Gut-Brain Connection and Show Introduction

The gut is the epicenter of your health. 80% of your immune cells are in your gut. It's where your macro and micronutrients are absorbed. It has been purported that the first time the outside world meets the inside world is when something passes through your gut, that small intestine.

The gut is able to communicate with the brain. It communicates with the brain through five factors, but the key factor is through a nerve called the vagus nerve.

Whatever you do to your gut doc, you do to your brain. Whatever you do to your brain, you do to your gut and you do it in a millisecond. If you're overwhelmed with chronic health symptoms and still don't have answers, you're not alone.

I'm Dr. Javin, and on redefining wellness with Dr. Javin, we'll be exploring root causes like Lyme disease, mold, and parasites, and I'll guide you with simple and practical steps towards real healing.

Welcome back to Redefining Wellness Podcast. I'm Dr. Jay Ben Moore, your host. I'm here today with Dr. Rob Silverman, and we're going to be talking about some of my favorite topics.

We're going to talk about his Amazon bestselling book, Immune Reboot. And this is something that really caught my eye when I saw that book, because I love talking about rebooting the body, resetting the nervous system, because so many of us are just in this like overdrive all the time.

And that's why we're seeing autoimmunity off the charts, long COVID, mass cell. We're seeing so much of the body where it's just misbehaving or so we think it's actually behaving perfectly.

We just have reasons for the problems. So, Doc, thank you for joining me today. Thanks so much for having me. I'm excited to share some knowledge bombs, Northeast style.

I think you and I are going to cover a lot of terrain in the next 45 minutes. Yeah. So let's talk about this immune reboot book that you wrote. Why'd you write it?

Real simple, I was very displeased with what I saw many of the TV immune doctors talk about the immune system and try to elucidate, unfortunately in not a very clear manner, how the immune system works.

So I took it upon myself to write a book to explain how the immune system works, the three lines of defense, how the immune system has to balance, what things we can do to make our immune system more robust, more resilient, and rejuvenate immune cells.

And that's kind of like why I've got that red button on the front, like press that button, stop. Let's break down our old immune cells and let's rejuvenate our new immune cells.

Let's lead to immune health, immune balance, and ultimately immune system that is resilient, which is the top level of immunity. Let's dig into that a little bit more because something I saw in your posts were long COVID and also the gut brain access.

But let's start with long COVID. What is going on with that? Long COVID, like so many other conditions, are really mitochondrial dysfunction. So you really have to base a lot of your protocols on imbuing the mitochondria to perform at a more energetic level.

As we all know, mitochondria is the powerhouse of our cell. When functioning correctly, producing ATP and leading

giving out a small amount of reactive oxygen species.

Well, what people don't realize about the mitochondria is that it has a secondary function, which is immune system function. So when you get attacked and your immune system's overwrought by a gnarly virus like COVID-19, your mitochondria has to come to help.

And what happens is when it comes to help, it's called a cellular danger switch. Your mitochondria energy producing properties shut off like that. And that's a one switch.

However, when you've supported the immune system, the virus is now abated and you're looking to turn on your mitochondria, it's a three step turn on. One step off, three steps on.

So there's a lot to do to get your mitochondria back. The number one complaint in a doctor's office is fatigue.

Why Dr. Silverman Wrote Immune Reboot

It can be based on mitochondria dysfunction. And just to give you a little food for thought, if you will. When you're looking at mitochondrial dysfunction, it is the number one reason for autoimmune disease, in my opinion.

And without question, mitochondrial dysfunction is the basis for neurodegenerative disease. You know, I've spent a lot of time talking about mitochondria and how the energy Production is one of the, you know, that's the thing we get told in middle school.

It's a powerhouse of the cell. But I love where you're bringing in cell danger response. You're talking about how mitochondria, when they become stressed out, they actually, they retaliate.

They cause these reactions. And when you lose energy, it was interesting. What you said is the energy production, you can just shut off so easily. like this, it's a switch, but it's like climbing up a ladder to get to the top to turn it back on.

And that's why so many people felt tremendous fatigue with long COVID, a bad flu and the like. It's because the mitochondria is not producing ATP. All its energy is being sent to help and support an overwrought immune system.

Bodies all interconnected, so it's one system pulled to the other. It's really exciting stuff. Just to piggyback on that idea, did you know that the mitochondria also helps in immune health by being able to sense something called lactate, not trying to geek out.

And when it can sense the lactate, it actually eats and promotes immune health. Mitochondria is really complex in that it does energy, it does immunity, and it also helps very much with bacterial function.

And it's interesting that you talk about mitochondria immediately coming off immune reboot, because this is something that I talk a lot about too, with how mold, how radioactive elements, how environmental toxins are affecting the mitochondria.

And when you apply that type of information, like, wait a minute, so the stuff in my environment gets in my body, in my cells, damages mitochondria, damages production of energy.

Why is this not being talked about on TV? They're just saying stay in your house during COVID and now fatigue, you know, like just sleep better. That's not enough, right?

Sleeping better is a great hack. 7.5 hours of sleep would be fabulous. It'll allow your brain to get rid of its metabolic waste. It shrinks through with your brain 40% of its size, because it's like a sponge at night.

But sleeping is just one hack. It isn't enough. Why isn't it talked about? It's a great question. So Sinister Rob would probably say, there is no drug to stimulate mitochondria to date.

However, lifestyle is your elixir of health for mitochondrial dysfunction. Lifestyle, love it. Yes. Pushing your body, exercising. Every time you do something hard or challenging, it pushes you a little bit.

When it's the physical body, that's pushing the mitochondria. And so when you're dealing with long COVID, when you're dealing with chronic fatigue, what are some recommendations that you'd make?

Long COVID, Mitochondria, and Fatigue

For me, there's a couple of unique things. Number one, exercise is critical. I know it sounds a little funny. It's almost like an oxymoron. I'm really tired.

I can't move. Go exercise. But movement is the key to health. Did you know that movement is the number one determinant for longevity? Movement and movement patterns.

We all talk about muscle mass being the longevity organ or the currency of longevity, and it is. Good body composition, it is. Avoiding cardiovascular disease, and it is.

But without question, movement is a critical hack. Eating proper foods, remember food. Good food is a potentiator for health information. Bad food is a potentiator for inflammation.

Clearly we should choose wisely. What kind of foods? Whole foods. Good saturated polyunsaturated fats. Grass-fed beefs, wild smash fish, wild smash fish being salmon, mackerel, anchovies, sardines, and herring.

Complex carbs like quality rice. I'm okay with that. A limited amount of fruits, an unlimited amount of vegetables. And if you're going to eat a lot of fruits, eat those fatty fruits like coconut, olives, and, um, avocados, and maybe take some supplements, supplements like coenzyme Q10, BPC 157, ergothinine.

alpha-lipoic acid, and maybe the device or the mitochondria that I utilize in my office on my patients all the time is non-thermal low-level laser, allowing for tonic energy.

Different wavelengths stimulate different complexes. Again, not to geek out. There are four complexes in the inner layer of the mitochondria which produces ATP.

Complex one and two are stimulated by a violet light that has a wavelength of 405. Complex three is stimulated by a green light that has a wavelength of 520.

And complex four gets stimulated by a red light which has a wavelength of 635 to 640. You put those all together and you have mitochondria optimization, i.e.

ATP production. lot of good people to pull in there, a lot of good information. So you're stimulating with laser, exercise, proper nutrition, supplements, all of those are going to be a huge piece.

So you talked about laser and I don't hear about laser probably nearly as much as I'd like to hear about laser with the mitochondria. What kind of laser?

Is there something I can go buy on Amazon or is there something that's a little bit better than that? Oh, you hurt me. You stabbed me. It was a frontal assault.

One on Amazon. No. I think most people think laser is like an infrared light. These are non-thermal laser lights that are used by specific laser diodes.

So the infrared is actually heat producing. So it's really not that effective. for overall health. As a matter of fact, these infrared lights produce heat.

So heat to the brain is extremely deleterious. So I'd be very cautious. I tell everybody I do use an infrared light to

get excited. I use it to heat my sauna.

So where can we find information about lasers like this? Because it's a topic that needs to probably get out there more. I've used a little bit of laser in my time, but I want to know more.

So what kind of light are you using? If it's not infrared, what are we doing? We're using true laser light with non-thermal electromagnetic transfer of energy.

I work with companies that are FDA cleared. They're called Class II lasers. And again, you know, we want to avoid what we call the class four. So I guess I should be a little bit more specific.

Class four lasers stimulate heat. Class two stimulate electromagnetic transfer of energy. They're photonic donors that stimulate the electron volts. Now I totally have geeked out.

I was trying to avoid it and have done it three times in the first 10 minutes. I apologize to everybody. You know, I think geeking out can be a dang good thing because it gives you a little bit of meat to come after the explanations of red light and sauna, which I mean, honestly, I've got an infrared sauna.

I like it. It's great for sweating and detoxing, moving out chemicals out of my body, but you're right. It's not going to get into my brain tissue and do the same kind of healing as some of the more penetrating lasers.

You said infrared, not far infrared. There you go. So tomato, tomato, I like far infrared. Now, the reason I happen to choose far infrared is because it pierces the skin deeper when you can get to those toxins that you just talked about.

Plus, by raising your core temperature about 3.2 degrees, you're also producing those heat shock proteins. So I purport to you, I happen to like the far infrared sauna.

I just don't like far infrared lasers. Ah, yes. And you're right, I did not say it correctly. My sunlight in the sauna, definitely far infrared. I get to watch the little beams go across my screen.

It tells me how much of each type of frequency, which is nice. And, you know, some of that was said to me that I'd still, I just never even thought about.

You can get in a far infrared sauna and you can sit there before it gets hot and you're still getting benefit. That just, I'd never thought of it. but the light is still penetrating your body, it's still creating positive impact.

All right, let's move on from lasers into another topic. Let's go into the gut brain access. Can I interrupt you for a second? Sure. Because I got something on my mind and I hate to do it, but I'm New York, we're allowed to interrupt once or twice.

Just to go back to the mitochondria, do you know what one of the biggest egregious things to the mitochondria is? The utilization of statin drugs. I'm not anti-drug, drugs have their place.

One side effect of a static drug, which is the most prescribed utilized drug in America today, is mitochondrial dysfunction. I said it, I shared it, and I apologize for interrupting you.

Hey, statins are always a good thing to talk about because they are marketed to be the greatest thing since sliced bread.

Mitochondrial Support: Exercise, Food, Supplements, and Laser

And when you get into it, I think I read a study here recently said, and a few thousand people that took the drug versus that didn't take the drug, the difference in heart events that happened, so what they're supposed to be preventing the drug, it was three for the group that did not take the drug and two for the group that did take the drug

out of several thousand.

So it wasn't significant enough to even put you on a drug. The second part of that research showed that There was an 19% increase in body pain, brain fog, and neurological symptoms.

So I, uh, I agree with you in that. And by the way, those are the symptoms that you get when your mitochondria aren't working well. So that's what you're talking about.

Dr. Rob is the data does not back up the massive usage of statins. Yeah. I mean, if you think about it. Statins are the most prescribed drug in America, and the number one cause of death in America at 51% is cardiovascular disease.

So I purport to you that the usage or the sole usage of the drug may not be the answer. That said, lifestyle again is going to be our veil that we want to uncover for everybody.

Yeah. Well, let's get into that a little bit. You know, the gut brain access was a topic that I wanted to get to with you. Love it. And when you talk about gut brain access, it's something that so many people they've heard, but they don't really understand because like, well, how do these connect?

So doc, can you take us through why this is such a big topic? without question. You know, it's funny, a buddy of mine, I grew up in the Bronx, not the richest borough in New York City.

And a buddy of mine went to Oxford. And the point of the story is he goes back for his annual meetings, homecoming and whatnot. He's not a medical doctor.

He's like a PhD in I think Russian studies or something like that. But they have people making very salient points. They're commencement speaker, their keynote speaker, if you will, was somebody talking about the microbiome.

He was talking about gut health. And it was a great thing to hear because for me, the gut is the epicenter of your health. 80% of your immune cells are in your gut.

It's where your macro and micronutrients are absorbed. It has been purported that the first time the outside world meets the inside world is when something passes through your gut, that small intestine.

The gut is able to communicate with the brain in a millisecond. It communicates with the brain through five factors, but the key factor is through a nerve called the vagus nerve, the great wanderer.

Whatever you do to your gut, doc, you do to your brain. Whatever you do to your brain, you do to your gut, and you do it in a millisecond. Very well said.

So the gut brain access, when you, when you are putting food in your mouth, it gets to your gut. It triggers your response. It affects your brain. So what you eat is how you think.

And that's something that was said to me a long time ago. And I, it really stopped me for a moment. I'm like, wait a minute. So it's like, my mom always used to say, you are what you eat.

I'm like, sure, whatever, you know, but you are what you think. Stop me for a moment. I'm like, so for those that are anxious or depressed or irritable or you name the thing, you are, you think what you eat.

So that, that to me just kind of puts it out there to people. Like if you are eating ultra processed junk food, the spike in your blood sugar, you're going to respond like your blood sugar up and down.

Outstanding. So, Doc, you've mentioned the supplements, the lasers, as far as being parts of helping the mitochondria. How are you working on the gut-brain access?

So, I really want to piggyback on what you said just now, which was great. Basically, in a nice, tight, concise manner, you said whatever you eat gets to your gut, and that's what you generate in thoughts in your brain without question.

It has been shown that the removal of food sensitivities, foods that were sensitive to the number one set of symptoms that abated were the mental health, personality, and anxiety.

Number two was gas and bloating, which most people would think is one, and brain fog. As far as the foods that I recommend, you want foods for God and stuff like that, I'm a big believer in eating from a diversity of different foods.

There is no carnivore diet for me. There's no vegan diet for me. There's no Mediterranean diet for me. It's picking good choice foods. Why wouldn't I want to eat plants?

Why wouldn't I want to consume their immune system? Why wouldn't I want to eat grass-fed meat and consume their protein, animal meat and animal protein synthesis is much better than plant protein synthesis.

One little aside, if everybody wants to be a vegan, that's fine. You better take leucine with your plant protein to about 3 to 3.2 grams. Otherwise, you're really not going to have enough muscle protein synthesis and hence not enough muscle hypertrophy.

I want to pick from the food channel. I want to populate my gut and make my garden of health full of variety. I want that ecosystem in my gut to be robust.

So when you're talking about vegan carnivore, I'll throw in a few other ones, keto Mediterranean, or even the One that I've seen used a lot, the autoimmune kinds of diets, right?

The extreme reduction in foods to where you just have a few. What does that do to your microbiome? Is it good to do it for a period of time for some people?

What's your thoughts? You know, what a great question. And basically, I know the overriding theme is which one of these diets are the best out of the bunch?

Well, and why does everybody fight about it? Well, they all work. They all work because they're based on one constant, the sad diet, the standard American diet.

Now that's a hell of an acronym.

Statins and Mitochondrial Dysfunction

So don't come in and say keto work for me, vegan work for me. They're all going to work compared to the standard American diet. Which one works best? That's a great question.

I mean, for brain health, Keto Mediterranean's got a lot of good data on it. AIP is great if you have autoimmune. Paleo diet works for CrossFitters, any of the above.

I believe that all diets should fall under the veil of N equals one. You need to be individualized and personalized for your genetics, your goals, and really are where you are in life.

I mean, if you think about it, if we want to train like Thor to be a Marvel superhero, we're probably going to have to eat 5,000 to 6,000 calories a day.

You and I don't have all that much time to be eating eight meals a day. That's their job. Love it. You know, it's interesting that you bring up each diet and of one, you got to be You got to really figure out what fits you.

And when I'm working with complex illness, I've used some of these diets before. I'll be honest. And I always tell people it's for right now. It's not forever.

Forever is whole real foods and organic. But I've found that, you know, if somebody is having a lot of rashes, yeah, you can do a histamine diet for a period of time for a purpose.

bring down the histamines and then you solve the problem. You get to the root cause of you move on. If they're mast cell, I've seen carnivore work to bring down mast cells for a short period of time.

And it works even though those people are eating healthy before they're eating whole food. We've gone to a carnivore for a month or two to trigger a response in the body.

But the forever thing is you're going to destroy your microbiome if you don't ever bring other things in. And you're also going to get bored. Nobody wants to eat one food for the rest of their life.

And if they are, well, there are exceptions to the rules, but I know I don't want to be on those diets. I've done many of those diets just to prove to myself I could.

And also to tell my patients, I've been there. I've done that. I've tried that. Here's the outcomes that I saw from myself, from my patients, so that I could just speak to it.

And what I've come to realize is I agree 100% with N of one and also And when I say N of one, like he said, that means figure out what your body needs.

It changes. It doesn't stay the same. Right. Correct. Correct. You know, what's interesting about N of one is, you know, what works for you.

The Gut-Brain Axis and Microbiome Health

And that's the type of doctor that everybody should seek out who once again individualize and personalize it for the person sitting in front of you. And, you know, you said root cause.

I'm going to ask you a question. Do you believe, because it's the environment is a key component, it's now called root causes resolution? Because we know it's a myriad of things that cause us to go down that detrimental slide.

So foods, I'm going to give you my diet. Are you ready? I'm going to share it with everybody. Write this all down, everybody. GPS, DNA, IRS, these acronyms.

You ready? GPS. No gluten. No ultra-processed food. No added sugar. You know, if you have a fruit, God bless you. Don't add any sugar to anything. DNA.

No dairy. I know you're from the Midwest, so you probably want to hang me already. No nicotine and no artificial sweeteners. Now, people say no artificial sweeteners.

Stevie's not an artificial sweetener in my book. Monk fruit isn't an artificial sweetener. Allulose, which is a rare sugar, is not an artificial sweetener.

And if you want to add a little maple syrup to something, kumbaya. The third one, IRS, inflammation reduction strategies. You want to decrease inflammation.

So the first thing I would avoid is my food sensitivities, because I believe food sensitivities are one of the leading causes for chronic hidden inflammation.

Number two, no deep fried foods. That doesn't mean you can't stir fry them or things of that nature. And the third one would be without question, no processed seed oil.

You can get late Norton on, we could talk about it. It's processed, dude. It is not purest form. How can you tell me extra virgin olive oil is not healthier than canola oil?

So, GPS, DNA, IRS. abbreviations that you memorize so that you can go take your test, but it helps you to remember what you need to do. And yeah, I'm a Midwestern boy, but I did give up the dairy a long time ago.

I won't say I'm a hundred percent, but I am most of the time it's not in my home. So every now and then when I'm out and about, I'll get something there here and there.

But yeah, I mean, stevia is something you can use. I always just say when it comes to those things like stevia, monk fruit, Limit yourself. Don't make it everything.

Then you're going to be craving all the sugar all of the time. And the seed oils. Yes. I love that we're moving away from the seed oils now. Decreasing inflammation in general for people and processing in general for people is so key.

I mean, even if you have a true gluten sensitivity and you go to Europe, oftentimes you have less reaction because it's less processed. Correct. Even though you may still be reacting, it's a lot less.

So for individuals listening, it's just like, think for yourself. It's not always that it's a hundred percent bad for you or that you can't even adapt to something.

Sometimes it's just that we're abusing our bodies day in and day out. I mean, I think I saw a study showing that 40% of an American's diet was grains.

Which I mean, when you look at grains, you look at them, you're like, okay, well, it has carbs. It has a little bit of protein. Okay. That's not so bad.

But the grains also come with basically a protective poison that can damage your digestive tract that our bodies are not supposed to have 40% of that in our body all the time, which is why we have IBS and colitis and Crohn's disease and also colitis at such high rates is because we're putting stuff in our body, not just grains, but a lot of stuff in our body that isn't meant to be there one at all in some cases, such as glyphosates and statins and all these other things like that, but grains, which we probably are able to tolerate at low thresholds, our body can tolerate that coming in and we can still get the protein and the carbs like our ancestors did, but not at 40%. Oh, I agree.

Grains are omega-6, which can be inflammatory. To add some legs to the gluten conversation, interestingly enough, the gluten here in America, as you indicated correctly, is vastly different than the gluten in Europe.

The gluten here in America is hybridized. It means it's been made shorter and it's thicker, it's more glutinous. Louis Barlong, 1970, won a Nobel Prize.

Diet Personalization, Food Sensitivities, and Root Causes

His whole premise was to be able to feed the country, and I'm compelled by that, but the bottom line is, It was one of the worst things that ever happened to our food chain and our food supply.

In addition, glyphosate is a chemical that's in Roundup, which the World Health Organization has called a cancer-causing chemical. In addition, the protein in gluten, gliadin, is damaging to our gut in the area of the tight junctions because the increased release of zonulin from that protein pulls on the tight junctions and opens them up and pulls them apart.

And at some point, if there's a structural compromise, the release of occluded cars. And now you've got a tight junction which went to a loose junction.

Hence, you've got increased intestinal permeability or leaky gut. And by the way, there are 17,000 articles on

PubMed when you combine increased intestinal permeability and leaky gut.

It's real. It should be a conversation piece with all your practitioners. We're chiropractors. I mean, that's where we started, if you would. Did you know that there's a gut to disc axis?

Did you know there's a gut to joint axis? There's a gut-to-brain axis, and there's a definitive gut-to-heart axis. The expression of an endotoxin called LPS increases the incidence of heart disease, pending on the study, two to three times.

Got it. When you think about the fact that your body's all interconnected and you sit back and you just go, what I eat does affect every cell of my body.

How I think, how I respond affects every cell of my body. And if those things are stressing me, now you start to understand why I'm so dang tired because your, your body is getting beaten down by so many things.

But you know, the good part about all this is the changes that you're talking about today. movement, getting some good supplements, using lasers. These things can start to pull you out of it as you start to remove the burden of the world stress that we live in, the gluten, the seed oils.

You know, another thing that's coming up that's a really hot topic right now that actually affects the gut a lot, and I wanted to ask your opinion because I've heard you talk about it, is GLP-1.

So this is the weight loss drug that a lot of people talk about, but How is this affecting people that are coming into you, whether it's the gut accesses, how is it affecting people?

You know, it's interesting when you mention the idea of GLP-1. The proper function of GLP-1 really leads to a health-promoting state. Unfortunately, most people have a GLP-1 that's dysfunctional, and it's dysfunctional from a myriad of conditions.

But number one, believe it or not, is mitochondria dysfunction damages the function of the GLP-1. If you have a leaky gut, your GLP-1 won't function as well.

They did a study on mice. They damaged their central nervous system. If their GLP-1 was functioning well, there was no damage to the central nervous system.

There was no additional damage. However, If the GLP-1 was decreased, there would be functional damage and it would be difficult to have functional recovery.

But I think really talking about the GLP-1 and let's talk about it, Ozempic and Wigovie. So let's go through their numbers. Interestingly enough, Ozempic, the average person in a study for a year, lost 19 pounds.

Now the patient base had a BMI of 37. So essentially they were bordering on being corpulent. 19 pounds in one year. I mean, I saw you nod your head, sort of shake your head, which kind of indicated to me is like, I think you and I could do better and I agree.

They lost 2.5 inches in their waist. Wigovie, they lost in a year 27 pounds and 3.5 inches in their waist. Now understand one thing, those numbers are not really stellar.

And in addition to that, 40% of the weight loss comes from muscle mass. But let's not forget, your heart is a muscle. You're losing muscle mass in your heart.

You're losing muscle particle size. And in the study that I'm mentioning, it didn't matter if you were lean or heavy, you lost muscle mass and you lost muscle mass from your heart.

So, I mean, just that to start alone is really disconcerting. The average American, or I should say, 93 million

Americans, which is over 51% adults, want to use some sort of weight loss drug.

So this drug is not going away. In addition to that, if everybody who's eligible for this drug, the price tag is $600 million, which actually doubles our healthcare costs on prescription drugs.

The average American is willing to spend $12,000 to $16,000 to get an Ozembek, a Wogolvi, and or a Manjaro. $1,200 to $1,600. I mean, I can hit you with numbers.

GLP-1 Medications, Natural Alternatives, and Healthy Aging

It's just a spooky concept. So that said, there's a lot of natural alternatives. to help stimulate GLP-1. Obviously, laser goes at the top of the list.

Of course, lifestyle studies have been shown that any form of exercise stimulates the GLP-1. There are natural GLP-1s like berberine, green tea, allulose, bitter melon.

Did you know when it comes to bitter? That stuff that tastes kind of horrible like in kale if it's not really cooked well, those bitter polyphenols, they stimulate your GLP-1.

So obviously if bitter stimulates it, guess what decreases it? Sugar. My suggestion is to try a lifestyle hack. No one's anti-drugs here. I know I spoke to you before, we're both not anti-drug, but we do believe that more and more people should try and improve their lifestyle and do it naturally to get to where they can optimally before they have to get on the drug trail.

I love how you broke it down there because GLP-1 is a tool. If you're looking at it from the medication perspective, it's a tool. And for some people, it's been a game changer for them.

They've really seen incredible changes. But as you stated in the average study, it's not really that impressive because if you don't change your lifestyle, if you don't change your diet, if you're not actually trying to do something from more than just suppress my hunger, the outcomes aren't great.

And it's kind of dangerous. You can have some dangerous negative responses because people are dosing up way too high to force themselves to not eat instead of just changing their lifestyles.

And you can use it at a low dose and get some other almost interesting or good responses. And when I say a low dose, I've seen people with mast cell, which is a situation where people are really reactive to their environment.

So it's almost like an allergen to almost everything. It's not a great definition, but it's similar to that. If you use a GLP-1 at 0.5 milligram, instead of the 10 or 15 milligram, you can microdose and see some positive immune system, but when you go to that really high dose and you lose 40% muscle mass on 50 pounds, now your body's in a really bad place.

A very, very bad place. To reiterate what you're saying, you want to have a GLP-1 stimulated and signaling well. The question is, how do you want to do it?

Exactly. Yep. You want to do it well. You want to do it properly. You want to do it from a perspective of as natural as you can, because you don't want to be on any medication, in my opinion, Unless you have to be long-term.

And I think that's a definition that people get really confused. They're like, oh, well, I can be on a blood pressure med long-term because that high blood pressure.

Well, yes, you could be, but you could also figure out why the pressure inside your body is high. And then you could get off of it. So for me, it's like, even with supplements.

What is the goal from the supplement, from the medication, from the therapy that you're doing? How does that build

your body? Is it a long-term thing?

These are questions that we should all be asking. I agree. I mean, the idea of the word supplement is supplemental to lifestyle and food. There are a few supplements that I think most people should consider.

Did you know that there's a receptor site on every cell in the human body for vitamin D3 and omega-3 fatty acids? So, within that, I would recommend D3 with K2, 2,000 to 5,000 IUs as a general amount and 2 grams of omega-3 fatty acids.

Did you know, if you didn't realize I like my did you knows, did you know that 2 grams of omega-3 fatty acids per day adds 5 years to your life and health span?

If you combine that with that 2,000 IUs of vitamin D3, that's another plus three years. I just gave everybody here on the podcast eight years of healthy life.

All they have to do is supplement with D3 and omega-3 fatty acids or get 15 minutes of good quality IUV sun and also eat some wild salmon. and a cold water fish.

Well said. I usually like to ask with some things that somebody could do for themselves to support their health, but you just gave it it gave it right then and there.

So health is wealth. With that, is there anything you want to add before we close out this podcast? This has been great. I really appreciate your time.

Thanks for letting me use the microphone, so to speak, and share some insights on health. And I always like to end with the idea of what Jim Rome once said.

He said, take care of your body. It's the only place you have to live. And no matter all the advances we've had, the replacements are not better at this point.

So how do they find you, Doc? How do they find you to work with you to listen and learn from you? I appreciate the opportunity. Dr. Robert Silverman, real simple, any of the Instagram, Facebook, LinkedIn, and you can email my office at info at drrobertsilverman.

Perfect. Thank you for today. My pleasure. Thanks for having me. Look forward to seeing you soon. Thank you for tuning in to redefining wellness with Dr.

Javen. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms. Also, please consider leaving a review.

It helps more people find the show. See you here again.