Thymic Protein A: The Hidden Key to Immune Balance with Steve Patterson Transcript

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Thymus Health and Aging

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This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Hi, welcome back to the Integrative Health Podcast with Dr. Jenn.

I do want to remind you all that if you like the podcast, please share. And especially, this is a really good episode to share because we're going to talk about health and immune system.

So important. So I'm so excited today to have Steve Patterson. He's the founder of HumanSat. It's a wellness company focused on helping people support and balance their immune systems naturally, which is so important.

He was inspired by his own family's experience with immune health challenges. Steve works closely with researchers and healthcare practitioners to make thymic protein A, TPA.

If you've never heard about it, we're going to dive in. He wanted to make it more accessible to people seeking credible science-backed support for healthy immune function.

When he's not working, you'll find him outdoors running thrills or cheering on his kids at all their various sports. Welcome, Steve. So excited to have you today.

Well, oh yeah, good. Well, tell us about your background. What did you do before you founded Humanset and how the heck did you come across Thymac Protein A?

Steve Pattersonu2019s Background and Family Inspiration

I worked in the design industry, mostly with big budget movies, music artists, and athletes. I was a creative director for about 25 years. So yeah, totally different world.

A big lump. So you were inspired by stuff going on with your family's health. So yes, my father-in-law is an immunologist. He worked with the boy in the bubble.

Some people might be familiar with the story. Some people might be familiar with the movies. I think there was one with Jake Gyllenhaal and one with John Travolta and actually his mentor, the person that he worked really closely with, I believe at UCLA.

She was part of Magic Johnson's team when he announced his retirement from the NBA due to HIV. So yeah, he's been in the industry for a long, long time.

And even when I had my own agencies, I would help him with his website, marketing materials. They had a product that got approval for treating canine osteoarthritis.

And I helped them with the product launch of that. But none of it really mattered too much until my daughter was diagnosed with a super rare autoimmune condition called juvenile dermatomyositis.

And then that changed the course of pretty much everything as far as what I do and why I do it. Yeah, of course. So sorry to hear about your daughter, but I know she's doing better today, so.

She's phenomenal. In fact, in two weeks, we drive her out to Arizona to go to Grand Canyon University. So we're excited about, I mean, obviously we're very thankful to God to, you know, everything involved in her healing process and whatnot that she's in remission.

I mean, she's an incredibly strong, healthy individual. But yeah, she's doing great. Yeah. So if it's too personal, we don't have to. But I mean, your daughter's health struggles.

So JDM, juvenile dermatomyositis is very rare. And usually how they treat this is suppress the immune system and do steroids and methotrexate or throw all the stuff at it.

With your grandfather being an immunologist, how did you navigate? Because obviously you created a product that, or your company is based on the product that helps support the immune system, not suppress it.

Right. You know, we can look at a lot of situations in our life and, you know, usually it's hindsight when you get to see how involved God is in kind of pointing you different directions and whatnot.

This was definitely a moment where in the moment we could just really see The, the path that he had created, you know, uh, Terry, my father-in-law, his name is Terry, the products that he had created.

First of all, he had a dietary supplement for humans at the time it was called pro-boost. And then he had an animal health company. That animal health company had products that were USDA approved to treat feline leukemia virus.

So cancer in cats. And then as I had mentioned previously, it got approved for treating arthritis and dogs. When our daughter was diagnosed with this disease that we had never heard of before, in fact, you know, a lot of doctors that we spoke to had never heard of it before.

One of the first things we found out was that the way that they treated it was a combination of how they treat patients with cancer and patients with arthritis.

So they use kind of those two different treatment protocols and they sort of combine them. And that's how they treat JDM patients. And I mean, instantaneously, I was just like, wait a second.

I've got a father-in-law who has USDA approval for treating these two things in animals and then has sort of this parallel immune system supplement, which I knew at the time utilized the same protein that was in the animal supplement.

And so I. you know, immediately just asked my father-in-law like, hey, should we be giving Avery ProBoost? Again, active ingredient is thymic protein A.

And his response was just an emphatic, yes, you know, go ahead and start doing it. And so my wife being, you know, mama bear, you know, super protective, super vigilant in whatever she could do.

Um, she just started giving her six packets of thymic protein A a day. And, you know, Avery, when she was diagnosed, it was, you know, not only super rare condition, but she had a very aggressive and they kind of figure that out by blood CK levels.

You know how how the muscles and what not are reacting to the attack that's that's happening and they figure that out with this number and when she got hers it was I believe the second highest that they had seen in the cure JM community.

It's a very tight knit community. I mean, you know, you've got a two or three in a million sort of disease.

How Thymic Protein A Supports T Cells

And so you, you know, come together as a pretty tight knit family on Facebook and you hear the stories of all of these people. And so, you know, everybody's sharing all the numbers and whatnot.

And we just realized, okay, you know, Avery's is a pretty significant situation. And so, you know, we, we did, we did thymic protein A, but then we also did the same protocol that most of the other kids, you know, were doing within the hospitals.

And she was part of Rady's children's and it was just, it was nothing short of a miracle how quickly. she reacted to the combination of the treatment.

And I'm not going to say it was, you know, 100% thymic protein A or 100%, you know, the pathway from the hospital, but something about the combination of both of them works incredibly well for her.

You know, there are people that were diagnosed at the same time as she was that still go to the hospital and get their IVIG infusions multiple times a year.

And she was in remission. I think it was two and a half years after she was diagnosed. She was declared in full remission. She did a, my first triathlon ever.

She did an itsy bitsy triathlon with me. And I think I struggled a bit more than she did. She was, she's certainly a miracle. So yeah, that's, that's sort of how I got into it.

Wow. Well, praise God. And that's amazing. You turn something hard into good. And that's just, that's amazing. Well, so let's talk a little bit about actually what thymic protein A is.

We've talked about it's supporting the immune system. How does it actually help support that immune system? Okay. Again, I'll preface all of this with I'm not a scientist or a doctor.

You know, obviously I work right next to Dr. Beardsley all day, every day. And so, you know, have a decent amount of knowledge of it, but essentially our bodies in our bone marrow, we create certain kinds of blood cells.

Those blood cells travel to the thymus gland, this little gland that's, you know, in our chest area. There they get trained by the thymus gland. And there's a little protein that acts on precursors to regulatory T cells.

So basically the T cells that become the thing that really helps support our immune systems, they get trained there of how to become what they need to be.

And there's a very specific protein that has to bind to the receptor cell of these precursors to the regulatory T cells. That protein, once it binds, those become fully mature, fully active T cells.

The protein that binds is thymic proteinite. And so Dr. Beardsley was the person to discover this protein, was the first person to discover it. He named it.

He was the first person to extract the whole fully intact protein, which is what we use to make dynamic protein A here. But that activates the regulatory T cells so that they can become again, fully functional T cells.

And those T cells can be memory T cells. They can be helper T cells. They can even be. killer T cells, but that's

what helps regulate our immune system.

And so without that protein, those little precursor cells that come from our bone marrow and are supposed to get educated in the thymus gland, they will never become fully functioning T cells.

What happens is that right around puberty, the thymus gland begins to shrink. Doctors still don't necessarily know why it happens, but a lot of people believe it's sort of the start of the aging process.

within humans as well as just our immune systems in general. And so as the thymus gland shrinks, that protein that is made in the thymus gland responsible for activating these T cells, it produces fewer and fewer of that protein to the point where when we're about 50 or 60, the thymus gland is no longer active and we're not producing it anymore.

So what the body needs in order to activate these T cells, it's no longer making. And so that's why we have our supplement of thymic protein A so that you can give that protein back to the body.

Yeah, that's awesome. So the thymus gland, you can actually see it on x-rays in children. And then it just slows down. And it's just interesting because the immune system and aging go hand in hand too, right?

So say you have this thymus gland, could it be injured by certain things, you know, like viruses? Because aging, you said, it goes away, but environmental conditions and viruses can probably damage it, right?

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I forget that there were two scientists decades ago that first people thought that thymus gland wasn't even necessary because of the fact that it goes through the involution and basically just becomes value tissue.

And so A lot like tonsils, people thought, oh, we can just remove the thymus gland altogether. And that way the cancers or the issues that affect it will no longer affect these people.

And so they first started it in mice trying to do a thymectomy, take the thymus out of these mice. And they just realized they would all die of wasting disease.

Essentially, some small thing would affect the mice and they would have no way to help themselves get better and they would just die. And so the thymus gland began to be studied quite a bit more, but there are a lot of external factors.

Why Immune Balance Matters

And one of the things that probably isn't talked about a whole bunch is that scientists do know that you only make a certain number of T cells throughout your entire lifespan.

And it used to be thought that, okay, that's enough T cells to last that entire lifetime. However, you know, memory T cells, as soon as they get used up by something affecting our immune systems.

And so it's like, oh, you got sick by this thing right here. Okay. Our memory T cells is going to remember that and then hopefully the next time that infection comes, that antigen comes, we're able to fight it.

If that happens quite often, then all of a sudden all of our memory T cells get all used up for all of those different things and so somebody that gets sick a lot more when they're younger.

All of a sudden by a certain age, they don't have the same number of memory T cells waiting to remember the things that might affect them as they get older.

And so there are a lot of different things that can affect our thymus gland and the way that the thymus gland acts to help keep us healthy. Yeah. Yeah.

And a lot of times we see people are trying to like boost their immune system in different ways or you always see that online. And can you explain why balance and modulation is more important than like boosting your immune system?

Absolutely. And that point right there is really why human set exists. So as I mentioned, when Avery got sick, we were giving her the product and at that time it was called ProBoost.

And to be honest, at that time, I didn't know anything about autoimmune stuff. I'd heard the term before, but it wasn't relevant necessarily to me. But what we realized very quickly was as I tried to get some of the other parents that had kids with JDM to use ProBoost, they were immediately turned off, if for no other reason than the name ProBoost.

Simply because they have a child who's very sick with an autoimmune condition where their immune system is attacking healthy cells, healthy tissues, muscles, etc.

And they hear this is an immune system supplement and they hear the word boost in the name and they immediately think, OK, we're just going to boost the immune system.

And all that that really means to anybody is whatever your immune system is doing, We're going to just ramp that up higher, which if what you're doing is trying to fight off, you know, a foreign invader, you know, something that's attacking the body from the outside that's trying to get you sick.

Well, yeah, you kind of want to ramp up that response. But if it's the immune system that's attacking itself where, you know, wires get crossed or something somewhere where it doesn't know that this is self and it begins attacking that, you want to down regulate the immune system.

Now, God created our immune system to do both of those things naturally. Our immune system by itself is an immune modulator. It goes up and down depending on the circumstances.

But at certain times, like I said, wires get crossed or it doesn't know what's going on. And so you have a situation like Avery's disease where, you know, this immune system that's operating, you know, at full capacity, but it's doing something it's not supposed to be doing.

And so, FIMIC protein A has been recognized by the NIH as an immune system modulator. which means it can both increase the immune response to foreign antigens, but it can down regulate the immune response in case of overactivity.

And that's why we think the product itself is so important is our immune systems thrive when they're balanced. when you have a little bit of both sides.

And one of the things I I use two different analogies. One is in a car, you know, you have a gas pedal and a brake. If the only thing that you had was the gas pedal, you're going to be in trouble at certain times.

I mean, it's going to be fun for a little bit. Like I can go really, really fast. But then how do you slow down when you need to slow down? or a thermostat, where if the only thing you can do is turn that thermostat up, it's going to be great when the weather is cold and whatnot, and I can turn the heat up to a temperature that makes me feel comfortable.

But when it's 101 outside, like it was yesterday, and the only thing I can do is turn on the heat, then we've got a problem. You need that ability to balance the action and reaction based off of the environment and the circumstances that are around you.

Yeah, I love that because like you said, it can suppress it or it can increase it. And we have a lot of TH1 and TH2 imbalance of our immune system. So we have imbalance of our innate and adaptive immune system.

And that is where we see autoimmunity and things like people getting parasites really easily. It's just a lot of things. especially with things like fibromyalgia, which the root cause of fibromyalgia, because it's just more of symptoms that they had a bunch into a disease name, is chronic activated Epstein-Barr.

And that is a default of the thymus and the immune system not reacting and not getting rid of that virus and suppressing it. Because we live with bacteria and virus in our body.

When does it peek through and cause problems as reactivated viruses or let's say autoimmune diseases or something? And that is what we're missing with medicine.

I guess an interesting question, you don't have to answer this, but why do you think the drug companies, is thymic protein A, is it an actual FDA approved drug or no?

You said it's recognized by the NIH, but they can't patent it probably, right? So yeah, we're not an FDA approved drug. We are a supplement. And then the animal health side is what we had USDA approval on.

The protein itself has gone through phase one clinical trials and AIDS patients. And then it had approval in three different indications in animals. FELV, again, feline leukemia virus, feline immunodeficiency virus, which is essentially HIV in cats.

and then canine osteoarthritis, osteoarthritis in dogs. And so there was the USDA side for animal health and then the human dietary supplement side.

Clinical History and Immune Support Uses

That's interesting. So you had said that they went through trials with HIV and AIDS. What happened to them? Did they just stop? They did. So it had positive results.

In fact, and Dr. Beardsley would have to tell the story. I heard so many stories from Dr. Beardsley, but he was working during the race to find a cure for AIDS.

And essentially there were two pathways that the drug companies and government were kind of looking at. One was the direction that he was kind of taking it, which was an immune support suppression sort of way of doing it.

And then the other way. And he had a lot of people looking into the business, a lot of people looking into his product. Again, phase one clinical trials that proved that it was effective at I'm going to get it wrong if I try to say what it was, but I believe it was helping to support the immune response when HIV was essentially killing all of it.

So yeah, so like, especially in the ER, so we're trained, we check, we have someone come in with HIV and we check their CD4 counts. And basically, you know, those are T helper cells, so a different class of them.

So those are depleted in HIV, because when it comes down to it, it is a trashing of the immune system, right? Like that immune system is broken down. It goes from HIV, which is just the virus, to this acquired immunodeficiency state, right?

So this could all be modulated technically, right, before it gets that. But when that CD4 count hit a certain number, that is when we had to treat preventatively for really immunocompromised bacteria and viruses that you and I just wouldn't get unless our immune system was so trash.

And I see this with The pandemic being similar because this thing that came, I'm trying not to use all these words that would get this in trouble, but this thing that came out of China is doing crazy things to our immune system and immune suppression also, which I'm seeing a lot and causing things like low ferritin from a chronic disease state of

inflammation.

Anyway, crazy things that I'm seeing in my clinic with it. Anyway, so you go back, so the CD4 counts low, thymic protein A is going to help support the T cells.

And this is probably also why older people have a harder time with HIV in the thymus, as we learned earlier. So they're in phase one clinical trials, which is kind of a big deal to get in.

And then why did it not progress? It worked again. I think there was a movie, I forget what it was, a long time ago. I think it was with Dennis Quaid and it was about the assassination of a president or something like that.

But the government always wanted one shooter, you know, a clean story to be able to tie up in a bow because it's It's it's what people are looking for, you know, and so basically the thought was we have to choose one direction or the other.

We have to choose this direction that, you know, Dr. Beardsley is proposing or we have to choose this other direction that, you know, however many other people are choosing.

And the decision was we're going to go this direction rather than this direction. But that was many, many years ago, but it was through all of his tests and whatnot.

I mean, you mentioned the CD4 counts. He has clinical data that shows that our protein helps increase CD4 levels. And so they took that and, you know, they did mice studies and they did cat studies and from the cat studies is why they got the approval or the indication of FIV, feline immunodeficiency virus, because of the positive results of the product.

And we know a lot of people there, we have, you know, anecdotal stories from, you know, many people who had. that specific disease that used the supplement and benefited greatly from the results of thymic protein A, of the increase of the CD4 levels.

So, you know, why did it stop right there? I, I can't really answer that, but I do know it took Terry in a different pathway and you know, it's why we're here right now talking about this specific thing right now.

And, you know, I'm thankful for that. Yeah, it's kind of wild. Something makes sense and the evidence is there and this is why we're here to get the word out because it can help a lot of people and the animals too.

People are really into their pets so I think that this is such a good choice because you go in there and they're like, there's nothing we can do for FIV.

And, you know, these poor animals, you know, they're just, they're struggling. So that's great to hear. So what kind of stories, Steve, have you experienced results or experiences?

Have you heard from people using thamic protein A? Well, I have to be really careful as far as, you know, being a supplement, you know, we can't make any disease claims and stuff like that.

And so, you know, I'll try to, just like you did with the virus that you were talking about earlier, tiptoe around certain topics, you know, but we've, we've had stories from moms of kids who basically couldn't go to school because, you know, they got, you know, Some kind of thing that affected their immune system.

It happens when you kiss people. And so the, the, she thought that she was going to be out for the entire semester of her school. And she had heard about thymic protein A somewhere.

And so she started using it. And two days later, you know, she was back at school, didn't miss pretty much anything. I think she was in a certain sport and was able to continue doing her sport, you know, Mostly what we hear, and it can be across multiple different issues.

Again, the whole idea is immune system related conditions. But mostly what we hear is people have tried multiple different things and especially multiple different things where the cost is just insane.

And then they start on thymic protein and the story ends up being significantly different or significantly different at a significantly smaller cost. But then we get, you know, the everyday stories of, I mean, before we even really started on the podcast when you and I were talking, I just talked about how, you know, I'll get a little tickle in the back of my throat and it feels like something is going to be coming on.

And I know that I need to be aggressive with taking it. And then that thing that was going to turn into something more never does. And we get a lot of stories about that.

I will say, you know, my, me personally, my mom was diagnosed with colon cancer several years ago and she wasn't able to start chemotherapy. They, you know, did a bunch of tests to see if she was healthy enough to start chemotherapy and her white blood cell count was too low.

One of the things that we know about thymic protein A is that it helps increase white blood cells. T cells are white blood cells. I tried myself to talk to her of, Mom, you should take thymic protein A and just see if it makes a difference.

She didn't want to do it. Her doctor never heard of thymic protein A, so he didn't recommend it.

Patient Stories and Practical Immune Support

We're talking a couple months now, and she still was not able to start chemotherapy. Finally, I talked to my dad and I was just like, dad, like, you know what Avery went through.

You know that I'm not going to give my kid something that is, you know, dangerous for her or whatever. Just help mom understand to give this a try. Plus, I mean, she has cancer.

So, you know, we're talking about worst case scenario stuff. I mean, it was stage four colon cancer. and i think at the time they gave her nine months or something finally she started taking thymic protein a three weeks later her white blood cell counts were high enough that she was able to start her chemotherapy she still ended up passing away from colon cancer but you know it's it was that thing of she's not even able You know, people talk about the American healthcare system.

And if we're really good at one thing, it's like when, when there's an emergency, when there's a crisis, when there's a really big deal, you know, anybody who curses the, the healthcare system, all of a sudden realizes we're really good at the big deal stuff.

And, you know, it was able to help her get to that point where maybe had she gotten there a little bit earlier, things would have been a little bit different.

You know, so people with chronic fatigue syndrome that take it. And again, we're not talking about healing anything. We're talking about the immune system and how these diseases affect the immune system.

And I like to refer to thymic protein A as like the guy behind the guy. We don't really do anything that your immune system shouldn't do on its own. We just help it get back to the point of doing that thing.

And so there are, there are a lot of different conditions that people have that are immune related and they take dynamic protein A and the balance that it's able to provide of getting them back to normal ends up being quite effective.

Yeah, especially with, you know, mono or EBV, we see a lot of that chronic and now post pandemic, that's the new EBV almost, but it's kind of nice because now like these, these people with chronic EBV that were diagnosed as you know, oh, you're just depressed.

You need an antidepressant or oh yeah, fibromyalgia. They're the crazy patients. I've had doctors say that before and it's no, they just, they need rebalancing of their immune system for whatever reason.

It's imbalanced. They're not making the proper, you know, T cells, the proper cells to take out what's there and just calm it down so it doesn't replicate.

It's constantly reactivated and they're just treading water and they can't get a break. This will give them a break. A lot of people for EBV, they use lots of different things.

We've tried to, monolaurin's a big one to suppress that, but once again, it's not getting to the root cause, which is the immune system. Yeah. And I have had good success in the past with those patients, you know, doing low-dose naltrexone, even doing the horse pill, the horse medication.

This podcast is just going to be rough on YouTube. And those have helped because, you know, we're, but the thymic protein A is more getting at the root cause.

I've for the past probably five years have used a lot of thymus in alpha one. And I know Steve and I had bounced back and forth on emails about this and Now we can't even get thymus and alpha 1. It's an injectable peptide.

So I have been using thymic protein A over the last six months instead of that. And, you know, I'm just starting to see like the good results come in from patients, but it makes sense.

When you look at the immune system, what it's actually doing when it's approached by all these viruses, right? If you're already depleted, your thymus has been destroyed by other viruses, it's aging, it's from environmental factors.

and then you put stress on there and decrease vagal nerve stimulation because you're just in sympathetic system all the time. So if you have leaky gut, your immune system is trash, right?

Your immune system is trash. So yes, you're going to have a TH1, TH2 imbalance. That virus or whatever insult is going to come in. And you're not gonna be able to deal with it.

Well, it's basically like a city without walls, right? There's like a proverbs about that, right? A fool is like a city without walls. Anyway, so you're like that with your immune system.

So you can fix that. You can fix your leaky gut. You can, you know, pray, meditate, use a vagal nerve stimulator, you can do all that stuff to help build up that immune system.

But sometimes you're in so much deficit that it is helpful to have something like thymic protein A and thymus and alpha 1, you know, to go in there and actually help the T cells recover.

Kind of like if you've been treading water for 24 minutes, you need a lifeguard to come in and get you, right? So I think that this is such a good tool.

When we look at, you know, other supplements for EBV, like I said, monolurin or something, yes, it's more of a transient effect because you're not working at the immune system level.

And I haven't seen amazing success in patients that have come to me, you know, from other practitioners that are just on that. I'm like, we're not fixing like the root cause.

So anyway, a lot of people struggle with this. So that's why I wanted to bring it up. And now, entering more into long haul, you know, we have to break that cycle.

It's like this vicious cycle and we still have strains coming around and mutating. So I'm still seeing this affecting people. So I think that it could be used chronically in patients like that.

And then also if we are maybe just need to support that immune system more say in tines of stress, extra stress, women in luteal phase even when your immune system is a little bit, you know, declined because of the estrogen-progesterone balance, kids back to school, winter if you are in low vitamin D areas like I used to be in, you know, Northwest Ohio.

So that's where I see this is such a beautiful tool to support, you know, the beautiful immune system that God gave us that. you know, because we live in a broken world that it needs help.

Yeah, for sure. So anyway, that was kind of a long tangent for me. No, I think it's perfect. And so much of what we're seeing, we put out a reel on our Instagram thing about what we used to do to support our immune system.

And it was about when people our age were kids. And so much of it was playing outside and playing in the dirt. And we're not stuck behind screens and whatnot.

Our world today, everything is working against us, you know, from the foods that we eat to the devices that we use to a lack of movement and whatever else.

And I think what we've seen is sort of this desire to return to as much real You know, whether it's food, you know, whole foods and whatnot, real exercise, you know, moving our bodies, touching the ground with our, our feet, getting out and being in the sun, you know, we have so much this working against us.

And, you know. we've seen health be, let's get back to the way, not necessarily the way things used to be, but the things that are real. And, you know, we like to think of, again, thymic protein A, your thymus creates the protein.

We're just giving you what your body wants to be able to give itself and maybe doesn't have enough of anymore. You mentioned thymus and alpha-1. There are a lot of other thymus-type related things out there.

What's unique to us is that it's the only fully intact whole protein from that thymus gland. From Dr. Beardsley's studies, as far as the precursor to the T cell, it needs that whole protein.

You know, there's only one key that fits in that lock and this protein is that specific key. Yeah, I love that. One thing that I always get annoyed with, like when people are like, don't go outside in the rain, you're going to catch a cold.

No, it's not how it happens. Like people still say that and I'm just like, oh, okay, that's what we're going to say. That's why. Anyway, okay. But yeah, well, that's why everyone's here.

We're learning. We're not going to judge people if you just said that last week. Now you know. Now you know more about your immune system. And that's the thing.

If your kid is one of those kids that is getting sick all the time or you're like, Oh, they're going to go to school and they're going to get sick. I mean, chronically ill kids, you need to look for a root cause and you need to support their thymus, their immune system while you're looking for that root cause, right?

Whether it's gut dysbiosis or mold or trauma or, you know, the list is very long. But yeah, definitely, you know, mama's out there, keep digging and, you know, this is a good option for children.

It is safe. So it's, there's not always a lot of tools for children. So that's why I think that your personal story and the research is so great surrounding this protein.

So. Absolutely. Yeah, so what practical steps do you recommend starting with for anyone that wants to just support a healthy balance immune system naturally?

Because like you said, we're getting back to that. Are there any other practical steps that you kind of did that Instagram to it, but if you could just share more.

You know, I really think, and again, I will preface this with I'm fairly new to this kind of holistic, integrative health circle that I've taken a liking to and I feel like I share a lot of the same feelings with.

You know, you really need to prioritize your sleep. You need to make sure you're eating good food. There's a lot of things that I've cut out recently that I didn't even think about.

have been causing me problems, you know, even chips, like tortilla chips, I thought were like a healthy alternative to, you know, other stuff, but it's this ultra processed food, managing stress, making sure you are being active, getting outside, being in the sun, supplements are an additional tool, you know, they're not the end all cure all of stuff.

even thymic protein A. I mean, it's not some magic substance that you're going to take and it's going to fix everything. It's creating a well-rounded support system for yourself of really taking care of yourself with prioritizing all of these different things.

And then Finding the supplement or with the root cause stuff, if you find out what the problem is, how do you support those things through that entire lifestyle change that you need in order to be as healthy as possible?

Yeah, I love that. There's no magic bullet, right? So, but definitely this is great information and I loved how you went into the science about it. And, you know, there's just so much to learn about the immune system and what we can do to support it because it's really just the root of a lot from mitochondria to aging.

So it's so great that we have another tool in our toolbox. Steve, I would love for you to share the Instagram. I kind of want to go watch that video now because I love silly videos on social media.

But would you share how everyone can go and find more out about this protein, this supplement, and how they can find you? Absolutely. Our Instagram is at humanset with an underscore.

Our website is humanset.com. There's a ton of information on humanset.com. So if you want to understand more about how thymic protein A works, if you want to see testimonials from people that have used it, I mean, the protein has been around for over 30 years.

Uh, there's clinical papers and studies on there as well. So. at humanset underscore and then humanset.com. And I get why you moved away from ProBoost name.

How did you come up with the name HumanSet? The idea is optimizing the settings of the human immune system. There you go. Love it, love it. Well, thank you, Steve, for sharing just so much about your life and your passion.

And I'm glad that you moved out of the movie, producing the movie stuff into health. Well, thank you so much, Dr. Jen. I appreciate the time and the opportunity.

Thank you. Thank you for tuning into Dr. Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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