Pillars Of Health: From Healing To Performance And Beyond Transcript

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Introduction and Guest Credentials

Welcome back to the Restore Your Mitochondria conversation. I'm your host, Laura, from Ontario. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today, my special guest is Doctor Lisa Coke. Hi, Lisa. Welcome to the summit. Hi. Thanks for having me. Yes. I'm so excited. I'm having you come here because you are an expert in cellular health.

You're an expert in performance, brain energy, biohacking, all of it. And we're going to bring this down to a deep cellular level today. And let's introduce you to our audience.

You are a triple board certified physician, founder and director of Spectra Wellness Solutions, owner of Lit Labs Performance Center, and lead physician and speaker for Tony Robbins Life Mastery Health program.

Just Wow. Yeah. Thank you, thank you. Yeah, it's so good. Now you have decades of research and your own personal medical journey that led you to formulate a complete healing plan for human body, for the human body.

And you started the underlying cause rather than the symptoms. And you specialize in anti-aging and biohacking through regenerative, traditional and functional medicine.

So excited to have you here. Yes, I'm excited to be here with you. Thank you so much. So can you start by just telling us how you got interested in the importance of mitochondria? Anyway?

Because I have a feeling you were talking about mitochondria before it was popular to talk about mitochondria. I seem to have that trend. I'm about ten years ahead of the curve every time, and I literally think, just the universe and my, my journey every day because I was gifted, as I like to call it, with childhood leukemia at the age of 15.

I'm. Yeah. Wait, wait. Stop. Hulk. I know you, and I didn't know this about you. Well, now. Yeah, you already know. And it leads. It leads right into mitochondria.

So I. I went for a physical. I was feeling totally fine. And they pulled me out of class because my hemoglobin was seven and then eventually through bone marrow biopsy and found that I had the childhood form of leukemia called al.

So I had to start chemotherapy. And I was all three years, 10th, 11th and 12th grade with a, with a wig and a fat face from prednisone and all of it. But I did pretty I honestly did pretty well.

Considering I was never even hospitalized.

Lisa Coke's Cancer Journey and Mitochondria Interest

And it wasn't until I was going into my junior year in college, so I still managed to graduate, on time, very high in my class. Got into a great, college was it was about to enter my junior year, went for my first ever pap smear because all the way through high school I had to be on the pill chronically and, you know, all of that.

So I didn't go till I was 20. The gynecologist found a mass on my ovary, thought it was assessed, and when I woke up from the anesthesia, they said it was actually leukemic cells that had hidden from the chemo.

Oh my God. And instead of going back for my junior year at Emory in Atlanta, I found myself at Sloan-Kettering in New York City, started chemotherapy again.

And that was right when all my hair had grown back. So that was pretty devastating. Went ahead. And I was very blessed because my uncle had a condo there.

We were able to my parents were able to take turns with me. They wanted me at the best place for relapsed, hidden. They call it hidden hidden sanctuary sites where the cancer cells can hide from chemo.

So it was not ever a technical full relapse. But I had to go through chemo again. This was back when bone marrow transplants were just getting started.

So they kind of debated about that, but decided just to go chemo. And after about the second round, I woke up in the middle of the night gasping. And I was in Adrian, my son, which is a really rough chemotherapy, was in Adrian.

My son induced, cardiotoxicity with an ejection fraction of 20 so that. Yeah, that happened when I was 20. And it really set my path even more because at the time, I had a young heart.

And so for your listeners, a normal ejection fraction is about 60 to 70, and they say low normal is about 55 ish. So mine was down really low and they put me on some medication.

They obviously stopped that particular chemotherapy. But I was very blessed because my uncle, who was a podiatrist, sent me carnitine and CoQ10. And this was again back.

We didn't know much about supplements back then. I didn't really my parents just were freaked out. They had a sick kid. We were going the traditional medicine route because we didn't know anything else.

This was 25 years ago. And those supplements came in the mail on autoship. So I took them, and I don't know if it was the combination of the supplements being a young heart or what it was that I recovered to an F of about 50.

So, finished my chemo, still managed to get into an amazing medical school, thought I wanted to do pediatric oncology. My first interview for med school.

The guy said, are you sure you want to do that? Don't you want to do something different? And I sat there in front of him and I was like, you're right, I want to prevent this and I won't prevent anyone ever having to do it.

I just went through because there were times when it was every three weeks, I was either getting a bone marrow biopsy or intrathecal spinal injections of methotrexate, which is a chemo, into my brain.

So, so I decided to go the complete other route, and I joined cardiologists trying to prevent cardiovascular disease. So I was, building my practice inside of there, studying things because I just always asked why.

I didn't understand why I got sick. I made it my mission to try to figure that out. And as I went in with them, to try to prevent cardiovascular, I stumbled upon functional medicine and started studying nutrition and started asking questions, started treating people.

And I formed the first ever gastric bypass, center at the at the hospital where we did a lot of nutrition and psychology to get patients through surgery.

And then I would watch them crash with their adrenals and their thyroid and they'd get exhausted. And, that pushed me even further into getting a fellowship and a freshman and studying, functional medicine at that point.

So that was kind of what turned me on to integrative medicine. That brief part of the journey, and specifically mitochondrial when I, so I was able to get pregnant, which nobody thought I could because I had one every five years of chemo.

Right. And I did well, got pregnant, did well. They were worried about my heart at the end. It gave out a little bit just from the volume overload, and they were watching me, and I was taking different supplements that, you know, are

good for mitochondria since chemotherapy predominantly damages mitochondria.

And I was when I had my daughter, I was between the first bout of heart failure and the pregnancy, I could run a 15 K. So I was still like really pretty good shape.

After my daughter, it went down a bit and I could only run A5K, so that's kind of how I could see my cardiac reserve. And it was, somewhere between my daughter and my son, and they are eight years apart where I started studying.

I was really paying more attention to the mitochondria, and I got exposed to them through learning about the ketogenic diet, which I studied before. Everybody talked about. I studied did about ten years before.

And the reason why I got so excited about the ketogenic diet was because it was actually, I think, Doctor Mercola interviewing Don D'Agostino, who was one of the keto experts about the keto diet and what it does to mitochondria.

And first, I was like, taken aback because this guy's talking about, all these fascinating things. And then he said, well, at my research institute at the University of South Florida, which happens to be ten minutes from my house, we are studying the impact of this diet on mitochondrial health.

So I was like, wait, he's right here. And then they when they said, well, you know, ketogenic diet can actually trigger not only healing of current mitochondria that may be suffering, but it also triggers mitochondrial biogenesis, which I'm sure people perceive the summit know about.

But at the time, I nobody knew about like I didn't know what it was. I did not know it was possible. I thought it was like you brought your cards right.

And my, my, my amount of mitochondria had been trashed with five years it came out and my patients with medications or poor diet or chronic stress. And then you were just kind of stuck trying to take care of the rest of them.

So when I heard you could make new ones, I was in. So that's when I started using the ketogenic diet myself, but also reaching out to the researcher and going to his lab and seeing what he was doing.

So this is right back in the beginning when they were first playing with exotics, ketones, and I was involved in trying some of them. We did one of the first initial studies, using exotic ketones in a patient population that was which was interesting.

So that so I was taking a lot of things. I stabilize my heart for a while. Unfortunately, after my son was born and I was able to get pregnant at 40 with one ovary, five years of chemo and no fertility, he had to be delivered under general cardiac anesthesia, so I.

My heart gave out again. So each time I've been challenged and I've had to find ways to repair my mitochondria, and then I could share it with my patients.

My experience of you is the Energizer bunny. Honestly. I mean, I know you personally. I spend time with you at retreats and masterminds, and you are full of life, full of energy.

I never would have guessed that you've been through all of this, and this is just a testament to the possibility of mitochondria, regeneration, because you would you wouldn't show up the way you do in life if you hadn't been able to correct your health 100%.

And I think it's been that's why I say I was gifted, honestly, I believe that in my soul I was gifted because the universe did not want me off my path.

It didn't want me dabbling in another career. It was just and and every time I've kind of gotten comfortable with

treating something and having good results, I would have to learn something else on my body.

And then it would be like, oh, now I'm supposed to bring this to everybody? Oh, okay. Now it's peptides. Okay, now I'm playing with stem cells. All, you know, different, different steps along the way.

Whether it's mostly been through my own journey until I finally said, hey, can we learn some lessons so that without me having to crash? But you're right.

My energy at this point in my life, I blow away. One of my sisters is 12 years younger than me, and they're always just kind of like, what is going on with you?

You have so much energy. But I have a positive outlook. I'm appreciative for my life. I'm fascinated with what I'm learning, and I judge my true resilience with my capacity to run still.

And so since, since the more recent trauma, which was only five years ago, I have not been able to run. I can only walk, run, and I'm just starting to get my stamina back from that as well with some other new techniques.

Well, you do know the techniques.

Functional Medicine, Recovery, and Mitochondrial Biogenesis

I mean, your whole center is, you know, centered around you help people with bio elevating, bio optimizing, biohacking, you know. Yes. Anti-Aging regeneration.

So what treatments have you seen that are the most impactful on mitochondria function? What should our audience be looking for in their practitioners in their area?

What should they be doing? Well, I think the first step is to know that this is not taught in medical school. And I'm sure you guys have discussed this at the summit, but you know, we learn about mitochondria in biology class and we know more about it there than we do coming out to practice.

So the first thing would be finding out if the practitioner has any kind of knowledge. And the good and exciting part is that at this point, there's definitely things that people can do at home.

So this doesn't have to completely be a physician driven. But if you can find somebody where where you have access to knowledge, you know, somebody who has the knowledge base looking at I like to describe in like mitochondrial function, adrenal fibroids and hormones as being almost like legs on a stool of vitality.

And I find that they all play off of each other. So if, if you, if your adrenals are overly stressed out, for whatever reason or you're menopausal or an anthropos and, and those are really suffering, it's almost like it requires more energy.

So the mitochondria also burn out faster. There's not they're not detoxing as fast. And these these organ systems and endocrine systems are not able to hold up.

So I do always recommend people look at the whole picture. So you want to make sure your practitioner is fully versed in all things functional and that they at least have a little bit of knowledge of the supplements and or pathways that would help in an optimizing mitochondria.

Okay. Great. So what are some things that people can do at home. And if and if you can share what are some of the things that you use in your clinic. Absolutely.

Let's say that you have devices and you know. Yeah. So I would say, I would say the most basic, is a quick story about my daughter was studying for an exam and she asked me to quizzer.

So I usually say, please don't be history, please will be history. And then she was like, it's science and it's the mitochondria. This is like about two years ago.

So I was like, absolutely, I'm in it. I'm studying that. Anyway. Let's go. So she hands me the packet and the first ten pages are about the leaf. So I'm like really use of the mitochondria as she's the one who looks at me and she goes, mom, the mitochondria in the chloroplasts are exactly the same.

What is the problem? And I was like, and I kind of looked at it again. I'm like, that's weird. And I just put it over here. And I said, that's important.

I don't know what. I'm going to come back to it later. I have all these different file cabinets in here. So about six months later, I'm driving, listening to a podcast, with this neurosurgeon who's done a lot of research in light therapy.

And he I don't know if you know Cruz as his name, but anyway, he, he's talking about how he was impacted by being in the O. R. all the time, and the fluorescent lights and all the MPs, and how he had trouble with his weight and brain fog and all the classic mitochondrial related issues, and that he was able to study these pathways that showed how light impacts the human mitochondria.

And then he said, people wake the you know what, up the mitochondria, the chloroplast, are exactly the same. And I was driving just like your daughter's paper.

Exactly. And I was driving. I still remember where I was driving. I was like, oh my God, if anybody was next to me in the car, they would think, I'm like a crazy lady because I was just like, oh my God, I knew that it's going to come back.

So I think your viewers can take this to a pretty basic level, which is what does a plant need? You know, like how does a plant thrive? Because a lot of these things are exactly the same.

So you need to be grounded because you get, you know, nutrients. In our case, we can get electrons from the Earth so grounded and connected, which also helps you be calm.

The sun. So especially early morning rays, which are very, you know, very helpful for mitochondrial optimization. And that's what I tell all my patients to get outside before 10 a.m.

and ground to bare feet in the earth and just let the sun in their eyes without glasses, sunglasses or contact. S because Doctor Cruz was able to, you know, isolate a lot of these pathways that go through the actual human eye, and you don't want to stare at the sun, you want to just be outside.

So the light, the grounding and then the water. So different studies on how different phases of water can help the mitochondria work better. So making sure that your water is charged or you throw in a little bit of fruit, which helps with that fourth phase of water, that's a gel like consistency that actually charges the mitochondria even more.

So I recharged water. Talk a little bit about that. Well, water water holds charge, which is really hard for a lot of people to understand because it looks like just this flat.

Like what? But it's actually alive. And if you, if you're if your observer or your attendees haven't seen any of your motos work, have you seen his crystals, at all.

Okay. So this is fascinating for everybody that's listening. Look up. Masaru Emoto. Otto, he is a Japanese scientist that did a lot of work on what happens to water in the crystal and nature of it.

And what he proved was that water actually is sensitive to music and to sound because it it's alive. So he has pictures of crystals where he spoke lovingly to the water, and the water shows these beautiful crystals.

Then he spoke the other half of the group negatively, like, I hate you, you're stupid and it looks like an absolute

distorted image. So back to energy.

Energy is everywhere, back to energy. And a lot of the energetic interface is at the mitochondria. So that's what's really interesting. And tying it together because the mitochondria is all about energy.

And since we know the mitochondria were their own bacteria, they are sensitive and they respond to thoughts. Just because again, if you're if you're a bacteria living on the planet by yourself before humans kind of involve them, you have to be able to survive.

So you have to sense your environment. So it's that in that way also kind of interesting interestingly connected to the plant. So so water and the words for the water, but also the words for the mitochondria themselves.

Think the energy can be charged, the water can be charged. And there's something most people think there's only three phases of water the liquid, this gas.

And maybe I mean, so yeah. And vapor sorry. Ice. Ice is solid. Then the liquid, then the vapor. There's actually a fourth which is a, which is called the fourth phase of water.

It's a gel consistency. And it actually conducts the electrons faster.

At-Home Mitochondrial Optimization and Clinic Devices

So it's really simple. There's a very good book if people want to dive deeper called the Fourth Phase of Water. But what your listeners can do right now is literally just if you grab a handful of fruit so you can grab like a handful of blueberries, or I use fresh lemon, actually, the fruit creates at it at its juncture with the water, a, an area of this activated electrons that is called the fourth phase of water that will help fuel the mitochondria a little bit more water.

Cool. Side note yeah, total cool side out and a good and a really good book. It's complicated because like, where all the electrical stuff is complicated, but it's fascinating.

I think it just proves the fact that there's so much that we still don't understand, because if we can take a liquid that we thought was not, you know, dead and start studying it and realizing that it has another phase we didn't even know about, that's pretty cool.

So, so that basic stuff about paying attention to your water and there are devices and ways you can charge. And actually, I've got, this cup right here has, it actually charges the drink that's in it.

So there are all kinds of hacks that you can do to get the water optimized. In, in the office, in our in our biohacking space, we use light therapy for sure.

I have about four different devices using light. So one is the standard red light panels, which, definitely help with all all things mitochondrial. They increase, we have photo receptors.

So literally receptors that respond to light. And those will allow more ATP production when the right light comes in, especially red and near-infrared.

And the early morning rays. Then we have a device that puts three different wavelengths of light under the tongue and that's red, green and blue, which do different types of things.

So again predominantly for mitochondrial red is going to optimize. But then blue is helps with inflammation and green can help being antimicrobial. So that is a device that used to be live.

It now goes so that I'm assuming under the tongue because this is very vascular in a very easy way. The blood stream is right there. It's a close location to getting, the red light into the bloodstream.

Yeah, they had a way of doing it. And an ivy manor, but they found that the sublingual so much easier, you know, and you, it just takes a 20 minute treatment.

So that that's been a really interesting device that I've been using for infections. And I kind of visualize that anytime I put something in my mouth, you that you like drool.

Yeah. To control for 20 minutes. Well, I, it's kind of like, I'll show you because it's right here and my drawer, it's pretty small. Yeah, it's right here.

The adapter that you use, it's not it's not bad. It's not like this. Oh that's easy. You can actually swallow and your spits not coming out. So it's not bad.

So that that's another like device. I also have a bed that has color music and vibration and it this one has crystals lined up with the chakras. It has frequencies that match the light.

You can change the color of the central light. And that in and of itself is another ten year ahead of its time device. The company ended up the FDA went after them, unfortunately, because they, you know, the FDA has done that for my claim that it helped with X, Y, and Z and the FDA said, nope.

Oh yeah, next time I'm in Tampa, I'm going to come lay on your bed. You have to, because this bed, it's like it's kind of magic. And so that's that's another people chronic pain, insomnia, people with PTSD, people with shingles.

And it stops the outbreak. So that is that that device is pretty amazing. You have that in your clinic, right? I do that's that's in my clinic. You know, I have to go to Lisa's house to lay in her bed in the clinic.

Yeah, I can go there and, you know, take a little nap and get regenerated. And actually, if you want to hear something cool about that bed, when the guys who.

The guy who built it was using it for type one diabetes because he, the investor's daughter had type one diabetes and they were putting these kids in here and it was helping their autoimmunity.

Plus it was balancing the parasympathetic and sympathetic nervous system. So the first time I went out there, luckily, and I'm always a renegade, I'm always interested in new things.

And they had called the university to ask that. Tell them we've got this device. It needs to be studied. We would love to do a trial with you. And they said, that's so fascinating, but it's too weird for us.

Call Lisa. And they gave back my don't ever want so. So luckily, my dad decided to come with me the first day because it was in a warehouse anyway. And then I get put in this box with these two guys.

He didn't want you to disappear. Yeah. So my dad, they're. Well, when they go to open after an hour of being in there, they started gagging and like, literally the guy was like, oh.

And then I could smell it. He said, do you smell that? And it was literally chemotherapy. So it was a lesson to me because I had not had chemo for at least 15 years.

It was coming out of your cells. Yeah. So I mean, really with my cells because it was hitting the energetic part of my body. Yeah. So the light, the vibration, the music was almost like full body acupuncture without the needles.

Yeah. I hope you had some minders on board because that could have dropped you. Yeah. It didn't, for whatever reason, I think because it just, I don't know, it was, it cleared some things and it woke me up to say, we don't understand anything because I was just like, I've been detoxing my body.

I've been doing all this functional medicine stuff. You know? I know my labs are like, I had no idea that that would still come out energetically. And then I had a couple of cases of even alcoholics that had been clean for years.

Feel like almost like they were having DTS. Wow. So that that pushed me to study energy a little bit more. And that kind of started me on the path. So, so that bed, the red light, the under the tongue light.

And then we one of my other really favorite things is a device that does singlet oxygen, and it's basically water that gets activated by light and it breaks up the oxygen.

So it's a little bit more hyperactive. And it can dive deeper into your cells and into your mitochondria. So that one is, respiratory. And you just breathe it and it's vaporized.

Let's see. So those are probably the big ones besides cryotherapy. And so cryotherapy, I'm guessing some people may have spoken about, but what the impact of the cold has on mitochondria and I love talking about poor missus.

So we have a lot of talks on premises. We have in covering premises. So I want to pick your brain about some other things. So everybody listen to the talks about Hermes, this on this summit.

There's, there's a couple but I want to talk about brain and performance. So I work a lot with high performing women and you know, the big thing. And it's like you work with your own self, right?

My favorite client is the client that mirrors me. So I, I'm a high energy go, go, go person. And when my brain is performing well, it affects my productivity.

It affects my output in the world. It affects my vision in the world. So what are you what do you have for therapies for brain? And then I want to show you what I have because I have a device right here.

Awesome. Okay. The number one thing that I have found through my career, for brain, is actually not a it's not a device. It is a specific type of chiropractic adjustment.

Oh, cool. Yeah. So, another long story about how it presented to me. But the bottom line is this is a technique for C1, which is your atlas. So C1 Atlas for thought.

Orthogonal care is what it's called, but it is a very specific type of training that a chiropractor has to have. And what happens is, is that the joint gets measured within 1/100 of a degree.

All the software that kind of analyzes it, it determines the angle. And it is a sound wave that you use percussive sound wave to tap C1 back in. So what I have found is because it's so much more precise, and anybody that's listening, you should never have your neck manually adjusted ever.

Not it is not safe in my opinion. Okay.

Brain Health, Performance, and Chiropractic Support

Because there's two there's too much going on right here that is valuable real estate. It just takes a slip of a hand and and it's also almost impossible to get the, the precision line up with a manual adjustment.

This is a way to do it. That is again very precise. No risk because the sound wave will just make everything vibrate. But it's not going to shear anything.

And I have literally seen such dramatic improvement in brain function. I've seen people have to adjust their glasses because they're seeing better. I've seen people have plantar fasciitis, which is obviously the bottom of their feet.

Gotta get it fixed just by doing that simple adjustment. And what's it called? This. It's called Atlas orthogonal. So it's my dog Otto. Yeah. And it says the type.

But a lot of people may say they do this technique. There are people who use activators to tap it in this particular one is it's sort of in a little known field of chiropractic.

And so is it a device that they use to bounce sound waves. So they're not using an activator. Correct. Thunk, thunk. No, they're not doing that. So it's a it is still a thunk.

But it's it's the one that we have is a little bit bigger. It's actually almost looks like it's part of the bed. And then you got that, you get the patient very positioned.

And then it taps in right behind the ear. And then everything flows and connects. And I found again brain from a brain perspective that to be huge plus from a kind of spiritual self work side.

I don't know if you've talked about that at all, but people that are working on themselves and meditating and stepping into that next level very often, it will knock you one out of alignment, because it's the gateway between the energy field and the that's all.

So the what will knock it out of alignment? Their work, their work clearing a lot of old trauma meditators and clearing trauma. So do you know anybody in Southern California who does that?

We will get like, yeah, I will get you a couple of names for that. We I have my chiropractor constantly feeling out for people. So what else do you have for brain?

What can people. Yeah. So I would say that's number one. And then obviously red light therapy brain tap we use a lot of just systemic systemic I. V. therapies.

But also I just, I just got trained on these cells, stem cells where you can, you can direct the cells to the brain. That's the thing I'm most excited, but I'm just now really starting to do that treatment.

And what about what people can do at home to support their brain health? What would be your best, recommendations to do in conjunction with the things they can get at a practitioner?

Yeah, I think it depends on how significant. But like devices like what you have, where you can actually do red light therapy. At this, it's, Are you loving that?

It's a Weber Medical. Yeah. And it is. Check it out. Oh, it's unplugged right now. I can't, but this whole thing is red laser, and it's amazing. I do it twice a day.

I have been on point for the last week, but I've been doing it really? Faithfully. It's been amazing. Well, I will tell you from a brain perspective, red light for sure.

So I don't have that particular device yet, but I we have a photo stem, which is for the face, which is incredible for like collagen and wrinkles and, but what I found is incredible brain benefits too, because it's right there.

Yes. So, so the red light face and then the singlet oxygen that will clear my brain almost immediately. And then some different new supplements that I'm playing with.

There's one called C60, which I don't know, I know we had at the conference. We have them on the summit, so definitely fun. Find that lecture because it's in here.

What is the name of? I can't think of his name right now. The, I'll think of it. Yeah. Kenneth. Ken. Yeah. Yeah, yeah. So that's there's a couple of products that I found that, definitely help with, with brain function.

I do think the conversation would not be fair if we didn't mention estrogen. So, you know, hormonal therapy in general, if a patient is doesn't have or they're going to get in trouble in terms of memory and processing time, cryo for for a quick fix to clear the head and really get you focused if you're going to be going into, a topic, a lot of my patients, if they're high performers, you know, it only takes three minutes to go in cryo and then you feel really very focused for the rest of the day.

So probably those are the big the big hitters at this point. For brain. Yeah. So good, so good. Brain and brain is where it's at. Okay. So, anything else you want to share?

We're coming up on the end of our talk. We can keep going and going. So last words like. So, I think if I could just get anybody to, to understand one thing, it would just be that wherever you are starting today, if it's you are a high performer.

Closing Advice and Where to Find Lisa Coke

You've tried a lot of these things already or you are just starting out that the mitochondria is where you need to pay a lot of attention, understanding that pulling out things that are aggravating it, bringing in things that it loves, but also really understanding the emotional connection to it, it's going to help you go to the next level and, and truthful dietary interventions, which I'm sure you've had tons of talks about between fasting and modified keto or go all the way to some of these newer things that are coming.

Different types of stem cell therapies and, peptides. So there are a lot of great peptides for mitochondrial function. I think if as a guide for people that are getting started, I always assess where you are right now because you don't want to go spend money on, you know, peptides and stem cells.

If you still have leaky gut, your hormones are imbalanced and you're not eating clean enough. So as we have a peptide talk can halter is with us integrated peptides.

So we do have a peptide talk to you right. But I'm just I'm making the point. You don't want to go do all of these things. If you're still in the healing phase let's get the get your grounds.

You get it. Get yourself stable. Get your gut heal to get your hormones balance, get your thyroid balanced with your adrenal supported work on stress, work on chronic infections.

Those things all damage mitochondria. Yes, there's peptides that can help you on that journey of healing. All of that. But in my opinion, you can get that stuff healed.

And then your mitochondrial optimization, whether it's light therapy or supplements or cold it can, or whatever it is you want to do is going to be that much more impactful.

What I'm hearing you say is get your house in order before you add an addition to it. Yeah. Before you add that cool addition, which is like, how high can we go?

Yeah. Like how much can we perform? I mean, I'm not quitting. I am going to I decided I'm going to run at least a half marathon. As I continue to heal myself.

So I will keep you up with all the newer things I find on that journey. You're amazing. Thank you so much, Lisa, for being here during your wisdom. And thanks for what you do in the world and tell us where we can find you.

Tell our audience where they can get Ahold of you. I know you have an on a brand new, online, program launching. Plus you have your physical location in Florida where people can come in, and I'm sure people fly in from all over the world to see you.

Yeah, absolutely. Where are you? So I am at my my physical locations in Tampa. We have the clinical office, and then I have my biohacking center called Lit Labs.

My brand is all about how to get lit. And then I'm also starting my eight week course in the next month or so. So that will be available on my website, which is Spectra wellness.com and doctor Lisa coach.com.

Doctor Lisa coach is my Facebook and Instagram. Amazing. Thank you Lisa thanks for having me. You take good care. Now okay. You too. I.