Opening on Aging and Patient Reversals

We've been seeing pretty amazing reversals and all of that with their age. It's been really cool to watch age reverse and slow down and all of that. Probably like 70% women, 90% men.

A lot of men are brought in by their wives. Women are just, I feel more aware and more willing to treat themselves. Some of the worst clients and tests are the firefighters.

I had some Parkinson's patient that professional baseball player lived on a golf course. And like, well, when you look at your pesticides and the kind of pesticides, but also on mold too came up.

Clearing him all that, now his brain fog's gone, his arthritis, pains and stuff are going. There's a lot of hidden things, even when you have like a Western diagnosis, like someone, they'll give me, you know, random letters.

You're like, you know this? Like, I have to look that up. I don't know what that is. What if aging isn't about slowing down, but leveling up? I'm Dr. Isaac Jones.

This is the Longevity Leaders Podcast. Hi, I'm Dr. Ashley Beckman here with the Longevity Leaders Podcast, and I'm joined with Dr. Bright. How are you today?

Did very good. Good. So this is kind of fun because we're both doctors of Chinese medicine and in California. Yeah. Right. So, and we also both have a passion for functional medicine, peptides, right?

And integrating this all together. Yeah. So how did you get started in this?

Dr. Brightu2019s Training and Path into Integrative Medicine

It was a whole long path, I guess, there. I started with a lot of sports growing up, broke a lot of things, collarbone, both my wrist, right hand twice, fractured my back, ankle, a lot of stuff.

started going towards physical therapy but got kind of bored with just working with a lot of professional Olympic athletes and just fixing knees and backs and stuff like that wanted to get deeper so I was also really interested in hypnotherapy in high school and so my mentors went to Sedona and they taught us some energy work and stuff like that that got me more interested in the energy type of thing so that's where I dove into the acupuncture side and finished with the masters and then they came out with a doctorate a couple years later And then finish that virtually online, which is just all research based mostly.

And then dove into functional medicine. And then I do a lot of applied kinesiology and stuff too. So the muscle testing kind of narrowed down some of those.

So it's been a long journey. And every time I go learn a new technique, I see someone else doing something else that I think it looks really cool. And I'm like, what's that?

And that's the next on the list to learn. So yeah, it's been a good little rabbit hole I dove down, I guess. It's kind of leading me along the way. So you've done also NAAT.

NAET, NET, Quantum Neurology, Contact Reflex Analysis, a lot of different ones. And then CPK is the more recent one. So Dr. Javion's stuff does that. Yes, I was just there.

I was just in Greece and then Ireland, so I just got back the day before, so I didn't make that one. But yeah, I'm often, I didn't know that anyone else from California was there.

I was. Yeah, cool. Well, yeah, so it's really cool to, you know, I think, or again, I think we're both on the same page where there's so many amazing modalities, especially weaving in the ancient medicine kind of theory and lens through which we look at people and constitutions.

Yeah. And so besides you getting injured, did you have any other aspects of your health journey that kind of got you into the functional medicine side, like either mold or Lyme I barely ever got sick.

I always do get a good award. Every 10, 15 years I get sick. I've had the flu once in 15 years. I tried to get COVID like 10 times for my girlfriend because she got it eight times.

And you weren't successful? I couldn't get it, no. have a good immune system. So I've been fortunate in that way. I just haven't really been sick or anything.

It's just more something that fascinated me. And I'd looked into like when I was just getting out of high school, things like cancer and vaccines and none of that was really, really making sense, like even through Western medicine.

And so I figured there has to be kind of a better way to do this. And that's what kind of got me more interested in through holistic medicine and all of that.

And I never grew up with holistic medicine. It was more went to the orthopedic. The time I went to school and they asked for, who's your doctor? I'm like, I don't know.

It was usually my orthopedic that I saw. It's usually breaking things, not getting sick. Like if you have to call someone, it'll probably be him. But yes, I never really had a, you know, I didn't experience holistic medicine until later in life.

And so it just started something I started studying and researching and learning more about. And I had probably talked to like a hundred people had tried acupuncture and had, you know, nine out of 10 of them loved it and had amazing results.

Personal Health, Mold Exposure, and Resilience

So I'm like, hold on, let me check it out and something more to it. Did you have pain from all the injuries? I didn't really have any pain, no. I feel pretty well.

Amazing. Pretty resilient. I don't really get sick. I don't really have aches or pains. So sometimes it's hard when it comes to these events and they have all these cool different modalities to try out.

And they're like, do you feel better? I'm like, well, I don't really have pain to begin with. So it's hard to tell. I need to come more injured to some of these so I can test them out and see.

But that's with a lot of these different techniques and different modalities and stuff. So I'll try, you know, all kinds of patients and my girlfriend too always has mold.

She's a lot of mold issues and she loves tropical places. I'm not sensitive to mold. Like when we're in Bali for a month earlier this year, all of her villas had mold in it.

Oh, of course. And all that. And she, as soon as she walks into play, has headaches and you know, all that. I don't get as affected. Of course, over time, I probably would.

I mean, it did show up. I did like the Aristotle test here and it showed mold and stuff on there a few weeks after. So I was like, yeah, most likely. I just detox and stuff, but I don't really get the brain fog and low energy and all that.

You're resilient. And she went to hypothyroid and everything from it. So we had to clear out the mole and we did

some peptides for the thyroid and hit normalize her labs within three months.

So let's chat a little bit about peptides, right? So what are some of the favorite ones that you're using at the moment? I use the most BPC and TB 500 for knee pains, injuries, BPC and KPV for any of the gut issues and stuff like that.

People orally all use some of the GLPs like Rhetorotide and stuff like that. Use a lot of the mitochondrial ones, SS 31, Moxie, Humannin. Especially for anyone after mold or any of my longevity ones going through a mitochondrial portion of it.

Alan as well for telomeres and longevity and boosting the myosin alpha, be the other one for any kind of immune stuff. Just want to keep it home all the time.

We did a few before we went to Greece or out of the country just to boost your immune system so you don't get sick while you're traveling. Are you still bringing the yuping fangcang or anything?

The what? The yuping fangcang or anything? I use some of them because I do feel like some of those formulas still aren't matched yet for like some of the things that we have.

Right. So we do have some more advanced, you know, supplements and things than we do. golden thread before and then berberine and dihydro berberine, we're kind of getting stronger and stronger to those.

But still for like some of the conditions and things like luo di wang wong or gui bi tong or some of those I'll still use, I just don't feel like there's an equivalent to.

Right. Yeah, those formulas were very, they were just very well thought out. And it's, I think it's so amazing to have that background on herbs because we just see herbs differently.

It's not like, oh, this one's warm or cool. It's just like, oh, this goes to all these specific channels versus this. And it's a really neat education.

Yeah, that was probably the hardest portion of me going through the doctorate program is the herbs, the herbs in the formulas. And then, of course, all the Chinese students like that test was so easy.

I'm like, no, it wasn't. They're like, which one's for the stomach? Obviously, the five stomach powder. I'm like, that's not what it says to me. struggling pronouncing his words, letting me understanding what they all mean.

Yeah, we had to learn a whole new language. And so that was tough. Yeah, definitely thankful for that education. Do you still practice acupuncture? Yeah, I do.

Okay. And I do a lot of like Jeremy Steiner and all the microcurrent type stuff. Okay. And then tell me a little bit about your longevity practices or what you implement in your clinic, I guess, besides the peptides.

Chatted about that. The longevity portion goes through a lot of lab testing. We'll go through genetic tests, we'll go through like a neutral eval, thorough blood tests, we like vibrant, and the true age to see all the organs and all that.

I'll put all that together. I'll run it through AI and stuff to help me out to kind of create a perfect plan for them based on a custom vitamin for all their nutritional deficiencies.

And then we'll go through different, we'll address a couple of the 12 hallmarks of aging each month. So we'll go through clearing out some of the senescent cells.

Then we'll start working on the telomeres and the DNA. We'll go through working on the mitochondria, boosting stem cells, and then using bioregulator peptase based on whatever organ systems are aging the fastest.

So we'll kind of go through all that in about six months. Nice. And so we've been seeing pretty amazing reversals and all of that with their age. Yeah.

So you're running the true age again. Yeah, I'll run the true age after about six months and see how we're doing with everything. And so, yeah, it's been really cool to watch age reverse and slow down and all of that.

And then, so those programs you have are six months, and then do people continue on or do you customize? Yeah, we'll get into more advanced things from there.

Peptides, Herbs, and Chinese Medicine Tools

So we'll start with a lot of the peptides for the first six months, and then we'll continue with some of that, but get some more advanced, whether we're going through Ibu or getting more into hyperbaric, getting more into some of the blood plasma exchanges, stem cells and stuff like that.

Okay. So you do the TP. I'll have referrals and stuff for them, but I'll set up their protocols and programs for like what they're going to be doing. Okay.

But I will get all their, create their protocols, basically the best kind of diet for them based off their genetics and their nutritional deficiencies.

Anything like genetically that they, methylation and all that. the deficiencies through any of their vitamins or the nutrient valve. I'll just kind of help fill all of those and make sure they're just being optimized all the way through.

And then focusing on, you know, little bits, whether it's some peptides for the telomeres or peptides for the mitochondria, along with all the nutrients and stuff they need for that.

and be getting a lot of energy and just feeling way better. I had some going through big moves and stuff like that. I couldn't have done this like three months ago if I just didn't have that energy.

But it goes for almost everyone that had mold experience are going to need to go through mitochondrial rejuvenation and all that after because they just broke down diabetes, they need these cancers, they need the chronic conditions, they need to really kind of focus on that aspect too.

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Are you seeing, is your client population more men versus women or combination or how is it? Probably like 70% women, 90% men. And a lot of men are brought in by their wives and stuff like that.

Women are just, I feel more aware and more willing to treat themselves where men are more, we'll see how it is tomorrow. It'll go away eventually and tomorrow never comes.

It just, yeah, the men would probably end up being more chronic a lot of the times because they wait so long. Yes. Yeah, a lot of the women in my practice say their husbands go in basically when they're on the stretch or in the ER is when they decide there's something's wrong.

So in general, more women come, but yeah, and then in turn they'll send some of their husbands and stuff like that in, but mostly probably 70% women. Okay.

Do you work with kids? Yeah. Yeah. I got a lot of kids too. Yeah. Yeah. So then you're running a lot of the toxin

testing, right? Yeah, I'll do toxin testing.

I do a lot of the pipe kinesiology and stuff, especially for the kids. So not taking blood tests or anything like that when they're young for peace activities or parasites and mold and all that.

I do a lot of muscle testing or I'll do muscle testing with adults too and show them mold and they're like, let's do a mold test and see how much you have.

I mean, sometimes they have to do that, whether they're in an apartment or as some of that are firefighters and they had mold there. And now we have to like prove to your station that you have mold and that we have to test.

Then they need, yeah, that documentation showing if they have the mold. Yeah, the firehouses are really bad for mold. And then the same, some of the worst clients and tests are the firefighters.

Yeah. Just because of everything they're exposed to. Yeah. And someone just talked to him like, well, firefighter receptor run this test and see, but also you have fire retardant probably, you know, along with all these other And then I had some Parkinson's patient that professional baseball player lived on a golf course.

And like, well, when you look at your pesticides and the kind of pesticides, but also on mold too came up. And so clearing them all that now is brain fogs gone is arthritis pains and stuff are going.

So yeah, there's a lot of. Hidden things even we have like a Western diagnosis like someone they'll give me, you know, random letters You're like, you know this I'm like I have to look that up.

I don't know what that is, you know, right? Okay, it's caused by fungal mold issue. They're going to that I just might not know your diagnosis, but I can find out what's causing you know, the root cause or something exactly.

So yeah, the TCM has been great with a lot of those system things and function medicine and It's kind of like more advanced, but I still see a lot of the formulas and stuff with TCM still being really valuable.

Yeah, it's amazing how many, or just how it manifests differently in different people, right? Like the mold and the metals could be more, or in pesticides like Parkinson's versus ALS versus- Right, Lyme and- Yeah, Lyme and RA and everything.

Longevity Protocols, Labs, and Age Reversal

It's really interesting. Yeah, a lot of mold, a lot of parasites. I don't see as much slime in California as like a lot of the Midwest and East Coast doctors do.

But yeah, a lot of parasites, a lot of mold all the time. And then the mold one's tricky. They'll move out of one house that has mold and into another.

They're like, I think this one has mold too. And it's tough. And then traveling is also, you know. If you like tropicals or just, I mean, a lot of hotels.

Like when we went to Bali, I brought, you know, Takasumi and I brought Scoot-A-Larry and Biosyden and all these things for mold and binding and detoxing just because I knew what it was going to be like.

Yeah, it's inevitable. But it's, yeah, sometimes my girlfriend's like, I want something to get wearing on my neck and this blows like fresh air. So like maybe we'll invent something like that one day, but it's tough when you're traveling in Airbnbs and hotels, you never know.

She had a wedding in Dominican Republic, this nice hotel that had mold and they tried three rooms, they all had mold. So she's like, I gotta pick, you know, the least.

It's tough too, because again, once you're sensitive, you're a little bit more sensitive, like you're heightened to it. I know, she jokes now, she's like, I walk into any room like a beagle and tell you, like, if it has mold in it, pretty much, and she can.

Yeah, it's, and unfortunately, it's just hard to escape anywhere that has running water is potentially problematic. I've had, I'm sure like you have, I've had patients send me pictures at their Airbnb of visible mold, you know, and I was like, yeah, that's mold.

Yeah, I took a photo, it was like all that black stuff on top of the air conditioning, if you can try to clean that if possible. But yeah, it was tough, like everywhere we went there, you didn't have air conditioning on blasts always, so there's going to be condensation, humidity.

And you walk in, you smell all that, like the mildew smell everywhere. Yeah, it's tough. It's got the best you can do is mitigate it. And then of course there's unlucky people genetically that just can't detox very well, all those poor methylaters.

And I do have like heterozygous for the methylation. So recently my homocysteine went up a little bit, so then I had a methylated vitamins and all that.

And then, so yeah, I was just monitoring everything. This last year, I kind of went big and tried the Aristotle and all the different labs for myself just to test everything out too.

And then hormones are a big one that I see. A lot of people will check out when you're like 50 or something like that. Oh, it's a bit late, yeah. What was your baseline?

How much have you changed? Or like, I don't know. Because all these Western doctors say, don't worry about it until it's a problem. And yeah, now more and more men are very low in testosterone in their 30s and 30s.

Half of what they were 50 years ago, yeah. Yeah. And that's the thing that's tough. And that's what's nice about, at least when people ask us these questions, we're not questioning what they're either asking it, because we see it over and over.

But their traditional doctors are like, you don't need that lab. Not till you're 50 or whatever it is. Or just pulling teeth, even asking for the antibodies for the thyroid.

Or just anything besides TSH. They said no. It was just a check mark they had to make. It's not coming out of their pocket for the lab. Like, I don't understand why they just won't run some of these things.

And that's the most frustrating thing. And I would say is that that's the most common lab that I say, sorry, you have to pay out of pocket for this because your doctor, you know, try, but they never run them.

It couldn't be like more than 20 bucks or something to add on there. It's worth it. Cause like 90% of those hypothyroid are Hashimoto's. And then I wouldn't even start treating a thyroid or just be working at the gut and finding what's going on in the gut and get you off gluten and all that.

Whereas, you know, synthroid has gluten in it and they're just trying to give you T4, the inactive hormone, try to yell louder and louder at that death cell that's inflamed and yeah, they want you on something indefinitely.

Women, Men, and Common Toxicity Patterns

So my goal is to get you healthy enough not to need any of the stuff that you were. Right. Yeah, it's, it's always interesting just to see all the like how it all kind of fits together.

Right. And then I do like that having that Chinese medicine part to or the emotions, right, like which organ is impacted with pairing it up with their kind of mental emotional state.

Yeah, that's really big for people. A lot of people never had anyone deal with the emotional aspect of things. So yeah, using the NET and stuff like that to kind of get down to the emotional part, finding out what it is, where it's coming from, what organ it's connected to.

And then from that, I'll often do like a hypnotherapy session while they're doing acupuncture and then use some of those things from the NET session into the hypnotherapy session.

Very cool. Like a little deeper. Yeah. What? Let's see. So where can people find you? I'm on Instagram. It's holisticdrbright. So holisticdrbright on Instagram.

Okay. And also my website is holisticdrbright. Okay. So you can find me there. I do three days in the clinic and then two days virtually. Nice. So a little bit of a mix right now, hybrid.

I'm working to get a little bit more virtual here in the next year and focusing more towards all the longevity type of stuff. It's nice to have a balance because people need both, right?

We have to still get them ready to be able to do the longevity things. Yeah, so I always start with the helped optimization portion first. Get all your labs, you know, normalized and regular.

And then sometimes I'll introduce them to some of the peptides and stuff, and then we'll work into the longevity portion of the whole thing. But yeah, you're not going to…

Live long if you have a lot of mold and metals and stuff like that in your system So I got to deal with all the basic stuff first any of the Crohn's and gut issues and all that People with Crohn's and it's like oh, we're just gonna scope you I'm like, well mostly gonna be a pathogen that you can't see what the scopes Yeah, I don't know.

They don't use any of these advanced testing or anything. It's wild Oh, and I'm sure you see a lot of it, like the parasites in the mold are huge with that.

Luckily, we have advanced testing. Yeah. And even those aren't great with parasites. Right. The parasites don't show up. We usually work on it. It's more of the muscle testing and stuff for the parasites will show up more.

They don't always like to come out. They like to burrow in and just run an antiparasitic or something like that. They're intelligent. So that's one of the things and other one be like Lyme or something like that is also sometimes go dormant and hard to find even on some of these really good tests.

So that's where some of the muscle testing comes in and also helps me narrow down of like what tests they should get because this testing can be very expensive.

For sure. And so if I could just narrow down, you know, a couple thousand dollars and here just do this test is what's showing up more. And that's the other kind of compliment that it helps.

Plus, I think you would see this too, California, generally our toxin labs are a little bit worse than some other places. Yeah. Um, it just depends on their profession.

I've had like some of the longshoremen and stuff like that. Like having to check you for some heavy metals and stuff. And he's like, I was doing lead paint on the boats, all that.

So like, yeah, let's check that, the firefighter. So I get a lot of those people too, where I'm like, you just get around a hole, talks from the power plant or something.

You need the full panel. Yeah. So whether it's the fire station, whether it's, you know, um, yeah, they're just, they need to get like saunas and all of their stations.

I wish. Don't you wish we could just outfit them with like binders and herbs and… As much as like, yeah, we pay for

all that, like they can easily get those things in there.

Yeah. Not that much. But yeah, just the education and stuff of what they could be doing. Some of the glutathione, like oral wellness here, some of the glutathione have used that on some nonverbal kids too, which has been great.

They start speaking again after a couple months. Just the glutathione spray alone, just getting those toxins and stuff out. Yeah. Yeah, they can make, for kids especially, make a huge difference.

And it's amazing, too, because, I mean, it's coming out there and it's more and more available, but unfortunately, generally, those parents have to dig for this information, right?

It's not just from their traditional pediatrician to say, like, oh, take them off food diet and sugar and gluten, right? And do fine-gold diet or whatever it is, at least start with something.

Yeah. And you know, these amazing moms will go through and do the research if they have to. And a lot of them end up learning more than most traditional doctors will ever know about how to reverse some of these issues.

Emotional Healing, Practice Details, and Closing Advice

Cause no one's going to care more than you. So, yeah, we do need to be our own best advocates. And I think COVID really showed a lot of people that just don't believe the experts because they're wrong a lot of the time.

Yeah. And the data is old and or possibly has some sort of motivation behind what's being presented. Yeah, so you definitely have to be your own advocate.

Unfortunately, it's not as easy as just trusting someone. So definitely look into things before you're going to be putting it into your body or anything like that.

And your kid's body or when you're pregnant? Yeah, and then if they say there's no option, there's nothing we can do, then find another practitioner in another field and get another opinion because maybe there's nothing they could do in their knowledge in their field.

Maybe you can find an acupuncturist, a naturopath, a chiropractor that might have a different opinion. And you can go see a hundred different acupuncturists or chiropractors and they're going to do different techniques and different philosophies and things like that too.

You know, you can go to the joint and see a chiropractor or you can go to like a CPK doc that does all the hand modes and gets deep into that stuff. And it will be a very different experience.

It's true. Yeah. Cause how many times have you heard acupuncture doesn't work for me? Yeah. Right. Or I didn't like this chiropractor or whatever it was.

And we're all so different and have such unique styles, everything we pulled from and then all the different teachings that we resonate with. Some people think they went to their MD and they gave them some narcotics or something like that.

And they went one time, but they're still doing the treatment every day by taking the pill. They expect you to go to acupuncture one time and just cure all the pain.

And it's like, well, you taking a pill every day, at least you can come twice a week or something and see, you know, a few weeks, how that reduces your pain.

Same with the herbs, right? Yeah. I took that for a week, it didn't work. Yeah. It's like, it's meant for a little longer. Yeah. Yeah, I didn't feel anything.

You know, it's a herb, it's not as strong as a drug. Right. Too, so. Exactly. And then why do I have to take nine of them? Oh, yeah, the dosing. It's not an aspirin, so we have to take a little bit higher dose.

Yeah. So, yeah, the peptides have been really cool. I see them as natural, too, for a lot of them. Yeah. You know, kind of like herbs were, so it's kind of like the new I guess high tech, you know, natural thing that's out.

Again, going to have issues with the FDA and all that approval stuff because it's natural. Right. So it's going to lag behind, far behind. And they just have to be done properly and safely.

They want like billions of dollars of testing and stuff like that, which no one's going to put forth that can't patent any of the technology too. So, yeah, it's tough.

Well, it's nice that we have a lot of new tools in our tool belt that aren't just the ancient ones, right? Right. I love this profession. I can get to continue to learn every day of new things and always look forward to something else that's coming out.

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