Podcast Introduction and Goals

All right, here we are. Let's do this. First podcast, Dr. Roddy. Dr Yoss. We want to do it for a while. Exciting to. Wait, you got to tell everyone what it's called.

Well, yeah, it is called Sibling RX. I figured you were going to that. So why did you want do a podcast? I feel like we both have so much knowledge about different things.

And people are always picking my brain about things, they're picking your brain. So why not bring it all together on one platform and talk about it. So yeah, I think we both get inundated with questions all the time.

Years of practice, years of seeing different things in the health world. And I that's a cool thing to kind of talk about and bounce ideas off and see just what's happening right now.

just what's going on right now, right? What's trending in lifestyle and stuff like that. So I think that's kind of my motivation and, and really discussing, you know, what the current topic, like what is the main thing people are talking about right.

There's a lot of good information, but there's lot misinformation and whatnot. The main goal is what can somebody do to live like as healthy as possible.

Not everybody can do everything. You know? Right. So some people take it to an extreme and some just don't do shit with it. Then they're wondering why they are ill all the time.

Right. And we also want to make sure that we're teaching people about not just health and wellness, but longevity. Like, what does that mean? Right? It's one thing to live long, But do you want to the last 20 years of your life fighting disease?

There's a difference between lifespan and health span. Right. So talking about that, it's funny because I know like when we were in practice, we would encounter patients that ultimately want it come in to feel better.

But sometimes people don't want to feel better.

Health, Longevity, and Home Wellness

Like they like the attention of not feeling good. It's like it's feeling a void. There was always something wrong. And I'm not saying they were lying or malingering, but it was like, if things were always good, then they would kind of be like this is really weird.

Almost like a victim mentality. But they liked the intention. They liked attention, having something with them. Everybody's different. One thing I really would love talking about, which everyone always picks my brain about is just Yeah, health and wellness, but how can I make my home healthier from nutrition to cleaning products to supplements to toxins to avoid things that we can eliminate as Americans living in, you know, in the environment we live in right now and just making your life as less inflammatory and toxic as possible.

So that to me is like, that gets me fired up. I love that stuff. Yeah, I don't do any of that at all. No, but I think that there's just so much you can do.

You know, it's like almost some things are not good enough and then Sometimes I just feel like it's overboard in a way. You know what I mean? You gotta find a happy medium of what works.

Okay, what are the reasons? What are some of the other goals with this whole thing? Well, again, going back to the health and wellness side of things, there's so many different tricks and so things that I do on a daily basis to help me manage my menopause symptoms, whether it's using an LED light in the morning to infrared sauna techniques and different types of workout techniques that do, which looks so much different from today.

What I did today is so different than even two years ago. Yeah. just because of my hormone fluctuations and the way I'm going through all of that. That's hard.

It's so hard, and so for women, a lot of women that are going though the ages of 45 to 55, they're trying to figure out, okay, well… how can I feel better?

Why am I gaining this weight? Am I tired all the time? Can I not remember anything? Sometimes those people, I see them at the gym all time, they're working out all of the times.

You look over and they are drenched in sweat and then you look at them in 90 days and you're like, you are here every day. Something is just off with them.

Unfortunately, a traditional medical provider, their primary care, and some are just limited in what they know. They're not misguiding their patients, but they're just not as well-versed in, what are the things that you can do to help improve?

That's a tough one. With women, that's just… That a huge topic. And there's so much misinformation that was given to us as non-providers in the 90s and early 2000s that now people are starting to realize, you know what?

That was all wrong. Yeah. You know, so… And for men, of course, testosterone. A lot of guys our age, they're just, I always tell people, You don't know how bad you were feeling until you start to feel better and then you'll go, oh my gosh, I was really not feeling good or I would say the same thing with guys or at the gym every day and they're just working their butts out, but they are not getting the results.

And then all the other things that comes along with low testosterone. That's a huge topic. I think topics like that are really big because I Relate to it, if not presently, you know, eventually they'll relate to.

Other things that, I like to kind of talk about is like mental health stuff and things people can do to improve their mental and whether it's for themselves or their families or how to work life balance.

Menopause, Testosterone, and Mental Health

I think that's a big topic and everyone needs mental health. Yeah. You know, uh, maintenance really. Have you seen those Vegas nerve stimulators? Yeah, those are really cool.

Did you know you can stimulate your Vegas Nerve naturally? So the vagus nerve obviously is the nerve in your body that stimulates the parasympathetic or the rest and digest function of your nervous system, right?

So a lot of people who are high strung or having anxiety, panic attack, they're sympathetic or they fight and flight is just like going berserk. So there's always like that lion chasing them or that whatever the different analogies they have.

So there's a lot of information about how to stimulate the vagus nerve. So it turns off your fight and flight sympathetic and turns on your rest and digest parasympathetic, which is great because a lotta times obviously people are resorting to stimulants, pharmacology, you know, things like that, which there's a time and place for it.

But I think that anything that you can find out or learn that. You can do things naturally. Yeah, is that's that what it's. That's what we should do. So I just thought it was funny.

I was, I searched it, of course, then on Instagram, every other ad is like the algorithm. This is giving me a panic

attack reading about this, you know?

Yeah. Even just doing breathing exercises regularly stimulates your parasympathetic. Yeah, there was one thing where it was almost like an inhaler, like, an asthma inhalor.

And I was like what are they breathing? The first thing I thought about, I'm like this kind of looks like a vape pen in a way. I don't want a 15-year-old to be like, oh, let me get my…

But it looked like an asthma inhaler. And I read to see what's in there. It's high levels of different essential oils. that you infuse and then you breathe in, it's got a little meter.

You breathe it in for like, breathe that in like five seconds. It tells you to hold and you exhale and it rates your exhalation. And you do that for three minutes.

That breathing on top of the essential oils is what's supposed to like stimulate your vagus nerve to kind of chill out and, and um, that's weird. I've never seen that before.

Then you got to be careful with the central oils too, because you don't know where they're sourcing their oil. Cause sometimes the essentials oils are toxic.

And so you have to be careful with that. Or the thought of, hey, in order for me to chill out, I gotta put something in my mouth. Right, that's true. That fixation, right?

That could lead to all these other things. But also not health and wellness related. It would be kind of fun to talk about growing up as immigrants in the U. S.

Yeah, for sure. I think that's a big topic, obviously, right now. And that and what our journey was and our journeys been and the journey we're currently on and starting a business and running a businesses and that takes and entails.

It's a lot of different things. I think those are fun things to reflect on, because I tend to forget a lotta things about, sometimes you'll be like, remember when we were 11 and we went to Denny's?

I'm like I don't remember what I had for breakfast this morning. Have no idea how you remember that stuff, cause I really don' remember it. But yeah, those were good things, to talk about.

Some people can relate to that. So what about, I want to also talk about like what's a hot topic, like, what kind of what people are kind looking at or, you know, if you scroll on social media or TikTok or whatever and you see, What's the latest thing that people have talked about as it relates to health and wellness and, you know, this stuff, because like we said, there's a lot of misinformation and there a lotta okay information.

So ultimately you help people just, resort to working with providers and physicians that can give them good, accurate info, not just Dr.

Vagus Nerve, Breathing, and Natural Stress Relief

Google going, hey, I looked on Google doing this and that was always a worse thing. And now there is, even companies that are, claiming their affiliate Marketing companies and really they're just multi-level marketing companies trying to sell peptides and different things, you know, and it's a whole topic of Conversations peptide and oh, yeah I think sometimes people think it's an end all be all.

I'm going to go on the weight loss peptide and I don't have to do anything else and then I'll be on it for the rest of my life. And I've done the tri-zepatitis.

Every time I do it, Claudia hates it. She's like, why are you doing that? Don't do that anymore. I feel good when I do

it and, but I don't want to do forever.

No, no. And you can't just do that, right? Like you, you do all the things to help that peptide be most effective for you. But then there's people that go on those peptides and think, actually, I was just talking to a patient the other day and she wants to get on the peptid, You know, she doesn't want to do it forever.

And I said, well, you don't have to. Do it for ever. But yeah, You shouldn't. Have to, do forever, but you have. To do the things to help you maintain.

You have, to lift the weights. So you, have the whole food diet. Eat clean and eat your protein. And walk and move, you know, and, people don't want to do that.

Well, they want take the easy way out. I want do this. So I don' have to all this other heavy lifting, but there's also studies that talk about doing it forever, right?

Like microdosing. I've listened to podcasts where like, Hey, if you micro dose a peptide forever it's good for you. They're showing the science to be having it like battle Alzheimer's and dementia and all that stuff.

So that's interesting. Yeah. And so micro dosing is a huge topic right now for Especially for GLP-1s, because for women going through menopause, it really helps not only manage their menoppause symptoms, but the muscle loss.

It helps with the brain fog.

Immigrant Roots and Personal Journey

it decreases your rate of getting a heart attack past the age of 65. So it's, it has more benefits than it. Has negatives. The only time right now, right?

Yeah. Like what if in 10 years or 15 years, like anything else, they say, Oh gosh, that craze of osembic back in 2025. Right. Now, I just feel that way about the COVID vaccine.

I feel like that's going to come back and be like, oh, all this blood clots people are getting down the road could have been from that. You just never know.

So I want to at least talk about one thing that is kind of trending and popular, because I may not know about it, or you may know it. we have a perspective or an opinion on that.

You know, so what I was going to say is, um, we'd also be open to getting suggestions. So if anyone wants to know about a topic, let us know. Yeah. Unless it's like super, super niche and specific, there's probably not a lot that we haven't heard of before.

Like it. Obviously our years of patient care over 24 years, 25 years. Of patient. Care with, you know owning and operating all the different backward health and spine locations in the valley and you just see a lot of different stuff you know so and being integrated practice where we see people that come in with back pain or see if you look at me with hormone issues or receive people they come and that are.

dehydrated or whatever. It really lets you kind of cast the net really wide to the different things that people will engage your care for.

Trending Health Topics and Misinformation

So that alone right there, I think it's given us a lot of insight on the things people go through, you know, accidents, work injuries, sporting injuries.

Yeah, I mean, we've treated, all kinds of patients, right? Elderly, babies, you know? Yeah. My own twins. I adjusted the first day. Yeah! Absolutely. We've both treated professional athletes, college athletes.

So we have seen things. And I know I've caught things on x-rays that if it wasn't for them coming in for their headaches, they wouldn't have known they had an aneurysm.

You know, and, or they had a tumor in their head. Yeah. Remember when, um, nobody was doing PRP and like, I think Kobe Bryant was one of the first professional athletes that went to like Italy to get PRT and was like we did this like unconventional FDA, not approved.

PR is, plate, platelet rich plasma. And basically we take the blood and then we spin it and we inject it back into the joint wherever they need it. That just helps your body's own healing abilities.

So just, you know, if somebody's got like arthritis of the knee or shoulder or partially torn rotator cuff or a meniscal tear, PRP is a great resort. But what's wild is like 15, 20 years ago, It was like, nobody knew about it.

Just like everything else. I think everything starts in other countries before it comes here. And then here they try to regulate it so people don't have access to it, you know.

Think about all the PRP that we've done in practice over the years. It's amazing, like in the shoulders. into the spine with, you know, with our pain doctors and stuff like that.

So there's just a lot of different things that we've seen. And there was a lotta new stuff. I was talking to somebody on the way here and he was asking me if we do stem cell IV.

We don't do that because I've read some stuff that it's effective. That's a big thing right now because Joe Rogan got that famous. He did that podcast on it.

It's good in decreasing inflammation, general systemic inflammation. But if you have joint issues that's not systemic, if it's just one joint, it is not going to do you any good.

So like people that have low back problems, is an IV stem cell going help them? Not really. Because you want to inject the stem cell directly into… Versus like somebody that has like lupus.

Right. Like it would help a systemic problem like Lupus or rheumatoid arthritis or… Like an autoimmune. Autoimmune diseases, right. Any inflammatory that's systemic all through their body.

I just wonder, because I remember talking to one of our doctors about that, who's done it and researched it, and he's like, yeah, I'm just thinking, what I've read, it doesn't absorb through IV.

It's good. it's not going to hurt you, but is it… Is it worth the money you pay to do it? But I thought, God, maybe we need to look in that again. Because this was two years ago.

Maybe now there's different varieties of it and different. They're better. We're doing IV. Why not offer that to people that want that? Who can benefit from systemic anti-inflammation?

Peptides, GLP-1s, PRP, and Stem Cells

Even if you have arthritis of your knee, we're all inflamed. We're walking around taking time bombs. If you live in America, you're inflated. There's so much that we can talk about.

I mean, there are so many different topics. So I think that It would be nice to hear from people what they want to here. Yeah, I mean I think that we could, you know, get the input of what people like to care about and and then allowing us to do a little bit of our research.

This shouldn't replace what information they get from their doctors because we're not their doctor. and stuff, but I think that's definitely a good platform for sure.

So our goal with this is to post every couple of weeks to start out because we're very busy. And if you want the people want more information, they can obviously click down below.

We're going to pose this on Instagram reels and you know, YouTube and all the different places, right? Right. And please don't forget to follow us. Follow us, tell us what you want to hear about and learn about.

I think that as we feel more comfortable doing this, it'll be more natural because I thing we're both not very comfortable right now. Uh, and I don' know which time we are making.

People want us to argue about stuff that we disagree upon. Which is a lot. We're trying to keep this to just, you know, 30 minutes or so. Yeah, I mean, we only have 30 minute, so yeah.

We can only actually legally be around each other for 30-minute increments. So that's why we have to cut it off at 30. That's about it. Anything else?

Actually, We are going to be together for like 48 hours starting tomorrow. Traveling together. I'm going need to do a lot of parents and pathetic breathing.

So, all right, cool. Well, hopefully you guys tune in next time and please give us the input. Appreciate it.

Podcast Wrap-Up and Listener Call to Action

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Reliance on any information provided is solely at your own risk.