Harness Nitric Oxide For Your Chronic Health Boost Transcript

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Introduction and guest background

Welcome to Mold, Mycotoxin and Chronic Illness. I'm your host, Dr. Ann Shippy, and next, we get to speak with Dr. Yousef Elyaman. He's board certified in internal medicine, functional medicine, Integrative medicine, and he specializes in pediatrics.

He's the founder and director of Absolute Health. He's involved in multiple medical organizations, including he's the medical director at the nutrition company HumanN.

Thank you so much for joining us. My pleasure. Thank you for having me. Yeah, I think we're going to just have so much fun exploring some of the science behind how to, you know, really help people get better.

So let's start out with talking a little bit about nitric oxide. Okay. Nitric oxide is a gas. It's needed for life. It's half life is less than one second, which means that half life is how long it takes for a for a substance for 50% of a substance to be out of the blood.

So since it is a fraction, it lasts a fraction of a second. Our body has to be able to make nitric oxide on demand. It is needed for with low not nitric oxide has been associated with multiple things, including memory issues and depression and pain and fatigue.

And and it's it's used it's used by professional athletes to help with with endurance and stamina. And and it also it's also we use it in our patients are our patients with chronic conditions because a lot of people are depleted that they cannot make enough nitric oxide.

Yeah, let's dig into that a little bit more because I often will use the saliva test in my office because there's no real blood test, right.

Nitric oxide basics and testing

To show just how how people are performing. And it's kind of shocking how many people are are depleted. So let's talk about how that happens. Okay. Yeah.

So there's the test strip, actually. So I am I'm the medical director for HumanN. That's one of my roles. Right. And in this world. And HumanN is the first company that came out with these nitric oxide indicator strips.

And what it's also what it's actually looking at. It's not looking at nitric oxide. It's looking at nitrite. So I think one a secret. I think that something that many don't know is the backdoor pathway to making nitric oxide.

So they all work on what's called the eNOS pathway. But the backdoor pathway, basically what happens is we get nitrite nitrates in our food, things like like beets, like spinach.

And nitrates go they they get converted to nitrite night through good bacteria in the mouth. And if you don't have good bacteria in the mouth, that won't happen.

And then nitrite becomes nitric oxide. So. So when you're looking at those strips, you're looking at how much nitrate is in the saliva. Now, nitric oxide, after your body uses the nitric oxide, some of it goes back into nitrate again and it can go back, it goes, it can go back and forth. And those forms.

So when you when you check somebody's saliva and you see that they have low amounts of nitrite, that is an indication that they could potentially have that that maybe they're depleted in nitric oxide, But I don't use it as 100%.

If it's low, it's low. But I've seen people that they check their saliva, their nitrate level is okay, their saliva nitrate is okay there. And then but but according to the indicator strip, but you give them supplements to increase nitric oxide and they do better.

So I don't use it. We use the strips as a tool, as a visual, but it's not like it's not like a perfect test. Mm hmm. Well, at least, you know, if you're low so that it can. Yes.

Start if it's to supplement. So what kinds of things do you see improve when you help with this pathway? Energy, memory, stamina, mood also you need. So nitric oxide is needed for sexual function as well.

So if you look at if you look at the medication out there like Sildenafil that are used for erectile dysfunction, what they actually do is they make they, they look at this byproduct of, of nitric oxide.

So nitric oxide actually can increase something called cyclic GMP and cyclic GMP. Actually, what happens is, is that that those drugs those medications that people take to make nitric oxide or to make to help with erectile dysfunction or even female sexual function they actually make cyclic GMP stay longer so your body doesn't break it down.

But what happens is, is that you have to be able to make enough nitric oxide in the first place. So a lot of people, if we modulate their nitric oxide, they don't need those medicines and a lot of people could potentially help that that don't respond to those medicines because they just can't make enough nitric oxide in the first place that when you modulate nitric oxide, they can get better.

Not so great. So the other thing that I see is altitude. When people go to altitude, that seems to be like a stress test for nitric oxide.

How nitric oxide supports health

So if you go to four listeners, if you tend to have altitude issues, this is one of the things that you can do to actually be able to go to the mountains and enjoy. Hey.

Yeah, yeah, yeah. So I'm in Florida, but but like when I have patients traveling, they've noticed that that modulating nitric oxide may help them with not have the altitude issues, the altitude sickness.

And so this is such an interesting area of research. I happen to be going to medical school at U. T. Houston when in 1998 I'll age myself and when the Nobel Prize for Nitric oxide came out.

And at the time, you know, I'm more than halfway through medical school and I'm like, What's nitric oxide? They're making this big deal out of the Nobel Prize.

So it's just like it wasn't even a thing that was really being focused on. And in medical school, even though now we know it's so, so important. Yeah, it takes 20 or 30 years for the science to kind of make it into like mainstream.

I think that's the issue. But yes, and there's a lot of there's a lot of drugs that are being made for it. But if you look at the Nobel Prize, one of the three people that won the Nobel Prize, Dr.

Fareed Murad, he actually is on the board of HumanN. And that's actually one of the reasons I joined HumanN as their medical director to be able to get to work with a Nobel Prize winner that was like.

A big deal. Like, yeah, let's do it. Where do I sign? One of the great thinkers of all time and this is a medicine. It's super exciting. So now there's been so much more research since 1998 on how you know, but the important minerals at this place and I know that humans been really involved in some of the studies on hypertension.

Right? Hypertension. And there is a pilot trial on atherosclerosis or clogging of the blood vessels. And although they're not allowed to make because they're supplements, you can't make medical claims. They're supplements.

We're like we're like we're supporting the body system. Yes. They they look at conditions that they look at. It's it's a they took the technology of the University of Texas and where Dr.

Murad was works and they transferred that to what tools can we make to help modulate this this potency substance that acts like a hormone, It acts like a neurotransmitter.

What's what's nuts is the there are a lot of people with chronic co-infections, Lyme disease, mold, toxicity. And part of their process is that they're depleted, their body revs up nitric oxide production, but it turns into something called peroxide nitrite.

And and what happens is, is that they they they deplete nitric oxide in different tissues and a lot of their symptoms are caused by that. So when I get those patients that have been chronically sick for a long for a large amount of time, I'm often pleasantly surprised when we work on nitric oxide modulation.

Okay, so let's delve in there a little bit more. What kinds of things are you seeing? How do you approach it? So so basically I do functional medicine, I practice functional medicine.

I'm an internist so I can take care of those 18 and older. I'm a pediatrician. I can take care of those 18 and younger. But but I'm a primary care provider.

But I my the way I look at patients is with the lens of let's get to the root cause. What's what's what's causing it in the first place. One of the causes of their symptoms can be low nitric oxide.

So we're going to try to find out why and we're going to try to modulate it. But there is we often will have patients fill out. Actually, for all my patients, I'll have them fill out something called a medical symptom questionnaire that will take a look at all these symptoms.

Chronic illness, mitochondria, and nitric oxide

And then whenever we start some sort of a treatment plan, we will check another medical symptom questionnaire. And that way we can see when you have various possible symptoms that could be off.

We can see if there's an improvement with whatever plan we we implemented. So if if I'm thinking if they're having issues with sexual function, if they're having issues with mood, if they're having issues with with, with with, with energy, with memory, then then I look for the pattern and say, is it possible that these patients are low in nitric oxide, that they can't their body can't make nitric oxide or the nitric oxide is going to the wrong area?

And there's two different ways that that you can you can modulate. There's two ways the body makes nitric oxide. One is through what's called the enzyme pathway.

And the enzyme pathway is when your body takes the amino acid called arginine and it turns arginine. Arginine then goes through this pathway and it creates citrulline, but also releases nitric oxide.

So that's one pathway. And then there's certain supplements that can help that pathway. But the second pathway is the pathway that we mentioned earlier, the nitrate nitrate reduction pathway, and that's where nitrates turn into nitrate and nitrate becomes nitric oxide and then nitric oxide can become nitrate again and go back to nitric oxide again.

So often people that have chronic mold or chronic infections because of the stress, oxidative stress which is rusting or oxidation and because of the inflammation they have their Enos, which is the, the enzyme that makes the nitric oxide found in the blood vessels there in us is not working properly and it actually could make something called superoxide instead of nitric oxide.

And what happens is, is that it causes this vicious, vicious cycle and toxicity and it makes them get worse. So that backdoor approach, we can give them nitrates, dietary nitrates, but we can also give them a diet, what's called

dietary nitrate.

I don't know. Are we allowed to talk formulas or product early? And so if you look. At if we want to know like what I think that there are. So I want to share that.

And just because I want to, I look at the science and I do this because I believe in it and I wouldn't have joined and worked with HumanN as their medical director if I didn't believe in what they were doing.

But I just want to put that out there because if there's a potential conflict of interest, I want to make sure they know that I am the medical director of HumanN Know.

HumanN does have a product called they have a couple of products, but there's one product to the super beet powder product. And what that is, is that is a that is a fermented beet root extract.

Now, why is fermented important? Because the good bacteria in one's mouth is what creates what turns nitrate into nitrate. And by taking that beetroot that is high in nitrate and fermenting it fermenting it means you undergo a change through bacteria.

So they hook it up with bacteria and then it creates that nitrate you miss, you skip that step. So now you don't need that bacteria to make nitrate. And so you have the regular formula, the super, the Super B powder formula, which has about 12 milligrams of nitrate.

But then you have but then you have the the Super B sport where we work with a lot of athletic teams, professional, athletic, athletic teams and the Super B sport is it has about 18 to 20 milligrams, which would be equal to about 400 milligrams of dietary nitrates, which which if you look at the dash to diet, the dash to diet is the it's the food plan that is recommended in conventional medicine as the medicine for high blood pressure.

They you you could get about 800 to 800 to about 1200 milligrams of nitrates from food like from a natural source not cold cuts and and and. Those are not the nitrates that we want.

Those are not the ones we want because what they do, they are the product that will that's the confusion in the literature that they they end up just lumping it all together.

And if you had a hot dog, that doesn't going to add that up. But really what is a hot dog? It it's the probably the worst part of the meat, right? It's not it.

And on top of that, they cook it at really high temperatures with nitrates and it turns into nitrosamines and nitrosamines can be dangerous. So so so what happens?

So so that's where that's where we we get the the fermented beet powder fermented. It's going to have a really high amount of that nitrite. And then the body doesn't have to do anything except convert it into nitric oxide.

The other the other thing is working on the that the enzyme pathway or the illness pathway, and that's where we have the NIO 40 professional. The NIO, the NIO 40 professional has things in it that is designed to make that enzyme work properly, but it also has nitrate in it.

So it hits both pathways and it's a lozenge. And this is the UTI text, the Texas technology. It's a lozenge that you put on top of your tongue and that slowly goes into the system.

And then and then the the the HumanN products also they they they one of their one of their more popular products are the chews, like the heart chews.

And and then memory and focus and the chews have different anti antioxidant substances for example a major ingredient will have is grape seed extract and we have good data on blood pressure and grape seed extract.

And we're thinking that that helps the enzyme work properly. So for our listeners, there's a very big difference between grapefruit seed and grape seed.

Right? Yeah. Oh yeah. No, definitely be careful that the grape seed is not the same as grapefruit seed grape. The grape seeds, antioxidant and all kinds of other things.

And then the grapefruit seed is more an anti-microbial to kill things off. There's a lot of confusion about this. Two things. So we also have the memory and focus and the memory and focus what that is.

It has reservoirs patrolling it. Resveratrol may increase something called Sirt one, Sirt one or sirtuins is is needed to make mitochondria, which gives us energy.

It's it has it has what we believe anti-aging properties but this but but and sirt one helps us make enough which makes nitric oxide and nitric oxide is needed also releases Sirt one and both of them can increase our mitochondria.

Most of the patients that are running around with this, with this current, with these chronic conditions like mold and lime and whatnot, Most most of them are are lacking nitric oxide, like their body cannot make nitric oxide in the right areas, but also they get damaged mitochondria.

So mitochondria are like these little cells within ourselves and they are the powerhouse of the cell. Have any of your guests talked about mitochondria?

A little bit, but it's great. You know, we never know exactly what order people are going to watch things and so it's good to. We'll just do it there.

To overexplain and under explain so you're doing great.

Lifestyle foundations for healing

So our body has to take it has to take the the oxygen that we breathe in, and then that oxygen goes through our mitochondria. These the powerhouse of our cell and our and that makes ATP or energy, the mitochondria, you get most of your mitochondria from your mom, not from your father.

And the mitochondria have their own DNA and they can split and they can come together. It's called vision and vif and fusion and and and they, and, and in order for them to work properly, we need nitric oxide for the your body needs it for, for that.

That's why they won the Nobel Prize for it because nitric oxide was needed for so many different processes. Now when went back to the mitochondria, when our body uses oxygen to make energy, we create toxic byproducts.

And since those toxic byproducts are being made in our mitochondria, then they are the first line. They're susceptible to being destroyed. And when that mitochondria starts getting destroyed, that's when we start seeing the chronic fatigue, fibromyalgia, chronic pain, some of these Alzheimer's and dementia.

And because they start at the mitochondria in our cells start to get destroyed and, and really if you look at chronic mold and Lyme, what's happening is is that they're toxins and they are destroying our mitochondria.

And that's why I think people do so well by by taking things or doing things to help increase nitric oxide because of that mitochondria effect as well, apart from opening up blood vessels.

Because if you have a chronic infection, you need blood flow. If you have if your brain isn't working well, you need blood to flow to your brain. So how can you do that?

You increase the body's ability to increase nitric oxide. There, but you also want to things like hyperbaric oxygen

actually help as well. And now here's another thing that's not too many people know about, but it's it's really cool in order for your.

So how how does our body carry oxygen through through our blood cells. And our blood cells have something called hemoglobin and the hemoglobin holds on to oxygen and then the oxygen is released from hemoglobin so that we can make all that energy guess what?

When you don't have enough nitric oxide, you can't release the oxygen. So you need night nitrous oxide so that the oxygen that you do have can get released into the tissue that it's needed.

So there's so many reasons why increasing our bodies nitric oxide would help in these chronic diseases. Or should help or we believe would help in these chronic diseases not just increase in blood flow or are because a lot of our patients.

What happens is is that it's in the wrong area. So they they end up having a lower blood pressure because their heart rate is not because of the the the byproducts of nitric oxide flowing in the system.

The tissue can't get into the blood can't flow into the tissue it needs, but then the heart, then your blood pressure goes down and it's like this vicious cycle that they kind of get stuck in.

So he's done such a great job of reviewing the the mechanisms that are most important. You know, there are so many of them that are most important for our audience and some of the things that they can take to help and why, what other lifestyle things, too.

In addition, because I know with your patients, you're really giving them quite a, you know, intricate plan. Right? Right. Absolutely. So lifestyle thing.

Oh, let me I just forgot one thing. So the memory and focus has the resveratrol in it, but memory and focus also has in it coffee, fruit extract and coffee fruit extract.

What we what we're starting to see in research is that it increases something called bd nf brain derived neutrophils factor that is kind of like Miracle-Gro for the brain.

So that's kind of like the second. The second thing now back into lifestyle. So I'm really glad you said that because we get all caught up into the science and we kind of go down these little rabbit holes and then you get the false impression that what really needs to happen is that we need to we need to just take this supplement.

And that is far from the truth. It's lifestyle is key. Lifestyle is the foundation. So psychological, spiritual, emotional state is is is a big piece here, right?

So our psychological, spiritual, emotional state drives our health. If if let's just take the example of mold. Mold is a toxin, right? That that that the the some people do better with that toxin than others.

We all have toxins in our body. They did the the the ten American study, the ten American study, the environmental work group. They they looked at these ten Americans.

They checked them for all of these different chemicals, and they found over 200 chemicals in each one of those ten Americans. And the scariest thing is those ten Americans were babies.

It was cord blood, brand new come into the earth with all these toxins. Right. Mold is going to be one of those toxins. So so so what happens is, is that our body should have some sort of a resilience so that it can handle some toxicity.

But if it gets overloaded, then we're going to have problems. Then we're going to have symptoms, kind of downstream symptoms back, too. But but going back to to mold toxicity and resilience, there is a theory out there.

I actually I'm certified in psychological trauma as well. I work at a place called the Guest House as their functional medicine director as well. And we are all about psychological trauma, working on psychological trauma because it is the root of a lot of mental health issues right now.

There is a there is a a theory that when you are in a stressed state, when you have a lot of unresolved trauma, when you when you are when you are when you're when you're not, when you don't have healthy coping mechanisms, you're burying in those emotions, you're not feeling your emotions.

What happens is, is our body goes into a hyper vigilant state trying to protect itself. And that's why you go talk to somebody that's triggered and they snap at you.

It's not your fault they were triggered. Right? They're looking. They're on the flight. They're trying to look for anything that can hurt it. Well, what we think might happen as well is that our bodies also become hyper vigilant.

So something that may be a small amount of toxin wouldn't hurt it. Normally, it picks up on that small toxin. It is just overreacts. So a lot of what may be happening here with mold and Lyme and whatnot is that our body is in this week hyper vigilant state and it's just looking for anything that can hurt it and it's overreacting.

Does that make sense? Yeah, for sure. And especially I think on a even energetic psycho spiritual level, like when the body senses that there's too much injury coming in to the mitochondria, to the enzymes, to these important pathways, it probably does just say that enough is enough.

We have to where we're at war. Right? We're at war. And that's why. Yes. You you avoid So with mold you're going to avoid you're going to try to get out, get away from the source. Right.

We know that they can be fat soluble, so they're stuck to our fat. So our body needs to be able to detox that out as well. We need good detoxification pathways working as well.

So decrease the amount of exposure. But also we want to work on balance on psychological, spiritual balance. I think then what happens is when it's like when do you call a stop to the war or hate the body just like you get detox, But when is it ready to like say, okay, we're safe, we can go back into equilibrium, It just stays at war.

Right? And sometimes that's where we that's where doing child childhood trauma work or even adult trauma work, we get we get all of these false beliefs, we get these beliefs.

The a lot of these beliefs are meant to protect us. So a lot of patients will have this. I can't get well, I'm sick or when they'll own their illness, my Lyme disease is acting up.

My mold is acting up, or my sirs or whatever it is. And once you own it and once it becomes a part of you, it's even harder to get like it. It's even harder to kind of nip it in the bud.

But but yes, you kind of get down and you get in this vicious cycle cycle toxicity, making you feel bad, which affects your psychological, spiritual state, which makes you more toxic, which makes you more react.

And we just got to break that cycle and we've got to move in that direction of healing. So working on our psychological, spiritual, emotional state, we should have ritual.

We should we should have some sort of a daily ritual, if not a few times a day for balance, for for for for psychological, spiritual balance. And then exercise.

Daily emotional and breathing ritual

We exercise and movement is extremely important. If there was any that if there was that magic bullet that would just fix everything. Exercise. There's seven underlying imbalances that cause all diseases surrounded by one's psychological, spiritual, emotional state.

And exercise helps all of that. And it doesn't have to be it can't be your only coping mechanism because you can definitely over exercise. But a lot of people are under exercise.

So exercise gets blood flowing. It gets it helps your body make more mitochondria. It helps with in us, it's a big piece and then sleep and relaxation go ahead and.

Listening on the exercise piece. It doesn't have to be going to the gym and working out for an hour. It can be doing some just if you aren't exercising at all now, it can be just starting with some stretching, going for a walk.

How you use yoga poses and then gradually build up as you get better. Small, inconsistent, small and consistent is so much better than just kind of hitting that gym one time for one week and then being so sore you can't go back again, Right?

The gym could be very motivating to some people, to other people. It's not right. So go on a walk. Listen to listen to the summit while you're walking.

It's a great idea right now. It'll heal you double healing. But but but also, we have we have technology, too. Technology can be hurting us, but we could also use it for positive as well.

And one of the ways we can use it, part positive for in a positive way, maybe you could be listening to this on the device, but also with steps and see how many steps you have a day.

We have pedometers, so we go from 3000 steps to 5000 steps. I have a patient who was was doing she was on antidepressants and she was getting worse. And the reason I've had a lot of patients like this, but all I was all I got her to do is walk for 20 minutes a day, go walk in one direction, turn around and come back.

She came back to me. We lowered her Prozac and lowered her. We were able to get her off of the Prozac because exercise just has that wonderful effect.

And then you have sleep and relaxation, which is important. Relaxation, we kind of talked about with a little with with a little bit with kind of our stress having those the having the ritual healthy coping mechanisms like like like meditation, like slow breathing, like like making sure that we feel our feelings and we don't run from them.

But but sleep is extremely important to heal. So when we sleep so we know that our liver has to get rid of toxins, how are you going to get rid of mold?

You have to your liver has to metabolize that. Your fat has to release it. That happens when you're a large part of it happens when you're sleeping. We also we also need to make hormones and neurotransmitters and nitric oxide.

And a lot of that is happening. A lot of a big blunt of of these biochemical processes happen when we sleep. When you go to sleep, then your body, your immune system gets fired up.

And one of the reasons one of the things your immune system does is it repairs damaged tissue. So that's where your body is going to recover. And that's why if we're not getting good quality sleep, that also could be a an issue.

So so we got sleep and relaxation, which is important. And then of course, gut health is extremely important too. And we're the universe. Yeah, yeah, yeah.

So fermented foods but some people firm because they're in such a sensitive state, fermented foods can make them worse. And that's where you get with your with your functional integrative medicine practitioner who is, who is versed in that, who can help you through that and can help.

Sometimes you got to kill off some of that bacteria first, sometimes you have to go on a special type of a food plan. But then that brings us also to nutrition, eating the healthy for nitric oxide, the foods with higher nitrates and whatever.

What those things are. So you mentioned beets and spinach. What else should they be? Lettuce actually has a decent amount. Cress has a certain amount.

So there's let me think of let me think of what else is in the chart. So celery can. It's hard is coming to mind like Swiss chard is that one to. Yes, Swiss chard. Swiss chard, Yes.

Yeah. Okay. But that's great. So a lot of different vegetables have high nitrite, so. And certain have more than others. And that's that's where the the nice thing is.

Like the deeper greens. Like the reds. That's, that's where the beets kind of come in and beetroot come in. And then sometimes we have patients that are sensitive to oxalate.

So that's where supplementation to get the nitrate and nitrate can help because it doesn't have the high amount of oxalate. So the body. The high chocolates are very a very common problem with with our mold patients.

So I'm glad you brought that up. Yeah. Yeah. So I think they hit the environmental things. Oh, intermittent fasting. Intermittent fasting. Huge. Yeah. That's huge.

That increases serotonin and that can, that can increase CO2 and increases mitochondrial biogenesis and helps increases within us and helps our body make nitric oxide.

So that's a big one as well. You know, I'd love that you brought up the daily ritual and you know, that's such an easy thing to implement. I'd love for you to talk about that a little bit more.

Like what some of your favorite are and how you think they're helpful. Okay, so this is where I think, man, you all that are watching this today are lucky because.

You're going to have all my secrets. All my years of secrets are going to be put into this. So there is there is a from my work with the guesthouse for my training and psychological trauma, doing my own stuff, learning to feel my own feelings there.

There are different things that you can you can do you don't want. Part of it is not overthinking them because overthinking things that that rumination causes a lot of our addictive behavior and it causes a lot of our stress that overthinking, overthinking, overthinking the brain, kind of overthinking things.

A lot of times, people with these chronic conditions, they're highly highly intelligent, but their brain is now stuck in that trying to protect itself.

And that's that's kind of one of a big issue. So I'd say first of all, I'd say practice, read and practice. Rumi's poem called The Guest House. Oh, that's one of my favorites.

I'm so glad you brought that up. That's really that's really a big piece of it, because what it talks about and just look up Rumi, the guest, those emotions, whether they're positive or what are perceived as negative emotions are all called honored guests.

Honored. And we're supposed to invite them in and we're supposed to feel them. And it says, whatever comes to you, face it with gratitude. And that they may be who knows?

It may be clearing you out for a new delight. So what I tell myself when I'm triggered, first of all, I want to know I want to I pick up on what how to tell when I'm triggered.

Because what happens is usually you get psychologically triggered and then you are snapping at people or you're eating or you're doing drugs or gambling or shopping or whatever it is.

And we're just kind of playing this kind of running around and not knowing it's happening so be aware of what the

sign that you're triggered. For me it is when when I find I think I'm a funny guy, right?

I identify as a humorous guy. Right. Okay. When I when I am joking so much that nobody can really get anything done, including myself, that I'm probably triggered.

I'm trying to self-medicate. I, I also pride myself on being nonjudgmental, judgmental, right. My job isn't to judge and I want to be more supportive.

But when I start being hard on others, I have to recognize I'm also being really hard on myself and I have to recognize I'm triggered. I need to take a step back.

I have to stop thinking through it. And then when I'm triggered, I tell myself, Look, I know that I feel like it sucks. It always sucked, it always will suck, but this will pass because it always passes.

Now, I memorized that line because when you're triggered, you don't have time to figure this stuff out. A lot of people wait till they're triggered and they're stressed and now they're trying to say, Dude, you haven't said for 20 years and now you're going to lose in the middle of stress. With all the adrenaline going, you got to get used to kind of so I know, I know.

I feel like it sucks. It always look bad and it always will suck, but it will pass. And then I say, bring it feel, right? Yeah. And what's funny is, is that when you're not running away from negative emotions, but you're just filling them without thinking of ways of fixing them, you're just saying, I just got to feel this to transform the frequency of my soul.

It's amazing. It doesn't. Is it even that bad? And it kind of just goes through you and then you find out three or 4 hours later, Man, I'm feeling better than I did before.

I'm so glad I did that. Right. The other thing. So now back to a ritual. So what I'll have people is there's you can Google, there's different emotional wheels.

I'll have them do emotional check ins, so I'll have them take a look at an emotion wheel and identify the emotion that they're feeling and hold that feeling.

Just hold it and then start breathing. I'll have them do what's called heart breathing. If you looked at the Institute for Heart Math, they talk about heart rate variability, breathing in through the heart, breathing out through the heart.

6 seconds in 6 seconds. So I'll tell them, just do a minimum of three, three deep breaths and through the nose, out through the mouth. Just 6 seconds, 6 seconds out.

And and the reason for that is that neuro researchers, they found that that when you breathe 6 seconds in and 6 seconds out, it actually helps trigger the vagal nerve.

And the vagal nerve is what helps us overcome fight flight and free is when we're triggered. So that's why I go with the 6 seconds. So 3 seconds and 3 seconds out, I have them do at least three deep breaths.

Nitric oxide dosing and product options

And then you imagine that you're surrounded by your higher power, and your higher power connects you to the universe. And with that gratitude, you mentioned three things you're grateful for.

Thank you for my family. Thank you for my brain. Whatever it is. Just mentioned, three things you're grateful for because it's really hard to be grateful and also be miserable and feel like the whole world is going wrong.

So it's it's the heart can only hold so many emotions at once. So mentioned three things. I have them mentioned three things. They're grateful for feeling it.

I have them say three positive affirmations, what their heart needs to hear, not like just something memorized that they're not processing. What is my heart need to feel?

I am smart, I am good looking, I am. And just so they don't turn go into the narcissistic spectrum, you can say Thank you. Higher power, right? I have.

I thank you, God or thank you Higher power. I am smart. I am funny. Right? What is my heart? Need to hear that. The issue is, is that we have these negative of these these these negative inner critic type stuff that kind of they hit us in stressful moments.

And then because whenever something bad happens, you're like, see, I'm not love to see them. Not love to see them not loved. See, nobody hears you. Nobody cares.

You've said it so many times to yourself that it just becomes ingrained. We want to do the opposite. What is your heart need to hear? And then if they're stuck in, they can't think for gratitude.

Let's go back to gratitude. I just remembered something. If they can't think of something they're grateful for, they can ask the question, What could I be grateful for?

Right then You mentioned three things that your heart needs to hear. Say it. Feel it. Then you take it completely off yourself and you think of other people that may be going through what you're going through.

And and you you basically send positive energy or prayers for three people and don't tell them about it. So can you please help Sally feel like she's enough?

Please help John through his financial difficulties. Please help. So what you do is you pray for three people and then you end it by asking for three things.

If they are best, please help me. Please help this interview be freakin fantastic if it is best, whatever, whatever it is. But you ask for three things and then.

And then just stop twice a day. It can take less than 5 minutes. I have them. I have them do it. I'll see them three weeks later and say, All right, did you do it? No.

Okay, let's talk about that. Why didn't you do it? Not in a judgmental way. Just what? What held you back from. Doing what was blocking you? What's blocking. Yourself?

Because it's really a gift that you can give to yourself, right? Right. They get caught in the three P's for so. So a lot of times there's the perfectionism leads to lead.

Lead leads to procrastination, which leads to paralysis. They want it to be perfect, right? Like, No, no, not perfect. You do wrong, you do it messy. You just put it.

You just do it. And then and don't overthink it. Just do it. And then in three months, three weeks, see how you feel and almost everybody comes back. That has done done it twice a day.

And they say, Well, I do feel better. It's different body chemistry. I'm going through those steps. Those are beautiful steps that you both went together.

No, thank you. Thank you. Really, really powerful. Thank you so much for sharing that. You're very welcome. I love that. The the information that comes through and we get to have these real conversations.

The you know, there's there's so many different things that people can be doing. But the you know, some of these really powerful things really rise to the top.

I think. Yeah, I love to go back to the nitric oxide conversation for a moment and talk about dosing, how you get started and then how long it takes to see some progress.

Okay. So for those people that have the chronic like the chronic, CIRS, and, you know, mold and lime and whatnot, what I've seen is it takes about a week and a half and they start really noticing a big difference.

But I give it about a month because a lot of because if they're if they're depleted and the ability to make nitric oxide and they're and because they're in this toxic state, that enzyme pathway does not work as well.

What we do as we're trying to heal that enzyme by giving the nitrate nitrite supplements, it can actually get them feeling better much faster because they've been missing this for so long.

So if they're if so. So basically what I usually do, if their blood pressure is on the lower side and of course, ask your health care provider, this is definitely not medical advice.

This for entertainment purposes only, don't do what I say. So with that being said, what I do with patients, if their blood pressure is kind of on that lower end, I will have them start with I really like the SuperBeets Sport because it has the fermented beet powder, but it also has about 20 milligrams of nitrates from fermented beet and it has coconut water or it has minerals from coconut water.

So we use it with four professional athletes. But I found that a lot of these chronic disease patients do well with it. It tastes you mix a little packet in water and they do it once to twice a day and they'll do it right before working out.

The also, if they can't stand the taste of beets and also if they're really battling issues with blood pressure control and, and we're thinking, man, their blood pressure is probably high because they're just kind of run out of it completely.

Then I also like the what's called the Neo40 Professional lozenges. It's a lozenge you put on top of the tongue. And and, and what happens is, is that part of it can work with the good bacteria in our mouth and part of it it has a vitamin C in it and it has one of the things we have to do, we don't have time to talk.

Where to find Dr. Elyaman and closing

We can do a whole podcast on methylation, but it has what's called methylation factors like methyl folate and and methyl B12. And it has Hawthorn berry in it, which, which can all help with that pathway.

And then you have and then sometimes what I'll do so I'll have them either take the SuperBeets powder twice a day or the SuperBeets Sport once to twice a day.

Or I'll have that or I'll have them take that. Neo40 Professional twice a day in the beginning, and then you go back to one a day and then you can also add on top of that the Chews.

But the Chews do have a little bit of sugar. It's you got to balance it out with diet and whatnot. It's kind of like a spoonful of sugar helps the medicine go down.

But I know with chronic disease we don't want the sugar levels to be too high. So you definitely want to counteract the protein, but you have the SuperBeets Heart Chews and you have the SuperBeets Grape, which you can help with that.

And if they're having issues with memory and focus, sometimes I'll add the Memory & Focus Chews and have them take two of those a day. Well, this has been so helpful.

How do how do people find you? They they find me on I have a TED talk. They watch that. The what's it called? It's called Is The Gut The Gateway To Disease.

Oh, my God. That's awesome. I can't wait to watch it. I didn't know that. I'm really not. So from a social media point of view, I'm more active. I'm more like the guide or the coach or the whatever you want to call it, for health care professionals.

So my big focus is that is I take care of my patients at The Guest House. So if you check out The Guest House, you'll find my information and The Guest House information there.

That's the trauma center. My practice is I stopped taking new patients, but I have other providers that that we undergo a training every week. It's called Absolute Health in Ocala, Florida.

So we have that as well. And then health care professionals, I run Facebook groups that are for health care professionals, and I have my own educational programs that I'll do with for health care professionals.

But my focus has been helping health care professionals. That's great. That's it's so important. We need we need more of us out there doing this work.

So it's great that you're doing that educational piece. Oh, and HumanN. If you want to know about the company HumanN. And it's go to HumanN's website: HumanN.com, with two Ns, HumanN.com Well I so appreciate your wisdom your vulnerability with sharing your inner thoughts about how some of these things work and in your expertise.

Thank you so much for taking your time today. My pleasure. Thank you. Thank you for having me. Thank you.