Gut-Brain Superhighway: How Your Gut, Vagus Nerve & Lifestyle Shape Health Transcript

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Gut-Brain-Immune Axis Overview

I mean, when we talk about the gut, we're really talking about the small intestine and the small intestine as a gut layer that has the thickness of a wet paper towel.

I mean, ponder that for a while. Normally I take a wet paper towel in front of patients and pull it apart. Look how easy it is to perforate. You know, if you unravel it, it has the surface area of a tennis to a basketball court.

And its sole purpose is to filter small and large bacterial infections and proteins away. So it's kind of like the strainer if you use pasta, if you will, in the olden days.

So it's supposed to strain out the water and hold the pasta, but that pasta gets through if your gut is perforated or leaky or increased intestinal permeability.

And then on the other side of your gut is your bloodstream, which has your immune system. And that's where the cascade begins. So it's really not just the gut to brain axis.

It's really the gut to brain to immune system axis. Everything is an axis and all the axis is oral interconnected. So if your axis is healthy, it's like trifecta of health.

If it's not, it is your Bermudatron. Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain. I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm.

Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting, and faith to help you reclaim your energy, emotions, and sense of self.

Hey everyone, welcome back to the podcast. This is Laurie Hammer, and today I have with me Dr. Rob Silverman. You are in for a treat. If you don't know who Dr.

Robert Silverman is, he is actually a pioneer in this functional nutrition world. He's a chiropractor, he's a recognized speaker, and he wrote the amazing book, Immune Reboots.

Can't talk today. So make sure you jump on over to Amazon to get that, and we are gonna discuss the gut brain connection and so much more. So if you want to know more about the gut brain connection, I think I want to ask some questions about laser therapy because I know that Dr.

Rob here knows a lot about laser therapy in the brain too. So Dr. Rob, welcome to the podcast. I'm excited to be here. I was very fortunate to get some time to come talk with you.

I'm excited about it. I want to drop some knowledge bombs and I'm really interested in talking about that gut to brain axis, which I like to refer to as the super highway to health.

Podcast Introduction and Guest Welcome

Super high way to health. Why do you call it that? Well, because I think if things are working well, you're on your way to health. And if things are not working well between the gut, the vagus, nerve, and the brain, I think you've got some disease, if you will.

Yeah, for sure. I would love for you to unpack those three things, the gut, the vagus, nerve, and the brain. How are all of those interconnected? Because a lot of people don't talk about the vagus in there.

Yeah, you know what? It is a neurological input. It is the bridge between the gut and the brain. The gut, whatever your gut does communicates with your brain, whatever happens to your brain, it affects your gut.

You know, it's bi-directional. And that nerve impulse is the vagus nerve. So it's really interesting. The vagus nerve is cranial nerve number 10. It goes from the medulla oblongata, the bottom of the brain stem, down through all the way to the transverse colon.

It attaches to the transverse colon, and it actually attaches to something called a neuropod. I know I'm getting a little anatomical and a little heady.

It attaches to a neuropod. So here is, without question, your transverse colon. Here is a paperclip, which mimics your neuropod. This finger is the vagus nerve.

So the vagus nerve attaches to a neuropod, so it actually can sense what's going on inside your gut. So it's not really the gut to brain axis. It's the microbiota, the microbiome, gut to brain axis because of the anatomical position of the vagus nerve.

The vagus nerve is 80 to 90 percent a fat going from the gut to the brain. and 10 to 20 percent efferent going from the brain down to the gut. Most interesting is the vagus nervous captain of what we call the parasympathetic nervous system, your rest and digest system, your wine and dine system, your chill out system.

So unfortunately, there is supposed to be a balance between that parasympathetic and sympathetic, sympathetic fight or flight. Rob is definitely type A personality.

He is in sympathetic mode most of the time. However, you wanna balance because if you can balance that autonomic nervous system, you're gonna have homostasis and you're gonna have a salubrious moment in the body.

What do you mean by salubrious moment? Health promoting moment. You know, it's interesting that how the body was put together, this nerve is so critical to the overall health I'm impressed and amazed by the fact that we are now talking about it.

When I graduated chiropractic school 26 years ago, all I knew about this nerve was cranial nerve number 10 parasympathetic. Now people are talking about affecting it through different type of physiological size, coughing devices.

For me, one of the best ways to upregulate the vagus nerve aside from critical lifestyle is without question non-thermal low-level laser therapy. All right, well, tell me about that then.

How does that help that vagal pathway? You know, I'm happy that you asked that. I know I seeded the question. You did, but I was excited about it, so I'm glad you did.

For me, laser therapy, this is not red light therapy. Let's make a strong definition. Yes, please define that. Yeah, you know, red light therapy has its place.

Vagus Nerve and Gut-Brain Communication

I use red light therapy to heat my sauna. It's a heat promoting property. You do not want to heat a nerve. You do not want to heat the brain. You do not want to heat the gut.

So you want non-thermal, non-heating, low-level laser therapy. You want a photochemical response versus a photo-thermal response. So photochemical response means like it mimics photosynthesis of the body.

In comes the light, stimulating a chemical reaction. So the laser can stimulate the vagus nerve tone and increase the tone to allow it to balance with the sympathetic nervous system.

Now how do I know that that works and how do I know that that was the right amount? I use something called HRV, heart rate variability testing, in my office and I'm able to prove to the patients right then and there that their quelling of symptomology is without question not a placebo.

It is without question a scientific proof. Yeah. So how does that help that connection then? And then what are you using laser therapy for? I'm thinking like dementia and concussions, but there's so many other things that go on that you can use the low-level laser therapy for.

I think that's a great question. So you're really talking about it's an impact on the brain because here I am looking at Laurie Hammer, take back my brain.

How exciting is that? So one of the ways you can take back your brain is by lasering your brain. So laser applied to the brain has shown to increase specific neurological functions like neuroplasticity, and brain neurogenesis.

The increase of BDNF allows for brain neurogenesis. It also allows for increased blood flow in your brain. Very interestingly, it also slows down any kind of deleterious effect or any deleterious environment in your brain.

And it does so by stimulating or flicking the switch from M1 microglial to M2. Now, what did this guy just say? The microglial are macrophages of the brain.

They're like eating cellular debris. When you're in an M1 microglial, you're in an inflammatory state and you're eating up healthy brain tissue. When you're in M2, you're cleaning up the necessary debris to clean out metabolic waste and leaving the structure of the brain alone.

Laser helps flick the switch. Incidentally, the sex that has the biggest trouble switching from an M1 pro-inflammatory microglial to an M2 anti-inflammatory are women.

Yup. So my wife says, Rob, you're picking on honey. You're picking on all the ladies. And I'm like, no, I'm just trying to show the facts. And she's like, you know why women can do all these things and all these things occur to women.

And I'm like, no, she says, cause we can handle them. That's right. That's right. I like your wife. I'm inside. I got the memo, man. I got that memo. You got the memo.

What makes it more difficult for us women? You know, again, a really great theme. I think the big difference between men and women is a couple of things.

Number one, women have as much muscle pound for pound from the waist down as men, but they have less in their upper body. So you're more susceptible to head injury and concussion because your head, it has a more of ability because your neck muscles aren't quite as strong.

That's number one. Number two, hormones. You guys- It's always hormones. Why? Why is it always hormones? I feel bad. My wife has just gone through the menopausal transition.

Oh my goodness. Woo. The sweetest- God bless us. Yes. Yes. I feel your pain and I know you know my pain. Right? Women's hormones are like a wave. It's up and down.

And that's just in a day. Men are easy.

Low-Level Laser Therapy and Brain Support

Click, click, click, click, click. 20. Yeah. Top of the mountain. 25, 30. We're still really good. 35, 40. down at like 60,

70. So it's a slow declivity of loss of hormones.

Yours are up and down and up and down in that rapid wave-like changes really leads to a lot of strain on the immune system. And that's the theory behind it.

So what do you do? You wanna try and modulate and modify the changes in the hormones, the drops and the rises. Unfortunately, through that MT transitional period of 10 to 15 years, you're nothing but on a hormone roller coaster.

Sometimes it does feel like that, even when you're doing all the things correctly. Yeah. Yes. I am so sorry for that. I wish I could give more insight.

That is a question I am going to ask when we get to heaven. I'm just preparing God for that. We're all going to ask you, what is this? Why was it like this?

And my wife will say, because you could handle it and someone had a bad a brunt and there it is. No, I just think the hormones are real differently. I mean, there's a third difference.

Women have a wider pelvis. They have a more what we call increased Q-angles and more susceptible to knee injuries. So whenever you see a difference on a serious note between a man and a woman, look at the structure and really look at the hormones.

Because, you know, sometimes we lose our objectivity as a doctor. We're human. Remember, we're human. It doesn't matter how many degrees we have. It's still a human being in front of us and we need to be human and we need to understand.

We need to put our own feelings aside and really realize that there are the differences and these are the major differences. Yeah. So going back to hormones, going back to laser therapy, going back to the woman's brain, can you make profound changes for a woman in particular in their hormone expression with some laser therapy?

Yes, without question you can, and you can do so by lasering specific areas like the ovaries. Obviously, you're not going to get to the ovary, they're really deep, but it's all about absorption.

And again, that's why I really like to piggyback on the idea of non-thermal low-level laser because the The concept of laser is depth of penetration. It's not.

It's absorption. Think of the body. Think of an injection going in the body and then getting absorbed throughout the body. The body's all interconnected.

So when you get to God, say, you know what, after asking this one question, give him kudos and give him kudos by saying the body's all interconnected.

So whatever you do in one part of the body, you do to the other. We've shown that non-thermal low-level laser to the right side of the brain has positively affected the left tibia from the lower limb.

So the body is all interconnected. And that really brings the idea of the words that we were talking about before, the concept of functional. So we were talking, is it functional health?

Is it functional medicine? Is it functional nutrition? It's functional. Too much of the allopathic medicine is looking just at disease. So we're already sick.

You and I wanna look at dysfunction so we can stop the dysfunction and prevent us from getting to disease. And that's what the concept of functional is.

Yeah, which is so important. And that takes us back to talking about the immune system and hormones and gut

health and all those kinds of things. So from a functional perspective, when I look at society, we see this huge rise in brain-related conditions, whether it's Alzheimer's, dementia, MS, whatever it might be.

we need to go back to basic functionality. And I know you love to talk about that. So can you give us some perspective on how do we start preventing those things?

Because it's definitely an epidemic going on right now. without question. So I think you mentioned the neurodegenerative disease that are on the rise, Alzheimer's, Parkinson's.

Let's talk about those two. So let's take Alzheimer's first. Alzheimer's is the sixth leading cause of death in America today, the seventh leading cause of death in the world.

It affects about 80% of women, or I should say 80% of people have Alzheimer's. are women. Interesting. It actually is something from the lower gut. So if I had to put in a little capsule what Alzheimer's is, it's an autoimmune condition.

It's bi-directional going from the gut to the brain and the brain to the gut. It has neurodegenerative findings and it's actually an immune dysfunction in the brain.

Now, what causes this? One of the big things is the release of something called an endotoxin called Lepopolysaccharide LPS. You can test for that. That should be on everybody's testing scale, whether you're an allopathic, naturopath, chiropractor, whatever.

Everybody should test to see if LPS lipopolysaccharide. I mean, I have a nickname for it. I call it El Diablo. For those who don't speak Spanish, it is the devil.

It is an endotoxin. It holds gram-negative bacteria on the inside of the intestinal wall. When LPS is expressed, all these bacteria are floating around.

It is a composite Alzheimer's or a compromise of LPS from the gut. from the lung and also from the gums. 90% of people that have Alzheimer's have gingivitis.

Gingivitis produces a bacteria called gingivalis. Gingivalis produces a destructive enzyme called gingipans. So it's gut, lung, gum to the brain causing an autoimmune response where your body has to plaque.

So that's Alzheimer's. There's a lot of studies now and Dale Bredesen and Dean Ornish have done both. Interestingly enough, they've done the same thing as far as exercise and supplements, et cetera.

Where they've differed is Dean Ornish has a plant-based diet. And Dale Bredesen talks about a ketogenic intermittent fasting diet. That's Democrats and Republicans.

They both work. So guess what? As long as you have a whole food diet, you've made a big step in improving the standard American diet, which acronym is SAT.

Parkinson's is a very interesting thing. It's more predominant in men. Did you know? that if you live within one mile of a golf course, you increase your incidence of Parkinson's by 126%. Isn't that crazy?

Yeah. Crazy. You know, you can spend $200,000 to $250,000 for a membership and you don't even get organic grass. No. I mean, let's stop right there. Yeah.

Right there. It is a toxic hobby. But I live in Westchester County and we have more golf courses per square foot. And I don't play golf. I'd rather watch grass grow, more pun intended.

It's just not my thing. And that exemplary of what is wrong with our disease-laden society that are exposed to some, what we're exposed to is damaging everybody.

And, you know, if I had to give a battle cry, it would be like, We've got to limit, we've got to change our environment and decrease our environmental toxins.

Women, Hormones, and Functional Health

But getting back to Parkinson's, interestingly enough, it's upper GI issues. It seems to predominate in men more than women. Again, it's the gut to brain axis.

And interestingly enough, when vagus nerve tone is down, It has really shown an increase incidence in Parkinson's because it carries a very deleterious bacteria to the brain called alpha-synculate.

So the standard treatment for Parkinson's disease is aldopa, which just mimics the symptoms, motor symptoms. And I shouldn't say just, it mimics the motor symptoms, but there's non-motor and it's not cause.

So everybody do me a favor. Here we go. Everybody close their eyes. And when you close your eyes, have a vision of a gentleman working hard and he is mopping the floor.

But you can see clearly that the sink is linking and the sink linking is the cause. The mopping of the floor is the symptom. Now open your eyes and you see that to fix the cause and it's not leaking from the faucet.

So you mop up the symptoms and you go home healthy. That's the goal, and that's what functional health is, functional medicine, functional nutrition, and that's what you and I purport.

Get to the root causes and fix them. Yeah. I have a question. I want to go back to Alzheimer's because you were saying it's the gut to the lungs, to the gums, to the brain.

I don't think I've ever heard anybody talk about the gut. I mean, the gut, of course, right? But then to the lungs, can you elaborate on that piece? There's a gut to lung access.

There's a lung to brain access. All these accesses for me, the gut is the epicenter of your health. 80% of your immune cells are in your guts where your macro and micronutrients are absorbed.

If you want to do a bullseye, it's right there, and it communicates with your brain. There's an argument between functional medicine practitioners and functional neurology practitioners.

I say it's gut up, they say brain down. The truth of the matter is we're both right, because whatever you do to your gut, you do to your brain. Whatever you do to your brain, you do to your gut.

But your gut, or at least your gut, communicates with your lower lung. Your nasal passage and your gums, your mouth, if you will, communicate with your upper lung.

COVID taught us that. Okay. So it's gut to brain, lung to brain, or gut lung to gum to brain, because all these microbiomes are communicating with each other.

And of course, the gut also communicates for another day with the lower limbs and in the genital region as well. Wow. It's so amazing all those are connected.

So does the gut share, like if the microbiome in the gut is disrupted, does that make your lung microbiome disrupted as well? Absolutely. COVID was a great example of that once again, because people didn't realize they should have been testing for their gut.

And I'm not saying, hey, Rob, fix the gut, you'll get rid of COVID, don't take a vaccine. That rabbit hole Rob does not go into, because any rabbit hole I go into, I get to Alice in Wonderland at the bottom.

I understand. Yeah, good. You have children. That's great. I remember that in Winnie the Pooh from my younger

years. Mom read that. But that aside, the gut will adversely affect the lung and the lung will adversely affect the gut in that bi-directionality.

And again, I know I've said it, the body's all interconnected. I just had a few medical doctors on my podcast yesterday. We were talking. Is the system broke?

or the practitioner is broke. The system is broke because it's a disease system based on disease, based on symptomology and based on speciality versus dysfunction and integration and intercommunication.

So the best practitioner is one that has four or five other practitioners at their access, which will be best for the patient. True. We can come. We concur.

We concur for sure. Yeah. Cause it is, it is, I mean, the whole system is messed up. I know so many medical doctors and I know they get a bad rap all the time.

Alzheimer's, Parkinson's, and Root Causes

Like we're always like bashing on them and you know, and is this, they don't go into medicine because I mean, they go into medicine cause they want to help people.

They're not in there because you know, they want to cause harm. So, and they, you know, they're just stuck in a system. So unless you intentionally, decide to go outside that system or to learn something outside that system, you're stuck in this system.

And a lot of them are paying off debt. They have families to raise. They have all these things, right? And so I think we demonize them a little more than we probably should, but the system is definitely broken.

We need to fix it. Now the question is, I was complaining to a buddy of mine, he came early and I treated him this morning. And he's a very eclectic guy.

And in his response was, all right, it's great that you signified the problem. Well, I didn't complain about it. I signified it. Now we have to give the solution and the answer exactly like you have are giving answers and helping people get to the end and get where they need to get.

Cause remember the biggest asset of your life is your health, inclusive of your family. Right, right. And I mean, the health of your family. If the health of your family isn't good, then me as a mom, my life isn't good.

So I want to do everything I can to keep my family healthy so that all of us stay sane and enjoy life together. As a mom, I'm 60. So my mom lived to 95 years old.

in a normal high school education, but she knew she wanted to feed her son. Now, if I told you what she fed me at lunch, my options were cheeseburger and french fries or grilled cheese sandwich.

None of which I would eat now, but she, first of all, it was different food. It was a different time and that's what they knew. But the intent was to help my son and to feed my son and give him what she thought was the most nutritious, accessible meal at the time.

Right. I mean, I lived on grilled cheese sandwiches. I understand what you're saying. Yeah. White bread, American cheese. White bread, American cheese, maybe Velveeta, you know.

Yeah. Well, that was a rich part of town. I lived at the bottom. Right? So Velveeta was a treat. Velveeta was a treat. Butter. Yeah. Butter was good. I'm really glad we have butter, but pot pies, Cocoa crisps.

Yeah. All those kinds of things. It's a wonder we're alive today, Dr. Rob. I think that the food wasn't as tainted and I don't mean to be morbid. I don't want to look like Darth Vader.

I want to look more like Luke Skywalker. You know, I want to be horrible. But the bottom line is that, you know, I was talking to my dad who was 94 and he said, I don't get it.

You know, I ate whatever I wanted then. And now you're trying to tell me to eat something different. And I'm like, the food was not exposed to the glyphosates, the soils, the sprays, et cetera.

There was no such thing as ultra-processed food before 1988. Right. I mean, it's all changed. Yeah. Incidentally, ultra-processed food is 57% of the caloric intake of adults and 67% of teenagers.

I mean, you want to start somewhere for health, start right there. Yeah. Yeah, you know, and then, I mean, we've raised our kids, like my daughter is literally never eaten at McDonald's.

I know that's un-American, but she never has. I think my son and maybe like once or twice in his life, but you know, they're not vaccinated. We eat organic, grass-fed, you know, all of those things.

I made my grandson Like, I don't know, 20 jars of liver pate the other day. So I mean, you know, most grandmas make cookies. I make liver pate. So we like, we try to live the life in this toxic world because you can't avoid all the toxins.

I mean, there's things that are just going to hit your immune system. They're going to hit your gut because it's just the world that we live in that when we grew up, I mean, we didn't have glyphosate before I was in eighth grade.

So. We were some of the first people in the country to ride the bean bar and spray glyphosate without any protection on us. Just riding out in front of the tractor, spraying it, and then you'd shoot your friend with it.

We had no idea, but that was the first time that glyphosate was really mainstream in the farming community here in Iowa. My first 13, 14 years, we didn't have glyphosate here.

You know, it's funny, I was in Iowa, I was talking to a buddy of mine, it was last year, speaking to that. And I was like, what are those guys doing? I mean, it looked like, I hate to say it, it looked like they were working on meth.

They were wearing the white enclosures. Yeah. And he's like, yeah, they're spraying the fields. I'm like, dude, how is that healthy? Yeah, it's not. Right.

We have a glyphosate season here, you know, where everything is just sprayed at the aerospray and we've got the ground spraying, we've got spraying everywhere and no wonder we have an increase in Parkinson's and thyroid cancer and dementia and metabolic disease and, you know, everything else here.

So, I mean, when I had a melanoma diagnosis, I mean, I was the healthiest person I knew. There wasn't any reason why I did not have a cancer lifestyle in any way, shape, or form.

And, you know, I went to some functional docs and did a lot of testing. My body was skyrocketed in glyphosate. Like, I just couldn't detox it. Healthy people get sick as well.

And I'm going through it in that, like, I have this brain fog. what is going on and I have no gastrointestinal issues.

Lifestyle Strategies for Healing

And now I've taken five different gut barrier tests and microbiome tests in my life. So I took another one. I just got it back today. If I took the name off and you saw it, you would say, this dude is sick.

But the point is what changed. And I'll tell you what changed. I traveled a lot and I had a tooth pulled. He said, I need to take an antibiotic. He said, I have some dysbiosis in my gums.

So he's going to give me Cipro. And since then, life has been different. And I'm not anti-anabiotic or anything like

that. You know, when you're faced with, you have to get a tooth pulled and you can have a heart infection or brain infection.

You take the antibiotic. Right. And I'm not blaming it. I'm just trying to pin a tail on the donkey, if you will. So I hear you. I've got a lot of work to do.

And all my friends are like, yeah, you're going to live to 100, Rob. Not if I don't fix that gut, man, because that's the end set of my health. 80% of my immune cells are there.

So healthy people get sick. So imagine if you don't take care of yourself and your body isn't resilient to the proper stimuli. Yeah. And it's a lifelong thing.

Like you can't ever stop working on your health. Like it's, you just have to be consistently diligent. It's just what you do. I think people, you know, people say, when can I go back to eating the way I was eating before?

I'm like, never, ever. Cause then you'll get sick again. Why would you even ask that question? Shouldn't be there. Yeah. You know, it's kind of funny.

I said, if you got $10 million, would you give it all back if you won the lotto? Cause that's about what it's worth to get health. It's, it's fascinating.

And what's interesting is how delicate the gut is. I mean, when we talk about the gut, we're really talking about the small intestine and the small intestine has a gut layer that has the thickness of a wet paper towel.

I mean, pondered that for a while. Normally I take a wet paper towel in front of patients and pull it apart. Look how easy it is to perforate. You know, if you unravel it, it has the surface area of a tennis or basketball court.

And its sole purpose is to filter small and large bacteria. uh, infections and proteins away. So it's kind of like the strainer, if you use pasta, if you will, in the olden days.

So it's supposed to strain out the water and hold the, uh, the pasta, but that pasta gets through. If your gut is perforated or leaky or increased intestinal permeability.

And then on the other side of your gut is your bloodstream, which has your immune system. And that's where the cascade begins. So it's really. not just the gut-to-brain axis, it's really the gut-to-brain-to-immune system axis.

So everything is an axis, and all the axis is oral, interconnected. So if your axis is healthy, it's like a trifecta of health. If it's not, it is your Bermuda Triangle.

Yeah, yeah, for sure. What are three things people can do to help the whole axis start connecting and getting healthier? One thing that they can do that they probably have control over is get good quality sleep.

You need about seven and a half hours of sleep to really clear out your metabolic waste. Your brain goes to about 40% of the size. It's like a sponge, it squeezes out.

and all this metabolic waste goes away. You need, again, seven and a half hours, seven and a half hours, and the premium position, believe it or not, is left sideline that stimulates the detoxification of your brain.

That would be number one. Number two, I'll give you three quick acronyms, GPS. No gluten, I know you're with me. That's the G, the P, no ultra processed foods, and no added sugar, DNA, no dairy, No dairy.

I know you're from Iowa. I apologize. That's okay. We don't do that here. The N is nicotine. No nicotine. And A is no artificial sweeteners. And the third acronym is IRS.

Inflammation Reduction Strategies. Avoid your food sensitivities. No processed seed oils. I don't care what the

influencer says. If he wants to have the processed seed oil, go for it.

A study just came out that soybean oil, which is number one oil that people cook with, is very deleterious to one's overall metabolic health. Last but not least, no deep fried foods.

You do GPS, DNA, and IRS. That's my $1,500 nutritional console right there. And the third one, real simple. Get moving. The number one longevity test is your movement patterns.

Get moving. Start walking. Start doing some weight resistance. Spend 20 minutes a day, 30 minutes a day. Stop telling me you don't have enough time. You don't have 20 minutes a day.

Do you have 20 minutes a day to do it from what we call a supine position, basically a dead position? get moving. So sleep and adhere to good quality lifestyle and get some exercise in there.

Closing Remarks and Where to Find Dr. Silverman

Most predominantly weight resistance because weight resistance for both men and women is a longevity currency. Love it. I love it. Those are my three things too.

Whenever people ask me that. Exactly the same thing. Almost. Yeah. It is. It's fantastic. I mean, you just move all day. Like when we get done with this podcast and I have a couple minutes in between my other, my next interview, I'm going to be doing pushups and squats and you know, whatever else I decide to do for five minutes.

Just because that's what I do. Because you have, you have to keep moving. You've illuminated me so much. I'm going to go do some jumping jacks and some crunches.

If you do that, that's going to help your brain fog. Burpees, burpees, there you go. Burpees, burpees, yes, burpees, but they make me hot and sweaty, so I don't want to be sweaty for the next podcast, so I may pass on the burpees, but you know.

Next time, next time when you come up. Next time, we'll do that in the morning again. Yeah, yeah. Awesome. This has been amazing. Where can the audience find you?

You can find me at drrobertsilverman.com. Look with me up on social media. I'm happy to answer any questions. I want to tell everybody that your host Lori is doing a stellar job.

It's been great. It's been exciting. Thank you for giving me the platform. Love to see you soon. Well, thank you for taking time with us. I respect your time.

I appreciate you very much. God bless each and every one of you. See you in the next episode. Thanks for listening to take back my brain. If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review and share it with someone who needs it.

And if you're ready to start your own healing journey, explore our courses and our coaching programs at Lauriehammer.com backslash store. So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's powerful.