Intro on Cholesterol, Fat, and Eggs

Your brain has about 25 % of all the cholesterol, 30 % in your body. Every single cell in your body is made of cholesterol. It's called a phospholipid membrane, right? Our cell walls are made of cholesterol. All our nerves are insulated with cholesterol. The cover of the wiring is cholesterol.

So cholesterol's really important for digestion. That's what the bile does in your body and your gallbladder. Fat is really necessary in your body. It's an insulator, it's a high source of energy. It's not the enemy. I think you guys may have heard of RFK and the FDA. They're going to come out with some new dietary guidelines. They're going to actually increase saturated fat in the diet. And for years, we've heard that eggs were bad for you or the culprit.

Eggs are one of the best foods you could eat. The inside of the egg has a lot of omega-3 fatty acids, most of the vitamins that you need. And of course, the white part of the egg, the clear, is albumin, which is one of the main proteins in your blood. I understand. Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. With real proven strategies, protocols, and tools you can use in your practice today. Hello, everyone, and welcome back. We're live at the Holistic Truth, your favorite podcast. And I am your host today, Jamie Dorley. I am CEO and owner of Nutritional Frontiers, where we're breaking through nutritional boundaries.

Podcast Welcome and Guest Introduction

And I have my co-host, the lovely and talented, our chief growth officer at Nutritional Frontiers, the creator of the Soul Intelligence Program, and award-winning author, healing through the Soul Intelligence Method. And just back from a recent Soul in the City book tour, in our hometown of New York City. So welcome back, Christine Genovese. Thank you so much, James. It's great to be back and love getting back in the swing of things with Nutritional Frontiers. And oh my gosh, every time I feel like I say this every time, but I am so excited about our next guest. He is an incredible practitioner, a brand ambassador for us and someone I personally adore. Yeah. And you know, it's great because we have so many incredible people on our team. When I met Dr. Silva, you know, years ago, I loved telling the story because he had uh visions of grandeur. His dreams were just incredible.

And, you know, he was in his little office on the second floor and he painted a picture of what the future of medicine was about. And more importantly, what his future is about. And here we are now over 10 years later and all his dreams have come true. And now you know what happens? He's got bigger dreams. So we got two New Yorkers sandwiched in here with a New Jersey guy that went to medical school in New York. He runs an incredible clinic down here in Deerfield Beach, right outside of Boca in Florida with his lovely wife, Patricia and his brother. So it's a total family, his sister-in-law, Lillian. mean, they got such an incredible team down there and he's one of the most sought after speakers because of his journey from allopathic medicine. to functional medicine and not only talks to talk, because he likes to talk, but he also walks the walk. He's in incredible shape and I think he's probably in the best shape of his life. So let's give a nice warm welcome to Dr. Richard Silver.

How we doing, doc? Hey, good morning guys. Thank you. It's really great when I think that we've known each other for about 10 years already, how time flies, right? And I might have more.

experience, but less hair. we'll work on that too. We're so much in common. enough from both of yous. Okay. We're good. I work in, as you mentioned, I work in, uh, Deerfield beach, which is near Boca and Fort Lauderdale, uh, Florida on East coast. And I've been there about 18 years in that area. And I did my residency in Miami and Fort Lauderdale way back in 96.

And I became an osteopathic physician. I'm a DO trained in New York. And then I moved down here for the weather and the sports. And what I realized was I wasn't as healthy as I thought I was. And I needed some help.

So a lot of times the treatments that I were, that I was doing even on myself, like for cholesterol and different things, weren't working properly and the patients were still having problems. So we, we made some adjustments and that's when I met Jamie. I was just learning about. vitamin D3 and K2 and different products, looking into different companies to help us with our patients. And even myself, I was the first client, you know, learning about hormone replacement in myself in my late thirties and playing soccer and not having energy and kind of gaining some weight around the midsection, things that I was not accustomed to in my life. I was always an athlete and I met Jamie and his crew right around there. And right when I started private practice, I was a hospitalist for a while. I worked in the hospitals and then I went into private practice to do prevention.

Dr. Silva's Practice and Functional Medicine Journey

And that's when Jamie and I talked and I told him what my vision was to concentrate more as an outpatient doctor in prevention and doing treatments and modalities that actually make a difference in people's lives. We say we do family medicine, so I want to help families.

And of course, you know, use my faith as well. and kind of align myself with health and not disease. And we can talk about, you know, later the definition of disease and what that means and how you guys can avoid that and be healthy. And I think Nutritional Frontiers is a company that can help both the providers that are listening, know, doctors that want to make their practice healthier. You can incorporate that into your existing practice like I did. And also clients, you know, we call them patients in my office, but they're really clients. that just want to do better. They want to have more energy. They want to have better weekends. They want to work more. They want to have good vacations. They don't want to ache. They want to have good clear thinking. They want to have a good weight. And so now we have the tools for that.

Thanks to Jamie and Christine, we have a great company that we can use that you can confide in. They're also a family business. And I went there, I've been there to their headquarters in Pittsburgh. Super beautiful place. We had a football game and a barbecue and installed the facilities, but just an excellent organization overall, excellent people. And, that's the kind of people you want to surround yourself when you want success. can tell you that they were definitely integral part in my success in my career. Yeah. It's interesting doc, cause some of the, said, Christina at his recent speaking event or professional training event in Pittsburgh, and you were dynamite as always, you know, the last few times I saw him speak. Something hit home was that, know, cortisol, our stress hormone, right, is tied into so many things, blood sugar, blood pressure, cholesterol, cardiovascular disease, cardiac events. But, you know, he had mentioned cortisol is really this fat storage hormone and you had shared your personal success and he looks fantastic. You know, I struggled probably around the same time as you did with, you know, blood sugar, weight, blood pressure, all these things. I think the big factor was cortisol. So I know Christine's expertise is in managing these types of things. And it was just interesting that the connection with cortisol, cause we live in this stressed out, noisy, crazy, chaotic world right now. And it even gets the best of healthcare professionals and people like ourselves that are practicing this. So can only imagine how the quote unquote normal person out there who's not in this is affected by. and stress and Christine's program really helps with that a lot too. Yeah. on your book, Christine. Thanks so much. I know it's been pretty wild ride. Awesome. You know, obviously soul intelligence is one of the things that I can do to help get to the underlying emotional root cause of what's going on. And, you know, as we all know, everybody is pretty stressed. Everything that they do these days and a lot of things in our environment stress us out, you know, what we listen to. who we surround ourselves with, all those kinds of things that we can control from a lifestyle perspective.

But what are some of the things that you work with patients on when they come in and they are completely stressed out, you know, their body is inflamed. What are some of the first things that you do? Well, I use something that I learned in medical school. One of my teachers in medical school, you know, it's one of those things that sticks in your brain and you kind of don't use it. And then later on in your career, it's just like, BAM! It was like, oh my God, that's been there the whole time. So my teacher in medical school, way, way, way back, we're talking 30 something years ago, told me that stress, because you know, New York is pretty stressful, know, crossing the George Washington Bridge and tolls and traffic, trying to get to the hospital at six in the morning, then you get there, there's no parking. Oh my God, there's so many obstacles in New York, right? A beautiful Sounds like our trip a couple of weeks ago. I was just there. feel you buddy. Makes you tough, right? The horns alone just, whoa. 30 years ago, I was already paying like $720 a month in tolls, just in tolls. That's like a rent from the apartment back then, right?

Not in New York. But anyway, my teacher told me that stress is not what happens to you. It's your reaction to what happens to you. And I never thought about it. said it. I'm like, yeah, yeah, yeah. Right. was just a, you know, a line in one of the lectures, whatever. But what I realized is that's a very powerful statement because that means you have power over your stress. So you are not doomed with stress.

Stress, Cortisol, and the Root of Disease

So stress, and I think this ties in to what you do, Christine, stress is not what happens to you. It's your reaction or your body's reaction to what happens to you. And there's three reactions, right? There's a physical reaction. There's a mental reaction, a soul. And there's a spiritual reaction, right? And those happen in different timelines at different times. So for example, by you managing your reaction to the stress, then you could actually ameliorate or downgrade the cortisol reaction and the stress in your body by having some tools, right? And some of those things are sleep, exercise. You know, being in a good relationship, even if it's friendly related, it doesn't have to, it could be plutonic relationship, faith, meditation, prayer. These are all things, sunlight in the morning. These are all free, easy things that you can do to lower your cortisol. Mine was six. Doctors have horrible cortisol. You know, you go to medical school, they're immunodepressed. They have horrible cortisol. And like Jamie said, cortisol kills everything. Kills your thyroid hormone, kills your insulin. kills your vitamin D, kills your testosterone. So you're basically dead in the water. Imagine you're in the water and you have nothing, no oars, no rowing, no motor, no sails, you're dead. You're out. You're out. You know what mean? So cortisol is definitely the number one killer. Heart disease is the number one killer in the United States, probably in whole world. But I think the metabolic syndrome, what Jamie was hinting towards, blood sugar and all those cholesterol, hypertension. which we call metabolic, it's really one disease, inflammation, that's the number one killer. And the number one cause of all these things, like we see, know, diabetes rates going sky high in the United States is stress. Yes, it has to do with food and sedentary lifestyle and things like that, but stress is the number one thing. So I feel like after COVID, we got all stressed out and, know, we got all depressed and locked up and, you know, we couldn't play soccer, couldn't go to the beach and we couldn't see each other. And we couldn't work. And I think it made things a lot worse. So now that we're, finally coming out of the shell, I feel like it's Groundhog's day all over again.

And we got to reconnect with each other and talk about these things like we're doing today and really get out into the outside, into the sun and recuperate from all this crazy stress that we've had in the last, let's say four years, especially. Yeah. It's been overwhelming for so many people, right? And I think when you start to give up on some of those healthy lifestyle things, like you said, relationships, you know, we're a faith-based family-owned mission-driven Pittsburgh based company. And our mission is simple, make the world healthy one person at a time. Right. So we got to lead by example. And I love what you said, cause we were at a retreat recently with Christine and some of our clients with Dr. Joe Dispenza. And he showed all of the science with a PhD. showing all the research on how your response or your reaction to the same exact stressor can change biochemically in the body. way the genes express themselves was to me, it was fascinating and you know, to practice it, right? And it's like working out, right? You got to keep doing it. You get better, you get better. People think some people are positive and others aren't, but I think it's something you got to continually be committed to. consistent and have the discipline of doing it daily because it has profound effects on someone's health. And I really want to dive into some of these things that people get jammed up with, right? know, Christine came on our team and she had been going to the traditional allopathic type of approach. So maybe you can share your story, Christine, because heart is presented with hypertension. Mine presented with blood sugar, right? To where my body shut down insulin production. Not a fun place to be, but you know, we both chose a different path. So maybe Christine, if you don't mind, I've kind of opened up the door for you. let's hear your story. And want to talk again, talk about some of these markers because people still jammed up with cholesterol or blood pressure. So Christine share your story. Cause I love this. It's fantastic. And it's, one of the ways that we make the world healthy. Right. It was a simple. conversation with her and the Godfather, Joe Messina, and it hit a nerve with her.

So I'd love to hear it again. Sure. Well, when I first started at Nutritional Frontiers, I was on low sartan, right? About 25 milligrams of low sartan to manage blood pressure. And once they put you on a drug, they want you to stay on the drug. So I didn't think anything of it. I was like, okay, it's just something I do every day. And you know, when Joe Messina, the godfather of at Nutritional Frontiers, found out about it. He like shamed me. He's like, don't you know you don't have to take that? I was like, what are you talking about? And so he suggested that I try something called seven flowers, which is, you know, those ancient wonderful blue flower herbs that's been around, you know, I think

since Chinese medicine days, like several thousand years. that I take those. also take our product called CircuCore to help with circulation and then our Enter CoQ10, which is DMG and CoQ10 together. And my blood pressure stabilized. It was better than it had ever been, even using the medication. So now I don't take anything. I use supplements just to manage blood pressure amongst my health in general. And she forgot one key point doc. She works with me and you now. So that's Everyone's telling you. Okay. All right. So let's hear you from a clinical point of view doc. pressure is hypertension. high blood pressure, I high cholesterol. Can you bring some truth to these, you know, markers? Cause people think they have this disease and then they will think it's a medication. So what's your approach and what's your thoughts on that? So cholesterol is actually good for you. Your brain has about 25 % of all the cholesterol, 30 % in your body. Every single cell in your body is made of cholesterol. It's called a phospholipid membrane, right? Our cell walls are made of cholesterol. All our nerves are insulated with cholesterol.

Christine's Blood Pressure Story

The cover of the wiring is cholesterol. So cholesterol is really important for digestion. That's what the bile does in your body and your gallbladder. Fat is really necessary in your body. It's an insulator. It's a high source of energy. It's not the enemy. I think you guys may have heard of RFK, you know, and the FDA, they're going to come out with some new dietary guidelines.

They're going to actually increase saturated fat in the diet. And for years, we've heard that eggs were bad for you or the culprit. Eggs are one of the best foods you could eat. The inside of the egg. has a lot of omega-3 fatty acids, most of the vitamins that you need.

And of course the white part of the egg, the clear is albumin, which is one of the main proteins in your blood. So I don't understand. wait a minute. You just say, on. Cholesterol is actually good for you. Yes. Did I hear that? Yes. So we've got to get away from good and bad. There's no such thing as bad cholesterol or good cholesterol, just bad ratios and bad forms. Like if you have oxidized cholesterol from eating too much sugar, right? So getting bad back to the hypertension thing, which is what it's called hypertension, which means your arteries are squeezing down. They've done studies like on hash browns from McDonald's and people ate the hash browns and they measured their arteries and their arteries clamped down after eating the hash browns, which is these bad oils and some of these bad carbs. So we really have to look at what we're putting into our body, our fuel and to know that cholesterol is actually a good thing. And there's really no such thing as bad cholesterol. Maybe there's a bad form like oxidized cholesterol, right? And like Jamie said, we need to start using other markers, like for example, high sensitivity CRP or cardio CRP, they call it sometimes to measure inflammation in the body and maybe a higher level cholesterol test to check the ratios. Like for example, an easy one to remember is your triglyceride, HDL, is the good cholesterol, which we're getting rid of that term, but the HDL, the high density cholesterol should be in about two to one ratio. So two times the triglycerides over your HDL or even one to one, ideally, you know, so whatever your HDL is, let's say 50, your triglycerides should be 50. And most people it's not. In fact, the normal value for triglycerides is 150. We use a hundred in my office. We're a little prick, but Especially in diabetic. So doc, let me just clarify that because a lot of people listening aren't familiar with some of these terms. So you want triglycerides over HDL.

Rethinking Cholesterol, Blood Sugar, and Inflammation

So whatever your HDL is, triglycerides cannot be more than double. That's right. So for example, a good HDL is 50. So then your triglycerides should be 100 or less. So those are really good early markers. Blood sugar, by the way, is not a good early marker. It takes about 10 to 20 years for your blood sugar to be abnormal. So if you're sitting in a doctor's office and your blood sugar is 140, 160, 180, 200, you've had that for at least 10 years. So not a very good marker. Hemoglobin A1C, again, good to use, but not early markers. Don't really tell you what's going on right away. And you can miss a lot of people. And I think that's one of the problems in our country. our markers are not accurate for acute disease. And we in our office, we use pre-diabetes, which, you know, is just a term to get people in the groove. Really, there's no such thing as pre-diabetes. It's all a spectrum of disease, but we get people diagnosed. And pre-diabetes in my office usually means you have a high triglycerides, low HDL, and usually you have low magnesium and vitamin D3. Those are very good markers. When your vitamin D3 is low, That's a sign of inflammation. And of course we can measure cortisol various ways and various times of the day. It's a little more tricky to interpret the cortisol results. if you have. vitamin D is one of these, one of these variables that's very tricky

because it's the range is so big, 30 to a hundred.

I tell people it's like a test in high school or college. You want to close it or a hundred. What number do you like with vitamin D three levels? I start at 80 and I go all the way up to 125. So, you know, somewhere between 80 to 100 for a regular person. If you have cancer or diabetes, you need a higher dose. That's another thing. We're finding people in their 30s getting cancer now, which is unusual. I didn't get trained in that in New York, you know, for us, cancer happened in your 60s, know, late 50s, early 60s, and which I'm getting to now. And now we're, we're diagnosing cancer in 28 year olds and 30 year olds with colon cancer. So really the inflammation now has gotten so out of control. that we're starting to see cancer develop in young people, which is unheard of, you know? So really alarming things going on, I think. So have a below 80 vitamin D3 level, what do you recommend with them? Because there's plenty of vitamin D supplements, but I really love the research you presented about the importance of K2 and some of the other cofactors. Yes, what I tell the patients is the K2, which is made in your gut, daily, We don't have the bacteria to make it. is more important than the D3 because it regulates vitamin A, vitamin D3, it regulates these hormones so that they, because vitamin D is actually a hormone, it's not a vitamin, and it actually regulates it so that it goes to where it's supposed to go. So if you take D3 without the K2, you really don't have any direction for the D3 to get to where it's got to go, and it's kind of lost. And even though your levels might go up, you're not going to get the optimal healing effect of the vitamin D3. which is a huge anti-inflammatory effect. For example, it's been proven that vitamin D3 can help reduce your chance of colon cancer if you have optimal levels. And if you have low levels, like below 35, you actually have increased risk of colon cancer, you know, and diabetes as well. So we use those vitamins almost, I always tell you guys, no matter how much I buy, it's never enough, right? It's like one of those things that you can buy four cases of vitamin D3. And in a few weeks, I'm out because everybody's on it. Like the whole staff is on it. I'm on it. My wife's on it. My kids are on it. Almost every patient's on it. Yeah.

When we get a patient, I feel like we need a bell in the office because when we get a patient that comes in off the street and they have a normal vitamin D level, you know, it's so rare.

Yeah. Ring the bell like, my God, they get a prize. So rare, you know. You almost have kind of crazy because you're in South Florida. You would think people are exposed to the sun enough that they would be getting even it naturally and they don't. So yeah, it's kind of nuts.

I had a pre-diabetes when I started way back when, about 10 years ago. And my vitamin D level was 14. Oh my word. And I play soccer outside. I'm tan, but I know vitamin D level because my body was burning it, you know, and my magnesium was not optimal. So they kind of go together. I call it like the basics. The basics, everybody coming in, they need D3 with K2. We only sell, obviously with you guys, D3 with K2. And also we recommend magnesium a lot to our patients. That's another one that everybody has really low. And as you know, magnesium is needed for D3 production. So when your magnesium's low, you can't regulate, just like potassium, when your magnesium's low, You can't regulate your D3. So you really need your magnesium to be corrected before. It's kind of an important thing. And the other thing is to make things even worse for doctors, to make us more stressed, the ranges on the labs, which is something that I want to work with you guys to get our own ranges, the ranges on all these labs are wrong. So like Jamie said, You can go to a doctor and have a vitamin D level of 35 and he's going to say, great, you're doing great. Your vitamin D is normal or vice versa. You have a cholesterol level of two 20, which is normal. And your doctor tells you have a high cholesterol and you have to go on medication, which is not really true. Depends on your ratios, right? We don't just go by total total cholesterol and LDL had never been correlated to show acute correlation with active disease, you know, It's more the ratios and the type of cholesterol you have, for example, oxidized LDL that correlate with disease. But we know that, for example, diabetics, they normally have really bad ratios and really dangerous cholesterol, which is why, you know, cardiologists put them on those medications. They're not wrong in doing that, but there's better ways to treat that, which is really the underlying thing that you're treating is inflammation, right? So we don't want to… We don't want to get to a position, and this is good for you guys as the supplement company, as the providers of the treatments to know this. You don't, we don't want to train our doctors and our providers to treat lab values, right? We want to treat patients and outcomes. We want good outcomes and we want good results. So for example, we were talking about this off camera. You could be on all the medications. You could be on a statin, on a blood pressure pill, like an ARB or an ACE inhibitor, like you were on. You could be on a medicine for heart and you still have a heart attack and die. So just the fact that you're on these meds, they're not, and I think there's a misconception in the industry that if you're on these

medicines, they're protective, especially for primary protection. Like you go on it and you're not gonna have an event and that's not really true. So we…

Vitamin D, K2, and Magnesium Basics

We probably shouldn't be telling our patients that, you know, we shouldn't tell our patients that they have to diet, they have to exercise, they have to sleep, they have to eat vegetables, have to cut out all the things, right? It can't just be, you have to you just said a golden nugget that I want to pull out and let everybody kind of sit with for a second. We need to treat patients, not lab values. That was super impactful.

And I do know you look at ratios. And so when someone has… a cholesterol ratio that you're not liking. What do you recommend typically? The most common thing that we see in our office is like a pre-diabetic picture, right? So they're going to have high triglycerides, low HDL, right? So HDL, you want to use a CoQ10. I like the circuit core too that helps increase, you know, your vascular strength and dilation. put them. We can put them on seven flowers if they have a blood pressure issues based on that. And then the other thing we want to use is something like a glucolize, which is a product for people that are not familiar that has ALA and uh cinnamon, really, really high, high end cinnamon and even berberine to help decrease inflammation in the gut, which is, you know, eventually we're going to get to the gut. That's where all this action is going on. That's kind of the battlefield. And it's not really in the heart or in the brain like we think it's in the gut. And we have to win the battles in the gut to be successful in the heart and the brain. And, know, the hormone balance has a lot to do with it as well in patients over 40. But I think getting into, you know, the basic supplements, vitamin D, and this is where providers and patients can start. You don't have to start and, you know, 28 supplements. You can start with D3. magnesium, you know, the K2 is in there. You can start with a product that has alpha lipoic acid, is like a metformin type, makes insulin more sensitive. You can start with CoQ10 and DMG. And these are excellent, excellent products. I always tell you one of my favorite products, kind of a new one on the block, but the ones that I love is a neutral glutide. And that's the inflammation product, right? It's not even. for blood sugar, but it has so many good things in there like the berberine and things that help with inflammation that you can use it for diabetes, you can use it for heart disease, you can use it for dementia and brain problems, you could use it for joints and muscle problems. And we see, what I see in my office, like in DO school, they taught me two things that I really didn't use for a while. And uh that was number one, the body heals itself. And number two, the body is a unit, right? And now we see these things coming together where, you know, the brain, the heart, the gut, the muscles are all connected. So if you have bad muscles, you're going to have a bad brain, you know, and you're to have a bad metabolism. You're probably going to get diabetes and you're going to have heart disease.

So we're seeing a connection in the body, like maybe never before where diseases like heart disease, diabetes, and even cancer are kind of linked together under the umbrella of gut inflammation. and you know, metabolic disease and, uh, you know, we need, and Jamie always says, obesity. The obesity problem in our country is all related. You know, this is like not different. If there's one thing I can say today and get it out there to everybody, these are not separate diseases. This is one umbrella with all these diseases fall under the same category and we can treat them with the same treatment. And, you know, I feel like nutritional frontiers has all the tools. for the provider and the client to learn and get all their inflammation under control, repair their gut. GI complete, for example, probiotic, like a Probsyme, and get these things under control, start healing the body, closing that system down, getting lower cortisol levels, and getting back to health. And then you can decide what medicines you need to be on. We can do genetic testing, and there may be some outlying patients. that have some genetic problems that may need some medications at a low dose. But you know what you're going to do? You're going to use a much lower dose, if at all, and it's going to be very sparingly. And you probably can get off it in the future if you get your weight under control and things like that. So, you know, if you have some risk factors going on, you're seeing a cardiologist or a regular doctor, you're on some meds, I would not advise to stop everything, but I would advise to add supplements and change your diet.

Treating Patients, Not Lab Values

You know, one of the things that we need to talk about are all of the powders and the shakes. Because a lot of people- Before we do, hold on. I want to expand on one thing. what you're saying is fantastic and really interesting for people out there that maybe aren't as silly with nutritional frontiers, Christine, myself, and you, Doc. One thing is

that Nutri-glutide, when our research team led by Dr. Len and Dr. Tracy and yourself and Dr. Bob started looking at what are the underlying causes of most chronic conditions. One stress, right? So, NutriGlutide addresses four major underlying causes. Number one, stress. Number two, it's working on blood sugar, insulin resistance.

Number three, it's working on inflammation. And then when those four start getting addressed, then you can tap into the natural fat burning without a stimulant. So, NutriGlutide, we took seven patented research trademarked ingredients. We put them together, we get the synergistic blend. So you get a comprehensive solution that are four most common underlying causes of all disease, but especially diabeticity. And then you tie that into the food. So Christine is an expert on our shakes. I'd love to hear what her thoughts are. And you know, a lot of women say, ah, these don't taste good. I'm like, this isn't 1980 talk. uh The flavors are incredible. So Christine, tell us about your experience with the shakes. A lot of our female clients out there may be rolling their eyes at me and saying, yeah, well, those guys will drink anything. I need something that tastes good. absolutely. know, know, Dr. Silva works with lots of patients who like to use, you know, some sort of a semi-glutide to help, right?

Get their weight loss program started. Right. And we also use Nutri-Glutide to do it naturally or to help people transition off and maintain. But what's critical is to always have that shake first thing in the morning, the protein. And, you know, for me, I even travel with our shakes because they taste so good. And if I don't take a shake, especially paired with our Proline Greens every day, I feel it. I feel different. I feel slow. I don't feel like I'm giving my body what it needs to get the day started. And the coolest thing is, that we have so many different flavors and so many different kinds of shakes. You know, one of my favorites is our newer cacao blend, is the wonderful, yeah, the hydro-beef protein. Clean collagen protein. Yeah, that's a good one. And that gets me my collagen too, right? So now I'm hitting my collagen in addition to get my protein and it tastes delicious. We also have our super shakes, which We have a variety of flavors that are vegan and pairing it with our pro colors line gives you a lot of variety. know, you know, one of my favorite things to do on the tennis court is to have our vanilla super shake with our pro oranges and our power fuel. Cause that also gives me our power fuel is the mitochondrial blend, right? That keeps me going. In addition to pro oranges, which also gives me cellular energy. So it's great when you can really work these into your lifestyle. from breakfast to a snack to working out. And we have kids that love our shakes because they taste so good. So if we want kids to be compliant, we gotta make sure that everything tastes good. It's good. Yeah, the shakes really help a lot in the treatment plan because patients love taking them and they're easy to travel with. we're in a weird place in our health in the United States where I just had a client yesterday that she came in and she has these metabolic issues, but she's too skinny. So she doesn't have enough muscle on her body to be healthy. So it's weird, right? When you think of a diabetic patient, you think of an obese patient, but she's what we call a skinny fat patient, right?

So she's really thin, but she doesn't have enough muscle in her body. So she's flabby and tired and out of shape. So, you know, I know Jamie as the athletic guy in the trio today.

Gut Health, Nutri-Glutide, and Metabolic Support

would jump in and say, you know, you got to go to the gym and work out. And I agree with that. That's what we told her. But she also, like you said, Christine, you need some nutrition to feel good to go to the gym, right? And, work out. You need that energy. And you know, the, the pro colors, they have a lot of veggies and fruit blends in there that are really healthy for you. That I feel like the average American is not getting daily in our country, you know?

So that adding that into your diet automatically increases. Forget about treating anything. It just increases your regular health, your baseline of your health. And as Jamie will tell you, muscle is really important for health. A lot of the elderly people here in Florida, one of their problems that we see is they don't have enough muscle, so they can't move properly.

And they have difficulty getting out of a chair, getting out of a car, so they lose all their healthy muscle. When they're getting older, in their 70s and 80s, they can't play golf anymore. They can't go to Publix and buy food. So they need helpers, they need walkers. And I feel like you guys have addressed that issue with, you know, the clean collagen, the hydro beef. I love that shake, that cacao, that tastes, and I'm Brazilian and that thing tastes amazing.

You guys beat Brazil in that thing, you know? I can't wait to bring that to Brazil. They're going to love that. Yeah.

Well, I also love that the ultimate shake and greens give you everything you need on the nutritional pyramid, the real nutritional pyramid, The real one.

Yeah. So, you know, that is like a meal replacement in one. And that is one of the first things that Jamie suggested I get my mom on who just turned 78 this week. And she has zero health issues other than, you know, needing to use a cane because she had drop foot that just won't completely heal itself. But she's healthier than she's ever been. All her labs came back wonderful and she feels good. You know, she can't drink a whole one cause she's kind of a teat, but he sips it throughout the day. use Dixie cups in my office. We use little Dixie cups and we start the patients, you know, tasting the Dixie cups. Cause you know, everybody can do a shot. It's basically like a double shot. And so they can taste it and get it inside them and, you know, see how they feel. And then you'd be surprised. Then we, we graduate up to those big tumblers and the patients love it. You know, they love it. They come in, they, they, they rave about it, you know, and the flavors are excellent. The strawberry banana is one of my favorites. And although all, you know, the, the cacao one is blew my socks off, but I think that's a, know, so everybody always asks me this question. When I go somewhere, they're like, why nutritional, even the other reps from other companies, why nutritional frontiers? Why do you guys like nutritional frontier so much? I look at the cabinet and it's, you know, 90 % nutritional frontiers. What makes them so good? And I said, well, number one, I'll be honest with you, cause I'm from New York. So, you know, we're pretty straightforward sometimes in a bad way, but, you know, we're straightforward, whether we like it or not.

Yes, we are. It's the people I'm at the point in my career where I want to do business with people that I like. I don't want to do business with people that I don't like. So that's number one. could, I would be honest if I didn't say that, but number two, it's the formulas, because I feel like you're not really a supplement form a company. You're a formula company. So you have formulas for success. For example, the neutral glutide we were talking about to lower inflammation in all causes, including cortisol and blood sugar and all that. But it's not, I wouldn't say it's a supplement in the term like we think of vitamin C or vitamin D or magnesium. It's more of a formula and you take that blend, which is herbs and vitamins and different things. And a lot of them are patented ingredients that have a papers that you can prove that their efficacy and they really get good results. So even though patients are buying the supplements and taking them, there's a big difference between going to a big box store and buying a vitamin for $5 that probably doesn't do anything and doesn't, and I think that's one of the problems we have in our industry. There's some good players and some bad players and the patients are a little confused. So I think that's what's good about doing these.

talks is try to differentiate ourselves and the stuff that we use, which is more medical grade, you know, stuff that actually has a role in improving your health versus, you know, fillers and, and ingredients that don't work and, kind of get stuck in your gut and don't really do anything. And maybe, you know, and I, be honest with you, I'd rather spend $35 on something that works than $10 on something that's not going to work. that's great point, Doc.

Shakes, Muscle Health, and Product Quality

The most expensive supplement is the one that doesn't work and even worse may contribute to toxicity in your body. Right. And look, there's plenty of places in your life you can look at. I would say the nutraceuticals is not the place because it's not like these costs thousands of dollars a month. You know, people may spend a hundred or 200 bucks a month depending on the protocol, but you getting the value and. We are trying to change, uh, healthcare, right?

We're trying to change the results in the body. So people are so nutritionally deficient. you looked at the budget, I guarantee I can show someone that they can easily afford you for cash and their supplements in a month, just by looking at their grocery budget. You know, people don't realize how much you're spending on coffees and lunches and dinners and all these things, you know, and this is one of examples where. Convenience is less expensive. We always pay for convenience. A gallon of water and a bottle of water costs about the same, right?

And if you're at a concert or a football game, it'd probably cost you a triple. But this is an example where convenience, like the ultimate shake, you can live on this. I challenge people, do ultimate shake and greens every day for breakfast for 30 days, and then let me know if you feel better or worse after 30 days. I guarantee you will see improvement. We've had some people lose as much as 30 pounds in 30 days. They were so inflamed. Yeah.

So it even somebody who was obese. Well, I can't believe who I always judge a good show by how quickly it goes. Like a good party and a good professional training event. Right. And this went super fast. We got to do part two, three, four, five, and six with Dr. And thanks so much, Doc. I really appreciate your kindness, generosity, folks. I'm sure you're all wondering, are you taking new patients? And if so, how do we get in touch with him, Christine? So yeah, Dr. Silva, us.

We are taking new patients. We see patients every day on the weekdays and we go until about six o'clock at night. Our office number is 954-943-9670. I'm sure you can get in touch with Christine or Jamie. They also have our contact information. We're located. down in Deerfield Beach, Florida, near Boca and Fort Lauderdale, right on US-1. So right less than a mile from the beach, which is kind of tempting. Sometimes I want to go play soccer on the beach, but we don't. We stay and we see all the patients till they're done. That's what Saturday's for. You can see me on the beach on Saturday. you know, we try to have fun. We try to be positive. We are faith-based as well. And we try to always, you know, put God first and take care of our patients and you know, doctor means teacher in Latin. So we want to teach our patients to be healthy. And I feel like that's the message that that's why we melded so good with Nutritional Frontiers, because I feel like we have the same goals in terms of educating people. You know, I met with Dr. Len and Joe and Jamie and Christine and we all have the same goals. We want to teach people to be healthy and we have some shortcuts on how you can get better. health easier without breaking the bank and without, you know, going to expensive restaurants and spending hundreds of dollars on expensive food. You can add some supplements to your regular diet, along with some, you know, exercise and sleep and improve your health tremendously. So come visit us in sunny Florida anytime you guys want. And Jamie and Christine, it's always a pleasure. Be glad to do this again, whenever you guys want. Well, thank you so much. And thank you for your kind words. You know, you're obviously someone that we appreciate tremendously. You bring so much, not only to nutritional frontiers, but to thousands of patients. And we're really grateful to have you in our life. And if anybody is interested in learning more about Dr.

Closing Remarks and Contact Information

Silva and his medical practice and you're interested in meeting with him, we will have information in the show notes so that you can get in touch with him and follow him on social. He's always out there and buzzing around the world in Brazil and Mexico. In addition to the United States, he's a global speaker. And if you love this episode, I'm going to encourage you to like it and share it and comment on it so that we can continue to spread the news about how to make the world healthy. Jamie. Wow. This was fantastic. Thanks again, Christine, as always. And a special thanks to our guest, Dr. Richard Silva, brand ambassador, Nutritional Frontiers, VIP client and colleague, a mentor and a friend.

This guy does it the right way. He's helping so many people down there. does telemedicine and you know, he's even taken on me and you as clients now. So look out everybody. But I want to you so much and people always, I get this probably the number one question I get is why do you work so hard? Why don't you sell the business and retire? I said, retire from what? And this is why we do this because the amount of people we're helping, the type of people we get to work around. And my heart is full, Doc. Thanks so much. We appreciate all support. God bless. Thank you. Bye bye. Thanks for tuning in to the Holistic Truth Podcast. this episode spoke to you, please follow the show and share it with someone ready to take charge of their well-being. And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.