Opening on labs, pain, and lifestyle

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So you navigated pain is a good indicator. But lab results help and you should see some record maintenance of a good, healthy body. Hello friends.

Podcast introduction and guest welcome

Welcome back to the Take Back My Brain podcast, where we believe you don't have to settle for chaos and we do not normalize dysfunction. So I'm your host, Laurie Hammer, and today I have with me a pioneer in the functional health space, Reed Davis, who is the founder of Functional Diagnostic Nutrition.

He's the man behind the powerful dress for Health Success protocol that has transformed, literally, the lives of tens of thousands of people. So today, we're going to do a deep dive into gut health, brain health, and how we treat the whole person or support the whole person we never treat.

We always support. And then I am just so excited to have Reed Davis on today. So thank you, Reed, for joining us. Well thank you Laura. It's a thrill to be here and hope we can share some valuable knowledge, wisdom, information and and happy to be here.

Thank you. Yeah. Thank you for being here. I have no doubt you have lots of valuable information to share. So I want to know which sparked this journey of yours into this, you know, functional nutrition space and then how the FTN kind of got born out of all of that.

Thank you. Yeah. Well, I love learning, and I am a hard worker. And I come from a background of service to others. And I was serving the whole planet, actually, back in the 90s in environmental law and conservation and doing a lot of good in the world.

And, and I saw how rough it was for the flora and fauna of the planet. And I started wondering about people, a lot of other people, and what about me?

And I was healthy. I was in my 40s. I thought I was doing great, but I didn't want anything to sneak up on me. Yeah, the company I worked for, I was a senior VP and and I was on a mission, but they seem to be focused more on the money, which is okay.

We made good money, but not just, you know. And then I got kind of sick of the hype around environmental things going on. I'm not a hype guy, you know?

I'm like, yeah, let's go. So then finally, a very good friend of mine's dad, who I was very close to, always treated me

like a son.

Reed Davisu2019s path into functional nutrition

He dropped dead. Wow. And I thought everyone was telling me he was perfectly healthy. He was proof. Apparently not. And I know that he was incredibly earthy.

There is something going on now. At the same time, all these things kind of converged. In 1999, and my son was visiting a basically a chiropractic wellness center as a center in Southern California.

And I took him there for regular visits, and he got seven varsity letters in for different sports in high school from just thinking and maintaining. And I listened to the alternative doctors there.

It was totally back then. It was alternative or standard. It wasn't a lot of choice. And and so I got a new career. I just said, hey, I'm going to quit my other job and I'm going to work for you guys and I'll help you build your business.

But within a few weeks, I was studying to be a nutritionist, you know, physiology and anatomy. The I, like you said you've been an avid learner. Yeah, but at the same time, you know, I'll bring it right around to where you want me to go.

I was listening to all of the patients coming in the door where this is long time ago. All of them were totally frustrated with standard medicine. They'd been to three or 6 or 8 practitioners, and we're better yet.

And I thought, well, the rip off. It's true. Well, you know and and why are they putting their health in someone else's hands? And, you know, besides working hard, I, I rode motorcycles and I do landscaping, and I, I mean, to have balance in my life and, and enjoy freedoms, you know that.

And I was out riding my bike one day thinking about this. I'd only work there a couple months. I was already kind of running the place, and I said, you know what?

I'm going to be the last person those people need to see. And I had no idea how I was going to do that. But, you know, I, I just things kind of aligned for me.

I'd, I had a lot to learn, but I think to unlearn. And so I was I started running laboratory work just by the grace of. Yeah creator. You know, I was lucky and I got to do this and I spent ten years there.

Again, to answer your question. I spent ten years in that office just running lab works thousands of lives and thousands. And I made my own observation. It's a great mentorship.

Thank goodness for all the the old guys, the real the real geezers, you know, because, you know, I know you call me pioneer and I know I, I kind of am, but I give the credit to all the books of great people thinking people and and this ten years of running thousands of lives.

But it did. I made my own observations, and I kind of codified it, and I created a system, and I really did it. Lori, just for our office and for me and my practice, you know, I ended up being, you know, this practitioner in that office and then I was asked to teach the fact that there's no PhD in work, 50 countries, 5000 practitioners.

I have 50 people working for me just to teach, but only really created if at the end, to have success with our patients and clients in that office in Southern California.

And then once I started teaching, I saw the value of spreading the love, you know? And yeah, look at all the people we're helping now because of the teaching and going online and all that stuff.

So kind of created a monster. But here we are and think it's a good monster though. I love your movement. God monster. Yeah, yeah, you're doing amazing work out there for sure.

So for our listeners, because you and I were talking beforehand, there's a lot of mamas listening and they kind of feel like they're just holding it all together.

Right? So. And you have this amazing protocol, dress, right. Dress for your health or how. I can't remember exactly how you say that. Dress for health students. Yeah.

So can you kind of just unwind that for us to give people an idea of like what to do? Yeah. It's funny, you mentioned the group of people who I love very much, and that's who was coming in her office way back then.

It wasn't we weren't doing the personal injury. And, you know, we did some pain and, you know, neck and back stuff like most chiropractors. But we were a wellness center.

So the women kept coming in was almost all women. Eventually when they get success, they bring their kids and then even so, their husbands. But so that group I'm very familiar with, and I remember when certain drugs were taken off the market because they just proved to be too dangerous.

2001 the studies said, hey, all that artificial estrogen, that's dangerous. Yeah. And what do you do now? So anyway, I was right there in those crucial times and running these labs, and I commend these women coming in.

I'll give you some examples. If you want. And they were doing good. Came in and they got their treatment and their modalities and their different. And but I started telling them, look, it's what you do at home on a regular everyday basis.

It's going to have the most effect. You really want to get well and stay well. It's follow good habits and and well. What do you mean? I said, well go home and eat right, go to bed on time and exercise and reduce stress.

And every way we could identify it, including a lot of ways that people don't even know their stress. And then, of course, supplements. So I hated sound supplements, but that became decreased diet, breast exercise, stress reduction, supplementation.

It's what you do at home that matters. Come in. The office is great, but but you're spending all this money and you could be doing a lot of it yourself.

So that empowerment. We get back to what is said in the very first sentence, almost. Why were these people who'd been to eight practitioners putting their health in someone else's hands, right?

Do you want to own that? And but you need education. And that's that's what we had. But so diarrhea says dress real success diet for your your type rest which is not just sleep.

Dress for Health Success basics

It's all kinds of ways to rest your your body and emotions and you spirit in a way, exercise goes without saying, but I'm a 72 now, and I'm not doing what I did at 22 or 32, right?

Can't even keep up with my old 42 year old. So but but you know that so said diet restriction says it's so individualized and stress reduction is so huge because there's so many types, a lot of it we don't even know we're suffering from or or we don't even know it's affecting us to the degree it's affecting us.

And then supplements, you know, you got to take them because food's not good enough. You can't get it all from food. Not anymore. Yeah, I know I always tell people that too.

Like, can I just change my diet? Like, I wish you could? I wish I could just give you this amazing diet plan and you know, the right tea to drink and you move on your way, but you know, it doesn't happen that way anymore, unfortunately.

Can we dive into the the stress reduction read? I would love for you to kind of you say there's things that stresses that we don't know about. So I think there's, you know, the obvious ones.

But what are some maybe like the top three ones that most people don't think about that can be stressors. There's this and I love talking about this. Great question.

So for everybody listening, you know this when I say stress, most people think of relationships and jobs and traffic and finances maybe and and the sort of quote unquote normal everyday stress.

Oh yeah. Let's stress though, because my dad just died or, you know, whatever it might be and you got your problem, but there's stress so far beyond that, that and it's so ubiquitous for one, remember my background was in environmental law.

So the environment is still pretty toxic. There's been a lot of cleanup done since the 70s. Certain laws were passed back then. And we we started to be able to sue big companies and the government and to clean up their act, you know, don't pollute so much.

So there's been a lot of cleanup, but, man, there's still so many chemicals, tens of thousands of chemicals that are in our food and air, water and garden stuff.

As I'm sitting here, I'm looking out at a lake with a lot of green stuff around it, and there's spring and there, you know, like these birds, you know, I see the president seeing dead birds from the the poisons and toxins that we are all getting in us to.

And how do I know that? Because I measure we we run the labs that tell us about environmental pollutants and heavy metals and all these other things. So so yes, you have you stress your life and you just want to come home and relax and play with the kids or whatever or think they're out of the house.

You maybe. But whatever it is, you know, there's all this other stuff, not to mention radiation and electromagnetic frequencies. And I can go on and on with the hidden stressors.

And then for me, my personal nemesis, if I had to name one, would be Aches and pains from old injuries. I have a very well used body, and the stuff I did in athletics and motorcycle and all kinds of things I hurt.

I hurt myself sure, badly some kid, and that those remaining types of aches and pains. It's a they have the same effect, ladies and gentlemen, as you got punched in the nose or got yelled at by your boss, or had a big fight with your spouse or your kids or misbehaving or whatever it might be.

So whether it's someone yelling at you and upsetting you in that way, or you have a pain in your shoulder from you fell car accident, whatever the the effect your body internally the same way they create care about action.

You know, a catabolic dominance, your body's breaking down because of cortisol and other things in a, in a way that's not healthy weight. It will age you before your time and create all kinds of symptoms down the stream.

So this I do stress, it's so ubiquitous, comes in so many forms. That's part of our training, is to teach people how to sort it out, sort out all the known and even unknown stressors.

I don't know if that helps. I also know it definitely does help. Can we swing back to stress and like exercise? Especially for we'll just say women over 50 ish because you were talking about aches and pains, right?

And I've noticed as I exercise sometimes just depending on where I am hormonally the my body hurts more than others and that affects my sleep patterns.

And so then I kind of have to cut back on exercise. But then we don't want to lose muscle. So I feel like there's this like amazing dance between stress and movement and maintaining our selves as women.

Does that make sense? It makes a lot of sense. And there's a minimal threshold where you have to move your body. You have to clear out toxins. The lymph the lymph system doesn't have a pump a bit.

So I'm really pumped for lip, which is to cleanse your body, cleans the blood. It cleans your body out. It's one of the detoxifying mechanisms. Lymph is really important.

So you have to move your body. So there's be a minimum threshold. It's moved every day. And you can just walk and move your upper arms if you walk. Just keeping your arms pumping.

That's a lot of movement for a lot of people. You don't even do that, unfortunately. But so there's a minimum threshold like that that everyone's got to do regularly, and it's fun.

That's what sort of tai chi and some of these movements, you see people swinging their arms. So that's a gentle, beautiful thing to do every day. Minimum threshold.

And then there's much higher, which could actually be harmful and increased us. We had this is funny. And thing is boom, there is a personal trainer down the street at a women's gym.

And every week we're, we're we're chiropractic and wellness and all these things. So every week she was sending somebody someone was coming from the gym down to her office saying, oh, I was working out with so-and-so, and I hurt my neck or hurt my back or hurt my shoulder, you know, and we've laced the business in one hand.

But I had to tell this personal chair, you're hurting people, right? Like what? Why are you over exercising these poor women who are just trying to get in shape?

They don't want to become bodybuilders like you, you know, and things like that. And you're you're hurting.

Hidden stressors and environmental toxins

They're pushing. Pushing. I even was an expert witness in a, you know, legal battle once between a hotel had a, had a they had classes. It was a, you know, like resort hotel.

And they had someone teaching yoga. And I think it was a substitute teacher that day. But this poor lady from out of town comes in and she's being go, I don't go to a yoga class, a meet, a resort, you know, and she didn't get hurt because the instructor pushed her too hard.

And so I was obviously on the hurt lady side. And so there's somewhere between moving your body every day and those kind of activities where you're actually causing pain and stress and cortisol and adrenaline and all the imbalances, the flow downstream from cortisol and DC being out of whack, your catabolic anabolic hormones are really critical to keep in balance.

And if you're hurting, they're out of they're going to be out of balance. Yeah. So how do we how do we navigate that. Like do we just say oh I'm hurting.

Or is there like how do you know what's just like, oh my muscles are sore. And then how do we know when we're beyond that? You know, pain is a pretty good indicator.

And you know, so if you're if you're even for certain, you may just need to rest it in and review whatever got you there. Know that there's there's a point when you're going to build muscle and things where it's a little soreness is expected, and you'll learn how to deal with that.

But the way I navigate it, first of all, I run labs and everybody for everything. We just run labs. We love our labs, but we don't treat the paper. It's not about just the but it tells us how we should live so you can live yourself out of the problem.

Feed yourself into it. So that's what our lives we do is it's not like a doctor's office. Look, this is too low. You better take some and make it higher.

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So you navigated pain is a good indicator. But lab results help and you should see some record maintenance of a good, healthy body. Again, it's 72. I'm not going to try what I did it 32 some of those look, I still like surf and and ski and ride bicycles.

And I had to quit jujitsu and boxing because I just can't keep up, you know? But but all the other stuff you can still do, so you navigate it through constant effort and sometimes good coaching.

You know, I train coaches. So hiring professionals to guide you. Not one like that. I'm not the silly with people one like yeah, it was like she thought we should be blamed her dinner for because we she sent all these people and I kept sin.

No don't you're over exercising and don't do that. Right, right. And if we're talking about that and pain and stress reduction, we've got to talk about rest.

Because rest is so much more than sleep. So can you kind of go into what does it look like to have a lifestyle of movement rest at the same time? Well, I saw a sign in a store.

The other games, like a novelty shop or something. It goes. It said something really funny about if you love me, you'll respect my nap time or so. Yeah.

You know, so, so so the Napster, Napster part of it, where you might not be so physically tired as you are just mentally then and people talk a lot about breathing techniques and things.

Let's go back day at rest, exercise, stress reduction, supplementation. If you're eating right, you should have lots of good energy to get you through to the next meal.

For you eating breakfast, you should be able to get all the way to lunch, lunchtime, or your next meal without getting fatigued and have less energy to do it.

So you want to assess energy and, you know, make sure you're eating right and you're not getting tired because of eating poorly. You know, you can really be undernourished.

Your blood sugar can go up and down. Lots of things to take in consideration. But if you start with a good night's sleep and I, I'm actually okay and slightly less than what you hear.

If I get six hours and four of it was really deep sleep. You know, once you understand sleep is there's REM sleep, rapid eye movement, and there's like three levels of non-REM sleep where you go so deep that your body is just totally focused on healing and detoxification, and even mentally you're just clarifying all kinds of mental things through that expression.

Sleep on it. You'll feel better in the more. It's very true, very true. And so you get there. From there, you can start to learn. When you're emotionally taxed, you you have to take a break and take a deep breath.

And there's lots of techniques like that. I'm not going into a lot of detail, but it's more than just sleep for sure. As you said, resting your emotions.

I think being spiritually rejuvenated personally, I'm a believer. I try to find a space where I'm not feeling I'm responsible, but same time I realize that you can say, you know, it's not my will.

You know, I didn't choose to be here in this situation exactly the way it is. But but this way it is. And trust that everything is going to be okay. And very, very deep foundation of trust that I'm exactly where I'm supposed to be in the universe.

And so is everyone else, even if it really sucks for them.

Exercise, soreness, and staying in balance

It's a hard thing to swallow, but I've seen it, and I've seen people overcome the most difficult challenges through that kind of rest. You know, sort of like, well, take it all in yourself.

You have to learn to trust in you. Prayer and meditation and things like that. Yeah, a lot of surrender, for sure. Let's get this kind of talk about the gut, the brain connection, because you know all about the brain. So let's chat.

How does that connect to each other in in your world? How do you teach the gut and brain connection? You know, the the way I teach it is that still stress is still highly involved there, which most people think of mental emotional stress and all stress, things like that.

Well, when you're out of balance like that, it actually affects hormones, which affects the immune system. So from stress, what I call the root of all evil.

And it's the scientific fact is 50% of all diseases, chronic stress related, 80% of all doctors visits are stress related. Right. And so what's that all about?

Well, you're you're this imbalance when your body's breaking down from whatever member stress is big. Now, it's not just so you you lost some money or something.

It's huge. You get catabolic. Your body is breaking down more than it's building up. And the immune system, other than your sex hormones, they'll go you start feeling all those symptoms of everything from premenstrual syndrome to early menopause to infertility to there's just so much related to this catabolic animal body breaking down for stress, sex hormones.

The next domino to fall is the immune system, which is mostly in your gut, so you lose the ability to, maintain homeostasis or balance between the good and bad flora.

And so now you get an abundance of the so-called bad flora people ask me, well, why do so many berries? But this way it is. And it's important to have some to keep your immune system hovering or kicking for the really bad stuff.

So when you get to go despotic, you've heard this. People take probiotics because they're by an imbalance between good and bad. Flora. And so it just gets worse from there if you don't deal with it.

If you don't have a good solution. Number one, reduce the stress. Get your hormones back in balance, get the immune system back up to a high standard of good flow versus before.

Because if you don't and you're just biotic like that, well, now you lose the ability to recognize worse things like we'll call them germs, but they're bacteria and funguses and viruses and parasites and lots of nasty things.

The commensal, the chemical overload coming down, the pipes. So when you get this dysbiosis in the gut and don't repair, restore, rebuild. And, regenerate this sur, it just gets worse and you'll end up with what we call hyper permeability, which is where now you've got this, milieu of unwanted, you know, living organisms, and they're penetrating and your body's way of dealing with it up to a point.

And so when you get things, we call it leaky gut. They're going through the lining of the gut. And along with that, you have all the other toxins. And we're studying now how we're learning new ways to measure lipopolysaccharide.

The bad toxins from bad bacteria are really wreaking havoc. Yeah. And causing even more dysfunction. So now from there, you go to, well, now your liver, which is trying to handle all this load through the Pedic portal system and all this stuff from the gut has to go through the liver, which hopefully will protect you, but it just can't anymore.

You get toxic, congested liver and and you know, now now what? Oh, you know, it just goes up. Now you got the humoral immune system kicking in autoimmune every kind of thing.

People are showing up with everything from migraine headaches to psoriasis and eczema to just really overweight and foggy thinking and can't sleep and no libido.

And, you know, just is kind of nice to hear train trainwreck. But it's kind of of those things where it's crashing or something kind of crashing. And you need you need to get it sorted out.

And there's a way and I'll just finish with that. So people were coming to me 25 or 6 years ago or, and, but all they were doing at the time was treating the symptoms, and no one was really looking for the underlying causes and conditions.

And now, you know, the social medicine and folks are nutrition. And what I teach, which is functional day nursing, nutrition, we're doing the lab work is really showing people what the problem is, and then we teach them what to do about it.

Yeah, that's so key. Why do you think labs are so important? Oh, they have to gather intelligence, you know, and you can talk to a person. You can take a really good history and you can sort of guess.

But that's the problem is too many people are guessing because they're going on a cluster of symptoms. And if they just a cluster of symptoms is the kind, I could name five things that's thyroid.

And they go, oh, it sounds like thyroid. So, so many practitioners are using the sounds like method. Yeah. And they're running that one test and oh yeah.

Yep I think I scored. It's your thyroid you know pat myself in the back and here's your thyroid medication you know.

Rest, sleep, and emotional recovery

And that might even be a little bit helpful. Some systems some symptoms may abate. But you really haven't dealt with all the underlying stressors. And malfunctions.

And these would be what I call metabolic chaos and is a good way to put it. Definitely a chaos. Yeah. Well, it's like chaos. I feel like the the lab testing helps people feel like they're not crazy either.

So when you're running, we'll just use like a Dutch test, for example. And you see the low adrenal function, the low hormones, you know, not methylated.

You know, the detox pathways are, you know, not running optimally. And so a woman can look at and she can go, I'm not crazy and be like, no, you're not crazy.

Like, this is really what's happening in your body. Like you can try all you want to be happy for the day, but if you have no estrogen, you have no testosterone, and your adrenals are like flatlined.

That's going to be a tall order for you to do. Right. And so then they just feel so empowered. I have women cry in my office all the time, like, thank you for running these test, because now I know that I'm not crazy.

And these these women are coming to me because I'm dealing with amino acid therapy. So we're fixing the deficiencies in the brain so that the nervous system is calmer so that, you know, we can go to the dress for health success.

You know, they're more compliant, they feel better as they're doing it. And, you know, then you get off the medications and stuff. But they've been thrown on so many different things, just like here, take this medication or just stop doing this or stop doing that when nobody's address their underlying issues.

And I love the fact that you teach, you know, all your practitioners the importance of that lab testing. Well, and you're doing amazing work because you're at least caring about the underlying cause and condition.

And, you know, I had people coming in the office and I still hear about it mean I think probably everyone listening has been told or knows someone who was told.

There's nothing wrong with you. Yeah. Your bloodwork elaborate was fine. Yeah. You had, like, your blood sugar. You know, it's up around 95 to 100, you know?

But that's okay. Come back when it's 110. No intervention, no recommendations. No. Yeah. And when it's under ten. Well now we can medicate. Now we can diagnose and medicate you and your treat.

And so that's the problem is the the standard of care is diagnose and treat. Yeah. They don't have a diagnosis. They really can't do anything like they can't.

The standard medicine can't really resolve metabolic chaos because it's a result of so many factors. Right. You know diagnosis is just a label for your symptoms basically.

And you might even connect those to, you know, an organ or something that you could support or medicate. But you're not going to resolve all the causal factors without a good philosophy like what we have.

And the thing that you don't hear hardly any worries. So the good is people do claim to be seeking the root cause, root cause most and root cause root cause.

Well, what I found out, if they're ten years and thousands of lives, that there's no one root cause. There's always multiple causes. No title dreams. Yeah.

And they're having an effect on each other. Yeah. In ways can't singly measure. So that's why I call it metabolic chaos. That's the one. The one problem I don't have a medical diagnosis treatment.

I have a my assessment is multiple causal factors have an effect on each other which results in metabolic chaos. Yeah. And that's a term I coined 15 years ago.

You can see that some of the ways that yeah, I had no interest in diagnosing and treating is specific. That's for doctors who who should be there to for very serious diagnosis.

Right. But when it comes to these chronic downward spiraling stress related conditions, there is no one diagnosis for you. I got to pull it apart and sort sorted all out I know about.

Yeah, yeah. And it takes a while to unwind that chaos like people are expecting the 90 day protocol to be like, oh, I feel fantastic. And some people might, but I don't know.

I've been working on my health for years and I continuously feel better. I mean, I feel better at 52 than I did at 42, but I'm always working on my health and like you, just never you never stop.

You just stay healthy. Yeah. Keep going. Yeah. Spring chicken you.

Gut-brain connection and metabolic chaos

Yeah. So. So, we'll just keep doing that because, you know, there's as I look back, some things that I wish I had done, so much was done. So hard, you know, and been been a little nicer to myself, you know, so the fact that

you're doing it now, I didn't start to.

I was in my late 40s until then. I wasn't like this. Well, man. And so. Well, I mean, I wasn't stupid, but, you know, a lot of risk taking it, but. Yeah, but not now. So. So, you know, we got to sort it out.

And what I'd like to give your audience, just for the sake of our program and what we're training people on, and we'll dream just about anybody that's willing to go through a very rigorous and robust training program.

This idea of these multiple causal factors and hidden stressors, hidden is actually the acronym I use. It's hidden. So there's hormones, immune system, digestion, detoxification, energy production and nervous system.

There's other things we could test oxidative stress and things we look at. But if we just look at those things, you'll find a lot of here's the term healing opportunities, not diagnosis and treatment to oh, this is how I give them some of this.

And this is lo give them some of that. No, it's look at all those causal factors, healing opportunities, how they're affecting each other. And then so in when you have that data, you have you're so empowered like you sir, people, thank you for running your labs is now they understand what's wrong and now they're willing to do well.

How do I fix it? How do I fix it? Well, no magic pill for most of it. It's dirty. It's in some form. And I know you do therapy. That's like amino acid therapy, which is really this part of that supplementation, which could be very helpful.

But you want to be doing the right diet and rest and exercise, reducing stress any way you could identify it. Things like food sensitivities, parasites, bacterias and fungal overgrowth and stuff.

And there's other things. And then the supplements can really kick butt, you know, like that. You really get the benefit if you're also behaving yourself, you can't do like your friend of mine.

I knew he was pre-diabetic, going on a diabetic, and we coached football together at his house. I looked in his fridge. He's got this big key lime pie in there, bro.

What you do doing this big key lime pie in your your fridge? He says, I can't help myself. I'll just take some extra metformin. I said, no, there's no this lab works and you get it, behave yourself.

Unfortunately. So this way there's accountability and coaching and trying to help people get over the the addictions and things that they have. Yeah. Because you can't supplement a way a bad diet.

I mean, it just doesn't it's not possible. So I mean, people will like you too, but you can't. It's kind of like people who are, you know, gluten sensitive or have celiac disease or like, well, if I just take those gluten enzymes, I can totally still eat gluten.

No you can't. Yeah, it doesn't work. It is. Yeah. It doesn't work that way. One last question for you. So what excites. Yeah. What excites you right now most in the world about functional healing and functional nutrition.

What do you see that's evolving in the next couple of years? You know, I think the idea of getting the authorities and, and powers to be to have our backs instead of stabbing us in the backs, it seems like that I'm not political, but but I'm kind of alluding to that.

There's going to be movements towards natural healing and, and these things that the kids as a people need to vote with their pocketbook, get their with their wallet, you know, so and, and demand that, you know, like my wife and I only go to organic stores, we only go to restaurants that are pseudo free.

And I use a little app on my phone called Seed Oil Scout. You look that all up and so we go to those restaurants that are gluten free and that are, no seed oil.

And and we tell us, we ask. And so it's up to us, the people or it's not going to happen. Because if you let commercial interest rule and dictate, you'll be elusive freedoms.

That's and that's the thing I think. I don't know, I have a lot to say about that. But in short, we need to take responsibility, ownership. And that's a movement that is catching on.

Yeah. You're part of the we're part of it. Your audience is part of it. But you want to take as active role as you can in, in those movements that are go to organic, go, go to go to your farmer's market, buy your food there and learn to prepare it on Sunday afternoon with your family.

I mean, there's there's it takes time and it takes some things. Price three and consciousness. Yeah. Really. That's it. Yeah I love it. Well thank you so much.

I really appreciate you spending time with us today. Your expertise and your wisdom. It means a lot to me. Well, thanks very much. I appreciate it. You know, we have a URL people go to to find us through you.

If the in training.com/take that way back so so if people go there they find out more right. And all that will be in the show notes. You can sign up for it okay.

In the show notes everything will be there in order to find functional diagnostic nutrition. So thank you, thank you, thank you everyone for listening.

I appreciate each and every one of you I am. I will see you in the next episode. God bless.