Hidden Dangers Of Daily Products: How Big Industries Exploit You Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and guest overview

Hello. Hello. Welcome back to Mastering the Menopause Transition 3.0. I'm your host, doctor Sharon Stills, bringing you the latest and greatest on what you know to rock your sacred second act.

Today, I have a very special guest. I'm super excited to have this conversation. I have Brian Vasili with me, who is the founder of the Art of Anti-Aging, who puts out prolific information to a huge audience of over half a million about how to age gracefully and what the truth is, what you need to know.

Fact based information about what's being told to you that is true and what's being told to you. That's not so true. And today we're going to dive deep into that.

He also is the founder of Purity Woods, which is a beautiful skincare company. That I love. My skin looks nice, doesn't it? And, you know, today he's like, he wants to talk about how the big industries like food, pharma, cosmetics are exploiting you, harming you, twisting the facts.

So this is going to be a very provocative conversation that I am super excited to have. So welcome, Brian, to the summit. Thanks, Sharon. Happy to be here again.

I love, the info you put out and the way you put it out there, you know, it's very helpful to people. So excited to be here. Thank you. So let's just dive in because you you're like, let's tell them and let's tell them the truth.

Let's get yeah here. Yeah, yeah. So again, I can talk for hours about this and go deep for people. But I really want to give people the essence here. So I've been involved in, you know, health and wellness now for, two and a half, at least decades.

And, you put out great information. We at the Art of Anti-Aging put out great information.

How big pharma shapes healthcare

And I am so, honored. Honestly, that people, you know, are eager for this information and put their trust in us. However, here's what I've noticed now over the decades is that people get all this great information.

And then they're motivated, and then they try to put it into play in their life, and it might succeed for a while. But so many essential pieces, these, these powerful lifestyle steps that we share, they don't succeed.

And they're and they're frustrated. Why why can't I make these things that I learn a reality? I've seen this over and over again, and I'm seeing more of it.

So I have gone, over years now. But ever more so into trying to understand what is the answer to that question. Why are people not succeeding, at implementing, you know, these things that they know will improve their lives like so many, you know, concepts being shared here in your event, why it's not people's fault.

Largely. I want to say that first and foremost, it really, truly is not. It is the fault of major industries who are getting ever more sophisticated basically at, well, let's call it like it is at using people.

They are taking advantage of people's lack of knowledge of certain areas. And I'll try to cover some essentials. You know, today, in terms of what I mean, they are taking advantage of people's very biology.

They are taking advantage of the way the human brain works. We could focus for the sake of this conversation, keep it high level, con three industries.

And I'll start with, well, health care itself. You know, a couple astounding facts. So this is the case happening largely throughout the Western world.

But it's especially bad here in the United States of America, in the United States of America. Believe we live 6.3 years less than the typical person in other wealthy nations.

Kind of crazy. What's worse is that per person, we spend twice as much money here in the US. It's about 12,000 plus per year. Here it's about 6000. In these other wealthy nations.

Obviously, just looking from a meta perspective, something's off here. What's going on? Well, again, there is almost a direct opposition to what is good for you versus what these industries are putting out there to profit off of you.

Now, I will say this. They're not sadistic. It's not like they enjoy people's suffering. It's more about apathy. What they enjoy is the immense profit to be gained from doing so.

So let's start with the drug industry. Now, when I say big pharma drug industry, I don't think there's many people who are like, wait, you're going to oppose this wonderful industry?

I know most people have this sense that that the industry as a whole, it's not exactly in their favor. I don't think that's news to anybody. But the details on just how bad it is will really surprise people, shock people, the drug industry.

Let's just start in a general way. Controls now what health care really is perceived as in the United States, 96% of all medical research in the US today is now about just drugs or medical devices and related surgeries.

That's it. That's what 96% of all research is dedicated to. Only 4%, in other words, is dedicated to how to deliver better care to human beings, how to live longer lifestyle steps just 4% shocking unto itself.

I mean, it's it gets worse. It gets worse, Sharon, because the drug companies now largely own the interpret station of all of the research, almost all of the research being done, even these so-called perceived independent academic institutions largely rely on the drug companies to stay alive for their funding.

Here's a shocker. You hear about evidence. Evidence. I'm doing quotes here. And if you're watching us, evidence based studies regarding, for example, new drugs, surgeries, things like that, you see them printed in medical journals that are supposed to be impartial and, and, you know, stand by on the mountain.

Oh, it was published in that journal. It must be true. Here's the big problem. The drug companies all by contract most of this data, and they are not required to reveal the raw data to anybody.

They interpret the data. And I just want to say this slowly so people can catch they are they largely interpret the data. And that interpretation of data, for example, and usually regarding their drugs is what they put out to so-called peer reviewed medical journals, the peer reviewed medical journals, in other words, don't see most of the true raw data they're seeing a drug company or those who have an interest in the drug companies profit interpretation of it.

So what does that mean? It's the doctors are not necessarily to be trusted, but I can promise you that most are meant for the right reasons. And they're not the bad guys and gals.

They, the doctors, rely on these peer review journals. In fact, they are required to go by this so-called evidence based, proof when presenting drugs and surgeries to their patients.

Most doctors are not aware of what I'm saying right now that you really cannot trust that research, because the raw data was interpreted by the drug industry.

And so doctors are saying, hey, this drug, this procedure, you know, for this problem.

Questioning drug studies and statins

And most people's mind sets have now been trained to believe health equals mostly, hey, I'm going to go and get a drug or a procedure. Most people's mindsets, even I see in this world that you and I live in where we've got some very proactive, considerably smarter than average people.

They still don't entirely get how it's the it's it's skewed. This is it's really the opposite. The truth is, 96% of all of your health care should come from you.

And it is 96% at least about the choices you make. You have that kind of power, which is another, you know, optimistic way of looking at it. But most people think, you know, if, you know, I can always rely on a stat.

Now let me, let me talk about drug specifically real quick here, and then I'll silence myself. And you can say and ask any questions and we'll move on.

But but drugs themselves, people think oh, okay. So when I'm prescribed a drug, you know, it's probably going to work. It's not guaranteed. But here's the truth of the matter.

Most people don't realize that most different types of drugs statins, for example, are very rarely effective. There is this thing, and this is what the one thing I want everyone to write down regarding this.

When you are ever prescribed or suggested to be prescribed a drug by a doctor, always ask for or look up what's called the number needed to treat. That number needed to treat is buried.

It's out there, but it's buried by the drug companies. They don't want the world to know this of out of how many people in their questionable as I just covered trials and research and of x amount of people that actually utilize it, how many people were actually helped is what that means.

Well, guess what, for a statin out of 80 people with heart disease, a statin will only help one of those 80 people with heart disease avoid death. Just one.

And that is the surprising case for many of these drugs that so many people believe will likely help them. The fact is, the drugs likely won't in most cases.

So I'm not saying never take a drug. I'm not saying that. I'm saying you deserve this insider knowledge and to equip yourself with deeper knowledge. Most people have no clue, including doctors, of what I'm sharing with you.

Right now. It's because of mega powerful industry, especially the drug industry controls has brainwashed most people's thinking regarding what health care is, and they kind of own that industry.

So I'll pause right there. Oh, there's a there's a lot to respond to there that, you know, this is I always say the pharmaceutical companies, you know, they're the they're the evil controllers of the world.

And we've gotten so skewed because it's not health care, it's disease care. And, you know, a physician like myself is a naturopathy medical doctor who has the right to prescribe, has a DEA license.

I never prescribe pharmaceuticals because I don't need to. If you understand how the body works and you understand how to use nutrition and herbs and so forth and lifestyle and diet, there's really no need because it is.

I mean, when you mentioned statins, I just think how they keep raising what a acceptable total cholesterol level is, where it used to be, 300. And now it's like they want to drive it down to 120.

And they're like so happy. And they forget all about how cholesterol is so important for cell wall formation, for hormone formation. That's hormones coming from cholesterol.

And so they do so much more harm than good. And I didn't know about that number was I want to write that down number. Everybody I'm at look it up Google it whatever it is.

Even right now after this conversation or later on today, look up number needed to treat verse in that concept regarding any prescription drug. You know, sometimes it can be a little hard to find.

You will catch most doctors haven't heard about it again. And it's kind of it's really not their fault this is buried knowledge, but that knowledge is available if you know where to look and you know to your point.

So there's a there's a very hopeful spin on this. What I do, what you do is so necessary, more necessary the deeper I get into this than ever before. Because these forces are immense.

And yet what you just said that you never prescribe a drug because there are solutions that are not drugs to virtually everything. In my case, I would say there is a very small percentage of drugs that are helpful.

Unnecessary at times probably. But geez, you know, might be 96% of cases. You know they're not. And you can find other more effective ways, even even in terms of helping conditions that are serious that you're having, certainly in cases of avoiding them, which, you know, stantons are prescribed largely for avoiding use.

And in those cases, I think it's something like one out of a hundred will actually get any benefit. That's the number needed to treat when it's purely avoiding issues because you have so-called high cholesterol, one out of 100.

And yet people believe. Oh, and what most people are rightfully concerned with is what's the possible side effects? Well, that's a great question, by the way.

I'll get briefly on that too. But the other question is how effective is it really? Well, for those with heart disease, apparently around one out of 80 only get well help out of those without heart disease.

But high cholesterol, something like one out of 100 or more. Only will be helped. Now you know when you know that, you're like, wait a minute. Well, I can make an informed decision if you choose to do it anyway.

At least you know. And now you could say, well, wait a minute, doc, what's going to be more effective than that? And that's when you're, you know, you're challenging their knowledge.

And folks like you can present a lot of insight on there. Some other more conventional docs we'll call them may not be able to. And maybe you therefore want a different doctor.

Regarding side effects, regarding side effects, you know, that's another thing people need to be aware of who's going to fund studies on side effects, when largely the whole medical research industry is funded by the drug companies?

From a pure profit perspective, what motive do they have to to profit these side effects? And yet, anecdotally, I am sure, Sharon, you've heard of many times, so many people who are or have been on statins talk about all kinds of really serious side effects.

There's not many. If I think there's one, you know, true study been done independently on these side effects, which raised some serious questions about them.

Be careful with that aspect, too. So, you know, that's step one here. You know, this this mega industry is take is really using doctors as a tool. And the doctors are kind of unknowingly sharing what they think is the truth with with us, with patients.

Now, you know, you know, now you know that. And so you can step back and by the way, there's one book, if I can recommend it. I he I interviewed him he's fantastic.

His name is John Abrams n d he is about as, respectable as it gets for being, an MD on the inside of the drug industry. He's been involved in mega litigation, including for the US Department of Justice.

He wrote this book. Read this book. If you actually want to know about this in much more depth called sickening, sickening. You know, sharing it was one book that was, largely blacklisted by the media, not because of misinformation, but because he was telling it like it is.

And as most people know, you turn on the, you know, media, you know, on any given day, any given night. And so many of those commercials are what drug commercials?

Why would the media, you know, so so this book was kind of blacklisted. It came out a couple of years ago. It was called sickening. Try to read that book's amazing eye opener.

I've never heard of that. Right. And so I have two questions.

Cosmetics, skin absorption, and greenwashing

One, I'm just curious because you just mentioned TV and commercials and I don't watch a lot of TV, but if you turn it on, you're always apt to see a drug commercial because they're so prolific.

But what do you think the like the psychology is behind like they have the puppies and the butterflies and they show you how great your life's going to be.

But then at the end, they always say, you know, side effects can be death or this or that. This effects is so bad. And I think, like if I was advertising on herb or something and I said that, you know, the media would go crazy, you know, how dare you take in Arabic?

And you know, they've blown so many herbs like cover and shot for different things, that proportion. So how do they. I don't know if you know, but how do they get away with that?

And how do people ignore all those nasty side effects and still go the next day and call their doctor and say, I saw this commercial, you know, it's you're traveling into more territory that I could talk all day about, really quick.

It's all very careful. Of course it is, because they're investing, you know, billions in these ads in total. Psychology. And so they're required. This was this was I think it was 19.

What was the 1987, 97 when when they, allowed they had not allowed drug commercials on TV, you know, and then they allowed them. But it was with the caveat that they mentioned the side, the major side effects.

So they're required to. So they captivate people with all of these, you know, fluffy, wonderful images. Life is going to be golden and better. And, you know, this is perfectly normal.

And then really quick at the end there. Oh, and bing bing bing bing bing bing bing, you know, in this monotone fast voice, you know, so you kind of shout it out already, you know, even though you're hearing these things and then sheer repetition, people get used to hearing, oh, all these drugs have a little side effects and they don't they don't believe the side effects.

Meanwhile, what you said is true. They villainize you know anything. You know they'll find every which way to villainize anything natural, the bigger natural or in other words, not not, you know, profitable to the drug company gets, the more they'll try to find ways to villainize it, you know, meanwhile their their drugs, you know, all these accumulate side effects are causing, you know, tens of thousands if not more of deaths per year, and not to mention all kinds of suffering.

You know, for in many cases, I would personally say most cases, unnecessary prescriptions when there are such smarter and more effective alternatives, you know, so that's, that's that would be, for me at least, the the drug

segment of our program.

And I can move on to who I can move on to cosmetics. I just move on. I just I just want to say like, I believe I think I after genic death is which is death caused by medicine is the fourth leading cause of death in 1000 plus at least deaths yearly.

I mean, yeah, it's insane. That's insane. And just before we move on, it's such a big topic. But any advice for people listening about like how to know can you trust to study any?

How do you learn to trust or not trust to study? I mean, it's really hard, especially if you don't, you know, even having a medical background, I still have to dig and be like, can I trust this?

Is this really true? Yeah, yeah. Great question. You know, this is all in based on my experience being an extreme research geek. And then now knowing what I talk to you about.

So I had mentioned 96% of all researchers on drugs and medical devices. Right. Only 4% that comes out might be about the effectiveness of an herb or something.

Well, I trust far more so those studies done from academia about things like herbs because there's I know that there's not much financial motive behind it.

Right. And I I'll put it straight. So you're asking me person I'll give you my personal answer. I do not trust studies done on drugs knowing what I know.

Read this book. Sickening. If you want to go deep and understand why, don't trust even the academic journals what they're saying. Because again, they're not getting the real data.

They're not getting raw data. They're getting basically drug company interpretations of the data about their drugs. So I would just again sum that up.

You could feel pretty comfortable, you know, trusting about a certain food and its benefits or not or an herb or something like that. Those are not funded by a mega corporation with a massive interest when it comes to anything about drugs and surgeries, you know, don't trust it.

Really talk deeply, doctor. In some cases you're gonna have to educate your doctor on some of this stuff and ask for. And if you decide I'm going to take a statin, I'm willing to take that risk for the 1 in 80 or 1 in 100 chance that it helps me.

Also, please, for the sake of your life, your energy, your health, take steps such as those that Sharon is, sharing here. Everybody. In other words, the steps that work for better proper food, herbs, you know, all the exercise related, all these different steps we share.

Take those steps as well, please. Yeah. You just me. You know, I'm not a very, study motivated physician. I practice because I understand how the terrain of the body works.

Yeah, I understand biochemistry and physiology, and and you're just making me realize, like, even just how the pharmaceutical company has skewed us so much to think we can't trust anything or nothing's going to cure us or heal us unless there's a study backing it up.

And it just makes me think about IRA, Veda and traditional Chinese medicine and, you know, all these thousands of years with no studies and, but anecdotal evidence.

And that works. And I go so much by anecdotal evidence and my I've been practicing for over 22 years working with patients with cancer, autoimmune, all sorts of, you know, Covid related issues, vaccine injuries, etc.

and it's like if you just understand the body and you understand our connection to nature and so, so forth, and what a human body needs, like the studies don't have to be that important, but they've really skewed us to believe that health is a pill.

It's a pharmaceutical pill. And here's the study to prove it. And all you need to ask is is there a study? So I love I love that you're bringing this up because I think it's a really important topic just in how women go about healing.

Like there's such controversy about bioidentical hormones. And now there are some studies coming out showing what I've been saying for years without studies, that of course, it's going to help you.

Of course, some some physiological doses replaced when you're losing them are going to support your brain and your bones and stuff. But we we so feel like we need a study to seem to do something so hundred percent.

Well said. You know, I mean, it truly, the force of these industries and the and the, you know, the psychological, games, you know, that they're playing with us have prompted most many, I'd say most people not to trust their own common sense, their own intuition.

Most many people don't. And yet, you know, and what my favorite studies, by the way, you brought are when there are these ancient traditions that have been practiced for eons, and then usually amongst that for, you know, it is amongst that 4% that's not funded by the, you know, major industries.

You will see a study verify, you know what, what turmeric, you know, is a big example in the last ten, 15 years. Oh my God. The studies show it actually does work.

And these studies I trust because again, there's not really some major corporation that's going to gain financially from it, you know, and then study after study after study shows.

Yeah. Well turmeric actually does. Well, common sense would dictate that if cultures have used it for eons, it probably does work. You know, it affects. Right on. I hear you.

All right. Well, let's let's move to do you want to do food or cosmetics? Well, let's let's go to, either one, you know, talk about. Well, here's a simple segue in my brain.

We're talking about common sense. So my issue with, with the the big cosmetic industry, the biggest of all issue is how severely it is poisoning people.

And people don't even know it. And even if they hear it, they kind of Pooh Pooh it like they downplay it. You are talking about an industry, that puts, cosmetics and personal care products out there that many, if not most, of these products on these shelves are flat out loaded with toxic or potentially toxic, if I'm supposed to be careful.

Toxic ingredients. Most people kind of downplay it because they don't. We've we've kind of been trained by that industry and others. That skin is not human.

It's a it's a strange thing when you back off common sense. Your skin is your body's largest organ. It's a piece of you just like your brain is an organ, your lungs, your kidneys and so on.

And yet it's an organ that we have been trained to experiment on, or not even think twice to apply things to. Now, if if there was an industry and you could get inside of your head, hey, we think, you know, laced with all these different chemicals, apply this directly to your brain and you're going to notice improvements.

I think people would think twice before doing that. And yet so many people are like, oh, the marketing told me it's going to help my skin look younger and they don't look at the back label that's got all these immense, unpronounceable words muscle, paraben and phthalate.

This. And it has all people just like, okay, I believe you. And they throw it on their skin. People don't realize because

they have been trained not to realize that they're feeding their body when they feed their skin.

It's around 60 some percent of all anything you apply to your skin through these products will penetrate some of it to the dermis level, some of it directly into your bloodstream, worse than shot around your body.

And it's stored often in your organs. And it can cause serious hormonal and other types of of disruption and damage to your body. So in this case, people even hear this sometimes and they're just like, oh, it's just my it's almost like I don't think they consciously think that, but they're like, yeah, it's just my skin. No, it's not just your skin.

It's your health in your body. And it is severely impacting your health. Yeah, it's our largest telemetry organ. It's I mean, I use this skin a lot for topical applications, whether it's herbs or glutathione or something.

So it's got to be going both ways. So what would you say? Because it is so confusing. Like you read, oh, it's not tested on animals or it's vegan or it's organic, but I feel like there's a lot of they're like snowing us.

Right? You can put slap one thing on and sneak a whole lot of things in. So what would be some tips or. Yeah, yeah, yeah yeah I can go here all day. So you know, the first of all I'll start with the there are independent certifying bodies which are the best thing we have today.

I'm not saying anything is perfect. There is no perfect. But here in the United States, I not only in Purity Woods products, the products that we offer, everything.

There's USDA certified organic. It is difficult, I will tell you from the business side of the equation, to make highly effective products that can last on a shelf, that can properly penetrate, that are truly, truly USDA certified organic.

Meaning you don't have to worry about these, you know, toxins. Not easy, but it is doable because we're doing it. And, you know, I don't have in, you know, organization dozens or hundreds of products.

I just have the most essential products. You know, I really, really is our best seller. The age defying dream cream. They're all USDA certified organic.

And I make sure, especially if it's anything I'm directly applying onto my body, especially if it's going to sit on my skin all day or all night. I make sure to look for USDA certified organic versions. Why?

What does that mean? Well, it means I can tell you again, on the on the business side, I'm on both sides of the equation as a person using different products.

Well, as a person running a company where where that is no compromises. You know, for our organization, we it has to be every single ingredient is scrutinized.

It's hard. It's a it's a pain in the butt, frankly, but it's worth it. And so there first of all, scrutinizing the formula.

Food industry manipulation and closing resources

And it means nothing synthetic, no garbage you don't want inside your body. But it also means that the ingredients that are included have to be grown organically.

No pesticides, no herbicides, etc. now, USDA certified organic means 95% organic. So what is this other 5%? This other 5% is a short list of safe ingredients, many of which, by the way, can't be organic.

That could be included in a product like minerals. Minerals are not well, I guess they're grown over billions of years, right? But they can't be grown.

And so you can't be organic in that. So that's so look for these certifications. That's the that's the widest and one of the strictest that I know of certain states.

And I won't get into each state have their own certificate. Some have their own certifications. The more you can look for independent certifications because you said it at the beginning.

I call it greenwashing. And companies are catching on to the fact that people are catching on to the fact that they don't want toxins in their body. And instead of doing the hard work to make it, you know, truly clean, they want to take shortcuts.

So yes, they are trying to trick people by saying paraben free. Well, parabens are not good. But guess what? Many times it's not most. Yes, it's paraben free.

But then you turn it around and it's sure it's got no parabens, but it's got 45 other chemicals you don't want in your body. Or it says in small letters made with and then giant letters, organic ingredients.

These are all marketing tricks. And so most people are like, oh, it's organic, turn it around. Yep. It has the reading label. It has maybe three organic ingredients, so they're not really lying.

But then it has 35 synthetic ingredients. So yes, there's they're tricking people with marketing. Frankly I call it greenwashing, which is why I say don't believe what the company tells you.

Look for these independent certifications when possible. Or do you truly trust the source? You know, the person you know, do you know that they like you?

You have integrity, right? So you offer something and you say it. I don't think you're pulling my leg, but if you don't know, I would not directly believe most of the estimates the bigger they get, just to be honest about it, the less I believe you know, these giant organizations out there, they they know what they're doing to get you to grab that product.

And in most cases, it's not easy to be truly clean, and it's not nearly as profitable. So it's going to be a long time before they truly are pushed in that direction by true consumer knowledge and and demand for honestly and truly natural and clean products.

Yeah, I think like you said, they're catching on. So they use a catch phrase. And, you know, like all the women here, like these are educated women who are taking time to learn.

And so when there becomes a demand, but these big companies, I always tell patients like, don't buy anything you see advertised on TV or, you know, it's all they're profit motivated.

They're not motivated by caring about you and making a profit for helping. It's just it's backwards, unfortunately. So unfortunately, our time is up because I could I could talk to you for like three weeks.

But where can the ladies learn more? Where can they continue this conversation with you? Sure, sure, sure. So, Time's up. I promise people food. The one thing I will tell you about food is just know that there are scientists hired by the giant food companies who intentionally are manipulating foods to be addictive.

Basically salt, sugar, umami. And they're foods that are cheaper to make because the cheap foods are profitable for them. In other words, highly processed.

That's probably the most important thing to be aware of. And my last practical tip for people on that front, and it's an oldie but it's a goodie, is never go to the grocery store hungry.

Number one, this is this is one place where I will say share. And to conclude, you know, it may be worthwhile to write out your grocery list because you're going to make smart choices when you're conscious of it, and maybe even shop online for groceries if it's too tempting for you at stores there.

I got something in about the food probably one of the most effective and important points I wanted to make on,

amongst others. And I feel good. So yeah.

For more, go to our blog at the Art of anti-aging. You'll find all kinds of great, you know, articles, including on topics like this. You know, you can go and there's, Word Summit at the top.

We also have some great summits, and you can, you know, go back to our most recent previous summit, for example, some great interviews in those. But the Art of anti-aging dot com is a great starting point for all that.

And of course, if you're interested in the organic, truly organic skincare purity woods.com. So well thank you I yeah and I it's funny, I had to say I went to because I like shopping at the farmers market where you get to know the farmers and who's growing your veggies or your meat.

And, and I went last week with my daughter in law, and I wasn't hungry. And I was so bummed because was like, oh my God, I'm not hungry. And I don't want to buy the vegan, gluten free grilled cheese sandwich that they had because I'm not hungry.

And I was like, so it is true. Definitely. You know, when you're not hungry, you don't make those impulse choices, right? And then later when I was hungry, I regretted that I didn't buy it.

Yeah. I suppose if you're in a farmer's market, it works against you because there you might be prompted to make some good choice. Right. Exactly. Yeah.

So those supermarkets basically where everything is kind of against you almost, and you want to reach for the junk, you go full, you're far less likely, you know, to reach for the stuff you don't want, you know, like, well, thank you for being a part of the summit and for just, you know, keeping us on our toes and making us think because it's very easy to just kind of slip into a slumber and because, you know, it takes a lot of work, it takes more effort to research, to think, to say no, to find the right things.

Sometimes, you know, we just want to go to sleep and let it be all be okay. But it really is. And this is the world we live in, and we really do need to be our best UN advocates.

So thank you for leading the way and reminding of us that reminding us of that and educating us. And for all that you do and all the good you put out into the world.

So thank you everyone for being here. Go check out that book. Go check out the art of Anti-Aging blog, check out Purity Woods for the USDA certified Organic skin care products, and we'll be back with another tech soon.