Research In Neurodegenerative Diseases, Senolytics, And Aging, 3-5 Neurohacking Go-Tos To Slow Down The Aging Process Transcript

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Introduction and Guest Background

Hello Doctor Kent Halter with another episode of the Peptide Summit. Today we're going to talk a little bit about supplement know Tropics Analytics and some other things with Doctor Gregory Kelly.

He's director of product development of neuro hacked, Hacker collective. He's a natural Catholic physician and author of the book, ShapeShift. He was the editor of the Journal of Alternative Medicine Review, and has been an instructor at the University of Bridgeport in the College of Natural Naturopathic Medicine, where he has taught classes and advanced clinical nutrition, counseling skills and doctor patient relationships.

He has published hundreds of articles on natural medicine nutrition, contributed three chapters The Textbook of Natural Medicine, and as more than 30 journal articles indexed on PubMed.

That's tough to do, but let me tell you, especially natural medicine. They don't like to publish that stuff. And his areas of expertise include no tropics.

And we'll talk about what the heck are in the tropics, anti-aging and rigid in medicine, weight management, sleep, and the chronobiology, performance and health.

Welcome. Doctor Kelly, I appreciate you taking the time and and being on the peptides Summit and sharing your, expertise. No. My pleasure. It's great getting to have a conversation with you and share some things together with your audience.

Nice, nice. And when I looked at your, website there, and I've known those none of those products for a long time, and I've, looked at them and said, wow, this this company or this person knows what they're doing.

So it it really shows in the quality of, of your, supplements. But you had didn't tell me. How did you get into this? Yeah. So, I've been on a long, winding road for a career.

I started out as an officer in the US Navy. But now back under the Reagan years, when the Navy was 600 ship. Navy, I think, was the goal during the 80s under Reagan.

And then, you know, they had paid for my engineering degree. So I, you know, I was committed to do a certain amount of time. And towards the end of that, I was the like the kind of wacko officer on my ship.

Right. Like, well exercised.

How Gregory Kelly Entered Naturopathic Medicine

And, you know, when I got out, I had just got more and more interested in, healthy living and self care and, I got, I kind of went to Hawaii, started taking courses at the University of Hawaii, trying to stitch together more of the natural end of things.

So I was like, I'm out. This degree would have been something close to what would be nutritional or medical anthropology, kind of how indigenous cultures figured out how to take care of themselves and during that time period, I ran into some naturopaths in Hawaii and thought like, wow, you're there's a whole profession doing what I seem to be interested.

And so, you know, kind of shifted gears from then went to naturopathic school in the early 90s. And even as a student, I, was keenly interested in supplements.

It's that's one of the big tools naturopaths have. And started working with one of the leading, professional, supplement companies back in the day. And so I feel like I've just been in and around the space for, you know, most of my time since the Navy, you know, going back 25 years now.

And, you know, in terms of neuro hacker collective, you know, we're, we're probably more known, as you mentioned, for qualia, which is our brand of supplements.

So, like, you'll see quiet mind or quiet life require vision as an example. And then our hacker collective, some for many people it's more in the background.

But the, the neuro hacker idea is like we started first and foremost as a brand company. And the goal and thought process was if we want to make the world a better place, one of the most direct ways is by making people's brains work better.

And we'll get into more of why that's true. And the collective was this almost we as smarter than me. So recognizing as a new Co that a bunch of us had connections with really bright people and that collectively we could make a bigger and, impact through things like, you know, getting on the Peptide Summit or, you know, having our own podcast to impact because, you know, helps more than just supplements that that's great.

And what the collective you guys have gotten along because, well, what we do is I mean, we have our core team, but then we have, like experts that we can tap into for different things, you know, and then I, like I said, we try to highlight people on our podcast that will know way more about some, some specific area than me or anyone else on our team could ever hope.

And you know, what is the name of your podcast? And your website is the the the podcast is called Collective Insights and the website is Neuro hacker.com.

Okay, cool. And the same on on social like Instagram is a big social channel for us. We would be neuro hacker, you know, Twitter accounts, how often the podcast.

We usually have about two a month. One's much more help. And the other ones, we have two different hosts, so one's, a female doctor, Heather Sanderson, host.

And it's much more about health related topics. The other one is Jamie Wilde, who's best known mainly for things related to flow state so much more about, you know, consciousness.

And so they have some of the, some of the same audience listens to both, but some are more attracted to one of the, the hosts as opposed to the other.

That's great. That's great. In fact, I was just reading a couple weeks ago or so that they're predicting that, dementia is going to increase 50% in the next, you know, 10 to 20 years.

I mean, I think the brain is it just we're getting assaulted from from so many things. And I think, you're right, with the nootropics are going to, must add, I think you need to start earlier until, you know, once all this stuff sets in and it's such a devastating issue when you lose your, your mind, doesn't matter how healthy your body is, it's it's forget it, you know.

Oh, yeah.

Why Brain Energy and Nootropics Matter

And you just think of over the last, you know, like almost two year period, you know, the all the, you know, social

isolation, stress, all the mood and of cognition have really been taxed even for, you know, not all brains for everyone.

I'm telling you, like here in California, the People's Republic of California, it's everyone is just so stressed out and, you know, the the whole, you know, drug use, alcohol use overdoses and, you know, all these, psychological illnesses are just going crazy.

Everyone, you know, is just stressed out of their mind. Yeah. And the the way I mean, this is going to obviously oversimplify it, but like, two of the biggest jobs of the brain is predicting the future and keeping us safe.

And so the brain and really any complex system, a huge chunk of what it's doing is anticipating the future and trying to be prepared for it and everything that it would have predicted going into Covid for any of us alive today would have completely changed.

Right. And the way energy is a huge thing for both, you know, like cells, cellular health, but also for brain, like the brain, you know, the estimates are it's 2% of the weight of our body and uses 20% of our energy, you know?

So it's it's just a huge consumer of energy. And, so I'll throw out a question to you and see if you know the answer. So if we had an expert pianist, someone able to play piano well enough to be, you know, perform, you know, in the symphony, were someone just learning the piano whose brain would be using more energy.

And I would say the person learning, I would guess a lot more. Right? Expertise. My part of the benefit of expertise is that you really dampen down how much energy.

So any time there's something new, the brain like, just think of learning simply as a way to say it. The brain has to use a lot more resources for that learning always.

And I think it kind of goes to just life like, you know, go outside your comfort zone. And I see so many people, which is not me. I get so bored so quickly.

And I could not do the same job every day. But I know people that if they deviate at all, they go crazy, you know? And I know my ex-wife's mom worked for triple A for like 40 or 50 years.

She goes, if you make me learn anything new, I'm quitting. You know? Yeah. And, so he had a different mindset, but, well, in part like, that's a it's almost an adaptive thing, right?

Like, if we don't energy's a resource. Right. That if we use some here we have less here. So in a way, what those people are indicating is like I'm conserving my energy, which, you know, isn't not smart.

Right. Like that's but flexibility is important is would be a more a higher cognitive thing. Right. Yeah. Where, where you can where you can tolerate.

And I think a lot of these, you know, peptides and supplements allow the cells to survive that stress, you know, and also give it enough energy to deal with that.

Right. And like my belief is when our brain has more energy, we innately can get to these higher cognitive things. So what I think of executive functions and social cognition as the top of the pyramid.

So if if we're short and brain energy, the things that are going to not, get done would be, you know, pro-social things and empathy or like executive function would be the suite of things that includes changing our mind.

Right? So when we don't have enough, like mental energy, those behaviors, we just we can't get to. And I think that's true. I just think of like, when you're sick, low energy cells aren't working.

You're short with people. You have no patience. You have no empathy. I study this now, you know, and I think it's,

it's very true with a lot of brain energy.

You got energy, you know? Don't worry about that. I'll take that on. I'll take this on. I think it's very true. And I think, you know, look at all these diseases that they have in common, you know, mitochondrial dysfunction, you know, all these neurodegenerative diseases.

And just everything's a vicious cycle as, as, as, you know, immune dysfunction, mitochondria dysfunction, you know, reactive oxygen species, all all these things.

And, so, yeah. Tell me about what what are some of your favorite, like, supplements or, or tactics, I should say for health, like, well, what are your products?

Target. Sure. So, as I mentioned, we started first and foremost with just one plant I call your mind. And, and the idea was that if the brain has more resources, like, you know, better able to perform lots of other things, then kind of take care of themselves.

What Nootropics Are and How They Work

So even, like, you know, you and I have both worked with patients at different points, you're still actively doing it. I'm not. But one of the things of the nature Patrick doctor we would routinely ask people to do is to change their behaviors.

Right. So I just mentioned, like you and I doing our normal behaviors that we would be asking someone else to do. We would be like the expert pianist.

They're not taking our brain nearly as much energy to do those things as it would take someone trying to start those and be like, become good at them, right?

So, one of the things I think in terms of where nootropics benefit, really anyone, is that if we're needing to make change in behaviors or some other areas of our lives, our brain needs the extra plasticity, the extra energy that things like nootropics can benefit.

So I tend to think and say, what? What is an appropriate. Oh yeah. So a nootropic, like quick history lesson. So the idea of nootropics was started in the 50s and 60s by a Romanian chemist and psychologist.

He was trying to create, a sedative, basically something to induce sleep and made paracetamol. So it was the first a category called Ross attempts. And he found it wasn't very good at, inducing sleep.

But when he gave it to animals, it helped them be more resilient to things that would normally affect their, ability to learn or their like behaviors. It, was essentially neuroprotective.

So it, you know, was protective of the brain. And so he coined the, the word nootropic in the early 70s. And it basically it's from two Latin or French words.

And it would mean something like bending the mind or mind bender. But think of it plasticity would be what we would think today. Right? Like that idea of neuroplasticity, something that's going to upregulate the ability to retrieve information, learn new information, and then put it all together to make sense.

So nootropics in a general sense would be things that help us think better. Like like anything related to having the brain perform better and usually with the implication that, we're not trading off performance for some unwanted side effects.

So something like caffeine would be a nootropic, but in a fairly narrow dose range. So a lot of nootropics are not. More is better. I think of them like Goldilocks and the Three Bears.

Right. There's a just right amount or just right range where they tend to have the the more nootropic benefits. Caffeine if if we go above that can you start to get situated, you know, as the, research is there and, and I think it's nice and, and you look at I think, you know, standard medicine move so slow and where all the stuff is happening in this integrative space.

Right. And, and supplements course, the FDA hates it, you know, because they're with big pharma. But you know, what it reminds me of is I think I was in high school, my mom had the book from, Dirk Pearson and Sandy shore, Life Extensions.

Yeah, yeah, yeah, they're really big. And then no tropics then I don't think. Yeah, that was a long time ago. Yeah. I mean, it dates back, like I said, to that, early 70s with, you know, the rule atoms.

And then, you know, the Russians did some like and created compounds like new papped. But what, you know, modern really jump started in Silicon Valley in the 2000s where these high performers, you know, code monkeys and other people involved in startups that rely on their brain and, you know, like being able to focus and perform at a high level for long chunks of the day, starting to experiment with nootropics.

And then I think the movie limitless around 2011 came out of that. So nootropics were definitely adopted by high performers in Silicon Valley in the 2000, college students kind of at the tail end of that.

And then, you know, Reddit's like there's a subreddit on nootropics. And I think one of the things that's then emerged is a lot of these, you know, what you would think of as, almost tonic, brain tonic herbs from things like Chinese medicine.

Or are you Veda? It turns out like these have nootropic qualities, you know? So, yeah, they've been using for for hundreds of years, right? Yeah. So they didn't have like the term nootropic, but, like we use in your mind a new Vedic.

We use it the seed of a tree that's called it would translate as the intellect tree. The plant is just and and so that seed has been used for, you know, basically more than 2000 years to do things that we would, you know, quite like collectively think of as helping someone think better.

Okay. Gotcha. And it kind of seems like, you know, I guess they found out, you know, it's the thing that, you know, that stimulants like cocaine and, Adderall and things, I would think they're, you know, tropics for a period of time, you know, and but then you get that downside to them, right?

So those would, like a lot of people would try to use nootropics as an example to maybe get off Adderall. Adderall will get them the focus. But there's there's trade offs. They're getting that.

So yeah. So that's you know, I think, you know, our audience can probably relate, like caffeine is by far the most widely used nootropic substance on the planet.

You know, whether that a coffee, green tea, matter, you know, it's, you know, you know, super popular. But what caffeine does really, really well is it helps with arousal.

Caffeine, Stacking, and Sustained Focus

So staying alert and awake and then in neuroscience and in, actually the DSM five there's this idea of cognitive domains. So you know, so you have a memory domain and you have executive function, you have attention, you have language, you have social cognition.

And where coffee excels is in that attention domain. So reaction times and being able to process information quickly. But that happens at a relatively modest dose of coffee.

And doesn't that performance bell shaped curve where you want to be aroused enough but over arousal you don't

do well. Right. So that's I think that's like I call that the Europe's Dodson curve.

But that that upside down curve, you know, so more like a hill than a whole is very true for a lot of nootropics. And so you're trying to like, what I would say one of the things we do is we stack different things together.

So more than a certain amount of caffeine, you're not going to get further. You just start to slide down the opposite end of the hill. But if you maybe, something like day in in which would be an amino acid from green tea that gives you something that the caffeine doesn't.

So by stacking, you know, some of these different things together that we would have in your mind, you start to then be able to tap into these other cognitive areas, you know, like executive function or social cognition.

Yeah. And my goal would be, you know, so caffeine like I love this study. So they gave people caffeine, alone basically with water or caffeine with with something with sugar.

I think it was sugar and then caffeine in yogurt. And over the first 30 minutes that those things related to attention improved no matter what, you know, so people's processing speed, reaction times, arousal were all better.

But 60 to 90 minutes later, the caffeine in water like tanked. They were more fatigued and they were starting. But then do it again and then right. But caffeine, when it was taken with something that brain could use to make energy performance stayed higher.

And the other thing that happened when caffeine was alone by, you know, 40, 50 minutes, irritability and those downsides to caffeine went up. But when caffeine was taken with what I think of as resources, it didn't.

So like mood stayed better. So I know when I, you know, make up nootropic formulas, I'm always looking not what happens immediately, but what happened over the whole day.

Because but if my goal, if someone took one of our control picks is that, you know, they're going to perform better, the first couple hours, but they're not going to have a crash in the afternoon, that they're going to be able to sustain that high level of brain performance across, you know, their whole working day.

Yeah, we're in kind of a calm energy. You know. Correct. Yeah. Yeah. And and that's key. And ally in all your research what has been some of your biggest kind of favorites or surprises or or what have you said.

Damn, this is awesome. So, I'm trying to think off the top minute so that one would energy would be one that, Oh, well, what we get back to, I think one of the, my biggest wake ups was, like the original nootropic when this Romanian researcher was trying to figure out what mechanism, you know, parasitism was working by, that his the earliest thing he published was, you know, he thought it had to do with improving ATP to ATP ratio, you know, so like mitochondria.

Right. So I guess one of my biggest, And this wouldn't be a surprise to you is how frequently mitochondrial performance and dysfunction just show up in whatever area of health we're talking about.

And that if we can make that like that community. Right. Because, the way I think of mitochondria is that, you know, there are a network of things within each cell, right?

So a cell could have hundreds of thousands of mitochondria. Right. And it's that network that's constantly reshaping itself to better match us to our environment.

Right. So I think one of the big ideas that's come up in my life for sure has been that that role of this incredible, like network of mitochondria. But another would be, and you mentioned in my bio in my, biography when you're reading in was chronobiology.

And so just for your audience, chronobiology would be the study of timing. So circadian rhythms, seasonal rhythms

for women, menstrual rhythms, but even faster rhythms like heart rate variability.

So the other like big is how important when we do something, it's so interesting. And that's because like like, oh, I have the worst circadian rhythm.

You know, I had Lyme since I was born, so I everything was screwed up. The night is day and night to me. I mean, I get energy at midnight and I can stay awake for two days on nothing, just.

Mitochondria, Chronobiology, and Nutrient Gaps

And then I'll go to sleep and I it's not health. I can feel it, you know, and, but, I yeah. And I think it's kind of like the shift work and I and all those things, I think there's, there's a lot to, you know, doing what evolutionarily we are supposed to do when the lights went out, you know, we didn't have TVs going and, you know, all these lights and emfs and all that stuff in there and all these toxins, pesticides, you know, you name it.

We're getting bombarded. So I really think people need to supplement. I think just standard nutrients that, you know, from the food ain't going to do it anymore, you know, because we have too many assaults on our body.

And I think, you know, I, I'm sure you've heard it many times, like, well, I eat a good diet or I eat a balanced diet or, you know, however someone would, you know, mention that.

But most diets are going to have holes somewhere, you know, so like Colleen. So one of the again, like nootropics, the cholinergic system was again one of the early things. Right.

So things to boost acetylcholine basically because acetylcholine is you know, like for the audience think of that as the neuroplasticity of molecules.

So when it's becomes important to like learn something new, our brain will release acetylcholine almost as a message saying, hey, this is important. Pay more attention to this. Right.

So to make that we need choline in our diet, and the Institute of Medicine doesn't have an RDA like for vitamins, for choline, but they have an advise them out and they have, when I've seen things published on it, they estimate somewhere just above eight out of ten adults don't get enough choline in their diet.

So it's not like they're getting none. But day in, day out there's a shortfall, right? And if there's a shortfall in that, we just can't do all the things.

You know, the liver needs that cell membranes, mitochondrial membranes and then this neuroplasticity molecule. So you know one of the things I think of with nootropics or especially with our products is what, you know, what things even in a good diet might benefit by augmenting kind of the pool of those nutrients.

And often good things happen when we fill in those gaps. You know, we don't have to do 2 or 3 times that. Colleen's again, like caffeine, not a more is better, but making sure that your your tanks are full and maybe you've got a little surplus to draw on if you know something happens where we have to learn a lot more.

Yeah. Or it's interesting like I found, you know, I got addicted to aspartame. I'm telling you, you know, it's an excited toxin and it's addictive. And also, I started stuttering so bad, like, I couldn't carry a cell phone.

I could not answer my phone. I was going to go to, stuttering Clinic. And then I read an article saying aspartame called stuttering. And I went off that two weeks later, no more stuttering.

And then if I were to actually get some and then a drink or something, I would just start stuttering immediately, you know? But it just shows that. And but it was very hard to get off of.

I didn't want to, you know, because it, it's I think it's more stimulating than caffeine, at least for me. And, woke me

up, but I thought, great. But it was overstimulated. And I stuttered, you know, it's, it's it's pretty, pretty amazing with all that stuff.

But, what would you say or your, kind of your, your go to know tropics or things you would tell, you know, anyone. Hey, these are the, the core things you have to, have to get in your, in your system.

So, so within like, the nootropic community, there's, this saying your mileage may vary. And the idea being that, you know, we're all individuals, you know, that biochemical individuality sense.

And so, you know, what we've seen in those studies that no hacker collective has done is that, when we say we make a formula like call your mind or call your focus, we'll get some percentage of people that are super responders.

They just get a way better response than average. And then we'll have a lot of people with a good response. And then for some people, it just doesn't work.

So I think one like before we get into recommending what to do, I think it's important to understand that we don't all respond the same way. I think people that I mean, they take the tiniest bit of a supplement and they're like, oh, I'm jittery.

I'm like, give me a break, you know? But yeah, then other people can take a whole bottle and go, well, nothing's happening, right? And so I, I think I would invariably start with the brain unless there's a good reason to start somewhere else, in part because if I was coaching people, I'd be asking them to make some behavioral changes, you know?

So I want the brain to have more resources through that time period. So I would start personally with Call Your Mind, which is a very comprehensive nootropic stack with, you know, a couple of different forms of choline that can get into the brain, caffeine in that just right amount.

You know, some great. I do like all the choline, products. I think they're key. And we like to use a lot of those. Yeah, yeah. So that for your audience, you know, when you're looking at what Colleen's are best to get into the the brain because, sometimes in research I'll see the, the, the phrase brain essential nutrients.

And the idea is there's some things the brain can make and a whole bunch other. It has to pull from our bloodstream. Right. So we have to, you know, supply it outside the brain.

And and Colleen's are one of those things. And alpha GPC and Colleen, you know, so those are the two that can easily get into the brain.

Choosing Core Nootropics and Choline Sources

They're used somewhat differently in a really complicated biochemical cycle. So those I think of as the two best nootropic Colleen's and the but the other thing like if someone you know, okay, I don't want to take those two like and you're willing to eat more egg yolks.

I like egg yolks are really rich in. Yeah. Are they good or are they bad. Yeah. You know right. So you know I wouldn't say eat unlimited that but eat enough to make sure you're getting, you know, good dietary intake of choline because like I said, we can kind of guess on average most people are running 100 to 200mg short a day of what they need.

So again, are you getting any any pushback from you know, the FDA seems to be yeah, with supplemental meds. They're really cracking down on anything. If it's safe and effective, they want to get rid of it.

And it seems the same with supplements. The only thing that's, that the FDA, I mean, they still haven't approved, you know, things like, the cannabinoids.

Right? So lots of, like, everything from water to you name it has those, but they're they still haven't essentially said that these are dietary supplements.

And the other thing that's happened in the last year is, NSC 16, which, you know, it's been used in functional medicine, integrative medicine for decades and decades.

They all of a sudden, said, hey, we don't think this is a dietary supplement because it was, used as a medication back in the 60s. Yeah, but it was because people were using it safe and effectively for Covid was the problem.

Yeah, yeah. It's the next to me sick. That's how you know. So that's and they didn't outright ban it or anything like that. They basically just wrote a letter saying, you know, this is our position.

And then I know Amazon.com moved then to just remove any supplements that contain it. They leave everything vague and they can enforce whatever they want.

Yeah. So it was a shame because it's I mean, it's a great, nutrient super safe, you know, very well studied. So we had it in two of our formulas and switched it out for our cysteine instead, just so that we wouldn't be dinged on Amazon.

Yeah. And there's so many, you know, something companies, you know, we're kind of in that space and, and it's like we've tested people supplements and some of them have nothing, none of what's supposed to be in there.

And the claims are crazy. And, and I look at your product, it just I think you've done such a great job of, formulating. You know, I think we also, I think we're very unusual.

Like, before we launch any product, we've done basically what I would call end of one, you know, so we've made up small batches. I've taken it. I've got some other, you know, kind of friends in the collective to take it, you know.

So we well, we had mentioned the analytic before we started. So the analytic that we're testing right now, I've already taken. Right. So before I would ever, you know, move to trust me, I have almost, you know, myself doing trying to find toxic doses of things.

Yeah. And then and then once, you know, once we kind of pass that stage, we'll make enough to do a small study, open label. So not placebo control, but we'll do what we would think of as a safety tolerability.

And does it work study. Right. So by the time we move a product to market, we've already, you know, often made adjustments to the formula to make sure that whatever we're selling does what it's supposed to do.

And I mean, my hat is so far and above what in the 79% the supplement world, you know. Yeah. And so because of that, you know, we don't launch a lot of products, we don't have a lot of SKUs, but we stand behind what we do have an offer, I believe it's a 100 day money back guarantee because, you know, like, you know, like I mentioned, there's a subset of people that are non-responders to things we don't want them to be dinged, but we're confident that most people will get I'm sure they're getting benefit even if they don't.

Yeah. Yeah, I think they feel it. And, and and we have you know, people also fill out, you know, like their overall average, energy sense of well-being and then ten symptoms, frequency and severity.

And they'll say, oh no, no, nothing's changed. We go back and look. Well, wait a minute. You were a two year.

Product Testing, Safety, and Supplement Quality

Oh yeah. You know, we saw that. So, I'm sure like you are aware, like, like screen times, digital eyestrain, symptoms. So when we were, testing out quality of vision is what we call it, but it was put together really for screen time stress. Right.

Because our like, especially when, Covid hit and screen time leaped up, I, I saw statistics that an average person was on a screen 13 hours a day. You know, so crazy. Right?

Wow. And, you know, so your vision was very much made as, protection for that. And so when we were doing the study for, we had people do like a baseline digital live strain questionnaire and then, you know, we then every week we had them read complete another one.

And what was funny is some people noticed, like some people would have gone from a crazy high score, say 28 to 30 down to a five and say, well, I didn't notice any like right where other is it was, you know, like they were more attuned to it.

So yeah. No, it is funny. I think it's a evolutionary thing to say. Like you don't want to remember bad things, you know, it's like I think were even in relationships.

All you remember is the good things, right? It's like, you know, post post-traumatic stress for everything you do. Well. And the other thing we do a week after our study stops and people have been off, whatever the, the, the product that we're testing for a week, we'll email them back.

And quite often that's when they noticed what it was doing. All. Damn, I didn't realize, right. Yeah, yeah, I think it's totally true. Well, hey, I think you're doing great work.

Keep it up. And can you, name off your websites and products again? Yeah, yeah, yeah. So, one thing that our, that we wanted to invite your audience, if you go to, neuro hacker.com/guide, you can get a free neuro hack, basically, our guide to neuro hacking, right.

That touches on a bunch of the big picture things. So yeah, definitely do that. Like I said, we're neuro hacker.com. From there, you can, you know, find our collective insight.

But, you can find our blog, our Collective insights podcast. But, you know, if you're using, you know, the Apple like iTunes to find our podcast. It's collective insights and, our products, our brain products, our premier one is Call Your Mind, but we have a, fewer capsules, less expensive, still great nootropic called bio focus that as an entry level, I highly recommend it.

We've got for people that are on computers a lot, the quality of vision product for people concerned about healthy aging. We have a product quality of life that's got the NAD portion mitochondria, bunch of things.

We didn't get to. We've got a great immune product, which I like personally take every day called quiet immune. I think one's immune system is shot. Right. And, and there's this thing with an immunity called, basically trained immunity.

So think of it like exercise for our immune cells. The like, certain compounds make, especially the innate immune system. So macrophages and castles bigger, faster, higher performing.

So we created quite immune with that in mind.

Neurohacker Products and Closing Remarks

So it's not things it's not geared so much to take when you get sick though, there's things that, would work for that. I think of it much more as exercise for your immune system.

So and then we, we have a product called Call Unite, which is, I talk about as a nighttime nootropic. So it's something you would take at dinner time that's got a lot of nootropic herbs, but ones that are more calming.

And so it it generally gets categorized as a sleep product, because that's the side effect of being calmer and more relaxed. Going into your evening is usually it's easier to fall asleep.

And we get that a quality sleep. So and then we just launched Call Your Skin, which is basically like beauty from within would be the category. But, I like the idea of it pretty.

It's basically a food, lots of super fruits in it and other, ingredients that are designed to, to basically create healthier, better looking skin from the inside.

I have not seen that one I got I got to check that one out. Just have your team email us and we'll get you, you know, a couple bottles and that. That's one that we recommend.

Like it's slower to change things from the inside out. So that's one our study on that we did for three months before really. Yeah. I mean just I mean studies aren't cheap, you know, and.

Yeah. And you guys have studied all your products and published and, it's very impressive. Thank you. Thank you. And thanks for having me on. It's been a pleasure.

Yeah. It's so nice to meet you. And, and I do think you're just doing it the right way, so thank you. And keep it up. And thanks for sharing all the information.

My pleasure. Great. All right. Take care.