Podcast Intro and Guest Welcome

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It taught them to sit with uncertainty, ask tough questions, and see the person for the illness. Today, it's at risk of churning out technicians who follow checklists instead of their instincts.

The culprit? A growing obsession with standardized protocols that are turning medicine into a paint-by-number exercise. This is a quiet corruption of medical education, the slow, steady erosion of the physician as a healer.

We are taking away any of the tools they once had. It's now impossible to lean on them to measure performance because the insurance companies have now gotten involved to decide what your payment is going to be and enforce the rules.

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. This is your number one podcast for health and wellness. I'm so excited today. I'm your host, Jamie Dorley.

I'm the co-founder, CEO, and owner of Nutritional Frontiers. We're making the world healthy. And I'm so excited to have back my co-host. She's our chief growth officer, the creator of the Soul Intelligence Method, and my partner in crime.

Welcome back, Christine Genovese. Jamie, I'm so excited for this new year. We are kicking it off strong with our first guest. He is someone that I have grown to really adore in the past couple of years.

He's become such an important part of my life and the life of Nutritional Frontiers. I'm excited for you to introduce him. Me too. New year, new energy, as they would say.

So we are excited to have him on today. You know, I met Dr. Len Branswitz over 25 years ago. And within a few minutes of meeting him, we were planning out patient workshops, protocols, new formulations, events.

And before you know it, we were executing on him. And here we are now 25 years later. This guy is the epitome of health and wellness. He not only practiced what he preaches, but he's got such a generous heart that he likes to give back.

And he's our medical director at Nutritional Frontiers. I know you said you adore him. I love Dr. Len. He's been a key part of you know, success in nutritional frontiers personally and professionally.

And if you look at his background, it's second to none, right? He started out at the prestigious School of Pharmacy at Duquesne University right here in Pittsburgh, PA.

the number one pharmacy school in the country. He owned a traditional pharmacy for a long time, but he wasn't satisfied because he felt like pharmacy was going in the wrong direction.

As he taught me, Christine, the pharmacist's job has not been to give the medication, but it's to help the community and the patient take the medication safely.

And he was not feeling fulfilled, so he didn't stop. He went back to become a naturopathic medical doctor certified clinical nutritionist, master in homeopathy.

He studied on the Jim Laval. He used to have this incredible radio show, Daily Dose and the Len and Joe show. And I love his topic today, which is how to go from allopathic to naturopathic.

So let's give a nice warm welcome to the one and only Dr. Len Brantwitz. Len, how are we doing today? You are just too nice, just too nice. Did you hear that, Christine?

He called me too nice. The feeling is the same. At a point in my life when I thought I'd be winding things down and sort of kind of retiring, You've always managed to pull me right back out and keep me grounded to say, you know, you got some stuff upstairs in the head that you still got to get out and train people.

So I enjoy it and I appreciate you all giving me the opportunities, many opportunities to do this. And I love the fact that I've made so many good relationships with people, not only the people with NF, But even the people in the field, the sales force, the sales team, the people in the office, the clients that we talk with, I cannot tell you how many different clients that I've had a relationship with for 10, 15, 20 years that are still here, still listening to podcasts like this.

And I'm so glad I'm being a part of this so that I can even use this as a venue to promote you all every week so that we can get these words out to, again, try to make people healthier.

That's the bottom line. Yeah, and I want to acknowledge you too, Len. The investment in relationships, not only with all of our clients and their patients, but you've helped so many people.

And the relationship you've built with Christine and myself, that's been really exciting. And I want to acknowledge you for being Doctored to the nutritional frontiers Hall of Fame in 2025. No, it's not a green jacket.

It's not a green jacket.

Lenu2019s Journey from Pharmacy to Naturopathic Medicine

We can't get you one of those from the Masters, but you did get a jacket. No, seriously, the impact you've had on even with Christine, you know, with Her joining the team a few years ago and, you know, the generosity of you and, you know, that's the part that's most exciting, you know, investing in these relationships.

And it was funny, I was talking to someone last week and they mentioned you and I was like, oh, how do you, I go, oh, they would talk to Dr. Len all the time.

I was like, okay, great. Just keep me out of the way. There you go. Excellent. Dr. Lin, I was just going to say, I'd love for you to share kind of your journey, right?

Because you really live the allopathic to naturopathic journey. And I'd love for you to kind of share with everyone, you know, why you chose to go on that path and how excited are you about the new real nutrition pyramid that's come out recently?

You got to love it. You got to love it. You got to, you know, Bobby Kennedy, finally, finally professing what, you know, think about this is that when the pyramid first appeared, And then Nutritional Frontiers rewrote it, I forget how many years ago now, Jamie, five, six years ago?

Or longer than that. And which one was right? Which one was right? You know, NF came up with a pyramid a whole bunch of years ago saying, look, will you please look, look, and you put it on all the flyers, all of the

information pieces that we got into everybody's hands saying, you want the secret?

You want to stay healthy? Here. Here's a key piece of that puzzle right here in front of you. Well, you know, that's, oh, it's sort of difficult to do.

It's a little bit tough to do. And, you know, myself, I'm going to tell you this, coming from half Italian, half Polish, raised in Carnegie, Pennsylvania on fried spam and jumbo.

Boy. Now you think about it, I should have died years ago, but you know, it's a point where we've all done those things over the course of your lifetime.

And then you say, okay, I got to draw a line in the sand. Well here, my line in the sand was when I turned 39. 39 years of age had never been to a doctor.

No need to, took care of myself. So it was at that point where one of my insurance carriers said, you know what, we need a physical on you, you're no longer 30. So I went in to do a physical, that's where I actually met my wife, Karen.

And so I found out that I had rather serious cardiovascular disease. And I went from never taken pharmaceutical to six on six different pharmaceuticals at one from age 39 into 40. And during that timeframe in my 40th year of life, I was hospitalized twice with seizures and each time one day, two days, four days, five days, 10 days.

So they couldn't figure out what was going on with me. And I finally had drawn that line in the sand and said, there's gotta be a different way to do this.

And that's when I had first met Jim Lavelle and he's become a good friend and I've known him for decades now. And he invited me up to a conference in Chicago to understand what was defined as clinical nutrition.

Well, I knew about the pyramid. I knew about food. I knew that I wasn't supposed to eat baloney and spam. I knew that. But what do you mean that there's something called clinical nutrition?

Well, if you really understood the fact that food is medicine, we've said that, we see it hung all over people's offices. Well, it is. And clinical nutrition taught us that if you make those substantial changes, You can go back into this body as God created it and make those changes that are necessary to reverse some of those problems that you yourself being raised and didn't eat right and didn't exercise right, maybe were overweight at one point.

You can make those changes now and you can start making changes in your health that is going to improve your functionality. Now, that to me was a defining point.

And from that point forward was right in that window of time is when I met Jamie. And it was like, all right, so what are you telling me, Jamie? Well, you need fish oil, son.

Cardiovascular disease, you need fish oil. So I did. I started some fish oil. And then I found out about quality control. Then I found out about what it takes to make a good product.

Then I found out about what it means to be made in the USA. And it was like, wait, could this really be this easy? I'm Pittsburgh-based, and this is a Pittsburgh-based company, and I almost missed it?

And at that point, and I don't wanna badmouth, there's a lot of good companies out there, but when I went and visited one of the local companies, it was offices out by the airport, And I was invited out to tour their facilities and I had to put on the white robe and the hat and the whole nine yards to see the sterile rooms.

And I went in and I saw these rooms lined up with huge crocks that looked like wine barrels, full of raw material. And each and every one of them had Chinese lettering on them.

And it was like, are you kidding me? that this was right when all of those reports first came out about bad dog food coming into this country from China and dogs dying.

And I'm thinking, now, what story is this telling me that this company here is using raw material that's coming from CCP and putting it in and blending it and making it look like it's a Pittsburgh-based company?

And I said, no, I can't be. So again, went back with Jamie and he assured me that quality control is gonna be tops on his list. He said, I am gonna spend 51% of my time teaching people what to do and I'm gonna spend 49% of the time having them have access to the right forms of supplements at the right doses, made with the right raw materials, driven properly to make substantial changes to a body's physiology.

Amen. That was a great memory when I remember those conversations a long time ago. And, you know, it's interesting when you talk about that, because this is a choice, right?

And I've heard someone else on this call say it should be this easy, right? It is easy when you make the right choice. A lot of companies in our industry have been sold, acquired, merged and gone direct to consumer strictly for the price.

Companies I've worked out before. They're taken over by different people that don't have a nutritional background, and they think that the magnesium bisglycinate is the same as magnesium oxide, and there is a big difference.

Same with the fish oils. The ones that are 1,000 milligrams of omegas from Kirkland and Costco are not the same as what we do. And I really appreciate that you acknowledge that, because we take a lot of pride in that.

We use over 50 patented research, trademarked ingredients, And we are focused more than ever.

Medical Education, Protocols, and the New Nutrition Pyramid

We just came out the new ProBio 3 with three PRTs in one formulation. So thanks so much for mentioning that. In order to get prepared for today, I did what I call myself a training video outline that said, here's what I want to cover.

I don't want to forget things today. So I wrote down back in the day, back in my pharmacy days, back when I would go in in the morning, I wrote down, what would my day look like?

Okay, and I blended that right in with my wife's who was a physician's assistant at the time. And I said, I wonder what our lives looked like. Here, let me just, here's what I wrote down.

8 a.m., brief team huddle, maybe five minutes, discussing the day's schedule, 8.30 to 12, patient appointments every five to 10 minutes. Focus on symptom identification, diagnosis, pharmaceutical interventions.

Pharmaceutical interventions, let me say that a third time. 12 to one o'clock, maybe lunch, probably been on the phone the whole time. One to five o'clock, afternoon appointments.

Five to six, complete documentation, follow-up lab results. After hours, charting went until eight, 39 o'clock at night. That was the average day. Now, I wanna compare that to when I made the change.

I drew a line in the sand. And this is, I'm gonna bring Christine in on this part. because every day, every day, and I put this at 8 a.m., meditation, centering my practice before I started the day.

If I didn't do that, the day would collapse. I would run into a difficult time. So Christine, is that not the basics or the fundamentals of what you profess to everybody?

Absolutely, right? You have to be in alignment, right? In alignment with yourself, in alignment with the divine, in alignment with your mission and the work to make the world healthy.

And you have to remember your why every day before you start your day so that the divine information comes through you, right? You get the right protocols.

You have the right clients show up on your doorstep. You're able to make a difference and an impact in the world. So it flows so much easier and better when you do that.

And the rest of my day went nine to 12 o'clock patient appointments. Big difference. Remember what I said up above? Patient appointments every five to 10 minutes under the allopathic model.

And what's your model? That's what he's saying, his new one now. Putting aside 60 to 90 minutes with each patient. Wow. 60 to 90 minutes. In order to do a comprehensive health history review, a discussion on lifestyle, nutrition, stress factors, integration of conventional diagnostics.

So we would then look at, do we have to do any accessory testing, afternoon appointments? We went through the whole day and at the end of the day, we documented our research on specific cases and we looked and saw what was going on in medicine today.

Now I'm going to bring that up again because one of the things that I love and it's been a factor with my relationship with nutritional frontiers. I become one of the key researchers, you know, when we do these Friday morning sessions with the sales staff, you know, here's the products we're going to highlight this month.

Len dives deep into these things. We're getting our rabbit holes, looking for bits and pieces on how these products are not just because it's a multivitamin.

There's other ingredients in here that are gonna do a lot more. And if you understand all of the pieces on how these things were put together, you can then apply it for other uses, other overlapping uses with the goal, again, to make a person healthier.

And that's a critical factor. So if you understand the research that goes on there, and I wrote that down at the end of every one of my days, I would look at JAMA, New England Journal of Medicine, all the naturopathic things.

And I'd go through them real quick and say, oh, there's one, there's one, here's one, like this morning. What do we got? Here we go. Alzheimer's disease, most common neurodegenerative disease.

It's made its way up to number one. Here are the causes. A 45 page article looking at causative factors behind Alzheimer's. And you know what's in the midst of this 45 pages?

A whole section on NAD+. Wow. NAD+. There it is. One of our newest formulas. Yeah, we actually have that one. I'm going to share these with you because there's an animal-based study that is now in human clinical trials about reversing amyloid plaque in the brain with NAD+.

Reversing. So it's the first time I've seen any traditional articles that say, you know what, there is a naturopathic, and that fits right into what we're talking about today.

Allopathic to naturopathic. How does the allopath work with Alzheimer's? I don't know. Scratch my head. You know, give them some support, put them into an Alzheimer's rehab center.

Keep them comfortable. Give them an I think one of the messages I hear from you when you do this presentation and your education is you're actually giving people hope, right?

You know, conventional medicine or, you know, modern medicine, it's not really conventional. There's no hope. It's like, you're going to get worse. We'll just keep throwing more medications.

We'll try and manage your symptoms. Commentary. in conjunction with a couple of other people. And I've been saving it for the right time. Today's the right time.

This is the right time, here we go. This is it, I'm feeling it. The title of this is, and this is again, this fits into our topic for today. The Corruption of Medical Education by Protocol-Driven Medicine, i.e.

allopathy. The Corruption of Medical Education. Let me just give you some highlights. I don't want to read this whole thing to you, but medical education once trained doctors to think like detectives, piercing together clues from a patient's story, symptoms, unique circumstances.

It taught them to sit with uncertainty, ask tough questions, and see the person for the illness. Today, it's at risk of churning out, Technicians who follow checklists instead of their instincts.

The culprit? A growing obsession with standardized protocols that are turning medicine into a paint-by-number exercise. This is a quiet corruption of medical education.

The slow, steady erosion of the physician as a healer. We are taking away any of the tools they once had. It's now impossible to lean on them to measure performance.

because the insurance companies have now gotten involved to decide what your payment's gonna be and enforce the rules. Medical schools have followed suit.

Instead of teaching students to wrestle with complex cases or to challenge assumptions, most curricula now drill them on the following algorithms. Students learn to tick boxes for conditions like diabetes or infections, but all are not encouraged to ask, does this make any sense?

Does this make any sense? Classroom. Once a place for debate and discovery feels more like a training ground for compliance. This over-reliance of protocols produces doctors who are great at following orders, but are lost when the script runs out.

Why is this happening? Money. Control. The fallout's hard to ignore. We're eroding the art of medicine. Empathy takes a hit, too. Listening to a patient's fear and hopes doesn't fit nearly into a flowchart, so it typically gets sidelined.

Worst of all, this approach stifles the curiosity that drives medical progress. When doctors become rule followers, The whole field suffers. Medical schools should teach students to think critically, not just memorize steps.

Educators must inspire students to question guidelines, not worship them.

Personal Health Crisis and the Shift to Clinical Nutrition

If we keep heading down this road, we'll end up with physicians who ace the algorithms, but miss the human being. Medicine will still work, but it'll lose its soul intelligence.

Oh, Len, thank you. That was amazing. You know what I really want you to share? Dr. Len, you've had so many of your own health challenges and you've had your own journey from allopathic to naturopathic.

Can you talk a little bit about some of the ways in which you've treated yourself in addition to the hundreds of thousands of patients that you've helped over the years?

Sure. And the prime example is If I go back 15 years ago now, I had just turned 60 years old and my staff, I had three offices at the time, one in Pittsburgh, two in Pittsburgh, I'm sorry, and one in Atlanta.

And my staff had convinced me to run a marathon. Now I am not a runner, but I trained for six months to do the Pittsburgh Marathon. You freaking played in the NFL at one time Len, come on now.

We call you Eddie. We're an aging athlete at this point. Come on now. So I did Pittsburgh half marathon, came across fitness line, found out long story short, within 10 days after that marathon, after running a lot of clinical trials,

that I had stage four kidney cancer.

And it was a slap to my face because I couldn't figure out why I had a 7.5 centimeter tumor on my right kidney. That's the size of a grapefruit. And I had to go about investigating why, where did this come from?

And I had my thoughts about what happened, but long story short, I submitted to a surgical procedure. a relatively new surgical procedure that's now being utilized, because they still have videotapes of me going through this, that are being used at cancer treatment centers of America on a technique using lasers to basically peel my kidneys.

So my kidneys were basically peeled to make sure that there was no infiltration. Now, dermatology does this in a procedure called the Mohs procedure, where they keep taking small samples back and forth, back and forth, back and forth until they're capable of not seeing any further propagation of cancer cells.

Someone's needing your help right now, Dr. Len, I hear it. The bad fun. There it is. But anyway, so long, long story short, I went through the procedure.

I came out cancer free and I never had chemo. I never had radiation. And to this day, everything has been fine. Now I have taken it upon myself to maintain and understand once you have cancer, you still have cancer.

You always will. but your body has the unique ability to fight it off. One of the factors that I've been looking for for the last 15 years came to the surface with a prep called immune glandular.

I had been using all kinds of different preps to stimulate my thymus gland to make more T cells so that I wouldn't have to go back to cancer again. And then all of a sudden, Jamie sends me a sample and look at this.

Here's an immune glandular, it has the thymus extract in it, and I said, hallelujah, I got what I need now to make sure that I take care of myself and many, many, many others moving ahead so that we can make a difference in that battle with cancer.

So again, I have taken it upon myself, and acetylcysteine, NAD, the immune glandular, the probiotics, GI complete. You go down the whole list of things that I have to do on a regular, but not have to.

I do by choice every single day to keep myself as healthy as possible. And I'm going to be 75 years old this year. You know? Thank God. Thank God. We got to plan a party brother.

I don't have. That's three quarters of a century. I can make this gray hair go when I'm in good shape, but anyway. You're lucky it's gray, Len. Okay. You know the alternative?

All right. Let me try out a few more, just a few more little things in as part of this discussion that we're having today, because originally this, this presentation was attuned toward other practitioners.

How do you convert your practice to it? So I want to make sure that as we have clients, patients listen to this, they can understand the same thing. You know, if you bought into that medical model and you're just not fully there yet, or you're frustrated with it and I'm having a difficult time with it because my doctor said I got to see a neurologist, but he can't see me for six months.

Yeah, I got to go to gastroenterology and he can't see me for nine months. And it's like, well, what am I supposed to do in the meantime? And it's a matter of understanding that we are spending trillions and trillions on healthcare, but we remain unwell.

Let me just give you a couple more little pieces here, things that I wrote down. The difference between treating disease and building true health lies in a proactive and preventative lifestyle.

Listen to this, medical care is like calling the fire department when your house is burning. Essential? Absolutely. But you don't call the firefighters every day to keep your home safe.

That's your job. True health care is everything we do to stay out of the hospital. It's our daily habits, our environments that either protect us from disease or expose us to it.

United States spends more on medical care than any other country. We've heard this before. In 2023 is 4.9 trillion. It's gonna hit over $7 trillion this year.

Come to believe that we can buy health through prescriptions, high-tech interventions, complex procedures, $7 trillion. We better raise our goals this year, Christine.

Oh my God, that's insane. Average person with type 2 diabetes will spend on their own almost $12,000 per year on medical visits, blood sugar monitors, insulin medications, while ignoring their $30 a month gym membership.

Oh, did I just say that again? Health care is what you do every day. Here's some everyday activity. I just wrote these things down. Just drink clean water, eat whole unprocessed foods, going for walks, getting sunlight, getting good sleep, managing stress.

Deep breathing, prayer, spending time with loved ones, avoiding toxins in your home and workplace, learning how your body works, learning how your body works and listening to it.

What is the focal point of the majority of the issues with Nutritional Frontiers? Teaching people to understand how your body works and then learn how to listen to it and learn how to apply.

watch, learn how it works, listen to your body, learn how to apply. What are we applying? Techniques, supplements, et cetera. So rethink what health means, invest in your prevention, don't wait for symptoms, use medical care wisely, and take ownership of your body.

Those are critical factors, critical, critical factors if you're going to fight this battle and take care of things on your own. Yeah, Len, the thing I really appreciate is that you've always taught me and our team is that it's not an either or.

What's happened is that the order in which people seek out health care has changed, right? So modern medicine in the U. S., you know, we It's really addressed for trauma and critical care, but they've tried to apply that to the chronic care patient.

It doesn't work. You can't out-medicate or out-supplement a bad lifestyle. We spend more money than any company, any country in the world. We take more medications.

We take over 50% of the world's medications. Yeah, that'd be like having a party with 20 people at your house and one person, because we're about 5% of the world's population, one out of 20 eating more than half the food and drinking more than half the drinks.

And it's not working.

Hope, Medical Corruption, and the Value of Holistic Care

We rank 37th in healthcare systems and 70th in health in the world. So it's not working, but I think a lot of people think it's an either or, where really if it's trauma, God forbid you have a heart attack, go to the hospital.

If you got a headache, you need to seek out naturopathic. So can you maybe identify like the top three things that are being treated Allopathically, that could be a simple transition.

I know like maybe heartburn or reflux, you know, constipation, some simple things that people can get a better understanding on. Yeah, that's a great point, Jamie, because if you watch the news at all today and you see that in Pittsburgh, there's an outbreak of the flu.

In Atlanta, there's an outbreak of the flu. In many parts of the country, we're setting a record for hospitalizations on the flu, more than we had with COVID.

So what are we doing? Think about that fireman analogy. Do we just wait until we're coughing so badly, and then we finally wanna go for help? Or from an allopathic standpoint, can you take a look at doing immune support?

Can you support your immune system every day? To me, if you can't keep your immune system active, To fend off the things that we're exposed to in this world, we're gonna run into a whole world of hurt, and that includes cancer.

So I'm thinking tops on my list, keep your immune system active, keep it up there. Number two is inflammation. What's the root of all deteriorations of health nowadays?

Inflammation. How much could we make a difference in the world if every person that's hearing this today started on two SPMs a day? Just that one simple thing.

What are SPMs, Dr. Lin? Very specific forms of fish oil that have been done in such a way that we take out what are called resolvins out of there, specialized pro-resolving mediators.

Look at that word, pro-resolving, positively resolving a problem. What's the problem? Inflammation. Can we make a difference in total body health by lowering inflammation?

Can we make a difference in preventing Alzheimer's by lowering inflammation in the brain? Can we take care of, do you know the number one reason for doctor visits nowadays?

Number one. Number one reason? I was shocked. Number one reason people make an appointment to go see their doctor. Arthritis. Really? It's number one.

It's still, it's elevated itself up to the number one reason people go to see the doctor. Cause my joints are killing me and my muscles are hurting and everything else.

Where is it coming from? Inflammation. So I'm putting immune system, inflammation, and I'm going to throw in a combination of gut support tied with obesity.

You know, you put those two things together. We are an obese country. And we got here by the choices that we have made. Now, can we make a difference?

I myself, my wife and I, every year, this is today's day nine, I'm on a 21 day fast. Okay? That's the way we reset our system. Now I can't go completely away from food, but I've limited myself to one meal a day.

And it's going to be whole food. There's a salad that goes with every single one of those. And every morning I start out with my shake. So am I eliminating other things?

Yeah, I'm eliminating snacks. I'm eliminating all these other things that I would tend to throw at myself during the course of the day. That shake a day in the morning keeps me full for the…

Oh, I got to ask. Christine's chugging the shake. What's your shake today, Christine? My shake today, I did chocolate ultimate shake with our proline greens.

And I threw in a little raspberry power fuel just to keep it going. And my raspberry GI complete. So it's my own version of a chocolate raspberry martini.

All right, Len, what's your shake today? I'll tell you what. My wife had me clean the freezer over the weekend. So when I cleaned out the freezer, at the very bottom of the freezer, You know, we have the Strawberry Festival every March here in Florida when the strawberries first come out.

I found, because when the Strawberry Festival, we bought a tray of strawberries and I cleaned them all and I… froze them, and I'd forgotten about them.

So I took those out, and I had found some frozen blueberries that I had, and I've become a fan of Naked Shake. That's just me. And I love the fact that I can throw a scoop and a half of the Naked Shake in there with all of my fruits and just blend it up and just enjoy it.

That happens to be that. I didn't think I was going to like that one as much as I did, but I really do like the fact that I can then taste my fruit really well.

And it, you know, it's a blueberry strawberry mixture. I taste blueberry strawberries and it's really good. I just think that that's a beautiful adjunct.

Now what I'm doing starting tomorrow is I got the, the new product in with a sample putting in. the proline greens right along with the ultimate shake together.

So, you know, the 10-day detox. So I'm going to start that tomorrow and add that to the scenario as well. So again, you know, you're looking at a transition.

This is something that could be easily accomplished and set the stage so that you don't have to become statistic number one. Let's work on your weight loss.

Let's lower the inflammation. Let's take care of your immune system so that you don't have to go out and start coughing and go buy all these over-the-counter things for stopping your cold.

You know, I love how you're doing what I call the modern day fast, right? Because in the old days, it was a water fast or a juice fast and a lot of people get worse.

So I love, I was just listening to Charlotte Gerson on a video last night and she had talked about this whole thing with eating three meals a day is really designed by the food industry to fatten you up and get you addicted to these foods.

So I love how you're doing it. I'm actually doing the same thing. I'm doing a shake and then one meal later at night. And I think. Overall, people really need to give their digestive system and their body a break.

We talk about this break from stress and fight or flight or freeze, but also the intestinal tract needs a break.

Cancer Recovery and Daily Health Practices

so much research out there that proves that, you know, what people are putting in their mouth by choice is creating most of their health issues, right?

So I like you to stress a little more about the GI and, you know, so many of my friends are on purple pills and, you know, Prevacid, Prilosec, you know, Tums, all these different things when they don't have a disease, their body's really overstressed and over toxic, right?

So can you talk a little more about that, maybe, How would somebody transition from either a healthcare professional or a patient from that allopathic approach from heartburn, which is something so simple?

You know, cancer is a lot more complex, but heartburn to me is like the simplest thing to fix. Indigestion, bloating, weight, it's all tied together. Can you talk about that crossing that rickety bridge for not only the healthcare professional, but the patient too?

Amen to that. That's a great, great point. Friday night, I happened to catch the tail end of a show that my wife watches every night called Gutfeld. It's on Fox News.

And there's this fellow on there that's one of the regulars called Tyrus, professional wrestler, right? At one point, close to 500 pounds. Guy's huge.

He's like six foot 10. So he's been on a weight loss journey. And Friday night, they finally asked him, which GLP-1 are you taking? He said, I'm not. And then they asked him, well, how much weight have you lost?

He says, so far about 160 to 170 pounds. And I said, well, how did you do that? And he said, I had to get myself off the purple pill. That's what he said.

He said, I'm a professional wrestler. We're eating like crap and I'm pounding antacids on a continual basis. Then I found out once I transitioned myself away from the purple pill, I was constipated every day.

So I started cleaning out my gut. He started doing his version of gut health. And then he said this, and he says, and remember this, the food industry, just like you just said, Jamie, was attuned to convince us that we needed three meals a day or more.

And he says, once I realized that I could exist, me, myself, on one good meal a day and a shake in the morning, he loses almost 170 pounds. No help from GLP-1s at all.

So again, now let's talk about that. I know our favorite one, my favorite one that I never leave home without is our Probezyme, our original formula. That probiotic enzyme helps me digest my food without a problem.

I love that one. I'm partial to, you know, grape or cherry, but the original Tropical Fruit Punch will do in a pinch. Absolutely. Absolutely. Now, you're a patient, you're hearing this.

Your doctor's had you on the purple pill now for what should have been only three weeks. You've been on it now for 15 years and you can't exist without it.

And you saw the commercials that were out there saying, as long as I take this, I can eat pizza and whatever all the time because it won't bother me anymore.

So I didn't make any dietary changes. I just take my purple pill. So if I'm a patient right now and I'm on that, let me just say this. How do you make that transition?

Because I strongly, strongly recommend you need to, but you should be working with somebody to do this. First of all, you've got to realize you've got to lay down a strong foundation.

If you just decide tomorrow to go out and just stop the purple pill, what's built into all the purple pills was an addictive potential that your body learned to rely on it.

So that if you did stop, you got a rebound reaction that was just unbelievable. Now, I will say this. If I don't have reflux right now, I really don't.

I keep Probezymes on hand as well. They're in my car, they're at my desk right here. But if I would be taking the Purple Pill, and I took one a day now for a week, just for the heck of it, went a day for a week and then decided to stop, I would have reflux, like not believe, it actually can cause reflux by weakening the LES valve in the base.

Can actually cause reflux. That's an interesting point, Len. If you look at the inserts, Christine, on a lot of medications, including blood pressure meds, one of the side effects is it may increase blood pressure.

That's right. And the symptoms of over acid production, which everyone's told they have, which is not correct. And under acid production is the same thing.

You have heartburn and reflux. And usually it's because they have all this processed junk in there. The body can't digest. That's creating now it's going to go rancid, create a lot of bacteria.

And, you know, usually the esophagus sphincter is open. Now that bacteria is going to spit off acid, which further comes up. So this is very common, right Len?

Oh, it's amazing. And then as you're going to start to build a foundation, I strongly recommend that you overlap for a period of time with your purple pill, at least for a while.

Probe zymes before each meal. Beta zymes after each meal. I use those as my foundational principles to, again, try to re-enhance the acid levels properly in the stomach.

They've been so overly suppressed. And as Jamie said, the signs of achlorhydry or lack of stomach acid is actually burns worse than the high acid does.

So there are stronger links to low stomach acid causing esophageal cancer than there is the high stomach acid. So again, you layer that down for maybe seven, 14, 21 days, feeling better.

Then I try to get my purple pill to every other day. And when I go to every other day, now I'm going on the GI Complete. I'm going to layer in GI Complete with some IgG mixed right into that to make sure that the entire gastrointestinal system has got a nice smoothing of the effect so that I lower the inflammation body-wide on the esophagus, the stomach, small intestine, large intestine so that I can start flowing through.

Yeah, for our listeners out there, Len, one of the great things about the beta-zyme and what you'll find with any type of naturopathic approach, the beta-zyme actually will stimulate acid production.

So over time, you can start reducing that and maybe utilizing the probe-zyme. So for everyone, it's not a forever formulation. Right, exactly. And then as you slowly wind your way off of the purple pill, you'll find out that you didn't get any rebound on the off days.

Transitioning Off Acid Blockers and Supporting Gut Health

Then you go to every third day and then finally you say, OK, I've had it. I'm going to stop that now. And then you watch how quickly your body starts to turn around because my gut health has gotten better.

My bowel function is better. I'm sleeping better. My energy levels are better. I'm starting to get more out of my food. And I see those commercials on TV for this stuff you spray to remove the wax from your food to make it healthier.

Well, guess what? The same effect. If you take the shielding off of your stomach lining and you start putting food in there, you can't absorb the nutrients out of there.

So maybe you're absorbing 10, 15, 20% because you've so suppressed your stomach acid. And then what's the net of this? If you have your gallbladder, you probably aren't gonna have it much longer.

because the longer you're on the purple pill, the more you're walking the path toward losing your gallbladder as well. Then you're running into a real problem.

So again, tops on my list, one of the top three is to do gut support, gastro support, so that our body can start picking up the nutrients it needs from the food it can get in.

So Len, if we have a healthcare professional that's listening and they're a little hesitant about walking across this bridge, Are you available to help them and what type of resources they have access to with our team?

Absolutely. Absolutely. Yeah, that's part of what I do as the medical director for Nutritional Frontiers is I'm available to clients. I'm available to healthcare professionals that have specific questions.

You really do need a helping hand to do this transition. You know, you shouldn't just arbitrarily say, I've had it with this, I'm gonna close my pharmacy and move into this.

I transitioned slowly but surely to the point where I finally got to the point where my consulting side of things was far surpassing the filling of the prescriptions.

And then I finally said, enough's enough. You know, I'm tired of fighting with insurance companies of trying to get a $1.95 return on a prescription fill.

I'd much rather be able to work with somebody and actually show them what it takes to get good health back in your system. I wondered what was the trigger.

Can I go through the rest of the list? Yeah, the other health situations, because I know we're coming to the end of the time for this one, but the other health situations, it always should be looked at on a naturopathic approach before you start saying, I need to go and see the allergist.

I get to sniffles. I got a skin rash. I've got, you know, granted, allergists have their roles. They do. But again, try what you can to get your allergies under control.

Something as simple as buffered vitamin C, quercetin, Air Max is an amazing prep. Chewable form prep that can be utilized on an as-needed basis, and you put probiotics in there.

And I'm going to put in under allergies, ProBio 3, the new one, prebiotic. Probiotic, postbiotic in one, that's unheard of. That was, again, three products simultaneously.

You gotta get a prebiotic in there, you gotta throw in some fiber, then you gotta take the probiotic, then you gotta feed the good bacteria in the gut.

Three different products. First company in the world to actually come out with one with three PRTs. One prep together that can make such a huge difference.

Next on the list is Alzheimer's dementia. And we'll talk about that some more in the next subject when we get into the brain issues. If you're going to sit back because mom had Alzheimer's and dad had dementia and say, I guess it's inevitable that I will, they haven't found that gene yet.

There's a few tests that can be done. But again, when you look at things like brain boost, you look at antecedal cysteine, omega-3D, and again, GI complete, because the first brain, which is in the gut, needs to talk to that brain, which is in your head.

And again, if you do that properly. Cardiovascular? My goodness, number one killer is still cardiovascular disease. You mean to tell me you can't support your system using something like SPMs to lower inflammation?

Cercucor! Let's boost nitric oxide through the roof so that we can start seeing a difference in our entire cardiovascular system. Another prep Jamie that I love the fact that you put three or four different entities together is CardioStack.

Oh, I'm taking CoQ10 and I'm taking some of this, I'm taking some of that. It's all in one to do that whole cardiovascular prep. And then if you have a concern over cholesterol, prep called cholesterol red, utilizing Regis Rice and all the other necessary nutrients that help to control lipids in the body.

We don't have to go running for a statin red off the bat and they pass those out like water. Cancer support. I live by the adage that, and I lived it myself, 99 out of 100 oncologists tell you to stop taking everything.

And I think it's the biggest mistake that can be made in the field of cancer. If you are going to see oncology and you get that kind of support from your oncologist that says, I don't care what you're taking, stop it now.

where the science that's out there that says if you support your immune system, you take in the micronutrients, you take in the micronutrients which are gonna be destroyed by that chemo.

You gotta replenish those back in the body. You wanna do gut support so that the gut's able to absorb the nutrients. What happens whenever we're fighting cancer?

We lose weight dramatically. We don't have any appetite anymore.

Top Naturopathic Priorities and How to Connect with Dr. Len

Support the system. The minute you get that diagnosis, get on some GI complete. Right on cue, Lam. Was that perfect? That wasn't my gong. It's not the gong show, but wow.

Your clock is letting us know we're at the top of the hour. It reminds me of the Amish cuckoo. Well, you know, the other ones on the list is diabetes, inflammation, obesity, weight loss, and I'm even thrown neurological.

We'll talk about that some more, but Parkinson's, again, surging. We've done so much work on this in the area, and Parkinson's now is one that should be attacked on a naturopathic standpoint before you start down that.

leave adopa, carbadopa pathway. You got to do something. Well Dr. Lin, obviously we love talking with you and I appreciate how much you've shared with everyone today.

I know we've pulled you back out of retirement actively and that you actually do take consults for a limited number of patients and I know that you mentioned you are accepting new patients still.

So do you want to share with everyone how they can find you, how they can get ahold of you, whether they want to consider you as a patient or a colleague to help them move from an allopathic journey to a naturopathic journey?

Yeah. We set up a very quick and easy website called D-R-L-E-N JB, Dr. Len JB, middle name's John. drlenjb.com and in there you can just set up a consult time if you want to do that.

You can look at what fee schedules are. You can look at Testing, I put the whole Evexia section in there for people that can, you want to look at all the different testing protocols that are available to you.

There's a direct link right on my website, right into Nutritional Frontiers website. So you have all the information and there's a contact button so that if you just want to set up a time where I can help you with whatever your issues are, you can set that up there as well.

Fantastic. Well, this went super fast because I can listen to you. I love that you're our research specialist. Anytime I ask you for anything, you're like, no problem, Johnny on the spot.

You bring it right to us. And obviously one of our greatest gifts to the world is to be able to teach people how to make the world healthy, how to make themselves healthy.

And we're so glad that you're a part of our team. Wow. Thanks, Dr. Len. Thanks, Christine. This was fantastic. I learned so much today and a real gift to our community on our mission to continue making the world healthy.

So thanks both of you. Greatly appreciated. Let's have an incredible 2026 together and God bless everybody. Take care. God bless everybody. Thanks for tuning in to the Holistic Truth Podcast.

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