune system there,

that profession is completely out to lunch.

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 nutritionist because I'm kind of naturally designed to be a doctor. You know, coming from that, my family and you know, family beyond them that are doctors in that field, but you can't really do it without nutrition. You just really can't um nutrition um is kind of the core of the way we take from the outside and internalize it, make it the inside. It's that whole relationship with art with the earth itself.

– And I love how you have positioned that because we are living in a society right now where um you know, two years ago our governments told us that, you know, my business, a health and wellness facility and 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, what have we forgotten about what mother earth supplies to us. I want you to touch specifically on superfoods, super herbs.

And I want to have a bit of a conversation around medicinal mushrooms because I feel like it's becoming more mainstream. Some may seem it's 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 um to see what really is the truth behind, behind these ideas of nutrition.

– Okay, thanks for that. There's so there's so much to be said about nutrition. It's it's definitely more important, nutrition is more important 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 you know, sacrifice, you know, suck it up and get them the best quality food you can because as life goes on, you don't need all that food. You know, you you're already constructed already built out.

But a young child, they need all that food and they need 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 gotta 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 are mushrooms that grow out of trees and there are almost no toxic medicinal mushrooms in the world in the sense of no toxic polyp ores or mushrooms that grow off of trees.

There's a couple exceptions in the world. There's a yellow one in Australia, for example, it's toxic. But if you find a mushroom or a bracket mushroom or a growth coming off a tree and you look at the bottom of it and it's got pores, you can be rest assured that's gonna 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 big pharma basically came in and said, oh, we'll take these kind of leads and we'll use those leads and we'll 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. And so big farmers medicine has side effects, Mother Nature's medicine does not, or at least you know, if you use it appropriately and so 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 your ecosystem historically. And then make that part of your life and just make it a regular part of your life. So you can build what my teacher taught me which is health beyond danger. There's you're not gonna 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 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 teacher told me 28 years ago if you get all the all the parasites out of your system, you can't get it.

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 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 is there a general starting point? I mean you talked about parasites as you know, kind of that that's really important. If someone was just starting to dabble in this world of superfoods and super herbs, is there a 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. – Jeez, I mean it's different for every person because we're all coming from different backgrounds and we're coming into this with a different perspective and what we understand, what we 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 grapefruit is astounding.

That's why they tell you, by the way, don't have grapefruit with medication because the grapefruit 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 gotta that's gotta be separate from grapefruit. So that just popped up for me recently.

I was like yeah, I need to talk about grapefruit more because it is, I'm a citrus grower, I grew up as a citrus grower in southern California and 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 what it was like, I'm drinking it right now. You know, I 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's going on with citrusy wildly in many ecosystems around the world, including this one shocking discoveries. Now, what we have to do to get these superfoods 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 gonna be like, this is too much. You know, what am I gonna do?

So we have to start with what we, what makes sense to us. So for example, let's say you're like okay, medicinal mushrooms, I can keep these capsules in my purse. I'm gonna take, you know that guy on that show said take eight or nine of them, nine capsules, eight or nine capsules not to work one or two, take eight or nine and really feel it. Um, and then you know, you try that and you're like, whoa, I really felt that.

Then you start into it and then it begins and then you might want to play around with like, hey, you know, instead of encapsulated, why not just bulk powders, then you can just shove them into smoothies or put them into 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. Um and I go to medicinal mushrooms first because to me it's one of the great discoveries of our time.

It's like we have 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 their food for your immune system and they transform Your immune system permanently? I mean I'm on, you know, 20 years of taking massive doses of medicinal mushrooms, I'm telling you, it's like you're not gonna get cough colds, flu's fevers, all that other stuff, you just, 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 that is that a psychedelic? Am I going to be?

And you know what, what do we need to be reeducated about medicinal mushrooms when it comes to maybe some, I don't know if we're gonna 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 to 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. And rishi mushroom for example is the queen of the medicinal mushrooms and saga is the king of the medicinal mushrooms and there's many deep reasons for that.

Medicinal Mushrooms and Immune Support

Not only the surface. That was getting a little bit of an echo there. – No, you're good. You're good. I went to, I went down and got this. – Oh good. Okay, so let's let's just talk about like, you know, Shaka, king of the medicinal mushrooms.

There's so much stuff about Shaka. I wrote the book on Shaka. There's so much stuff I'm learning every day about Saga. There's so many things I've observed about it over the years that have 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. These are not things that have to have an overt psychoactive effect on you. It's beyond that. 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 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 and nutrients even vitamins but they also have very strong and interesting bitter alkaloids that are essentially like try Turpin.

So they're they're very essential oil like and they're bitter, they don't taste really good. But they're doable 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 that's like the real modulating factor about them that changes your immunity over time and as smart as your immunity up.

So I do want to say that to their dual directional which means that if your immune system overreacting for some reason like an autoimmune problem it brings it back down.

Rishi and the top 20 mushrooms are like that and shaka and and all of those lion's mane et cetera and then if your immune system is like not really kicking on, it's like you don't have to have low key and you're trying to get your immune system to kick on because you know you just went through 10 airports the medicinal mushrooms again also there um 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 Inkster's because it's just a liquid. I mean you'll never find me without, you know, all kinds of textures 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, but not a significant amount and get you get those effects without having to digest a whole lot of food. And so the herbal ism has to do with medicine without calories. Superfoods has to do with medicine and calories.

– Okay. Okay. Alright. 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 somehow we're still working together after she's, we started together in

2006.

So how long is that? It's been a long time anyway. She, all the days of her pregnancy chocolaty. Her both, her two boys, their first drinks that weren't mother's milk or water and chocolaty.

It's still a staple in their house. You know, it's, it's there that they're 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 I go to them is because most of the medicinal mushrooms or 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 to breathe. But there's so many things they're doing in the ecosystem. They're bringing the water table up the 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.

It's part of the tree's immune system already. It's already there. – Okay, that's cool. Now you mentioned did you did you literally write the book on do you have resources like? Okay.

All right. And so what is that book called? – It's called Chaga, King of the medicinal mushrooms. – Amazing. All right. Everyone, Chaga King of the medicinal mushrooms. Maybe add that to your at home resource library.

All right, David. This has been great. I want to shift gears a little bit and I want or maybe we're not shifting gears. What is jing? Can you help us understand that concept.

Yes, – Americans and westerners, I would say westerners in general are have trouble with jing and 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 taoism it's considered a treasure. It's something you treasure and that you love and that you nourish and that you build up.

There are other ones. Another one that's very common and we all heard the term before. It's chi. Chi is a treasure that we nourish. So like the example I was giving earlier key is how you move, like mobilized your immune system instantly. That's your key.

She's how you mobilize your energy. Like the first five seconds of your mixed martial arts bout right? That's that is chi. Jing is long term energy, it's endurance, it's the ability to endure, it's the ability to outlast everybody else. That's a jing phenomenon.

Now the Daoist who originated the system. So there's key, there's gym, there's also shen which is like your oral, your charisma. That's another treasure that you nourish.

There's blood, that's another treasure that you nourishes you nurse your 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 jing Morrison archetype, like you know like rock, you know sex drugs and rock and roll, but then you know the dude was dead at 27.

It's 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.

– Mm. So are we, are we born with it or do we nurture it based on lifestyle and environment? Okay. – Yeah. And that's good. That's that's the next thing I was gonna say is you the Daoist system was set on this idea that you're set up with a certain amount when you're born. It depends on your genetics and where you were born, how you

were born. That kind of thing.

But you can increase it or you can decrease it. You can also leak it. They called 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, um walking on the earth in all weather conditions and and being available to any situation that that the atmosphere throws at you because you know that's our natural state and this was what helps to nourish jing. There's also a whole category of foods that nourish jing which are black foods.

So foods that are black and superfoods and super herbs that are black. And then there's additional add ons of things that are really good for Jing for example, schisandra berry. schisandra berry is a red berry, but you know it's really, it has this jing property that should indicate that the berry should be black, which it does kind of turn black as it dries.

Jing, Energy, and Black Foods

So there is some element of it there when we're dealing with the medicinal mushrooms, it's really easy because you look at Richie and you go it's red, okay, so red means key and so that's gonna be your key herb and you look at and it's black and that's gonna be your jing herb. It's like that.

– Okay. And so I was trying to, as you said, black foods, I was like black food, like the only thing that came to mind from like the vegetable world was like black beans. So besides like mushrooms, what what are, I can't think of other black foods?

– Well, you know what's interesting is I'm a vegetarian, but let's say if somebody is a meat eater, we always want the brown fat basically, we want to, even in our bodies to develop brown fat, that's the fat, that's the healthiest fat that helps you adapt to the cold really quickly.

So if you're suddenly thrown in ice cold water, you can survive it, right? And that's what people are developing when they're doing these cold water plunges. So it's interesting that it turns brown, the fat turns brown and this is true of all muscle or meats is that they go darker if they're healthier. And so that's that's something of interest.

Like why? Okay, so darker. The healthier. This is also true of fruits. If you think of something like a blackberry, blackberries are tremendous nutrition, there are actually six times more concentrated in anti and anti oxidants six times than blueberries and blueberries are no slouch.

So when you look at, you start going okay, like a blackberry, not just the blackberries were used to, but dark berries, like erroneous erroneous berries are black and you start to go, okay, I see why that's important. And then you start to realize, oh, like it was always when I was a kid, it was the black apples that survived all the way through the winter that could be stored all winter.

That's there's a reason for that because they're black and it and it goes on like this, the c the Taoist had connected it to a color and once you've got that, then everything becomes so much easier than trying to count calories and figure this out and that and how are you going to bounce it all out?

Just go by the color. – Okay, we're going to come back to those colors. But I have a question about cacao, is that, I mean it's dark brown. 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 at I have some cocoa beans right here on my desk. What do you know? So boom. These are from the big island and there was just a big volcanic eruption on the big island.

Mona Loa. And let's see what we got in here. Okay, I'm spilling it. Okay, so you can see it's black, purple and

brown. You see that now? What's black?

Black is jing, what's purple? That's a protector and defense of your central nervous system and gut nervous system of your nerves essentially. It's a nerve protector that color. And then brown is a laxative.

So that's 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 cocoa 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.

– And so when we're at the like we're gonna we're gonna go there into chocolate. When we're at the 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 the food we eat, Right? We know that over 40% of our food is counterfeit. So do we get caught up in seeing like, oh this is 95% Cacao. I'm gonna put it in my cart or what should we look for when we flip over that chocolate bar um to see, you know in the fine print, can you help us understand that?

– No soy lecithin. No soy lecithin that's a genetically modified ingredient that sneaks in because most soy today is genetically modified. So I always recommend if you're gonna have less if in in a chocolate bar should be sunflower less if in or organic sunflower lesson, which is ideal.

And they use that as like a, like a, it's like a creaminess agent. And I have some theories about that. I've been a chocolate here for about 20 years.

So I have some theories about why they use less if in in general, but it generally centers around they're covering up mistakes caused by roasting the beans which causes sharp bitter elements to come out in the flavor.

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 you grind them into a chocolate bar like that.

It's completely smooth all the way through the flavor. There's no need for a lesson. – Hey, do you do you have, do you have like a chocolate bar line?

– Yeah. Well I do. Yes. It's our chocolate factories in Florida now we just moved it down to Florida and sacred chocolate. Sacred chocolate. – Okay. 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 touched 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 the, and the oranges? And is this truly like the colors of the seven chakras that we're looking that we're looking at sure they're related.

– The colors are never escapable. It's the, 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. It's crazy if I was going to look at anything like in in our world and be like, okay, what's the most important thing in this 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 It's, it's bizarre. So let's get into it.

Blue is throat chakra and 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 you 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 the really the power of blue. Now, blue is by far the hardest pigment for nature to make. And 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 sky. It's blue because it's a color refraction i 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're looking into darkness, the color will just refract the blue.

That's the way this place is constructed. Whenever we're in darkness and we're looking into light, the color will refract to read. That's just the way it is here on earth. 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 spirulina, which is called Ficosianin is one of my favorites ever of any of those kinds of things and it's a true blue substance And 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 can say that of every blue pigment, there's only I think I've totaled up about definitely less than 20 in the world.

Color-Based Nutrition and Cacao

Less than 20. 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 foley, right? It's 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 by lions and yellow wood for example, is really rich in Bayan. It has the great precursors for growth.

I'm thinking of my favorite yellow wood, which is a local wood down here in Texas called the osage orange or the hedge apple. It's the, it's the bow and arrow plant down here or tree. And the wood is renowned all over the world.

It's a lovely wood and it's yellow and it's and it speaks to the vigor and vitality of this tree. It's rich in Byron's yellows are very rich like that. The rich substances in potential.

– Mm hmm. – And a big yellow pigment by the way. When it's got a lot of press lately is corset in Corsica has got a lot of press lately. And it's a yellow pigment.

And I have studied it for years as a yellow pigment and I can tell you it's 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 a single plant. I'll say that not not an animal but a single plant in the world that did not contain corset in, they all contain corset in.

– 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 the morning, right that if you wanna, if you can win the morning, you set yourself up to win the 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 on.

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 the type of person who you know, when I was younger was like, you know, five pancakes and French toast and all that. And then when I got into the health world is like a real commitment 28, 30 years ago I

went to no breakfast in the morning, so I drink lots of water.

I'm drinking water right now. This is Sheila gt right here and this is water over here and basically I'm trying to skate as long into the day as I can without eating something. And I've noticed that that really sets me up for success. It makes the day, you know, if I don't have anything in my body, my body functions way better and you know, 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, you know, eating any time. You know, it didn't matter how much, you know, any of those things, but now it's a, it's 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 fast it 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. And then when you actually break the fast, you go to a smoothie, you go to fruit, you go to grapefruit, you go to something that's simple and light he was.

– And so tell me your, your perspective on single ingredient foods. – Love it mono diet. We lived that way for years. I mean we didn't just talk about diet and lifestyle.

We, I'm a wild mushroom. Forager I 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 that does to you is outrageous when you get back to like original food of like, okay, we could, I had all these things mixed together even 100 years ago.

So what, how did, how did people eat back then? What was happening mostly was they would just pick one thing like, okay, I'm gonna eat. Like I'm reading a book on quantum Parker right now is a famous Comanche and the comanches. Eight 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.

And that's kind of, you know, how it is in our world. It's like there's gonna be one thing that's local, it's native to where you are and that's the thing you should focus on. Not too much complexity.

– Hmm. So let's touch base like this has been amazing information, David and I want to look back to, we've talked about how it nourishes our body, but what about our mind?

Like what I mean, we're here at the medicine of mindset summit. Help us understand when we are fueling with these colorful foods when we maybe even dip our toe in, you know fasting and getting in more.

You talk about, you know, living water, which I do wanna get your definition on what that means. Someone might be like, well isn't all water living um and I would probably say no but um how how does this lifestyle, understanding this start to impact our mindset?

I've done many just this, this is what came up immediately because again, I'm a citrus grower and I love citrus fruits. I've done many water fasts without citrus fruit and I've done many with to see if there's a difference and it's an energetic difference.

It really it's really interesting. It's an emotional difference. It's a mental difference and it's a vibrational difference. And when you have the citrus fruit in there and of course we use no sugar.

So we use lemons, limes and wild orange is the wild oranges in these parts have no sugar, citrus trifle Iata check that out everybody. Anyway. The what you find out is that these are there in our water for example, as a it's a vibrational thing, they brighten you up, they brighten, the citrus is bright, it's sunny, it's happy fruit in general is happy.

And this is that you know, when people go totally off the, 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 eat any sugar any of that.

It's like okay, do that for a while. Maybe you need to have that X. 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. It's also about abundance. Right? When you're picking for example, I'm thinking of my plum tree because thousands of fruits on it every year.

Its abundance. I mean total abundance of I'm in plum heaven. It's plum crazy out there. Mm And so I can see how the colors are. High frequency emanations. I there's a term I tell my friend all the time.

It's um high frequency emanations from nature or something of that. Nature. Spiritual emanations from nature. High frequency spiritual emanations from 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 so important about fresh juices. There's something really powerful about from the tree to me, directly eating from nature and food that's not been shipped.

– Mm hmm. – And that's why I'm still a wild food forager. And that's 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 um 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, Jesus, long time, it's probably 26 years, 20, or 27 years ago.

Fasting, Living Water, and Detox

I did a water fast with a friend of mine in the desert, outside of Las Vegas and we got stuck out in the desert. It was a long story. But anyway, we finally got home after four days of water fasting out in the desert and 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 Viktor Shall Berger, who was the Austrian water wizard. And it was a book that changed my life forever and it turned me into a spring water hunter, a cold spring water hunter.

And I've been hunting cold springs ever since on every continent I've ever been to almost as a, as a daily hobby. And it's the most amazing thing wherever there's a spring where water is bubbling out of the earth. There's always some magic going on.

There's always something inexplicable about it. There's always something that just 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 up high, there is high altitude, it's 7000 ft. How come they're not coming down at 1000 ft 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 whole 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 if 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.

I was like, oh that's a cool concept, the original intent and that's what spring water is. It's the original way that like the water's been purified by mother nature.

And it's now coming up, it's now coming up, it's not being pushed down, it's coming up, it's bubbling 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 findaspring.com. It's a free resource for everybody in the world where you can find a 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 and that when you drink that fresh from the source, wow, I've been, even springs that were carbonated naturally?

there's one in Iceland that I particularly like. We stopped there quite a bit and it's like Ogilvie Mountain or something, whatever Uncle Vartan or whatever the name of it is and it's carbonated coming out of the earth, It's 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 water fast?

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, think of everybody's water. Think of all these chemicals in the atmosphere. Just the carcinogens coming out of automobile exhaust, don't even get any press anymore. But there are 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 is not ready. You have to 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 weeks. Okay this day, we're doing this now, we're gonna do a little bit different today and we're going to actually clean up this, We're gonna do a little bit less food now.

We're gonna do more liquids and we just work them through a whole process over two weeks and then we get to day 15 and we're ready to fast and that's really fun.

And we do that four times a year actually with the public, anybody can join us. You don't have to fast. You can just for example, drink juice or maybe you want to do a stripped down liquid diet or something. But what guides you through that too, we just basically take you through all the steps and we do it as a community together and we 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'm going to do the water fast, which to me is water a little bit of sea salt, lemon or lime and charcoal charcoal, white 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 the way, you'll never hear that. But that's when I dug into it. Like wait 25% longer lifespans from feeding these rats, charcoal, 30% longer life spans, 33% longer lifespans, even numbers as high as 40% longer life span 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, this is 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, if you look like I spent years with the Tony Robbins is the gym ruins of the world, The less browns of the world that Mark victor Hansen of the world, every one of them, all of them. I did all those shows, everything. Eventually I was on the stage with him doing the talks do 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 the, to really be high vibing you gotta be clean on the inside, You've got to be purified and with a charcoal as a transformative element 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 mg of charcoal, just one in the morning. That's it with the water and then gradually go to after a few months of that. You go, let's do 1000 mg and just stay there, stay there for a year every day. And if you start digging into this, you're

gonna be shocked. I was 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 your system that your body goes, we don't know what to do. Like we're trying to deal with this, we gotta deal with that and that's what's breaking us down and that's been proven repeatedly and activated charcoal longevity studies.

– Okay, I'm just receiving and absorbing and so we're here, it's the end of January, right? 2023, we're a month into this new year. 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. When is the next one? After, like this week goes to the 20 or two until the 31st of January. Do you know when your next water fast experiences? – We'll kick it off.

Probably January, 25th 2023. That will be the first day of the cleanse. That's not the first day of the fast 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 and 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. So we're chatting together in a chat group all day. It's phenomenal on telegram.

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 today is day one of our summit. Today is January 24. What you just heard, David say is that tomorrow, This is all kicking off.

And so where, where would someone go to get if they're like, I'm in like, this is inspiring me. Where would they go and get signed up for that? – You could go to frequencylifestyle.org frequencylifestyle.org.

– Okay. And Gang. If you are watching this after the 25th, if there are a couple of 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, pulled it together did really well.

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

So I just tell people if you're committed and you're coming in, you're three days late. No, no worries. We're just gonna keep going. And you know, this whole process isn't really a two week process is not really a three week process.

It's really like 31 a half days because just to get going and then the mistakes you make and I was like, oh, I shouldn't eat that food and oh my God, I hate this. And then I'm doing the cleanse and then the next morning starts over like, okay, I'm resetting, I'm getting back on the horse.

And then, you know, by the time we get to the water fast for example, or were, you know, a liquid diet, then you start to like, you start to settle into it, you start to go, okay, I can do this, I got this and then you start to be able to do it with other things happening, picking up the kids going to deal with ability, 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 start to build these skills up and that's why I keep doing them because I need to learn these skills as much as anybody.

But I think mostly it's a public service and it's 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, you're vibing, you're, you're like, for me, I'm in I'm in my peak health, peak state of mind, peak state of focus, peak level of fun.

It's like, it's the thing actually, you know, it's interesting. I love 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.

It's once you're clean, cleaned out, of course, and you 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 performance state.

I finally found for me, I know what what it is. It's basically day seven of that water fast. Day eight of that water fast. Day nine of that water fast, I'm crushing it. I'm doing like 23 hours of work, 23 hours of work and then sleep an hour, no kidding. – Wow, okay, All right, well, for audience I am in. So if you want to join me in David's community for this experience, please please consider heading over to frequency lifestyle now. – It's like, it's a game changer, it's super fun to, I'm telling you people, I've got people by the way, they keep coming back. So we got people have done, there's one guy who's done, I think 14 of these with me, I'm like, you're so amazing that you just, you're like, you're staying with it. All right, let's do it.

– Absolutely, Absolutely. Okay, this has been fantastic. I want I wanna 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 own mindset with us?

– Okay, good one, number one is, I don't do depression, don't do it, never have, never will, don't do it emotions or things you do.

Mindset, Social Media, and Closing Remarks

You create them by things that you're doing. So I don't do it, 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 came out of that, 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 gonna be the best day ever, it's never coming, it better be today and and that philosophy has been with me since I was a teenager and it's 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 best day ever and soon it will be. – I knew that this conversation with you was going to like I said meander, I knew we were gonna you know cross a lot of roads and got a lot of IEDs and and things like that and I just am so in awe of your ability to take what you know and disseminated to your audience in a way that is accessible.

No, no pun intended, digestible and inspirational because we, I think we need that these days, I think we can be very easily overwhelmed and we live in this immediacy of an instagram feed where everyone else is live, 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 color of our food, you know, the concepts of being, how we understand, you know, the resources for um you know, find a spring dot com like 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, you know, is it, 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. So 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 Avacado Wolfe on Instagram and Facebook.

David Avacado Wolfe and let's see um David David Wolfe on twitter, which is totally, I do them all differently and that's by the way, I'm very controversial in that way, like I do twitter completely different from facebook facebook human interest stories uh okay back 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 handle handle twitter completely different than facebook, completely different from instagram, completely different from telegram, completely different from say youtube orbit shoot or odyssey and the reason why I do 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 to them in a way that they're there to be spoken to in that way. Right, so twitter is very political facebook's very much human interest stories um 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 I want to I can blow social media out of the out of the water if that's what my main focus was based on the since 2008 when I joined social media and start into this and I'm telling you a big tip, do them all differently. Don't use hoot suite or things just copy it all to the same thing, Different audiences, different engagement and people want to know that you're actually responding to those different audiences uniquely with it, not some like pattern you use on all social media, so good.

– Thank you so much again and ladies and gentlemen, we're gonna be back for another episode here on the Medicine of Mindset summit, so we will see you in a few minutes.