Introduction to Brian Vaszily

Hey, welcome to another interview for the Doctor Talks Autoimmune and MS Summit. I'm really excited to be introducing, Doctor Brian Vaszily He's been a prominent leader, researcher and advocate in healthy aging and longevity for over 20 years.

He's the founder of the Popular health Destination with over 500,000 members. The Art of aging.com. His mission is to empower you with the most effective, evidence based natural solutions to avoid and overcome disease.

Live long. And thrive. He's the host of the Art of anti-aging, highly respected health aging summits which have impacted the lives of millions. And he's the founder of Purity Woods, one of today's fastest growing certified organic skincare and supplement companies.

In his long career, Brian's interviewed, guided and worked closely with hundreds of others. Top physicians and researchers focused on different aspects of healthy aging.

He's renowned for his ability to provide you with the most popular and most important steps in these diverse areas of health, and a clear and compelling matter.

As you're about to hear, this is going to be a wonderful interview, and I'm so glad to have Brian with us today. Okay, Doctor Baisley, I'm so pleased to have you here.

And let's sort of get right into it. What are. Because I know you're really into helping people understand the role of our toxin exposures and how that compromises our health.

So what are the top toxicants or toxins? That is impact your health that we are unaware of? Yeah. Great question. So I think that the one that I'd say most people are unaware of, given the scope of impact it has, are a variety of toxins that are found in cosmetics and personal care products.

First and foremost, it's one of the leading sources of toxins that we are feeding our bodies.

Hidden Toxins in Cosmetics and Personal Care

It is the one that people are probably least familiar with compared to, although I do want to get into the others as well. Air, water, food. We can dive into those areas as well because, you know, there's a lot of concerning and ever growing amount of toxins in each of those as well.

But I think folks have heard more. So. So if you were going to ask me to focus on one specific area to start here, I really want to make people aware, especially those who have any autoimmune conditions, really, anybody who's perfectly, 100% healthy with nothing at all needs to know this.

But those with any type of health issue and certainly autoimmune issues especially need to be aware of this. So here in the United States, the reason that this is so important to understand is because the average woman in the United States uses 12 different personal care products, cosmetics daily.

So we're using 12 different kinds of products. And I'm thinking that my listeners may not this may be so automatic that we are oblivious to what we are doing.

Can you give me concrete examples? Because I know this going to be a largely female audience listening. What are these products that we're using? So automatically that we not even thinking about them anymore?

Yeah, is another great question. And it's so true or almost subconsciously using so many of these products. And this is always a tough area because some people are quote unquote religious about certain products and brands that they use, and they have been using them for years and decades.

So what we're talking about are your anti-aging creams, your moisturizing creams, your serums, your soaps, your facial cleansers, your shampoos, conditioners, deodorants is a big one.

Even perfumes, makeup, you know, on your eyes, your blush on your cheeks. I could go on, but again, as I just checked off some of those, I think people are like, oh, that's what he's talking about.

And, and, you know, even makeup removers, I mean, I can go on, but these are the types of products we're talking about. Let me put it this way, Terry, when you are pushing the cart down the cosmetics and personal care products aisle at a grocery store, you are pushing it down a food aisle.

It is that simple. If people remember nothing else, remember what I just said. That is a food aisle. That's because, the majority of what you put on to your body ends up being absorbed into some level, into your body.

Skin eats. In other words, it's just another doorway into your body. A lot of people don't remember that or don't think about it like that. We know we put food in our mouth consciously, and that's going inside of us.

And we know air we are breathing in is going inside of us. But people tend to think that skin is is a wall. It's not. It's a doorway and it's a doorway.

And if these molecules in these personal care and cosmetic products are small enough and most of them are, they're designed to be small enough, otherwise they would do they would have no effect.

If they're small enough, they do penetrate into your body. And the problem again is that 168 different chemicals on average, each day, that the average woman here in the US is consuming the numbers lower for men, but it's rising.

And the other key statistic or data that I want you to know is that here. Well, let's put it this way. In other countries, such as European Union and really about 40 countries, over 1600 chemicals have been banned or severely restricted from personal care and cosmetic products because of the health issues that they either are known to cause or highly suspected to cause.

Here in the United States, only 11 ingredients have been banned. Something's obviously wrong with this picture right there when you see, oh, can we repeat that?

How many ingredients were banned in the European Union and how many ingredients are banned here in that state? 1600 banned or severely restricted in the European Union?

11 here in the United States. This is why this is such a major problem. When people think about the beauty industry, they think, you know, a multibillion dollar industry.

The reality is that it's $1 trillion plus industry because it's heavily supported by a very powerful group called chemical companies, the same ones that are a giant problem for chemicals in our food, such as pesticides.

They are a mighty industry here in the U. S. the situation is not going to change overnight, no matter how much we scream and shout. But again, 1600 banned elsewhere, including Europe, 11 only banned here.

This is sobering. If everyone who's listening, all these things, we, you may be really attuned to, I need to eat organic foods, and I'm very careful about my food.

But, I'm trying to protect my skin, so I'm doing, you know, sunscreens, anti-aging creams, trying to, look younger and healthier. And you're telling me, Brian, that all of this effort that our listeners are putting into their skin is probably aging the skin more rapidly in aging the body and the brain more rapidly?

Would that be correct? That would be very correct. Not only is it aging the body more rapidly, it's it's causing disease. Let's just stated frankly, and it's certainly exasperating at diseases such as autoimmune issues.

I mean these again. So again, that statistic really does speak a lot. So it's these chemicals that they allow into these products. The logic goes that, well, it's such minute amounts that it's not going to cause much effect.

And if you used an anti-aging cream once in once in your entire life, or if you used a deodorant one day out of your entire life. Okay, I can buy that argument.

The problem is, really, it's kind of like death by a thousand cuts. Again, that's why I started with the statistic. 168 different chemicals daily, that the average woman is feeding her skin and therefore her body and compound that day after day, month after month, year after year, decade after decade.

Why Fragrance and Synthetic Ingredients Are Harmful

These chemicals are penetrating into your skin. Plenty of them penetrate all the way into your bloodstream where they are, then shot around your body, basically, and stored in your organs.

So there are all types of known, well known health issues because of this. Now what we you're you're a scientist. I know, I know, you're deeply, scientific.

So you know. Well, what happens when two chemicals meet and some type of reaction occurs. The problem here is that literally hundreds of chemicals are meeting one another.

And nobody really knows the impact. But one thing we do know is this artificial ingredients. Synthetic ingredients. When we step back and just use common sense, just don't belong in our bodies.

Now, it's also important to note this if there's any doubt about this whatsoever, the majority of these chemicals, these thousands. And by the way, there's about 10,000 chemicals that are typically or commonly or, to some extent used in cosmetics and personal care products here in the US, a tiny fraction have even been tested at all.

For safety, there's about 83,000 to 90,000 chemicals overall used in all these different products that we have inside our homes, by the way, of which 1% have been tested for safety.

It's a mighty powerful industry. And what what I was going to state is that these chemicals are many of them are known endocrine disruptors, known carcinogens, for example, formaldehyde, commonly found in skincare ingredients that you're putting on your skin, including your face.

It's it is a known carcinogen, not suspected, but known. And it is just one of many ingredients. And I, I'm a geek on this. I know a lot of this inside out.

I can sit here and talk about this very specifics all day long with you. Different ingredients. There are thousands you want to be careful of. There's some extremely common ones that I can list for you that you know you want to watch for.

And I can also discuss some of the best solutions that I know of to kind of circumvent this problem in a big way. No, Brian, our our listeners may not know what an endocrine disruptors is.

So can you help them understand that? Yeah. Well, the real easy version is it disrupts your hormones. Your endocrine system is how, you know, hormones, are basically sent around your body, moved around you, and it disrupts your hormonal system.

That's vital to any disease. If you have a disease, certainly autoimmune issues, it's vital to stay healthy. If your hormones, which are signals basically being sent in your body, are disrupted, it's kind of like your wiring system is is now in disarray and you could try to do everything possible to fix your health.

But if you're if you're putting chemicals inside your body that are disrupting this entire wiring system, in my metaphor, it's a lost cause. That's why I I'll tell you what I've been in, you know, health research for decades now, about 25 years.

And I guess in the first half of my, my career, I used to say, if we optimize our health, you know, and we're the healthiest, you know, amongst the healthiest people on earth, we don't have to worry so much about this bombardment of toxins.

I have completely, you know, turned to the other angle on that. You have to do two things, in brief to stay healthy and get healthier. Number one, of course, optimize your health as much as you can, but the other is work toward reducing these toxins.

And again, one of the key places to start that, and it's actually quite easy compared to some of the other areas, is these cosmetics and personal care products.

There's no there's no eliminating it. And they don't want anyone to think that's the goal. You can't, but you can dramatically reduce. And every step you take really has a huge impact because these are so impactful in a negative way on you.

So what sort of go through this. So hopefully our listeners are like, wow. And we're thinking now about my personal care products, my shampoos, colognes, body washes, facial washes, skin creams, deodorants, all the stuff that I'm putting on my skin, sunscreens.

How do people reduce this? Yeah, a logical and ideal question. So there is one biggest we'll call it, for lack of a better word right now. Cheat of all, please.

If I don't get to that, remind me. But I will teach you before we get to that. A few keys to watch for so you can almost automatically. And unfortunately, everyone assume that most cosmetics and personal care products contain either a significant or a dramatically high amount of these toxins that you do not want in your body.

You can assume that today, and if you want proof again, go, you know, to your store and turn the labels around. Any of these products, all the cosmetics, all the personal care products and just take a look at the label yourself, those ingredients whose names you know you can't read.

Not all, but most of them to some degree on the spectrum of not good to really terrible. They're they're on that spectrum. So unfortunately first by start assuming that's that most are not good to downright terrible.

That said for example, there is one ingredient. And again, I've been geeking out on the research on this for for decades now that when I turn a product around and I see this word on the label, I put it back, I walk sometimes you run the other way.

That word is fragrance. Okay, so if I see the word fragrance, sometimes they get very basic on you will call it scent and sometimes they get very French and fancy and we'll call it perfume.

Those two are just sentiments for the synonyms for the word fragrance. And when I see that, I put it back. Here's why. Because hidden in that word, first of all, that word is supposed to mean our secret formula for the, you know, fancy artificial smell of this product now hidden in there.

Safer Skincare and Organic Product Choices

Hidden fragrance can be and there have been through the EWG and other organization studies showing that there can be anywhere from tens to even over 100 ingredients hidden in that one word.

And typically I will tell you this they're not good ingredients. They're supposed to be a secret formula that creates their they're special, you know, patented, I guess we'll call it artificial scent or smell of that product, the musk, the

strawberry, whatever.

You know, the mint, whatever it may smell like. But there's a lot of ingredients in there that you do not get to know that includes things you know all over the board that you don't want in your body.

And the reason that they can do this is because it is their trade secret. They say that's our trade secret. And and so they do not even have to tell you.

And most of the times, in a way you don't want to know, you know what that is because it is frankly, junk, but you do want to put it back. So that's that's one litmus test.

I guess we'll call it a greater approach than that. Thank God these days in the last, you know, especially in the last 5 to 7 years, I look for independent certifications that are strict and that tell me this product has gone through some strict and I stress, independent of the company that makes it process that verifies it's organic, that verifies it's truly clean.

I look for these independence certifications, the strictest or one of the strictest and the most well known is USDA certified organic. And I definitely, and I said five, seven years.

It's good news because now there's a lot of organizations coming out with different products in the personal care and cosmetic space that indeed are USDA certified organic.

I have a few rules that the longer you know, the more you apply something to your body, the more frequently, and the more it directly sits on your skin, the more you want to make the switch with that product first.

I'm not saying that something like shampoo you don't have to pay attention to all the nasty chemicals you do, but with shampoo, for example, if you have to make a choice, you want to make a choice again.

Of those that apply directly to your skin and and are designed to be absorbed, such as anti-aging creams, moisturizers, deodorants under your arm, anything you put around your eyes and face, you know your skin is so it's the thinnest part of your body.

The skin here, around your eyes. That means that stuff easily penetrates beyond that. Well, what's beyond that? Your eyes, your brain. You just want to be super careful with anything on your face, especially.

And make sure it's USDA certified organic or there are equivalent strict independent certifications such as since we were talking about Europe, echo cert in Europe, as if, you know, you have folks listening from Europe for example.

So yeah, you want to look for these independent certifications on products. More and more are available out there. As you know, Teri, I am purely woods.com that is a certified organic anti-aging skin product company.

Specifically, it's been doing very well. Again, I invite and encourage people to check it out. We have the age defying Dream Cream, one of our top sellers there.

However, again I the last thing I want is people to feel like this is any kind of sales pitch. So check it out. If it doesn't appeal to you, please do patronize some sort of organization, especially with anything you're putting on your skin that is certified organic.

There are others out there that you could check out as well. Of course I'm going to say, because it's true. We put a lot of heart and work into making our products the best and the safest.

But again, if you go to our Pure woods.com or anywhere you go, please, anything you're feeding your skin, especially that you're applying directly skin do look for certified organic versions of it.

That's the biggest cheat of all to let others do the work. I'll say one more thing and then I'll pause to see if you have

any, you know, comments, questions.

It's really hard otherwise because again, there are 10,000 plus different chemicals used in cosmetics and personal care of those, there's a list of, hundreds that are very, very commonly used, of which many are highly suspected or known hormone or end up crying disruptors and carcinogens, and other issues, neurotoxins.

So it's mighty hard for anybody meet me, including I've been geeking out on this for years to know, oh my God, that, you know, to read a label and pick and choose.

That's why I say just assume start with the assumption that most of these products you don't want in your body, and take it from that point forward and try to look for these independent certifications as the top litmus test.

You know, again, for the listeners, I want you to be aware that there is growing evidence that toxins do accelerate the inflammation that is occurring systemically for all of us with multiple sclerosis, which then activates the inflammation in our brains and makes it more likely that we will develop new lesions.

More relapses can be tipped towards that progressive phase of the illness. We see that with smoking. We see that with air pollution. And we're beginning to pay attention that the toxins in our food and the toxins that Brian's talking about, that will come in through our skin.

You've talked a lot about the anti-aging, the deodorants, the other category that we haven't mentioned, Brian, that I'm thinking about what about sunscreens.

That's another lotion that we often put on our children. Ourselves. We're worried about skin cancer. And so we go outside. We're often, putting on lots of these skin creams to protect us from the sun.

Do you have comments? Are those aflatoxins as well? Yeah. You know, there's a big difference. And there's two words that are used interchangeably, but they're not, the same thing.

Sunscreens, sun blocks. You want a sun block? Sunscreens are loaded with chemicals that you really don't want in your body. Literally, a sun block. It works in a different way, and it contains natural minerals that are much safer than these sunscreens that are chemical, artificial, chemical based.

So a sun block, has minerals that, well, as the word implies, block the sun's effects on your skin. And zinc oxide is, you know, to want to look for, frankly, there's, there's a titanium based as well, which are okay.

But the the ultimate advice here is go for zinc oxide, ideally not nanoparticles, because, you'll see some versions have nanoparticles. The problem there is like it sounds nano means mighty tiny particles.

You don't want that necessarily because they can so easily penetrate. Even if you are choosing this, you know this best route of zinc oxide.

Sunscreens, Sunblocks, and Skin-Safe Alternatives

Just go with a zinc oxide. You know, in other words, natural. And thank goodness they're out there. Now, here's the problem with that one. I gave a great rule certified organic.

However, you won't necessarily find certified organic sun blocks. Why's that? Because you can't grow minerals. Yeah. Yeah. Right. You know so and when we say, for example, when we say USDA certified organic, a couple interesting points on that. As well.

That means the product has 95%, you know, organic ingredients, meaning a any product has it has 95%. So all of the plant based, in other words, ingredients that can be grown were grown organically without, you know, that fertilizers without pesticides, of course, etc..

And, you know, there are no synthetic ingredients in it. So what about the other 5%? Well, there's a very short safe list. And and included on those are these ingredients that can't literally be grown like minerals, for example.

So just you know, some info on that for everybody. But yeah, that that is that's a top recommendation regarding the sunblock. I'm glad you brought that up because it's it's one of the nastiest the sunscreens, one of the nastiest out there.

You really want to avoid that, especially again on your face? Be careful on that. No, I'm going to have you, give me some feedback here in terms of my own personal routines, if I want to put something on my skin, I like to just put extra virgin olive oil, a small amount of that, and, you know, I'll put that on my face.

I don't use any deodorant, and I press, print. I use this radical thing known as soap. Yeah, I yeah, take a shower. You. So I eat, really cleanly. And my perception is that most of us don't really need any kind of deodorant, and I press right.

If we are, bathing once a day and using soap. But, in that I don't feel like I need a thing on my skin other than a little olive oil. Is that a rational thought process, or am I, being incorrect here?

You're completely irrational. No. I'm kidding. There's a three step approach to this that I will tell people it is much preferable to do what you are doing, and avoid all of these, skincare products and these cosmetics that are loaded or semi loaded, depending on the better ones, with a bunch of toxic synthetic garbage that you really don't want in your body.

So your approach is a giant step up from that. You're going to be you're going to be a okay. However, here to you know, I well, I still am a member of your party, so to speak with what you're saying here, because I would much rather go that route than put that junk on, on my body in any way, shape or form.

That said, just like the food you put in your mouth, it has, it's going to be either beneficial for you, very beneficial for you, not so beneficial or very beneficial for you. It's the same thing with nature's ingredients that you're putting on your skin.

You know, I always say this nature knows, still knows, still knows what it's doing far more than any human being in a lab coat. And there are mighty good ingredients to feed your skin from the natural world that actually help.

For example, if we're talking, let's talk anti-aging hair, wrinkles, fine lines, you know, saggy looking skin color of your skin, the tone all these, all these things that, you know, many people are familiar with and look for.

So nature provides nutrition that you can feed your skin. That actually helps in these areas. It helps reverse. It really does help reverse, you know, the appearance of wrinkles and fine lines especially.

And and some aged spots for sure. It can help reduce, saggy looking skin, things like this. As usual, nature is abundant and it provides some powerful things.

This is research based. For example, out of the University of Rhode Island back in 2018, they did a study on red maple leaf extract, and they found that red maple leaf extracts contain well over 100 different compounds, including 17 unique that they have not seen anywhere else that actually can block.

Oh last days. Now, last days is the enzyme that breaks down elastin in your skin. And this is the number one problem that leads to skin that looks wrinkled is the breakdown of elastin.

So you feed your skin good nutrition. It goes to work directly there where you know where the elastin proteins are.

Natural Ingredients for Healthier, Younger-Looking Skin

In this case, it can have wonderful effects on your skin and and do so quickly. And this is what I mean. There are

natural ingredients where you don't have to worry about it being synthetic and toxic and all that stuff that are healthy for your skin that actually have positive effects.

Well, you said olive oil, they're not so bad. Aloe vera is another great example. So let me work it this way because I want to I want to really. That's a great question again that you asked.

So there are really three really four vital components of skin that's healthy and therefore is going to look as young as it ought to look. And so I know most people have skin that doesn't look as young as it ought to look because of bad habits that we've had, poor diets, environmental toxins that we've been talking about, lack of hydration over their life.

Here's one of the worse photo, you know, photo damage in other words, exposure to excessive sun over the years and decades, including back in the 70s and 80s when many of us thought it was awesome to put baby oil on our skin and go out and bake in the sun.

And, you know, we made a lot of mistakes. We some of us still may be making them. It makes your skin look older than it ought to look. The wonderful thing is, skin is incredibly receptive, quicker than most organs to give you positive change.

And so when you do feed your skin great ingredients, it has some immediate or close to it. I don't want to say media, but some very fast, wonderful looking effects and your skin's getting healthier.

So the components of healthy young looking skin elastin I mentioned. The other one is college in. A lot of people have heard of that. Those are the two key proteins involved in, your skin health and the look of it.

And then you've got hydration, moisture, of course, and then you've got inflammation. And and, you know, inflammation is, you know, excessive inflammation is bad for your skin as it's bad for your health in a year and every other single way as well.

And it will lead to skin that looks unhealthy too. So, you know, you're looking for for natural ingredients that do address these four components. I mentioned, you know, maple leaf extract for elastin, for example, you mentioned and well, I mentioned aloe vera.

You mentioned, olive oil. You know, things well known ingredients that are really good are cocoa butter for your skin and sunflower seed oils, exceptional for the hydration moisture aspect of it.

So that addresses that for inflammation. One interesting ingredient that's really powerful on this front that comes to mind is German camomile. It is outstanding for helping to reduce get skin that looks inflamed and reddish from bile inflammation.

So German calomel is great for that. And then collagen. So collagen is again the other protein in addition to elastin. When it starts going along with elastin your skin really can look well I hate to use this word, but older than it ought to look.

And so a lot of people may know this. Maybe they don't know. I assume this, but you know, you feed your body antioxidants, especially vitamin C, to boost your collagen.

People think that they have to take collagen. And it's it's not bad to consume it if that's your thing. But far more effective is helping your body's natural ability to produce collagen, which, by the way, has all kinds of other great health effects for you as well.

But when we're talking skin, feeding your skin super high, potent, you know, vitamin C natural ingredients is a great way to boost your own body's ability to create new collagen.

And so you're talking ingredients. A lot of people think of typical citrus fruits when they think vitamin C, but really

there's outstanding ingredients out there.

Indian gooseberry otherwise known as amla. Amla. It's a, revered fruit in, our Vedic medicine for, for eons now. Really. And now check it out. A lot of modern research is saying this.

Indeed, as the Irish Vedic system, believed it to be, is an outstandingly healthy fruit. One reason is it's just sky high in vitamin C, so when you apply that to your skin, you really are taking a step to give it.

Nutrition needs to make it, well, look younger. So that's one example. Camel canoe was fun to say and it's camu camu and it's a South American berry. This thing really blows away all these so-called superfoods, including in terms of its incredibly high vitamin C content.

You find extract of that and feed that to your skin. You will, I will say this one confident. You will notice positive effects that you can see on your skin.

I can go on and on here, but one more I do want to pinpoint here one of my favorite ingredients. Honestly, just because it's so cool and it's the only one I know of.

So I talked about the effect of photo damage or UV damage, sun's UV damage on our skin. It probably is the top cause of skin that looks weathered and wrinkled.

Right? The one ingredient that I know of and that research, you know, supports pretty extensively that that helps to reverse the appearance of sun damage skin.

Basically it's called esta zanten. Esta zanten. That's a s t a z. Sorry x a n t h I n ast zanten nao esta zanten. Is derived from red algae. A variety of red algae.

And it's the same variety of red algae that gives salmon its pink color. They eat it, flamingos eat it, gives them the pink color. Shrimp eat. It gives them the pink color.

And it is just unique. Uniquely effective is compounds that are uniquely effective to actually reverse the appearance of sun damaged skin. It's a beautiful ingredient, by the way.

I thought carefully because that one is in our age defying dream cream, so I have to walk carefully on some things I could say, but I would put it this way.

I also personally use it to protect my skin from sun damage. Because. Because do the research. And that's something it does as well. It doesn't just work on a cosmetic level.

For me and here on being compliant for me. It also is something I use when I go outside in the sun, because this acid is mighty powerful on this front.

So those are some examples. So to answer your question and close the book on it, there's a lot you could do to boost the health of your skin by feeding your skin nature's best ingredients.

And again, for the listeners, what I want encourage everyone to think about is the skin. Our skin is a wonderful window into the level of inflammation and the health of my internal organs.

You know, my heart, my liver, my kidneys, my blood vessels. And it's really helpful because I can see that. And so is my skin looking younger or is looking older than my chronological age?

If I skin is looking older, then my organs are all looking older, including, by the way, one of my most important organs, which is my brain. So, I, I love when people get concerned about their skin because it is a beautiful way to look at the health of all of our organs, including our brain.

Where to Learn More and Closing Remarks

So all these wonderful tips that we've gotten from Doctor Beasley here, my good friend Brian is, to take better care of your skin will also help you take much better care of all of your organs, including your brain.

And I really love when people are concerned about their skin, like, oh, my gosh, I'm looking, older. I would rather look younger. Taking great care of your skin is a window into the health of your organs, including your brain.

And, I also make the observation in my clinical trials in my clinics, as people implemented our protocols, they would use an in their skin, would look better, and their family would say like, oh my gosh, mom.

Oh my gosh, dad, you look five, ten years younger Brian, we have to wrap this up. So could you tell our listeners how they would find you if they want to learn more?

I've been mentioning it here and I appreciate that. Go to purity. Purity woods.com. And you'll see some of these products, that I've talked about here, the age of fine dream cream.

Again, everything you find there is USDA certified organic. And by the way, that is why we don't have 40 and 50 products. Like a lot of, you know, skincare organizations.

I will say this. It is not easy to craft, you know, a formula that is super effective and that is also honestly and truly independently certified as safe and organic.

It's very difficult. But we we've done it, you know, Terry, I've been around, you know, natural health products for decades now as well. And we've gotten, you know, I've been around some very good products that were developed in the past.

However, I honored. And I'm not just saying this, we get such love for these products. So something for everyone to consider. Purdy woods.com. You know, to check that out.

As many people may know or maybe they don't know. I'm also the founder of the Art of Anti-Aging dot com the Art of Anti-Aging dot com. That's our information source.

In short, the mission there is to help people bypass all these nonsense, negative myths of aging that equate it with doom. Because that's not true. You're 40s, 50, 60, 70s beyond.

I can tell you from a scientific perspective, ought to be, should be, will be the best years of your life on all fronts. And if you don't believe that, please work on those beliefs.

Because, you know, even if you are challenged with any sort of health issues, these ought to be for us middle age, golden years, the best years of our life.

So our mission is to help people bypass that nonsense myth. And then we provide evidence based steps to help you look and feel your best, avoid disease and live long doing it, basically.

So those are the two sources they can find out. TheArtofAnti-Aging.com and Puritywoods.com. Thank you for asking. Thank you so much doctor. Basically this has been wonderful.

I so appreciate that you took the time to come chat with us I loved it. Thank you.