Proactive Health Care: Enhancing Immunity with 5 Pillars of Wellness | Ep. 4 | Dr. Christopher Davis Transcript

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Podcast Introduction and Guest Background

Welcome to Healthy Point of View podcast, where we explore the latest trends and topics in health and wellness. Whether you're looking for tips on nutrition, fitness, mental health or anything in between, we've got you covered.

Join us as we chat with experts, share stories and learn how to live a healthier and happier life. Welcome to a Healthy Point of View podcast. I'm your host, Sam Tahata, and today we have Dr.

Christopher Davis, who is Liquivitis Chief Medical Officer, also specializing in functional medicine. He is formally trained as an interventional cardiologist.

Dr Davis has been a great friend and also a mentor and has taught me a lot of the stuff here in the functional medicines space. Doctor Davis how are you?

Great, Sam, it's good to be here. Good to here as a user at Liquor Vita's corporate office. Looking forward, this is the first time we've done this, so looking forward to talking and educating, doing what we do.

That's what do best. So today's topic is going to about how to enhance your body to build its best immune system, right? How to enhance your immune through a lot of the different nutrients, IV infusions we do, vitamin injections that we, other different types of modalities for gut health.

So a lotta people out there, they're stuck into that traditional medicine, where they kinda wait until they get sick and then they want an antibiotic and this, that, whatever.

And for me, you know, how we always try to preach to everyone. It's like, why wait until you get sick, right? What can people do to enhance their immune system?

Well, you first, I'll say that, just like you mentioned, it's very important to be more proactive about our health. I think that if any of us are waiting around for somebody else to take care of your health, we're all in for a sad surprise.

As far as the things we can do there, I'd like to consider five basic pillars of kind of health and wellness and those same five pillars really are relatable to the immune system as well.

And it starts with proper nutrition, it includes things like proper sleep, hormone balance, detoxification which i think we'll talk about hopefully a lot because i Think a, lot of our illnesses including infections and things are related to Toxins that build up and then the last thing is some form of movement or exercise all of those things help to improve the immune system Right right so proper nutrition i hear it all the time people tell, me i eat clean What is ie clean what is proper, nutrition, oh?

Well, what do they do? They put soap on the fruits and vegetables. Is that eating clean? What's eating? Clean? So, you know, that's a great question. And so one of the things that I always say is I'll answer the question about eating, clean, but then the questions becomes what's right?

Or what the what is the best diet for anybody to be on? I answered that in a second. But eating. Clean. I think I answer that question just by saying, eating organic eating, you know, if we are someone who consumes meat and eating grass fed and finished products, organic products.

You know it's very tough sometimes, even myself.

Eating Clean and Avoiding Environmental Toxins

I laugh about an experience I had, I was in Publix and the organic raspberries were five dollars a carton and regular raspberries would get four for five or something like that.

And I remember one Sunday morning, this is a true story, and I called my wife and said, honey I'm having some issues right now. because how do I know that these organic raspberries, what's the difference in these organics raspberries as opposed to the ones that are not organic?

And I preach in my practice about the importance of organic and making sure that you're avoiding the pesticides and herbicides and things like that. Um, but at the end of the day, how can I ever be sure?

You know, the answer to that question, I can't be but we just have to trust that they are. And I went ahead and bought the organic, But I think that part of eating clean is drinking clean water, organic foods, um, avoiding other toxins in our environment, like plastics, our cooking utensils, or the things that the pans and pots that we cook with, making sure that were avoiding some of toxins that are in those.

So let's talk about that. Let's start about some of those toxins that you can get exposed to, like pesticides, some other plastics, bad water, right? What does that do to your body?

Well, the biggest thing, if I want to take it in kind of a general principle is that they cause increased oxidative stress. All of these toxins are Caustic to our body and oxidative stress.

I like to call it getting rusty inside, you know, and as we age We we are actually getting a rusty and so I always use for my patients an analogy of a metal pipe we had these metal pipes and you think about a 200 year old house with a Metal pipe and in that metal type these layers of this orange Layers just keep developing and developing in developing layer upon layer.

That's I oxidative stress inside that pipe, right? And so these reactive oxygen species cause us to get older. They cause to have aches and pains in our knees and to develop heart disease and Alzheimer's and Parkinson's disease.

And every one of those toxins, whether it's an herbicide like glyphosate or Roundup, or whether heavy metals or plastics, phthalates in our environment.

I mean, there's so many things in that water. We order environmental toxin testing on a lot of our patients to see exactly, particularly people who have cancers though, or I have a friend of mine who has a bunch of skin cancers and they keep coming back and coming and he was a firefighter.

And I said, you know, I bet you there's some chemicals that are likely causing a lot of oxidative stress. And so we get the environmental toxin test and lo and behold, there are just tons of toxins that we have to make sure that try to help him mobilize and get out after years of exposure.

So there're toxins everywhere in our environment. We can't avoid them, but it's important that know how to optimize our detox pathways, which is a of what we do with IV nutrient therapy and nutrient in general.

Yeah, you're bringing up the whole nutrient stuff, so going back to avoiding the pesticides, going more towards the organic foods and stuff. One of the things that I know myself is that a lot of food that's massively produced is lacking in a lot of nutrients.

It's nutrient deficient. I actually tell people it's hospitality, fruits and vegetables, what we have. They look beautiful, but they have no nutrients, they don't even have taste.

You go to Costa Rica, take a bite out of a strawberry, it like this magic just happened in your mouth, right? Um, so so part of that is okay. We're going to eat organic foods But we've all been at least myself I can speak for myself

that i've been guilty to not always eat Organic foods, right?

Um You know the way I grew up was completely different. I mean we were eating the most readily available food on planet earth That's almost like survival mode type of deal, which I think about 90 of the population is like that so what do we do from a nutrients perspective, because we're talking about boosting up the immune system, what are some of the things that we can do to correct that, besides just eating organically, by some these different modalities that are out there?

Yeah, I think that one of things here at Liquivita, some the benefits of intravenous IV therapy is we provide these nutrients in concentrations that not only get into the serum, but also get intracellularly, meaning getting into cells and doing what they need to do in the cells, the red blood cells or white blood cell.

Um, I think in addition to the poor nutrient status of poor nutrients in this soil, our consumption of the nutrients, we also now are dealing with a population that at least 60 to 70% of us probably have some component of leaky gut or what we call increased intestinal permeability, right?

And that doesn't really allow you to get, And so the absorption is extremely poor. There are lots of tests and gut microbiome tests, and got testing that allow us to evaluate this.

And I can't tell you the number of times we see people that have the leaky gut, but not only do they have leakey gut. They have very poor digestive enzymes.

And I'm not sure exactly why the digestive enzyme issue is such an issue, but as far as even digestion, your food to be able to get access to the nutrients, there are lots and lots of people who have these deficiencies in the Digestive Enzymes.

So now we are compounding a problem of not having food, not Having the the Nutrients in The soil to Get in, the food eating the wrong food and then poor gut health not to absorb it.

so I think we're set up for just poor nutrition and we see that in our micronutrient testing. Whoa, whoa, hold on one second. So, correct me if I'm wrong here.

Nutrient Deficiencies, Leaky Gut, and IV Therapy

You mean to tell me that even if, I start eating healthier, taking my oral supplements and I have like a leaky gut issue, that I wouldn't even probably get good absorption of those nutrients because of that.

Very commonly, very very commonly I see people who eat extremely well. I mean I could think of, 10 people right now, they eat extremely well, yet when we look at their micronutrient panel, there's still deficient in many, many of the micronutsrients.

People have to know about this. This is extremely important, because a lot of people, you know what? New Year's resolution or whatever, I'm gonna just take that leap, and I'll start eating clean.

Eating clean, taking these supplements, but now they're thinking that they are doing something better, they aren't even getting an absorption. They're basically staying stagnant at that point.

There's an old adage that tests don't guess, what do I mean by that? You know, that's not wonder whether I have enough vitamin B2 or B6 or b9. Why don't we evaluate that?

And so that something that we really, really that here at Liquid Vita, we strive to, I strive, to promote as much of the micronutrient testing as possible because what I've learned, particularly with specific tests that look at the serum and intracellular levels is that there are lots of people who have and have low intracellular levels of these micronutrients.

Okay. So they're not able to carry out, I mean, and these micro nutrients are important in so many, they are cofactors in many different processes. Cofactores in how we metabolize our hormones, cofactors, in, you know, how would metabolizes our neurotransmitters.

You know when we are not metabolizing neurottransmiters, well you don't sleep well, mean you're depressed, your angry. You're anxious. So it's little things like this.

The number of people that you're able to help that I've helped with issues like depression and anxiety just by fixing micronutrients has been incredible.

But it only started by being able There's a lot of folate deficiency and B2 deficiency here and they're probably not methylated well. So why don't we try to improve that with IV therapy or with even a conjunction of IV and oral.

But again, if you're not absorbing orally, then IV therapies a great way because of the concentrations that we get into the serum, there's much higher chance that were able to get those micronutrients across the cell membrane just because a concentration gradient.

So that's the purpose and people will often argue. Well, we just get these high levels and they go out of this They get out the body Well now we got to back up what happens is that high concentration allows us now to cross the cell membrane into the sell White blood cell the white blood cells will live for 14 to 21 days, right?

So yeah, I might not be able to measure it in the serum because the half-life was short in this serum. Mm-hmm But what did I do with that micronutrient getting intracellular and those where we see differences with IV nutrient therapy?

Wow. Wow, I mean that is, you're fixing the body's chemistry at that point with what you are doing. I've heard you say it a lot of the times and actually I have been stealing your lingo, right?

Looking under the hood. Yeah, so looking under the hood is critical. I mean even like if you got a car right in car That that's not performing, right?

What is the mechanic gonna do? It's gonna look under their hood They're not just gonna guess if we got to figure out we gotta do a diagnostic to find out what's going on.

Yeah so Let's say we do a diagnostic, we have a lot of nutrients deficiencies. What are some of these nutrients that are in some our IV drips, like the natural defense, right?

The natural defence, what are these some nutrients are going to help enhance and boost up our immune system? You know, especially now that we got, I mean it's warm fall, It's you know, uh, we're going into winter the flu season cold Uh, We're talking about potentially other type of viruses out there that that you're airborne viruses that might come around Like people need to be prepared.

They gotta take care of themselves What what what is inside of this natural defense that's going to help boost up the immune system? So a few micronutrients there that are really important, zinc, magnesium, several B vitamins, vitamin B1, Vitamin B2, which is riboflavin.

We have vitamin, B5, pantothenic acid, and vitamin C, right? These are all things that we know are important in the immune system. And in many different ways, they help the system function.

But I think if I were to give you the most important The most important role of most of these micronutrients and not a lot of people think about this, you know, we need oxidative, I said oxidated stress was implied that it was a bad thing earlier, right?

Oxidative stress causes us to get old because it's what causes to us get rusty. Well, the reality is, you know, God didn't give us the oxidative stress in these reactive oxygen species just to be bad, right?

We need these Reactive Oxygen Species as a means of protecting ourselves as well. So, our neutrophils, these white blood cells that help destroy viruses and bacteria, they work by producing reactive oxygens, species, hydrogen peroxide to help to destroy these organisms.

But our body then in turn has to be able to now once they've that the Reactive oxygen species have done that part the oxidative stress has To be somewhat quelled with the antioxidant.

I mean the antioxidants and that antioxidants that's most important is glutathione So, okay, we've heard of a glutatthione that glutothione is not in our natural defense drip But my point is this Glutathione has to be recycled in our body.

And that recycling, what's important in that Recycling is all those other vitamins that I just talked about. Zinc is very important and the recycling vitamin C is Very important.

In the Recycle of glutathion, the B vitamins are very Important part. of our glutathione going from a reduced state and then it serves as an antioxidant.

It gets oxidized. And if I don't have all of those other micronutrients that we just talked about, then I'm stuck with an oxidize glutothione that can't go back and start to help and do that antioxidate capacity again.

So that's a very important part. I think that something that is often neglected. We will give, there are a lot of people who will get glutithione and it's not as effective as it can be because they dont have the other micro nutrients to recycle.

that help it perform to the level where it needs to be. And to continue to kind of go back around and perform like it used to. So obviously you're like the science brain behind everything we do as a chief medical officer.

Let's dive a little bit deeper on glutathione. What is glutatine? Our bodies naturally produce it, right? So for the people that don't understand glutation and the importance of glutatin, what is it?

Glutathione, Detox, and Immune Support

Where does it start? What does come from? And why do we supplement it. So our body, we make glutathione primarily in our liver. The glutothione is made as a combination of three separate amino acids, glycine, glutamine, and cysteine.

And then we actually make glutathion as what we call mother nature's master antioxidant. It's the master rust buster. I might have to trademark all these things you're coming up with, I love it.

When I talk about these things to my patients, I like to make it clear as to kind of what these are doing because when they understand, particularly if I talked about doing glutathione drip because you need it for detox or for whatever reason, if they can understand exactly what's happening, they're much more likely to be compliant with whatever we recommend.

And so I think it's important to understand that. But glutathione is that master antioxidant. So it serves as, it even can bind toxins and kind of help take some toxins out of the body.

The major role of it is to deal with the oxidative stress that's caused by, whether it be infections, heavy metals, anything that causes this oxidated stress in our body, glutathione is that major molecule that actually is used to kind of balance that out or kind to deal with that.

Okay. All right. And then the other nutrients you said for glutatine to actually do what it needs to do, you need to have the nutrients. Other nutrients are really important in the recycling of that glutathione because once we've used the glutothione, once it goes from this reduced form.

So for example, when we give glutatthione to our patients, we're giving a reduced-form of glutathiol. And once its reduced and it's goes to bind that oxidative stress, whatever that oxidation stressor was, now the glutathion is oxidized.

So if our bodies are not able to convert that oxidized glutathione back to a reduced form, then my glutothione levels are extremely low. I don't have the ability to now deal with any more of the oxidative stress that is actually whatever the body faces.

To be able to recycle and go through that pathway, we have to have those micronutrients in place. And there's a lot of components also of genetics that play a role.

We can have gene variants that we don't make as much glutathione. So a of what I do is from a personalized perspective is looking at detox genomics, which include the glutathione genes and determine, okay, if you have gene variants that I know that it is very important that we optimize micronutrient status and optimize glutothione status because your body is just not, your is not making it as efficiently as, you know, John Doe down the street.

Right. So Dr. Davis, with something like the natural defense, You know, what are people supposed to, let's say someone is feeling a little under the weather and they want to come and get that vitamin C IV drip, the natural defense.

What should they expect? How are they going to feel? Is it, is it going shorten up their symptoms? Like what, should people expect what should medical practitioners that are listening to us expect for their patients to fear?

Right. You know, I think what I've experienced what what i've personally experienced and what? I seen in my clients Certainly, uh the length of an illness, um when we give the natural defense the time period is shortened Um that that feeling miserable sensation for you know when I have the flu um, it's Definitely shortened from if I didn't do it i'm just going to give you a you, know about numbers.

But if I didn't do it, I'm suspecting I would have these symptoms for five, six days. When I do, it you know, within two to three days, i'm feeling pretty good.

And that's been my experience with most of my clients as well. I mean, you can, we can and part of it also is the hydration status of It as Well. You know when we give that, there is a hydration component, people feel miserable.

One of the things I don't think people, most people realize that when you feel tired and headachy and that type of thing, a lot of that is dehydration as And so when you are rehydrated, I mean, you just tend to feel better in general.

But I think certainly I've seen, and I can say pretty consistently, the course, that time course of how long the symptoms last is definitely, they're definitely lessened.

Awesome. So we got some of the things on the nutrients IVs. We're talking about ascorbic acid, vitamin C, different B vitamins. And we even talked about glutathione, even though it's not in the natural defense, but it can still benefit you.

Which you can always add it as an add-on. What about vitamin D3? Vitamin D. Yeah, yeah, so I think we all know that vitamin E has so many rows and we call it a vitamin, but in fact, I we've all kind of heard that Vitamin E is actually considered actually a hormone.

A hormone, yes. And people will ask about, well, can I get vitamin B in my IV? Well, let's just make this clear now. We can't give a Vitamin B and an IV because it's a fat soluble vitamin.

So don't ask that question anymore to anybody else. You'll feel like crap. Yeah, so we don't want to do that. If you start, if you started coughing nonstop, they probably put vitamin D in your IV.

Make sure that that's not the case. Never do. That never do, that, um, but vitamin d, I mean, it has so many from an

immune system perspective and optimizing immune.

System efficiency. Um, But also means so. Many other roles mean the biggest thing that I, this important for vitamin. D as a cardiologist, uh, and cardio metabolic person.

it is super important in insulin sensitivity, right? People who have metabolic syndrome or diabetes, where your vitamin D is low, your insulin is not going to work effectively.

Your glucose is NOT going about insulin receptors effectively, so vitamin d is an extremely important part of improving insulin, sensitivity as well. So, I'll get back to the whole immune system thing.

Vitamin D, K2, and Preventive Immune Care

I think that We clearly saw with, I don't wanna really get into the whole COVID thing for too long, but we clearly see with many studies with COVID, the role and the improvement in symptoms when vitamin D levels were, as opposed to being at our normal 30 levels, when we keep vitamin levels in the 60 to 80 range, which is where I would suggest that we all try to keep our vitamin B levels and that 60-80 range.

But we clear saw that the data showed that people were doing much better when had higher vitamin-D levels. So let me ask you this, with the vitamin D, what is the typical, based off your case studies that you've had yourself, What is your recommended frequency of vitamin-D3 dosages that people typically follow when it comes to the D3 injections?

Or even the oral supplementation, if they got a good gut, right? It depends on, so it depends how low the person is, If the persons comes in with a vitamin level of 11, or 17 or something like that, which I've certainly seen.

I think the lowest I have seen is a vitamin D level of nine. It depends on, again, I said I use a lot of genetics in my practice. If they have VDR or vitamin-D receptor gene variants, and I know that whatever the vitamin B, they has issues binding the Vitamin D receptor, then I will do more often.

But I would say, It really depends on where you start. If I have a person who comes in and they have the vitamin D level under 20, then I am starting out with 50,000 units.

Uh, if I'm doing it, uh, intramuscular, um, weekly for, probably four weeks, six weeks. Um, and then kind of starting them on and while at the same time starting on an oral regimen, 5,000 probably a day.

Okay. Vitamin D doesn't go up super quickly if you just do it orally. So I do think that when we get those people who are super low, I will do the intramuscular injections.

If you come in and your vitamin D level is 30s in the 30's, which is considered normal 30 something. Now I don't always do intra muscular vitamin. I mean I'll do just oral vitamin and I started five or ten, I'll start at ten thousand for a month maybe or two and then go to five thousand.

Most of my people end up on vitamin D at five-thousand I use. Now I do always go back and check it in. Are you doing just vitamin d or you? K2 always.

So yeah, this is important. This is a very important point. Thank you for that comment. I always recommend and I don't think that there are any really exceptions to this.

I would recommend doing vitamin D and vitamin K together. Vitamin K2 to be more specific. And what does that do? So vitamin k is very important in directing calcium in the body.

What I mean by that is vitamin d helps in absorption of calcium from the gut. And vitamin K, I like to call it as a traffic director. So when I'm vitamin k deficient and I have lots of vitamin D and absorbing lots the calcium, what ends up happening is calcium ends in places it shouldn't end up.

Calcium should end in my bones and teeth, right? But calcium end's up in place like my heart arteries and heart valves where my vitamin 2 is low because now I don't have that director of traffic anymore.

So vitamin K2 is very important to be taken with vitamin D. And 90% of people are vitamin k2 deficient. I can say that from all of the micronutrient panels that I've done.

So, vitamin d3 with K 2 is a must. What's the typical dosage of K-2? So the K2 is anywhere, it's about 90 to 100 micrograms, I think it is in there. And most of the supplement companies, the pharmaceutical grade supplement, companies will have a good mix combination of K 2 D 3 in their product.

Okay, that's awesome. Is there anything else, like we talked about taking the first few steps, right? The nutrition is important of doing it. What else can people look at when we're trying to enhance people's immune systems?

Like we talk about the frequencies of the D3 and whatnot. Someone who's trying to just enhance their immune system throughout flu season, because people are doing a lot of traveling and everything else, what is the typical frequency of doing some of these natural defense trips just more as a preventative measure?

Yeah, I think you'd be safe, even if we said during the flu seasons, if you did once a month a natural offense, and I don't think everybody is an individual and has their own underlying biochemistry, right?

They have their own detox pathways. And so it's hard to give a generality, okay? It has to be more personalized. Right. If you're somebody who has underlying immune issues and asthma and other autoimmune things, then it is a little bit different than if I'm a fairly healthy person just trying to protect myself from the flu.

So I think it really does depend on each individual. But if you are just a healthy person with not a lot of other comorbid illnesses, then, you know, a monthly natural defense, I think, is more than reasonable.

Right, right. So, Dr. Davis, lot information here, man. Good information, especially with how I said flu season coming up and everything else. You know obviously these IV drips, these intramuscular injections, they have so many other benefits besides just boosting up the immune system.

What are some of the few things that people have to also understand that they're going to get as a benefit from doing this? That's a really great question.

I'll say this, you know, before I actually got involved with liquid Vita, I didn't know much about micronutrients. And I think that the one thing that we all take for granted is the role of the B vitamins.

We can say most people understand and they say my B12 is this or my b12 was high or low. But the reality is all of the B vitamins, vitamin B1, thiamine, B2, riboflavin, folate, which is vitamin b9, panthenic acid, b6, I mean, all these B-vitamins are so important for so many reactions in our body.

Broader Benefits of Micronutrients and Closing Remarks

There's a lot of talk about this process called methylation now, and methylation has a LOT to do with how we age, it has A LOT TO DO WITH CANCER, IT HAS A lot to DO with Alzheimer's, with heart disease.

And it's amazing to me, the number of people who are seriously B-vitamin deficient, diamond rival flavin have never had levels checked period we talked about that earlier everybody knows what their b12 level is and they're taking b 12 shots and b-12 lozenges but it's it it so important and we can get people feeling so much better by improving this process of methylation And all of that drips have, you know, fair amounts of these B vitamins in them.

And so for me, when I started to measure the levels and see intracellularly how everybody was B vitamin efficient and understanding the role of B Vitamins now, I mean, i can't begin to tell you.

I just talked about all the, You know neurocognitive things or or psychological things, things like the anxiety and

depression and insomnia. how those things get better, energy levels, because we are now giving the body what it needs.

We're giving them mitochondria, and this is for a different day, what is needs to do its job in producing oxygen and producing energy, right? So I think that, you know, the benefits are endless just by thinking about the role of the B vitamins, Because we've not really paid much attention to anything but B12.

That's the truth, man. Dr. Davis, you got so much knowledge, Man. You are an incredible physician. I learn so many things every single time I talk to you.

Knowledge is power. This is just a little taste of what people need to start understanding when it comes to this more proactive approach to their health.

If people want to find you, obviously you have your concierge practice in Sarasota, Reveal Vitality, if people wanna hear more and find, how do they find?

Well, you guys can find me at Revelavitality. Revalvitality.com is my website for the practice and Sarisota. Obviously, we can found me through the Liquid Vita website as well.

I think that As Dion Sanders said, I ain't hard to find. No, we are. I think one of the goals we have here at Liquid Review, that we really want to change the way people approach health care.

We want it to be the most of us think about the importance of health. Or we want be make being healthy part of being fun. It's what we need to do. So it's about changing the narrative of what health is.

And I. Think if nobody gets out to start to talk about it, It's about educating people. I mean, I can talk about all the miseducation that we've had. We go to the web, and there's a lot of misheducations out there.

Even as a physician, there was a lots of mis-education I had, but part of my journey that continues to go on is just to continue to learn as much as I could, so that I provide it to all my clients, in stages like this, to try to educate people about how important it is that, we follow the right path so we can take care of ourselves.

You don't have to be sick. We don't have to have two in five people having multiple chronic diseases. So, you know, it begins with looking under the hood and not practicing a band-aid approach to kind of medicine by taking this medicine for this illness and that medicine, but this is about looking at the reason and the underlying root causes of why we're sick.

That's the truth, man. Dr. Davis, a lot of people are going to ask a few more questions, right? So we'll give them the answers. These are gonna be more of fun facts, what's your favorite color?

Blue. All right. That's my favorite color, man. Okay. Um, what are the fun facts besides being a good dancer? Give us two more fun fact for people to know.

They can know besides me, the physician. What else about you that people, it's hard for them to even know that. I love fitness. I have horrible ADD. That's what I can tell you.

We got nutrients for that. But that ADB, I think, it's a strong point as well, because it keeps me driven. And what else? What would my wife say? I don't know.

It can be pretty funny when I let loose. So I like to let my hair down and have fun. Most people think about when when, when i'm talking and speaking, everybody thinks I'm kind of all stuffy, but at the end of the day, you know, that's not me at all.

100% different than that, so. Right. And I learned today the new light skin pose. There you go. Awesome, Dr. Davis, it was a pleasure, man. Like always, we got more coming for everybody as time comes.

Any questions that anyone has, please let us know. Comment below, click on all the links, go on our bio, do whatever it is, follow us. This is Dr Davis.

You'll see more of him. Thank you for tuning into a Healthy Point of View podcast. Thanks for watching.