Introduction and Michelle Toolu2019s background

Welcome, everyone. I'm Doctor Goyal with the advanced Anti-Aging Technology Summit. And today I have Michelle Tool with me. And, welcome. I'm just going to read her little bio.

Michelle Tool is the founder of holistic, healthy, holistic Living. She started a website in 2006 to share her exploration of natural and alternative health solutions.

When mainstream medicine offered only basic symptom relief for a mysterious neurological condition that within weeks took her from running a New York City marathon to becoming bedridden and giving up her position is executive director of a social services nonprofit in Prescott, Arizona.

Her journey as an information seeker resonated with thousands of readers, as she followed a holistic path and experienced profound improvements in our physical, spiritual, and mental well-being against an illness that took 20 years to diagnosis.

Multiple sclerosis. Fast forward to today, and we see that Healthline named Holistic Health Holistic, Healthy Holistic Living as one of the best holistic health blogs of 2020.

And she has over 2 million passionate followers. Through the years, Michelle has developed a strong network of others, applying their talent and expertise along parallel paths to wellness.

She became the co-owner of My Core Essentials, a family of magnesium oil based products, after experiencing beneficial effects of my course, Magnesium Osprey, for residual Ms.

pain that flared up while she was in Peru to hike Machu Picchu. The driving force behind Michelle's work continues to be the pursuit of life changing information, and to share it in a way that empowers people to improve their lives.

That's so welcome. Welcome again. Thank you. Excited to hear this about the journey. And so, you know, I think I would like to just maybe just want to talk a little bit about, that bio.

I mean, that's that's quite a story that you are running this, this marathon and, and, you had developed these, these strange symptoms. I mean, I guess Ms..

Typically has, you know, pretty obvious symptoms. But what was what was different about your symptoms? I'm not so sure if it has all been said sometimes I think that that would be kind of a classic view of it.

And unfortunately, when I've talked to a lot of people and going through the process, you know, a lot of people had very mild symptoms first starting out with, numbness in different body parts, maybe their fingertips or whatever.

And so it wasn't so classic in that sense. Mine, I think, for me, because I was running marathons, I was very kind of involved in my life, probably a lot more stress.

And somebody should have, at 32, you don't really think of a lot of kind of like, I have to eat this, you know, perfect diet. I was eating what I believe to be healthy at the time for what I was trying to achieve.

And, actually, it happened overnight.

Early MS symptoms and delayed diagnosis

And so what happened with me is, well, upon reflection, I didn't, but, you know, in that moment, I did I was actually

out for a training run and the left side of my body went numb and the right side of my body was weak.

And then from that point forward, everything just cascaded. Every kind of, response the body could have, which now I view as inflammation, understand it better.

But, you know, enormous inflammatory response was happening in my body, literally just rolled into extreme allergies, just a cascade of of things. And because my body had this kind of forces stomach affected, affected, I think, my gut and immune response so acutely that it was confusing for the doctors, you know, oh, well, you're having allergies and you know, so yeah. So you had did you have like multiple, inflammatory, conditions at the same time?

Is that what you're saying? You know, I mean, I well, I think it was a mess, but I think my body was having an acute reaction because I was I mean, when you're out there doing training runs of 20 miles and, you know, and you're out there doing, working the hours I was working and under the stress that I was.

You think you have the world by the tail. And really, I had chipped away at my body to the point that when I think I was having what I would call an Ms.

flare for the first time, the immune system was already depleted. You know, so many of my systems had been already depleted by my activities and my lifestyle that I didn't recognize.

The then I had that acute response that probably was multi-system was probably multiple disorders. But, you know, the beautiful thing about what what happened for me is I didn't get a diagnosis right away.

And and I appreciate that because it, it, you know, I didn't at the time, I wanted it because the emotional validation and having that kind of authority to be able to help you through the process seemingly at the time was was really important.

But not being able to find that put me in a position of not labeling myself. Not acquiring disease is not acquiring understanding, but looking at myself from a whole perspective and looking at myself from an inflammatory perspective.

So instead of I'm going to address this as a mass, or I'm going to address this as allergies, or I'm going to address this, you know, as you know, a, gut issue, I address my whole being.

And that naturally shifted me into the state of being able to decrease that inflammation, and be able to start making lifestyle changes that had a dramatic effect.

And so, so waiting those 18 years, who was actually. Okay, in the long run, I think some of the hardships that each of us face when you have an issue is, is acquiring those labels and then dialoging about it.

It inherently limits in a lot of ways, the, the, protocol you're going to implement. Yeah. So, Michel, maybe for the viewers and our listeners, you mind telling us about what's your what's your, thought process about how does inflammation affect health?

And, and I look at as, maybe as the underlying of so many different conditions. I'd love for you to share. Like, you know, how do you view inflammation?

And, well, you know, and I think most people know and are familiar with acute inflammation, which our body's initial response to injury or infection or illness, which is necessary for the healing process and so that symptomatically can come out as heat, redness, pain, flu like symptoms or whatever.

And that's important aspect of how we kind of heal ourselves. But then we have chronic inflammation and we have, inflammatory response that are cascades which, which affect us.

You know, you might have psoriasis. It's expressed so many different ways. You could, you know, it could be allergies, autoimmune disease, cardiovascular disease, diabetes.

And it is this chronic inflammation that so many people, it's it's actually I think one year it was called the silent killer. You know, it it is really I think one of the key things that are impacting, our health on a global level, that we're not recognizing, and it's driven by lifestyle, food consumption, you know, and, and stress.

I mean, I really think that's acute right now for people. And we don't really recognize it. I mean, a lot of people do recognize the response on the body, but they don't really correlated with them developing disease.

And they don't, you know, say, okay, my diabetes has something to do with or my autoimmune disease has something to do with it. A lot of times we look for a genetic cause, so we look for, you know, classic, paths and reasons of understanding why we acquired that disease.

And a lot of it does have to do with lifestyle choices. For for me, addressing that inflammation, you know, I didn't see the acute response until after that trigger point.

And that's where I think I went into it. And cute and flat out a planetary response. And then it didn't subside. It just perpetuated, you know, so I didn't have the subtle symptoms other than maybe, you know, things that you would ignore as a young adult.

You know, you just would never associate it. So, yeah, it's an important function in our body and it's part of healing to recognize it. But it's also if it's chronic, you could be walking around without having any clue that you're inflamed.

And the next thing you know, you go to the doctor and you're dealing with what your body's expressing, psoriasis or whatever it does, and you're wondering why this is happening.

Understanding inflammation and chronic disease

So I think this is something that has to be addressed, on a societal level, much more than we do and should be integrated, I think, more into our, our medical kind of, system.

Do you think that, that the, you know, the one can have low grade types of inflammation? I mean, they may not have some full blown symptoms. Do you think everyone has a certain amount of what?

Like if in today's modern world, if you're not proactively, you know, investing in stress reduction, we're probably I mean it's it's that contents, this constant sense that you're under attack, whether it's emotional, physical, spiritual, if you're feeling that.

And in today's climate, I would suggest that everybody is unless they're proactively looking for, alternative ways to maneuver around that. For, for me, you know, one of the, the key ways that that I address chronic inflammation, whether it's, a physical need, with pain or whether it's, I need emotionally that I'm dealing with a high stress situation.

You know, one of the the techniques that I developed a long time ago, which was kind of a three step, you know, the first one is stop resisting because any level of resistance, if I'm in pain, which I've dealt with tremendous amounts of pain, the more that I address and more focused on it, the more I resisted that moment, the louder that pain got.

And that's something that goes from a physical experience to emotional experience. I don't want to deal with this. I don't want to feel this. I don't, you know, that level of resistance and then just accepting the circumstance where it, you know, this is just the current reality in front of me.

And doing those two things allows for things to dissipate, you know? And that's a hard thing to express to people, because when you have a disease, a lot of times when you say, stop resisting and accept, we're always trying to

fight or we have a belief fight cancer, fight this, fight that, and and that, that puts more stress on your body.

It puts more stress on that feels better. Like you think one can heal faster by resisting, I mean to stop resisting. I absolutely do think because you, you, you have to put your body in a state that it can heal, that our natural state is a healthy body, and I need to do everything to optimize that so my body can do what it naturally does.

And if I resist that, the body can't push through, that is mentally, I'm reinforcing that physically and reinforcing that. And I need to give it that space to heal.

And that includes not only that, but but foods, removing toxins, all the things that we need to do physically reduce that inflammation, which if you bring to the table that, you know, we move through resistance.

When we accept where we are, then we can create, we can create a different space for our body, for ourselves. To to really begin healing doesn't mean you're going to heal overnight.

It means that you're now in a space that you can. It may take you six months, may take you a year, but you put yourself in that setting. So I think it's I think it's actually one of the number one things you can do for yourself.

You know, sometimes, you know, the hospital taking care of patients and, you know, family will tell us, don't tell the diagnosis. Don't say it because you're going to give up.

They're going to give up and accept it, and then they won't be fighting. Like, you know, we always kind of have this thing about fighting. We're fighting cancer.

You know, the person has to give up and they're around. They're done. But I guess you're saying yours is a completely different paradigm. It's completely different. And let me tell you why.

The pain was really it. I would lay in bed and the pain was so excruciating. Like, I really, I'm pretty tough. That doesn't bother me generally. This really took me to a point that I was almost hysterical and I, I, you know, it was very, very hard to maneuver through that and function.

And so I can't recall the book I read, but it was something in regards to how pain signals come from the brain through the body. And that literally, you know, talked about phantom pain and that you, you know, the body's sending the signal and you can interrupt that signal, you know, and it doesn't have that.

You can make it grow or you can make it dissipate. It doesn't mean you're going to resolve it completely, but kind of through that process, I understood that if I kind of sit beside the pain, I don't talk to it, and I try to interrupt it because I spent a lot of time saying, I can't take this anymore.

And when you're saying that, use your whole body's locked up and you and I know when your body's locked up like that, you're not releasing. You're not. It's not in a state it can heal.

It's fighting the in. It's not your body fighting in your brain. And you're expressing. As I'm increasing the stress level, I'm resisting that space has to flow through you, whether it's physical energy has to flow through you.

And so for me, when I was able to do that, I literally had a tangible experience of the pain decreasing. And when I got that, I started realizing that that's an important factor in this whole entire process, you know?

And so it started with something physical, which was good because I'm more of a linear thinker. And for me, the idea of being all emotion or something or having an emotional component would be secondary to the idea that it was physical.

But when I realized that, that gave me a comprehensive understanding that it's not relevant whether it's physical, emotional, or spiritual, it's still tightening my body of producing cortisol, putting me in a fight or flight state which you can't heal.

Yeah. So I think that's the importance of, you know, dealing with stress with, with, I guess, reducing inflammation and strengthening the immune system.

Yeah. So, so I guess what, apart from that, I mean, tell us your journey with finding the solution, you know, with supplements or other other type of treatment modalities that you went on.

So just if you can kind of. Well, sure. I would say I went on every treatment modality known to man, which is not unusual for somebody who walks away from traditional medicine and kind of goes without an experience.

But the simplest way of approaching it was with food and it was common sense. Now, this was in the late 90s, prior to all the information on the internet about certain protocols, which today is brilliant.

I mean, we have so many wonderful protocols, when it comes to diet that have science behind it that that will do amazing things. With specifically fraud, I mean, disease, but all of them, I just knew more vegetables, massive amounts to the point that you can't take anymore, you know, quality food and, you know, meats.

For me, I always had a belief system for what I was dealing with for mitochondria health, that that was a key player. I'm sure there are a lot of other healing modalities that might suggest different diets.

And I would say, you know, different diseases. You want to go different paths. But for me, that's where I went. And I stripped all the toxins out of my life.

I went to the extreme because I didn't have any information to tell me differently. So I thought if I just get rid of everything, you know, gluten, dairy, everything is and I can do one at a time.

And so like, like a low on the food chain, like, plant based diet. Are you talking about, you know, organic, like, just so our viewers can understand?

Sure I did at the time, I, we couldn't focus purely on organic. I went with what I had, but it is primarily plant based but with meat protein. But the majority is fruits and vegetables, no doubt.

And, you know, I knew growing up, the the richer, the darker the color, the more nutrients you're going to get out of it. So. So really, it was such a simple approach and it evolved into organic.

It evolved into kind of more, protocols from, you know, as the information came out on the internet, juicing and things like that. But people would not have to go as far as I went because I didn't know enough.

Then I just removed it all and I removed all personal care products. I removed everything that was not organic or pure. We just moved to vinegar basically for everything, you know, all cleaning, all everything.

And it just it it just gave me, one a sense of control, which was important because my entire world was out of control. I couldn't work, I couldn't barely walk.

So that was important that I was doing something about it. And and two, it gave me a level playing field that I could start to see, how I needed to form a relationship with my body and see how each food impacted me.

Lifestyle changes, diet, and basic supplementation

Because you're already so hypersensitive. It's a perfect environment because you're going to feel what you do immediately, because you're in that inflammatory state.

So it allowed me to pick and choose and understand what I needed, to create the perfect scenario to start reversing what happened. And healing. And then, with regard to any, supplements, not and or.

Yeah, modalities. One of the things that I think were key is just understanding the basics, the fundamentals. So

magnesium was incredibly deficient in that as a society, I didn't need to find out if I was deficient.

It's a given, you know, vitamin D, it's a given. You know, those kinds of things, optimizing with your basics were really, really important. Again, at the time, we didn't have a lot of companies out that were were putting out the products that really optimize those.

So I went with what I could get. I knew that I needed to go out in the sun more. You know, basic living was the protocol. But I had to say, you know, depending on my symptoms, you know, I would do vitamin C if things were triggering one way.

Probiotics, the obvious for gut health. So you really talking about the basic protocol to build up your immune system and give your body the minerals and vitamins it needs to start doing that.

Then you want to get the rest from your food and not talk about magnesium. I know that you have you have. Now you start, my core essentials, which leaves offers, magnesium supplements with, CBD and and so on.

But, I guess, I mean, most people I can go to get my blood test done at the doctor and have my magnesium level and it'll it'll fall within the range, like 92.7 to 1.1.

But so, I mean, are we saying that that range is not correct or that's not a true measure of your magnesium level? In my opinion. In my opinion, no. And I can tell you why.

If your body's in a state of disease, something's off. And when you are in a state of disease or when you're in a state of decline with aging, you are becoming deficient, you know, regardless.

So there may be a range with blood tests from your doctors. And I think that's fantastic. Starting point. But when you're dealing with things that are not going to be harmful by taking, you're giving your body, a lot of times the food we can look today, look the minerals from the soil aren't there.

We're not getting the magnesium that we need, or because of stress, we're immediately depleting them. So maybe you go to the doctor and you're having a really good week and everything looks great, but you still don't feel well.

You're still feeling like your body is breaking down, you're in your 50s or you're in your 60s, and you shouldn't feel like you're 75 and you shouldn't feel like you're in your 50s.

By our societal definition, you should feel vibrant and young and excited and full of energy. And what we're seeing is a lack of energy. We're seeing pain, we're seeing discomfort.

We're seeing sleep issues. These are all indicative of chronic inflammation. They're indicative being depleted of your basic vitamins and nutrients. And the best thing you can do is go out, get some some magnesium, get your vitamin D, you get your sun every day.

Do your probiotics, reduce your stress. You know, you you can shift and feel amazing from, you know, 50, 60, 70. And there's no reason why we can't. But do you think that every, every person could benefit from magnesium supplementation like, let's say if you don't have any real symptoms like you want to prevent and you want to prevent disease, and maybe you have some, maybe you have some small inflammation, you don't know about it, but magnesium be helpful.

Like like just I'm just wondering because most people don't take a magnesium supplement, it might be in their multi, but they're not taking a separate well.

We like topical magnesium and there's a lot of reasons why that for inflammation I think it's wonderful on a regular basis. But also let's say you have the person we know the importance of quality of sleep.

We know more scientifically than we've ever known in regards to how that impacts the breaking down of the body

disease and healing process with magnesium.

You put that on for you. Go to bed, you're going to sleep like a baby. So you've just knocked out one of the huge, huge issues that we're having in our society that's weighing our health down.

And and people aren't realizing it too. It's too late. Those eight hours that overnight sleep is critical to to energy. It's critical to rebuilding the body is critical to everything.

So I think magnesium is essential. And like a I won't throw away vitamin D there. I'm right up there. Big champion of that. Yeah. You know I give vitamin D to all my patients.

But so the topical let's talk about that because, you know, I've just trying to use your product as well these days. And so I was, I was curious like what the what's the absorption like, how do we know it's absorbing through into the body.

Is there studies been done? Look, there's not a lot of studies and there's not a lot of money in the studies. We personally believe that that is the best absorption level.

It's not only going to address, specific area of information that you have. Lots of people with arthritis use it. So they spray it on their hands. And immediately my mom wakes up in the morning, puts it on 15 minutes later, she's moving her hands.

And it is incredibly powerful. Magnesium in and of itself, mixed with other things. It can also be wonderful. And that's what we do. We really maximize that.

And high quality magnesium. Super important. But, I think for sleep, you know, it comes in I remember having a conversation with Doctor Goode when, he's at, Columbia Hospital and he's a cardiovascular doctor.

And one of his, overriding things was the first thing he does with his patients is, is the magnesium, because he found over the years that that result.

I don't want to give you the number, but it was a very high percentage that he gave me because I can't recall exactly what he said, that it resolved the cardiac issues, but he got the health you're giving it.

I've seen it been given a lot for heart health. There's no question right. Well, yeah, it has been. And here's the thing. You don't know when you have a heart issue.

Yeah. So taking magnesium the only side effect. And here's the benefit of topical when you take a supplement. First of all there's a lot of different types of magnesium out there.

You want to get the right one. But it does cause stomach sensitivity and it can cause loose, loose bowels. So I avoid all of that. Just simply by using a topical.

We just, you know, I don't want to burden my body any more than I have already done with what I had, the experiences I've gone through. So, you know, this just eliminates the possibility of having any type of bowel.

And thanks very much. You couldn't take too much topically, not topically, but you can through ingestion. So. Right. And like I said, the greatest thing is reduction anxiety, depression, sleep.

You know, if you want to bring there are studies out there, but I'm not so sure that they're not interrelated in the sense of like, if you sleep better, you're going to have less depression, you're going to have less anxiety.

I don't care, cart horse. It really doesn't matter.

Magnesium, topical use, and product formulation

This is just a real simple path that somebody can do to enhance, their health and kind of put some of those building blocks back in and then start making larger choices because those are the easy things they can do, you know.

Right. And so you were just mentioning types of just made for the viewers like to understand what are the types of magnesium out there. What should they be.

Which is what's important when they're looking at a types of magnesium. Well, we put it, I believe the e-book is available, which is going to go through.

We have that available, on the summit. I recommend that they download it because I'm going to go through it and it's going to be a lot and you're going to miss it.

It's going to go through and give you not only, the varieties that you have, the ones that are optimal for whether you're supplementing or if you're using a topical, but it also talks about the foods, the importance of it, why we're depleted, and how to maintain that, and what symptoms you might be experiencing and what kind of relief you can expect.

So I would say that's the best resource for the listeners. Okay. So I'll make sure. Yeah, we point that out at the end of the, show as well. And then you mentioned the co-factors like the, I mean, the other things that you're mixing with magnesium. What goes.

Well, I know that, my core also you have other things with your magnesium. Yeah. It's, you know, I don't know how much time we had, but the the, the driving force behind the the formulation for the company has started with a magnesium without any other, any other combination of elements in it.

And the formulator developed it for his wife who has fibromyalgia. And they couldn't find anything to provide any kind of relief for her. And he optimized the amount of magnesium.

And that's important. They got magnesium from the Dead Sea. So so we weren't dealing with synthetic and that was a real powerful move for him and his wife.

And so this is when we came along and one of my, the other owners of the company and they came to me and I deal with residual pain, from an AMS and but but I like to do big things.

And so I was heading to Peru to climb a couple mountains, and, they got together and came up with a formulation that included CBD hemp. It included arc mallow.

That was the first round and then the second round. You know, we're bringing in Amazon. We're bringing in, you know, other key players that are arnica.

You know, you're all natural formulations. But the beautiful thing is that the synergistic effect when you nail that in a product, you really can enhance each of those ingredients you bring to the table.

And and Jim, who's our formula, he's just brilliant. And they sent me off to Peru with these, these bottles. And I climbed Machu Picchu. And you know, I, I it was I went back to the hotel.

There is no way I'm climbing that second mountain. I'm going to not be able to move the next day because, you know, when you already locked up and sore as you're climbing down, it's over.

Yeah. So I got back to the hotel. I soaked in the tub for an hour and I covered my body head to toe in this. Now, admittedly, I probably used more than the average person, but the guys didn't tell me what was in it.

And I have neurological pain, so that's residual. That's there. And I woke up the next morning pain free. And I tell people this, they're like, no, I'm yes, it is the right mixture of magnesium.

And to decrease the in connection with the combination of pain relievers that allowed for that. And then I went and climbed, Rainbow Mountain, which is this.

It's over 17,000ft. And that I did it. Now I was slow, okay. And I went with really young people and I was way behind. But that is not the point. The point is, I could do it.

And, it was it was a it was a tool in my arsenal to be able to function at the level that I desire, and I desire to do these things. And for the average person, they would have consequences.

For me, they're they're larger consequences. And so the team developed the product to, to to address it. So it's not just dealing with the issues of an athlete or somebody who's out there pushing themselves.

It's for somebody with arthritis. It's for somebody that has neurological issues, that can address that. At the same time, we're addressing the issue of magnesium deficiency, which is critical in in the overall overall health and well-being process.

I think, okay. And so has, I mean, it sounds like you you're you're, Ms. has not really progressed. It sounds like it's, can you maybe just talk about that?

I mean, most people have, like, it's a kind of a permanent impairments, like, they don't necessarily have reversal. It's getting a sense of. You've had them. Well, yes and no.

I mean, I have an I have my cats getting ready to jump up here. I have residual issues. There's, there's, you know, I'll have some twitching. I have pain, I have different things that come up.

You know, one of the things I've learned along the way, you know, you can you can feel when things are starting to happen, the relationship I have with my body is a relationship.

And I know when I triggered something and when things are coming on and I know when to calm down, I don't believe you. Yeah, I do believe, but I have not found that.

Okay, the reversal or total healing, of it. But I believe you can go into remission, and I believe that then you need to maintain a relationship with your body.

But but that would be with anything, any disease or the prevention of disease. You have to make sure you're in tune enough that you are watching what's happening.

With your body, I can tell when a flare is coming on if I've done something, that maybe puts us in a position, I'm going to start having more symptoms and I just simply do something about it.

I improve my diet immediately. I read, reduce my stress to zero.

Managing MS, CBD, and closing advice

And then I start optimizing again with supplements on, pretty serious level of saying, now I need to make sure I take this is the amount every day, you know, and check in with all my systems. So.

Okay, perfect. That's helpful. And, so, so, is there is there anything else on the, on the, on the you want to talk about the CBD for a bit or how do you, how do you you want to talk about the CBD?

Oh, we got I think the CBD, you know, the, the, the information is finally out in the mainstream about CD8, CBD. It's wonderful. It's, the studies. We have a ton of studies to show the, the value.

We have a natural system that produces cannabinoids and, and and it relates to that. And and it's a powerful tool. But in and of itself, I don't think it is the only answer.

I am, I am not an advocate of single thinking or single solutions. And I find unfortunately, a lot of protocols, protocols out there or supplements or this is the answer, this is the path.

And I really don't agree with that. CBD and whether it's THC or if it's hemp based, it is miracle. It's wonderful. But I do not believe it is in fact the answer to disease in and of itself.

And I don't really like to present it that way. It's it's a part of a protocol or synergistic approach to, you know, healing and your health and maximizing everything and optimizing your well-being.

Yeah. No, that's such a, I think, such a key point. What you brought up is that, yeah, it's a multi-pronged effect. Strategies to kind of reduce inflammation.

Right, right. Even some of it's psychological. Some of it is supplements, some of it's lifestyle, some of the diet. And I think that's what your whole story is about.

And, yeah, that's very, very good for our listeners to hear that. Is there anything you want to just, end off with to tell our viewers on that? Well, I just think that whether you're coming to us to listen to enhance your life, improve your quality of life because you're aging, prevent disease or actively disease, I think the solutions are all the same.

And I think that, you know, if we can make sure that we form that relationship with our body, listen to it and understand that the strategies need to be multi-pronged, that and, and believe that quality of life is is a natural state of having a, a incredibly high energetic, enjoyable quality.

Life is our natural state. And that disease and decline are not. And we that mindset and shifting that and then embracing information and integrated into your life is incredibly powerful.

And whether, you know, I when I was bedridden and couldn't know and and people would say do exercise, do this, it's very hard to get your head wrapped around when you have inherent limitations or perceived limitations.

But that meant, whether I was stretching or whatever I could do wherever I was, improve my life. And so I would love for everybody to walk away from an assignment, whether you're getting something from me or anybody else that you're bringing to the table with a handful of things that they can implement in their lives, and I guarantee that they will see, you know, improvement.

And that's just focus on that, allow that to motivate you and keep you moving forward. And that's it. And that's so awesome because I think that's exactly why we're doing the summit together.

Well, thank you for having me. All right okay. We'll talk soon. All right. Take care.