Introduction and Guest Credentials

Hi. This doctor can't hold turf with another episode of the Peptide Summit, and today will be interviewing doctor Nick Delgado, which I promise should be one of the funnest interviews as well as educational.

Well, the title today is sex, sex and More Sex feel young forever, so we should have some fun and again. But still getting down to some serious science and, Doctor Nixon, tell us how to live long to have great sex forever.

And and actually have just great quality life. So, a little bit about Nick. He's, an expert in anti-aging peptides, lifestyle medicine, and the immune system for over 43 years, which is amazing.

And he looks amazing. He's trained, doctors in body hematology, which he taught me, which is pretty amazing. Lipid metabolism, peak performance. I want to hold this against him, but he is a USC, graduate, and Loma Linda, University, major contributing author to Encyclopedia of Clinical Anti-Aging Medicine and Region of Biomedical Technologies as a medical correspondent to 26,000 physicians and scientists for the American Academy of Anti-Aging medicine, which for him is a personal health coach for Tony Robbins Master University.

Well, for several years, he is a strength endurance world record holder. Pretty amazing. Now in his late 60s, really, guiding, Aleve, and with elite athletes and the UFC and NFL golfers, as well as corporate wellness at TRW aerospace, increased productivity and quality of life.

And I'd like to talk to him a little of that, like the, you know, kind of the basically similarities for the CEO and I and a professional athlete. And it is getting so scientific now because the difference between fresh athlete making it, you know, or having morning track power versus, you know, make the big leagues is is my new, Delta got a protocol?

For health, has been awarded silver honor certificate of congressional recognition as best best health product. And that's been around I know a lot of people have benefited from that.

Ed Royce, member of Congress, 40th district, newest brand, built for the immune system and achiever. One of balance is, is that doc nutrients.com doc nutrients.com.

He's got a number of books out, and I'm a little disturbed that one was, basically, asked to be changed by Amazon because I mentioned Covid, which is scary, but, it's it's on Amazon called Blood Doesn't Lie.

He had to change the title, because he tells the truth. So it's a little scary. Author of Simply Healthy, plant based cookbook. And then the, my favorite mastering Love, sex and intimacy.

And I understood the sex part, the love and intimacy part. I don't know, it just kind of threw me there, but, and then, acne be gone for good. He's just kind of a master in just many different areas.

That was covered with some, and so, MD who is a dermatologist, iTunes webinar, podcast broadcast, he's all over the place, and just has tons of webinars.

I suggest you look them up, and just a wide range of topics. It's, exceeds over 1.4 million views. He's down in Costa mesa, California. And you can his website is, Nick delgado.com.

Nick Del Gad o.com. Well, welcome. Thank you for doing the summit. You're making me laugh already. And we've had a fun conversation meeting before. I think it's going to be a great interview as well as educational.

And, so let's get right into it. And I know you have a PowerPoint, which, kind of to drive across your point. And how do we have good sex? I think it begins with communication.

You know, one of the things that you lost me already. Well, you know, men don't often talk to each other about the subject of of sex. And if they do, it's it's just kind of a cursory discussion.

Women tend to get into a lot of detail and and oftentimes this is a fact that we know. And I cited it in my book, Mastering Love, Sex and Intimacy. And that is that 95% of men feel that they are good lovers.

In fact, great lovers. I am not, though.

Why Communication Matters in Sex

Well, well, 85% of women say that, they haven't ever achieved an orgasm with their significant other, their partner. So I find it hard to believe that they're great lovers if they don't know how to please their woman.

So more than, 36 years ago, I started this project to write this book literally, and I wrote several other books before I released this book on Valentine's Day, and partly because I felt like I questioned my own theories, I said, this can't be can people literally be having that much challenges in the bedroom?

And after going through all the literature and the science and presenting several talks, I was convinced that this topic needed to be addressed and in great detail.

Let me ask, is it my sense is that the guys who say they're so great are probably not? And the same thing with kind of, people tend to have the best marriage ever.

They never fight, they never, you know, are just, you know, basically more concerned about perception than than true happiness and great and great, communication and marriage and all that.

Well, there was a Scientific American video that came out, on YouTube, this, this last year. And it was interesting because they went to the science and the literature about Freud and how he believed, that on his deathbed that he had made a serious mistake.

He said he does not understand women. He basically had reported a lot of information for Freudian type concepts. And the biggest problem was when Kinsey Report came out, Alfred Kinsey, the famous sex researcher at Indiana University, he, actually went through the literature, and they commissioned a for gynecologist to examine 900 women with a probe to probe the sensitive areas of the female and they found there was an, right.

It was a fun weekend, and they found that there was zero of pleasure nerves in the vagina. So every man who's been led to believe that all the comments about being able to maintain that erection lasts for more than the average four minutes, which, by the way, men and women in four minutes is the net average that they have.

You know, that they really. Yes. And but here's here's the surprising shock and that is that no matter how long you last, it's very unlikely that you're going to please that woman.

Because anatomically, the male organ will not bend to reach up to the G-spot, which is the end of the clitoris. And of course, the clitoris is at the top of the entrance to the vagina.

And it's really something I think it's a mythical. Well, it's it's the little man in the boat. It's at the top because it's there. I don't know if I can, I can never find no. Right.

And then some woman will complain that that they have overly sensitive clitoris during times of the month. So many men do not know how to touch the clitoris or approach the erogenous zones.

There's 12 erogenous zones in women, and there's three different types of climaxes a woman can achieve a clitoral orgasm, a, G-spot orgasm, and also a cervical orgasm.

Very few people talk about a cervical orgasm. It's it's difficult to reach, but I can describe it if you prompt me to talk

about it. But, you know, when we talk about what it is actually, it's deep enough in that, I read a book that was printed out of Germany and it was titled fisting.

And I'm like, what's this about? It's in a sex shop, right? And essentially, you put enough lubrication on the hand to have the woman relax her muscles enough and trust you enough.

And remember a whole baby's head, right. What's that? Press is the big part. The whole thing. Absolutely huge communication. Trust and being able to sincerely direct a man where the woman's erogenous zones are.

And it's been shown statistically that young women are better at guiding a man's head if he's doing oral sex to the areas that she gets the most pleasure, they're more likely to be outspoken.

As women get a little older, they've either been rebuffed so many times by men saying that you don't know what you want. How can a woman tell you no? How can a guy be an insensitive enough to not hear that you're not touching or feeling, you know, giving her to the pleasure point?

So and also, I don't a lot of women expect the guy to know. Yes. So they don't say anything. And true we don't know. And yeah, if you don't know, good luck.

Yeah. 90 and an 80% of guys don't know. But they think they know. They think they know. Yeah. And herein lies the problem. Yeah. So just back to the cervical I, I thought it was more painful if you hit the cervix and and that.

But you're saying it doesn't have to be I guess. Correct. So obviously a woman should be lubricated enough. She should be excited enough. Hopefully she's already achieved a clitoral orgasm through oral sex or a vibrator, which, by the way, I'm a big advocate.

And although John Gray, my good friend who endorsed my book Mastering Love, Sex and Intimacy, is not an advocate of using a vibrator in the. But really, I think it's appropriate and necessary, particularly for a doctor comes home late at night.

He's been working hard under a lot of stress, and maybe he doesn't have the energy to go down on his lazy man. Exactly. So yeah, it may be that he has her get on all fours, hold the vibrator underneath on her clitoris where she likes it, and he enters her from behind.

So he's getting his pleasure and she's getting her pleasure. And simultaneously, they can reach orgasm. So if you're following that, don't you find this, though with men, a lot of men are.

I basically, I don't think they're comfortable enough. I'm like, I should be good enough. I'm not going to use the virus. I shouldn't have to use a vibrator. I'm good enough.

I don't think that's true. I think it's like it enhances a couple. It's not like, oh, I don't want you. I got a vibrator which may have survived, but, like, it's good for couples, right?

It's great. And men are very insecure. And they are for good reason, because women have essentially they are insatiable based on humanity and genetics and the origin of man and woman.

They needed to be insatiable to the point where in primitive times, actually, we see this in, in, in gorillas and monkeys and so forth. Several males will line up when a female monkeys in heat, and ten of them will make love to her, and the one that ejaculates the most is the alpha male will usually impregnate her, but usually they are insatiable.

Women are multiple. Yeah. And some can have babies from multiple fathers. Yeah. And and but I've also heard is that the female, body or ovary will accept certain sperm and then.

But certain sperm also have all these, like defensive back. And they'll kill the other one. And, so it's like a battle in

there. Exactly, exactly. So, you know, I think that men became intimidated because women do have a profound sexual power.

And generally obviously, they have the right to decide who enters them or not. And so what's quite disarming. Yeah. And what's and they have they have a checklist.

It takes 20 minutes at least, for a woman to be aroused and brought around to auditory through compliments, through innuendo, through fantasy. And women love fantasy books.

They love romantic novels. Right. There's a reason, because a lot is going on in their mind. So why don't in general, women and women like, basically take those fantasy books?

I guess it's like, wait nine and a half weeks. Nine weeks, 50 Shades of Gray, right? Which you can say, oh my God, it was became so huge. Right. Exactly.

It's like, oh my God, they're living out the fantasy. Yeah. But I mean, they love this stuff, but I think they're scared to mention it. Yeah. Like always. And look, I'm gonna look bad.

I'm look like a slut or whatever it may be, you know. Yeah. You know, again, it really gets down to being able to communicate the way we are now because a woman, when she hears the truth, her subconscious mind opens up and she is more likely to be receptive and open to allowing the stimulation.

Because I say that there is a bell curve when it comes to orgasm for women, 20% of them will orgasm within the first 20 minutes, 50% by 30 minutes, and almost 90% by one hour.

And what you just said the average is four minutes. Well, yes. But see, it should not all be in intercourse. Intercourse is not the main course. There was a great book written and I, I applauded it.

It was titled She Comes First, and it was basically the premise that through oral sex or a vibrator or watching the woman, masturbate herself to see how she likes it.

But all of those techniques should be utilized leading up to the man entering her at the end of the hour, because the woman should have one, two, three, or four orgasms.

And then at that point she'll be receptive to you. And also intercourse is the dessert. Yes, yes. For the man, ultimately. And the woman feels, you know, cozy and, love to spend during this.

Some of them do, but I think that would be a problem because we do need to be more president. I've seen some couples, or I should say I've known of couples who are on their phone while they're having sex and.

No, no, I that's kind of the way. But no, this is a serious because. Yes. It's I think so many marriages are sexless. Yes. Right. I think yes. They more like, oh they're married for so many years and they don't say it, but they don't have sex.

They, you know, something's missing and it's this huge communication gap where. What you're just saying, how many couples does the woman basically say, okay, do this or, you know, have this an hour of, foreplay and then have intercourse?

My, my sense is, is that guy goes, oh, you know, we went out, we're drinking. Let's have intercourse. Okay. Good night. Exactly, exactly. And then he rolls over because when oxytocin releases, during orgasm, it's an estrogen like molecule.

And the man has this tendency to want to fall asleep where a woman, when she has orgasm, she wants to talk because she's used to estrogen, and it gets her very talkative and excited.

If you put the elbow up exactly. So I I'm joking all the time, but, no. It's okay. Jokes are fun. Yeah. This is this is serious stuff. Because I think it can save some marriages and make you know, so much more satisfying marriages because it's a big part, you know?

Yeah. And it's both sides. I think, you know, the guy is closed minded, like, I. I'm good. No, I'm the man. And the woman doesn't want to say anything.

What you really want because, you know, it's going to hurt his ego. Like, you know, hey, but let me warm up first. But it'd be great if the guy warms her up, right?

Yes, yes. And you'd be surprised that when a woman is given license to enjoy fantasy, it doesn't have to have. And by the way, the standard fantasy for men is always, oh, honey, I want to bring another woman in. Well, wait a minute.

Are you so intimidated that the thought might cross your mind that maybe she might want another hot man?

Female Anatomy, Orgasm, and Foreplay

And would that fantasy excite her more so? And in my polling of women, I find that to be the case. So I think you're right. And at the same time, it's intimidating for men because men feel insecure.

They go, oh, well, what if he's a better lover than me? Well, maybe you can learn from the other guy. I mean, and by the way, it's fantasy. And, you know, I, I'm not advocating that people run out and learn how to become a swinger and all these things, because there are a percentage of people who are comfortable with that.

But you can fantasize and and actually bring that romantic novel into her mind by using certain chosen words as you test them out. It's like bantering back and forth with innuendo.

You find out you don't want to use the word she's a B because it may be a turnoff. It's a hurtful word to a woman, but you might say, hey, you're so beautiful.

You have sexy lips, your beautiful eyes, and give true compliments. Don't make fake compliments. There's always something, a reason you're with this woman.

So search out and she'll know that you're sincere. And she'll detect it from your voice, your tonality. So always include the love languages and and include visual, auditory, kinesthetic, and acts of service.

Women appreciate this and men do too. So it's a two way street. And where your woman might be telling you and she's saying, please talk to me. And when she's using predicates like, I want to hear what you have to say about this, she's a very auditory woman and you need to address that during your lovemaking.

If she's saying, I want to gift, I want to go out on the town, please dress up. Then she's probably visual. She's very into the look. And so you should show up all grubby and from the yard, you know, with, you know, dirt on your handsome mechanic.

You need to clean up and present yourself as such. So she feels attracted. Like that first date you. That first date, you probably did everything, and then you forgot about it as you went along.

That's interesting. And I think two one problem though, is so obvious a fantasy in the reality doesn't turn out well because it's never times it does.

Like it's fun. So it sounds like you're saying because the men are intimidated is to make the fantasy basically with you too. Like, you know, with the couple.

Yeah. And, you know, I think it's it's important to bring forth the word unconditional love and to understand that

there are six human needs as well. There's the need for security, consistency.

You know, you got a roof over your house, you've got food. But also in lovemaking that security becomes boredom. So the second need besides certainty is uncertainty.

Variety. Change it up, not just change positions of how you're making love, because changing positions is only good for the guy. The woman is literally feeling nothing and less in some rare percentage.

Is a woman almost like a gymnast can be put her legs up over her head and angled and I I've, you know, observed in the literature you could hit that G-spot at the right angle.

It is possible, but it's a very small percentage, like less than 5%, let's put it at that. So someone women will argue, yes, I can get a vaginal orgasm.

Well, you're really penetrating in a position that's hitting the G-spot. So what do you do about that? To achieve that? It's very unlikely. So just assume you're not going to hit that.

So what you do is you lay her back with her legs back and and when you push your finger in, you push your finger up to your knuckles as far as you can reach.

And you rub on top of a soft area and you rub kind of a she almost feel like she's got a piece, say, okay, honey, go up and go use a restroom. She'll find she doesn't need to use a restroom.

And if she relaxes enough, that continual rubbing of that, what we call the G-spot, which is the end of the clitoris, actually denotes into a nice, fulfilling orgasm that lasts longer than a clinical orgasm.

Interesting. And I mentioned that it seems like where fantasy to reality doesn't work. And and you mentioned it's because of insecurities, right? Yes.

And you're saying more of the guy insecurity that it is. Definitely. Some women get jealous, but generally speaking, you know, they'll get jealous of a hot woman comes in, it's your fantasy.

You have a threesome of, you know, whatever. And you're talking to her about a hot girl coming in and she's thinking, dude, I'm turned off by what you're saying.

You know, Chase, change the dialog. Yeah, and you're just paying attention to that one. Yeah, yeah, the other person. And then. But if another guy is in their room, like, or in your mind is in the room, it's.

Yeah, I don't I'm trying to think about that. Like, is it really because I'm intimidated or. I don't. Yeah. I don't know. If someone like, let's just say this is like, oh my God, that's what I want.

Okay. I'll think about it, you know? But, I don't know. Wait. Yeah, exactly. Oh, wait. I already got you thinking. That's good. Yeah, yeah. Wait, what type of guy is this? Is he.

Is he good looking? Yeah. Now, that's really interesting because I think it's a huge problem that no one talks about. No one does. And I would go further.

This is where peptides and, tri mix and we use sorry. I mean, some guys use viagra levitra. This is where, human growth hormone and 141 you get to be an artist to know how to time you want to time it so that she's read explicit pleasure.

The listeners know what? We'll go back and explain all these things. Yeah. So so you want to get it to where you've figured out how to bring her at the most aroused state where.

And here's a common mistake, by the way, guys will enter a woman with or intercourse and she's or. No, let me

start over. They'll start doing oral sex.

She's getting literally truly excited. But she hasn't peaked and gone up and over. But there's only one way to know if a woman's orgasm or not. And no one ever talks about this in literature either. And if you want and prompt me, I'll tell you the only way you can determine this.

But the reality is that she'll just about reach climax and then they'll they'll stop doing the stimulation that's about to help her reach climax, i.e., you know, oral sex or vibrator.

And they'll enter her thinking, oh, now she's really ready. Now she's going to come. Well, you just shut off all of our stimulation. Now, she went from, a 90 approaching 100 for orgasm, and she went to zero.

And you've entered her, and now all her pleasure is done. And you just got done excited and everything because she was excited, and now it's all over. Thank you.

Wham bam. Thank you man. It's done. Yeah. It's a big turnoff for women. And a woman would rather buy chocolate or go shopping than have sex with their significant other, because they know that's what the outcome's always going to be.

And it's like, yeah, what? Living out of that. But goes back to the communication saying, look, this ain't working for me. I was what I want exactly. And and, you know, I gotta thank my first wife.

She five years after I was with her and I thought I was a stud. And I'll be very personal. I was making love to her a 3 to 6 times a day. I'd get hard. I'd last as long as you can imagine.

I read the book. Did you ever. Well, listen. Yeah, but the joy of sex. I read that book, and it was talking about different angles and positions and staying hard, and that was the way to do it.

And they totally ignored Alfred Kinsey's original work that I referred to in the beginning that women have no nerve endings in their vagina. And and really, my wife at that time just said, God, I'm just worn out.

Yeah, yeah, she said, I'm worn out. I mean, literally, you know, I'm worn. I mean, I'm, you know, I can't maintain lubrication this whole time. And it starts to hurt, you know, after a while.

And she finally told me after five years, you're a lousy lover. I'm like, you know? Right. And and it hit hard because I thought I was doing everything possible to be a great lover.

Yeah, I saw that. Oh, yeah, that's so bad. But he said, can you have said it earlier? Maybe. You know. Exactly. I felt that I felt humiliated, I felt embarrassed, I felt betrayed, but you know what?

It was my own insecurity, my own issue. And I now take responsibility. I read books, then I, I, you know, like, I'm a good medical researchers, you know.

And so I delved deep. I read books, by females pleasing other women. I read every book you can imagine. I have a bookshelf that behind me is like extensive on all topics you can imagine.

I read probably a book every other day, and I also listen to podcast books on, on on, you know, Kindle. But the point is, when I wrote time for that, I got to see how you do it.

But yeah, I'm pretty good with time management. I mean, I have a phenomenal energy level, so I, I followed by the rule, get to bed as early as possible, sundown and sunrise, wake up, you know, refreshed.

But when you're on a date, it's usually, you know, when you're in normal dating world, you go on a date towards 730 or 8:00 at night. So that's the other thing you need to understand peptides and hormones and supplements to really time that as well, because otherwise, you know, guys wake up in the morning with an erection.

That's when they, from a primitive standpoint, were designed to have sex and make love. But it's harder to get that, quote erection or heart at night because your hormones are at their lowest at night.

So you've got to. Is it true that I've been told that women know if they're going to sleep with a guy within like five minutes or something like that?

I would say that's probably true. You know, if you've ever, been to speed dating is I think it's 5 or 8 minutes. You sit down and within literally 5 to 8 minutes, you know, whether you want to make love to that person or not.

They actually did. They did a study and they separated the people by a glass, separator so they couldn't smell the other person in case spells are so powerful.

Right. But they separated with a glass window and they had them walk in and look at the other person. They said, after you see them, write down whatever comes to your mind.

And shockingly and surprisingly, some wrote down love at first sight. And what they found out, they drew blood and they found out there was this huge rise in people.

Ethyl alanine, which is a hormone that's, released by the brain. When you see someone you're highly attracted to from a genetic perspective. And so when you.

So what it didn't say in the study was whether the man and the woman both had love at first sight at the same time when they saw that person. Now, with that said, if you find a found, giving PDA makes a difference.

It's interesting from a perspective of as a, if you will, of pheromones. And, you know, it's interesting in in the corporate world, they know that if you give a pheromone to a woman to attract another man, it's really the women that give them compliments about their perfume.

So they actually use a trick on women. They use the pheromones that's pertinent to attracting other women, which is women find great purses for other women. Yes.

Men don't know. Right. So I found out that basically DHEA is the precursor to most pheromones. And as guys get older and women are, ability to produce pheromones that attract, you know, like in other animals from miles away.

And they're truly is an attraction. I mean, I, I created a cream that, is called tester gene. And when you rub it under the scrotum in the perineum area or just around the neck, there a lot of blood vessels, which is, you know, that's the better absorption area.

You don't want to rub cream on a part of your neck. Yeah. So what I found was I literally was corresponding with some female friends of mine who happened to be doctors.

And I remember one incident, where a female doctor was walking around the room, and then she came and sat right next to me. And I knew her for years. And she goes, what are you doing? What are you wearing?

And I go, oh, what do you mean? She goes, I don't know what it is, but you're the only person I'm attracted to in this whole room, and you're doing something, aren't you?

And I looked at her. I said, yeah, kind of. I said, I'm using a very potent, derivative of a pheromone, and you're feeling like you want to jump on my bones, aren't you?

And she said, yes, give me some of that. Unless you watch the Twilight Zone on the love potion. You know, I missed that episode. You got it. Oh, yeah.

So the guy, this girl, the young girl wants her, he loves her, but she doesn't want him. He pays $1 million for his love potion, and it's a dollar. I'm. I'm sorry.

It pays a dollar for a love potion scientist. And then he can't stand it. She's all over. I've just loves him so much. And he goes, I can't take it. Goes back to the scientist.

He goes, well, how much is the reversal? $1 million, you know. So you gotta watch out what you ask for. But yeah, that's way, way up the subject though.

Yeah. I think you have a slide deck. Well, why don't we go to that? Okay, let's see here. Do you see? So when we're talking about immortal peptides, I have a belief doctor can't hold her for that.

The very peptides that lead to better sex and attraction also are the very hormones that are important for longevity. Well, yeah. Doesn't that make sense, though?

Evolutionarily, that the female picks the most virile, toughest male, right. The males fight whatever wins over wins. So it's it's health equals sexy.

Yes, absolutely. Without a doubt. Alpha males, except in today's current society, a lot of alpha males. But but some of the alpha males don't conduct themselves very well.

You know, they're communicating in a way that, maybe less than some grunts and. Yeah. Right, right, right. So but, you know, regardless of the status of rock, Dwayne Johnson and you think about when his, when you do a YouTube search, he, he had gynecomastia surgery because he uses so much, shall we say, testosterone. It converts into estrogen.

And I don't know his personal medical file, but I would, he should know that. He should know that. But there also are better elegant aromatase inhibitors, namely dim indole three carbon.

All we use a product we call Esther Block that works incredibly well and live detox because tumeric also along with, cypress and astragalus, tends to detoxify and reduce the conversion of testosterone estrogen.

So that's the first part of the puzzle you want to to get that strong, firm erection. You want to be able to sustain a good, strong level of testosterone and help to not just reduce the estradiol, because most doctors only measure E1, E2, e3, right?

Estradiol free all in estrogen, they don't think to measure the downstream estrogen metabolites, which are far more potent and, exert a much more either harmful or beneficial effect.

It's like all these pesticides and plastics are all genic. And that's what like, yeah, I'll, I'll check in men and women like, estradiol but injectable is well, it takes everything there like it's off the chart.

And you know they have fish now that there's no more males. And, if you look at the reference ranges for testosterone for men each decade, because they take 95% of the people and call them normal, the average testosterone level is dropping right and right.

Like, you know, I'm sure you've seen it. It's like 25 year olds coming in with testosterone level of a nine year old. And it's called normal. It's it's really troubling.

And it could be two, as you mentioned, in the water runoff. In the runoff, it turns out that the excretion of feces from pork, cattle and chickens ends up in the water table and in and ultimately in the food supply.

Fantasy, Trust, and Relationship Dynamics

And it turns out, ten to the six, there is somewhere between, approaching a million times more estrogen concentration in our environment now than there's ever been.

I'm actually working on my next book on estrogen, the Male and Female toxin, and that book will be coming out in a

few months. But, you know, I mean, it's huge because it's a huge problem, right?

And women and also men, like, they're healthier with high testosterone and then increasing estrogen in they're also breast cancer. And they're starting their periods of NCDs when, you know so young now developing so quickly.

It's it's a problem. Correct. And in the turn of the century, Japan, the menstrual cycles it was shown would, would not start till age 19, 20 or 21. Now it's very typical 12, 13, 14 and the girl is menstruating right.

And so and then the menstrual cycle lasts longer because of the sustained high hormonal environmental factors. So, I, I'm kind of an advocate of plant based, oil free, sugar free, eating, partly because we would reduce our estrogen exposure tremendously, not just in the environmental factors, but even consuming, because when you eat an animal, it, it has it has estrus cycles pork, chicken and and beef, they all have, a high concentration of estrogens, estrogen sulfate in milk was shown by a Harvard study to be 33 times higher in milk than in, say, almond milk or coconut milk.

So I think we have to learn to detoxify these harmful estrogens to be sexy as we age. And there's, you know, it depends on, you know, S receptor, A or B, you know, one stimulates one super like shrill, which the FDA is trying to ban, basically stops proliferation of, breast tissue.

We're about 5050 and, or you look at, you know, people think progestin, progesterone, they're told by their OB. Oh, the same thing. It got approved because they do the same thing in the uterus and stop preparation, but they have the opposite effects in the breast.

True skin's stimuli, breast tissue. Progesterone is the best way to prevent breast cancer. So if you want to get breast cancer, take progestin, synthetic pembro.

You know, it's in birth control pills. If you want to prevent take progesterone. You know, you brought up a good point. Birth control pills are synthetic.

And I've spoken to a number of OB gyns and hormone expert female physicians as well. And they've stated you could make a birth control. That was bio identical and it'd be safer and healthier, but they don't want to take the liability of a lawsuit if someone gets pregnant.

So you have to do such high dose. Yeah, yeah, but it could be done. But you and I know all these incredible number of women that are put on birth control pills and ironically, you know, these poor women, also, many of them are put on, they have acne.

I wrote a book, Acting Be Gone for good. And one of the go to off label uses of birth control pills is birth control pills. And and imagine the side effects and the risk of stroke and, blood clot.

And you get. Exactly. And so many people have coagulation defects when. Yeah I would go more genetics now and I and also anyone with chronic infections, it's just immune activation quite often and, it's it's bad news, but it's it's strange.

Certain things are acceptable. Like you, someone can die from prescription medication. No big deal. If we hurt someone with a supplement or something like, oh, my God, it's like, you know, we'll lose our license.

So it's interesting, but, we'll go ahead and do the slides. Yeah. So I think if we're talking about that timing issue. Right. Human growth hormone should not be really called growth.

I think it should be called human rejuvenation hormone. And Arnold Schwarzenegger knew about this. And in those days it was legal. It wasn't illegal to take, testosterone and growth hormone when you were a bodybuilder because there was no, you know, sports regulations and, you know, abuse by athletes, if you will.

But, it clearly fills out the muscle density. And I think that even more exciting is these peptides. And I, I think that it's

appropriate to consider that you could use both peptides and human growth hormone.

But human growth hormone is a little harder to get prescribed. I know recently there's been some new changes, but those laws seem to kind of fluctuate.

Right. But I think it's okay if you, if your physician finds and we don't have to document it with the kind of test we used to have to document, we can just say there's a human growth hormone deficiency, right?

We can't use a tiny drug. You can't give or off label. And. But I get a review on growth hormone. There's never been a case of giving growth hormone causing cancer.

But it's name it's a growth hormone. It's going to cause cancer. But it's because performance enhancing it just got, you know, bad associated with bodybuilders and that stuff.

But right, right. And they use so much that their forehead would get large changing. But I don't know anyone rich enough except for Barry Bonds. Right. But yeah.

Yeah, but, I contributed a chapter to Grow Young with HGH, their revised edition that went out on a as an e-book. And, I did a lot of research on it, so I'm very comfortable with the use and application, but to physiologic healthy levels, not to abnormal excessive levels.

I sustain my levels between, say, around 300, 350. I have had readings as high as I was five 600. And I know to back off, I don't need to go that high when you're a young, teenager and a young adult and you're at your most youthful level, those are the levels.

And just like with testosterone, I use bioidentical pellets. Right. And it's easy to bring a level up to about, say, a 900 to 1500, which is my 27 year old son who who's also a UFC, that is a jujitsu MMA fighter.

He, he walks around with the level of 1500, you know, to to 1800, naturally, you know nothing in so and we know that. Let me ask you too, because, you know, they say okay, it's normal, have lower testosterone.

They lower the reference range as you get older, but also older people, they have testosterone resistance. And so you can argue that it should be higher.

Right. It's like saying well this is normal. Well so is cancer and heart disease. And like I've had a number of guys come in like you know older man they got erectile dysfunction.

They got a grumpy old man syndrome. And they're not strong like 800 like oh that's great. Well let's give a trial a test trial of testosterone. And you bring it up like, oh my God, my life's changed.

Yes. You know. Yeah. Abraham Morgan Tyler, who obviously wrote the book testosterone for life. He's a Harvard professor. And he did a thorough literature search, which the big concern was, okay, if you augment someone with testosterone, you're going to cause, prostate cancer.

And he found nowhere in the literature to support that. If anything, Suzuki published in Japan high estrogen levels causing, an increased risk of prostate cancer in the prostate.

And so DHT and testosterone nourishes the prostate provided. And I'll go further to say, I believe it's still appropriate to do what Doctor Joel firm Furman, talks about G bombs, which is, greens, berries, mushrooms, onions and, nuts and seeds and, the, the use of beans.

So a variety of whole natural foods, foods is grown. You'll get actually a higher total testosterone, but you don't have as much free testosterone. And that's where we use a product tester.

Plus because it, it it has the herbs that bind to the sex hormone binding globulin. Because in plant based people

they tend to have higher sex foreign binding globulin.

But you want to release that free bioavailable testosterone to get that good, harder erection. And you also want to maintain better youthful growth hormone levels.

So I agree with you. The youthful levels I published in my first book, Growing and Slim, that's now available as an e-book. I reprinted some of those conversations in my book, Mastering Love, Sex, and Intimacy.

Because to have good sex, your skin, your muscles, your body should look more youthful about yourself. What are your slides? Yeah. Can can you see them at this point?

No, I think yeah. That's, Yeah, I don't know. I, I flip through a few slides, but I didn't know they weren't being seen. Let's see. Yeah. Here, screen share.

Danny, can we can you take a look at this? Okay. So here in zoom, what I know I'm trying to show the slides. Okay, so. Shows me. Okay. So share screen right here.

Share this one. This one. Okay. Whoops. That work. Here we go. It's taking a moment. Give a second. Here. So I'm going to stop sharing okay. That's why.

Yeah. Well we will go to this part A okay I'll try it one more time. This one here right. Share okay okay. Do you see him now? We can see him. Okay. Perfect.

Okay. For editors, start now. So keep in mind the immortal peptides. As we mentioned, those who maintain a healthy sexual ability and interest in sex.

An early proclivity or that that fascination with lovemaking and sex and maintain it throughout their lifetime tend to live longer. Most centenarians, if you pull them in, you find out there's been research on this.

Those who reach the age of 100 plus have had a very rich, full sex life. And it could be the hormone levels were arguably higher than those who did not sustain their sex life.

And there's been some evidence of this, in Japan, Okinawa, some of the longest lived people, they have, 30% higher testosterone DHEA levels than, a 70 year old.

In our culture. So literally, they're 100 year old is healthier from a testosterone and hormonal perspective than our men in our culture and women aged 70.

So these these hormones are, shall we say, very important.

Hormones, Estrogen, and Sexual Health

And so one of my favorites as a peptide is 141, it's a derivative of melanocytes. And the early version would make you, if you will, if you took a subcutaneous injection of the skin.

It was discovered in Australia that it help, people were very white to prevent from, from sunburn and it was helpful. Then they were finding out, wow, we're getting erections.

And they go, wow, that's a nice side effect. So they isolated the particular, portion of that hormone to this amino acid chain specific to Pete. 141 is what they named it.

And it has a nice benefit, almost hitting more of the fantasy part of the brain. It's different than, say, a man who's experienced Viagra, cialis, or in our case, we use a more a product which inhibits Pde5, an enzyme that gobbles up nitric oxide.

So everyone who now understands the benefit of PT 141, it kind of engages that part of the brain that is accustomed to fantasy. And so you have to time it about four hours before, in my experience, use 10 to 20, a units, on the, on the insulin needle.

32 days. So it's very 31 gauge. So it's very easy to insert a little bit of the liquid in there. And your time is almost about four hours and three and a half, four hours.

And you notice that when you're engaging with your significant other, that that erection comes up full and hard, you'll just notice your skin gets a little tanner if you use it too often.

And if you don't mind me a little tanner. It's a good look. You know, during the winter, your tallow. And it works on the brain, not on the vasculature of the penis.

Like my gra. And I find it works. I, I don't know, close to 100% of the time. Yep. For for men, I just got approved for women. A higher dose. Yep. Biggest side effect is nausea, which tends to go away.

But it's it's, interesting molecule. I think it can enhance, a lot of people's life in general. You know, I think it's amazing. And I think it's it's worth, trying it out.

And even if you're already using some other augmentation, as I mentioned, if you're using a Pde5 inhibitor and you're also augmenting your testosterone to be its ideal level, and you're helping to clear out the harmful excess estrogens, and you also have good human growth hormone levels, IGF one, all of those things are appropriate and necessary.

Then add in RT 141 and you'll feel like a rock star. You're going to be like, okay, now I know what a porn star experience is. He pocket porn stars they use usually, try mix the injection directly into the male organ.

A lot of guys are uncomfortable with that. The idea of injecting their their their male organ, you know, you can do it. It's easier on the insulin needle, but, you know, it's nice when you can do it this way.

It feels a lot more not sexy and it's not sexy. I would be careful using it with, yeah, I don't think you want to use it with any Viagra class like 8141.

Yeah, think I think it works. Yes. You can get the long legs, but it's interesting. Like, you know, those are the big concern is right now zoom, where erection lasts for over five hours at a basically no blood flow.

But my sense is, is that it allows blood flow. So even if the erection lasts longer, I don't know. I'm. I don't want to say for sure that you have the risk of, like, basically crossing off your penis like you can with forget where the blood flow is just stuck in there.

Right? Because I don't think people get pain after even hours. What you would have if you had a seltzer bag or erection for, you know, 24 hours, so it works very differently.

Yes, yes. And I would go further to say that the likelihood of an erection that will not disappear is typically more common to try mix, injected directly into the penis, because if you overshoot the dose, you're going to have an erection for two, three, four hours or longer, and it's uncomfortable and just sticks the blood in there.

Yeah. No. Yeah. So yeah. So P. T. 141 is elegant. It's effective. It's fun. And and it actually the orgasmic experience is, if you're to rate it as amongst quality of pleasure, it's right up there amongst the top is let me ask you with women, I mean, it's available now as a prescription.

I don't know how much it is. It's not it's crazy amount, but you can get it compounded. For women, what's your sense and the effectiveness, and satisfaction using it for women?

Well, keep in mind, you know, women do achieve a clitoral erection and you're still back to square one. If a man

knows how to stimulate without irritating the clitoris.

And if he's again comfortable in the bedroom with bringing the appropriate type of vibrator, because there's various degrees of the strength of vibrator, low.

Usually they have two switches, low or high. So, you know, again, I've noticed that there's a variety. When you poll women, they love the magic wand. There's certain vibrators that work better than others.

So in terms of the arousal disorder for women and using RTE 141 I think it's a nice addition. It just makes it easier for them to achieve the orgasm. And furthermore, instead of that bell curve of, as I mentioned, from up to one hour, you know, you're probably cutting that bell curve to half.

Plus, when they do achieve orgasm, it's much more intense. Interesting. Okay. Yeah. And we need all the help we can get. That's, Cactus Pete there. He, he thinks he's got it all handled and figured out.

And keep in mind, when guys think they can just get that bigger, hard erection, it's satisfying to a guy, you know, when the blood is filled and it's a natural erection and it feels, you know, like when you were a teenager or whatever.

But, you know, if you think you're going to please your lady with with just intercourse, even if you've warmed her up ahead of time, if you will always think of intercourse as the dessert and not the main play, the main course, always right there.

Tell telling guys that they're going to know what you're talking about. You know, well, we're talking about a lie. I think it's profound. I yeah, it's huge. It's huge. Right.

And and so, you know, back to that statistic, 95% of men feel that they're great lovers, whereas 85% of women will admit. And it's probably higher percent that they haven't achieved orgasm during their encounter.

There is one way, I alluded to to know if a woman has achieved orgasm and it's not. Their face gets red flushed, their nipples get erect, they get vaginal lubrication.

All of those are in route to achieving stimulation and pleasure. But a true orgasm. There is only one way to know. And you know what that is? Know I'm lost in that whole area.

I have no idea. Okay, well, since women have 12 erogenous zones, which at some point just go through those real quick, they're mostly more towards the surface.

There's different points that I describe in my book, mastering, love sex and intimacy, these different, pleasure points. But most of them are more surface, not deep in with the exception of the G-spot and the cervical orgasm.

Sounds like a lot of work, though. Just just think of doing around the world, stimulation with the vibrator or your tongue. If you're germaphobe, like, you're maybe not going to do the tongue.

So just take a shower together first, get in a hot tub first. Whatever makes it work for you or if you want to work, chocolate doesn't do it. Yeah, if you want to use a dental dam and you're freaking out about, you know, transmission, okay, do it.

But the point is, it's that stimulation needs to be correct and appropriate enough to bring that woman up to arousal. And if you take your little finger on your other hand and touch the external part, if she's aroused enough, she won't even notice, and you touch it to her anus when she achieves orgasm.

Not just the rapid panting, you know, the big act that her anal sphincter will be contracting very rapidly or what? Her anal sphincter will be contracting very rapidly at the peak of orgasm, and she won't be able to fake that because it is an automatic right now.

I'm checking. You better check. All right. Stop faking it. No more faking in the bedroom. Now that women know we're on to them. All right, well, you know, now it's the moment of truth in the bedroom.

And you'll be surprised that now that women know. And oftentimes I share a copy of my book with, you know, now, you know that we know. Then what happens is there's more communication in the bedroom or prior to what's needed.

Right? Yes. Let's cut through the. Yeah. And there's the, the big egos and the worried about what someone's going to think like you want to be happy or me satisfied.

Love pleasure partner wants to satisfy you. Yeah. Men truly do. Yeah. Men truly do want to satisfy their partner, their female partner, if you will. But women have been conditioned.

Yeah. It's a side like, oh, you can't be. You can't enjoy sex, right. Or not only that, there's a number of men, if they've dated or been prior, married.

I, I've interviewed married couples that the woman never achieved orgasm in ten years, you know, even up to 20 years. And so they kind of hid that. And so that's why they're sexless marriages.

There's only if you look at the average encounter, of sexual frequency in the marriage, it starts off maybe five, five times a week, then it drops to one time a week, then one time a month.

And then essentially, you know, once in a while they have an encounter. And that's, that's not healthy at birthdays at that. Yeah. It's not it's not healthy.

It's not it's not healthy. Not not for a healthy emotional relationship that you want to be close and connected and feel intimacy and love, true intimacy and love.

And and I look I think it's the majority of people I know. It's like they don't talk about it, but you kind of know like, you know. Yeah. Or sleep in separate bedrooms.

Yeah. Yeah. It's it's so common.

Peptides, HGH, and Performance Enhancement

Yeah. So if you can see my slide Milana ten and two, it does stimulate them Latino sites to produce melons and it causes a tanned appearance and that's, that's beneficial if you're concerned about, being too white and you're going out and the sun's coming up in the summer.

Snuck up on us because we've all been in isolation, you know? Sure. Although I haven't been isolate, I've been out of the beach every day, so whatever.

You know, how I take that should be. That's where you're not going to get Covid, is I'm out there in the ocean whether we got to it or that's. That's another topic for my book.

Blood doesn't lie that that that's out on Amazon now, but I'm still freaked out that they know your book and made you take parts out of an Amazon. Yep. They sure did. This book. Yep.

Invention Covid. Yeah. So the melatonin ten and two. The thing you need to watch for is oftentimes, people have dark skin. Sometimes if they use it, they'll get white patches, which is really a problem because they don't want irregular colored skin and even a light people can get patches.

It could be a cortisol issue. You know, when you get these liver patches, as they call them, a lot of times they have adrenal fatigue. And you really as you are.

And I know because you guys are great at bioidentical hormones in Torrance, California, incredible work. You're training doctors, you're working patients.

Many of your patients are doctors. I know as as I have, I have a lot of clients that are doctors. And the point is that you want to intervene with the adrenals first and adrenals, you have to have enough adrenal adrenaline to deal, not adrenaline, cortisol to deal with the chase, because women will turn you down.

Even your wife or your your girlfriend will turn you down. So you've got to have enough cortisol to deal with the word no in sales and in your business career and in love pursuit.

And that's that's important, that spark of life men have to be. If they want a woman, they have to pursue them. Even if they've been in a relationship for a long time, they have to figure out ways and creative ways.

So if you don't have enough cortisol and your adrenals are shot from drinking coffee and been up all night and stressed all day and not getting enough sleep and so forth, then the reality is, people walking around with adrenal fatigue are highly susceptible to infectious agents and conditions and issues, which that's another, again, story for blood doesn't lie.

But I would say that the adrenal glands are important from lovemaking perspective, because then you can augment testosterone. You can augment growth hormone and thyroid, which are anabolic, whereas cortisol is catabolic.

And you have to have that balance. If you go and push the anabolic first and you intervene with testosterone and DHEA and, and thyroid, and then you also then you throw the person into congestion, cold, flu, bronchitis or chronic fatigue because you've hit it too hard on the adrenal or excuse me, on the anabolic side.

And you haven't adjusted for the adrenals, right? Yeah. And and the thing is, they have found that we adrenals aren't working, so your body's pumping out up and releasing hormone.

Right. Yep. That makes Acta which then stimulates cortisol is that that crazy materials are working is pumping that out. Huge mast cell stimulator. So all this inflammation what's refining is a problem with even sexual function.

Yes. Every disease of aging I mean name it neurodegenerative disease. Autoimmunity, all that stuff. So you're right. Exactly right with that. Right. So we want to support them with adrenal gland, with, we use adrenal immune support.

There are elegant methyl donors that help to allow the liver to handle a billion chemical reactions per second. There's, the lifestyle factors getting outdoors in the sun to build up, natural, healthy cortisol and adrenal function, making sure you reduce, toxic levels of, say, alcohol and other things that can affect the adrenals.

But, you know, I think when you get back to the sexual perspective, you've got to remember now, if you have a person with healthy adrenal function and you can augment IGF one and this this is also, a very effective peptide, very potent.

And many practitioners are familiar with its application use, and it has a different benefit than human growth hormone itself. Although you and I know human growth hormone itself will cause the liver to stimulate the release of additional IGF, but there's many anti-aging doctors in Europe are using IGF one, to help rejuvenate nerves and help to, build, some muscle density.

So, as we age, we we face muscle wasting, right? And I don't believe we should eat a lot of excess animal protein to build up muscle density, because you'll do the opposite.

The animal protein is loaded with estrogen anyway. You're going to gain body fat. You're going to get the opposite benefit. So IGF one is is an appropriate, intervention from a perspective of anti-aging and sexuality.

And as opposed to, you know, kind of, the, you know, I got ones approved for children for, you know, basically

short stature and that I do have a little concern with it in older individuals, because if you have growth or when you get IGF three increase, which prevents cancer, and that, you know, in terms of long term data and, I assume you use the peptide secreted dogs to stimulate your own, like, probably the most common CJC of a marlin, where and you can't overdose if you do too much.

It just you're it doesn't work any better. Yeah. So you're right on CJC 1295 at for Morrell and, several and, the test for Maryland and then of course, GR three GR six, which are shorter chains, you know, human growth hormone is 191 amino acid chain.

The, the these peptides are our shorter chains of, essentially amino acids. And so the body tends to want to complete the, if you will, the missing chain.

So it actually helps the body produce additional human growth hormone. Right. So it's a it's a negative positive feedback loop as you refer to somatostatin as the graph shows.

And great. And pituitary growth hormone. And then that stimulates muscle synthesis protein and amino acid transport, bone proliferation and strengthening of the bones.

Sometimes a reduction in adipose. But some people, depending on the mix of peptides, they might get, a little too hungry. So we want to choose the one if they're struggling with obesity, that would not stimulate to excess appetite.

But if they do use the one that causes more appetite, just eat more plant based foods fruits, vegetable soup, salads, beans. And that way you're not eating more animal product because it's is going to cause you to gain weight, without a doubt.

But you know, the liver, the IGF one, anabolic effects. Absolutely true. And in terms of its ability to, bring, protein synthesis and neuromodulation, ghrelin.

So I'm a big fan of these, of these peptides. And I think you're doing a great job with investigating oral deliveries in the early days. I work with Doctor Eric Daley of oral deliveries of peptides.

So I'm a big fan. We know that insulin can be, absorbed, nasally. So FDA did approve, without having to inject that large amino acid chain. What is insulin? 141 amino acid chain.

So the fact that we have these peptides with good delivery systems, they may very well absorb, orally as well. Isn't that some of your research. It is very interesting.

It's like they'll have like someone put a peptide out and say liposomal. Liposomal really makes no difference with the peptide, unfortunately. In general, because it's just they're polar.

They, they're they're, they're not they're, they're, hydrophilic. So they don't get into the, into the tissues, but it's amazing. It's amazing how difficult it is to get a peptide to absorb orally.

And you know what? It's been 30 years they've been working on to get the insulin and these things absorb. But, but yeah, we're at the basically the, all the technologies advanced that we'll have some very cool things out.

By the time this, this, airs. So. Yeah. Beautiful. Yeah. And, you know, it's, it's good to, to look at these peptides. EPA talen, you know, it resets the HPA.

The hypothalamic pituitary adrenal axis has a positive effect in reduction on disease and is purported to lengthen and preserve the length of the telomeres and increase melatonin for better sleep.

And, of course, sleep is one of the great ways to restore your hormone levels. Absolutely great testosterone growth hormone. And so I think the At talent, to me it seems like the ultimate anti-aging.

You know, it basically stimulates the thymus which your thymus basically, invalids, as you get older, causes their immune system to be abnormal. And when you give that with some of the thymic peptides, did a study of 135 cardiovascular patients with significant cardiovascular disease on them for 15 years, the ones who got basically that combination of peptides, they had their cardiovascular, capacity.

Basically their cardiovascular effects improved, were placebo, got worse, as you would expect, dramatically less cancer, dramatically less mortality, morbidity, increased quality of life.

It's just like, increases telomeres, which is the essentially the biological age of your cells. So it seems like the ultimate anti-aging, peptide. And I was ever seen a side effect from it.

No. And, you know, you hit on a point linking the telomeres. Peter Duisburg published studies about cancer, and he found that irregular or short telomeres increase the risk of cancer.

So here you have a peptide that potentially can lengthen and preserve these telomeres, which may be the crux one of the key crux of course, of aging. And we we do know there's a number of theories, about mitochondrial boosting.

And you and I are always on the cutting edge looking at this research to. Yeah, right. And using these therapies I personally do use these therapies and I tests and I measure, you know, the DNA, length of the telomeres and myself and some of my VIP clients.

And I think we're in an age now where we have to recognize that past generations failed miserably when it came to aging. They just accepted aging as inevitable.

I think we're the first generation that looked at it and said, wait a minute, if we can function from a sexual perspective, from a physical perspective, from a mental and emotional perspective, and we can reduce the incidence of, killer diseases such as cancer, and we've got to do it in a five point process.

So we can't just say the peptide, of course, is going to do it all, but in the right conditions of, of, diet, exercise, sleep, lifestyle, medicine, interventions, supplementation, all of it together.

Now, we might be the first to be able to reach that. And it's not just a lofty age of 100 to 120 and above. It's reaching it in class. I mean, I never forgot and I wanted to show a slide if it didn't show up.

Was, the picture of these older people with very, extremely low growth hormone levels, low DHEA, all the hormones have hit bottom. That's not healthy.

It's not sexy, it's not good. It's not something that we have to accept when we when we look at, you know, people like Bob Dylan and Teak, who I was his personal life coach, and he'd call me each week.

And you remember him? Yeah. And here's a picture, I believe, when he was age, 84. Picture in the middle of the two ladies in the bathing suit and, Kelly, to his side there, in the silver bathing suit is 74 years old in that picture now, Bob Dillman teak, was a big advocate of using various types of hormone interventions and weight training and lifestyle management and exercise and the power of the mind.

And at age 17, you look he looked better at age 67 than at age 80, than he did when he was younger. Now what what we have to remember is that whatever we learn from individuals, that being sexy as we age is a good thing.

And, I'm a grandparent. I have a grandchild, granddaughter and grandson. And, I have four boys and a girl, and my oldest son is 43 years old.

Aging Well, Longevity, and Quality of Life

My youngest is 11. And, I'm single again, so I might end up having another child. And as I approach 70 and there's the ad. Well, we'll put it out. So sexy people do live longer.

And I'm proud to have, to be the father of wonderful sense. Right? I mean, you know. Yeah. And it very least, I don't think anyone would argue quality of life.

Right. But you, it drives me crazy is that, you know, and it's kind of, I guess a little accepted now, but we have a hormone optimization. So bringing hormones back to up or what?

Well, whatever it is that oh it's normal to be low testosterone. Normal to be low. Well it's like saying it's normal to have cancer, you know, and the only thing that they adjust to optimal is cholesterol, because they can sell a damn drug which destroys your mitochondria.

And, you know, cause so many problems, you know, Lipitor and these things, instead of optimal, they say, what's they take? 95% of the people and they say, what's normal?

And. Well, yeah, it's normal to die. Well, okay. You know, it's like it drives me nuts. Why not be optimal? Or it's like, oh, you're normal. I mean, so many doctors.

Well, they said my thyroid is normal, RMI is normal. They're like two points above the lowest limit. Like okay, so only the lowest two and a half. You're the lowest 3% of the population I you got a d-minus.

Oh okay. I'm fine with that. You know. You know, it's interesting that growing up I, I struggled with obesity, having high blood pressure. I had a Tia, a transient ischemic attack, a small gaming when I was 22 years old.

True. And I was on blood pressure medications and everything was falling apart for me. And fortunately I learned about lifestyle medicine, intervention.

I, I went to work with Nathan Pritikin, which was revealed in 60 minutes to be a rather profound way to to reverse cardiovascular disease. Now we know it also reverses diabetes.

And it's a good intervention for, arthritic issues. Probably 20 chronic diseases could be reversed just through proper whole food plant based, oil free, sugar free, eating and exercise and the power of the mind.

I use a lot of hypnosis, time line therapy to be consistent and to stay on track. I get quality sleep every night. I have a wonderful sex life. My energy is great, and I don't drink coffee.

I'm. I'm one of those few people. I don't metabolize caffeine. Well, I do have a product that has some guarana in it. And maybe in a world class competition, I'll take some of that product.

Power, speed or lean and fit and extreme energy and, you know, it'll help, you know, level the playing field because I'm going against guys 20 and 30 years old, 40 years old that are much, you know, genetic went out and I beat them.

But but the reality is that for myself, I think that quality of life when when my hormone levels are adjusted to my age and I'm, you know, as I mentioned, I'm, I'm past the age of 65.

I one year I went off everything, every single bioidentical hormone, every herb. I basically I ate decent I didn't change my diet too much, but I just want to see hormones by themselves.

No peptides, nothing. I was doing an experiment. I was getting ready to do a video shoot with Suzanne Somers with one of the producers, and I wanted to see, you know, and by the end of the year, I got to tell you, I felt like sitting on the couch.

I felt like most guys, you know, couch potato, like, no interest in in business or life or lovemaking. Oh, man syndrome. It was terrible. It was terrible. And I would never go back to that.

To this day, I'm a big advocate of for, for sure. But people go to the doctors and endocrinologist say, oh, you're fine,

you know, and just a super quick story about a patient who was a dog trainer and was on testosterone.

Feeling great was amazing. And then his wife said, oh, you got a man need testosterone. And he went off of it. And he's like, the dogs don't respect me.

And, it was amazing. He said, they won't do what he says. And then he goes back on it and he goes, back. And he goes, A dog bit me today. And I grabbed it, and that's all you got.

And I've been back, you know? And so he was back. But yeah, it shows. But it's so true. It's so true. I, I have a story where I went to Bali, the beautiful island off the coast of Indonesia and Malaysia, and I was in the rainforest where there was monkeys.

And this is a true story. There was an American bodybuilder who was using synthetic injectable testosterone, not bioidentical. He was using everything under the sun at very high dosages.

And he admitted it. And, you know, we were all in the rainforest. There was a couple Asian gentlemen, a couple guys from Australia and so forth. And as we walked through the rainforest, we got bananas.

We were going to feed the monkeys and the little female and the baby, female monkeys and the baby monkeys come up and get the bananas. And out of nowhere the bushes started shaking and a big alpha male come running out.

And he skipped the big American bodybuilder skip. The other, gentleman that were there and ran right after me, detected me, even though I was, you know, at that time, in my late 50s, as the alpha male, he chased me as far as he could out of his range where his females were true to be.

Yeah. I went back 15 years later to a rainforest. Clearly, there would have been different monkeys there. And, you know, now, in my 60s and the same thing, the monkeys ignored the other guys and chased me.

And, you know, so I say, I don't even need to do a blood test. Just said a monkey next to me. And if it gets agitated, you know, you know, you you've got a good upper level.

But you go, hey, we got a wrap up. I could talk to you forever. But, yeah, I think we covered a lot, and I appreciate being on your show. Right. It wasn't even.

I have to tell everyone that I have, like, tons of questions. We never got to them. It was just, too interesting. So, thank. Yeah. It's been. It's been great.

This has been a, amazing talk. I think it hopefully will really help a lot of people. See, it help me, I'm telling you. And I learned a lot. And you're amazing person and a great communicator.

And, I'm going to have to call you and a little help me out in the bedroom. You know, that's that's why I wrote the book. I. A lot of guys are suffering in silence, and.

So what? What where do people get that book? They can go to Amazon and please do a review. It's available at Amazon.com. Just type in, books by doctor Nick Delgado.

Nick Delgado mastering love, sex and intimacy. And my newest book release is, Blood Doesn't Lie. And that's a fantastic book to deal with. And I want to say you had to change the damn title because he's telling the truth in that book. Yeah.

So prolific writer, prolific communicator, just, pretty much, prolific, embeds sex. God, I don't know what I want to call, but, Yeah, yeah. Please visit Doc nutrients.com, because we have affiliates for doctors and practitioners who want to, get quality products that have been tested, tried and tested over the last 20 years.

And, I think, they'll be excited to share them. We have a number of doctors now providing these products for their patients. Herbal interventions, natural that help to augment their hormonal interventions.

And, we've worked out protocols that are very effective in a number of videos and playlists and education. We've even started our own platform beyond YouTube, which we do have an extensive library in YouTube.

But our new platform, because of, shall I say, some things I talk about can yield. So, the call, it's called the truth. Yeah, it's called the truth. And, so we're excited, and I'm here to help people.

And I know the truth will prevail and that I'm confident about it. No, man, I'm not. Everyone will get it. But to your listeners. Yeah. I'm scared. I am too.

But we're going to be strong because our hormones are optimized. We'll we'll see through this. We're having great sex. Yeah, we're going to be having the time of her life.

Or maybe those who don't get involved may not get, the benefits that we've learned over, what, for decades. I know you've been practicing and doing a great job, and, there's so much to share.

And you're doing such novel work, with your, clinic and your group and your products that are becoming available. I'm excited to introduce them to my client.

So it's it's a fun time. And likewise, too, because I love your stuff, because it's not just thrown out there like what everyone else is doing. It's research. Just this stuff.

It's, you know, all very scientific and, and you know, and do nothing. You spend the extra money to make sure everything is, is is what it is. And love your products.

You know, I think I got some good here. But, well, thank you. I had a great time, and learned a lot. And I'll see if I can put it into practice, so, I don't know.

May take me a little couple consults with you. Yeah. It sounds good again. Thank you. It was one of the funnest interviews. I think, everyone to learn a lot and have a lot to think about, you know, like, hey, how can I make my life better?

I think you've put a pathway together. You know, that, people can use to improve their sex life, which is a huge part. No matter how much we want to say, how happy you are.

Yes, absolutely. And you said it quite well. We also have a free book available, at Nick delgado.com. If they just, scroll there, they'll see immune Rejuvenation, the book that was banned.

And, they can get a free copy of that. Just leave their name, email and phone number and we'll shoot them a copy, a PDF, an e-book, and they can compare the new version of Blood Doesn't Lie, which has been written to withstand the test of time.

Great information. That book that Amazon finally was forced to accept. But, the other book, I have it they're available to your viewers as well. And so they can get I'm gonna get them both. I'm gonna look at them.

That's awesome. Awesome. Thank you. Well, thank you, my friend. I had a great time and learned a lot. And, I just want to thank you for agreeing to come on our summit.

And, I'll be calling you. Looking forward to it and looking forward to assisting your incredible audience and, health professionals who are sincere and interested and taking not only their health to the next level, but helping their clients and their patients to be absolutely at their absolute best.

I mean, the time has come. We have the information, the knowledge, and, we can work around those issues. You

and I have dodged a few bullets. We figured out how to handle the legalities and the issues and, we stand together and chart properly, and, you know, to note those who will benefit and people will do well, others say is, keep up the great work.

Likewise. Thank you so much.