Introduction to Metabolic Health

So they were talking to someone about something that's dear to all of us. We currently. In fact, I'll tell you, last night I was scrolling through TikTok, which I recently started doing as a bad habit, and there was an ICU doctor who deals with Covid emergencies right now.

And the thing that he said on there was the vast majority, and these are his words, he said. The vast majority of people that are in the ICU are metabolically unhealthy.

This is the words of the ICU doctor, he said. They either have diabetes, they're obese, hypertension, blood pressure issues, but metabolically they're already sick.

And that's the thing that he said that we need to deal with, which we heard for the first time last night on TikTok. But other people have been saying that for quite a while.

And with us, we have today such a Patel who I couldn't think of a better person to talk to about metabolic health than you. And thank you for coming. Oh thank you. It's such a great honor to be here.

Oh, it's great man. So first of all, for people I don't understand. What does that even mean. Metabolic health. Like that's not something we talk about commonly.

You don't go to the doctor and say I need to get my metabolic health checked, right? Although you probably should. Yeah. Where do we even start? Well, I think the best thing, the best place to start with metabolic health is just looking down.

And when we can see that we have a either a pendulous abdomen or a flat abdomen, that's usually one of the first signs that we have great metabolic health.

Right? If our stomach is nice and flat, then that's a great way to know quickly, very quickly, if we have metabolic challenges or not. Another way to know is how our brain functions.

So our brain is one of our most metabolically active tissues. So if we're starting to notice fogginess a lack of clarity, our memories declining our cognitive function is not where it used to be.

That could be an early sign of metabolic dysfunction. If you're tired, that could be a sign of metabolic dysfunction. If you don't digest your food very well, that could lead or could be a sign of metabolic dysfunction.

So what is that big scary word mean? When we talk about metabolic dysfunction, people like what I don't mind, I don't sleep properly, I don't digest properly.

But I'm not sick per se. Right. What does that mean? If you are metabolically unhealthy to your body, what means your body's probably working a lot harder than it needs to, and it's also probably working less efficiently than it's capable of working.

So either you're toxic with something that you don't need, or that could be stress or toxins. Right? Or you're deficient in something that you do need which is enzymes, cofactors, nutrients and the right inputs.

So that's another big thing is our cells are doing exactly what they're designed to do with the input, which is the signal that they're receiving from the nervous system in their environment, and the actual tools and resources that they have, which is the nutrients and the cofactors that they need for metabolic function to take place.

And this is the thing is, we're talking about health at the cellular level, right? The building block of who we are. And it's not about this pain, this pain, this pain.

If your cells are unhealthy, you know, that's years before the symptoms start. And that's what you're drilling now down into. And we don't necessarily need to examine under a microscope what your cells look like.

You're saying that all these spokes are pointing to that cellular sort of failure.

What Metabolic Dysfunction Looks Like

Right. And we want to we don't want to just look at the cell. We want to understand how it's functioning. Right. So imagine buying a car. You'd never buy a car, at least maybe this day and age you might, but you probably wouldn't buy a car without driving it, especially a used car.

You'd probably want to drive it first to get a better sense of how well the car is functioning. If you were to take a picture of every single aspect of that car or an X-ray or a scan of that car, it wouldn't tell you how the components synergistically are working together, and if they're doing their job as appropriately as they could. Yeah.

So it's like looking at the muffler, looking at the rearview mirror. He can't figure out by diagnosing those two things, how the system flows and interacts and all that stuff. So the same thing with the human body.

You have not only within a system. There's so many things going on, but there's multiple systems that have to interact. Yeah, we want to look at the whole system. Right.

Because here's the thing. Metabolic function really starts, and impacts are mitochondrial health. And our mitochondria is found in virtually every single cell in our body except our red blood cells.

So when our metabolic function starts to decline, our metabolic, our mitochondrial health is declining, which means it's declining in every single cell, tissue and organ in our body.

And so it's really important for us to understand that this is a global breakdown in somebody's health, not just something that we can put our finger on.

You can't put your finger on, you know, somebody's metabolic health. You really have to understand the global picture and how all these systems work together as one single system.

So when you find people and I know you have an awesome program that hundreds of people have been through, and it keeps growing and growing because of the results and the net result for them, they seem to all lose weight.

Right. That's like the first thing that happens is all the energy up I sleep better. And where did all this fat go. So why is that happening. Well for us the secret sauce to our program is shifting people from a sympathetic dominant state into a parasympathetic state.

It's in that parasympathetic state that our entire body heals simultaneously. So every cell, organ, tissue and system in your body heals in a parasympathetic state because now the cells are receiving the right message in a parasympathetic state.

Our primary source of fuel also changes when we're stressed out, when we're running around the the fast and quick source of energy is going to be glucose and glycogen, right.

So our body is going to use our primarily as our energy source. And then when we're in a parasympathetic state, which we are in when we're at rest or when we're sleeping, our body's going to use fat as an energy source.

Most people are predominantly sympathetic, dominant, either because of low grade inflammation, which keeps them sympathetic or not as deeply parasympathetic even while they're sleeping.

Right. If somebody has chronic inflammation, a parasite, a pathogen, there's a low grade inflammation that's going on in their body nonstop, which leads to metabolic dysfunction.

And during the day, their mind and their body is go, go, go. And that signals the body's to stay sympathetic, dominant. And for most people, the solutions that they, are offered are creating more sympathetic dominant.

So a lot of times when people, are given advice to lose weight, they're told to exercise more, while exercise is a more sympathetic strain, creates inflammation and creates stress on the body and usually stress leading up to the exercise routine itself.

Some people don't want to wake up at 5:00 in the morning and go exercise, and they're usually doing that in an environment where the lighting is very toxic, which also raises their stress response.

And the music is very loud and obnoxious, which further raises their stress response. So they're putting themselves in a even more stressful situation.

And yes, they might see some results over short over a short period of time, but in the long run, that tends to backfire for them. So what we did is we shifted people and the focus of our program became, how do we get you more parasympathetic?

Because now we're using the natural laws of healing in your body in order for healing to take place. And so there's many mechanisms through which we can get people in a more parasympathetic state.

Parasympathetic Healing and Fat Loss

The first one that we could do instantly for people is teaching them how to breathe correctly, correct breathing, which we're going to do whether we like it or not.

Right. You have no choice. You can't say, well, I don't like to breathe, or you might not like to eat healthy, but you have to breathe. You have no choice.

So we teach people how to breathe healthy. That's a very low hanging opportunity. About 50% of people are mouth breathers, and because of that, they signal through each breath.

They take their body to be in a sympathetic state. So by shifting to nasal breathing and being able to self-regulate the pace of our breath, we can instantly shift people into a person.

But that one simple shift can have an impact to that degree. Yeah. Immediately. Right. So we're really big on things that people are already doing. Instead of introducing new behaviors, let's raise awareness around the things that you're already already doing. Yeah.

And that way you're doing it already. So I don't have to introduce a new behavior. I just have to raise consciousness and awareness around it. So we get people to start breathing more correctly.

What that also spills into is into the evening. So we all have our clients wear a little piece of tape over their mouth, which keeps them breathing through their nose throughout the night, which allows for better healing.

And, nitric oxide production to take place. So breathing is number one. Number two is sleep. You're going to sleep tonight roughly, whether you like it or not.

So let's raise consciousness and awareness around that. Well, one of the things that we all know, or many people know is that a good night's sleep starts in the morning.

Yeah. So getting morning sunlight right. And there's no wrong time to get sunlight. But if you can get morning sunlight for about 5 to 10 minutes, that's going to signal to your brain that, hey, it's time for me to wake up.

It's time for me to light up the systems and fire the metabolic systems up and release certain hormones. I cortisol in the morning and then midday. Sun is also important because that tells our brain that hates the middle of the day.

And then if you can, bonus points for watching the sunset. Right. And that, you know, kind of is it closing the loop for our body for circadian rhythm after the sun goes down?

And, this is really great because I know the the tests that we do through your organization identifies these opportunities, is lighting. Lighting is so important, so underrated, so overlooked, and such low hanging opportunity for people.

And what I love about lighting is that it affects the entire family. Yeah. So if I change the light bulbs in somebody's home and I go from overhead lighting, bright full spectrum lighting in the evening to, floor based lighting that's closer to the red temperature, you know, 670 nanometers.

So it's red light that's going to actually decrease our cortisol and increase melatonin production, which is going to help us sleep much deeper. So we change our optimize breathing, we optimize sleep and we optimize lighting.

And within days, people start feeling better because now their body has shifted from being a glycogen and glucose burning machine, or maybe even ketones, to more burning that excess fat that their bodies holding onto.

Right? You know, there's a reason that our body stores that fat in the midsection. You know, biochemically it's because we're causing insulin resistance.

But also from a physical standpoint, we wouldn't want to store body fat in our arms and legs because it would make it harder for us to run away. Remember, the body's always doing what's smart.

So the most efficient place to hold the weight is actually in the midsection when we are sympathetic dominant. And that's what most people will complain about.

They'll no matter how much they exercise, no matter what they do, that waist weight never really goes down. And it's because of the chemistry and the metabolic dysfunction that's taking place in their body.

So to correct that, we go parasympathetic first. That's the first step. So someone's gut is a signal of their stress. You can determine who's doing well in terms of stress.

And the funny thing is this stuff too, you talked about it's not like you're saying, here's what humans need to start doing. It's kind of what we stopped doing, right?

We used to do this stuff, which is why we do talk about circadian rhythm. And people think of it as like, can I fly to Dubai? And I get jet lag, right? Yeah.

But really there's so much more in terms of the sun is triggering your internal clock. And if you're indoors and literally working from home, getting out of bed to the desk, not even seeing the sun, those are things your body's needed.

Because your ancestors did that for thousands of years. They had no choice. Yeah, that's that's what it was. So now all of a sudden, your your body is designed to do the same and the same signals, the same things get fired.

Why the red light is so important. Well, people had fire at night. Yeah, right. They didn't have spotlights. Right. And so all of a sudden you remove that to hard neural wiring and recall in terms of what how do humans survive.

Yeah. Right. And so it's amazing because what you're it sounds so intuitive and simple when you say it, but no one's doing it. Yeah. Right. Well our clients, we're hopefully they're doing it as much of it as they can.

And one thing you said about red light that I want to raise awareness of is the directionality of the light also makes

a difference. So a fire would be below the horizon, which means that light would hit the top of the retina, whereas if it's overhead lighting, it's hitting the bottom of the retina, and our brain is wired in such a way that it knows, you know, it uses the directionality of shadows and lighting to determine what parts of our systems that need to be stimulated, because the only time that the sun would be perfectly overhead is midday, right.

And midday is anywhere from 10 a.m. to 2 p.m.. So it's not 12 noon, right? Time is an artificial construct of man. The rhythm of the sun is something that is persistently changing depending on where you live.

This is why living close to the equator is so beautiful for our circadian rhythm, because the days and nights are the same length. Right? Another fun fact is that the average person before we invented light bulbs used to sleep ten hours, and now the average person is sleeping usually less than seven.

Right. And those seven, those three hours are not filled with parasympathetic activities, right? People aren't doing drum circles. They're not meditating.

They're not doing ecstatic dance or telling stories and laughing. They're usually doing more work. They're doing things that drive their sympathetic dominance even further.

So how much like in terms of the way we're wired, how much are we supposed to be working? That's a great question.

Breathing, Sleep, and Circadian Rhythm

You know, I think a big thing that we need to realize is that our ancestors in winter, depending on where you are, might be winter right now, and in the winter, the days get much shorter.

Our ancestors would do much, much less work. Right? Right. So the sun is, is is basically, through a process called salvation. The sun literally charges our battery.

So through salvation we create something called easy water, which is, creating a charge in our body as blood is rushing through our blood vessels, literally creating a battery within us.

And so when there is less sunlight, then we are, we are going to feel a little bit drained, you know, animals and nature trees. What are they doing? They're shedding their leaves. Right.

They're going into a hibernation state. All the animals are collecting nutrients and they're going into a hibernation state. And what happens when the bear comes out of its hibernation state several weeks or months later, is it's burnt off all the body fat, right?

Right. And it's because at a state of rest, we are primarily using fat as our energy source. That's amazing. And then we think about, you know, everything sort of outside of humans has continued the way it was meant to be.

Right? Because there's no need for a, bear to go on Instagram at midnight. Right? Meanwhile, the changes like here and we're in Canada, we have a winter and there's no vitamin D, and all of a sudden you wonder, why do we get so sick in the winter?

And you know, the exposures and all that stuff. So yeah it's just taking a step back to see what did our ancestors do. And it's not embarrassing to say what is sort of culturally the norm or what was inherited by us in terms of behaviors.

And there was some, you know, wisdom to that. We may not know what it is, but people like you are slowly unpacking that for us to understand what that wisdom is, right?

Yeah. And, you know, here's the thing. You know it right away. So I had a I had a gathering at my house the other day with my team members, and we use this lighting in our home.

So, you know, as the sun goes down and after dinner, we want to start raising our melatonin levels, start shutting down that cortisol response and prepare our body for sleep.

And, you know, one way we do that is of course mentally. Another way we can do that is through music. Another way that we can do that is through lighting.

Another way we can do that is through temperature. So we can optimize our environment so that we're priming our body to get sleep, because that's actually the most important thing that you're going to do that day.

And in our culture, we've been taught that sleep is, you know, cousin of death. That's for weak people, right? Like people oversleep. And Arnold Schwarzenegger is famous for saying, you know, if, eight hours of sleep isn't enough, sleep faster.

Yeah, right. So we can't do that, right? We have created a society where we're trying to cheat the the needs of our body. Right? Right. And think of a plant. I can't negotiate with a plant.

How much water I'm going to give it. Right. I can't say, listen, I can beg the plant and say, listen, I'm not going to give you any sunlight. I'm going to give you more water to try to compensate for the lack of sunlight.

Yeah, you would think that's ridiculous, right? And you would get laughed out of, you know, a botany presentation if you tried to do that. However, with humans, somehow we think that that's the right thing to do.

We try to cheat the innocent, we try to cheat what our body actually needs for it to function properly. Now, what I like to do is focus on some of the most basic things that people do, and then we can start layering on some of the innovative technology that's available to us, and innovative information that's available to us, so that now we can supercharge their health and unlock levels that they didn't even know exists.

And I think from people listening to all of this, if you didn't know what metabolic health was and you still don't know you, you get it now because all this stuff, it starts to make sense.

You know, that these loads that you're putting on yourself, either putting on or removing things you should have been doing right all of a sudden the way that everything's meant to be firing isn't firing that way.

And your your body is sort of not running in its proper rhythms. And then things like diabetes start to kick in, hypertension, blood pressure, all these things that we're saying are the comorbidities to this TikTok video I watched. Right. Yep.

So why is that happening? That when somebody is metabolically unhealthy, why are they more prone to some other negative, you know, load making them sick faster?

Well, one of the things we're learning or we've actually known this for quite some time, but if I feel like a lot of ancient knowledge and wisdom is being pieced together as we're dealing with what's going on in the world right now.

So we've known that specifically fat around the midsection is very inflammatory, right. And so when it's triggered, it's going to produce far more cytokines than somebody who doesn't have all that excess of fat.

And so we want to make sure that when we get people metabolically healthy, we're letting them know that this is reducing your risk of all cause mortality.

It's reducing your risk for cause of decline. It's reducing your risk for immune system dysfunction and an over firing immune system. It's reducing your risk for digestive issues is reducing your risk for, you know, hormonal imbalances, all of these things that require energy are going to start functioning better when your metabolic system starts working the way it's supposed to.

That's incredible. So you're saying that somebody who, again, two people on the same boat is they're both exposed to the same thing because this person is sort of metabolically sound, they're just going to be more resilient.

They're going to be able to battle whatever that thing is better. So now what are some of the things you mentioned? Sleep. You mentioned meditation, you know, breathing.

Sorry. Not meditation for breathing. So is this is is this why you hear so much nowadays? Again, bringing that ancient wisdom back then? Meditation and prayer is so important is at that time you sort of give yourself the breath you need.

Well, it could be that, I think that there's also an emotional component to it as well. You know, this idea, it depends on what we believe in, this idea that we could have a shoulder to lean on or somebody or something, or a greater presence than us to offload our issues and our challenges to.

I think that's really helpful for people knowing that there is something with a higher omnipotent power that's looking out for them is is powerful. And I think we need we as humans need that, right?

And for some of us, it might be somebody. For some of us it might be something, or it might be the God that we pray to. So I think that there's definitely a spiritual and emotional component that is layered on top of that.

That also makes a big difference, because let's put it this way, you could have two people assume all things are equal. One person could be they could both be breathing equally as well, but their thoughts are going to play a role.

This is where we use neurofeedback, something like heart math. So it's not just about following the breathing cadence. I mean, that helps. That gets you into the physical, physical potential to create that state.

But now we need to create the emotional potential to to create that synergy between the mind and the body. And so, heart math is a great way for us to do that, where we can take somebody's breathing, get them into a coherent state, and then use their thoughts to get them even more coherent, or show them how their negative thoughts are, taking them out of coherence and creating that sympathetic dominance in them.

So we I mean, we start off talking about a medical condition, you know, metabolic health and all the stuff you're talking about are kind of the things that everybody sort of shuns on that they're they shouldn't look at because it makes them weak.

Right. You're now talking about emotion. We were talking about sleep. We were talking about breathing. You know, everyone's like, what? What can you write me a prescription?

Like know how do I what do I need to do? And I want to do that one thing and you solve my problem, which is exactly why you had the problem. Because you're not willing to put in the work right? Right.

And the work that you're asking people to do really isn't that significant. It's most of it you're already doing. Yeah, right. But the emotional thing, that's where some people may, I think, have a challenge in terms of even what is their perception.

Right. Do they even think they have a problem there? And we've spoken about this before in terms of the genetics of how the brain is wired and you and me have a similar trait where we, don't really feel much because our dopamine levels are so low.

Right? Yep. And it doesn't last long either for either one of us. So our the way we perceive that thing that somebody else is looking at entirely different, we may not see the problem that they're seeing.

And either that causes us to push through and cause ourselves the pain, right. Or maybe feel less pain. It could go either way. So how do you deal with somebody in terms of turning on that emotional medication?

Like, this is something you need to do? Yeah, I mean that's not the that's probably the most challenging part, right? So I always tell people, listen, your body is not the problem, right?

It never was. It never will be. It's how you use your body in the environment that you're putting in the thoughts you're feeding your cells. That's usually the problem, but also the opportunity and so once we accept that our body is perfect, it's built in the image of perfection.

It's whether you believe in evolution. We've evolved to become stronger and better and more effective. The now the question is what are we willing to do.

So for some people that that owns that drive has to really come from them. So I was thinking about this the other day.

Light, Sun Exposure, and Seasonal Biology

And you know, I, I get excited when people get results, but I don't get excited because I kind of expect them. Right? Right. I expect if you do these things, your body, the body has never failed us in 100% of our clients.

When they do the work, they get results, right? Because, you know, there is there is some variance in the outcomes because of course, everyone's genetically individual.

Some people have environments that they can't fully optimize, but 100% of people move in the right direction when they're willing to put in the work. Now, for some people that there needs to be a paradigm shift or there needs to be an emotional shift that takes place, that identifies why they want to do this.

Right. And so for a clinic like ours or an institute like ours, people are coming to us knowing that they want to get results. So we probably have a bit of a skewed population because they're willing to do the work. Right? Right.

The ones that are not willing to do the work are usually the ones that are not willing to accept responsibility. That they play some role in this. Or they may not realize how big that role is that they play in their outcomes.

And you know, it might take some time. It might take an experience for people to be jaded with this idea that I've got this one symptom or this one diagnosis.

So I need one, you know, pill or one, you know, and that pill could be a supplement or it could also be a drug. Right. But there's certain things pills can't do for you, right?

There's no pill for bad lighting. There's no pill for bad breathing. There's no pill for when bed at 2:00 in the morning. There's no pill for negative thinking.

Right. So there's certain things that we have to take ownership over. I know genetically some people are more driven than others. Right. And so for some people who may not be as driven, a lot of times what we found, asking questions related to neurotransmitter function can also help clue us in.

So if somebody is motivated, frustrated, yet still motivated to do something about it, we'll often look at their neurotransmitter function, and we see that their dopamine levels tend to not be that high.

Right? And if their dopamine levels are problematic, then we can support dopamine production naturally using sunlight, using the right the right lighting the night before an appropriate sleep, and appropriate protein intake.

So they have all the cofactors that they need, like B6 and iron in order to make dopamine itself. And of course, tyrosine is amino acid. But then for some people they may need supplemental support.

So getting their dopamine levels up makes them feel, a sense of reward. It makes them feel more driven and makes them feel more focused. And they feel a sense of accomplishment instead of, accomplishing something and

then sabotaging themselves for sure.

Right. You'll see the thing that we'll hear over and over again is people will start and quit. They'll start and quit. And when you see that pattern, it's not because they're weak.

Oftentimes it has to do with their executive function related to dopamine. Yeah. They don't get the sensor reward and it's not motivating. And and the other thing you've done, which isn't done enough clinically, is you're starting to collect more empirical data by using wearables.

Right? So you're using I believe it's ordering. Yep. Right. So how do you inform from something that was designed for tracking your sleep that somebody is or not metabolically healthy and that you're pushing them in a certain direction?

Yeah. So we decided to hang our hat on one particular marker. And that's okay. So HIV measures the variability between each heartbeat. The longer the variability the more resilience there is in your nervous system.

So it's really a very noninvasive way of letting us know how resilient that person's nervous system is. And we do see a correlation between their metabolic health and their HIV.

And in fact, because HIV has to do with how resilient your nervous system is, it actually has to do with all healing. So you can find data that shows a relationship between HIV and bone health, right?

You can find a study that shows the relationship between HIV and other systems in the body, because they all depend on a resilient, healthy nervous system, because the nervous system is what gives that signal of fight or flight or being parasympathetic.

So we look at that. The oral ring also looks at how much deep sleep they're getting, REM sleep they're getting, how much they're tossing and turning and waking up throughout the night.

This also tells us, whether their lighting environment is appropriate or not. It also looks at respiratory rate. So we can see, you know, are we getting their respiratory rate down.

Because as we know, the healthier you are metabolically, the fewer breaths you need to take. So that's another indicator for us is are we or is their breathing pattern moving in the right direction?

Is there moving in the right direction? Is their resting heart rate moving in the right direction? Is there deep sleep and REM sleep moving in the right direction?

So there's a lot of things that we can look at that will help us identify if this person is moving in the right direction or not. But if I had to pick one number, it'd be to look at and how often are sorry, how long does it for take for you to see those changes?

Oh, within days. Days. Oh that's true. So like, I'll give you an example. One of my friends, I'll say his name. John. I won't say his last name, but he messaged me and he's like, dude, my sleep sucks.

Yeah, I've tried everything. I've seen everyone. I've, you know, taken all the natural stuff and it's not working. And I said, well, just humor me. He has an aura ring.

So I knew I knew we would see, data very quickly. And I said, just do a light out protocol. Right. So protocol is exactly that. It's so simple. Right.

Three words. It's like one thing just turn off the lights. Yeah. And so I said minimize your exposure to artificial light after the sun goes down and maximize it during the day unfiltered.

So no sunglasses assuming it's safe and it's not problematic. Like if you're driving around the sun, you can't see it

and wear your sunglasses. But, you know, otherwise try to keep them off so we can get pure, unfiltered light hitting your eyes.

Try to get out during the sun, rise midday when the sun is at its highest position and try to watch the sunset with your family. And that closes that circadian loop.

But then in the evening, you got to promise me that you're not going to turn on any overhead lighting. You can use candlelight, fire, light, or you can use, special red bulbs, which are flicker free LED bulbs.

And so he didn't have the bulbs and he wanted to see instant results. So they just shifted to candlelight. So after the sun went down, they would shift to candlelight.

And they did that for three days. And his sleep score went through the roof. That's awesome. So, you know, when we lean into our biology, when we lean into the capabilities that are innate and built into us, and we start sending our body the right message, it wants to be healthy, right?

Getting healthy should be like rolling a boulder down a hill. In fact, disease takes years and years and years to develop disease. But within literally within minutes, you can start feeling better, right?

Within minutes, you can start breathing better and shift your physiology within that same evening or within days you can start sleeping deeper so your body's recovering and functioning better.

And then starting today, you can optimize your circadian rhythm using natural lighting, using the sun.

Stress, Emotions, and Heart Coherence

And that will optimize hormone production, that will optimize growth, hormone production, that'll optimize, you know, so many other things in your body fall into place when we simply do these three things.

So the way you describe it, it's like the body's so resilient that it's constantly like just tiptoeing at that threshold of being healthy. And it's all the things that we are doing wrong that are suppressing it back down.

You start to remove those layers and you're right back up to the top immediately. Like your body's ready to be there. Yep. You just got to remove all the negativity, all the bad inputs, all the toxic inputs, whatever they are.

And you can get there pretty quick. Yeah, I mean, even removing some of them, right when we say when we say all, I know what you mean. But when we say all that becomes overwhelming to people.

Yeah, but when we when we say, hey, these are three things that you can do. And not only will you feel better, but your whole family will feel better.

Right? And, you know, one of my favorite stories is from a client. Her name is Ariane. And one of the things that we gave her, along with her metabolic program, you know, she said she tried everything, couldn't lose weight, lost 25 pounds in 3 in 6 weeks.

Oh, wow. And but most importantly, that wasn't even her biggest win. We gave her a heart math unit so that every day she would start practicing heart math.

And heart math is is basically a way to use your breath and neurofeedback to see if your body shifting from a sympathetic state into a parasympathetic state.

So she would do that a few minutes a day. That became part of her daily meditation. Within two weeks, her son's behavior completely changed. And so her boyfriend asked her, like, you know, because they had asked to he had asked, the school system had asked to medicate him, and they refused.

And so our boyfriend asked, like, have you did you give him the medication because he's acting, like, totally calm and normal, now. And it turns out it was because of her stress and anxiety that she was holding internally to herself.

It's the energy field that she was giving off was stress. Although the smile that she had on her face was, would lead you to think something else. And so because we're quantum entangled, especially with our children, her son was picking up on that energy right?

And acting up. Right. He had no way to release that energy except by misbehaving. Right. And so when her heart rate variability started changing and moving in the right direction, it affected her son.

And that was like all the motivation and inspiration that she needed and realization that she needed, that she can affect her others around her, that not only can they affect her, but more importantly, she can affect them.

And so, you know, when we go through this process with our clients, it is a bit of a, you know, a study of biochemistry and, you know, a study of spirituality and mental resilience and, you know, pushing our physiology not even to the limits, but just doing what our physiology requires.

And it's amazing what happens in people's lives, not just physically in their body, but also in the lives of people around them. There's some people that, you know, question, what are you talking about?

Energy fields, like what is this all about? I never heard this before, but if you just take a step back and you start to think about families that you know, and you think about the children first, and you think about the behaviors of the children, it will always match back up to where it's coming from.

Right? It's not even about nurture in terms of them being taught. It's just them mirroring, absorbing the energy, reflecting it. You'll see it once your eyes are open to it, which they will be from people hearing this. It's consistent.

It's constant. If I show you a picture of some kids on Instagram, you know what their parents are like just by looking in the picture. Typically, yeah, right.

The way they're dressed, the way their hair looks, etc., etc., etc. and it's not just a culture thing, it's literally the glow on their face, the way they smile. Is it sincere?

All that stuff directly reflecting the energy their parents put off, right? Yeah. You know, and of course our parents play a role in our genetics. Yeah. But most importantly, they play a role in our epigenetics.

So it's how those genes, then express themselves so we as parents can make such a huge impact in the, in not only in our own lives, but when we do this correctly, when we change our energy field that we're giving off, then those around us are starting to be affected.

You know, I had this, unique experience. It happened, you know, it was this past summer, actually. And I go in the pool, I have a I have a pool, and I don't heat it, so it's a, it's a cold pool.

And I'll go in there and I'll do some meditation and I just sit really still. I get really slow with my breath. And one day I'm sitting there and my wife was taking a video of, I didn't even know she's taking a video of me.

And when I watch the video later, you could actually see the water rippling with each heartbeat. Oh wow. And you could see the way the sun was casting light.

You could see the ripples, like coming out of my chest, because my heart field was creating that energy field around me. So the first time I actually ever visualized that, like, we know it's beating inside of us, but to actually see the ripples in the water that it was generating through the shadows was pretty amazing.

So that for me, that was like, that was all the evidence. I needed to see how powerful our heart is. And we all know

that things resonate with one another.

So our the energy that we carry inside of us is going to resonate with the people we attract, the circumstances we attract, the parking spots that we attract.

All those things are going to be a result of the energy field that we're putting out there in the world. So if anyone needs to know how much work they have left to do, they should get in the bathtub tonight and check if they got that ripple or not.

If not, there's some there's some uphill battle. We've got to work on it. But anyway, with the tools and tricks you're telling people shouldn't be that difficult to begin with.

So when it comes to again, bring it back to more like clinical. There's some people that say, well, how do I talk to my doctor about this? How do I, you know, what does this even mean with metabolic health?

How do I so how do you take this from all the stuff you're saying, which are the solutions, which is what people really need to know? To how do I know if I have this issue, which is not really an issue?

It's it's more complex than that. How do you bring this more into like, clinical speak? Yeah. You know, I think that so there's a couple things there.

I think that's a great question because we want to take this information and we want to go to our doctor, to find some answers. But here's the thing. It's hard to measure all these things in blood work because blood work is constantly changing.

Our hormones are changing throughout the day. If I have a client where a continuous glucose monitor, they'll see that their blood sugar changes throughout the day.

It actually changes even while they're sleeping, while they're not even eating right. You know, their blood sugar is changing. It changes if they're sitting in front of a desk and checking their email changes, if they go for a walk.

So other hormones are in our body are also constantly changing, and levels in our body are constantly changing. So I what I try to focus on is I know that I have to do these lifestyle factors regardless of what my blood work says.

Regardless of what your blood work says, you should be breathing, right? You should try to optimize your circadian rhythm. You should be emphasizing sleep and rest and recovery and digesting your food by slowing down and actually chewing it.

Right. There are certain things that we should all be doing regardless of what our labs say. And that's really the the baseline and the foundation. But if you do go to your doctor and you want to get some good blood work done to to see where's my metabolic health, you know, I would certainly run a CBC and a chem 20 just to make sure you're not anemic.

I would want to do a fasting insulin just to make sure that there is an insulin resistance vitamin D, I related to so many different functions in your body.

Wearables, Blood Sugar, and Feedback Loops

I think overall that's a really good marker for us to look at. Magnesium plays an important role in cell function. So a, RBC magnesium and of course zinc plays a huge function between magnesium and zinc.

There's about 500 different functions that those two, nutrients take care of in our body. I would also look at B vitamin status, especially folic acid and B12.

I just want to make sure you're not deficient in those. And that's a good place for most people to start. Of course

blood sugar and A1 C tells us if there is continuous blood sugar or, you know, consistent blood sugar issues that the person might have.

But I think fasting insulin is a much earlier indicator of blood sugar dysregulation. So those are all warning signs that there's something to pay attention to.

And you might see that if you drop some of these habits, those numbers will change. Right? Oh absolutely. Yeah. We eat when we put a continuous glucose monitor on our clients within them eating their normal diet to them, starting the meal plan that we provide them with, which combines meal timing, timing of the day, the balance of the macros that you're consuming and nutrient density.

And then, of course, timing your meal with bedtime and such amazing things start happening and they see virtually instant results. And within a couple of days they can be off of some of their medications, or they can eliminate the need for those medications by incorporating simple behavior change.

And they see it. They see all the ups and downs before, and then they see that whole curve flat or that lying flat lining. Now, in a good way, because their blood sugar stays stable throughout the day.

So having short feedback loops is so powerful, which blood work doesn't allow us to have so like when you wear an aura ring, you know, every day you wake up every day.

So last night my readiness and my sleep were 90 of glad I had a good night. So I can say that today, not every night is perfect. But when you when you do that, you have a short feedback loop, so, you know, if what you're doing is working.

Right. Okay. So I know for me, if I have an early dinner and I get in the sauna about an hour before bedtime and take a nice cold shower before I go to bed, that's going to help me sleep better.

That might not work for everybody. In combination with red light therapies and things like that. Those things tend to work for me. So I can use the ring to identify what's helping me and what's potentially harming me.

Late meals screw me over. Right. So a late meal is like one of the worst things I can do for my nervous system, because instead of repairing and healing for the first few hours that night, my body's trying to finish digesting the meal that I just had.

So that's, you know, those are important ways for us to, you know, get that feedback loop, shortened up with continuous blood glucose monitoring. I can have somebody wear a little patch, and every 15 minutes I can see what their blood sugar is or they can see.

More importantly, they can see what their blood sugar is and gamifying the process so they can gamify it by having some of their favorite foods. For me, one of my favorite meals is a mushroom and rice burger.

Turns out that that takes my blood sugar through the roof. Another favorite dish of mine is a chickpea salad. Turns out that that chickpeas take my blood pressure.

Our blood sugar through the roof, of course, comes back down because I have metabolic health. But, you know, I would have not known that and not assume that, had I not worn that continuous glucose monitor.

So now guess what? I eat that less frequently or eat a smaller amount. Knowing that information, my wife ate the exact same meal, the exact same weight, because we weighed the meals and her blood sugar barely responded.

Oh, wow. So. And we know this, right? Based on how much amylase we produce and our insulin response that different people are going to respond differently to the exact same food.

So having that feedback loop where they know, you know, meal after meal or moment after moment, what's

happening, their blood sugar, now, they can gamify the process.

Now they're in charge. But if I only check their blood sugar, you know, after fasting for 12 hours under the most perfect conditions I can possibly create, every 90 days, that's not really going to tell me anything.

That doesn't tell me all the ups and downs that were happening. It's so much easier to create habits when it's in time, in real time, because you see it and the feedback, like you said, it's instantaneous.

It's like a why? It's hard. You deny that. Yeah. And then go back and do that thing again when I just saw the spike. Right. Yeah. And what causes, you know, one of my, one of my friends, Lisa, she message she's a genius network.

And she said my data is diabetes. What can you do to help? I said, well, first red flag is you want to help him, so get him to call me, right? And, and so she's like, she's like, oh, he's not going to listen.

He doesn't listen to anyone. I just need I just need to know what to do. So I said, okay, Lisa, humor me and get him a CGM. And she's in the US.

Practical Testing and Closing Advice

So we shipped one out to her and I saw her a few months later at the same event, and she came up to me, gave me a big hug, and thanked me profusely because within five days, her dad was off of his blood pressure medications because he had the CGM telling him what to eat and what not to eat.

It was like a little coach that helped him identify where his greatest opportunities were awesome and boom. Within five days, right? Who says people don't want to be healthy? Who says people are lazy?

They just need information so that they can make informed decisions and then decide, this is how this food or this behavior affects me? Do I want to do this or not?

But when it comes to health, most people have such long feedback loops in relationship to their decisions that they don't know if it was that one thing that caused that problem for them.

They may not ever know that, because literally, they may not ever see what was that pain point in that journey, this six months between doctors appointments, were you in some number went up by 2%.

What happened? Right. So this is the beauty of what you're doing and it's not. And then the pain point of why people say, well, I don't I can't do it this way because I need a solution.

I need the doctor. Tell me about it. Well, that solution isn't in five days or three days or five months typically. Right? So not only you're saying here's how to deal with the root cause, but it may actually be a lot faster.

Yeah, it'll get you to your goal faster. So that's all you have to thank you. This was awesome. Powerful information. If anybody takes even 1 or 2 of the things you're saying and implement some day, like you said, just the sleep thing or what happened to your friend could completely change their metabolic health and how they deal with their health in general.

Thank you again for coming. This is awesome. Thank you my friend. It's such an honor. Greatly appreciate it. And, here's to everyone's amazing health. Thank you.

For.