How To Supercharge Your Energy by Combining NES Products With Other Novel Biomedical Interventions Transcript

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Introduction and summit welcome

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, doctor Greg Eckel, and I have my esteemed guest and colleague, Doctor Jeffrey Gladden, MD, Afaik, is the founder and CEO and visionary of Glad and Longevity.

Doctor gladdens consuming passion is to answer the following questions for himself and mankind. How do we make 100 the new 30? How do we live well beyond 120 years old?

How good can we be? How fit, how strong, how mentally sharp, how relationally connected and how spiritually centered? And for how many years and decades can we carry this forward?

Doctor Gladden, welcome aboard. Oh, thanks, Greg. Good to see you. Good man. Good to be here. Indeed. I love your questions and I just love being around you for the questions that you ask, because we definitely get better answers.

Today's topic is how to supercharge your energy by combining any products with other novel biomedical interventions. And this supercharging your energy.

I think, with the questions that you're asking, this is going to be an awesome discussion. I'm really looking forward to it. And the first pressing one I have for you, because you're conventionally trained cardiologist.

How did you leave cardiology? Because you've set up hospitals, you've developed devices, and you've left that somewhat. And to pursue optimizing this life energy longevity, health and performance optimization.

Yeah. That's right. No, I think, you know, it is a little bit of an interesting story, but, I'll keep it a little bit shorter at the same time. I mean, what happened to me actually was I got sick in my 50s and I was putting on weight.

I had brain fog, I was fatigued, I was having trouble getting out of bed.

Leaving cardiology for longevity medicine

I had a pretty young family. I've always been very athletic. I played soccer and like to mountain bike and basketball and things like that, snowboard, etc.

and I got, to a point where it was starting to feel like I couldn't keep up with my kids anymore, and I went in and got tested by one of my colleagues, and they ran all the usual tests, and it came back and said, you know, everything.

Everything checks out. Okay. I think you're just getting older. And why don't you take an antidepressant? And it was such an existential moment for me.

It was like, I can't believe that it's just going to be downhill from here, right? I can't believe that I'm going to feel fatigued and tired and have brain fog.

And my father died with dementia at age 89. So I'm like, this is not a pretty glide slope that I'm on here. So that's when I threw myself into functional medicine, management medicine, integrative medicine basically, and went out and did certifications, etc..

And then after two and a half years, I was able to crack the code for myself as to what was going on. So when I did

that and I had subclinical hypothyroidism, I was hormonally depleted and my methylation cycle wasn't working properly.

So I would get depressed periodically and I would have brain fog because I wasn't making neurotransmitters efficiently. Once I kind of cracked the code on that and started feeling really good again, the first question I asked was, jeez, if I can feel this good now, I wonder how good I can be.

And I also realized that I've been practicing sick care, not health care, and I realized that from now on, I actually wanted to practice self-care. So I left behind my cardiology group, that I'd built and the heart hospital I'd founded and all the other things that I, I basically kind of based, jumped into an area where I had no idea how to get paid, and I didn't get a paycheck for like four and a half years trying to figure out how to get paid.

But nonetheless, I was so passionate about, about doing, you know, true health care, if you will, health optimization, longevity optimization. So, you know, that was really the 90s from which glide and longevity came from.

And now, you know, we're just doing extraordinary things. And so we're super excited about all that. That is awesome. Now I have to ask you, your colleagues in community at that time, did they just look at you like you lost your rocker?

Yeah they did, they didn't they didn't get it. They couldn't understand it. They it was like, well, what happened to him? You know? And I didn't really bother to tell them about what I was doing either, because I knew they wouldn't get it.

One of the one of the really sad things is that as professionals, you know, we go to good schools. We we get our degrees, we get trained up, and we kind of get married to a particular set of answers. Right?

And it becomes, you know, canon law, so to speak. And anything else is, you know, blasphemy. And we basically get married to those answers, and then we're in a position where that's really all we do and all we know.

And I came to understand that was only when I started asking different questions that I found the answers for myself. And so from then on, I thought, you know what?

Every answer I ever come across, I'm never going to get married to it. I'm only going to be married to the questions. That's been transformative. I mean, it continues, you know, growth, stimulation, curiosity.

I think it also keeps us very young. Yeah, I, I totally agree, and I super appreciate that about you. And I love the questions that you asked. So that's why I inviting you on to the bioenergetics summit I love it.

So okay. You get into functional medicine, age management, longevity, health optimization. How did you get into bio energetic information. All the nice products along those lines?

Yeah, I think, you know, I was originally exposed to them probably 4 or 5 years ago. I was at at a conference and they had a booth there, and I was actually with another company talking about an exercise piece of equipment that I was very fond of.

They'd asked me to come here and speak with people about it. I'd done some research on it, some things like that. It's, vascular systems and, really, really a kind of a cool piece of equipment I have. I own three of them currently.

That being said, and yes, was across the hall and I went over there and got tested and I had questions, you know, is this reproducible? Is it whatever?

And I said, well, you know, not really. We don't not sure, blah, blah blah. And it's like, well, we think you should take these things. And I'm like, well, I don't know.

You know, it seems a little bit hokey to me. So anyway, so I just kind of blew it off.

Discovering bioenergetic products

And then a couple of years ago, we were well, actually, even about a year ago, we were at DaVinci and, in Boston and, the nice people were there again, and this time they ran another scan on me and said, well, this following recommendations, I had sort of the same questions.

And they said, well, why don't you just try a couple of these things? And Harry was there and said, why don't you try a couple of these? And I was like, okay, sure, I'm game for trying anything.

So I think he gave me energy and maybe one other one, maybe immune or something like that, I think, or some Covid running around. And I took four drops of the energy and it was like, oh my gosh, what just happened?

I mean, it was it was crazy. It's like I could feel all this stuff going on in my body. And I'm pretty attuned, you know? I mean, people that I work in, I'm pretty attuned to what's happening.

But I couldn't really account for it. And I thought, wow, that's really fascinating. I think I'm going to have to cut it back down to just one drop. It's so powerful.

And so that's what I did. I just took one drop of each. And even with that, I had this really strong sensation from it. And that really kind of convinced me that something was really happening here. Put.

So then I'd really been skeptical. And, and maybe other people in the audience are skeptical as well. I'm not sure, but but I was I was clearly a skeptic.

And then when I started to see some of the, some of the research and some of the things out of the University of California, San Diego and things like that, I started to realize that, no, there's really something happening here, and it kind of dovetailed in with some other energy work that I was doing, kind of more on the metaphysical level, if you will, not so much in a chemical space.

And so, you know, all of it started to dovetail together and it sort of makes sense. I love it. So out of personal experience, I mean, I think it always is helpful to actually feel something, and notice it rather than well-wishing like, we want to move the needle in the real world for folks.

So you've brought this in. What are you what are you noticing with working with your clients and patients and maybe a little bit bigger framework as well, because you you have developed from your questions a really sophisticated and simple system, right?

I mean, it's basically boiled things down to an essence. Well, there's an element of that for sure. I think, we are very comprehensive in our approach.

Right. So we're not just married to the energetics we're looking at. We're looking at, a human being through as many different lenses as we can because we think that it's really we're all kind of feeling the elephant.

And if you can look at it from more angles, you can actually start to see the elephant, if you will. And so, you know, in our world, we're doing a lot of genetics, nature genomics now, we're doing a lot of transcriptomics to look at how DNA is actually expressed.

We're doing some amazing things with regards to the entire aging process. You know, we're involved with, very small embryonic stem cells, as you are. We're doing things with plasmapheresis, young plasma, you know, hormone optimization, analytics just on and on and on.

I mean, we're really all in on making 130. So the question becomes, well, how do the energetic sort of fit into a practice that's really kind of all in on everything?

And what we found is that it's really a nice addition that people really do respond to them. Like if we want to help them with their sleep and we're using sleep for nighttime or a combination of that, they're actually sleeping better for energy.

I still use the energy all the time before I go for a run, or get on a vast procession, or do a mountain bike session, and I feel it within a matter of seconds.

Right? So I think we've been using it really in that regard. And we also do any, any testing on people and then prescribing the prescribed info ceuticals, if you will.

And some of that we're taking on a bit of faith because we don't always feel those per se, like kidney or liver or whatever.

A mosaic model of aging and health

But what we are finding is that when we do the next scan, it's not the first thing we do. So we'll have some other test results back. We're finding that the next scan will actually marry up many times to exactly what the issues are that we're picking up with other tests as well.

So it's kind of this nice interlacing, if you will, of approaches. And we feel like the NHS plays a sort of a foundational role in all of that. That's awesome.

You know, the same thing I a similar pathway with the recent pandemic etc. of like how do we reach people in their in their homes. And now that people are coming back in with the compliment of pulse taking, etc., it really is uncanny how it correlates so well.

So it's nice to hear that confirmation too, from, you know, such an investigator such as yourself. So that's awesome. Now you have the system. You know, we were talking about it before coming on.

And maybe you want to share that that now around you've got some hallmarks there. Drivers that age us or steal basically our energy from us. So this you this is the the graphic of areas that rob us of energy for our lives.

So I'm going to hand that over to you. Yeah. So you know in our in our way in our world and the way we think about it, we're a mosaic of ages. We have a chronological age, and then people go out and they get a test done.

They say, well, my biological age is this right? Well, we say, that's interesting, but it's actually not accurate because we really are a mosaic of many different ages.

We have a a cardiac age, we have a blood vessel age, we have a liver age, a kidney age, brain age, we have an epigenetic age, a telomere age. We're we're many different ages, quite honestly.

And really, when you look at it in the way we think about it, is that from a risk perspective, you're only as young as your oldest age, right. And so, you know, it's important to know what we're where does the rubber hit the road here.

And so we measure right now currently about 60 different ages for people. And we're about to measure hundreds with a whole transcriptomics that we're working into.

And so we've created circles that basically, correlate to really optimizing everything. So we have four circles. One is the life energy circle. The next one is long jeopardy.

The next one is health, and the next one is performance. And we really feel like aging is an exponential process. And so a linear response of get healthy to an exponential process is never going to work. So get healthy is important and critical.

But it's an inadequate response to the real game we're playing. So it's really important in our mind to actually

address all four circles. And we think too many practices make the mistake of just focusing on the biochemical or the health or the longevity or whatever.

And we've found that the life energy circle is really the circle that binds them all, if you will, kind of like the rings. And so in the life energy circle, there are different components that are on here. The first one is having a growth mindset.

And essentially what that means to us is being married to the questions instead of the current answers, because the questions that we ask are actually infinitely more powerful.

The answers we currently have. And I think people stay young when they continue to ask questions, as opposed to getting married to their answers. You see that happen all the time.

People settle into, well, this is what I do. This is how I think this is what I believe. This is what it is, you know, blah, blah, blah. And I think it really degrades people's energy to stay young.

And then the next one is optimizing mental health, right? There's so much anxiety, depression, PTSD, etc. and we know that those things age us dramatically.

And when you think about it, really all of health in many respects can come down to reprograming the software that's running in our brain, because when we don't have the life energy circle optimized and let's say we are have an eating disorder because of it, or we have an addictive disorder, or we're eating food for comfort, or we're drinking alcohol to kill the pain, whatever it is.

And the mental health side, you know, we're really kind of aging ourselves. And it doesn't matter how much biochemistry you throw at somebody, how many infant ceuticals you throw at somebody, all that self-sabotaging behavior is ultimately going to still sort of crash the boat, right? So I think this is critical.

And then feeling loved, I find that so many people actually don't feel loved. You don't feel unconditional love for themselves. They still kind of beat themselves up.

And one of the things for me was that when my first son was born, I kind of felt unconditional love for the first time in my life. And I think you can relate to that.

You felt unconditional love in your life, but I never got that as a kid, right? And many of us didn't. And being able to go back and actually give that to myself, that same unconditional love that's foundational.

We actually need to feel that deep love. And then optimizing relational health. This is critical. And what I've come to discover is that language is actually a very poor form of communication.

And the reason I say that is that real communication would be if you and I, Greg, if you, if we were the audience, right, could communicate telepathically, right?

We could just understand their questions, everything they're thinking, the whole gestalt, the emotional elements of it, and they can understand what we're bringing forward.

That would be communication and yet we're here dribbling words out, trying to paint a picture in their minds of what we're thinking and ask questions.

They're trying to paint a picture in our minds of what they're thinking, and certainly in relationships. Relationships are handicapped by this because there's so much misinterpretation of what is said, and it leads to so much conflict.

And so understanding that language is really an inherently limited form of communication gives you a new appreciation for what it is to work with your partner, with your loved ones. It's like, oh, tell me more about that.

I want to understand that more. Is this really what you said? Is that really all that you're that's here, or is there something else you want to say? Because you come to understand that the language is just really the tip of the iceberg.

And I think that's really important for relationships. The other thing is that I never really understood what forgiveness was. And, you know, when somebody would say, Will I forgive you or I or I say to them, I forgive you, I don't know, I wouldn't really feel anything.

It's like, I don't know what just happened. Right. But all I've come to understand energetically that forgiveness, when you really are in simpatico with somebody, there's just a free flow of love between you and the other person.

Right? There's love flowing from, let's say, from me to you as friends on this call. If there's love flowing back, I'm receiving that it's there's unobstructed.

Right. And yet, when there's an estrangement of some sort, we put this barrier up and that flow of love is blocked. And that takes psychic energy to hold that in place.

Right. And it's actually damaging us to hold that barrier up. And when you let it back down, taking the barrier down, that's actually forgiveness, right?

You remove the barrier and you reestablish the free flow of love both to that person are receiving it from it doesn't mean you have to call them up and go to lunch.

If you have to. Your ex or whatever else, but you just no longer have that, that restriction or that barrier, so to speak. And to me, that's actually really forgiveness.

And it lowers the stress inside the biological system dramatically. And that's a very, very healthy thing. We're not beating ourselves up with resentments and grudges and things like that that we're holding.

Right. And I think the other thing is that in relationships, knowing and being known, loving and being loved, those are really critical elements to to me, that's my definition of heaven.

And if we look closer, we can establish that in a relationship. The more we feel known and understood and loved, and the more we can do that for the other person, that's really the goal in a relationship.

So when you understand those things about relationships, it really helps you optimize them and you find that your stress goes down, anxiety goes down, your joy goes up, and the next thing you know, your health is dramatically improved, right?

And this is all energetically driven. And then right. And then there's feeling joy, right? I think joy is a great North Star. So if I'm not feeling joy doing something, I, I question whether I should do it or am I bringing something to it that's not allowing me to feel joy.

And if I'm not, then I try to do something to correct that.

Safety, love, and relational energy

And then I think being spiritually optimized or connected to something bigger than ourselves, we have a bigger sense of why we're here. Right? And you tap into that and then optimizing wisdom is important.

Making decisions that aren't just good for us, but good for me, good for you, good for our communities, good for the planet. Then we're making wise decisions and you feel stress go down then, too, right?

When you're not trying to take from somebody else, but you're trying to create something that's good for everybody. The win win, win win kind of scenario and then feeling safe.

This is a massive one. I find that most people don't feel safe. And the reason I think when you think about it all anxiety and all fear is foundationally driven by not feeling safe.

So as you sort of feel to that, if you feel safe, you actually feel confident. Everybody talks about, well, you need to be more confident. Well, how am I going to do that?

You're going to feel confident if you enable yourself to feel safe. So just like you can give yourself unconditional love, you can go back in and give yourself safety as well.

And when you feel safe, you're no longer kind of on tilt leaning into these situations. And you actually can bring all your gifts forward. And I think that energetically is fantastic because that's contagious.

When you bring love, when you bring safety, you can bring safety to other people. You can bring love to other people. If I walk into a room and I feel safe, I can actually communicate safety to other people in the room and all of a sudden they start to feel safe.

And this is energetic medicine on another level, this is on the metaphysical level, but it really dovetails into the whole concept of how do we really answer these bigger questions?

How do we really answer the question, how good can we be? And I think it's a really critical thing to do. And then this feeling energetic resonance with the universe is bigger sense of purpose, I think, is also critical, where you really feel aligned with a greater sense of why you're here, what you're doing, and that sort of thing.

So this isn't exactly where ness is, but it all dovetails together. It's another form of energetics. When you when you layer this into what ness is doing, what traditional medicine is doing, you know, what we're doing was, you know, say pulse shockwave therapy or, you know, other forms of treatment.

You start to put all these things together. It's that mosaic that gets woven together. I think this is how optimal health really occurs. I love it, Jeff.

It is this is the why. And I love it that you have come out of cardiology and you're talking the energetics of the heart, right? Chinese medicine is set up as the emperor, the empress, and you start this on the life energy as being the foundation for all of the other myriad ways that you evaluate and put together that mosaic of health.

Do you feel I'm wondering. So I'm gonna put you on the spot. Do you feel like this is why cardiovascular disease, the number one killer, is this component.

Is there a piece? Have you made that connection at all? Oh, I think this contributes dramatically. And quite honestly, you know, there's a lot of data in the cardiology literature.

That's really quite interesting around depression. Like when people have a cardiac event, whether it's a surgery or a heart attack or, you know, even atrial fibrillation and a cardio version, that kind of thing.

You know, it's a it's a it's a coming to grips with your own mortality moment. Right. And for many people that's very depressing. And so the degree of people, the number of people that are depressed following a cardiac event is quite high.

And yet we know that the outcomes are dramatically better for people that are not depressed. We also know that they're dramatically better for people that have a sense of faith and spirituality, and have people praying for them or sending them positive energy or whatever modality they're working with.

But that sense of community and connection, those people do much better. They recover, they restore. So we know that the biochemistry is really more like a bobber on the surface that shows us what's happening below the surface.

And I think this is really what's below the surface is really the energetics of, of what we're talking about here. Yeah. I, I so agree, I also want to explore this concept of feeling safe, right, with the, with the levels of trauma, adverse childhood events, etc..

How do we establish that for people or how how could our viewers and listeners establish that for themselves? You said one could carry safety into a room, and around them and provide that kind of shelter or that feeling of safety.

How else can we think about that? Yeah. So for me, it came up with, you know, the way I think of it, we've all run a gantlet, right? Everybody's running.

I don't know a single person I've ever met that hasn't run a gantlet. And in that, you know, we all are living in reaction to the traumas and the stresses that we went through.

And, you know, I won't recount everything in my own gantlet here, but I thought I had an issue with money, about something with money. And I was at a meeting and I was sitting with some people, it was kind of a spiritual meeting and also, involved with some neurofeedback.

It was a really interesting weekend. There was just three of us there. And so I was talking about this with a woman, Amy, and I said, you know, I think I have an issue around money, based on things that happened when I was a kid and in my 20s.

And, she was listening to me and she said, you know, it actually has nothing to do with money. This for you has everything to do with safety. You just don't feel safe.

You don't really feel safe. And then she related it to the first chakra. Right. And so it's kind of like you don't feel safe. And so I went to bed that night thinking about it.

And I thought, you know, if I can give myself if I can reach down to little Jeff, my little three year old self, and give him unconditional love, just like I would for my son, why don't I reach down and give him safety to why don't I give little Jeff safety know I'm here.

You're going to be safe. I'm going to take care of you. And with that, it was kind of transformative. And now I do a thing called a safety check, where if I walk into a situation, I can measure whether I feel safe or not by whether or not there's any reactivity to it.

If I feel any reaction, any negative reaction or whatever, then I just ask myself, are you feeling safe? And I say, no, I'm not feeling safe about something here.

So then it's like, well, okay, reach down and give yourself safety. And it's like, oh, I'm going to reach out as a parent, you know? And I think many parents can relate to this.

You know, you're just going to scoop your kid up, right? They just whatever they did in their neighborhood, you're going to scoop them up, right? You're going to hold them, love them, give them that love that safety.

And I scoop myself up and do that. And it's like, no, I'm actually safe, right. And I think it's so critical because there's nothing external to us that can ever give us safety.

There's no amount of money, there's no amount of degrees. Family category, houses, cars, none of that. All of that is is nothing, right. And none of that will ever give people safety.

And a safety like love is actually an inside job. It's something that we have to do for ourselves. And, you know, when you think about it, people in Auschwitz, right?

Everything was stripped away. And yet there were people there that had the ability to give themselves a sense of safety. Right? Even in the face of losing everything. Right.

Advanced therapies and measurable outcomes

Even in the face of knowing that death was around the corner and they were actually there and able to help other people, they were looking after other prisoners.

They were sharing things and doing things and trying to help and take care of people. Right. And those people had given themselves safety. Right. And when we do that, we're able to be our best selves in whatever circumstances we find ourselves.

And to me, that's incredibly powerful, right? Incredibly powerful. That is that's phenomenal. And, thank you for that. The the components of you really do some cutting edge therapeutics and you put some what novel things are you combining in with the nest products to enhance outcomes even further?

We're doing things like plasmapheresis, where we're removing, plasma from people, and then, we can substitute albumin for it. There's nice data, based on the pair of meiosis experiments showing that if you remove old plasma, that it has the ability to basically activate stem cells across all three germ layers and actually help to make people youthful again, we're also combining that.

Why you in plasma plasmapheresis with young plasma is something we can do here in Texas. And that's pretty interesting that we're doing that in combination with a very small amount of like stem cells, where we will draw the, the, PRP fraction of the blood prior to the plasma freezes, and then put it in the young plasma and then put the V cells back in.

So now you're putting your Olympic swimmers into a clean swimming pool where they can do their best work. And so, you know, things like that novel things like that.

We're combining numerous peptides and, other therapies, you know, pulse shockwave therapy for joints and, transcranial magnetic stimulation to heal people's brains and, you know, all kinds of fascinating things.

So, everything we do is a custom fit to the individual. But, we've what we found is that in order to actually get it right, it's a symphonic approach, right?

It's not just, here's something to do. Let's do it. It's really how you sequence time, and put these things together that really seems to make make the magic lovely.

And what, let's get you, off of that shared screen spot. So, how about I know you're big, big on data collection? And, what what kind of data examples do you have?

And, like, progress that you've seen your clients and patients make? Well, lots of progress. I mean, tremendous progress. We we are measuring a mosaic of ages, right?

So we people we see people go back, you know, ten years, 15 years, 20 years, you know, some of my own, you know, post Covid, my telomeres were actually shortened.

I don't know if people will comprehend that exactly, but people with short telomeres have fared poorly with Covid and people that got Covid, and even the vaccine.

It shortens your telomeres. So my telomeres had always been, longer than my chronological age. And now I was five years older than my chronological age.

So we have access to, telomere products that can read length and telomeres. We're the only people in the world that have it. Not the inventor, but I'm bringing it forward with with the inventor.

And now my telomeres, after using it for about six months and it you don't take it every day. But my telomeres were excellent for somebody that was 35 years old.

So I was born in 1954 and I just tested them again and in June, and they were holding, at the same place. Right. So those kinds of things, VO2 Max pretty good.

Yeah, it feels pretty good, right? You know, DNA methylation ages that are decades lower than your chronological age, things like that. My glycan age is 27.

You know, we're able to improve all those things for people. So yeah, it's it's super fun. People's brains get razor sharp. I was on the phone with a guy yesterday, and, you know, I don't know what's happening, but all of a sudden, my brain is so sharp.

You know, I'm carrying on all these conversations that I used to struggle with before, and, Well, that's great. That's awesome. Right? Yeah, yeah. In the real world in general. Yeah.

Closing advice and self-optimization

Well, in in closing, I love to give, folks an action step or put them into action. And any, any other wisdom that you'd like to share. Well, I think I think that people are always looking for something outside themselves to sort of save the day.

And I would just encourage people to look inside and, you know, take a look at do you love yourself? Right? Do you really feel safe? Do you have a growth mindset or are you married to your questions instead of your current answers?

I would work on those areas because what you'll find is you'll tee up your your mental space, which then tees up your biological space to actually be receptive to things like the nest products or hormone optimization or whatever else you may be involved with.

And I think that's really sort of the for me, that's really kind of the starting place, that's the energetic that, that everything else kind of sits upon.

Thank you, Doctor Jeffrey Gladden, thanks for bringing it to the bioenergetics summit.