Introduction and Guest Welcome

Hello. Welcome back to the Reversing Alzheimer's Summit. I'm your host, doctor Patrick Porter. I'm here with a very good friend, someone who's been helping me, actually, every morning and every night he's going to describe what that's all about, because when I went to see him in his office in New York, I was shocked to find out that I actually had some issues.

Believe it or not, we had things going on. I have high inflammation. I know I take a lot of vitamin C to keep that down, and I was having troubles. He did some tests with me and it blew me away.

And then I started reading his books. He's going to talk about those. We're going to get into detail with that. But he's you might have seen him even on television.

He's been on the Kelly Rippon show and in a lot of different shows in the mornings. He's based out of New York as well as Newport Beach, California. I'm talking about here is doctor Darryl.

Joffrey, doctor Darryl. Hey, thanks for being on the summit. Hey, doctor Patrick, always so good to see you. Look incredible. By the way, every time I see you keep getting better and better and, keep up the good work.

And, it's just an honor and a privilege to be with you guys today. Yeah. It's great. And I know that you just came out with a new book. We're going to be touching on that. Get Off Your sugar.

Because a lot of people, when they ask, what, what do I need to do to fix my brain? And when I was, when I was reading through your book, which I thought was phenomenal, just like your other book was, you know, get off your acid.

And I thought, wow, this is easy to read. You don't only talk about the problem, you get a great number of solutions. Your diets are delicious, and maybe you can share a few of those here.

Yeah, but tell us a little bit about what got you into this, because people think brain fog only happens with dementia when you're older, right? When you're 60, 70 years old.

And I mean, they're they're actually tracking Alzheimer's in 30 year olds. I think you mentioned that in your book are 39 year olds or something like that.

So why don't you give us a little bit of background about you and what got you into this? Coming from being a chiropractor to a functional neurologist to doing what you're doing that.

Yeah. Thank you so much. I mean, there was a study in 2017, I believe, with UCLA, and they actually reported in that study that 47 million people in our country have preclinical diabetes.

I mean, that's insane to even think about that. You know, and, to your point, yes, brain fog. I was dealing with that in my 20s because, of my addiction to sugar.

And that's kind of my story. That led me to where I am today to writing that book. Get off your sugar. I mean, for as far back as I could go, Patrick.

I mean, even back when I was five years old, you know, growing up, you don't think anything twice about it. You know, our parents, you know, the greatest parents in the world.

I lost my father a few years to, go to cancer. My mom is just an amazing warrior. But, you know, they were doing

everything that their doctors, their parents, I call it my GP, mother, father, teacher, preacher told them, you know, we were drinking milk every day.

You know, I definitely want to talk a little bit later about calcium. And that big myth as well. But my whole point was, is that I developed this addiction to sugar.

That, and I've coached thousands and thousands of clients, through sugar addiction and cravings and things like that and the effects that it does in the body as far as how it drives up inflammation and trains your energy, it makes you store fat and also affects your brain on so many levels.

But I was dealing with brain fog, you know, and, so this does happen. It's not just the elderly. And just because you're older doesn't mean you're going to get that either.

There's things happening inside your body that force the body to get these symptoms. But remember, by the time we get this symptom, that's not the beginning of the problem.

Sugar Addiction and Brain Fog Origins

It's already there. It's like if I get a toothache the day before I had that toothache, my tooth felt fine. But was my tooth healthy? No way. It just hit that threshold, that that tipping point.

And then the symptom was there to let my body, you know. Hey, Carol, you know, you got to get this thing fixed no matter what it is before you actually lose that tooth or before something else happens in the body.

So for me, you know, as a, as a high schooler, I was getting horrific acne from all the sugar that I was eating. And while most of the doctors doing, I remember my mom take me to a dermatologist, I had all these black spots on my skin.

Patrick. It was crazy. So what did they give me? They gave me a bunch of bleaching agents, so every night I would go home. I would put all these white spots on my skin, trying to bleach the dark spots to become whiter.

And it was crazy, you know, just two minutes later, they got wiped off of my pillow anywhere. But here's the problem. All of these people, no matter who I went to, they didn't get down to the true cause, the underlying cause of why my body was having all the different issues.

I was having headaches, IBS, skin issues, and the list went on and on and on. And as I became my own health investigator in my 20s, as I follow the evidence, the evidence led me to acid this acidic lifestyle.

And what is the biggest acid you can put into the body? It's sugar. Sugar equals acid, and acid equals inflammation. And talking about dementia and Alzheimer's, I talked about this in my first book, Get Off Your Acid.

And this was two years before the New York Times talked about this, because they did. And what I said was Alzheimer's parallels inflammation of the brain.

And what's one of the primary things that can actually drive up inflammation in the brain? It's sugar. Right. So a lot of people don't understand even inflammation that might be on the call today.

So tell them what happens. What's the mechanism that makes sugar so bad. What's going on there. The sugar does a lot of different things in the body. I mean number one, it prematurely ages your cells.

You know I like to kind of keep it simple. Think about like a fish tank or, or you have a couple of different ponds, right. Imagine the fish swimming in that pond.

So here on the left, we can have this innate pond. It's loaded with nice water, clean water, fresh algae, healthy fish, and then the pond next to it, which I call the standard American diet pond.

All right. Get the analogy here. You're putting, you know, Coca-Cola, potato chips, sugar, grains, dairy, artificial sweeteners, processed foods. Right.

You can have the same fish, same genetics, same DNA. They could be twins. And you put one fish in each pond. What's going to happen to the fish? That fish is only as healthy as the terrain.

It swims in. It's the biological terrain. So, you know, we have all this talk about, you know, as we're climbing our way out of this crazy pandemic, a year and a half later, what I've been talking about over this past year and a half is not the things we can't control.

It's what we can control. It's what you put into the body. It's the things that you put into the body. Far as how you eat, how you think, how you move, or lack thereof.

That's going to strengthen your cells, because that's the reality. Patrick. Every time we eat, we're either doing 1 or 2 things. We're either fueling, disease or we're fueling health.

Right? We're either stressing our body or we're strengthening our body. So our cells, which we looked at a live blood cell analysis, are only as healthy as the fluid that they swim in.

So every time you eat sugar, it metabolizes into something called lactic acid. We might have heard that with exercise, when you're exercising very hard and it's anaerobic without oxygen, your body actually is going to start to ferment sugar.

And the byproduct of that is lactic acid. Now your body does that because it needs energy. We've lost the ability to get the energy through oxygen. So now the body ferment sugar.

It's the same process that creates cancer. So this is why no matter what's going on on the body, we got to get off our sugar. It's going to make our health healthier.

It's going to give you greater longevity. It's going to prevent dementia. And that's when I say we got to slow down the premature aging process. That sugar's creating.

Obviously it makes your liver more toxic every time you dump sugar into the body, especially fructose, which is probably the most dangerous toxin you can put into the body.

It goes right to your liver. And from there, it's going to create so many different issues. You know, obviously triglycerides and, insulin resistance and directly, it drives up inflammation.

And then of course, the brain, you know, sugar is literally it's not even a food. I mean, we got a call for really what it is. It's a neurotoxin. Every time sugar goes into the body, it has this process that happens called glycation.

What that means is when there's a lot of sugar hanging around the body in the blood, and then you have too much unhealthy fats like omega six batch, which are the bad batch, right?

Omega three are anti-inflammatory. Omega sixes are pro-inflammatory or too much protein. That sugar molecule will latch on to that protein or unhealthy fat.

And that is basically what's going to create these plaques. We call that glycation. There are advanced glycation end products. It basically creates these free radicals.

And not all free radicals are bad, but a lot of them are bad. And what these free radicals do is they basically rust and your body from the inside out, including your brain.

So again, I mean, the list goes on and on in terms of what sugar does the body just know that sugar is one of the most evil things you can put into the body.

And we got to get our bodies off of this stress eating rollercoaster. That's what we really saw happening over this past year and a half when we were blindsided by the pandemic.

What do most of us do? We started stress eating. So to really kind of prevent these things from happening, we need to know the specific strategies to move away from that stress eating rollercoaster and move into what I call a strength eating diet.

And when you start to strength eat, what you're going to do is you're going to strengthen your cells, you're going to strengthen your energy, you're going to strengthen your brain.

That's why we got to focus on right? A lot of people think that they need sugar for energy, right. But in your book, I love the way you said, we either burn sugar, we burn fat, we're or why does our body need more fat?

I mean, you talked about a little bit with the omega three omega six scenario, but tell and you get some options on what you can do. What what can they do at the grocery store today?

I mean, if somebody's got to go going, what do you mean I need more fat? They think that is bad. Yeah, I still think that a lot of people do. And we can blame the sugar industry for that.

You know, this goes back to the 1960s when the sugar industry actually paid off. Three Harvard scientists, $50,000 at that time, that was a lot of money to manipulate the studies showing that sugar wasn't the problem.

That was the problem, you know, so for the past 70 years, what have we been seeing everywhere, even to this day? We're now we had this great ketogenic diet trend.

But we saw fat free everywhere, low fat, fat free. So what happened was the sugar industry basically created this, this manipulated story. And now we started basically taking fat out of everything.

Now there was a big problem with that. You take the fat out, your food tastes like cardboard and that's not going to fly. So now who came into the rescue?

The sugar industry. And they started basically pumping up all of our different foods out there with sugar. And to this day, if you go into a grocery store, Patrick, 74% of the foods that you're going to see have some form of added sugar or sweetener in it, it's crazy to even think about that.

It goes all the way back to the 1960s. But what did we see, along with the spiking of all this sugar that came with our foods? We saw chronic disease like heart disease, cancer, diabetes, and yes, Alzheimer's.

I mean, growing up, I don't remember hearing about Alzheimer's. You know, I sadly, I lost my my godmother, my aunt to Alzheimer's a few years back. So it's something that I'm highly passionate about as I'm about cancer.

But listen, it doesn't matter which way it's going to go. I mean, disease will take one turn or another. We're either going towards heart disease or going towards cancer, which, by the way, has now overtaken heart disease in 21 states as the number one killer.

Patrick, our genetics have been changed for 40,000 years. But what has changed is the diet, the acidic diet, the high sugar diet. It could be Alzheimer's and diabetes.

So again, which, which pathways the body going to take. But it's all chronic disease that eventually is going to basically take away our quality of life and kill us.

So we can thank the sugar industry for that. And to this day, people are still afraid of fat. They think that if you eat fat, you're going to get it. You're going to get fat.

But what we have to understand is that there are fats that heal and there are fats that kill. So of course we got to

stay away from those damaging fats, those omega six fast things like soy in corn, soybean oil, corn oil, I mean, the the amount of soy that we've consumed in the past hundred years has skyrocketed by over 1,000%.

We should never eat soy for many, many reasons. But other forms of omega six fats, like grapeseed oil, margarine, it is not just about eating these things directly.

If you go to a grocery store, as you talked about, we got to look at those labels, all right. And usually you're going to see that first ingredient as other ingredients soybean oil, safflower oil, sunflower oil, corn oil.

Those are the ones that are going to take you out. Those are the ones that are going to make you age prematurely. Those are the ones that are going to actually create dementia, not just when we're older.

But I didn't really I had an early age, so we got to move away from those omega six fatty, these inflammatory fats and move towards, these healthy plant based keto fats.

So obviously more avocados were coming off the avocado day next week. I'm so excited I love avocados. My kids love them.

How Sugar Drives Inflammation and Aging

We call them God's butter. It's like the most perfect food. Coconut oils a big one. I mean, there's so many studies showing that if you, consume two tablespoons of coconut oil a day, that's the therapeutic dose that your body needs to actually prevent Alzheimer's.

Why is coconut oil so good? Because it doesn't get metabolized by your gut. It's a medium chain triglyceride. It goes right to the liver, gets metabolized by the liver, and then the body turns it into ketones, which is the preferred source of fuel for the brain.

Because here's the reality, Patrick. We don't need sugar. Sugar is not an essential fuel. The body doesn't need it. In fact, there's only one hormone in the body, that is designed to actually decrease the sugar.

It's called insulin. Right. And insulin is not even a, a sugar lowering molecule. It's a transport molecule. It's it's job is to get sugar from the from the blood into the cell.

But do people realize that we have five different hormones that are designed to actually make sugar? So God forbid if you need sugar for fight or flight, because that's when we need sugar.

You know, if I see that saber tooth tiger, I don't want to burn fat for fuel. I want to get out of there quickly. So I'm not food for that tiger for lunch.

So that's where sugar comes into play. It's a fast burn, but it's a dirty burn. It creates ash. It creates inflammation. It's like this is the difference between fat and, between sugar and fat.

Sugar is like running a model T. Fat is like riding a Tesla. Which would you prefer? The brain prefers these healthy ketogenic facts. These are the things we need to eat more of if we want to protect our brain.

Our neuroprotective. Right. That's awesome. Now there's a big trend. And I think it's very true that they're saying that Alzheimer's or, dementia starts as type three diabetes.

Can you kind of talk a little bit about that? Because people don't understand that. They don't understand that the body makes sugar. So that was a great point you made.

We always tell people one stressful event is like hitting a candy bar, so you have to handle it. If you're already eating a candy bar and you have that stress, you're just compounding in.

And then then maybe what? After you explain that maybe when people go to the grocery store, they don't know how to find out about hidden stress. I know you talked about that in your book, but like when I look at it, when I look at a package now I'm looking for net carbs.

But they don't realize that five carbs is a teaspoon of sugar. Maybe you can tell them about how to read labels too, because whether you're the caregiver or the person going grocery shopping, when you start looking at these things, it might say no sugar, but you have to look for other things, right?

I mean, it's not just about sugar might not be listed as sugar. Yeah, well, let's start with the type three diabetes. I mean, how crazy is that? That that's what they're calling Alzheimer's.

So most of us know what type one diabetes is. Obviously type two diabetes is something that's skyrocketing and epidemic proportions. And by the way, people that have type two diabetes have a 73% increase at the risk of Alzheimer's than people that don't have that.

Why is that? Because type three diabetes is insulin resistance of the brain. Now, as I said before, it's like there's so many doctors and even nutritionist out there that are still saying that that sugar is the preferred source of fuel or that's what the brain needs to run on glucose.

It's just not true. Now the brain will use the sugar first. But why is that? Because it wants to get rid of it. You see, our bodies are so smart. They're so innately intelligent.

We don't need to direct the body what to do. It knows what to do. It prioritize for your your health and your well-being and your longevity. So it wants to get rid of that sugar first.

So what's it going to do? It's going to burn at first. But once that sugar is gone, then we start using fat for fuel. That's why intermittent fasting is so powerful.

I mean, and fasting is powerful for your gut. It makes stem cells, it resets your microbiome, but also protects your brain. Why? Because intermittent fasting lowers that insulin resistance.

So if we're literally pumping up our body with sugar, sugar, sugar, we're dumping glucose into the blood. And what happens is as your glucose rises, that's not good because that's dangerous for your body.

So to keep this simple, the pancreas is going to secrete that insulin insulin's job is to basically get that glucose from the blood into the cell. But here's what happens if you don't change your diet and you keep on pumping up your body with sugar, sugar, sugar.

Eventually you're making so much insulin that the cells stop paying attention. I mean, it's a silly analogy, but back in high school when you played sports, you would walk into that locker room and it stunk.

It was smelly. But after being in there for 30 minutes, guess what? You just smell anything. You got used to that smell. That's exactly how it works. So what happens is the body and the brain.

You start to develop this insulin resistance, and this is also triggering the, the cravings for sugar, because when we dump insulin to the blood, not only is it actually aging us, in fact, this has been proven in the research that the more insulin we dump into our blood and our bodies and our brain over the course of a lifetime is going to lessen our longevity, which means we die sooner.

But what it also does is it actually dumps dopamine into the brain. This is why when you actually look at the scans of the brain, you see those dopamine receptors light up eight times more in a sugar addict than someone who's addicted to heroin or cocaine.

I mean, when you think about that, that sugar is actually more addictive than cocaine. It's hard to even contemplate that as truth. But that's the reality.

So we're literally dumping this sugar in. And it's just it's creating this firestorm of inflammation of the brain. It's creating the glycation, the plaques.

And eventually what happens is the brain gets so much inflammation. It starts out as probably brain fog and processing speed issues and memory loss, and all things like that.

But that's going to actually develop into more significant issues. And again, that could be any significant brain issue. So, to really change this story, Patrick, we have to win the war and we're we win that war.

And that leads into your second question, the grocery store. So we got to become label readers. You know, and we talk about this and get off your sugar in the book, how sugar has about 62 different names that it hides in.

So these manufacturers got really smart. They stopped putting sugar on the label because we all know sugar is bad, right? Everybody knows that. But what they did was they added words like dextrose and maltose and sucrose and maltodextrin.

So basically if that has ost at the end of it, that sugar, so you're not. So if you look at the other ingredients, the first ingredient is what is what creates the most of that, that ingredient, the product.

So if sucrose is the first ingredient, that means that sugar is the most in that actual product. But now you're not going to see just sugar as one thing.

You're going to see sucrose and dextrose and all these, they're scattered out. So it looks like there's less harm in that product. So, we have to look out for these things.

And I think the best way is to shop in the, in the aisle where the foods can go bad if those foods can go bad, like broccoli and kale and and all these, like, acid kicking foods, the foods that strengthen your body, green juices and fruit and things like that.

Those are the foods that we want to eat more of because those are the foods that are actually going to strengthen the body, usually find all these bad ingredients in those processed foods, the boxes and things like that.

So again, just flip that board that, that label around, look at the carb number. Look at the, the fiber number and how you figure out the net carbs, which is the real number we're interested in, is you got to take the total carbs minus the fiber.

So let's say the total carb was 20, the fiber was five. The net carb of that specific product is going to be 15 net carbs. And the goal is really I mean, ideally, if you're really dialed in, is to keep your net carbs lower than 50g per day.

If you're intermittent fasting, if you're doing a ketogenic diet, you literally can lose a pound a day by doing that. When you're in the 50 to 100 gram range of net carbs.

That's like the sweet spot for weight loss. You lose 1 to 2 pounds a week when you go from 100 to 150g of net carbs, you're you're stable. You're maintaining where you're at.

Once you go above 150g of net carbs, that's where the trouble begins. You're driving up inflammation. You're creating all the bad stuff. You're gaining weight.

And in the back of my first book, Get Off Your Acid, we actually give a very detailed list of every net carb of every food you can ever imagine. So if you want to calculate that, it's right there for you to say, that's great.

Most people don't know either that five grams when they see five grams of sugar, that's a teaspoon, right? Yeah. I mean, so if you think about it like, they go, well, this, this has 30g of sugar.

That's like eating. Who's going to eat six teaspoons of sugar. You're not going to do that. But they hide it you know in in the foods. So I agree with you.

But God did the best labeling. So we need to keep it that way 100 100%. And to that point, it's like the research shows that the average American consumes about 130 pounds of sugar every year.

And I think that number is actually higher than that. That equates to about, what, like 32, teaspoons a day. It's insane, you know? So if you look at the amount of sugar that people are really eating, and that's one things I do with my clients who I'm coaching my nutrition clients is I'll have them actually make a food diary, not of what they're about to eat, but what they ate over the past 48 hours.

Because when we know someone's looking at that food diary, we're going to make it look a little bit better. But when we look at what's what's behind us, we write it down than we actually calculate most of the time, the amount of sugar that has snuck its way into our diet.

And that's hiding in our foods, even these so-called health foods like grains. And you mentioned Kelly. You know, that's why I talked about when I went on, the show with Kelly and Ryan, you know, two of my favorite acid kickers.

Healthy Fats, Ketones, and Brain Fuel

We talked about how so many Americans have had breakfast for dinner, but most of us unknowingly, are having dessert for breakfast. It's it's literally from the moment we wake up, it's something that we're putting in our body more than we think.

So during that simple task of taking in a food journal or a food diary, it's going to be so enlightening. So you can really inspect exactly what your body is doing.

And from there, once you inspect it, you can respect that and start to make the changes that you need. And my changes is always about adding, not taking away deprivation.

For some people it works. It's a noble way to go about getting off sugar. But here's the problem. You're you're taking away the poison, which is the sugar, but you're not giving the body the antidote, which is the underlying reasons of really why we crave sugar in the first place.

And I'm going to tell you, magnesium is at the top of the list. And how that comes into this whole topic of Alzheimer's. Magnesium is the number one natural protector of the brain.

We are so deficient in magnesium, it's probably one of the top nutrients we all need to have more of. So is there is this something that needs to be supplemented or can they get.

This includes 200 years. Great question. 200 years ago we could get this in the foods because our soil didn't had the depletion that it has now. I mean, the list goes on and on from synthetic fertilizers and acid rain and just the overturning of crops and the depletion of the soil and all that.

So whether you're eating it off also the plants or from the animals that eat the plants, we're just deficient. So it doesn't really matter what diet you choose to basically take on.

What's the most important thing, Patrick, is diet variation. You know, it doesn't matter if you're if your philosophy is keto, vegan, vegetarian, paleo, Mediterranean.

I mean, there's a million different diets out there. What I always tell my clients is that 80% of your diet must be plant based. It has to be plant based because it's those dark green leafy vegetables.

They're going to give you those life giving minerals. Why are minerals so powerful? Especially magnesium? Because they strengthen the body. They strengthen the brain.

They strengthen your cells because they're neutralizing the acid, the inflammation. So if you're eating an 80% plant based diet at your foundation, you're getting good variation, diet variation, just like we want to exercise, right?

Variation. You want to change it up. We need to do that with our diet. You'll get about 200mg of magnesium a day. The average adult needs about 600mg.

So therefore we got to supplement that difference, that 400 milligram difference. But you don't want to just kind of like load up on it, especially the magnesium because, unlike calcium, if you take too much calcium in which most Americans are doing the calcium doesn't get released by your body, by urination, defecation and things like that, it actually gets stored in all the places we don't want it to go, like your blood vessels, which is going to cause hypertension, like your kidneys, which is going to cause kidney stones.

That's why we get kidney stones. And unfortunately, your brain, which is going to cause dementia. In fact, there was a study, I believe, in 2016 from the Journal of Neurology.

And, it was a study in the elderly group. And we'll get back to the magnesium levels in a second. So don't make me forget that one. But the Journal of Neurology, they basically, it was a huge group of elderly women aged 70 to 92.

And basically they gave one group 1000mg of a calcium supplement a day. The other group was a placebo, where they didn't get that calcium supplement. The group that got the extra calcium had a 700% increase in the risk of Alzheimer's, compared to the group that didn't get it.

Now, why did they do this study? What they were trying to show was or question was, if we give these this group more, calcium, is it going to decrease the risk of, of hip fractures, osteoporosis, osteopenia.

And here's the crazy part. Is the group that actually got the extra calcium had double the risk of hip fractures. So the problem is not the calcium. The average American has 10 to 15 times too much calcium in the body.

It's the it's really the bullet in the body. The real issue is the magnesium. We are massively deficient in magnesium. We're not getting enough calcium.

If you're taking a supplement like our AC kicking minerals, it must have a 1 to 1 ratio of calcium and magnesium. If your supplement has more calcium, the magnesium throw it out.

Or as I like to joke around, give it to a neighbor that you don't like. Just kidding. So so again, we need those minerals. I don't recommend taking magnesium by itself unless you need to really just spike up that magnesium in the short run, in the short run, to fulfill a deficiency which most of us have, we want to take in a well blended supplement, because we want to get those other minerals, because if it's magnesium by itself, we will deplete the other minerals.

So you want to get 600mg total, of magnesium, the 400 you'll get through minerals. And what I recommend you do is increase it 575mg a day. Because again, unlike calcium, if you take too much magnesium, you're going to be in the bathroom giving you diarrhea.

So you titrate slowly. And if you get to that point where you start to get diarrhea, you bring it right back down. So that's why in our supplement, it's powder.

It's way more powerful because it's more bioavailable to the body. They're medical grade. So you can really, get more efficiency out of them. But you got to eat your vegetables, too.

I mean, you can't supplement your way of a bad diet. So are lots of dark green leafy vegetables drink a green juice every morning. A green juice is literally at the core of a strength eating diet.

Get a green smoothie without the fruit right, get green soups, more, stir fries and things like that. Take Epsom salts baths because that's magnesium sulfate with some baking soda.

Put some magnesium lotion on your, on your arms every morning. Do that for your kids. All right. Because again, it's that magnesium variation that the body loves to make yourself more sufficient.

That's right. One of the things I want to point out, because when I started taking the minerals, I was getting cramping, right? I can't take this. Hey, this is so a lot of people might have taken minerals, but they were taking them incorrectly.

And you told me, hey, a half hour before bed, just do your scoop of minerals. And I haven't had a problem since and love it. And I can actually track my, like, track everything, you know that.

So I have my sleep scores and I can tell when I'm traveling. If I didn't get my bus too tired, I said, I'm not going to do those minerals, I'm just going to go to I can see it in my sleep score, because it actually helps me to sleep deeper and better.

So it motivates me to to take them. And that's my nighttime ritual. I mean, I take my minerals and then and my kids, do you know my kids? You know, I talk to you about them a lot.

We go literally right for minerals as a family. Then we go right to brain tap every single night. Without fail, I am doing breaks out before I go to sleep.

It's so important for. For our bodies, our brains and my. I'm. Patrick, you're going to die. I can't wait for you to meet my children when you come out to California.

Because every night they're like, dad, can you put on Doctor Patrick Porter, please? And it's every single night. It's so funny. But, back to the minerals.

The reason why they're so effective for sleep, they don't make you sleepy. So you can take minerals in the morning. I recommend you take them after a workout. Why?

Because when you're working out, when you're cranking, I love to work out. I'll work out with my very dear friend Hannah Kaiser. And we go really, really hard.

But when you work out hard, the body creates that lactic acid. So what the minerals do is they're neutralizing the acid so the acid doesn't neutralize you.

We got to give our body a helping hand. We are literally being bombarded by toxins and stress and environmental issues. And that's all affecting our body.

So this is why supplementation has become necessary. But I like taking the minerals at nighttime because the body is most acidic between 1 and 3:00 in the morning, and it peaks at 5 a.m..

That's that's what we call the liver time. That's when the liver is literally dumping all of its toxins out into the microbiome. So what those minerals do is they're neutralizing the acidic components in the body that's causing that possible chronic low grade acidosis in your body that's draining your energy.

So now the minerals neutralize that acid so that your body can actually get that deep REM sleep. If you find yourself having trouble sleeping, waking up, especially waking up in urinating, definitely at that one, two, 3:00 time.

That's a sign that your body's in this acid over acidic state. You got to get off your acid. That's what the minerals do. So, if you take them during the day, it's not going to make you sleepy.

They're going to make you focus. Why? Again, because magnesium is the number one natural protector of your brain. Same thing with the omega three fats.

Those are all very, very important. And I want to make sure you're going to mention something more about

magnesium. So I want to give you a chance. Before we move on to the next question.

Did you answer that or do we do we need to. So so basically the remainder, if we're getting 200mg of magnesium from our diet, from a really good healthy strength eating diet, the remainder of that we have to get from other sources.

And again, you know, I think supplementation is the easiest, I try to move away all my patients and clients away from taking a tablet.

Type 3 Diabetes, Labels, and Hidden Sugar

Because even if you're microbiomes working 100%, none of ours is, I test all the time, but assuming that the most you'll absorb from a tablet is 10 to 30%, when you go to a capsule, it's at 50%.

But when you use those powders that go into liquid, it's just so much more easier for your body to absorb it. So you want to get that remainder, of 400mg if you want a really easy way to calculate it for your own weight.

You want to basically do for every pound you weigh, you want 3 to 4.5, milligrams of, of of magnesium. So let's say you weigh 100 pounds, that's 300 to 450mg, a little bit less than the amount you would get, at the 600.

So that 600, which is like an average number based on most adults. But if you really want to calculate it for your specific weight and where you're at right now, that's an easy way to do it.

There's your little scooper do that. I mean, you have a little scooper inside there that you put it in. There's that one pretty much like my weight. Should I be taking two of those or.

I'm like 220 pounds. So again, we'd have to see, you know, how much you're getting from your diet. But again, each scoop has about 75mg of magnesium. It's magnesium glycine eight.

So the magnesium and why again why is magnesium so important. Not only is a neuroprotective of your brain, it's going to prevent against to mention all those bad things.

But it's going to it's going to help you against your cravings for sugar. You know when you consume magnesium, the body actually requires about 56 molecules of magnesium to neutralize one molecule of sugar.

That's the reason why we're so deficient. So why I like our minerals is that it's 75mg in that powder. So based on your diet, because everyone's got different diets, assuming it's 8,080% plant based, let's assume you're getting 200mg.

Then you can start adding. So if you're starting out then I would say just add one scoop day because always less is more. See how you do. Then the next day you can add a second scoop.

So you know, I'll do three scoops a day, at different times a day. I'll do it after my workout. I'll do it before I go to sleep, and I'll do it sometime in the morning.

And again, I just love getting it from a lot of different sources. So for for me, that's the key. So really just look at your lifestyle, try to do as much variation as possible.

But magnesium is number one on my list. There's five essential nutrients we all have to take, even our kids that we. The research shows raw deficient magnesium is number one.

And by the way, omega three fats is number two. And those are the two top neuro protectors of your brain. Omega threes are critical. All right. We measure the omega three omega six ratio which basically tells you how much inflammation there is in your brain.

This is how we can really check if we're set up for dementia. It's a simple at home test, that we, that we have on our site. They send you a kit, you do a little prick of the blood you put on the card, you send it to our lab, and in 12 days, you're going to know one of the most important ratios of the body.

It's the omega three to omega six ratio. Omega threes drive down inflammation. Omega six is drive up inflammation. You want that ratio ideally to be 1 to 1.

You want it to be less than 3 to 1. Omega six is 2 to 3. And by the way that's what our pre agricultural ancestors were from their diet. They were 1 to 1. They were 2 to 1.

But once it goes over a 3 to 1 we start to get into trouble. Once we go over 10 to 1 that becomes a serious problem. The average American has 20 times more of these.

Damaging acidic omega six is compared to omega threes. Now why is this related to the brain? Because the brain is made of 60% fat. And these omega threes omega six is they compete for the same enzymes.

So if you have 20 times more of these dangerous omega sixes which we talked about earlier compared to omega threes, it's going to hijack your brain. It's going to take your brain out.

It's going to win every single time. And there's actually I interviewed this doctor his name is Doctor Joseph Hilborn who did all the research. And he actually did research on murderers and people in insane asylums.

And what he discovered was, is that their average ratio of Omega sixes to threes was 70 to 1. And what he was saying is above other things like psychotropic drugs and things like that, is that this huge imbalance of these unhealthy fats to healthy fats was so damaging.

It created so much chemical inflammation of the brain. It made their brains whack. It hijacked their brains so they couldn't even make conscious decisions.

And it just made their brain so far out of balance. It did these crazy things. So again, that ratio is something that I think everybody needs to know about.

You can test it. It's very easy. One prick of the blood two weeks. It tells you how the fish you're on omega threes what that ratio is. It's going to actually tell you on a scale what your, what your precursor or your, the how much, you know, glycated things like that.

How much, issues in the body that can actually create dementia down the road. So, it really gives us some great information. So things like that are so important for people to test.

And again, what you inspect, you're going to respect your what's coming out in the news, which is which people like yourself have known for years is there's a connection between what we like, the gut in our brain, in fact, even now know we have brain biome, just like we have gut biome.

And they're finding things out. So tell us a little bit about that connection and why this is so important that what we eat is actually feeding our brain and not just our body.

I mean, it's feeding both, but the brain gets first choice. But if you're not giving it a choice, it's going to take what it gets. Right. So 100% I mean, the heart of my research right now is the gut.

You know, Hippocrates, the father of modern medicine, said it best look to the gut because it's the cause of all disease. And when I say dis ease, I use that hyphen, because that means a lack of balance, lack of harmony, which means inflammation.

The more disease in your gut, at least the disease in the body. And, we do, these kits called GI map, it's a DNA stool sample test which literally looks at the entire microbiome.

You're looking at stealth pathogens. You're looking at inflammation via something called cow protection. You're looking at things that are creating leaky gut.

You're looking at the GI North, which is basically your three most important organs to digest food, which is the acid in the stomach, which is critical as we age because we get less and less acid production.

So now we're not digesting our food, which creates more inflammation in the gut. And the acid is the first line of defense for all these pathogens. I mean, you don't have to be in a third world country walking barefoot in the soil to get to get a pathogen like strep or, enterococcus or, staph or Klebsiella or the myriad of things we test for.

This happens from the air we breathe, the food we eat, the water we drink, which is like filtered water. Our good friend, Doctor Paul Barrett Barataria, is so important.

We got to get filtered water and things like hydrogen water, which is going to actually help our microbiome. It actually builds up the anaerobic microflora in your gut faster that even something like an antibiotic can break it down.

So the gut is where it's at. You know, all the downstream problems we see in the body from inflammation, liver issues, which is where we detoxify the crap that comes from the gut, hormonal imbalances, and yes, brain imbalances, inflammation of the brain.

It all comes from the gut. That's where we start. In fact, they did a study, I believe it was the Journal of Neuroscience in 2015 where they actually fed mice a high carb, high sugar diet for 12 days, 12 days only.

Think about how long I was addicted to sugar for most of my life. This was 12 days, and 12 days of this high sugar diet created so much disturbance in the in the microbiome and in the gut bacteria that it actually started to cause cognitive dementia, a cognitive decline in the brain cells.

It's insane. So what I do with all my clients is we start with the gut. I don't care what the downstream problem is if you don't fix the gut first. Literally, it's like a dog chasing its tail.

You know, you got to clean up the diet. You got to look for the things that we're deficient in. As far as supplements, get rid of the toxins and clean up the gut.

But you gotta know what you're looking at. So that's why we gotta do these testing. That's my model. That's my mantra test. Don't guess. We can't wait for the body to break down before we start the test.

Because by then, it's way too long. We got to be proactive. Especially now where we are more toxic than ever in human history. So once we start to clean up that gut, that's the gut brain connection.

I mean, 80% of your nerve system lives in your gut, 95% of your serotonin, which is what makes our happy hormones, makes us feel good lives in the gut.

It's so important. So we start there and again, we go downstream after that. Yeah. So that's really good. And when I was, when I turned 50, I realized I couldn't handle red meat as much.

Even though we really good meat, we get it from a farm and all that.

Magnesium, Minerals, and Supplement Strategy

And I found out I had to take hydrochloric acid, two of those, before I'd have if I was going to have steak. If I didn't have that around, I wouldn't even eat it, because even though I was tested, they said I didn't have gout.

I would develop gout like symptoms. And what somebody else told me was, you got gout, you know? So I can't have that because the high uric acid content and all that that's in the meat.

But there's also other enzymes right, to be become deficient in and that affects the gut. And I know in your book you talk about if you're not taking digestive enzymes, we should.

So what would you recommend are some enzymes for the brain to keep the brain going? You know, those part of what you put together in your formulas I mean I don't yeah I know you talk about them.

And if I could say one quick thing about the red meat because this is important, I talk about this and get off your sugar. Red meats also high in copper. Copper is a neurotoxin.

Now copper is a very important mineral for the body. But most people have way too much copper and not enough zinc. And it's the free copper. I'm not talking about the copper that you see and like, in your healthy foods that you eat, like in, in greens and things like that, that's healthy copper.

But I'm talking about the free copper that's really coming from the water pipes, which is, you know, here in New York City, hundreds of years old, but also a multivitamin.

So you should never, ever buy a multivitamin. That's what I want, everybody, if you're eating, if you're taking a multivitamin right now, go to your label.

Look at the copper levels. If it's over 100 micrograms MSG, 100 micrograms, if it's greater than that, throw it out because the copper is what they actually found it high levels in the plaques of these Alzheimer's patients. Right.

So you got to be careful about the copper. So I think that's something that we all do. And look at your water supply, make sure that we're drinking really good, clean, filtered water.

Enzymes are so important as we age. You know, you got to think about it. As we age, we don't typically get stronger unless you're Doctor Patrick Porter.

We can't weaker. You don't get faster, you get slower. We don't produce more enzymes. We produce less enzymes. We don't produce more hydrochloric acid, we produce less hydrochloric acid.

So when I say get off your acid, I'm talking about the toxicity in the body in the tissues where that latent acidosis sits. But when I talk about the acid in the stomach, it's critical.

And one of the things that we measure in that GI map test is an enzyme in, in the stomach, which is called the last taste one, which is a, and a specific enzyme marker for protein metabolism.

So every time we eat, are we digesting that protein. So you mentioned uric acid, which we see when we put your finger and do a live blood cell test on my microscope right over there.

So uric acid which can create Gaba which also can nick the blood blood vessel walls because it's a sharp it's a sharp substance that the body can't really break down.

It causes inflammation. It comes from either eating too much fructose, which is a dangerous form of sugar, or eating too much animal protein. And that's something that we have to be mindful of.

So we need these enzymes to break down these foods so that we can absorb these foods. You have to understand is that you're not what you eat. You're what you digest. Absorb it. Assimilate.

So this marker, last phase one basically tells us, are we creating enough of these enzymes when we eat our food to break down the protein, to digest that protein, to take that protein and the nutrients in that protein for fuel?

Because, again, sugar is not an essential nutrient, but fat and protein is we need it. But the reality is, is that the average American is consuming five times the amount of protein in the diet.

So what's the right amount of protein? I mean, we have to really look at that. And are we eating too much protein in the diet? So that last taste marker, if it's low, this is again I don't I get too technical, but if that number is lower than 500 that means you need you need enzyme support.

So we'll put somebody on an enzyme support. You can assume if you're not breaking down your protein, your pancreas is in a weakened state. It's not break it down your carb stop. Break it down your fats.

So by doing a pancreas support. So every time you eat what I'll have my clients do based on those numbers is I'll have them take a digested enzyme right before we're about to eat.

And that helps the pancreas. It takes the burden off the pancreas. So that's what we do when we're eating. But some people need what's called a systemic enzyme, which you actually do on an empty stomach.

So something like, Sarah Pettis or Wilbur Enzyme or things like that. There's a lot of great ones out there. And nano kinase. And what that does is it basically breaks up all the, all the crap, the scar tissue that's in our tissues, in our blood, in the brain, and it basically just frees it up and it prevents future planning from happening.

So, I think enzymes are critical. Usually after age 35 is something that most of us need. You know, even without testing, it's safe to say that you could probably benefit from my digestive enzymes. Not everybody needs it, but most of us do.

But even taking a systemic enzyme, which I still take, to this day, you take on an empty stomach is so important for the health of your blood, your connective tissues, and your brain.

If you're having pain in your joints and things like that. Those are things that you can look into. Which which one do you take to do that? Because a lot of people have Alzheimer's, of course, or dementia.

They're they're suffering with body aches and pains that are mysterious. So that that might help them as well. Yeah, I do it based on the blood testing.

I do the live blood testing because there's a lot of different ones. But safe to say, if you're looking for one for for the blood and for the brain broken a Sarah Pat case is a good one.

If you're having more issues with like, muscles and joints, something like a wheel bends. I would be better for that. Yeah. So I we speak to your specific health care provider about what would be the best one for you, talking to everybody out there.

But enzymes are phenomenal. When my dad was, you know, was dealing with his cancer, enzymes were such an important part of his protocol. You know, the doctors gave him just a few months to live, and, you know, here he is outliving what they told him by three years, prolonged his life.

And we did so many different things for, you know, he was on a hard core alkaline diet. He hated it. But he did it. To his credit, my mom was just a warrior rock star.

The person literally as his primary caregiver. And I was the quarterback. And that's, I think one of the big things I want to give people is that there's no such thing as incurable diseases, but there are incurable people.

You know, your mind and your mindset is so important in this process. You know, 80% of your health is your psychology. It's it's when you're dealt the specific card, like the pandemic.

Right. You know, some people that entered into or most people, that when we were blindsided by the pandemic, what did they do? They crawled into their foxhole and they started stress eating, pumping carbs into their body, so much so that they actually gave a name to it.

Covid 19 and quarantine 15. In regards to the weight that they gained from all the crappy carbs that they ate. I

mean, it's crazy. New York Times did a study a few months ago saying that the average person gained 2 pounds a month, but the people that that I don't want to say walked into the pandemic that ran into the pandemic, that were strength eating and managing stress well, with brain tap and meditating and breathing, and exercising and and doing all that stuff.

They tended to fare better. And it's, it's very sad, the people that we lost. But remember, if you go to the beach the day after a hurricane and you see this, this house that that's older and hasn't been well maintained and fortified, it's in shambles.

But that house right next to it that's being reinforced with steel and concrete, that's been maintained and not just maintained, but optimized. It's fine.

Same beach, same storm. And and you get those down in North Carolina. You know what I'm talking about, you know. But my point is that it's not about the external factors, everybody.

It's about the biological terrain, what we put into the body. So the strategy and we gave some strategy today is 20% of your success. But this up here was between the ears.

That's 80%. Because if you can you can. If you say you can't, you can't argue with your limitations. Sure enough, they're going to be yours. So that's why health and healing.

Before we do anything in my book, we talk about the the seven steps to Get off Your sugar. It's a 21 day program that turns you literally into an energy field.

Strength eating as a kicking machine. Before we get into that, we start with detox. A week of detoxing your body with a three day detox, detoxing your pantry.

But most important, Patrick detoxing your mind and your brain. All right, getting rid of that stinking thinking that's basically holding us back from going to the next level.

If your why is big enough, you're how we'll find a way. And then again, weight loss is fine. But that's what I call superficial. Why? When I say why, I'm talking about something that is so compelling, so deep that when you think about it, it literally moves you down to your very soul.

It gives you goosebumps. For me, it's my four year old Leah. It's my seven year old brain. It's my wife Chelsea, and it's my family. It's having lost my dad to cancer the same time that my my daughter was born, seeing that full circle life.

So for me, I want to be around long enough, but I don't want to just live to 120 or 140 or whatever. The number is. Our genetic potential. I want to I want to have this intact.

I want to get there healthy. I want to get there in style. I want to be surfing when I'm there. So that's that's kind of the big takeaway. Let's focus on strategy.

Let's focus on the why you do those two things. You give it your best shot. The rest is in God's hands. Right? Then there's great information. I mean, I think people can walk away from this learning a lot.

Omega-3s, Gut Health, and Digestive Support

They can go read your book, get off your acid, get off your sugar. I recommend both of those books. But as we as we come to an end to this discussion today, which they can find out more about, you tell us where they can find more about you, but also tell us ways we can protect her. What do you think? The top ways?

What's the top takeaways that they can start doing when we didn't really talk about, you know, milk, but we want to talk about that. You talked about at the very beginning because a lot of people think, nope.

Does your body good, you know, in all of that and you were talking about that. So maybe we can end with some of that information we don't want to share.

There are a couple things you got to take off the table. The training table shouldn't have them on there. Any way. And everybody's ready for their own personal Olympics.

So, tell us a little bit about the ways you feel best to protect the brain. So I mean, the most important thing, number one on my list is stop the crappy carbs.

And when I say crappy carbs, crappy, completely refined and processed, that's what's taking you out. You can put the best supplements if you have a plan.

That plant wilts. The plant needs water. It needs sunlight. It needs nutrients in the soil. Those are critical for the life of the plant. But there is some gasoline leaking in from the gas station next door into the soil that's affecting the root system of that plant.

I don't care how much sunlight, water, nutrients you give that plant, it's still going to, well, it's still going to die. The reason why we get sick and the reason why we are dying early and suffering is because of two things, Patrick.

We're deficient and we're toxic, and it's both. So we got to give the body what it needs. But we have to stop the crappy carbs. And there are all these foods that we grew up.

I mean, I wish I had the studies when I was younger showing that milk does not do the body good. Obviously, the reason why we think that the white milk mustache.

No, it's a green mustache. That's why my kids have the white milk mustache is a massively successful completion, plan by one of the biggest lobbyists in the world, the dairy industry.

I mean, listen, let's put this in a common sense standpoint. How many mammals out there are consuming another mammals? Breast milk? It. We're not. We're the only mammals in the world that consuming other mammals.

Breast milk cows don't even drink cows milk. Cows milk is designed for baby cows. Cows milk has 20 times the amount of Casey. And, it's damaging to your gut.

Cows milk was is made for a cow that's thousands of pounds heavier. We were designed to eat breast milk, and then we stop that at the at the age right.

At that age, usually two years, is when it actually will turn acidic in the body. So my point is that why is cows milk bad for us? Number one, it's the number one allergy in children.

Number two, it's loaded with lactose with transatlantic acid, which is heavily acidifying to the body. Number three and this is not my opinion. This is the research.

It's in the book. Milk does not make your bones strong. It leaches calcium in the bones. Why is that number one? Because there's so much sugar. Your body needs more calcium to neutralize the acid than it's actually getting.

Number two, it's not usable. There is ten times more calcium in cows milk than there is magnesium. Remember what I said earlier? To be able to absorb the calcium in the gut, you need a few things.

You need magnesium and you need vitamin D3 and you need K2, right? So K2 is important because it tells the calcium where to go, D helps bring it in and magnesium helps bring in it as well.

If you have ten times more calcium, they do magnesium. It's it's a bad ratio. You need that that 1 to 1 ratio. And it's not to be able to absorb it. This is why things like orange juice is so bad.

It's a 27 to 1 ratio of calcium to magnesium. So the average person has way too much calcium. And that's the problem. And now what happens is the by doesn't get enough magnesium.

It's got too much calcium. The calcium starts going down into the bones where you want it to go. Goes into all the wrong places. Like I mentioned, your blood vessel walls, your kidneys, your brain, so on and so forth.

So we got to get off dairy. We weren't designed to have dairy ever. We have to just eliminated from our diet and other things like grains, which is going to really throw the body out of balance.

So it's really about getting rid of these damaging acidic foods like the ones I'm talking about and adding in what are the top neuro protectors of the brain?

So we said, stop the sugar. We want number one, more magnesium. We want more vitamin D, we want B vitamins. Another neuro protector of the brain. We have to exercise.

We got to watch out for that copper. Things like that are really the main things that you got to focus on. And of course get those healthy omega three fats.

The average adult needs about 3000mg of omega three fatty acids. We are heavily deficient. If you're pregnant, it's so important that you get these in, because that's the the very first thing that the baby's going to actually steal from mommy to, to build the brain three weeks in utero.

And from that, the brain is going to form all the other organs, tissue, cells in the body. And it doesn't stop right there. The number one cause of postpartum depression is omega three deficiency.

So again, like what are those key five nutrients. We need magnesium and minerals. We need omega three fats. We need probiotics for the gut. We should rotate those probiotics every couple of months.

We need a vitamin D3 in a liquid form. Not the two. Like most doctors give. And we need vitamin K2. We're coming out in August, with a D3, k2 plant based liquid.

It's incredible organic. So things like that, because that's what we just can't get from the food. My kids are four and seven. They have to supplement with that.

So it doesn't matter how old you are, no matter what your diet looks like, those are the key nutrients that you want to add a little bit more. And as far as supplementation goes.

But again remember this guys. You cannot supplement your way out of a bad diet. Health and healing and lowering inflammation starts with the food on your fork.

That's where we got to go. So yes we talked about the gut the brain. But let's take it one step further. What's on your plate? Is that a strengthening plate or is that a stress eating plate.

Right. We need lots of greens, lots of healthy fats, moderate protein. And then of course those fiber rich, slow burning carbs. And if you have a well-balanced diet, you can play like that.

You're going to be in good shape. Doctor Gerald, thank you for all this information. It's great information. Hopefully they'll continue to do some research, maybe see you, catch you on the next time you're on one of these morning shows or afternoon shows.

Maybe now that you're in California, they'll give you your own show. You just share this with people. I should do one together to get you out there doing it, but always interesting.

You always come up with new information. I know you had the Sugar Summit, so if you are a sugar addict, which probably 99% of the people watching this are, they just don't know it.

They've they've hidden the sugar on you. You really need to follow doctor Dale Joffre. He's on all the social media channels. Just look for get off your ass.

It is his big book. But he just came out with the book Get Off Your Sugar, which talks a lot about dementia and in the brain, so I recommend that you read both of those books, get more education and start try out some of his products.

I mean, I use them all. I mean, in fact, that was one of the products my wife finally agreed because that every time I go to a vet, people load me up with products to charge.

Because what are we going to do with all these? Because they want you to promote them, but yours is one we actually buy. We we we can't do without. In fact, my son, who he's kind of one of these people that they all know.

Dad, what he got for me, he loves the coffee creamer that that you have that, so if people want to know how they can do it, you even have it. So you can take your minerals while you're having your coffee.

So you have some really neat things that you do. And I have a treat. And I haven't announced this yet because this is coming out probably end of August, late September.

But we are creating, two new flavors of the AC kicking coffee. So it's not coffee, it's a powder you add to the coffee, which neutralizes all the acid.

So it's got acid fighting minerals. But you have your healthy keto fats like coconut oil. We talked about the importance of the medium chain triglycerides.

It has MCT oil, has Himalayan salt for sugar cravings, has fat burning enzymes. But we're also launching you're going to love this a hazelnut flavor with brain boosting nootropics.

So we added some brain boosters like Lion's Mane and Alpha GPC and some other things that it's not going to give you. It's not going to only get rid of the acid in the coffee.

So now you can enjoy the upside of the coffee minus the downside. But you're going to get these brain boosting nootropics. So, I'm so glad that you love it and vice versa.

Patrick, your your technology, from the heart rate variability and from brain tap has changed my life. The life of my patients, the family. I just want to take a second to thank you.

You are out there. You're on the road. You are a trailblazer. You have helped so many people take their life and their energy and their well-being and prevent the things like we're talking today to the next level.

And I'm going to tell you from a personal standpoint, what you did for me and my family. When my dad passed away from cancer, I met you through a very dear friend, Bob Hoffman, at, at his seminar, we became instant friends.

And I'll never forget you measured my heart rate variability. I went on your brain tab for 12 minutes and went back and retested, and every single marker was, like, 20% better.

At that point, I was I was sold. And brain Tab has become such an important part of my life. And I think that's the takeaway, which is there's no silver bullet here, guys.

It's not about a magic pill that's going to prevent cancer or dementia, heart disease. It's in the lifestyle. It's in all these things we're doing now.

Lifestyle Takeaways and Final Recommendations

The research shows that the plaques in the brain that are created as a self-defense mechanism actually come 20 years before you actually can notice them on testing.

So no matter where you're at right now, you have to start start with your kids. You heard me say that stat before about the the, millions of people with preclinical, dementia.

So these are all things that we have to start to add. And don't make yourself crazy. Being healthy is not about removing. It's not about deprivation. Even if you're addicted to sugar.

How I beat my lifelong addiction to sugar was by adding, and Patrick, you know my story. I started with one green juice a day. That was it. One green juice. I started bouncing on a rebounder.

Then I added a second green juice. In 21 days, my lifelong addiction to sugar was gone. My brain fog was gone, and in about three and a half months, I dropped 42 pounds. Why?

Because my body was holding on to all that fat as a buffer to protect myself against the acid. And as I got off my acid from all these healthy foods I added into my body.

My body did what it was innately designed to do heal itself from above, down, inside out. And that's the way we all work. You give your body what it needs, like the plant.

Take out what doesn't belong. Your body will do the rest. It will heal itself. As long as you don't pass that limitation of matter. And I'm telling you, for most of us, we haven't crossed that line.

But you got if you want to take that island, you got to burn the boat. You got to raise your standards. You got to step up and make a decision. Right now, in this moment, I'm going to do this.

I'm not going to try this. I'm going to do this just like Nike, just like Yoda. Let's do it right. Great inspiration. And hopefully each of you watching this will take it to heart and really look at your diet, even if you think you're doing really well.

I thought I was doing everything right, but I was doing a lot of things wrong because I don't have the same education as you do. So you're on the summit, you're learning from a lot of experts, Doctor David sharing his wisdom. We appreciate it.

And we're going to thank you for being here. And I know you're always there if I ask you to help out, being on one of these summits and sharing your knowledge and information, and I believe in what you do, our family uses it just like you're talking about the brain tap.

And I think everybody, this is something I tell everybody when they come to visit. In fact, when they say what's for breakfast, they go, well, if you're going to eat my breakfast, it's greens because I don't eat until 12 or 1:00 because that over Covid I lost 35 pounds.

And I want to keep that off. You know, I decided no more excuses. You know, this is great time. I'm not traveling. I, I don't have to be bombarded by all these great restaurants.

Like if I go to New York is, you know, 15 restaurants I want to go see. I got to stop that right. And I've been doing a good job on that. And just by doing that, there's little things you can do.

You've learned a lot of the tips. So hopefully you took notes during this, this presentation. If you're watching it, you'll go look up Doctor Gerald Joffrey.

You'll you'll tune in to what he's got to share. You'll start using his products or do something right now. You got to do something like you said, start.

Start changing your table. Think of your life as a training for the next day's level of success. And I'm blown away by that, right? That my study, I mean that just 12 days, it changed the way they're doing it. So in and they don't know they're in their locker room.

Right. They don't know that stinky locker room. What do you get them out of the lock. It's it's it's it's a it's it's the law of familiarity. It's like we've been in this for so long that you don't realize that it's actually taking you out, and that's for sure.

Your does it desensitizes your taste buds. So you need like a drug, you need more of that sugar to get the high. You know, there's a pebble in your shoe. It's been there forever.

You don't even realize that it's actually still causing damage. So I love what you just said. And maybe the most important thing of the day, which is start with one thing progress, not perfection.

Do one thing I we said a lot of things today. It could be a green juice, could be coconut oil. If it is coconut oil, don't start with two tablespoons a day because you might be on the toilet.

Start with a teaspoon and work up. But again, pick one thing and then become a master of it. Maybe seven days, 14 days, 21 days. You move to the second thing, but again, start to stack, start to stack and over time you're going to see that geometric change in your health.

Roger, Patrick, always a honor and a pleasure to be with you. You're one of my most favorite people in the world. I always just love talking to you. And I get so much energy and just thank you for everything you've done and, always for having me on your summits.

It's always so awesome. Thank you. All right, well, thank you. And now get ready to listen to our next speaker. You're going to be amazed. Just like you, we're here with Doctor Darrell who's sharing these insights.

So stay tuned. Tell your family, your friends, anyone you know that's, that has an addiction to sugar, which is anyone who's sitting to your right or left.

Go ahead and get them to tune into this, because we know statistically they're eating a lot of sugar, right? 100 pounds of sugar a year. Wow. So let's get to the next speaker.

Let's keep learning, growing and knowing that you can improve your brain at any age. Thank you again, doctor Darrell. Thank you so much. For.