Breathing & Skull's Impact on Energy Production Transcript

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Introduction and Guest Background

Welcome back to the conversation at the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura, for Ontario. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today, my special guest is Doctor Chang. Run. Hi, Chang. Welcome to the summit. Hey, hey, how's it going? Good. You have the best background I've ever seen.

On an interview. It's so cheerful and fun. So good. For those who are listening to audio right now, it's basically like a pink background. I have three daughters, so they have a lot of say in my set design.

And what did they say? You're like, they, they compared you to what? Oh, I'm like a Twitch streamer, which basically is a live online gaming streaming thing, which I'm not familiar with, but they are, so which means you're totally cool.

And I think you're cool too. Oh. Thank you. Well, let's introduce you to our audience. You are a board certified internal medicine physician and founder of the Texas Center for Lifestyle Medicine in Houston.

You're also the host of the 2022 Better Brain Health Summit. It's coming up later this year. And you're an expert at linking brain and mitochondrial health within paired airway and breathing disorders.

And this is fascinating. And we're going to get into this today. You're the only person on the summit talking about this. You like to link how neurocognitive health relates to things outside the brain.

So you help tie together symptoms and health problems that don't necessarily seem to be connected to the brain. Do I have that right? That's correct. Yes.

Okay. Well, let's jump into this topic and first off, can you share with us how. Well, first off, tell me why you have this interest. Because I know you are a specialist in all things functional medicine, but why?

Brain health? Yeah. So really good question. I struggle with my own concussive injuries playing sports, and I had a really terrible accident during, my residency, my intern year with snowboarding. I was knocked unconscious.

I had three days of amnesia. I still don't remember the wife in those three days. And a lot of bad stuff happened afterwards. I'm gonna get into it by a lot of neurological, issues.

And they were mysteries for many, many years.

Personal Journey Into Brain Health

And, but I think it took a lot of, self-discovery and self-education to figure out what was going on that, you know, I wasn't necessarily taught in medical school or a residency training.

So I turned to the most reliable person I know who's my mother. She's, board certified Chinese medicine doctor and actually punches herbalists. And then she's like, duh, and then she taught me a whole lot of stuff on myself after that.

So it's been, it's been sort of a personal thing, and I just kind of landed into it in 2008, a year after the practice was started, we were approached by, special interest groups, representing special forces.

So com, to look at, PTSD and worked with some veterans hospitals locally to look at what is the root cause of the PTSD and start to get into neuroimaging and brain mapping.

And then after that, there were just so many things I found to be super interesting, that I kind of tied together with, with my team. And I'm a data guy, so I like to look at how things tied together that we weren't really seeing before, but becomes obvious after we kind of peel back the layers.

All right. So you kind of fell into this brain love why you fixed your own brain. Right? Right. Love. Yeah. All right. Let's jump in about skull formation, tongue and teeth and how that affects your daily energy levels.

Really? Yeah. So, you know, one of the things. So it's like the center for a lifestyle medicine because we take insurance and Medicare plans and everything like that for integrative and functional health, we tend to, end up with people who've seen a bazillion different doctors and functional medicine doctors, maybe high dollar doctors kind of run out of cash, and they have nowhere else to go.

Right. And so we're left with a very, interesting dynamic where most patients come in with binders full of like, information. And, and, you know, our job is to figure out, well, what's missing from from that piece of the puzzle, whether it's just regular doctors or other health doctors.

And so, to kind of, you know, it's it's been it's been five years of a discovery process since the practice started. But I think for for you to understand why skull is really important, I'll just tell you a story.

So, and this is a made up patient. But this is a very typical story. Someone come to the office? They come in usually with a family member, and they just feel, like, really depleted, really fatigued at the medical system.

They have maybe some brain fog and fatigue issues and maybe some hormonal issues that were, that were, there and then, yes, maybe some joint pains and back pains and, you know, a lot of doctors kind of brush them off and can't really figure out what's going on.

So they've been on this self-discovery process. They've tried different diets, you know, vegan, vegan, paleo, whatever it is. And, and they just sit down and say, here's all the labs I've done, you know, 5000 tubes of blood over the last five years.

That I've done all these results. Here's my hormone. Lousy. Here's my saliva last. My urine labs. Right. And then as they're talking to me, I'm already noticing things.

By the time I'm in the room, I see how they're actually, addressing me when they turn their headlights in the head. Or are they just using the whole upper torso to turn their head?

It tells me how much of an issue their spine and the alignment is right. And when they're talking to me, what is the position? A lot of them are doing this, that volume.

Right. You're holding up their head. It's like it's almost too heavy for them. That's a red flag for me, right? Some people really enunciate their S's.

I'm like, well, and that's when I say, hey, do you maybe have a tongue tied or something like that? It's in there. So as they're talking to me, I'm basically observing them.

And then when they're finished talking, I'm like, you know what? To stand up for a second. Open your mouth.

How Skull, Tongue, and Teeth Affect Energy

Let's let me just take a look at something. And so through the observation of them talking to me, there's a lot of things that are very apparent that no one really addressed.

And things maybe that their dentist brought up things, maybe they've they've been to E and see that they're, you know, so that's brought up. And so the the missing link for a lot of, for complex health disorders or people who maybe have gotten better maybe 50%, but the rest and 50% it's so hard to achieve, really relies on the fact that most people have impacted or impaired like airway, the breathing mechanisms within the sinuses, or maybe they have, soft tissue structures sometimes.

Maybe they have over by or underbite that's causing issues. Maybe that their alignment with their TMJ is causing issues and all these things, all these things are not separate from like brain health or mitochondria health, because they're all connected together.

And literally the way that we hold our head on our shoulders determines our daily hormone balance and sales. Tomorrow, David. Mitochondria balance how much energy we produce per day.

And that is something that I think is the sort of the biggest missing piece in medicine, not just not just integrative health, but like all medicine okay. Connect it deeper.

So you're saying that our posture and what's going on anatomically in our mouth with our tongue, and our teeth, we haven't talked about that yet. So you're saying. Yeah. Mean that's connected.

But dig deeper in there and explain how. Let's do it. So we look at the way that our body, comes into balance or homeostasis. We can appreciate that there's style or balance.

There's hormonal balance. There's balance of like, minerals or balance of nutrition, but there's also balance of symmetry. So someone's in my office and they're sitting there, and the right is two inches higher than the left or vice versa.

That's a big issue. Right. And so this comes from the world of my mother's acupuncturist. Right. And so, if that's off balance, already tells us a lot of different things about how the person is maybe sleeping or not sleeping, how the person is behaving, are they getting early afternoon crashes.

And so the so what ties it together are three main factors okay. There's four main factors okay. One is blood flow. So we can appreciate that we have blood vessels that connect the body.

In order for these both of those to flow through different channels, all the highways have to be open. Right. And if there's any asymmetry or any imbalance in the way that our neck or spine or lower back or skull structure, like you're off kilter, there's going to be a redirection of flow.

And that's going to turn into a lot of symptoms, especially brain fog and neck pain and even allergies. So that's blood flow. Number two is the neurological system.

So we have this beautiful nerve in our body called the vagus nerve. And the vagus nerve comes from the bottom part of a brain called the brainstem. And it's called a vagus nerve because it travels like a vagabond.

It travels all over our body. And there's different branches and different settings of the vagus nerves, but they all require, once again, symmetry. Okay.

So that's the second part. Number three. Our, is a topic that's controversial up until 2012, so we're no longer controversial. And this topic is lymphatic flow.

So we know that the lymph nodes drain toxins etc., etc.. But recently there's this other system called the lymphatics. Right. And that actually drains a lot of toxins from the central nervous system of the brain and stuff like that.

And that's also where a lot of that's also dependent on symmetry, neck, tongue, face, skull structures as well. What happened? 2012 Shay. Oh, I forgot to mention that.

So in 2012 the article came out, NYU Langone. They actually looked at the what is really the definition of, the lymphatics. These are not like visible things that people can see, but it's a system that's that's mapped out during that time.

And at that time as well, they discovered well, when I say discovered, they didn't really discover, I think this was really documented really well in Chinese medicine thousands of years ago.

But they discovered that there's this other highway, this system, they call it the extracellular matrix. So the extracellular matrix. So basically protein on the outside of cells that communicate with each other and their communication is much faster than blood flow, much faster than nerves, much faster than hormones. Right.

And when you map out sort of this extracellular matrix, a lot of the anchor points of the accessory matrix are actually, you know, acupuncture points and etc., etc..

But now like we call it a thing, right? And we discover that cells can transfer information through the accessory matrix. For example, if your tummy hurts right.

And then that causes a lot of disruptions in the, in the tummy. And then the gut microbiome uses, a solid matrix to send a signal directly. Right. And it is fast.

I mean, it is super fast. Right. And that's to do that communication because we didn't know before how we actually communicate. But there is a gut brain connection there, right.

And so and then the fourth thing is hormones. So hormones also depend on symmetry. And there's a master hormone, in the body that I like to call melatonin and melatonin.

Everyone knows. It's like, you know, you it increases when you sleep, which is great. But melatonin controls like everything else. It, it makes melatonin goes up.

Cortisol goes down. Is the stress hormone. But what actually controls that whole cortisol melatonin stress cycle. The entire hormone cycle is this wonderful substance called nitric oxide.

And nitric oxide. Is this wonderful thing that not only does it deliver blood flow to the body, it also conducts what the hormones do as well. So how's nitric oxide produced, as it turns out.

And nitric oxide is produced when air goes into the nose, not the mouth, the nose into what's called a pair nasal sinuses, which basically are these holes around the actual skull.

And we have receptors in there that then our body produces our own version of nitric oxide.

Breathing, Nitric Oxide, and Mitochondrial Function

And then hormone balance happens. And then the mitochondria gets activated because, you know electrical sets out to make a Andrea. And then all our systems become far more efficient, running.

And then that's when after performance actually happens. So nasal breathing is exceptionally important. And that's why we now know that mindfulness and meditation with breathing exercises, different types of breathing has a huge implication on blood pressure, blood sugar regulation, stress reduction, etc., etc..

And now we know what that system is. And all relies on like skull formation, sinuses, symmetry, tone, positioning, etc. etc.. Okay, so yeah, so if all this stuff is affecting our energy levels and fatigue, what can we do to help it?

What how can we fix it. Yeah. So you know there's this book called Breath by James Nester. And he got really famous and he went on Joe Rogan, a couple of years ago.

And, it's a fabulous book. And James is, he's a he's a journalist. He's not a scientist, not that he's a journalist. And all he's doing is observing, observing skulls.

He goes to different places and he does experiments on himself. And the book is is fabulous. Everyone wants to read it. It's all about how breath relates to every, every body's physiologic function.

But it's one of the main things that, we avoid looking at. And so and so 1 in 4 humans have some sort of, airway restriction like impaired, formation.

And the question is what? How to how do we get there? Well, we got there because, you know, right now we eat, food with knives and forks. And for me, chopsticks. Right.

So the precut. I'm not, like, ripping the backbone off of a bone of my mouth. So I have underdeveloped jaw formation, as most developed humans do now.

And, and our frontal lobes are brain that's getting bigger, and it's actually crowding out our sinuses. So humans become the only natural species to have, like this obstructive airway disease.

And when I say natural, I mean, there's, there's like dogs, like pugs that are bred to have short snouts. They actually have obstructive airway disease as well.

But, you know, it's not natural. They're hybridized to be that way. But we humans have have like we developed that that issue. And now wait, let me let me understand this.

So we're not we're eating with a fork, knife or chopsticks now. So we're not using our muscles. So they're atrophying. Right. And then you said our frontal lobe is getting bigger.

But what's causing that. So there's many theories on what's causing that. But part of it is the evolutionary development of the brain, higher order cognitive processing and stuff like that.

So that's, that's that's really up for debate. I'm not sure why that's happening, but the problem is we have a queef. Crowded airways and crowded sciences now okay.

So crowded airways crowded sinuses this yeah this causes fatigue mitochondria dysfunction cellular dysfunction, hormone imbalances all of it right. Yeah. Autoimmune. Yeah. All of it.

Okay. And so and so you know the an answer to to your question of what can we do about it. You know we really have to not go back into our traditional methods of different breathing techniques.

And there's breathing techniques that are independently developed in different cultures. Right. That are really, really far apart in ancient times. But they all came up with very similar things, the breathing frequencies, the ultimate nostril breathing.

That's in many different cultures as well. Box breathing strategies are also in different cultures, you know, a world apart as well. So there's some there's a lot of convergences in the history of what we perceived to be beneficial, breathing that's now lost in this world of chaotic science.

I've been great. And so and and that's what we like to bring back especially, I think, the center for Lifestyle Medicine. So during the pandemic, we wanted to kind of share this.

So we developed our online course, which is LM university.com. And on there is a mind sculpting master workshop and on the why is not a mask workshop.

Was the entire workshop dedicated to like mind body medicine and how we're able to utilize the tools that we already have, to optimize our brain, mitochondria and cellular function.

Not really needing to buy like a new supplements or a new device or anything like that. But hey, we let's, let's optimize our breathing mechanisms first and then the supplements and then the PMS and all these different things are actually very beneficial.

But we like we've got to set our foundation first. Got it. Got it. Okay. So let's bring in and talk a little bit more about mitochondria and traumatic experiences.

Because I know that plays a big role as well. So what say you about that. And okay so we're still on the same topic actually. So mitochondria and and traumatic experiences so we can appreciate, our brain development, is mostly complete, by the age of eight years old.

So between 3 and 8 years old, we're really developing the way our physiologic function is. So we experience trauma, especially on early early childhood.

We react to things, very differently. And we can appreciate that. Right. So there's multiple studies showing that childhood trauma equals a specific type of, behavioral disorder or something like that in adults.

So as it turns out, this is genetic triggering and signaling that happens, earlier on. And so our mitochondria are basically, you know, the battery pack of every cells, in the body, minus red blood cells.

Our mitochondria is designed for a specific purpose, which is survival. Okay. And so if we as a human, our definition of survival is something that we experience early on in childhood.

The rest of our life, our bodies can be triggered in that manner. So we see this, even being inherited multiple generations down. So, for example, the grandchildren and great grandchildren of, the people who are Holocaust survivors tend to have higher cortisol spikes, higher stress responses when they hear a loud noises like bombs and stuff like that, even though they've never really been in the Holocaust.

And it's interesting because a lot of the studies are done in people who have them do even know that grandpa grandma was part of the Holocaust as well, but they still have the same responses.

So we see that in animal studies. We see that in human studies. And as it turns out, our mitochondria is always primed to avoid some sort of trauma or go towards excitement.

Right. But are you saying trauma is inherited? Then our trauma response can be inherited. Yes, it can be inherited. But, yes, it's the actual response to trauma that can be inherited into the genetic code.

It's called micro DNA.

Trauma, Nervous System, and Inherited Stress Responses

So, so we know that this actually exists. And this is perplexing because, you know, I start talking to patients about this, like, wow, I really didn't start with me.

But even the way that we breed is inherited because if we have, small airways, and facial structures, I usually find that the rest of the family has it as well, multiple generations down.

Right. And so, yeah. So when I, you know, I don't see pediatrics, but identifying adults, the next question is, hey, do you have kids and and you know, do they have like A. D. D.

as a kid or do they have any like bedwetting and stuff like that? So having speech issues as a kid and these are the same structures that causes disease states in adults like memory loss, Alzheimer's, vascular dementia, and and hormonal imbalances and stuff like that.

Right. And so, so we can't ignore trauma being the thing that we just get over because because we don't because

it's innately, you know, within us. And so I feel like the, you know, the sort of Western culture has a, has a way of kind of suppressing emotional trauma is something that's separate from medical.

It's not separate from medical. It's part of our human physiology. And we really have to honor that. So sometimes, you know, we work with people and they eat better and then they exercise and they have plenty of energy.

And there's still just as sad because all the mitochondria support was supporting them, avoiding from the trauma they experience before, they've never really dealt with before the past.

So we have to kind of address that in the past. So makes sense. Yeah. Yeah. So this is something that you support people through in your in your practice with your patients in your clinic as well.

Right. So I have a whole team that, that, that does this. And Jenny who she's my mind body medicine practitioner would do this in groups, and as low as one and one and, and one of the things that we identified first, you know, before we get into all the labs and numbers is let's let's identify like what, what your goals really are.

Right. Yes. We can help optimize the mitochondria and get you got health better. But but what what do you what do you really want? Are you here because of a trigger of a relationship that's either happening or has happened in the past.

So you here because you've left the relationship and now you're ready to focus on yourself. Like what is that? What is the underlying reality and what you live in and, and let's choose a path for you to use mitochondria to go towards rather than just, you know, optimize a specific physiologic function.

So make sense. Yeah. So while we build on this conversation about fatigue and energy and you know, our body structure and our, you know, inherited trauma, and we didn't even go down the whole of, you know, the trauma that occurs in this lifetime.

Correct. But can you can you take us now to what spine alignment has to do with energy? Right. So this is a great segue, because if we look at people who are traumatized, their spine looks a certain way.

If they take a deep breath, they're raising their shoulders up instead of expanding the belly. Right. So for those of you listening at home, take a deep breath right now, and you've been taught to expand your chest up and not your belly down, then what's happening here is that this is a source that you're keeping of a breath breathing mechanism that doesn't allow the lung to fill up on the very bottom right.

And so a lot of people who are traumatized tend to always suck their gut in, almost like, you know, they're ready to punch somebody, right? They're ready to run some some people over.

That's how I'm breathing right now. I'm like, oh my gosh, ching. That's how I breathe. Well, that's that's true for most people. So but even a lot of times when patients in the, in the, in the clinic and they're like, oh my gosh, my blood pressure's super high, can you measure it again?

I was like, all right, I want to take ten deep breaths and then people will. And then I'm like, no, you have to expand your belly. Like, what do you mean?

You got to expand your gut to take deep breaths and like, oh, this is weird. I'm like, yeah, that's how you breathe. And then, you know, ten breaths later, the blood pressure's down 20 points.

And okay, I'm going to put this in the chart and not your original blood pressure. You came in with. I'm trying to breathe like that right now. And I feel hypoxic.

I feel like I'm short of breath trying to read like that. I know why you're sitting down to that. That makes a little, little bit harder. But. Yeah, but but the actual trauma causes physiologic physiologic changes.

So that's one really simple example. Another really simple example to understand. Like when I was a kid, I, when I moved from China to the US, I happened to watch this movie, call it, I think I was eight, nine.

And that was a terrible introduction into American culture, because till this day, I'm terrified of clowns because of it. Right. And so, that that's that's a trauma I had.

It's it's funny, but it's, it's a source of trauma. Right. So what happens during the movie is I see the movie and then and then something pops up when I get scared.

Really terrified, or what happens to my face. My face goes viral. Why? What is your face? Go white. Well, you just shut down all your nitric oxide. You hold your breath all the buffer goes away from your capillaries, your face, and it's going into where your shoulders about to beat the clown up or run away.

Right. Goes to the proximal muscles, your thighs. You can run away. So we can appreciate that even a scary scene in the movie, your brain can't tell if it's real or not, but it's a physiologic function that occurs for the body.

And when the body responds to that over or over and over again. If I'm at night, I'm dreaming about that movie over and over again. And now it's 30 years later.

I'm still driven by the movement over and over again. Basically received the same level of salt as when I first saw the scene in that movie. Maybe even more so.

But what if, what? Someone who went through I'm. Maybe I'm a combat veteran and I see really terrible things happen in Vietnam, right? Same thing I'm reimagining in that.

Spine Alignment, Breath Patterns, and Cellular Stress

And so blood flow perpetually goes away from our face, and even our gut causes leaky gut issues away from our joints, causes joint pain into this this fight or flight stance, or what happens when you're constantly like that is that if you walk around like that, your hips are going to hurt, right?

Your, your your legs are going to hurt. It's going to be really hard for you to run. And when you take a deep breath, you almost feel like you can't take a deep breath because you're constantly like, just just tight.

On, not just on your spine, but your entire body and your fashion, which is the outer covering of the muscles and so and so we have to appreciate that if we, are worthy born or maybe not symmetric, we'll have some areas that we're born with, like, like, scoliosis, which is curvatures and spine issues.

Then any sort of trauma will be maybe even doubly, detrimental to chronic joint pains and chronic fatigue and stuff like that. And so, yes, we're born with the structures that we're born with, born of the genes that we're born with.

But there's also things that we experience in our lifetime that's creating a physiological function. And it's up to us to identify, you know, what exactly is causing that issue and go back and deal with it.

And by the way, recently I saw it again and it was like a silly movie love story whatsoever. And the remake though, right. The new one's a remake. Was that, I haven't watched the new one yet.

Yeah, but well, that's me kind of dealing with oh, this is fun. And then what I was, I just start laughing. So now it became a comedy because it was very cheesy.

You know, I'm like, I was really scared of this. So, so my brain made it worse than it really is. Or maybe now my brain's making it better than than what it really is, right?

But either way, it's something that we it's my perception that I choose to have for specific events. And that's why I'm a huge believer in like trauma therapy, cognitive behavioral therapy and stuff like that.

For all sorts of things, for autoimmune disease, for gut health, etc., etc. because we can only change our diet so much, we can only drink clean water so much, right? We can only take so much, so many supplements and organic food and stuff like that.

But there's, there's there's a limit there. And then and it's and then facing our experiences and recognizing that allows us to live in a specific when on a daily basis.

That's what we really want to focus on. So what happens at the cellular level when we finally do do that work? Focus on that, clear it, heal it, then what happens?

Really good question. So let's look at data for a second. So in 2017 and 2018, I was pretty obsessed. At that time, I kind of guess I still am about what really works, what supplement work, what kind of diet work as a vegan, as a paleo, as a carnivore? Like what?

What really works for people, right. If we look at my actual data, it's not supplements. It's not people. People aren't necessarily even eating the cleanest.

And yet they have dramatic results. Whether it's like some miraculously like not having cancer anymore, which is now super common or practice now, or or reversing autoimmune disease and nice models and stuff like that.

Well, what are what are the commonalities in those patients that we see that that that it's there and, and I wish it was something really easy. But it's not. It's actually experiences.

So what we notice especially in our in our mind body medicine, part of the practice is that when we were able to identify life experiences and help these people, recognizes experiences whether it's traumatic or not traumatic and deal with them, they have the biggest, improvements.

So that could be, a marriage. It could be a divorce. It could be death of a parent or a another loved one. Or it could be moving to a specific area. It could be leaving the military or could be entering the military.

So these were like big life changes. And right afterwards, like their bloodwork looks different. They're standing tall or their passion looks different, the breathing looks different.

And so what we recognize is that we really have to identify life experiences as the X factor. All right. And then work our way from there. Right. And so and so now I'm a little less obsessive about data, but probably because of the fact that, you know, we tell patients at the very beginning like, this is what we value.

We value experiences, we value the journey you want to take for yourself. And that comes first and not labs or anything like that, you know, thanks for breaking that down.

Okay. Bring us home with this. Why is hormonal balance directly affected by the way we breathe? So we're back to that facial structure. Yeah yeah yeah.

So let's talk about the facial structure. So earlier I told you that we're born with specific features. But, we can't control that. To an extent, we can, let's say if someone, is born with, like, super narrow sinus cavities and they have a lot of allergies, sometimes you can do a procedure called balloon sunglasses, dilate.

Some of them or people have sleep apnea, and one for humans actually have sleep apnea. And so there's there's ways to overcome that. I work a lot with biological dentists and EMT to improve the upper airway soft tissues 20 releases I work with mild functional therapies to look at tongue positioning.

And so there's a lot of things that can be done. And there's a lot more. There's a lot more that really came out in the last eight years than than ever before.

In this field of what we call, airway medicine. And so, I think that I think that we have to recognize that skull

formation and, in skull structures and the way we were, were born is not something to to kind of ignore.

And, the, for the people kind of listening to this, you know, one of the main, one of the things that people ignore the most, which I think is a huge deal, is allergies.

Hormones, Airway Health, and Practical Next Steps

Like, are you having sneezy watery eyes and etc., etc., like a Claritin commercial or something like that? Right. That's a great deal because if you have that chronically, you have chronically obstructive upper airways and then now we expect other things to happen.

We expect your brain to be wired for the fight or flight. Some of you have more anxiety. And you know that view of you are having a really bad allergy day.

You just don't feel good and just want to punch somebody in the face. Well, if you do, if you have that chronic that some people have that on a daily basis, they don't know it, right?

Right. And so we a lot of times we identify these issues, but the patients don't even know that they have it because they breathing like they would the entire life.

And then when it's optimized they're like, oh, this is normal. I'm like, yeah, this is normal. And so and so when when all of that happens, we see big changes in hormone levels, right?

Predominantly, progesterone, DHEA, cortisol, thyroid, you name it. Right. They all change pretty dramatically. Right. And so if we, if we put together this concept, right, of symmetry and skull formation, soft tissue formations, tongue, etc., this, that as the foundation, then we can actually explain most chronic disorders and diseases like high blood pressure and diabetes and why some people are marathon runners, whether their blood flow works pre-diabetic because they're probably mouth breathers causing cluster of spikes at night time.

Right. So there's there's there's mechanisms there that is really been under the surface literally of our face. And and, you know, that's why I'm patients come in and they're like, hey, my doctor told me it's all in my head or it's probably true.

Let me take a look at your skull right. That is a great place to end. That was a funny thing. Yeah, yeah. Oh my gosh. Thank you so much for coming on here.

Bringing your expertise. Any final words for our audience as they learn about how to solve cellular dysfunction, how to solve their health problems by focusing on mitochondrial health, cellular health.

Yeah, yeah. I, I do have a request for the people listening to this. There's a lot of great, fantastic speakers on the summit. And you can Google the hell out of everything.

But if you find that your perpetual, googling may be leading to the obsession of trying to control something or figure out something to control your situation, I would suggest pausing, take a step back and look around you, look at relationships and look at life, and be present in the moments right?

And that pause may be the best thing that you will ever do for yourself. So that's my challenge. That is great advice. Cheng. Tell us where our audience can find your work and find you.

Your programs. Yes. So the programs that my team and I designed are on Reclaim university.com TKM stands for Texas Center for Lifestyle Medicine. You find me all over social media, LinkedIn, Instagram, Facebook, everywhere except TikTok.

I'm not a huge TikToker. On my game chain, Ron eating is my first name. Last name is are you? And then you find me afterwards. That's probably me. Thank you Gene, you enjoy the rest of your day.

Thanks for being here. Hey, thanks a lot. Appreciate you. Take good care now. Bye bye.