Introduction and Guest Background

Just because you're not doing a thing that has evidence that seems to say that it's good for your longevity doesn't mean that, you know, you're, you're missing out on, you know, the latest best thing.

It's easy to do when you're listening, you know, listening to podcasts and, you know, all the, like, there's a lot of really good information out there.

But believe it or not, and there's some not so hot information, but I think by and large, there's a lot of really good information and it just becomes like overwhelming.

I guess the myth I would pop is you don't have to be Brian Johnson, right? In fact, I think for most people to try to do all of that stuff all the time is probably detrimental for your longevity.

You're listening to the Lifestyle Medicine Podcast with Dr. Ivan Rusilko, brought to you by Access Lab, where we explore new perspectives at the forefront of personalized health care.

Hello and welcome to the Lifestyle Medicine Podcast. My name is Dr. Ivan Rusilko, your host, and we're powered by Access Medical Labs. If your doctor's not checking your labs, then he's not a doctor.

And do I have a very interesting individual today, Dr. Vaz. He's got a background that I think parallels mine, and I couldn't be more excited to talk to him, not only about his medical, history, but also his personal life.

He actually graduated from the Trinity College, where he earned his bachelor's degree with honors in neuroscience. But one of the cool things is he gravitated towards Somalia, where he worked in the Peace Corps, taught secondary school and also worked for the WHO on some very, very cool projects, which we're going to find out about.

After that, he came back to the United States. He got went to medical school at Cornell. And then he went to for his postgraduate to Colorado University, where he got his degrees in both surgery as well as emergency medicine, which he's boarded After decades of practicing traditional medicine, he gravitated towards the wellness market.

Welcome to the wellness market, where he now helps his patients gravitate towards not only living better lifestyles, but smarter lifestyles. There are all types of regenerative processes and functional health.

Some other pretty cool things about that is I think every physician should exemplify the actual medicine they preach. He was a world-class wrestler in high school and college.

And he just recently won one amazing title of doing the Masters in Brazilian Jiu Jitsu. So that's pretty, pretty gosh darn cool. And now he also spends his free time rock and ice climbing as well as whitewater kayaking.

So Dr. Vaz, absolute pleasure. And thank you for stopping by the Lifestyle Medicine Podcast. How are you doing today? Yeah, I'm great. Uh, thanks for having me.

Appreciate it. Yeah, heck yeah. So that's, that's, that's quite the history you got there. Solomon Islands in the South Pacific. And, you know, I was just finished college.

I knew I wanted to go to med school, but I wanted a break from studying and I wanted to travel. I wanted, I'd studied French, so I wanted to like solidify, you know, a second language.

And I looked at a bunch of different options and the Peace Corps. just sort of floated to the top for me, it seemed

like the right sort of fit. And I was expecting to go to like a Francophone, you know, Western African country because of my language and background, but ended up in the South Pacific and it was, yeah, it was just an amazing experience.

Oh, that's fantastic. Now, did you know you wanted to go to medicine while you were there? Is that something you kind of figured out while you were there?

No, I knew I wanted to go to med school and what changed there in the Peace Corps was really where my focus was and where it had been pretty heavily into sort of like brain and neuroscience as an undergrad.

And it shifted a little bit more towards public health and international medicine with my experience there. Oh, super cool, super cool. And how was your experience?

So I was just talking a bit before this how I'm actually going to go into the Golden Gloves for Masters in the upcoming year. What took you into the Masters for Brazilian Jiu Jitsu?

I find that's very, very unique. Oh, thank you. You know, jujitsu is a passion. Um, it's a ton of fun. You know, I, it's, I think it's for me, it's kind of the cheat code.

It's a great way to get cardio resistance training.

Peace Corps and Medical Training

Have, you know, a bunch of really great friends and get to work out together and having, you know, background in wrestling, I think is, you know, a distinct advantage because it's, you know, different rule set, but very similar sort of.

You know, skills required. And so I was good at it when I started and competed a bunch and just been fortunate to get some, some big wins. Oh, fantastic.

Well, that's super cool. And now you, now you're helping your patients live to a hundred. So now if I might, if, you know, if you're in your thirties, your forties, your fifties, what do you think the cheat code for that's going to be coming up in the future?

We have so many different. unique things, you know, available now from stem cells, exosomes, hyperbaric, I mean, all kinds of peptides and hormones. I'm just curious to see what your thoughts are.

What's the what's the ultimate cheat code to live to 100 these days? You know, I think, although all those things are tools that I utilize and believe a lot in, I think the foundational component for a long healthy life is community connection and a solid sort of base in, you know, who you are and how you connect with the world.

And that, you know, might, you know. Some people talk about that in sort of a spiritual sense. I feel that that's, you know, to really be connected to yourself and to the community around you is a foundationally important piece of living a long, healthy life.

And I think that. Being doing it in a way where you tap into your joy, whatever that is. So like we just talked about jujitsu, that's one of my joys. Being able to do that on a regular basis, I think is probably one of the most important things that anybody in those younger decades could do to help ensure that they live a long, healthy life.

Yeah, I think that the big buzzwords now, you know, your mind, your body and your spirit, or your, your, I always call your, your emotional health, man.

Well, one of the big things I preach here is, is experiential living. Cause I always sit there and say, if you're not really utilizing the medicine and the gifts that you're giving being healthy, energetic, strong sex life, strong, energetic, you know, overall personality, you're, you're kind of wasting what healthy is.

The fact that, you know, I think me and you parallel, I just got back from Norway, I went swimming with orcas, chasing the Northern Lights with some whiskey.

I mean, I think that to me is 10 times more of a medicine, if you will, than any peptide on earth that I could prescribe. So yeah, I couldn't agree with you more than that.

I think experiential living is the best form of medicine. And the more people that find that is there's also that essence of stress reduction. And I think a lot of things that we can't test in laboratories is, is overall emotional stress.

Uh, you know, we can find physiological stress, cortisol levels of this, that, and the other. Uh, but the fact that you're, you know, you're treating yourself, which I think is the most important part.

Uh, with things like the rock climbing, the ice climbing, the ice kayak, you know, that kind of stuff is probably the best form of medicine. And I think that's what a lot of physicians are kind of lacking this day and age that so much on prescriptions and here's a peptide for this, that, and the other, but they aren't really getting people out there and actually being like, why don't you go out there and do something for you?

Right. Yeah. Well, you know, I love it.

Jiu Jitsu, Fitness, and Longevity

And, and I don't want to minimize the importance of those other tools because I think they're, they're, they're important. And I feel like, you know, the, the foundational components of living along, you know, healthy life, it's like, you know, purpose connection, spirituality.

Then, you know, rest, sleep, you know, recovery, then, you know, the right exercise and nutrition plan. And then all of, and listen, I love sauna and cold plunge and, and peptides and stem cells just as much as the next person.

They've been incredibly beneficial for me. Um, and for, you know, hundreds, if not thousands of my clients don't even know how many, but, um, You know, if you don't just like building a house, like if the foundation isn't solid, you know, what you put on top of that is going to be not solid as well.

I think, yeah, don't, I don't want to undercut the effectiveness of the therapies. And I guess the, the only other thing that I'd say is, you know, looping this back to the thread that you brought up in lab values is when you, I guess, a couple of clinical experience or a clinical experience that'll bring up, you know, I have a lot of couple clients, you know, so husband, wife, and when it's not.

typical, but sometimes you'll see one of the pair that's more rooted in some type of practice that grounds them and connects them, and that might be meditative, it could be a spiritual practice.

When the other one isn't, it's very, it has been obvious to me in cortisol measurements, inflammatory measurements, that the one who seems to have is more rooted in their connection and purpose, that the lab values tend to follow that.

Meaning the, uh, the inflammatory markers tend to look better. And even sometimes things that, you know, I can't really understand, like a cardiovascular markers, like, like lipids, et cetera, seem, seem to trend with in my anecdotal experience with that community connection purpose narrative.

So I don't know of any large studies that, that have looked at that, but I'd be interested to see or learn about if any of them have been done that I'm unaware of.

No, for sure. There has to be some kind of connection. I mean, like just myself, I got back, I think five days ago and the energy I had, the feeling I had while I was out there doing this stuff in Norway.

And then you come back and jump into the stress of Miami beach. It's just kind of like, it's palpable. You know what I mean? You know, it's funny because lab testing is my, I think the cornerstone for all wellness medicine.

The more you know about something, the more precision based medicine it actually is. And so I'm kind of curious, what are your top, you know, I'd say three or four markers when it comes to measuring somebody's I guess it was indirect stress levels besides cortisol.

Yeah. Great question. I'm going to have to think about that. So stress levels, I think. Well, it comes out in a lot of different places. One, of course, are inflammatory markers, you know, so CRP, I think it is a good broad one.

I see it less in some of the more specific like the LPPLA2s or the oxidized LDLs, but CRP for sure seems to trend with stress. I think hormones are probably another one, and I know that's a little bit more broadly speaking, not a specific biomarker, but you know, testosterone in men, estrogen, and testosterone in women.

Another one where I think they show up are in, you know, the markers of autoimmunity. So I think thyroid antibodies is a good one that a lot of traditional providers You know, that I never checked ever until I left traditional medicine, but that I can, I now check regularly and I can see trend as, as I've clients who, you know, we'll tell you like, man, it's been really stressful and you can sometimes it's not a hundred percent reliable, just like anything in medicine, but often I'll see those trend, um, with, with stress and, um, I think.

Community, Purpose, and Experiential Living

I'm trying to think of what else, but those are some of the ones that sort of jumped to my, you know, front of my mind as you asked that question. I'm pretty sure you covered all of them.

I mean, I think, you know, the hormone aspect too is I always like to kind of see, I think sleep is not only the most important thing that we do do, it's the most important thing that we do incorrectly for that.

And, you know, I always try, I do a lot of counseling and teaching as well. And I think the three biggest things that I see are DHEA, cortisol, and IGF-1 when it comes to that.

You can tell somebody's had a bad night of sleep or I'd say a couple decades of bad sleep just by how their IGF levels are. They aren't getting into that delta sleep where they're spiking their growth hormone.

The cortisol is going to be through the roof, or it's going to be bottomed out, so they'll be in a fatigue or stress situation. And then the whole cortisol steal with the DHEA syndrome going on.

So those are kind of my ways to kind of indirectly, like I said, like you can't directly measure it, but kind of indirectly measure, you know, when you're stressed in the most important aspect of what we do, which I believe is sleep.

I think sleep is our ultimate anti-ager, if you will. Oh, yeah. I agree. A hundred percent. And, and as you're talking, another one came to mind is just fasting insulin that, that tends to move pretty quickly with those sorts of, you know, stress, sleep changes and seems to correlate.

No, big time, big time. And like, so as you're seeing the whole, you know, the wellness, anti-aging, regenerative, functional, I mean, it has 80 different names to this, to this beast now.

The question is, what do you see some of the biggest myths about aging right now? And the things that you see people going down this whole rabbit hole of like, take this, that, and the other, and you'll never age.

Or, you know, Brian Johnson said, dude, you know, all these kind of nonsensical, buzz click worthy, you know, things you see on social media. What are some of the biggest, you know, myths when it comes to aging versus anti-aging?

Yeah, I think, um, and this is a tough one because, you know, I do a lot of stuff, so I'm guilty of doing this too. But I

think trying to do too much and getting a little bit too lost in.

Am I like the fear of like, am I ticking all the boxes, right? So, you know, I think what's more important is finding what works for you, finding what, what fits within, you know, a reasonable daily or regular schedule and then finding consistency with that.

And I see a lot of people getting worried that like, Oh, I've got to add cold plunge and then I got a sauna and I'm. get my hip workouts and do my zone two and do the resistance and get the protein.

And you know what I mean? And before, you know, they're, they're stressing about doing all the things. And I think that's, you know, maybe it's not a myth, but one of sort of the trends that I see that, um, You know, better, you know, and, and I, I counsel better to be consistent and have.

Pick this, the tranche of things that works for you. And just because you're not doing a thing that has evidence that seems to say that it's good for your longevity doesn't mean that, you know, you're, you're missing out on, you know, the latest best thing.

So I guess that sure overdoing it in a way. Yeah. Yeah. Don't, don't get, don't get caught up in, in trying to do too much. No, no, for sure. And I think it's easy to do when you're listening, you know, listening to podcasts and, you know, all the, like, because there's a lot of really good information out there, but believe it or not.

And yeah, there's some not so hot information, but I think by and large, there's a lot of really good information and it just becomes like overwhelming.

No, it does be sort of like, I guess the myth I would pop is you don't have to be Brian Johnson, right? In fact, I think for most people to try to do all of that stuff all the time is probably detrimental for your longevity.

You know, I think it's also detrimental for his. I mean, have you seen how he looks these days? I don't know if you're looking like that one. But anyway, that's a whole nother conversation.

And that also brings us to the point, like, you know, the difference between health span and lifespan. I think people get kind of bogged down in the aspects of, you know, I want to live this many years, but if it's 100 years, I'll pass on that.

You know what I mean? Like, I'd rather have a beautiful 80 years. So the question is, when you're counseling patients on the difference between, you know, lifespan versus health span, how do you kind of direct them and kind of guide them into, you know, making the correct decisions for the best of reasons?

Yeah. I think where, where I have gone personally, that's been really helpful. And what I, I try to get my clients to do is to really get granular around what success is.

And they're there for them, you know, from, you know, health and a wellness and a longevity standpoint and, and to really get as specific. as possible.

And there, there are a number of different tools that are available out there, whether it's, you know, writing your own obituary or doing a formal program that has sort of a structured question, you know, set of questions that you can answer, but getting really specific, like how, how long do you want to live and what do you want to be doing While you're alive, who, who do you want to spend that time with?

What do you want to, you know, that includes both family and non-family, you know, who, what friends are important to you and what friends do you have?

And what, you know, that you want to continue to have a healthy, joyful relationship with, and, and what do you want to be doing with them? What do you want your financial situation to look like?

What do you want? Like, where do you want to be spending your time? So, you know, and, and, you know, there's a number of different very good tools that can sort of help people do that.

Stress, Sleep, and Biomarkers

And I think the more, it's easy to say, you know, I want to live a long, healthy life, but the more you get granular about it, the, I think, and, and again, being relatively, it doesn't have to be super complicated, but once that, once you get that granularity, Then building, because what I do for people is, and you do, is we help them build.

Well, then what does the path look like between here and there? Because that path would look very different if. You know, you're in the granular portion of that definition of what, like, what is health and lifespan?

Like what's the ideal health and lifespan for them? If it's one of our marathons when I'm a hundred, that's very different than I want to be able to play on the ground with my grandkids when I'm 85. Right?

Like there, there's two different trajectories and two very different health plans to get you to that point. And that doesn't mean, you know, what you write or what you do now is set in stone.

But I think the more specific you can make it. And then this I think loops back into. sort of where we started, which is this grounding and connection and spirituality.

Like the more you speak it out into the world in a fashion that, that you believe that's true to yourself, the more likely it is that, that it's going to happen just simply by you believe, you know, manifestation, knowing it, believing it and enacting the, you know, the interventions and the plan that.

you trust will get you there is more likely to get you there. So yeah, I think that would be, that's what I try to do with people is to try to make it granular.

And it's hard for people sometimes. It's very hard for people. And I think it's unique because you, if these people come in and depending on where you're at, you know, they come and spend thousands of dollars or whatever it is, it's not a whole financial aspect of it, but they come in with a hope, you know what I mean?

Like, and I think a lot of patients come in with a hope that's kind of jaded. you know, they see other people this that and the other is like, tailor the plan for them, you know, I mean, like, not everyone needs to be in a Ferrari driving down, you know, wherever they want to drink in this that and the other some people just want to be at home.

So gravitate towards what you like, as a person customize it, make it precision based health, and precision based formulas to make sure that you actually achieve what you what it is that you want to achieve, which I think is fascinating.

I think the whole manifestation thing too, I like to see a lot more healthcare practitioners getting to the idea of, you know, we've been so traditionally trained in this box that says, you know, prescribed cut this.

It's just this repetitive formula. And the aspect now is you're starting to see all these things that we thought were voodoo back in the day are all of a sudden becoming more and more true, you know, and it's really unique to sit there and see how kind of society dictates what medicine is correct.

You know, I mean, like, I think COVID, just blew the top off of, you know, traditional medicine. So now these traditional doctors who are so research based are now being like, well, maybe a sauna is not a bad thing.

We just saw it was yesterday that the the the FDA came in and it took the the the warning labels off of hormone therapy for women, which was fascinating.

You know, I mean, like who had ever thought that was going to happen. So I think there's this really unique trend where doctors have all these new, unique tools that we can actually go towards.

So I'm kind of curious when it comes to your proverbial bag of tricks, what do you think are some of the biggest tools that you have to help people achieve the best health span, if you will, or the best way to first diagnose what they need and secondly, fulfill what they need.

Yeah. I think, um, you know, I'm the way I work with people now is, you know, everybody who comes into my practice, we do like a very detailed head to toe medical assessment.

And, and that includes, you know, extensive lab work, extensive imaging, extensive functional testing. strength and mobility testing, body, you know, looking at the body mechanics.

And the plan is tailored to address all of those components from the sleep match, you know, foundationally from purpose connection, really. And that's sort of like getting granular around what, what is it, do you really want to be spending your time doing?

And then rest, rest recovery, doing, doing the right kind of workouts and the right kind of recovery from those workouts to facilitate better workouts moving forward and getting granular around the implementation of the fundamentals.

the sleep, the diet, the exercise. I think those are, you know, you can't like, there's no, there's no path to long-term health and wellness and, and joyful health and wellness without addressing those fundamental components.

That said. those are things that humans have known, I think, for thousands of years, intuitively and in some ways, right? So like how to eat, how to rest, you know, traditional societies often taking that, you know, in the middle of the day, which is fantastic for longevity.

But those things don't leverage any of sort of like the advanced understanding and knowledge that we've developed as you alluded to, sort of this frontal cortex scientific application and investigation that we have the benefit of, of having access to.

And so I think a broad plan then on top of that utilizes all of the appropriate tools in the toolkit.

Myths About Aging and Overdoing Longevity

And what does that mean? I use supplements, I use traditional medications, I use Um, untraditional medications, so, you know, things, things off label.

So for example, like like EDTA chelation, for example, or forms of chelation, which are approved, FDA approved, but not utilized in the traditional system, the way they're used in sort of the wellness space.

Um, I also, I think peptides are incredibly powerful tools that are terribly underutilized in traditionally medicine. And I'm a firm believer in that biologics and cell therapy is clearly, you know, the future of medicine.

Um, you know, I think you could lump peptides into that sort of like biologic classification, you know, and cell medicine in its current form is fantastic.

And I have no doubt. that when the system, you know, I've been saying for years that like, you know, the, the research that's been done is fantastic, but when the big academic centers really get on top and involved and interested in these therapies, I think they could be made who knows, knows what could be done with them.

And so I'm a strong believer published papers on cell therapy, stem cells in particular. and a beneficiary of, you know, how powerful they are at helping the body heal and, and helping people to maintain healthy, active lifestyles for, for much longer than we thought possible surgery free.

So, I mean, this is, I guess where I'm going is I think in my opinion, the best approach is the approach that, that is not exclusionary, but is more inclusionary, meaning You know, you're a traditional provider or non-traditional

provider, the more you can open yourself up to all of the potential options, I think the better results that I've personally seen when I approach it that way.

I don't know if that makes sense, you know, rather than just saying like, oh, I'm going to stick to FDA approved medications and indications. I think that limits the potential.

Big time. And again, as we've seen, usury fees and everything that goes on now, it's astronomical what we're just starting to uncover. I can only imagine 10 years from now if we continue to really dig.

So yeah, you couldn't be more right. And I always like to ask since, you know, any physician uses, what are your top two peptides that you use in your practice?

I think, man, by volume, it's probably BPC. And I usually couple that with, most of the time it's going with thymosome beta-4. So those two, and then some form of ghrelin, CJC-1295, tessamoral and impamoral.

Just because those are, man, they work so well for so many things. They help with inflammation. They help regenerative capacity.

Healthspan, Personalization, and Treatment Tools

But, you know, I have used a lot of peptides and, you know, a lot of variation from those, but those are, I think the most commonly used ones, you know, for sure.

Yeah. They're, they're, they're definitely bread and butter and in, and in general. Yeah. Yeah, for sure. And again, like it's unique to sit there and see, because, you know, depending on where the doctor is in the world, you know, if they're more aesthetic, you're using the GHKs and all that kind of stuff.

Yeah. So it's always unique to sit there and see what a physician's go-to is. Yeah. Have you ever heard of DSIP? Sure. I would say that's probably my favorite peptide.

I'm not going to lie. I think that's my best one. Cause a good night's sleep, a Delta level, it's better than any medicine on earth, you know? Yeah. Yeah.

Amazing. Amazing. That's very, very good. So I'm also curious too. Well, what are some of the things that you do in your practice that you think most physicians that you went to medical school with would sit there and disagree with?

Well, I think a lot of what we just talked about. Just rewind and listen again. Right. Yeah. So peptide. So, so it actually, you know, here's one that, you know, ozone therapy, which I, you know, so I have a good friend who's he's a, he's a chiropractor.

He's still one of, one of my best friends. He's a jujitsu buddy. Um, and when, when I first left, you know, my emergency medicine practice, I talked to him, you know, and he said, Voss, man, you, you gotta do ozone therapy.

He's like, ozone saved my life. And he had the story where he went, he was volunteering in Haiti after the big earthquake there, you know, decade plus ago.

And, um, you know, he came back with, he's like, I don't know what it was. Nobody could figure it out. Like he was like, I was certain I had some parasite or something because my gut was wrecked and it, you know.

Everything from stool tests and colon, like nobody could figure it out. He's like, my hair was going gray. He's like, I felt like I was slowly dying. And he said, I found ozone therapy and it literally.

Like it saved my life and I trusted him. And I went to an ozone conference, just totally expecting a bunch of horse hockey, but I was like, okay, my buddy who I trust, you know, had this experience.

I'm going to go check it out. And then I was just kind of like. Surprise like, wow, like the, you know, the, the little bit of research that was presented.

I believed and have used ozone, you know, for many years now with great success. And I think most people would just flat out say like, that's just crazy.

And it's not, it's a highly effective tool. And here's what I would say is there's no, you know, every therapy has a therapeutic window, right? And so the problem with when you adopt a new therapy is you don't have a great understanding around like what is the best therapeutic window for people.

And, and unfortunately, when you come through like traditional training, you get years of experience with the therapies that you're trained in. So you come out and even though that understanding of the therapy, the appropriate therapeutic window for whatever you're using is modified and it's ever sort of changing.

I think, you know, when you start with something that's out of the box, whether it's, you know, ozone therapy or peptides or stem cells. You know, but I'm pretty sure all of my colleagues from med school would say I'm a quack just for using ozone therapy.

And maybe not because they know me and they're like, well, maybe, okay, maybe it's, you know, gone a little bit off the rails, but you know, it's one of those that, uh, you know, there are a lot of tools in the toolkit that were not trained in, in traditional medicine in this country.

And it's a shame, I think, actually, really to a detriment to all the patients. Yeah, no, I couldn't agree with you more. So we're coming to a closer.

So I always have two questions I like to ask, ask my guests. First and foremost, for any physician who's watching this, what's one piece of advice you could give them if they wanted to either better their practice or if they're just starting to get into this world?

What is what is one piece of information you could give them from from your years of being in this industry to help them kind of be be a better physician?

I'll say, I'll take the liberty of giving two things. One is don't operate from a place of fear. We're trained in medicine to be scared and fearful. And although those aren't the words that, that are used, it's be skeptical, you know, be scientific.

Peptides, Ozone Therapy, and Medical Advice

But in my personal experience and in my personal observation, there's a lot of fear in traditional medicine, fear of like, is it the standard of care?

Am I going to get sued? You know, take that, crumple it up, throw it in the trash. and get curious about how you can help your patients. I love that. No, very good.

The fear one is something that's very new. I like that. That's where I'm like, it's two things. It's stop operating from a place of fear and get curious.

I love that. Now, the second question is for any patient, because we both listen here, what's one piece of advice you can give them when they're looking to actually find a physician in this actual industry, the wellness industry?

What's one thing they should look for? Let go of your frontal cortex and trying to be logical time and time again in my life, not just in medicine, but particularly in medicine.

When your gut reaction is either positive or negative, trust it. I love it. Even if it flies in the face of logic and whatever, I mean, I can't tell you how many times I've been caring for people who are deep, deep, you know,

confronting mortality, people I didn't think were going to make it through the night.

And all the data said, oh, this is the treatment algorithm you should follow. And when those patients or their family members had strong inclinations to say, you know what, that's, we're not, that's not right.

We're not doing that. We're going to take, we want to take this route. Um, you're more likely to have a better outcome if your gut sense and your intuition aligns with, with the route that you're taking.

Oh, fantastic, man. Way to end it, man. That was great. That really was. I go, those are probably two of the best answers we've gotten for that one. So I really appreciate it, Dr.

Vost. Thank you. Really, really. Thank you so much for stopping by. Again, the Lifestyle Medicine podcast powered by Access. We're on all Spotify, YouTube, you name it.

Send a care or a picture and we'll find you somewhere. But Dr. Voss, thank you so much. It's been an absolute delight having you here. From one fellow master fighter to another fellow master fighter.

It's been an absolute delight, my man. Thank you so much. Appreciate it. Appreciate you. All right, guys. Have a good one. Yeah. Take care. Thanks for joining us today on thousand routine and advanced biomarkers with 24-hour results.

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