cancer, like so many other chronic illnesses, they're really the same thing. They're just really all downstream of poor metabolic function. And I knew if I could overcome late stage cancer and treat it as a metabolic condition, not as disease, but as dys-hyphenase, where we know that God does not need help healing us, He just needs no interference, that I know if could do that, there was something bigger that maybe I can do to help more people.

This is Doctor Talks. Welcome back to the fasting and longevity summit. I'm your host Dr. David Jockers and today we're talking about how to unlock your metabolic flexibility so you never have to diet again metabolic Flexibility is your birth your ability to burn both sugar and fat for fuel you want to be really good at burning sugar for short periods of time, but you also want are not good at burning fat.

With a remarkable journey, Randy overcame late stage cancer while Rob conquered metabolic illness. These life altering experiences ignited their mission to empower others with over 25 years of dedicated service in the health and wellness industry.

They are driven by a profound passion to transform lives. And again, you could find them at the happy healthy life.com. they also have a great metabolism score that's free.

Then you can access just go to metabolism score.com and you'll fill out a questionnaire and I'll give you a score on how your metabolism is functioning.

So check that out. Without further ado, let's go into the interview. Well, Dr. Rob Vasquez, dr. Randy Johns, we go way back. I was just saying how I think I've known you guys for 20 years.

And you guys remember me when I first got into the natural health world, and you have interesting stories as well. I mean, you were running very successful natural-health clinics and then ran into some different health issues.

Like many of us that were in the health industry, we're driven and we are hard-working and sometimes we can neglect our own health, particularly sleep and a lot of different factors.

And so you, guys, have your own interesting story and would love for you to share that. Yeah, no, thanks for having us on, David. What a huge privilege.

It's kind of cool how, you know, we were kind-of mentoring you on some level back in the day, the young Cairo student who was so inquisitive and curious and now come full circle.

We're learning from you and how to help reach more people in online space. So, isn't that funny how God works? So good to be here. Yeah, just really quick, let's dive in.

Like you said, man, we were running crazy busy practices. We were taught that's what you do. You put your 80 hours in and you almost sacrifice your own health to go help others.

I don't know that that is the best strategy. But my story, my cautionary tale is I was into practice eight years into practices, this was July of 2010. And I get diagnosed.

with late stage cancer. And you probably know a little bit about my story. You were kind of there as I was going through a lot of that. But I got to be honest, you know, that diagnosis really caught me off guard because, I, was the guy helping everybody else be healthy.

And I was very ashamed. I had lost my father to the complications of cancer just two years earlier. So here I am and all my ego and splendor can't save my dad, can save myself, and I'm starting to question everything that I've ever believed.

You really find out what you believe when you're thrown directly into the fire. It's easy to say something, but what are you going to do when all the proverbial crap hits the fan?

So there I was, and you know, everybody really wants to know kind of what I did, because obviously I'm not dead. Being alive is a great clinical outcome, I gotta tell you.

But it's not really what I did and we can talk about that if you want to, but it is really more why I Did what? I? Did and this is where? Chiropractic really saved my life.

I always say outside of my relationship with Jesus Christ This is the second most important thing that God ever gave me He gave Me a faith and a confidence in a belief and here's what i knew to be true even in my worst moment is that, number one, God doesn't make junk, all right?

We're fearfully, we're wonderfully made, and that health really is the normal. And diseases like cancer are really the abnormal. Cancer wasn't making me sick.

I was already sick, so that's why I'm expressing cancer. So when I get this diagnosis, I tell you, it didn't spread everywhere. It was in my lymphatic chain, into my liver, had even metastasized into And they're giving me two months, maybe two years to live.

Even in that moment, I had practic in principle, that above down inside out principle believing that 1 John 4, 4 to be true, the greatest doctrine in the world is really inside of me.

That gave me the strength and the courage to ask the questions that I needed to get real answers. So, my questions led me into Spain. I'd heard about a doctor there.

He was a medical doctor from Lebanon, Dr. Raymond Helu. You may even know Dr Helou or had some interactions with him. I'm not sure, sounds like you have.

Yeah, yeah, he's incredible guy. In fact, we spent time with them this last summer and I still just do an incredible helping so many people. But he is a cellular biologist.

And of all people, Greg Lowman is who told me about this doctor. So when he found out that I had this diagnosis, he had taken his wife Mariela over there, but when she had Lyme's disease and she'd gotten well.

And so he said, I don't know if he can help you. But he's not going to do anything that's going kill you. And I think you'll like his philosophy because it really aligns with ours.

Because he is not gonna want to treat the person who has the condition, getting to the cause. So on his advice and a lot of support, end up going over there.

I remember I'd never left the country at the time, so I'm over in Spain. Spanish is a little rusty. You know, so Dr. Rob came over there to help me speak a little Spanish, support me, pray for me.

Keep me adjusted. But I'd gone over their first by myself and I remember sitting in the waiting room, waiting to meet this doctor. They'd ran their blood work.

And I'm really second guessing everything. I am fighting these demons in my head. Are you going to make it? Are going you to die? Did you make a mistake?

And about that time the door busts open. And this doctor looks at me and he goes, I'll do nothing that will kill you. And I'm like, cool. That's the first thing he said.

Yeah, that's what he's said that. He started the console. In fact, wow. I get a 22nd console for $30,000. So probably people want to know what the heck did he say to you?

So he points to me and he says, I'll do nothing that will kill you. And I'm thinking, well, thank God, because they couldn't offer me that in America.

They're giving me no chance. But you might die. He goes, but I will do everything that I can do to get your body adapting again, chemically, physically, and emotionally.

I think it's your best chance to well and for the cancer not to come back. And here's the best part, David, he goes, Randy, there's no need for theatrics.

Are you ready to get started? Consult, over. That's it. So I'm not asking him, what's this going to cost? How long is it going take? I don't need more research because I believe I'd found the man who is really aligning with my values that was really the guy I could literally live or die with.

And so obviously I said yes, jumped in full steam, long story short of the next 30, 60 and 90 days, as we begin to work on detoxing my body, cleaning up my blood, really getting my cells strong again and looking at my whole body holistically, I was able to overcome this devastating diagnosis and that was almost 15 years ago.

But pretty quickly, as my spending time there with this doctor and then Dr. Rob coming over, I'm starting to realize that this isn't just about not dying, that God was doing something way bigger.

And a lot of times in life, and I think you would agree, you really can't see those things when you're in the moment of your own crisis. I don't think that I know, but I can see what was being orchestrated there.

So I started connecting the dots, really looking at metabolic health. Because cancer, like so many other chronic illnesses, they're really the same thing.

They're just really all downstream of poor metabolic function. And I knew if I could overcome late stage cancer and treat it as a metabolic condition, not as disease, but as where we know that God does not need help healing us.

He just needs no interference. That I knew that if I could do that, there was something bigger that maybe I can do to help more people. So that's really how the ball got rolling with Happy Healthy.

And I got to tell you, man, it's good to be alive. I'm stronger now than I've ever been. i've learned so much and God's blessed that obedience there and I feel so thankful.

so that kind of how Happy healthy that the origin and the genesis of the story. Yeah, that's an amazing story, Randy. And, you know, one thing I've always loved about you is your strong faith and your passion and, just your enthusiasm, right?

It's real contagious. So I can tell, I think all of our listeners can say, hey, your love in life. You're a happy, healthy guy, as you and Rob, but sometimes we got to go through those crisis and take inventory of life and kind of see where we're at and what things need to change.

The greatest setback can be the greatest blessing and God can make beauty out of ashes just like he's done here. Amen to that. No doubt about it. And what I love about my experience at that time was I had this belief, I'm still kind of early into practice.

If you think about eight years, that's a really young career. I am still building my philosophy and building faith and confidence and what i'm teaching patients and clients and the things that I took very seriously.

So I have this believe that If I could find out what was interfering with this process and why I wasn't adapting, then I really believe my body would get well.

So when I put that belief to the test and it proved to be right, now the belief comes a conviction. At this point in my life, I'm very convicted and very passionate more than ever before because really I just don't know that I can be

shaken.

at this point because I have so much faith, belief, and confidence that our body really is hardwired to heal and that we don't need to pray for more healing.

The healing's already been done. Let's really be more responsible and look for all the things we're doing to get in the way of that healing process. And I believe that has served me well in many areas of my life.

Yeah, that's awesome. Yeah. That's what attracted me to Chiropractic was the idea that God needs no help, just no interference. And so Chiropractic is about removing interference from the nervous system.

and then when we look at functional health, right, we need to remove interference, from other areas like our metabolism, which is what we're going to talk about today.

So Rob, tell me more about your story as well and challenges you had. Yeah, I'd absolutely be happy to. So yeah, so while Randy was going through what it is that he was also going to running a busy chiropractic practice as well, what a lot of people really didn't know about me, even in practice, because it's not like I just came out and would always say this, is I really struggled.

with trying to maintain a healthy weight, even in practice. So as I was teaching other people how to be able to lose weight how, to have better nutrition, how do do those things, I always really struggling and I had to perfect with my diet, had be perfect my exercise just to maintained what I thought back then was a was healthy way to really hard and that started when I as a young kid even when i was 13 years old.

I was 210 pounds when I 13 and only 5 foot 4. I probably was about as wide as I as tall and I doing what everybody else was doing back then which was looking for a solution and the only solution at that time was what I learned from my mom who was chronically always on a diet.

So she would go on these crazy diets. It seemed like every Monday she was going on new diet And it would be like the boiled egg diet or the South Beach diet, the Hollywood Beach juice diet.

Whatever it was, it all had the same thing in common, which was reduce calories, starve the body, and then move more. And so that's what I started doing because of course at 13 years old and being a boy, I was motivated to lose the weight.

But not for health reasons. I was motivated to lose weight because you know what? The really cute girls at school didn't like the chubby fat little kid.

So I'm like, all right, if a little is good, then a lot has got to be better. And so if I reduce by little calories and lose a bit of weight, what if by a reduced by lot of calories, I can lose lot a weight?

And I just wouldn't eat for sometimes five, six, seven days and just drink water in order to be able to lose weight quickly. And I did. So at 13 years old in the eighth grade, I started my ninth grade year.

Probably about six months later, first day of school, And so looking back on it, because of starving myself like that, I would say I'd have been diagnosed as being anorexic.

And you know what? I lost the weight, but I wasn't healthy. You can imagine, by starving yourselves of the nutrients that they need, what I did to my own body's metabolism, and that was kill it.

And so because of that, that literally began my struggle with weight loss and maintaining a healthy weight all the way until I was about 38 years old.

When I had an injury where I fell off a fence, I injured my lower back to the point where i could hardly walk anymore. It was hard even to practice at that time.

I would go and adjust people and then I'd go lay in my office just to be able to get through And again, Randy was saying, you know what? I had a lot of shame in that because at that same time, not being able to exercise, I was gaining weight like crazy.

And so I gained almost 65 pounds in a very short time. So by the time he was in Spain with cancer and calls me 911 to get to Spain, jump on an airplane.

I get there one of those miserable plane rides of my life because I could hardly even sit up. So we get there. I'm 65 pounds overweight. He's got cancer.

We were not the happy, healthy guys that you see behind us at that time. No, we were the fat, sick, depressed, unriddled with cancer, almost dead guys.

What, what a title, right? You don't want us on that podcast. He said, we go through these different challenges in life, even biblically, where the man brings his son to Jesus to get the evil spirits out of him, and Jesus asks him do you believe?

And like Brandy was saying, you really find out what you believed when you've been thrown in the fire, but the next thing that man says, he says yes, I believe, help me in my unbelief.

So it's like, okay, God's gonna go, I'm gonna help you in your unbelief so that you can strengthen your conviction and your belief. And that's what was happening.

So by learning from this cellular biologist there in Spain that yes, All metabolic health has what lives downstream a chronic condition associated with it, whether it be high blood pressure, which yes, I was experiencing.

I didn't tell anybody about it. Remember going to a dentist and they checked my blood blood at that time and my pressure was 170 over 125 and I I'm a doctor.

I am okay. It must just be because I was at the dentist's office and I don't like going to the dentists, right? So I kind of just ignored it. But that right there is one of those signs of poor metabolic health that we don´t ever think about because people associate metabolism with, well, that's associated with either you have a good metabolism in your skinny or you've a bad metabolism and you're fat.

when I started really learning about metabolism and started applying the principles and the science that we were learning from what Randy was going through, all of a sudden, the scales started dropping really rapidly.

Not only did that happen, but the inflammation in my lower back that was keeping me from being able to walk, it was gone pretty rapidly as well. And now something happened that had never happened to me in entire life.

As I was through these protocols, I losing weight, and instead of getting stuck at the 185 pounds that I always get stuck at, I continue to keep on losing the weight until I was at my ideal weight, which is what all the charts said, that i could never ever get to by just using diet and exercise alone.

And so it's been 14 years now. I'm walking, i'm able to run, and i am able do all of the things that love to do at ideal my weight and I have never gained that weight back.

And so it's because of going through that, then my patients started asking me, hey, Dr. Rob, what are you doing? We've never seen you this thin before and you're keeping the weight off.

Can you help me with that? So we started helping our patients with. And the next thing we were opening up offices doing that. It literally took on a life of its own.

Could have never imagined that I would be in the metabolic health space. If you would have told me that 15 years ago, when I was in my chiropractic office, I wouldn't have Absolutely insane and crazy.

And you know what? God said, I've got other plans for you. Here we are today and like we were talking about just a few minutes ago, we're just with clients this last week that came to see us at a retreat that we had in Tulum, Mexico from all over the world.

So where we couldn't help these people in the four walls of our clinic here, we're now able to help people all over the world, which has been a huge blessing.

It's really humbling to even be having this conversation with you about it. And it's just like, I have to pinch myself every day going, wow, We just talked to somebody that was in Italy and we are helping them to be able have better metabolic health.

So that's how I came about this whole thing. Then doing it with your best friend is pretty cool. Oh, man, 21 years, my brother here, from another mother, he totally is.

So we were like, why are we doing this separate? Let's go all in, let's sell the clinics, go in and do something together. And looking back on that now, that was clearly the right decision.

Yeah, that's great. And obviously we're talking about metabolism today and we have a metabolic epidemic in our society. I think it's something like over 40% of our children are overweight or obese, right?

I mean, and every year it just going up and it increasing, it not getting better. So we've got to do something about that and really education is where it starts.

Let's start with this idea of metabolic flexibility. It's a term I like to use and I know that that something you guys really specialize in. What is metabolic flexible?

Yeah, great question. It's kind of that buzzword, it's been around for a little bit now. I don't know that people fully understand what that even means.

A lot of people maybe confuse metabolic flexibility with just never eating a carbohydrate again or some specialty diet program. Really metabolic flexibilty is the body's ability to not only use fat for fuel, but to also use glucose for fuels.

And a lot of people who are maybe they're getting fat adapted, but they never really get carb adapted. And I think it's a big mistake a lotta healthcare practitioners make because obviously carbohydrates and ultimately glucose is a very important part of the metabolic process.

So real flexibility is the body's ability to use both of those for fuel whenever it needs to, whatever the environment they're in, or they find themselves in and not being in a stress response where the buddy goes, no, I can use fat.

No, I can you use glucose and I'm not actually raising cortisol by using one or the other. So I think that's probably from an oversimplification, but I that it's important for people to understand that real metabolic flexibility, is not just burning fat, it is ability as well.

Yeah. So you got to be a good sugar burner, but also a fat burner. Most people in our society are not burning fat effectively for fuel. But like you said, there's a flip side where a lot of people doing very low carb diets for long periods of time where they lose the ability to burn sugar for a fuel as.

Well, and so both can be problematic. We need to switch back and forth. And when is when should we be burning sugar and when shall we burn fat? Yeah, great question.

Going back then, I'll pass it back to you, Rob. But yes, so I think that's important what you said there, because yeah, a lot of people, they can't burn fat, but if you go on these high-fat, low-carb diets for a long time, we already know you're going to create some level of physiological insulin resistance.

So a lots of times that person tries to put carbohydrates back in, maybe they just eat a banana and they gain two pounds because they never fully got carb adapted.

So I think just when you think about just basic physiology at rest, our heart and our muscles really are using fat. And so that's a powerful thing. However, if you're going to engage in any type of resistance training or any top of stress to the body, your body is going So I like to for me personally, I know if I'm going to go through a resistance training or hard exercise, i'm gonna make sure I give my body plenty of high quality carbohydrates sometime after that workout to give me body what it's preferring at that time.

But if i am not working out that day or maybe I am in a fast that they may be a 24 hour fast or some tight window. I probably gonna eat more fats and probably eat less carbohydrate, because I know my body's already craving that and wants to use that for energy.

So hopefully that makes sense how I think about what I'm eating and how am fueling my buddy. I always eat to the protein and eat the nutrients and then I play around with my carbs or my fat based off my activity levels or maybe how my adapting that day with maybe some type of a wearable or an HRB assessment, but that's how looking at it.

But I am always choosing quality. All carbohydrates and not all fats are created equal as we know. Yeah, let's talk about that. What are some of your favorite foods?

What kinds of foods are you focusing on? Yeah, so that's one of the things that we always say and that is one things we teach the people that work with us and our clients is stop counting calories and start counting nutrients.

And so nutrient-dense foods, for example, like even last night I had a grass-fed, green grass fed ribeye steak and one my favorite things to use for that as utilizing, as you know and you're familiar with, to be able to cook that steak, which is delicious with it.

So I know I'm getting my short chain fats. I am getting in my good fats and especially doing that as part of my dinner because he was saying depending on what it is that you're going to do, I wasn't going work out after dinner.

I knew that as I was going to be resting, my body needs to heal and to repair, so it can be able to utilize that fat, burn that while I'm sleeping. That also ensures that I am not going also then wake up hungry.

I think a lot of people, when they are not carb adapted or they're not even fat adapted, they end up waking up first thing in the morning and their stomach is growling and they' re hungry, And then they've been taught that, okay, I'm going to feed myself first thing in the morning.

And the first that they're feeding themselves is like a sugary cereal or something like that. Which is, you know, those empty, again, calories are not all created equally, right?

And so they are going reach for those calories that don't have any nutrient value to them. So, we just want to make sure that we're eating real food. And so one of the acronyms that we always use is simply eat real food or surf for your food.

And, so, what does that mean? Well, if you set something on your counter and you come back to it two weeks from now, well, and it looks the same as when you put it there two week ago, that's not real.

That's going to be a food that I'm going stay away from. I think that is really important for people to understand because true metabolic health and metabolic flexibility is it starts at a cellular level.

So when somebody's struggling with being able to lose weight, when someone is not able maintain a healthy weight that's actually a symptom. That's not the problem.

And I think one of the challenges that people have is the belief that the weight gain is is a problem or the cause. It's the symptom So what is it a symptom of?

So we really have to look at going, okay, what's disrupting my cells? What's disruptive me at a cellular level? And when we can be able to see that, it can really help us be about to choose the right nutrients to put into our body that are going to help to be to heal that cell and get to the cause and not continue to keep on treating the symptom, which typically ends up being calories in, calories out.

Yeah, absolutely. And so many people are going on different diets. Like he talked about, like I remember growing up, I was extremely metabolically inflexible.

So I would have, my mom was into health. She was actually studying to become a naturopath, but this was in the nineties. He really rebelled against my Mom.

so she thought the best diet was a macrobiotic diet, which was really bland. It was like tofu, lima beans, steamed kale. As a teenager, was I like, ha, not gonna eat this.

But for breakfast, she wouldn't get me what I wanted, which was like Fruit Loops. But I would eat Cheerios, right? And of course, we had skim milk, because we want to stay away from the fat or soy milk or something like that.

And then we'd have banana because you know, that's fruit and then maybe some orange juice because that is vitamin C. Right? So I'd would have that which, you're average cardiologist, especially in the 90s would say that as a heart healthy breakfast.

Okay. And if I told my teacher what I have for breakfast, they say, wow, you guys really eat healthy. But two hours later, I was falling asleep in my class, right?

I couldn't pay attention. I extremely thirsty. My brain fog. So I had a reactive hypoglycemia. Let's talk about that and what people are doing wrong there in a typical American diet.

Yeah, I think there's been a huge shift. They've kind of moved us away from really what our ancestors used to do. I remember my great-grandmother, David, she lived to be 100 years old.

And I remembered when she died, i was probably five years-old, and she was on, talking to my mom now, no medication. i think she even dipped a little stuff here and there.

But the way she live, they she had a hog farm, so they rendered animal fats. They had dairy cows, so they milk cows. They drank raw milk, they churned butter.

they had chickens that were outside that weren't cooped up in a cage that we're getting sunlight and eating insects. So they were really eating more of an ancestral way off the land that was not processed.

And once again, she went to 100 years old. I remember as a little boy thinking, I want to live to be 100-years-old. I don't know what that meant. Maybe that was the first thing that God plugged into me that maybe drove me into this health arena.

But I think it's getting back to really what our ancestors did. We've replaced all the healthy animal fats because they've been vilified. They've, we've told that they cause heart disease and cause stroke.

move away from animal meat, stay away form red meat. So now we're eating less red me. We're not eating as much butter. And they've replaced all of that with all the fake processed, hyper palatable foods that are void of nutrition and nutrients.

They're just like these empty energy calories, which your body really can't use and really gum up the mitochondria and don't even allow us to even create ATP any longer.

I think for me, I really love the fact that eating real food makes the most sense. And you can look at it because you didn't see heart disease a hundred years ago.

You didn' see this obesity epidemic a 100 years. Children, my God, I remember going back, you know, was I was born in the 70s. I'm thinking back when I in elementary school, even in middle school.

There were like five kids that were overweight. You go to a school now, like you said, you've got 30, 40, even 50% of these kids that are obese, that on medication, and are not doing well, who have no ability to concentrate and focus and thrive.

So I think that really is where it starts, getting back to foundational ancestral nutrition, reconnecting with nature, get your feet on the ground, Get outside.

We're sitting here under artificial light, looking at computer screens, And we've gotta get back, to what really God created, which is really all free and not even that expensive.

I love all the expensive biohacking equipment, but what I really love is just getting outside, being reconnected with nature, eating real foods, and really thinking about how do I honor God with my body?

And it doesn't have to be as complicated as maybe we've made it. Yeah, that's so key. And so let's talk about some signs and symptoms that somebody might have if they're metabolically flexible versus metabolical inflexible, right?

So if you have a metabolism problem, what are some of the signs or symptoms they may be experiencing? Yeah, so one of the ones like I said a few minutes ago was you wake up in the morning and immediately you're hungry.

Or you feel like you've got, you know, eat your breakfast, make it to work and then all of a sudden you fill that blood sugar crash where now I've gotta have a cup of coffee in order to be able to get my energy or I need to eat or you have that person that's like, I gotta get a snack before I even make to lunch or i'm gonna starve to death.

So it's when you're feeling like, you know what, I've got to have that meal in order to be able to keep my energy levels up throughout the day. And then another sign would be even brain fog.

People, when they start like that, You can't remember what it is that you had for breakfast this morning. Or you can remember if somebody was going to give you directions to get from point A to point B, and you cant remember all of the directions.

Next thing you'll know, your having to look at your phone to figure out all those directions and I know one of ones for me was always this. If I was eating a meal at any time of day, I always craved something sweet to eat after that meal, or with that, meal or even craving the carbohydrates like the breads and then having those sweets after.

And I remember I would always tease because everybody always said to me, you know, Rob, You've got the biggest sweet tooth. I said, no, i don't have a sweet teeth.

i actually have many sweet in my entire mouth. So if you feel like you have sweet teeth, that's another sign that you're not metabolically healthy. Yeah.

One of the ones, and we see this now, is you look at all these autoimmune conditions and probably what the number one diagnosed condition now is Hashimoto's thyroiditis.

You start seeing a lot of hormone issues when you are metabolocally inflexible. The healthcare practitioners and the medical community, God bless them, But you end up going there and they just start looking at your sex hormones.

And we already know you can't even balance testosterone or estrogen or progesterone if you don't balance your metabolic hormones, insulin, glucagon, leptin, cortisol, adrenaline, adiponectin.

We could just keep naming them all off. So I think that when you see a hormone issue and you start seeing different organ systems that are out of balance, even like a congested liver, gut dysbiosis where you've got a poor

unhealthy microbiome, those are all signs and symptoms of a real crappy metabolism for lack of better word.

Yeah, for sure. Now, what does it look like if you have good metabolic flexibility? Oh man, that's called freedom. That's what that looks, let's call metabolic freedom, freedom and no longer being a slave to or living in a calorie prison.

You know, food doesn't control you anymore, right? Because you really look at food as something that you nourish your body with. versus just something that you eat because it tastes good.

And then come to find out all the healthiest foods in the world are all of the ones that satisfy, that taste amazing and that nourish your body. So when you're metabolically flexible, when your metabolism is strong, it's amazing.

You can really eat as much real food as you want and you never gain any weight You know, we've worked with so many clients now We've actually been able to see this where we will see people come in david And I know you've seen this they're like maybe, you know 500 calories 800 calories 1200 calories They can't even lose weight.

No joke because they're in such a low energy state and then once you get their metabolism working for them, you give them that metabolic flexibility, get them fat adapted, insulin sensitive, now they are burning 2000 calories, 3000 calories.

They're burning so many more calories which is really normal because most people are probably carrying around maybe 20, 30, 40 pounds of fat on their body, they've got hundreds of thousands of calories that are available to them but they aren't able to get it and so when you're metabolically strong, You're more lean.

You don't put fat in weird areas, right? You just have more energy. And when you sleep better and you have energy, you're just a better person. So metabolically healthy people, those are my kind of people because they're fun to hang out with.

Yeah, and you can also go on trips or you could go vacation. You don't have to worry about avoiding all of those foods that you really want to eat. Like last year we were in Italy and it was great being able to be in italy, enjoy the food, eat the pastas, have some of the wine and then be able get back and not have gained any weight.

That was really great. And it wasn't just us because we had many of our clients that were there with us and we're getting messages back from them where they're like, wow, we are blown away.

We were eating all of the good food, doing all these wonderful things. The next we got back and we actually lost weight. There was, we had a client that had lost four pounds, another that lost two pounds from the retreat that we just had.

One of them just sent us a message this morning saying, thank you so much. She's like, I lost a pound hanging out with you guys over the last five weeks.

And we weren't starving them. We we're eating three times a day, every day. So great sign of a healthy metabolism. Yeah, yeah. And when you're metabolically healthy, too, you don't look at eating as like a sin.

Eating is not a problem. It's actually really essential. So I think you just create a whole different relationship with the food and you lose the guilt and the shame.

You really look things completely different. Eating is a not sin, it's really a key part of life and I love the flexibility you get when have a strong metabolism.

you'll have to be perfect anymore because we already know if you are trying to perfect and just use willpower it will let you down. And it's just not a strategy to succeed long term.

Yeah, absolutely. What are some strategies people can start taking to improve their metabolic flexibility? Some of

the steps, number one is going to what we were talking about as far as eating nutrient-dense food, it's simply eating real food.

That's a great first step. Something else that people can do is stay away from the ultra-processed food or the number-one ultra processed food to stay from that is absolutely an endocrine disrupter.

We believe it is worse than even cigarette smoke is seed oils. So, industrial oils. That right there will clog up the cell. The cell won't want to get the nutrients that it needs, no matter what kind of great nutrients you put into your body when you're putting that in there, because it has, what, over a 600-day half-life when we're put these PUFAs, or these polyunsaturated fatty acids, into the body.

So 680s from now it's still there. So you got to figure out also then how to then detox your system of those seed oils because they will continue to keep on disrupting your metabolism and it is nearly impossible to be able to have that metabolic flexibility when you have it in your systems.

Yeah, no doubt. You like your corn oil, soybeans, safflower, cottonseed, peanut oil. Yes, you find this in all kinds of stuff, processed foods. But even if you're health conscious, and you go and buy the organic salad dressing at Whole Foods, yeah, watch out because a lot of times got canola oil it's got one of these you have to read labels.

Yeah. And that's probably where people make the biggest mistake. It's really not maybe cooking at home because you can control that. Yeah, it really is going out to eat and even, and you go to really nice restaurants and we travel a lot.

You really have to ask, what are they cooking the food in? And you'd be shocked in some of the nicest restaurants, not only here in America, but all over the world.

They're using these inflammatory oils. So you have let them know, don't be scared to say, listen, When they ask you now, restaurants really ask at the table, hey, are there any food allergies?

I'm like, absolutely. Allergic to industrial seed oil, and everybody is. It's a metabolic poison and the chef will come out, they'll make sure they prepare it properly.

So you have to be very aware of that. And that was one of the strategies that we implemented, David, when we started looking at people metabolically, We were getting stuck in some areas and I think that was the area we were probably getting Stuck in is like, okay, stop eating it But how do you safely remove it from your body and get it out of your system?

Quick fast and in a hurry a great strategy to help do that because of the thermogenic benefit of detoxing from seed oil are doing fasted workouts I really enjoy doing those and it doesn't take very long, but a nice little short HIIT training session can really create thermogenesis at the tissue level and help burn off.

And that way you're avoiding that first pass through the liver as you are getting rid of the seed oils. But you've got to be careful by dumping too much seed oil into your system.

It can be very toxic. So you really have to know what you doing there. Stop eating those for sure. Then I like to do this too. I'd like do a 24 hour fast once a week.

Not too often, because I think that can be abused and it is a stressful, hormetic response on the body that you may not be adapting to. But I like once a week to give my body a break, let a toffee do its magic, work its magick, and then, you know, re-feed that next day.

That's been a huge thing for me, cause I always talk about my life BC and AC. So before cancer and after cancer, and this was a mistake I was making metabolically is I, was eating five, six, seven times per day.

Because I trying to be 185 pounds, I'm six feet tall and now I weigh about 168 pounds. Why was I forcing my body

to that big? I really believe all those insulin hits are pretty metabolical devastating and you really never give your body a chance to actually take a break, key in other hormones, use autophagy and get your body into a healthy metabolic state.

So I like time-restricted eating on occasion. I eat when I'm hungry, not when i'm forcing myself to. A little more intuition there. If your bodies not hungry why are you eating?

Those are all things I think if we work more with our body and listen to it versus being so scripted, I that's a good metabolic strategy as well. Yeah, I think those are great strategies and you know, you mentioned obviously the seed oils.

So one thing people can do is bring their own butter where I know you guys have the SCT oil that you can bring. A lot of times, a lot restaurants will actually use what you want them to use.

If you bring it in, say, hey, can't eat here unless you cook in this, right? And they'll happy to do it. Yeah, and I think that's an important thing too.

If we're going to make any real change, how powerful would it be that if you had a hundred people in a restaurant all say, we don't want seed oil in our food?

So a lot of times we avoid that conversation. I Think we can no longer be quiet. So we are part of that solution. And when you understand the dangers and what's happening to us metabolically in country and across the world, when we stand up and actually ask for these things, I'd think, that is how we get the change.

Usually, we're the only people in the restaurant asking this question, but I can promise you, if the server keeps going back to the chef in kitchen going, hey, every table I'm going to says we don't want to eat any of this crappy seed oil, I promise they're gonna make the change.

So I would encourage everybody to let's all speak up about this and do our part. Yeah, absolutely. 24 hour fasting is something I do as well once a week.

I think it's just amazing for your body and it activates it really lowers insulin and insulin is your your it blocks fat burning but it is this key hormone that takes sugar puts it into the cells but It also blocks Fat burning and also will drive up inflammation if it's high.

And so when your insulin goes down, now your body starts to break down old damaged cellular organelles, starts repair the mitochondria within the cell and literally recycles itself from the inside out.

We call that autophagy, which you had mentioned is so powerful. So I think that's a really great strategy. A lot of people are concerned about hunger, cravings, things like that if they start doing intermittent fasting or even a larger fast, 24-hour fast.

What do you do to help people overcome that? I think it's one of those things where rather than just also going cold turkey, so we even have when we work with people, we take them through a week.

There's a process before they would even start even any of our programs that we do. So they're not doing it cold Turkey. But the first place to start would be like, like Dr.

Randy was saying was eating nutrient dense foods. Yeah. so you can even. For example, if we're going to have somebody do a 24 hour fast. We'd say, okay, so the day before you do that 24-hour fast, let's go ahead and get you some, and we would use our short chain triglyceride in there, get them some healthy fats into their body the days before.

So we'd have them do up to four tablespoons throughout the date of that short-chain trigliceride so that their bodies has the fats that it needs, it's going to have the fuels that is needs to be able to go into doing that twenty-four hour

fast.

And so then that's getting them used to it. I know once upon a time, that was what I would do. in order to be able to get my body used to that 24 hour fast.

Because Dr. Randy, I do one every single week as well. So for me, it's kind of like part of my routine that every Sunday from Sunday evening at 7 PM, then all the way to Monday at seven PM every week.

That's how I really just love to start my week off that way. It's almost like there's something, my bodies not quite right if I don't do that, but that's what we recommend to our clients going into doing a 24-hour fast like that.

Yeah, and I think a lot of people struggle because like what you said, it's you're going into something you are not prepared to do. So that's why I do like more of the time restricted eating or some of those shorter windows.

Maybe it is just you not eating breakfast, right? And then maybe you moving your feeding window into maybe a 12 or a 10 or maybe an 8 and slowly working up there as you incorporating more nutrient dense real food.

Because you know, hunger is a good thing too. It is telling you to give your body nutrients, but I that is the problem. when you're eating nutrient depleted fake food, you don't get the satiety.

You're going to still crave food because your body is needing nutrients. And if it needs more nutrients, it's going tell you that you are hungry and you've got to get more food.

So I think eating real food going into it slowly, maybe doing some shorter feeding windows before you go into the 24 hour fast, I'd think is vital. But man, once you can get to that point where you could do a 24-hour and not like feel like you're about to die.

That's a pretty powerful metabolic state. And as you were mentioning, not only the autophagy, what does the research show? I believe women are getting a 1300% increase in growth hormone.

Guys are maybe a 2000% hit. The holy grail of anti-aging, muscle building, fat burning. And at 50 years old, David, I want to make sure I keep my growth hormone high and my body fat low.

So it feels like a pretty solid strategy. Fasting, we didn't invent this. It didn' just pop up 30 years ago. fasting has been around for a very, very long time.

In fact, if I was ever, and God forbid, If I were ever back in the day when I diagnosed with this cancer, probably would have started off and just done a 10 day fast right out of the gate.

I think it's that powerful. Yeah, so powerful to drive up that autophagy. Yeah. A lot of people will say, especially as a lot ideas out there on the internet, people say well, women for sure should not fast because it increases cortisol messes up your hormones.

And I was saying fasting does increase cortisol, but that's not necessarily a bad thing. I actually have a theory that it's really about your HGH to cortisol ratio.

So if you're fasting, and you're drinking tons of caffeine, you are living in a moldy home, your you have a stressful relationship and job, You probably aren't getting good results.

You're probably more catabolic breaking down muscle tissue because you not getting the HGH release you getting too much cortisol. But when you fasting, and enjoying your life, um you typically have blood sugar stability so if you like you were talking about eating real foods, right?

Prioritizing good healthy proteins and fats so you don't have these blood sugar imbalances on a regular basis, you're sleeping well at night. In that case, your cortisol you will go up but actually gives you more wakefulness

actually helps you with more mental alertness.

And it doesn't go high enough to have this negative effect and your HGH goes up. So you have HTH cortisol ratio that makes it very anti aging and actually puts you in a high performance state.

Yo, I love what you just said there. That's brilliant and it's so true. I agree. Take advantage of that higher cortisol that you have in the morning that dawned phenomenon where now your body is actually using the glucose from your liver and then you're also getting all those catecholamines that's being kicked out, the adrenaline to go hunt, to gather.

like to wake up and eat first thing in the morning, give your body a little bit of a break, optimize and use that hormonal window there to maximize fat burning and to get the most out of your morning.

So I love that. Yeah, and I think you just said it with the stress as well. I Think it's very important even outside of fasting that people also do have some type of mindful practice, whether it is prayer or meditation.

or what we learned from our friend Benazati is vitamin G to start your day in gratitude, right? Because all those things help to be able to reduce those stress hormones or that cortisol.

And I also think too, though, is that something that people rarely talk about is as important as it is to prepare yourself to go into this fast I would say it's equally as important as to what it is that you're breaking your fast with.

When we've been taught about fasting before, it used to be more of a biblical thing. I know at my church, they always did the first part of the year you would do a fast.

The Daniel Fast. fast or just not eating. And the pastor would always talk about, you know, he's like, oh, I'm just going to drink water. You go 40 days not drinking water, and then they would talk the McDonald's that he ate the first thing after completing this fast, or the snicker bar, the ice cream, all those different things.

That's counterproductive. So you got to be careful about that. you want to make sure that you are eating your nutrient dense proteins, nutrient-dense carbohydrates and fats when you're breaking that fast so that your body has a really good response to it and your buddy's not telling you, hey, don't ever do that again because then that person is not going to ever want to do it again.

So I think that's equally as important as well. I noticed too, David, I don't know what you think about this. I really noticed, too that I'm able to fast easier when I am also getting more sun exposure, especially early in the morning.

Just because it's so important, two-thirds of the mitochondrial's energy needs come from light. So full spectrum light, getting sun in your eyes, get your feet on the ground, and getting outside.

Even just 10-20 minutes a day if you've got the ability to do that. You know, coming out of our retreat this last week in Mexico, It was so powerful. I feel, I felt so amazing being by a beach, feet in the sand, getting sun on your face, Getting sun in your eyes.

You just can't replace reconnecting with nature. And so I can tell a huge difference. Now I'm back in The Dallas Fort Worth area. My feet are not in sand and not as much sunlight as I was getting, and I could already feel that difference, so, that can play a HUGE role in increasing mitochondrial integrity.

been able to burn and create more energy outside of having to always eat to get it. But if you have to ALWAYS eat, to have energy, something's wrong metabolically.

Yeah, for sure. You're absolutely right. And probably the hardest demographic to getting doing some level of fasting, and oftentimes they have a poor experience because they don't know how to do it right, is your young menstruating females that have it very stressful, like maybe they've got kids, they got, you know, a career, their working out, your know they're doing crossfit, And they are really gung-ho.

They want to be healthy, right? And so they want to do everything that they're hearing, but they are releasing too much stress hormone because they, in a sense, they overwhelmed.

They're driving too hard. And that's where doing things like gratitude, like you were talking about, prayer practice, gratitude grounding, getting in the sun, all those things are going to help stimulate endorphins, oxytocin, These hormones that help bring down cortisol, right?

And it kind of balances stabilize your stress hormones and put you in a state where now you can handle because fasting we call a hormetic stressor. It's a stresser, but it's the stress or that our ancestors encountered regularly.

And stress our body knows exactly what to do with. But if our system's already stacked up with stress, like we're overloaded with stressed already, it can push us over the top and cause issues.

And so we've got to get the stress down first, right? In general, you know, start with that whole food based nutrition like you were talking about, creating blood sugar stability there and then fasting could be such a powerful tool.

Yeah, and probably on a 24-hour fast, I'll probably wouldn't do a cold plunge. I probably would do an hour sauna session and do, you know, do our workout in the gym.

Probably hold off on those. That will also help you with your fast. Just let that be the stress of the day, right? Exactly. Yeah. We say you got to pick, at least one thing that's uncomfortable each day.

Right? But you don't necessarily, as you build resilience, You might be able to handle two or three. But you gotta find something, and fasting could be that.

It could a cold plunge, like you talked about. Could be a sauna, could exercise, right? But as your body adapts to that one stressor, it may be able to handle more stressors as long as you're recovering well.

Yeah, beautiful. Yeah, that's great. Now, you guys have a metabolism score. So a lot of people are wondering if they're metabolically flexible. And they can just go to metabolismscore.com.

They can also find you, guys, at the happyhealthylife. com and tell us more about the metabolism scores and what you do with your clients. Yeah, with the metabolism score, we just created a really easy quiz that people could be able to take to be to figure out, hey, do I have a metabolism problem?

Or maybe it's something else going on. But by and large, if somebody is really struggling to lose weight and they've been trying to do it utilizing just diet or exercise, this is an easy way for them to see, Hey, you know what?

Maybe there is something else going on. It is my metabolism. And then once they take that quiz, it's going to give them some steps of things that they can do in order to be able to improve their metabolism based on what that score is.

So it is a really easy way for somebody to get started. And then with the Happy Healthy Life, that's got all of our stuff on there. It has a link to products that we have.

it's also got a Link on their to our podcast if they want to hear more information from us. And so it was just our way to be able to continue to keep on giving as much value as we possibly can to people.

Yeah, awesome. Well, you guys are doing great work. Keep it up and you know, love our conversation here. Guys, You can find them the happy healthy guys and for sure check out the metabolism score if you want to see where you're scoring on your metabolism.

Just metabolismscore.com and we'll see you all in the future. Be blessed. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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