"Look in the Mirror" - The First Steps You Need If You're Unhealthy & Stuck! Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Troy Caseyu2019s health journey

Welcome back to Everyday Ancestral, where we strip it down to what truly heals. Are you ready to get nuts? Because today's guest is Troy Casey, certified health nut, unapologetic truth teller.

He's here to torch the lies of modern health and remind us what real vitality looks like, wild, grounded, and radically sovereign. If you are ready, to ditch the comfort culture and reconnect to primal power this episode, Delivers.

Let's get nuts. Here's Troy Casey. So you've been in this space, going down this health journey for 20 years, right? I started studying natural medicine, nutrition, natural health, herbal medicine.

Fasting. 35 years ago, I was a Versace model. I a was Versacci model sitting in Milan, Italy. Just quit school to go into the fashion industry. and then got out to Milan and people were like, honey, you're fat, right?

And I was like well, I wasn't fat yesterday. And then I realized Iwas bloating from the stuff that I ate and had digestive issues. Went down to the English bookstore, bought a book on nutrition, one on herbs, Jethro Kloss.

He's got a family heirloom from the 1840s, back to Eden it's called. And those books, those first books I read on nutrition changed my life. They opened up my eyes to what whole food, real food was all about.

I was living in Italy and they had farmers markets and I'd never been to a farmers market before. Typical American. You know, this is late, all through the eighties, seventies.

I mean, Captain Crunch and Pop Tarts were like, you know. Well, I didn't need all junk food, but definitely that was a steady part of my diet, right? And so I, uh, didn' wake up, until I was 23, started studying nutrition.

And 35 years later, This is the application of, my study research and practice. And so, uh, but the last 20 years I've been on social media, I was one of the first responders to YouTube, actually 19 years.

So 2006 I started on YouTube. Wow. What was the trajectory? Like as you started to learn, what were some of first things you starting to change? Well, eating whole foods, number one, and I went vegan.

One of books I read was Fit for Life, Harvey and And Marilyn Diamond, I was just listening to David Wolf on Rick Rubin's podcast. And that was one of David Wolfe's first books.

David hung on to that diet paradigm for many years, whether it was his bread and butter, or I think he got a lot of really good information on superfoods and other herbs.

But I watched many people adhere to diet and get very sick. Candida, all sorts of major issues. I had major issue two years into it, very cleansing for six months.

And then long term I have hormonal issues, I was anemic, skinny fat, adrenal burn, dark circles underneath my eyes and still dealing with indigestion, obviously eating soy and things like that.

So it broadened my perspective on whole foods, eating more fruits and vegetables. However, one of the biggest pieces for my digestion was gluten.

From veganism to gluten-free and plant medicine

And I figured that out. in the mid 2000s and so end of the 2000, more like 2009, 2010. And I got amazing results just from going gluten free. So I now avoid that like the plague.

There was the application of nutrition first off, got results, then the vegan kind of created imbalances. Then I had a lot of success As a Versace model, I worked with the original supermodels, Naomi Campbell, Chrissy Turlington.

And so I had a lot of success. I traveled and lived a rock star life. There was drugs and alcohol everywhere. So I got very involved with partying, drugs, and, alcohol until that got out of control.

It sobered up and it took me many years. Then I found Vipassana meditation in 1999. And Vipassana meditation changed my life dramatically. That was one of my major wake-ups.

And then I started working with Maori healers from New Zealand, indigenous healer from new Zealand. Then I drank Ayahuasca with the Shipipo Indians in 2006 in the Amazon.

Those were three of really big wake up calls. Big transitions in my live. Wow. I mean really ahead of the curve too. Some of these things are really just coming into play now particularly plant medicine being more and more kind of popular, but 2006, that's very early on.

I mean, did you ever read Cosmic Serpent? Yes, I did. Jeremy Narby. In fact, i studied many of the ethnobotanists and the people had gone to the Amazon rainforest.

At the same time I was down there doing research. i was working with an herbal company And the herbs changed my life. And so I went down there and met our vendors.

We had a facility down for Camu Camus. we dehydrated the Camucamu berry down. It's the highest concentrated source of vitamin C. We had about the top 40 shamanics, a plant called Aipururu.

Aippururru is good for lactic and uric acid, so it's excellent for recovery. met the Indians far up river that harvested it for us. And, uh, I was enamored with the power of the plants and the results that I got from them.

So, and then after drinking the ayahuasca, was leaving the rainforest and there was a mountain of sawdust and they were two by fours on barges going up to Home Depot.

I just realized I had all that plant medicine in me. You've got this power, the feeling of The Amazon, you're not the top of food chain, right? And so, I was down there just saturated in oxygen and seeing this mountain of sawdust and realizing, hey man, I have a responsibility as a human being, as man on this planet.

We hear the destruction of the ecosystem and so I came out of a jungle vowing to make a difference in this world and that's been unfolding for the last 20 years.

Did you have kids or when did you kids at that point and was that part of that? Kind of change and help, you know instilling change in others. Yeah, great question because when I went to the Amazon you know, growing up in the States or just being in States, we've got all these milk carton children.

So people are very protective of their children, right here. I didn't have cousins and nieces, nephews. Uh, I, didn' have a big family, so I was never around children I went down to the Amazon and there's children everywhere and the city centers that the Indians would be selling their textiles and, and their children would be running around and they've got these big eyeballs and looking up at you.

And I'm like, wow, this is so precious. They're so innocent and pure. I was amazed right then and there. That was when I went to Iquitos and went out to the jungle.

Of course, there were more children there and I had never had this experience. A lot of them, I could pay 50 cents and get a plate of food for them. And some of the boys, they wanted sneakers, and I was like, yeah, let me buy kids

sneakers.

But let tell you, handing out charity, man, that will empty your pockets quick. So the the guys, I would buy them food and then I'd be eating at the cafes and the little girls would come up to me.

I had never seen a little girl so precious. You know, three years old, four years, and I have a picture, a photograph. I can send it to you. You can put it in the interstitials.

I just fell in love with the children and the innocence. And they say you're never ready to have children. Well, when I came home from the jungle, I was ready and I wasn't in a relationship.

A lot of the women in Los Angeles where I living, they're very career focused. They were like, yeah, not interested in getting married or having children, And I found one girl that I was friends with and she was interested in that.

And so within a year, within six months of coming home from the rainforest, we had conceived and my son was born the year after. and I brought my children back.

And yeah, the rainforest lives inside of my child and my family. The whole energy of experience down there. What was it like though, because it's one thing when you're incorporating these concepts and these principles, they're in a completely different environment than, you know, America and our normal modern society.

Was it challenging coming back and being, facing the difference and the contrast?

Amazon awakening, family, and environmental responsibility

Well, I mean, look, there's always enchantment in faraway lands. Right. And so and I'm born in from the United States. There's things that I really love here.

You can get enchanted with Latin America and the sensuality of the people, especially the women. However, you know, i love the homeland here that i was born.

I love it here and so We bought land in Ecuador at one point. We were going to move down there. However, I realized that what we have here is very unique and very advanced in the culture.

I think it's everything your podcast is about. What can we take from the primal ancestral ways and what can take the advancements and then live in harmonic balance with the two?

Coming out of the jungle, I realized that oil exploration is the number one deforestation component and oil If you look at the war, the War in Iraq, and I had quite a few visions when I was down there, flying on Ayahuasca, coming home in my hut, sleeping, hearing all the noises outside and hearing this plane fly from Brazil, because we were deep inside the jungle backing up into Colombia, up the river from Iquitos in Peru.

It was a dead end into just uncharted territories. I could hear this really faint airplane, maybe 40,000 feet, because most commercial airliners fly at like 35, really high up there is 40. I could hear it way up.

And then I started thinking this was 2006. We had just started the war in Iraq in 2003. We were doing comedy shows at Second City in Los Angeles and we talked about the propaganda that was happening with the UN resolutions to go to war with Iraq.

So it was fresh in my mind and I'm thinking, I am going up there, wow, we have people on this planet. Could you imagine if bomb doors started opening up on the plane and just you're raw on ayahuasca in the middle of the jungle vulnerable and i just started imagining that and I was like oh my god we're doing that to other brothers and sisters on this planet and what are we doing it for oh with the with Saddam Hussein and the chemical weapons that we we gave to him, right?

Donald Rumsfeld gave it to them. And I was like, oh, bulls**t, this is about oil. This is flat out about a oil and I read the book, Confessions of an Economic Hitman by John Perkins.

I realized the way of the world, it was for the World Bank to lend money to these third world countries to build infrastructure using the loans from that World bank goes to Bechtel at Halliburton.

these private firms to come in there and build dams, waterways, roadways grid systems. And then once the grid was set up, they'd go in and extract the natural resources.

Well, first of all, They'd say, hey, we gave you this money, now pay it back. Oh, you can't pay back, We understand. Then give it to us, give us your natural resource and pull it out with a slave wage.

from your people. Oh, you don't want to play that game? Okay. Well, here's Chile, Venezuela, Ecuador, Panama. Remember what happened with Noriega? He was the drug kingpin who used to run stuff for us and after he didn't wanna play games with us anymore, we just overthrew him.

This is exemplified in geopolitics. where we just take what we want, either through banking and economic hitman, or if the coup d'etats don't work, like in Rwanda, then we send in the American military, Afghanistan, Syria, Libya, Iraq, and then, we go after the natural resources.

whether it's oil, which is the majority of it, but now also tungsten, cobalt, all the lithium batteries, this is being extracted at a slave wage. So I'm understanding the way of the world, and I am realizing that I have a responsibility, I've a participation in this.

My eyes were open to that. I was sober at the time, doing a lot of meditation. Uh, and then I had started a family. And so this is, you know, 20 years later, I'm still on the same track.

The visions that I have down there, um, still in the track to get the world healthy, to. usher in clean air, water, soil, and equitable systems for all mankind.

The biggest thing I'm doing is raising human consciousness. I am entertaining the people no different than the Kardashians or no difference from your favorite influencer online.

business companies and pesticides and herbicides and Monsanto and all of this stuff. It's all intertwined with complete fuckery, right? This is the world that we live in and trying to unwind that in a world where everyone's doped up on scientism, right?

It's not science, it's faux science. Scientists are the prostitutes of the modern era today, as my mentor Paul Chek likes to say. Whoever can pay can play, same thing with the media.

The news programs are not news, north, east, west, south. That's what the news means, reporting on it. No, this is all conjecture and propaganda. and the scientific studies are research bias.

And so anyways, I'm going deep down the rabbit hole on the side, but I mean, this is how I got awakened. I can see clearly what's happening. How do you unravel it though?

I think that's what most people are having trouble dissecting is like, who do I listen to? What is the right path? What's the wrong path is it more just like you got to try it and see if it works for you and if It doesn't then then pivot or or how do you how?

Do you filter out the noise and how you assess? This is this is legit and this Is a pseudo I call that the path of the heart The heart always knows. The question is, are we listening?

Said another way, the pain teacher is always guiding us. the question, is are, we, listening. So we've got 75% of the American people that are obese or overweight.

That was 62% when I started Certified HealthNut less than two decades ago. so that's exponential growth in a very short amount of time, 62%, to 75%. And then 75%, is close to 100%. I'm part of the 100% and so are my children.

So if I don't do something now, who's gonna do it? Who am I gonna wait for? Another man, another politician? I like the ideas of some politicians, but I am not waiting for another man to make a difference, especially in the history of politics, which is basically just taking money, right?

Especially what American politics has turned into. The path of heart is, well truly what do you want? Do you want to see a healthy future for your grandchildren's grandchildren?

The next seven generations, as the American Indians would talk about, we have a certain responsibility for those seven generation. I've simplified this, and I put this in my book, Ripped at 50, A Journey to Self-Love.

And this isn't about my physique, even though I'd been able to achieve my My dream physique at the age of 50. It's about, you know, how to balance the human being.

That's why I'm on top of the Swiss ball in the middle of. The desert. it's. About balance and harmony and.

Psychological warfare, propaganda, and health sovereignty

Harmony with nature. If I can do it, then other people can. Do it as well. And so 75% of American people are obese or overweight. One in two will get cancer prostate cancer with men over 60 is a super high percentage.

And so what is the solution? Become healthy in as many facets as you possibly can, mentally, emotionally, physically, and spiritually. Vote with your dollars on your own bloodstream.

We've seen the circus come to town every four years with the presidential elections. And how about voting for yourself? Right? And, and boating with your dollars, these, this is really the only thing that people pay attention to is the economics.

And so, what's more important than supporting local farmers or people that have dedicated their lives to good soil and good animal husbandry and nutritious food?

What's important more than that? I'm here to tell you, there is nothing. Because when you lose your health, you will spend all your money trying to regain it.

You've been challenging the mainstream health though for years. You been doing this work and yet the obesity rate, you know, percentage is increasing.

So what beliefs or habits do you think are making people sicker, softer, or more spiritually lost? I do believe the biggest critical component is psychological warfare, propaganda.

And if you've read the dystopian novels from the 20th century, 1984, Brave New World, Um, these things were exemplified in those, and I think we're living through them right now.

And so, um, psychological warfare programs us to think that, oh, organic food doesn't make a difference. Oh, it's all the same. Right. Well, how is that?

How do my clients go to Italy and eat pizza, ice cream and pasta and lose weight? Obviously, there's something different in the food, whether that's, you know, billions of pounds of glyphosate or billions or gallons of Glyphocytes sprayed on our crops and our soil.

GLYPHOSATE is It's ubiquitous and it's pervasive. You can't just wash it off. And this affects the gut microbiome. It is all scientifically validated that the human being doesn't have a shekemic pathway, but pests do, right?

So we can just use glyphosate. Well, that's how it was put on the market. But come to find out there's microbes inside your gut micro biome, Right. And they have a Shechemic pathway.

So if you're killing off the good bacteria inside the gut, lo and behold, you have got issues across the board. You know, the internet's full of people that have gut issues and trying to solve that problem.

The gut is the environment inside of the human being. Right? We carry our soil on the inside. Because we are in symbiotic relationship with the Earth, with microbes, the fungus, parasites, bacteria.

And so there is no separation. We are the environment. So if we've trashed the you know, bomb making materials and Hiroshima and Dresden. And then we take those materials, and then, we put them into the soil, like NPK, which was the bomb-making materials in World War II.

We put that in the soil. It's called NP-K. Many people remember the Oklahoma City bombing. Well, what was in It was fertilizer. We've been putting bomb making materials into the soil since World War II.

And then Monsanto created Agent Orange and Napalm to burn down the jungles of Vietnam. So war profiteers, again, what do you do after the war is over?

Well, they just rolled that into making herbicides and herbicide resistant GMO seeds. The corporations and the heads of state is a revolving door. Watch the movie, The Corporation.

Well we all know this. But because of the psychological warfare, we abdicate our responsibility and we just think, oh, the government will take care of that.

The government'll help us. the governments here to help. You know, bullshit, We all just went through COVID. Oh, when was the last time you've been to the TSA?

I stopped dealing with the tsa because that is the totalitarian tiptoe. They're just lining you up to get into the Auschwitz hole. Right. And so. This is bullshit, and 9-11?

I mean, that's what the whole premise is set up on. And then one only needs to talk to an unchained model of chat GPT, open AI, to understand the history of false flags.

World War II, Pearl Harbor, false flag. Gulf of Tonkin, Jim Morrison's father, the commander in the Gulf Of Tonken that started the Vietnam War, False Flag.

Then they, then they televised that war into everybody's home in the sixties and the seventies, right? This traumatized us. The war is still going on.

And the war started after they instituted the federal reserve. So it's all intertwined, and this is psychological warfare that keeps everything complacent.

This is a clarion call to all the men out there, like cut the Like take the blinders off, right? This is the world that we live in. And as Americans, it's up to us, we have some of the only last vestiges of freedom on the planet.

We have our God-given rights written on a piece of paper. The First Amendment is protected by the Second Amendment. So it is up us. If you see what's happening in the UK, you'll see it happening Australia, and you will see in Canada.

It's up to us to keep moving forward and advocate for a better world and cut the bulls**t. Stop poisoning the children. stop diddling the Children. How about that?

That bullsh**. Right? On my watch, it stops. To your point, a lot of what's happening is it's just traumas playing out, right? How do we get connected back to this humanity?

Do you think that it sounds like for you, meditation was a a huge early on piece for you in connecting you to your humanness. Do you credit that or is it breath work, grounding?

What do you think would be a good first step for the person that it is? I hear Troy, he's right. There's trauma, there's disconnect. What's a first that person should take?

Here it, brother. Look in the motherfucking mirror. You like what you see? You Like who you are? Is that the example you want to raise for your children?

The answer is right there. We all know in our heart, like we're not, I tell you, this is the path of the heart. So meditation guided me back to the Heart.

Ayahuasca guided, me Back to The Heart, it opened up The heart we all have a heart and soul. The question is, is are we in touch with it? The pain teacher is always guiding us.

The question is, are we listening? So the pain can get louder, or you can simply look in the mirror, look into the toilet bowl. Do you like what you see?

If not, do you the life that you've led? It's been said that our thoughts is what create reality, and most of our thought are subconscious. So if you don't know what your subconscious thoughts are, just look at the live that you either like it, love it don't like, it want to change and then this is the age of digital communications.

We can all see online as AI and fake boobs and Kardashian fake lips and makeup and you know all the steroids and TRT and peptides and all this phoniness and artificial comes to the height, authenticity is going to become the biggest commodity out there.

Find that online, people that are speaking truth. The truth has a ring to it. You can understand again, back to The Path of the Heart, where does this touch me in?

And so because there's so many talking heads on the internet and you know, you said something like, not that I'm against the medical industry or whatever, I don't like to be against anything.

I am for health, real health. And I got pointed contention of the pseudo health people too, right? All these biohackers that are just on TRT, which when I was growing up, that was called steroids or testosterone, right?

Now, because it's a fucking microdose, we're going to act like it is not what it. And then peptides are innocuous, but Ozempic is just chowing people's organs and their bone marrow now.

Right? And so, and we are just acting like, oh, these things are amino acids or whatever. Well, they're injections from China. What else is in there? What do they put in the vats?

And you want to outsource your manhood, your hormonal signaling to China? And they can just yank the supply chain. Well, I don't think that's a good idea.

And I've got plenty of clients that want to have children. They're losing their hair on steroids. To get off of those things, once you subjugate your own endocrine system exogenously, It's hard to recover that.

You need three to six months in bed, right? Like you got the flu to recovery your energy and stuff like that, so these may not be the best ideas. And the reason I say this is not to fault the end user.

That's like faulting, you know, people are on heroin. We all need support, but the people that are peddling this as the solution, this are no different from any kind of drug dealer, drugs work.

Cocaine, heroin, fentanyl, these things work, they have an effect. Not that they don't. Peptides work, right? But what are the side effects? And living with synthetics is not going to create balance.

And so again, I'm not here to guilt and fault the end user. I am here tell people, and especially the young people before they start using this, that there is a better way to boost your testosterone.

You're going need to sleep. You're going to need the sunlight. You are going need to grounding. Your going the need organic nutrition, farmer direct, grass fed remnants and fat.

Fat builds your cholesterol. Cholesterol is where you get your hormones manufactured from. And so it's getting back to nature in all of these facets, and the heart knows this.

And now, because the internet is so fake, it is easy to spot something that's authentic. I'm 60 this year. The older I get, the better it works for my marketing and branding.

Because I am not here to bulls**t anyone. I am here guide them back the truth. Back to their heart and soul. Again, truth has a ring to it. One only needs to look in the mirror.

Amen. I and I love because I've talked about that before of like, you know, when you're trying to figure out who to listen to, look at the person and are they living what they're saying?

You know? And so someone could look you and say, well, he's you said you knew you were 60 or how old?

Returning to the heart through mirror work and nature

I'll be 60 in December. Yeah, you look fantastic. A lot of people are sometimes out of congruence with what they're saying. They don't look, they don' fit the part.

Do you think that that matters or are you more of the just listen and follow your heart? If it speaks to your hear, just follow it. What they do tell you is a lot that's drugs.

That's peptides that's steroids and to think that TRT is not drugs or steroids That is erroneous thinking these are synthetic drugs And so you want to go to the drug manufacturing website to look at the side effects from these drugs They're not innocuous as they're being sold in my day and age when I was younger in the 70s in The 80s these steroids were illegal right and still to this day tested but now somehow they're socially acceptable or you can get them from a doctor or a naturopathic doctor and somehow, they are socially accessible.

Brian Johnson is another one of these characters. And then you want to look at what they the 10x stages, he's not telling you, I'm going to sell you $10,000 of steroids and peptides.

That's the backend through the psychological used car salesman marketing of Grant Cardone. The psychological warfare that I am talking about, this is part and parcel of the same thing.

And so when people see me and then they see someone like that, they will go towards the marketing because they're bamboozled from that. I'm here only to shine light on the sunlight, to the grounding, the high quality water, high-quality nutrition.

Of course I am in business. And so I work with organic superfoods and herbs, something I've been utilizing for the past 35 years. Herbal medicine has been around for millennia.

And so, and everything that I have is organic and natural and biodynamic at the highest level. What I see on the internet right now is gadgets. gimmicks and drugs and that that's all on the back end you're not going to get to that until you see their medical professionals right whether it's super duper supra human 100x whatever these little marketing schemes are because i have people that have gone through these programs they get the genetic test or they get the blood test.

And then on the back end, they're selling them $100,000 in red light therapy, oxygen therapy peptides and steroids, right? And they don't tell you that on front end.

Until my friends buy that, they go onto the 100X program or whatever it is, and they get a month's worth of peptides, but they a week's of syringes and the inject it and ended up in the emergency room.

Nobody talks about that. I've heard that on numerous occasions. And so just buy or beware. My biggest philosophy is nature, Nature solves all of our problems.

Get back to nature in as many facets as possible. I love it. You know, I'm pushing organ meats, but not in a capsule. So I just try to make it as easy as I can for them to get in their diet through eating them.

and it's always fascinating to me because I'll some of the most pushback I get is like but does it work that you know like am I getting enough I'm like wait when did we start questioning whether nature works like this is how mother nature intended you to get these nutrients what you're telling me that something else is something laboratory made is going to be able to do that and I think over time we've seen like when they try to create The orange in a laboratory, they always mess up.

They miss something, but yet Mother Nature got it right. Yeah, it takes the human genome 100,000 years to change the Human Genome one-tenth of one percent, meaning we are all basic hunter-gatherers.

What were we hunting? Grass fed remnants, whatever basically moved had protein in it and the warriors would eat the organs first because they didn't have a lot of time to sit and digest food and stuff.

They wanted the energy first and foremost. So the testicles, the liver, a heart, et cetera. And then what were we gathering? The women and children were back around the campfire or the Camp, and they were gathering roots, barks, berries, greens, whatever was vegetation that was edible.

And then they would sprout it or boil it, or make it bioavailable and drink it in a tea or some type of poultice. I've got a whole book of plants. and ways to heal the human body with touch, touch point therapy.

My daughter got bitten by a scorpion a few weeks ago and I put on, I think it was a Western mugwort. I've put it on topically. It was the tincture and then she swallowed it.

She slept for the whole day and no pain and it's gone. Those kind of medicinal pieces that are just growing out in nature that people think are weeds, we're completely losing some of not only the practice of how to apply them, but also just the knowledge of what they are good for, what that what can be used for.

You mentioned that book, is there like a good resource for people to look into that can kind of learn and kind I don't know, just grow their knowledge around how they can utilize these herbs in their day-to-day.

Yes. So the book I had mentioned before, Jethro Kloss, Back to Eden, that's a great book with American herbs. Then you've got, you mentioned Jeremy Narby.

I don't know if he's got a lot of herbal knowledge in there. It's more on the psychedelic plant, uh, bruise of Ayahuasca, et cetera. Uh, but if you want to understand plant folklore and the history of plants, Jeremy Narby's, the Cosmic Serpent has application.

Then you've got, go look on Amazon, or ReevisMountain.org Reevismountain dot com R E E V I S that's Peter Bigfoot and his book on healing herbs. He also teaches here in Phoenix.

He's about 85 years old and he walked across the desert about 40 years ago and survived. It took him about 15 days to walk from the 17 interstate to the Superstition Mountains.

And he almost died at the peak of summer, 115 degrees. The plant spirits, they spoke to him and And that was 40 years ago. He's been living in the Superstition Mountains ever since.

And he's got remedies for snake bites. Peter Bigfoot, find his book. You might be able to find it on Amazon, but

Rivas Mountain for sure. Earth Mother Medicinals, my friend, iridology.

with Hayley, it's like iridology.with.hayley on Instagram. She does iris readings and can read how your organs and your blood is flowing just through your irus readings.

It's a very sacred practice. If you've ever looked at someone's iras, that's extremely powerful. And so she's got amazing herbal formulas to detoxify the liver, the lungs, lots of red clover, mullin.

And she may have a book and she might have class. Look in your local area, chat GPT or Google and find local herbalists because this is an art. that we don't want to let go of whatsoever.

TheLightOfNature.com. That's one of my students, Patrick, has his own herbal company. He's out in Philadelphia and he studied with his mentor, who's an amazing herbalist and teacher.

Wherever you can find an herbalists and if you have interest, I highly recommend you go down that road because what you'll find is these herbs naturally build the blood They help flush bile secretion through the liver, they break up excess calculi formations, gallstones, kidney stones, et cetera.

They really work magic on the internal systems. And as Hippocrates said, let thy food be thy medicine and thy medicines be like food. He was a third century BC philosopher.

So this is back when natural food was available. This was before processed foods. Again, what were we eating? Roots, barks, berries, these were normally part of our nutrition.

Flowers, right? Saffron, you want to lift the mood? My friend Drew Canole has an herbal company called Organifi, and he puts a lot of these plant materials in gummies, in chicken broth gummies.

And so his happy drops have saffron and passion flower. If you look at the doctrine of signatures of a passionflower, it looks like a majestic sacred geometry.

Herbs, organ meats, and practical ancestral nutrition

Have you ever seen a passionflower? It's got like this lotus that comes out of it. It is so trippy and it's just like magical. I mean, flowers are just beautiful.

Just imagine the imprint of unique terpenes, alkaloids, vitamins, minerals, enzymes in a wildly grown flower with its own medicine in it, And so again, back to food is medicine.

But we've gotten so far away from herbs. We're eating domesticated apple, orange, banana, and the apple and orange. They both came from the Amazon, right?

They've been hybrid. And apples used to be like crab apples, so we got cucumber, lettuce, tomato. you know, about 15 domesticated vegetables, but we used to eat wild stuff and you don't need that much vegetation.

People talk about lectins and oxalates and phytic acids. True, these are plant enzyme protectors. However, we use to prepare them in a way that they were bioavailable, whether that's teas or tinctures or poultices and some things were edible.

And so my business partner, David Sandoval, wrote a fantastic book called The Green Foods Bible. And he was given the legacy of Anne Wigmore, the mother of wheatgrass.

She gave him heirloom seeds of wheatgrass from the Egyptian tombs called Kamut. And he's been growing them on volcanic ash beds in Utah, far away from city centers for over 30 years.

There are good solutions out there. And I highly recommend that book as well. That book changed my life and I've

been working with him for the past 12 years.

The Green Foods Bible by David Sandoval. Excellent book. Your brand is certified health nut, right? So clearly using that language, you recognize that people You know, even some that might be listening to our talk right now are are listening going to this guy's cuckoo.

Like this stuff is out there, right? So, and clearly you're kind of like Bill, you Matt, your, claiming that and saying, yeah, but let's, let, get to the nitty gritty.

So I just to enlighten people that may be thinking like that. You work with people, you work clients, what is it like to work you? Enlighten them on like, look, yeah, your hearing the persona, but this is what it's like when we get to get work.

Here's the problem again with the psychological warfare. So people think they know it all because they watch a reel or they see a Huberman podcast. Oh my God, the amount of mental masturbation with Hoberman or a Tia or any of these guys.

not to knock their knowledge base. It's great. But why do you need three hours of scientific dissertation if you're not going to practice it? You're an electromagnetic being.

If you are not getting copious amounts of sunlight and you aren't grounding yourself every day, what does it make a difference what biochemical pathway stake goes down your neck?

It doesn't, right? Or the absorption of the amino acids. If you don't have the grounding out of all this electromagnetic radiation and pollution that's in your body, the voltage, wattage, inflammation, you're not grounding that out with an electrical charge into the earth.

What difference does half this stuff make if you are not getting high quality water? You're drinking tap water with halogens, fluoride and chlorine in it.

We're in symbiotic relationship with all of this stuff. So a holistic lifestyle isn't, oh, I bought a box of organic food once upon a time, or I did a detox back in 2012, and I'm cured.

But why do I have neck pain, back pain obesity? My dick can't get it up. I can get pregnant with my wife. You know, that's because putting the holistic principles back together and I put again in my book is the nine pillars.

I have a free download on my website, the Nine Pillars of Health. You can put it up on your refrigerator. It reminds you of these basic fundamental principle, hydration, nutrition, sleep, movement.

We're in relationship with everyone and everything. it's a good idea to be grateful for what is and forgive what was nature. Sunlight, grounding, as we talked about before.

But most important, most part of my work and the foundation principles from the Nine Pillars is legacy, purpose, your dream, goal, heart's desire. Because that's going to give you drive to create a family.

Let's just say that is one of your goals. To create business. There's so many ups and downs in business. And if you don't have your health, all the money you make striving to get that wealth, you end up paying later on the backend with doctors or drugs or surgeries.

When that doesn't work, find your way to me and you still have to spend all your money on your house. Whether that's leisure time, time in the sunbelt, a time on a beach, organic food, herbal medicine or somebody to hold your hand.

This type of stuff you've got to invest in later on. And this is what I tell my clients all the time. Invest all your money in your health first and foremost.

Because when you get to the end of your life, you don't talk about your trinkets. You talk a lot your relationships and if you just had more time to spend with X, Y and Z.

So I say do that on the front end. A deep dive with me is very simple. We go through the nine pillars. You know, you have testosterone problems. Okay, what time do you get into bed?

Oh, 12, one, and how's your sleep? Well, okay, start there. Like we don't even need to move forward. There's tons of research. 10 PM to 6 AM is an optimal range.

So how can we fit your, how could we plug you into that? Because if we can't, The other nine pillars, you know, You're not going to boost your testosterone unless you're getting that sleep.

Number two, then what's the quality of nutrition? Well, I'm eating commercial food and I am eating food out of a box and eat out a lot because of work and blah, blah blah.

Well you are not gonna get healthy eating shit food. I don't care. Yeah, you can get on testosterone and that might make your muscles look bigger and give you a little bit of energy and strength, but that is at the price of a drug.

Cocaine works. I give them some energy from cocaine, right? That doesn't mean it's sustainable forever. Do what's the quality of water that you're drinking, right?

So these are just basic fundamental principles, but they want to watch three hours of Peter Attia and Huberman and be like… following my mind. This biochemical information, it's like it makes so much sense.

But if you can't apply that into your life and you're not getting good sleep, who cares? It's not going to show up in the mirror. It is so, so true what you say.

If you cannot apply what You learn, there's no point. if the stuff you are eating, you don't digest it properly. There's No point and You're right. These foundational pieces or the pillars, I remember back in the day, someone tried to get me on testosterone.

This is a while ago and I was not sleeping at the time because I working so much. So I, I getting maybe four hours sleep. And I felt like a car that was stuck in park, but someone was revving the engine.

It felt so bad. I immediately got off and I said, wait, you got me on this and you didn't even ask these questions that Troy is asking me right now. Like the foundations are not even in place and your putting me in some stimulant.

Working with Troy Casey and the Nine Pillars of Health

People gotta get that clue in is that we have to get these foundations in places before we do anything else. So amen to you Troy. Thank you so much for showing up the way you do, whether people are turned on or off by it.

I am excited by what you bring to the table. And I love your message, man. I'm on board. Well, thank you so much, James, and I appreciate what you're doing.

It's going to take all of us. And this is a big clarion call to the men of the world. We know in our hearts what's and wealth, and so before that all transforms and changes, it's up to us to make the world a better place.

We're gonna put all links in the show notes. Any last piece, like where's a good place for people to start if they wanna dig into more of your content and your knowledge?

Yeah, certifiedhealthnut.com has everything. I have an online community. It's only a few bucks a month, I think the first week is free. Um, i've got thousands of students on there where we go over this once a week.

i'm on their live answering q and a, and then my coaches and other teachers, teaching five to six times a on that

channel, sometimes seven. And so, and there's a ton of content on there all based in health and healing, all natural medicine.

There's no highfalutin weirdo ideas. It's all brass tacks down to earth stuff. You can get the book, Ripped at 50, you can this on Amazon. Uh, You Can Get It on Audible.

The hardcover collector's edition the coffee table book. I have a couple hundred here I send them domestically if people find me on Instagram I'll autograph copy that and send one out Other than that, there's a ton of free downloads on my website, The Nine Pillars of Health.

And if anybody is in dire need of the book and swears they'll read it, we'll send you a free copy digitally. Well, thank you again, Troy. Thank you all for joining us on this episode of Everyday Ancestral.

Stay curious. Thank you so much for joining me on Everyday Ancestral. If you enjoyed this episode, hit subscribe so you don't miss the next one. You can find the show notes, links and resources mentioned at eatpluck.com.

That's E-A-T-P-L-U-C-K dot com. And hey, if you know someone who gets something out of this, share it with them too. Stay curious, live well, and keep it ancestral.