Introduction and Dr. Walshu2019s Background

Welcome back to this event, I have the amazing and wonderful opportunity to present to you, dr brian Walsh, she's uh guy, I'd like to call a friend? You know, we've known each other a long time, at least a dozen years.

We go back to mutual friends and uh dr Walsh was there at the very, very beginning of my uh of course, you know, when I started teaching, a good friend of ours, Bill Walcott and dr Walsh and I used to get together Like every week and just go over stuff and just talk openly.

And he's been studying human physiology and nutrition for over 25 years and educating others other people in the health business for 20 of those when he's not teaching, he spends his time poring over the latest research and synthesizing his findings into pratt information for health practitioners. And have you ever seen dr Walsh, you, you know, it's true, you know, he's pouring over the stuff, new stuff, old stuff, wherever it is, and it's also that we can have things in our hands that will be useful with patients and clients.

These lecture to members of the health care industry around the world and consistently receives positive feedback into seminars and courses, especially from my graduates.

They love dr walls and um doc, I just can't tell you how glad I am to have you here, let's just chat for a while about it. Yeah, man, whatever you want.

Well, if you don't mind, I have to go through the standard, you know, how did you get the business thing, just so people can know you a bit like 25 years, do you have a health problem or you just like the field or you know, what was your deal? No, listen, it's isn't that that's that's people either get into this because they had a health crisis and was fixed by whatever you wanna call it. I mean, what is, what do you even call this industry anymore? You know, it's integrative, complimentary, alternative nutritional, functional medicine industry.

Um or somebody they knew had a health crisis and got well or they just had an interest in it and I don't even know how far back I told these stories before, but when I was a little kid, I was a boy scout and I used to get Boys Life magazine and they had Charles atlas, you probably remember Charles atlas in the sand getting kicked in the skinny kids face And I saved up cash in the mail, mailed it off and I got my Charles Atlas kit and I started doing those isometric exercises and I got one of those, one of those exercise machines that had the springs on it, remember the chest expanders? Um and I would use that and then I got a couple of dumbbells and I was, so I was into you and when I was 12, I think I asked my mom to buy me a nutrition book, believe it or not.

Um and I, so I have just been interested in health, fitness and nutrition and the human body and how it works and in college my batches was in psychology because not only was I interested in the body, I was interested in human behavior, just all of that really fascinated me. Um I was, it was a fitness professional um added massage therapy to that so that I could uh you know do orthopedic type stuff and my clients and honestly what it led to.

So all these years of reading what happened was is my clients would ask me nutrition questions or supplement questions and I read a lot and so I knew a lot of the answers but it was outside of my scope and I've always, I've kind of been like a law abiding citizen, I followed the rules and stuff so I looked into it and it became a naturopath that seemed to be the next best thing was was this umbrella degree where you learned acupuncture and manipulation and herbs and homeopathy and nutrition and all this stuff.

I had been spending all these years reading about was a degree and I thought well that sounds good and so I did that and anyhow I guess where I am now is I love Western science, um I love Eastern science, I just, I think I think a lot of industries have problems and I'm trying to sort of bring to the surface those problems. Um also a lot of these these related industries kind of fight and if you look really closely, they're not that different from each other and I think that, that we all can get along better if we all bring to the table a little bit more humility, um, a little bit less egos. And so I think that that's kind of my role now.

I don't love naturopathic medicine, I don't love conventional medicine. I think that all really what it comes down to is all of us, regardless of your health coach or nutritionist or a nurse practitioner, a chiropractor. We all got into this to help people.

Yet somewhere along the way, we kind of get lost in that and we start focusing on what, you know what form of magnesium is the best arguing about it and who, who's more right about it and um you know, you've been in the industry long enough, if you, if you stand back, I mean, Good Lord, How many diets have come along that have been the diet? Oh, this is finally the one or a test.

This test blows out all the tests that have ever come out or, or a supplement. And if you just take a step back and you see these same patterns that exist for a while.

I mean, we were talking just before hand, we're both 39, you said we're both 39 or 38 years old, like, but we've been around long enough where you've seen these patterns, right? Um, and and it changes your views on things.

So who I was when I entered Naturopathic school, not, you know, however many years ago, 12, whatever, 15 years ago. I'm a very different version of that today. And it's it's just a consequence of being in the industry for a while and reading a lot and thinking a lot.

So that's a sort of long introduction, but hopefully that helps. No, that's good cause it kind of explains who you are. And I'm gonna add that you're an amazing uh family man.

Uh recently you took your whole family on a tour of the whole country to give lectures around and some of my students attended, but I know a lot of other people did who just want to hear you teach and it's a style.

I mean it's the kind of person you are. I think what you're saying is, you know, I was arguing over which test and which protocol and how much and you know, things like that, it's really just the truth. We just seek truth because we do want to help others. That's kind of why a commonality and everyone watching now is they want they at least want to do that.

And another thing about you that I noticed you try to walk the talk, you know, you're in shape, you're you're not munching potato chips between health talk videos, you know, So I think it's very commendable sipping sipping on coffee.

From Childhood Interest to Naturopathic Medicine

I do like my coffee, I've researched it a bit though and I feel like it's pretty safe to be drinking coffee at two in the afternoon. Yeah, yeah we, my wife we met in naturopathic school and so I've known a lot of people where one partner was into health and the other one wasn't and I mean that's like almost having two different religions than being married and our our kids. I mean we're listen, we're not perfect. I mean, you know I make a lot of stuff at home so like I I do bake cookies and I do make treats for the kids because their kids man like I met this, this one couple one time they're feeding their their like three and five year old paleo lettuce wraps and if someone does it, that's cool.

I'm like man being a kid, you know, I used to ride my bike down to 7 11 these my allowance money and buy twinkies and like there's just something about being a kid and and enjoying it a little bit. So anyways um but our kids eat really, really well. We, I'm really fortunate, I'm blessed beyond anything I can say. So we, we all kind of walk the talk in fact right behind me where I am right now we have our home gym, I just pieced it together and you know like we have a rower and we have and so we'll have all seven of us quite honestly. Even the three year old he'll be jumping on the little mini trampolines. We we try to we try to model it for everybody.

We do try to walk the talk but but not be crazy about it either because I think that that's a little dysfunctional um when it comes to health too and we don't want to screw up our kids.

Yeah and you're home schooling too. Which is another thing that a lot of health coaches do it but you've been

doing it before the sequestering or or voluntary whatever.

We Yeah our oldest one is 11 so I mean I guess 11 minus he's starting his four or five. We just and and it wasn't it wasn't intentional. My wife just you know it was time for him to go to school and listen we're not we don't we don't like the labels, you know like um that there's like the attachment parenting or the hell like like what the heck does that mean?

That stuff mean like we've had a kid but this is a little piece of trivia for you. We've had a kid in our bed For the past 11 years. There's there the three year olds still in our bed basically like one leaves and another one is born and then we so we've constantly had Children and some people will say oh you co co parent or cause now we don't just the kids in our bed we don't have, we don't have definitions about those kind of things.

Anyways, my point being is is we just, we just kind of, we just kind of roll with the punches and started out homeschooling not because we thought it was the way we just gave it a shot and it's been so awesome that you know, here we are later, five kids in home school and we're still we're still here.

Nice work man. I mean I really do feel you and health coaches are into anything that's natural and um useful. Um but you you one thing that stands out about you besides that you like we just said you want to help people, you're willing to walk the talk and you've become this great teacher.

I'm not here to stroke you man, you know, you know, I know you you're very humble and and well should be, you know, but um you've got a style that takes very complex stuff and you break it down, you've helped me, I've watched some of your videos and I go, oh so that's how, you know, and we've had, we've had some of the same mentors, but I'm curious, you know, who, who like how do you get that style, like you're a blackboard guy and is that from someone old professor?

You know or is it just all the books you've read or you know, is there some mentor that no, no in fact there's not the story about the white board though, this is a true story. So I mean I don't know how many how much details I'll start with but I kind of had a little change of career at one point and in the span that I've been doing what I've been doing and um uh my wife she said you know why don't you why don't you look to teach locally? You know, you like to teach? And you know, I started out, I thought I thought inner city eighth graders right out of college.

Um So teaching has kind of been a thing. I actually got my California teaching credential back in. So I was teaching has kind of been the thing. I've always I've always had a it just has always seemed like a really noble profession to me. Um Anyway so I got a job teaching anatomy and physiology at a local community college which um you know was was kind of humble and and not really exciting or flashy and I was I was I was I was getting ready and I had my power points and I was gonna I was gonna blow these. They were it was a prerequisite to a nursing program. So it wasn't just A. M. P.

It was, but I had all my power points ready and I swear to you man the night before. I was like power points suck. They're so boring. Everybody does power points. What could I do differently And I just I winged it. But I was totally, I was totally nervous.

I just winged it. I had some, some markers and I did whiteboard and the rest of it was just it. I, I haven't done any other way. And so that's just how it started. I just, you know, what part of it is, Man is evolution.

Um innovation technology are great. But when we do that we usually let something go that shouldn't have been let go. And so I really, I'm very old school man. I mean it does, it hasn't served me well necessarily in my life, but I believe that a handshake is your word.

I believe that a man should open the door for a woman every day of his life whether it's a corridor of the house door. Like I just, there are things that I think that that just, and, and that old school way of teaching of, of drawing on the board and sort of that Socratic method of asking questions and, and like it's, I just feel like that's been lost when you have a prewritten power point presentation and like is that teaching at that point or is it just reciting versus you know, real time dynamic drawing on the board type of thing. Unplanned.

I don't, I, I don't know the answers man, I didn't have a mentor for teaching. I just, I just teach the way that I think. Um, so I'm glad that that comes out well for people.

Yeah no that's just how I've done it from the beginning it comes out well and I think what drawing it out in front of it does at least what I notice is that you deal with the the the hierarchy of function and physiology anatomy very well because you can't get to here uh from over here without you know the metabolic processes are so damn complex.

And um your your method makes it follow a ble you know that you can actually follow but before we go there because I would like you to do a little teaching, I'm gonna ask you to to teach a bit. Um And then I'm gonna ask you about some of your courses because they're just some of the best that anyone could take and then we're gonna talk a little bit about this place for health code and you know I was gonna tell you before we started the recording that the purpose of this event is to get together some of the what I consider to be the leaders including thought leaders not just the best uh you know gut function or something like that like you said that can get a little tedious you know but how we think how we go about doing things and it has to be logical very old school too. Um I opened doors for women and and even for guys you know I just like opening doors I guess for people being polite you know, just just, hey bro, you know, how you doing? So, so uh just that old fashioned stuff, I I know that we have some some common ancestors somewhere, man. Uh they just taught a lot of right from wrong, but um we're gonna want you to do some teaching, we're gonna talk about your courses and you know, all this came about or what you think uh you know, why we need to use that stuff and how can health coaches supply and what are some of the leadership qualities you look for from health coaching field?

Because again, that's the purpose of this event, is to get the thought leaders together, talk about standards and ethics and code of conduct and professionalism and and being real and not doing stuff because you can make a living selling stuff, you know, you could do that, but it's not rewarding, you know?

So let's start with uh with some teaching, tell us about the hierarchy. Like I use some of your verbiage, ology, um you know, cell tissue organ system, we try to have an effect on the whole system at one time, simultaneously teaching folks a bit about that, you know, because you do it better than anyone.

Well listen, I mean, it'd be nice if I could hop on the board and do that. Uh so listen, the story, the story of this is totally legitimate to man, I mean, so it's called the levels of organization, Sometimes it's called the levels of structural organization.

And I was teaching, and I was looking at the physiology textbook and it's chapter one of every single physiology textbook that you find pretty much anywhere, whether it's, you know, guiding or marib or anybody.

Um and I looked at it one time and I, you know, you know, when you have those moments where I don't know, I don't know, everything slows down, speeds up, lights bulbs go on, I'm not sure what happens, but you just get that you get some insight and and I don't even think it's from yourself, I think it's just some something kind of from the universe or God or whomever kind of plants it for you.

And I like that, and I thought holy cow, this is this is the key to practicing. And if I could just take a step back and tell you what led up to this, why it was so significant to me was because I've been in functional medicine, whatever you wanna call it, for kind of a long time.

Teaching Style and the Whiteboard Approach

So, prior to in fact, I mean, I was I was seeing Bill timmons at, in bio health seminars, um you know, well before I was a naturopath, and so I've been doing this, whatever you wanna call this for a long time, and I was incredibly frustrated too, because I go to one seminar, um you know, let's say it was the gut, you just bring up the gut and for two days they paint this amazing picture of how important the gut is, and 80% of your immune systems in the gut and has its own enteric nervous system and the vagus nerve to the brain, and your gut microbiome dictates your society, and your cravings and your mood and your behavior and all these things. So you leave the seminar, what, like I need to fix and focus on everybody's gut.

I'm going to be a gut expert and then, like a month later you go to another seminar and this one's on the brain and then they show all these studies that the brain runs the gut and that if you don't fix the brain, your gut motility is gonna be off and and your microbiome is gonna be off and all these things, you're like, well wait a minute, I just heard that the gut runs the brain. Now, this guy is telling me that the brain runs the gut was right, you can do that with the liver, you can do that with the thyroid.

If you don't have a healthy thyroid, the brain is not gonna work well, the guts not gonna work well, so then you have to focus on the thyroid and so I'm just being honest man, so as a practitioner, I was really frustrated to the point so much.

So if I'm just being really honest that I would I would question if this is really what I wanted to do, I love the body, I love the pathways, I love trying to help people.

But in the industry, when I was listening to other people, it was just this, it was like a bunch of chickens, like looking at each other like I'm right, I'm right, keto, vegan, vegetarian, paleo, carnivore, you know, vitamin D. It's good for, you know, it's not curcumin, no, like cibo, I mean all this stuff and I was like, I didn't know where to start with people. And then, and I looked at these levels of organization and I thought this is it like this, this is a, this is a truth to me that is almost irrefutable compared to all the other the noise in the industry and basically what this levels of organization is is it just describes what we are on a physical level. And it starts out on the periodic table, we're all just a bunch of atoms chemicals of an element, which I if you want to talk about from like an esoteric point of view that that's the stuff of the universe.

You know, carbon and hydrogen and oxygen and all these different things that were the same sort of like celestial dust, but anyhow, so we're a bunch of carbon, a bunch of nitrogen bunch of hydrogen. We have little bits of calcium, magnesium, iron, selenium boron arsenic, all that stuff is us right on the smallest level and you can break that down but not in nature.

So that if you take two atoms chemicals or molecules and you put them together it's called a molecule atoms chemical elements. Sorry. So you take two oxygen molecules, you get molecular oxygen.

Um You know H 20. Water is a molecule because it's two or more atoms chemicals or elements. And so then you have a molecule molecule. And listen and you know why I like teaching this man is because we talk about this stuff all day long but we don't even know what we're talking about.

So like what is a fatty acid? It's a molecule Why? Because it's carbon and hydrogen and oxygen. What's glucose glucose is a molecule? It's not an atom, it's a molecule. An amino acid is a molecule.

Um And then if you take two molecules and put them together, then you get what's called a macro molecule. So you've heard of glycol, lipids and lipoproteins. Um So if an amino acid is a molecule, a protein is a macro molecule, if glucose is a molecule then glycogen is a macro molecule.

Why? Because if you follow the definition, it's a molecule is two or more atoms, chemicals or elements of the periodic chart. A molecule is that's what molecules a macro molecule is two or more molecules put together.

And then if you take macro molecules like lipids, lipoproteins phosphor lipid would be a macro molecule or molecule then you can get organelles and organelles then then this is the stuff that people kind of get used to talking about.

Like the mitochondria loves the mitochondria um end up as meticulous, the rough and smooth the Golgi apparatus lies ISMs, paroxysms all the machines, all the parts inside of a cell that we learned in high school biology.

Then if you take organelles and you and if you follow this so far all, what are we were just a bunch of atoms, chemicals or elements that are turned into molecules. If you get two or more chemicals, atoms or elements bond together two or more molecules together as a macro molecule, then we can start to actually form these things inside of a cell that might have wanted to build the apparatus. Then if you just wrap all those together in a phosphor

lipid bi layer, then you get a cell.

And what's really cool about this is at this point a cell unlike anything else. Prior to it that we know of is the first element of this that can sustain life.

And and I'm telling this is a legitimate dude, like this was I'm not gonna say I generated these ideas. I mean I did that came from me but but like I feel like it was something kind of helped me out with look at that.

I was like wow, yeah, man, I totally believe in the source. Good Lord, I believe the source. So then and the levels of organization. If you put a bunch of cells together, it's called a tissue.

There's only four different tissues in the body. There's epithelial tissue, connective muscle and neural tissue. And then if you put two or more and it's all it's usually all 42 or more tissues together.

You get what's called an organ. Well I've definitely heard of Oregon. So the heart, the heart is, it's line there's chambers, right? There's epithelial, its muscles, cardiac muscle, um It has its own electrical systems.

So there's neural tissue in it and there's connective tissue holding it all together. So what if you go forwards and backwards on this? So what is an organ? It's really just a bunch of tissues.

What's a tissue? Just a bunch of cells. What's the cell? Is organelles wrapped up in a phosphor lipid layer. What's a what's a macro molecules and organelles as a macro molecule, what's a macro molecule, bunch of molecules and the molecules bunch of atoms. Okay, see how this just flows together.

So then in Oregon, if you take two or more organs that all have kind of a similar function as one another, like you could say the tongue, esophagus, stomach, large intestine, small intestine, pancreas, liver and gallbladder.

That's the digestive system. That's an organ system um you can take an organ like the lungs and toss it in with the trachea and the bronchi als and then all of a sudden in the nose. Then you get the respiratory system.

So these are an organ with a bunch of other organs that have a similar function becomes an organ system and then you take all the organ systems and put them together and then you get the organism or the human body. Now I've done I'm gonna go two ways with this because that's where I stopped Like 10 years ago and I looked at this and I'm this is again this is God honest story. I looked at that.

I thought well wait a minute. So if somebody comes in to me they're gonna have symptoms of some kind. And those symptoms will usually be in in one of the organ systems.

So you can take a woman who has menopausal symptoms. You can have another woman that's younger and maybe she has endometriosis or PMS. Or polycystic ovary syndrome. Or she's having a hard time getting pregnant.

Infertility. Or you can have somebody that a kid with A. D. H. D. And what we do naturally as we think of the system, right? So if you have a woman who's having a hard time getting pregnant, you're like well it's probably not a respiratory system, it's probably not a musculoskeletal system. The nervous system probably not.

It's probably her endocrine system. Yeah but if you do this is this is where because then I was like wait a minute. It's not the whole endocrine system for this woman. What if the levels of organization says that an organ system is really just a bunch of organs. So it's not her thymus.

I'm just gonna go ahead and say it's probably not her pancreas. Um, it's probably your ovaries. And I was, and then an ovary is in Oregon. But what was an organ was a bunch of tissues, right?

Levels of Organization: From Cells to Organisms

And then I was like, well, which of the four tissues in this woman's ovaries are probably causing. The biggest problem is probably not the connective tissue. There's barely any muscle in the over.

It's a little bit um, it's probably not the neural tissue is probably the, the epithelial tissue because that's the hormone secreting cells inside of an ovary.

So, if you go back. So this woman comes in and says she's having a hard time getting pregnant. She has PMS or PCOS or whatever it is, they say, well, it's probably an inconsistent, I'm gonna work on your home loans, but it's probably not just for a whole endocrine system, its organs, Right? So it's probably ovaries.

So it's not just the ovary is probably a tissue. Which tissue is that it's probably epithelial and what is tissue really is just a bunch of cells. And and again, I keep saying this, I swear to you, I saw that.

I was like, holy cow, let me do it with something else and someone comes in with, you know, senior moments? Well, that's the brain, the nervous system? Well, what's that really?

It's an organ. What's that really? A bunch of tissues. Well, it's not the astro sites probably of the it's probably, you know, the neurons. It's probably sells.

I thought, jeez so you mean that with all these seminars that I was going to and all these things that I was listening to, all of which I've stopped, by the way, I just made me crazy. It's largely because of this too.

I was like, I just have to be a cellular expert. I don't have to be an X. Because anybody that walks through my door is a cellular dysfunction. And then I went the other way and this was really cool.

If you have healthy cells and I'll tell you what I'll quiz. You just make sure you're paying attention. If you have healthy cells according to levels of organization, what's next? You have to have healthy tissue, tissue is very good. You failed my quiz tissues, right? If your cells are all healthy, your tissues are gonna be healthy. If all your tissues are healthy, your organs have to be healthy, they're made up of tissues, tissues are made up of cells. If your organs are healthy, the organ system is going to be healthy and if all the organ systems are going to be healthy, the organism is going to be healthy. And that's when I thought, you know what? It's not about the supplement of the month or the test of the month or or the diagnosis of the month and I say that in this industry left pathways and protocols tell me a new pathway or a new protocol and I'm happy.

But it's not about those things, it's not about genetic testing, it's not about CBO or vitamin D. Or curcumin or like nanoparticle eyes like whatever cure human to get it. It's not that we need healthy cells.

And so and that's when honestly man that changed it for me. I was like I don't have to be an expert in all these things, I have to be an expert in healthy cells. And so then what I did and this was fun.

It was like well what does the cell need to be healthy? That's the next extension of this, right? So if if you need healthy cells to be a healthy person or if you're unhealthy it's because your cells are unhealthy then what if cells need to be healthy? I thought well they need fuel.

Right? You need to be able to make they make a T. P. A cell. And I just made some videos on this recently that currently are free on Youtube. I don't know how long we're gonna leave them up there call it the science of the cell movement.

Um but I walk through how all the dysfunction in the cells can happen if there's low 80 p. How specifically mechanistic Lee I'll send you the link out to this, you watch it's mind blowing.

Yeah if if a cell doesn't have enough 80 p. How that causes cell dysfunction and cell death. And I thought well number one it needs a cell needs to make a teepee period.

If it can't make a T. P. I don't care if it's a prideful cell, you're not gonna be able to make hydrochloric acid or

intrinsic factor if it's a if it's a late egg cell in the test is it's not gonna be able to make testosterone.

Does that if that makes sense? Like if a cell can't make a teepee it cannot do what it does if it's a neuron and or it's a skeletal muscle or whatever it is.

So I was like okay so it needs to have proper 80 P. And then I thought well what if it has proper 80 P? What else can go wrong and understand this has been has been like a decade in the building of this thing. This is just constantly thinking about this is what if something damages the cell? Well a damaged cell is gonna cause cell dysfunction. Cell dysfunction, tissue dysfunction.

Organ dysfunction organ system dysfunction and organism dysfunction and that's who's gonna walk into your office say I don't feel well and it's because their cells aren't working well and then that person it might be because there's damage to the cells.

Maybe it's toxins. Maybe it's infections. Maybe it's immune system dis regulation And then I thought all right well let's say somebody has healthy cells that are making plenty of a teepee and let's say nothing's damaging them. Is there anything else that a cell possibly needs in order to run properly? And that's when I thought of the environment.

And so if a cell let's say let's say your cells are making beautiful 80 p. Nothing is attacking them or damaging them but they're dehydrated, it's not gonna work well or the ph is off, they're not gonna work well.

Or cells are only as healthy as they can communicate with other cells. It's kind of like as we as people is this is this is interesting because it's an extension of us. Think about this.

How productive are you if you if you don't have the energy to do what you need to do if you're being attacked by something or if the environment isn't right, how productive are you? How good are you at being read Davis?

Yeah if you don't if you if you don't have the fuel it's and and like attacking you might be something mental. You know you might be be you know some some someone posted a bad article on you or something and that's just attacking you can't be productive because something is attacking you it's damaging you or let's say you're in this really loud environment you can't be productive.

So so if somebody wants to be healthy or if they're feeling unhealthy you need healthy cells and cells need three things to be healthy. They need to make optimal amounts of A.

T. P. They need to not be damaged by something and the environment has to be right and then I'll just finish this bit if I haven't gone on too long yet. Um Where where I extended this out with some research I was doing probably in the past like three or four years.

It turns out there's some really awesome work that's been done. I mean actually volumes of literature I'll say in this idea that if you don't know who you are in this world, your place in the world, your purpose um Your if you're not connected to others uh if you feel lonely for example um And purpose was the big one is if you don't have a purpose and you know if you have one or you don't um that can negatively affect cells also. So I took it a step further.

Instead of stopping at the organism you put two or more organisms together that's called a population and you put two or more populations together that's called a community and that exists it's not me making this up. This is this is in the biosphere levels of organization. And so it turns out you may have totally healthy cells making perfect amounts of A. T. P. Or theoretically not damaging your cells.

But if you feel lonely if you don't feel connected if you don't know who you are. If you don't feel like you have a purpose in this world, then that can be the driver of dysfunctional cells.

And what is causing symptoms in somebody that brings them into your office. And this is I'm making up these

numbers now in this industry I believe. And this is my own personal experience that about 50% of the clients and patients are biological, meaning parasitic infection.

Uh I mean whatever, you know, hormonal imbalances, you know, liver issue, whatever it might be And 50% is I'll just call it psychological. But what I'm saying is they're not happy. They're not happy.

They're not fulfilled. They're not they're not self actualized. And I can tell you and hopefully this this this helps a somebody somewhere. You will never get that person. Well there is not a test that you can run a supplement that you can give them a diet that you can put them on a lifestyle program that they can do. That will make them happy.

If it's only temporary. If it does, it won't last and they will never ever ever get well until they identify, acknowledge and address the fact that they aren't happy that they are lonely, that they don't feel connected, that they're not being authentic with themselves or they don't have a purpose.

And I will tell you also that if you find that with that person then you save them thousands of dollars in tests. Years of coming to different different practitioners who, you know, one of them does keto, the other one does vegan.

The other one loves curcumin, the other one. Um So anyhow, that's just, that's kind of uh I mean you asked me to teach. Thank you for going through that and you did it without your white board, you know, and probably um exactly the same uh talk because it's the truth. It's how things were.

And I absolutely love how you took it from the atom to the molecule to the macro molecule to the cell, to the tissue, to the organ and the system, the organ system and then the entire organism. Cause that's our world.

That's what we're dealing with. And here's, here's something that struck me, is that the same uh emphasis that you put on the entire organism? How it will be dysfunctional can be compared to the cellular uh disruption or dysfunction because of that source, that connection with source, that purpose.

That because what I've used and I used, you know, a level of organization like that. Maybe not quite as detailed, but but what I talk about all the time is how the cells don't need to be taught what their job is, you know, there is a source of um knowledge, the architecture, whatever is like how come how come cells don't have to be taught what their job is. And you know, it's just such an interesting question. Um they already know that they're an adrenal cell or a light egg cell or or muscle cells. It's so interesting.

Well listen this is this is really you know where this is going. So there is a type of cell however that stops listening to a pop topic signals. So it gets the signal to kill itself that's normal for a cell apoptosis programmed cell death. It doesn't listen to it anymore.

Um it hijacks nutrients from surrounding cells. In fact it's so greedy that it lays down new blood supply to it. So it doesn't listen to the communication that from other cells before it starts hogging and hoarding things which you know at the time of this recording is kind of interesting given the toilet paper um it starts hoarding things for itself. But you know what kind of cell that is that's a cancer cell.

And so as and I get I get chills when I start talking about this because if I believe and I have this. So I have a new course called the cell blueprint where I mapped all this out. This is all of this is within this thing but purpose. So I say when a cell loses it like cells need to know their purpose and their it turns out our cells that have that don't play along with the rest of the cells anymore. And I just there's a whole list of about six characteristics of the cell and it's a cancer cell and it's a selfish greedy cell that doesn't communicate, doesn't listen to what the other cells are telling it anymore.

And and then and you're and this is what I'm saying, I thought you'd like this because it's no different than us, man. Like if we don't listen to our our people around us, if we get greedy, if we start to hoard things, if we uh essentially cut ourselves off from the rest of the community that we're supposed to be a part of, then that leads to dysfunctional health.

In fact, actually, you might enjoy this too. Um, there's there's 22 ways for for sort of well being. There's one that's called Hedonic and in the literature and one that's called you demonic.

And Hedonic is just what it sounds like. That is seek self gratification. Well, that, no, that's seeking gratification by by serving oneself. I buy shoes for myself and I'm happy. I post something on facebook and everybody likes it. And it makes me feel good versus you, Demonic is living for a higher purpose other than you hit tonic is living for you.

You demonic is living for a bigger purpose other than you. It turns out and I and I talked about this in great length in a couple of programs. To that, your immune cells. No, which way you're living.

So if you're living in a Hedonic way, it's the same immune uh dis regulation that one has. If they're lonely, I'll say that again because this is powerful stuff, man.

If you're living head ironically for yourself, self gratification that your immune cells, you have higher inflammation less. You're less likely to be able to fight off an infection, especially viral.

If you're living hedonic li your immune profile is the same as if you were lonely and if you're living in a you demonic, if for a bigger purpose of higher good, you have lower information. More antibodies, more natural killer cells, more interferon better at fighting off an infection as if you weren't lonely and you were connected, which is super cool.

And so it turns out that and and and this is this is a genetic expression by the way. So, just to give you an example of somebody like, well, I I serve, I serve food at the soup kitchen locally, which sounds like a you demonic thing, right? But if they, you know, take a selfie of themselves while they're at the soup kitchen so that they can post it on facebook, that's hedonic. So you can do that, you can be the nicest person in the world doing all sorts of charity work.

But if you're taking pictures of yourself, so you can post it for the world, see where I donated blood today kind of thing and posting it everywhere, how that's hedonic, I don't care what anybody says, that's hedonic and your cells, your immune system is the only thing that's been studied so far response, which is like So anyways getting back to what you're saying about if ourselves know our purpose and I was going to go ahead and say I think we do too.

But I think living this life in this world that we do, we lose it if that makes sense. We become cancerous in the sense that we're like that cancer cell that no longer has its own purpose and it's living for itself and not for the community. And I think that we we need need to make sure that we're living for a higher good and not ourselves because our our immune system in our body and ourselves reflect that super cool stuff.

It is super cool stuff and I love where this has gone and uh let's just see if we can take it one little step further aren't there other cells that are cancerous but are also nascent cells like they're useless cells. They're not doing their job anymore.

They're just hanging around but they haven't gotten cancers yet. I think the term is nascent or um they're just cells that really should everybody should have gotten rid of a long time ago but they're still there.

They don't know how much they're consuming. Um And isn't that like some people where they're not really cancerous, they're not they're not, you know, burdens on society, they're not they're stabbing and killing and costing us money but they're they're pretty useless, you know like you just made me think, Yeah. Yeah. And I would I would suggest that physiologically or biologically the reason for them is because the body has lost the ability.

You know? I mean, people talk about a topic for example, it's kind of a hot topic, the body's lost.

Purpose, Health, and Cellular Dysfunction

I mean, so so what what? Okay, let me just take a step back. So in the levels of organization. Remember there's three things that a cell needs to be healthy and and in that video I walk through all the specific mechanisms of it.

You need to have a teepee and something you can't have something damaging and the environment has to be right if a cell loses a teepee or doesn't have enough, it doesn't die immediately. It becomes dysfunctional first.

And that's that's what you're talking about with these cells. Cells essences to age, that's the normal process of that. Somebody for some reason we're all afraid of, I mean, if you have a branch of medicine called anti aging medicine that tells you were afraid of that, but but to cns is normal, but a dysfunctional. So you can have a healthy cell, it doesn't just die. Doesn't just go through necrosis.

It goes through these phases where it becomes less and less functional and can't break down. It's almost like it can't it can't go we can't move forward.

It can't go backwards, it can't do anything until until something pushes it and it needs to either be there's there's a point. This is really cool too, is um some cell injury is reversible if you take away the thing that's damaging it and and the and the body has what its need. These cells can repair themselves.

There's also a point that I talk about in these videos. There's also a point where it can't be resuscitated anymore. It's it's gone. It's irreversible damage to the cell.

And I think that some of those, some of those butts in essence is normal. But you know what happens though is and this is true as we age, those that are still working become more efficient at what they're doing.

So you may not need. I mean, this is this would be a topic for a different time. One thing that I've sort of pontificated about, I guess is as we age, does a man need as much testosterone as he had in earlier years, let's put it this way, is it possible that a man, an aging man has lower testosterone levels but has totally normal testosterone symptoms?

Or I should say no low testosterone symptoms because the receptors that are still working on the cells that are still working are so efficient that they don't, they get away with lower amounts of testosterone.

And I can tell you my answer to that is I think the question is that's absolutely yes, that we we can become very efficient uh with neurons. That's well known, but I think that we can have a certain efficiency with the immune system.

I think we can have a certain efficiency with the endocrine system as well. And so this idea that all these levels have to be normal all the time even as we age I think is wrong because I think that in a healthy body as we cns that some of the cells we don't energize them anymore and they become senescent cells but we don't need them anymore because the cells that are still there like I mean I know for myself I'm far more efficient than I ever used to be as I'm aging, which you shouldn't be, but it's it's the cells that are still working as long as you use it.

So I I believe anyhow, I believe that that it's okay for us to lose cells because the other ones can pick up the slack as long as they're healthy. Yeah, I feel you on that that um they're like less testosterone.

I mean I know I'm quite a bit older than you and probably it's lower but it doesn't seem to affect me because I'm healthy enough to where the cells that are there that have the receptors are are just acting really well, you know, they're they're like okay just keep it coming, you know, don't stop producing it, but give us what you got and we'll take it from there. I need I need a little more, right?

Not yet well and I know I know that's something that you that you talk about is is treat the person not the lab. You know what what if your your testosterone levels were below what one could consider to be optimal but you're fine.

You have zero low testosterone symptoms and then all of a sudden someone's like well your testosterone is low. Then you start thinking that it's low and then all of a sudden you might start feeling these symptoms that you didn't even experience in the first place. But the power of suggestion, somebody said it too. You effect. Yeah.

Very very true. Well a little bit about your courses now dr brian because you've got so many and um I know you've

ended the tour right? So um I'm sure you recorded it. Maybe those are available.

You talked about the cell brew blueprint, which I recommend to everybody and um what else? And we're gonna put all the contact information like that in the show notes.

But what what can we look look forward to starting today and then what's coming down the future that you're working on? Yeah. Yeah. So um the sell blueprints pretty new when when we're doing this interview. Um And that's kind of the I want to say it's the capstone course but it's really the course that kind of helps guy.

I mean listen the feedback, you know this you make something and you you don't know if it's good or not. You don't know how it's going to be received.

Um I've had you know F. D. N. A fitness professional types to seasoned chiropractors who you know you know what's funny is when you say something and then all of a sudden everybody else comes out of the woodwork that's saying yes I felt the same way for that. I talked about how frustrating the functional industry is and then all of a sudden I get these people are like yeah I basically gave it up because I couldn't figure it out and you know so it's all the same frustrations that I had turns out a lot of other people had and they're finding a lot of utility in this in this cell blueprint model. Um Then is you spoke to this earlier on?

One of the big problems in the industry that I've always always felt is that there's not a really there's not really good science that's taught um without any bias.

That's just it's just biochemistry. Just physiology. Uh And so I have metabolic fitness courses called level one. Level two and level three. Level one is biochemistry.

It doesn't sound fancy but I've had people that have been in the business for 20 years that say that that was one of the best courses that they've taken just learning the electron transport chain and how it works or glycol I mean just it doesn't seem fancy to me but it's so missing that people people devour that biochemistry course.

Um level two I'm recording right now as we speak. In fact it's up there on my board. Um Is physiology. It's gonna be A level two A. And two B. And its physiology dude.

Like it's just it's just really good physiology. And all I can tell you is this is from my experience and the feedback of others is the better you know biochemistry and the better.

You know physiology. It just makes everything makes sense. You can take another course or you can listen to a podcast or you can you can read a published scientific paper and make sense of it when you know these background courses and nobody that I know of is teaching these things well and I'm not saying I do I just love to teach these things.

I'll just give you a hint. I'm getting I don't know why I'm getting better. As I get older. Um That my drawings are better. Do the explanations are better.

I think I'm more comfortable in my shoes that when I started, you know 15 years ago, whatever it was, these courses are a killer. I love them. I love them so much.

The level two is turning out crazy, crazy good. And then level three we recorded the tour. So level three is blood chemistry and and again I say this humbly because I know it's out there.

It's it's blood chemistry like you've never seen it before. It's it's the first evidence based reference ranges in the industry before people ripped me off on the, on my papers that I have on those. Um it's, it's the physiology behind the markers. It's not just, you know, if humans high or low, this is what it is.

It's what is out in the first place, if you know what iron is or how it works or ferrets and transparent, all these different things when you know what they are, then you don't need a book to interpret a lab if that makes sense.

So that's level three. Um yeah. And so once level two is done, I'll have the cell blueprint level one, Level two, level three have a 16 hour course in the mitochondria.

I think it's maybe a seven hour course on detox. I have a probably a seven hour course on glucose regulation and then I'm just gonna start turning out courses like that.

So I'm gonna be doing one I think on the adrenals at some point in thyroid autoimmune, have some pretty autoimmune has been kind of overdone in our industry.

But there's some topics that people aren't talking about without immunity that I think need to be brought to light. So just keep as long as I'm standing, as long as I have my white board. I'm just gonna keep making courses.

Hey man, and we're gonna be the beneficiaries of that and you deserve all of the praise. I've seen heaped on you. I can go back to just some of our original conversations, which were, you know, 12, literally 12 years ago, man, if you can believe that, I think we both had hair back, then I'm not sure, you know, 25 years. Yeah, just kidding. Uh my barber knows your barber, I'm sure, by the way, how did you get a haircut in the sequestering this, this, this you must have your wife do it julie, you do yourself?

No, listen, we okay, so this has not affected us that much because we already home school. Um I basically work from home and so we we have except for, you know, food, scarcity and all the things, but you know, we, we, I haven't really, I mean, I'm blessed, I feel so grateful for it. There's a lot of people suffering and and I hate that. Um but no, we, we have, we have two sets of hair clippers. Um we've been cutting, we've been cutting our kids hair forever. We, we we did a hack job, we have a dog.

It's a hack job, my God, it's a burner doodle. This thing is it looks horrible good. Yourself reliant? Yeah, well I've been working from home to for forever.

It was and and actually the last thing we're talking about here is health coaching in general as a growing profession, you know, I I feel a bit of a pioneer because I knew Bill Timmons. I was At his very first seminar when he started by back in 1999.

Courses, Blood Chemistry, and Future Projects

I was at the last one, just a couple of weeks before he died, you know, and and kind of cut my teeth on that, plus all the other great mentoring things and no one bill wolcott and the stuff I learned about metabolic typing and the diet was incredibly changing for me.

And uh um then, you know, you and a couple other folks, I got some really good, serious mentoring and um you don't lose, you don't lose that stuff, you know, just the enquiring mind and always questioning and you're one of the first ones to question, like adrenal fatigue and uh matter of fact, my students were sitting with this letter, but I have, you know, we we've told this story before to where I just like to call people and go, well, what do you mean by that? You know, I'm open to, to learning like I might be passing along what, It was a great construct by the way, I love the construct of Katrina fatigue because it was easy to sell the clients.

Oh God, my God, I've got a dream, I better do what reed says because, you know, so it was a good construct. It just wasn't accurate, you know, and that's one of the darn things about some of these kind that we come up with, you know, that like pregnant alone steel and these sorts of things.

I still have people tell me that, you know, I mean the pregnant alone. You know, and thank you for sharing about you and thomas, Williams and and some other folks have been really influential on me.

Your course fat is not your fault. You know, was like, I think your first best piece on the whiteboard thing. It was, it's incredible. And and you can't go wrong with the truth, you know? So with health coaches, it's a what I'm trying to do with is provide some leadership in the area.

I feel like I'm kind of a senior citizen health coaching because the term didn't exist 20 years ago. It's kind of a new phenomena. But I'm a non licensed practitioner who wants to do some good in the world and understands what my backyard is, how to work around the edges.

If someone has a true medical condition, go see a doctor if you've been diagnosed with this or that, that's between you and your physician. You know, I'm here to help you work on every cell, every tissue, every organ, every system simultaneously. That's what a holistic health care program is that a health coach can manage very well or help a client self managed and self do.

If it's medical, you know, you need that oversight. But if it's anything else and and many things that even that are called medical, aren't they're just, it's just dysfunction on a cellular tissue organ or system level, How can we bring order to chaos without crossing lines?

Well, you treat everything at once. So if you could just have a word for the health coaches about holistic protocols and how you can have that effect when you consider mind body spirit, you know, every cell tissue organ is system at once and those influences, yup in genetics, I guess. Yeah. Yeah. I mean, I'm not not sure specifically what your question.

Well, I guess the question was, is what's, what's within the scope of Yeah, I mean, health coaches. Yeah, I mean, and do a damn lot of good and um, you know, what makes them professional versus uh, you know, just hobbyists, you know, like, yeah, well, so you know, the difference, I think the goal should be to be a professional now, whether you do it as a hobby or a career is up to the person, but you should always, I think always seek to be professional.

Um, I have some, I have some real struggles with the industry in general, quite honestly, whether it's, you're talking about like a functional medicine, medical doctor or you know, these, some unlicensed people that, you know, these facebook groups that I've seen where, you know, somebody has somebody like leukemia and, and, and they're being, you know, you get someone who's like, well have you tried, you know, bergamot essential oil? Like that's, and, and the, like the amount of examples I have, I can't even begin to tell you, somebody will say, well, you know, I think I'm not gonna even mention just so anybody knows, I'm not talking about them. But you know, we'll say something like you know, I have a so and so client that has, you know, the following lab markers that may have this diagnosis, you know, do you think this supplement will help you kidding?

Like either send it to the doctor or if your if your license, like rule out that diagnosis first man like so, you know, you know honestly what practitioners generally, you know, this is a big generality, get it right that I've seen are nurse practitioners um physician's assistance as well because they are trained in the bad stuff, they're trained in disease, they're trained in. Yeah.

Like the like the bad stuff I was I was teaching, I was a guest lecture for fourth year medical students one time. And I I was I would think functionally, but I showed them these labs and I was like, what what what can cause?

And I figure it's like low white blood cells are like HIV cancer. I'm like, good Lord. You guys would think of the worst things first. This is so morose anyways, the problem in our industry is we're not taught to diseases. We're not taught to look for it.

It's all you know, candida or seba or parasites or heavy metal toxicity or all these different things and the reason why. And I'm not saying nurse practitioners and physician's assistants are superior. They don't miss the bad stuff.

And and the ones that are trained in functional medicine, they rule out the bad stuff first. And then they say, alright, let's do the mind body lifestyle diet, all this stuff. Because what you don't want to do is have a, you know, a type two diabetic with undiagnosed congestive heart failure come into your office and you're like, well, let's do a parasitic heavy metal keto cleanse.

And if if you if you and and then and and if you're if you're flirting on that fine line of looking at their labs where it may have been clear to a seasoned practitioner that there was some stuff going on, but you're not taught that stuff.

And I know if this makes sense and I've switched on this, like, I will tell you that like, I rule the bad stuff out first because you do not want to get caught with someone that has those bad things because lawyers and that's that's the world we live in today. They will go after everybody and their mother if if something bad happens to somebody and somebody missed something, if that makes sense. And so I'm all I'm all about the rest.

So what I'm saying is this is easy. It's rule out the bad stuff first and then do whatever you want to do and then do the diet and the lifestyle and the mind body and I totally agree with you. If you work on one system or one pathway, you already know this, you're gonna have limited results.

But if you work on the whole person simultaneously or at least in some kind of system, the plan, even if you might start with immune, but in a month you're planning on switching over to, you know, the endocrine or detail or whatever it is, as long as you have a plan, it's not all at once is too much for most people.

Professionalism and Ethics in Health Coaching

Um anyhow, So, so that's one of, that's one of my big issues today and, and you know, I'm not saying this is a prediction, my fear is that I've seen this get worse and worse and worse is that the government has so many of the big things to worry about that this industry, I mean you have all sorts of people that are recommending all sorts of things and it's not until you get huge that the government will come down and say something like so and so got busted for that for colloidal silver recently or something.

But is all of a sudden if enough people get harmed then the government's gonna turn their head our way and be like, oh you guys have been doing that for that long.

Well you're not going to anymore. And just shut it all down. And so that's why I think we need, we don't need to be, we need to be responsible. And so when I said be professional, that means know your limitations.

Um, and if I can also add, I don't know how much you've seen this in this industry. Um, we start out wanting to help people, but I honestly think this is, this is a slight tangent. I don't know if we have time for a tangent, but um, is we, there's a lot of, there's a lot of broken people out there. There's a lot of people that are unhappy that lack of purpose and they find they, and they find this industry and they want to help people, which is great. It's perfect.

But then all of a sudden it becomes, I don't know how to explain it. There's so much theft in this industry that they steal someone else's idea or they won't credit somebody else's idea or you know, like I'll post a study and then I'll see someone else take the study that I posted and they posted it.

Well, I found it, like give me credit for founding that like, you know what it takes to find a good study and and summarize it and post it and then someone else just rips it off and takes it as their own.

And there's, and I feel like there's a lot of broken people. So what I'm trying to get around to saying is we need to, I'll just put it this way, check your heart, check yourself, check your purpose into why you're doing this because what happens is we get too big for our britches in this industry and we try to be all things to all people and we try to fix all things in all people because for whatever reason and God, I don't understand this in this industry, we have to be perfect, we have to have more letters after our name, we have to look perfect, We can never get sick, our skin has to be perfect.

We have to, we can never be wrong if we credit somebody else, then for some reason we're not smart, I don't know what it is man, I don't see it in other industries and in other industries, people are so giving and there's so generous and in this industry, I feel like it's this like this is my idea and I'm not going to share it with anybody else. And I, you know, I just think we need more humility. So with that professionalism that when I took that step back to say that we need to give credit where it's due, we need to be humble, we need to let go of any egos, we need to know what our limitations are and and it's not just about referring out, it's that's the easy one.

Well you have, you know, Congestive heart failure going to refer out, it's it's knowing your limitations and and that you don't know all things and you can't help people. Um I don't know if that makes sense, but but I feel like is one of

the things that's missing.

And so when I to I guess to summarize, summarize all that stuff is to check yourself because it's it's it's that feeling hollow on the inside. That's what makes people do the things that they do in this industry.

I'll help you with this too, or I'll give you this adventure, I'm gonna help, I'm gonna save all these people. I'm gonna do all these things because it makes me feel whole, but you need to feel a whole first before you do this because it's a trap and it will suck you down into it. And next thing, you know, you're just one of these the crowd of of these people that are it's this, I don't know, man, it's it's a beautiful industry and its intent, but I feel like something happens along the way. And so anyway, I don't I don't mind this. Maybe we can we can end on a positive note, but but I'm just from my heart, what I'm saying is it's not about hipAA standards and it's not about all this stuff that you can have a checklist of standards for a health coach, This is great that I'm glad you fixed your health, that's great if that was why somebody got into this field, but you need, you need to check your heart, your intent, your purpose and and have got, I think humility is one of the biggest things that people can have in this industry that will, will elevate the industry.

And I don't know if you've seen the way that my wife and I signed our emails, that's her idea, but it's raising the bar. We're trying to raise the bar, raise the expectation, raise the standards and and not give frivolous health advice where it's not where it's not appropriate not to be all things to all people, not to have to, to admit that we don't know something sometimes, which you and I do it, but I feel like that's rare for some reason.

So anyhow, that's, that's my very well stated dr brian very well stated and you know, you always speak from your heart and it's appreciated and it's right and I really feel like we're on the same page and that that's what the part of the movement or the leadership I'm trying to provide is exactly what you're saying and to be professional and understand what is your backyard and not and stay in your damn backyard.

You know, the, the issue that pops up for some health coaches is they, the way that it works, people want them to be the hero and they want to be the hero, they want to run the one test or find the one thing that was the trick that hit the home run, you know, and, and then there's all the product companies that lab company, this is your home run test, this is your home run product.

They're torn. Both coaches are torn by both sides. The client's saying I just want someone to get rid of my my you know whatever it is you don't need to get and so they want to be the hero and then you got the other side saying here it is, here's the secret you gotta run this, you gotta do.

And so you really do have to be humble and have foundational principles to work with like understanding the levels of organization that that part of physiology, the anatomy, the biochemistry and things are are a great foundation and um let doctors be doctors when someone comes out of that um like you said rule out this or that.

Well a lot of them already have had it ruled out like they've been told there's nothing on your blood work, you're fine. Mrs smith, just go do some diet exercise, come back when you're really sick. Well that is our wheelhouse were the ones who can work, you know and and and just start improving on a cellular tissue organ and system level with epigenetic, you know, it's it's the entire environments, everything you eat and put in your mouth, it's going to bed on time.

It's exercising it's producing all the stretchers, all the what I call contributors to metabolic chaos and every way they can be defined and supplements are important, I don't sell any or have my own brain or anything, but I know a few things about and you know what if the person is healthier and happier after working with us, then who cares, who gets the credit? I'm so glad you're better because we are professionals, we are getting paid and that's just where the tips fall sometimes.

So man, thank you for sharing these common ideals and um I knew you'd be a great guests and thank you for giving us your time because I know how valuable it is and we'll be putting things in the show notes. So people know where to find you and you just can't go wrong with dr brian Walsh folks. So thanks again brother.

Thank you man. It was good to see you again next week.