Harness the Power to Change Your Genes Transcript

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Introduction to Dr. Bill Sears

Everyone. We are honored today. We are honored because one of the pioneers of understanding that there's a different way to approach your health than taking your pills.

With us here today, Dr. Bill Sears, thank you for joining us. Thank you Kashif, my honor, though. I mean, honestly, that the work you've done and what you've done in terms of moving the needle on people, understanding the books you've written, and it's just incredible that we get to speak to you and get your knowledge and was really cool is that this isn't just you as a clinician treating patients, but this is you and your own personal journey.

You know, and I think we can start off there, which is you believe that. And I believe the same thing. We can't change our genetics. That's a house of cards we've been dealt, whether it's good or bad.

Here is here's the deck. Right. But what you can change is your habits and how those genes then behave and what the net outcome is. And you are living proof of that because in your family, there's a history and I don't want to take the story away from you.

So maybe you can dove in because you did so well. So yeah. So tell us what happened there. Yeah, well, I had a transformation in April of 1997. I was diagnosed with colon cancer.

Right. And cancer. That was a wake up call.

Cancer Diagnosis and Personal Wake-Up Call

Cancer caused me to care. Right. And that's why I loved your book. To do in a way so much is because my what I learned from that is my father. We had a family history.

Of colon cancer. So I should have been aware and got screened and took it. Sir, I didn't do a screening. I was 57 until I got cancer. So it was a wakeup call and what I did was realize that the cancer, me getting canceled, caused me to change my life.

And devote. My life to education and giving as many people as I can the tools so they can either heal. Themselves from cancer like I did. Or even better prevent themselves.

From getting cancer. And that's my. Mission right now. That's why I love your book, The DNA Way, because. It is like a DNA is not our destiny. It's just a wake up call.

Yeah. You got you got some genes in there now, but there are some. And they're going to misbehave if you misbehave. So here are ten things you can do to keep your dream from this behaving.

Yeah, it's kind of like, what's the priority, what's what, which misbehavior my experiencing, you know? And then but the difficulty people have is how do they act?

Action, this stuff. But you did this in medical practice like you. Actually, this was one of the ways you treated people. So how did you actually do that, just so people understand?

Well, the first. Thing I do when I go to and I do many pediatric style so or geriatrics old people or all ages, the first thing I do is say believe you will heal the belief effect.

This is the biggest mystery. In medicine culture. And we know it's the well researched. I'm a science based doctor. It's been well researched. The more you believe you will heal, the more you.

Are likely to heal. And what? What do I think happen? This will be we don't have the technology to study. Why? Yeah, but if you're someday. Maybe companies like you or.

Develop the technology. But what I think is that the brain of our CEO, of our immune system or cancer fighter inside.

Belief, Positivity, and Patient Partnership

We have a giant. Immune system that fights all the elements of the brain cells hate immune system. I'm sending you a text message and the text messages.

I believe you're going to heal and I'll help you. Go get that cancer cell. We'll get that virus. Go that that. COVID, whatever. It is. And so that constant belief I will heal, Levi will heal.

Another reason I think of. Helps is when you're positive. So positivity promotes sociopathy. And when you're positive, that sends a text message to the stress center and that says, Hey, cool, cool.

And when the stress structure cools, your immune system works better. Right. So that's my first tip. For patients believe you will look real. That's incredible.

Now, you did this when you're actually were dealing with cancer patients. There wasn't their resistance in terms of, you know, their oncologist and other people were like, what's this war stuff here talking about?

We need to medicate people. And. We'll see trichologist we'll. So you go ahead and say you get a diagnosis or cautious. Hey gosh if so, your. Gut cancer. Yeah.

And they start off with years of percentage you have of living or dying. Look, doctor, wait a minute. I'm a person, not a percentage. I just don't give me statistics I. Don't want to hear them.

Yeah. I want to I don't want to hear them. And so you. Want to treat your oncologist to be. Positive. You want your oncologist to believe you're going to heal.

Right? So stay positive. And demand your health care providers stay positive. Also. That's brilliant because people this interaction of dealing with the clinician, especially when you get to the specialists of the hospital level, there's somewhat of a hierarchy where you feel like you're there's an ivory tower that you can't speak to, you know, and it's kind of like, you know, you did do as you're told.

But really, that person is there to serve you. And if the service isn't what it should be, don't you do that at a restaurant? Don't you complain. Don't you deal with your real estate agent, with your whoever you're dealing with, you tell them No, I expected X and you're giving me Y minus five, you know, so do that.

And that's key, because if somebody themselves doesn't believe something, if you're a clinician who's in charge of healing, you doesn't believe it. That belief drives every choice they then make.

Yes. What to give you, how hard to try, who to prioritize. Right. All of that. Exactly. And that's why I. But this is a good book. I like your book. Well, thank you.

And I. Wish you well because it is so important. For so I tell what what's this book does? It belongs to the. Library is it helps you be the CEO of your.

Medical care. Right? You're a partner with your health care provider, not a patient. You're a partner. And when you go in are having read things like your book and my book, when you go in armed with that.

Right, and you ask questions, your health care board. Oh, my goodness. I'm dealing with a smart patient. Yeah. I better upgrade my level of care to the smart patient.

Yeah, the squeaky wheel gets the most and you will make some noise. Gets the most attention right now. Yeah, for sure. So now you're you're doing that.

You've been doing this for obviously a very long time and you've seen so much how much you talked about belief, how much can you augment or understand how to play with nutrition in terms of cancer and personalization?

Yes, nutrition is top priority. Okay. It really is because we are sex society. Kashif and we doctors now. We have always been wimpy. Or cautious energy.

You need to lose a little. Weight or not so much on food. No. And here's what I do when I see a patient who is a junk food eater.

Nutrition, the Five S Diet, and Smart Supplementation

Yeah. And I'll say I'll measure the waist to the waist. This are too large. And I will. Say, let's say the patients, Joe, I'll say Joe, you're pre-diabetic.

I'm I what. Yes. And if he doesn't get it I'll say your pre Alzheimer, it still doesn't get it. I say Joe your pre cancer. Yeah. Because lack of good nutrition sets you up for the three top illnesses which we have an epidemic chaser, Alzheimer's and type.

Two diabetes. All three. Or you can help prevent them and help heal from them by what you eat. And so. When I had my child start, I developed a quick.

Five S Diet I call. I have my patients. Look at your hand. All right, you hold the keys, you hold the keys to your survival, the palm of your hand. It's smart move, smart thing, smart sleep smart, sure.

Smart starting with eight smart five s diet, a smoothie in the morning color conkers trail. So I tell more color in the food antioxidants. Better your immune system fights for you.

So put more color. In the smoothie. I have a 15 ingredient. Multi fruit, multi. Veggie smoothie in the morning. So I start most mornings with a big smoothie.

Right. And evenings second. So Salma, if there is no food on the planet that has the most disease fighting. Nutrients of it, then a fillet of wild salmon. Wow.

And then in our book, The Healthy Brain book, I have a list of the nutrients in these foods. And there are 11 nutrients in a piece of wild salmon. That fight cancer.

And fight just about any illness you don't want to get. And the second is the salad. So salmon and salad really. And so they are salmon themselves. And then a third of a fourth, rather, is smart snacking.

And I call it the rule of twos. If we are. A nation of. Gorgeous, we eat too fast and we spike our blood sugar and our blood fats too fast. Yeah, and we get sick and tired.

So I give my patients a row of to eat twice as often. It's half as much, chew twice as long and take half time to dine. And for the little kids, I say it could be a little Wolfers Yeah.

And then I finally it's sometimes just not getting it. So I found a phrase in. My office that the parents was because the kids. Will remember. Because we're living.

Also in a constipated society. And I say to my kids. The better your true, the better your pillow. Yeah. And they remember. Yeah so so I'll let. You and I do.

Tutoring is like eating is not what comes out of your mouth that matters. It's the nutrients that are absorbed in your

intestines that matters. So I want to give.

Little phrases that our listeners. Can remember. So that's what our listeners. Absorb from our dialog. That counts. Yeah. And then the first is smart, a smart supplement, science based supplement supplements based on science.

So what do you use in terms of supplementation? Well, I used first of all, I use an omega three. Yeah. Make a three fish oil. Yeah. I eat the most scientifically researched supplement.

On the planet, 20. 2000 studies. Right. And why. And see also. I like to psychiatrist that good science makes good sense and the way I get my patients to remember I start with the brain.

I said, now your brain is mostly fat. Yeah. And to remember that you're a fat to what is the top fat in the brain? Omega three fats. Yeah. Doctor, I don't like salmon or I don't like fish.

I'm a vegan. Okay, if you don't eat it, but you need. It, you got to take it. So because you're a fat head, you need to take DHEA and EPA, which are the top cells in the brain.

Know the brain. We have so many brains because fat oxidizes first real. So like if you leave a piece of fish out overnight in the morning and it turns out it oxidizes therefore the other supplements should be anti-oxidants.

Right. And vegetable and very supplement. I take one called juice. Floats and the third. The other one is. Called S2. That's a great supplement. As disaster is, as nature's most powerful antibiotics of it.

And it's what makes. Salmon pink salmon survive because they eat our stars and some forms of sea plant. So so sea plant. So as to why I'm AstraZeneca since I learned about it in Hawaii.

It's a great it's a great antioxidant. And then vitamin D, vitamin D because we're sun Soviets. So. Yeah. And and forget that old figure of certainly so you need a vitamin D of 50.

So vitamin C I take so vitamin D. So those are the supplements. My family takes during the day. And people don't recognize it. But Vitamin D is such a crucial micronutrient that does so much.

And I think we talk about this in the book where there's there's 22,000 genes that make up your genome. 2000 of them require vitamin D to express and function properly.

So 10% of your human instruction manual is dependent on this one thing. And if you if you don't have enough, all systems fail, right? Yes. Yes. And that's what I looked at.

One side, one message I got from your book I love. Is that really every. Cell of your body? Your body is only healthy as every cell. Right. And every cell ever is always healthy as those billions of genes.

Right. Millions of genes. That make up the cell. So take care of their genes. And that's what I love about your book. Oh, thank you. And you know, I know that when you speak about genes, some people have a belief, and this is partly due to the medical process of let's look at your family history.

Right? So some people have a belief that diabetes is in my genes, you know, and breast cancer. My mom had it. My grandmother had it. So how do you handle somebody that has this belief or it's like it's genetic because it's in my family.

Well, the first chunk of your genes, all your genes tell you is you have a slightly increased risk. But what your genes tell you is you need to behave like nutrition and movement and take care of yourself.

So that's what your genes and really most cancers. That you mentioned, most of what you mentioned are maybe you. Have a 10%. Genetic influence. Yeah. I mean, that 90%.

Genes, Lifestyle, and Personalized Prevention

Of your control of preventing those illnesses. Is due to lifestyle. And the lifestyle overcomes can't overcome that. To help overcome your genetic tendency.

Yeah. Okay. And that's that's what we see all the time, especially when it comes to developed conditions where it's lifestyle, environment and nutrition.

Here's these three buckets that you can triangulate around your genetic code, and those are the three inputs that you've in clinical practice. Just intuitively, you have this algorithm running in your head of how to drive people through these things, right?

So the threats today seem to be far greater than what they used to be. You know, it's you know. In our own in our wellness institute, regardless of mental system, our motto is we call it the lane. A lifestyle.

Exercise, attitude and nutrition. Right? Those are the four changes. You can make. It helps your genes behave for your health. How do you know if your genes are behaving like?

How does somebody know when they're doing things right? Well, they I think you first of all, you that's what your book says. If you get your you get your.

Genes just right. You know, type. And I became I wasn't I didn't know much about this stuff at all. Right. Until my wife got breast cancer three years ago and healed fine.

And I started I went into the. Genetics of of of her breast cancer. I went I, I spent weeks studying the genetics. Of of breast cancer and found there.

Was a we. Could take her cancer cells and do a genetic typing and just see how virulent the cancer was. Because it's not all cancers are not the same.

Some are kind of lazy. So we're very vigilant. Right. I see the oncologist. If we could do this virulent test, oracle type A says, well, you know, we can, but it's not going to change.

Are you saying she still needs chemo? Yeah. So would you do it? Place where your chances go to cover or don't go down. And I said, please do it. So they did it. I get a call days later.

Bill, I'm happy to report that your wife does not need chemo. Wow. Oh, very genetic. The genetic testing. We did that you ask us to give to do. Tells us that she has.

A low virulence type of cancer, not need chemo. I called my insurance company and I said, Hey, I saved you a lot of money to pay for our daughter. Yeah, we'll pay for this amazing. Yeah.

That's a prime example of not only your body in the high variability between us, but even the threats are variable, like, you know, whether it's a cancer or whether it's just the type of pollution that you're exposed to or whether it's a problem with the food supply.

We don't all live in the same place. We're not all exposed to the same things. And so we have to hyper personalize, not only call it the prevention, but the disease itself and the exposures, like, what do I need?

Not what not to know about what do people need, right? What do I need? Be where I am, what I do, what I wear, I drive to work every day. My life is different than what I may read in a book somewhere, right?

So yeah. So then, so now in your clinical practice, I know that you dealt with, like you said, a lot of children as well. So over time we're seeing that metabolic.

I can correct me if I'm wrong, there's metabolic issues are setting in earlier and earlier. Oh yeah. See? Oh, you just nailed the prime problem we have.

Right now in our country. Right. We are serious and we have a mantra. We call it children. Our most important national treasure. Right. And our mission is to nurture and protect them.

And we're not doing that. Our type two diabetes is triple wow. The term adult onset disease doesn't exist anymore in the doctor's dictionary because kids are getting it.

They're getting a metabolic syndrome that you mentioned earlier age. They're getting autoimmune illnesses at an earlier age or getting cancer at an early age.

Every illness. In the medical books are occurring at an early. Age. I'm saying ten year olds with cardiovascular disease. Wow, ten years old, all with hyper high blood pressure.

Well, we never saw that years ago. Wow. And when you dove in, is it mostly the lean? That's the lifestyle, the nutrition, exercise, etc., attitude? No. Same. Well, and.

That's what that's why we. I spend a lot of time in.

Childhood Metabolic Disease and the Sitting Problem

Nutritional counseling. And also. Another reason these kids are getting. So sick is I call it the sitting because they know look up a patient, no signs of sale.

You suffer from the sitting for the what the sudden to say you sit too much. And then I draw a picture on how your natural. Pharmacy that makes medicines for your body and your immune system.

Is located in the lining of your blood vessels. Right? So when you move, when you're down. And run or swim. And walk. That's what you're doing. Movement mobilizes road system.

Yeah. So don't have the. Sitting disease go out and mobilizes. My immune system. Say that all the time. And I heard you speak about this before and I don't know the exact number, but I think you said there's like I think it was 23.

You knew what, out of the lining, correct? Yes. You have a good memory of there. Yes. And so in the metaphor, it's. Like an I draw a picture similar books of the of the pharmacy and the line.

So follow me closely the lining of your blood. Vessels as trillions of microscopic medicine bottles. Okay and movement helped them open. And the medicines you make are medicines that lower the high, high blood pressure, high blood cholesterol, high blood sugar, medicines that raise the lows, antidepressants, anti-anxiety medicines that heal your hurts, anti-inflammatory medicines that keep your blood from clotting too much, anticoagulants, all the parts.

But what's important is the medicine you make is better than the medicine you take. Right? Because it's custom made just for you. Wow. That is incredible.

And the and the only way to access it is through movement. Movement movement mobilizes and opens your pharmacy. And I tell I'll tell my old patients to get out and walk every day walking with a group of friends.

I say, say something like, Oh, I'm opening my own pharmacy, mobilizing my immune system. And I'll say, What are you doing? Tell me about it. I'm so just and they laugh and they do it.

No, that's incredible, because our bodies are such incredible miracles that we don't really, truly understand the depth of sophistication on and just that simple thing where here are something you're going to do anyway.

And there's been a connection, some kind of expression type connection where this thing that you do, which is which our ancestors used to do a lot more than us, is it causes us to unlock.

So how do you do that for someone who's say ill, I guess that's when you get to the medication, you take like somebody that can move. Well, sometimes sometimes of saying you can't river.

So one movement I have them do is isometrics. Now I learned this from friends. Who were Olympic athletes and sit on airplanes a lot isometric means that your.

Say you're on the bed or your can go on a wall. You can you can flex and hold your muscles. Like right now I'm elevating my legs and holding them and within 20 seconds.

I'll feel the burn. And when you feel the burn in. Muscle and your blood and. You can feel your heart rate go up. So all you need to do is get your heart rate up.

So if you can't get out. And run. For some medical reason and you have to sit a lot. And just sit there. Like I'm holding it like like right now, isometrics.

So I press in one hand, goes to the other. So isometric, which we have in one of our books, The You Wellness Plan, we have it on our website too on how to do it.

So Netroots is a great way to get to exercise and get your blood flowing faster, although you're checking it all for medical reasons. Yeah, that's incredible.

So that's how sensitive our pharmacy is that whatever, wherever you're capable of even that flex will cause it to release. But it's also how accessible it is.

The pharmacy is very accessible.

Movement, Isometrics, and the Body's Pharmacy

Yeah. You're a little bit. Out just arm and I know you're very into technology. Yeah. So you were developing the greatest set of a whole bunch of experts to go and say, I'm going to build the greatest venture in the whole world, the human body.

Yeah, but you know, we humans are going to mess it up all the way. We live on site. So naturally you would put into that body it's natural pharmacy and that's what we're talking about.

Love your pharmacy, take care of your pharmacy and open your medicine bottles by movement. That's incredible. And you never hear anyone talking about that.

I don't think many people know that. No, they don't actually want to know it. I want a Nobel Prize, actually, about 25 years ago. Right. Discovered that if you have a real friend of ours taught me all this, you won the Nobel Prize.

And that we do have. But I thought it makes sense to me. It made sense that somewhere in our body we have our own pharmacy. But nobody talks about it.

We don't know where it is or what medicine it makes. And that's what my my mission in life is to teach people to make their own medicines very well. And now when it comes to just to get into a little bit more detail there, are we talking about being optimal or are we talking about literally fighting off a disease that somebody may have.

Both prevention. And fighting at all? So you fight it. You want to fight a disease. But medical care. Right now is the best of suburbia or drugs or surgery.

The robotics and all of that are fantastic. But it's not enough. Yeah, you need to partner. With your health care

provider by the medicines you're buying.

So the medicines you. Make and making money. My the medicine, in addition to the medicine I take is a partnership. Those who do not do well, in my experience, are those who do not.

Personalize. Or medical care and make their own medicines in addition to the medicines they take. What both incredible and I know we don't have a lot of time with you and I wish we could keep going with. There's so much to all of you. How do you are you still practicing?

Yes, we are. Well, yes, I know. It's my 52nd year of medical practice. Wow. How old are I? You know, I love I. As a result is Russia. At the end of the day.

I go home with what I call the helper's high, right? Helper's high. And your true, I'm sure I'm like this. Yeah. Because I'm I. Go to sleep I feel so good.

Because maybe one or two young people have made lifestyle changes.

Longevity, Practice, and Making Health a Hobby

Yeah. When they're young and maybe they'll lose 20 to 30 years longer and healthier because what I taught them. Right so that said helper's high that.

Keeps practice and I'm loving it. And how old are, you know. 83, 83 years ago. Incredible. Yeah. Because your your activity level you know, it's this age there could be a lot of different pictures painted of what this age looks like.

Right? There's a lot of people that never see this age. And then there's some people that this is just beginning of a new phase for them. There's many there's much more to come.

So all of that, you know, if I put into a nutshell everything you said today, this becomes a choice if you follow, you know, if you prioritize the right things.

Now you're managing the expression of those messy genes that are functioning well and you're understanding how your body works. This is an option 83. I love your term prioritize and I say that my also I give them something to remember to.

Make health your hobby. Right. Make health a hobby. Yeah, yeah. What it's innate and every choice you make and the choice is always the right choice. That's when you can be 83, doing Zoom calls, doing interviews, and saving the world, you know, and still other 20, 30, 40 years ago, you know.

So that's how you got it. So I want to thank you because it's, you know, that honor that we got to speak to you today. Thank you for your time, that we'll make sure everyone has things on how they can connect to you if they'd like to learn more, more.

But thank you again. I think this is awesome. Thank you. Because of.