Introduction and speaker background

I have a lifelong history of battle of sorts with depression, anxiety, PTSD, suicidal thoughts. There's been three times that I've been very close to ending my life and I'm someone that is popular.

I'm someone that is intelligent. Someone that has accomplished a lot. Hit the seven-figure point some years ago and I've known the world over for what I do.

There's many people like you read. Consider me the best in the World at what i do and yet not even that long ago I was thinking about ending my life. This is Dr.

Talks. Hey everyone, welcome back to the End Chronic Stress Burnout and Fatigue, the Medicine of Mindset Summit. It's Jana Danielson with you back here as we continue this amazing week-long event.

I have, who I think is a pretty spectacular person with me today. Now we're just, we are new friends and I want to tell you a little bit about how I know Mr.

Sean Wells. First of all, actually, I'm going to you how others know him. So I All right, these are words that people have used to explain the brilliance that we have in front of us right now.

All Right, here we go. In no particular order. Where did you get this list? I made it. I did some research on you. Creeping on all this stuff online and I was just pulling out.

It's like a top 10 list. Amazing, I'm excited to hear this. All right, so again, in no particular order, how Sean has been described by the people he knows and the lives he's impacted.

All Right. Ingredientologist. A leading voice in the world of nutrition and fitness. Smartest man on the planet. See, I love that because there are days where I feel like I'm the smartest woman on a planet, So everybody here, audience, you are in for a treat.

Here's the next point. He is a rainmaker in supplements. a wizard guide, 100% badass, science legend, best supplement formulator in the world. He has formulated over, and these are just some facts about this guy, in his spare time, he's formulated about 700 supplements, food, beverages, cosmeceuticals, patented over 20 novel ingredients.

And here's what I love most. Because you might jump to a conclusion about the success of this man with us today, but Sean has really personally overcome Epstein-Barr virus, chronic fatigue syndrome, depression, insomnia, obesity, and a pituitary tumor.

So this is a lesson for all of us before we dive in and have our conversation. I think we live in a world where, I like to call it the Instagram world, where we think that everyone's life is like the cherry on top of the ice cream sundae.

And we scroll through feeds and we see nothing but joy and happiness. The reality is, life isn't a linear equation. life is meant to have contrast, life as meant have shadows so we can see light, like you can't have peanut butter without the jelly, right?

And so, we're going to be talking with Sean today about a lot of what you've heard here and in particular because we have no one else on the summit talking about the power, the brilliance and sometimes I think the misunderstood value of plant medicine.

And so if this two minutes has not piqued your interest, ladies and gentlemen, I don't know what is, that was some

of my best work leading into an interview.

So with that, Sean, welcome so much to the Medicine and Mindset Summit. Oh my goodness. That was amazing. Thank you. I'm done. How would you describe me?

I want to know like what's your way of describing me in the, whatever week we got? For sure. So let me just frame this a little bit for everyone. So we, Sean and I, and about 150 plus other people spent a week in paradise in Turks and Caicos.

Sean Wellsu2019 personal struggles and mental health context

And we were part of a wellness experience and every evening, except for one over the seven days at six o'clock, there was a group of us that were called in to be into like a mastermind type experience where we just sat and shared, got to know each other for an hour each night.

And here's how I can explain Sean. He has the best costumes for the theme nights. The best. All right. And that was my one thing I'd get there early because I want to see the grand entrance on what he would walk through the door.

So that's number one. Alright. Number two, auspiciously reserved in this way that you might think he is like just a super shy introvert, but then you see him out with others and And you do such a great job of making people feel heard and important and included.

And so there's kind of this enigma that was sitting beside me or near me every night. You know what that did for me, Sean, is it just made me more and more intrigued to want to learn more.

So ladies and gentlemen, every day we got to know a bit more, and all I kept thinking is he needs, I won't say need, because need comes from Scarcity.

I want him on this stage. And I get to selfishly unpack this guy just a little bit more. So I would say down to earth, fun. He's a pretty darn good beach volleyball player from what I could see.

There's nothing here on my list that I was like, yeah, no, that's not true. Well, thank you. That was really kind and sweet. I actually feel like I am Eileen introverted.

But I've worked hard to be on stages and do TV and all this kind of stuff. It doesn't come naturally or easily, but it's about my mission and connecting with people.

And I put that above any fears that I have ever had. Yeah. And so maybe let's just start. I mean, there's your story. Ladies and gentlemen, There's lots of places online where you can go and dig into that.

and I chose as the host to not go there because you could find that information. i want to hear and ask Sean maybe things that he hasn't been asked that much.

He does have a really unique perspective. I do want dive into the whole plant medicine world because I do think there are people out there who maybe have been have maybe misunderstood it or have discounted it because psychedelics, that was the crazy stuff people did in the 1970s.

And they have this belief system around it. What I loved about a talk that I saw you do quite recently was that you really unpacked a lot of the myths and the mystique around.

It's frustrating when someone would, and don't get me wrong, I understand that there's a time and a place for medicine that's manufactured in a lab that comes in bottle from a pharmacy.

I do, but I think that you know what came to my mind right now? Do you the scene in Footloose where Kevin Bacon

is in front of the town? of the town, you know, all the counselors in the towns, he's like, there is a time he is reading from the Bible.

Now is our time, right? This is out time to have this dance. So I want to this have dance and I will want you to give us digestible bite-sized pieces of information that people can stop and go, hmm, maybe it's time I do look into this or yeah, let's just start there.

Yeah, so here's, here is where I start. I mean, first off, I have a lifelong history, a battle of sorts with depression, anxiety, PTSD, suicidal thoughts.

There's been three times that I've been very close to ending my life and I'm someone that is popular. Someone that's intelligent, someone who has accomplished a lot.

You know, it hit the seven-figure point some years ago, and I've known the world over for what I do. I'm as many people like you read. Consider me the best in the word at what do I.

And yet, not even that long ago, I was thinking about ending my life. So, and you know, it puts it in perspective when you see people like Robin Williams and Chris Farley that are so funny and so smart and magnanimous, right?

And you people Chester Bennington of Linkin Park or Chris Cornell of Soundgarden. And these people that are very talented have big families and are the lead singers and, you know, huge followings and how can these.

Kill themselves. And I think that's the big question. I. Think in our minds, we tend to think about. you know, people that are depressed and suicidal as those out on the fringes.

And this is really something that when I looked at the numbers, it was staggering. When I was at that Mindvalley talk that you were alluding to, I decided to do this because I wasn't comfortable about to share my story about my depression and my suicidal thoughts.

anorexia, my disordered eating and body dysmorphia and all these things. It's just hard to talk about. And so I was kind of leaning on the crowd and I, you know, said, how many of you have, I told everyone to close their eyes.

How many you are depressed? It was like 10,000 people in there, whatever, 5, 000. I forget what it was. and how, many, of, are you depressed, How, Many, Of You Are Suicidal?

How Many Of, You, Are Dealing With Trauma? of you deal with anxiety and about a third of the hands every single time went up in the room. I was like, holy fuck.

This is a huge number. And quite frankly, I bet if I said all of them at once, probably 80% of hands in a room would have gone up. So this is. like epidemic levels, you wanna talk about pandemic?

I don't wanna get into politics and science or something else and go down a different rabbit hole, but wow, mental health, whoa, these numbers are staggering.

You know, suicidal thoughts, like, it was over last year, and just documented was, over a half a million people in the United States and that was just documented.

And when we think about these numbers of how many people are just hurting that aren't feeling seen to your point before about Instagram and you know, Facebook and TikTok and whatever, everyone seems perfect and happy and we're just getting like these little filtered bits, and then our mind is filtering what we're even seeing on top of what's already filtered in a picture and filtered and the caption and filter in our algorithms.

What is this? And it's leading us down a path where we think everyone else is happy and we are suffering and were alone. And that loneliness is killing us.

Our loneliness, is having us not reach out. In my book, The Energy Formula, it is a biohacking book. A bestselling book that I came out with last year.

Like one of my last chapters, with energy as an acronym, and the last chapter, the Y, is your tribe. And the most powerful factor in longevity and anti-aging, you can go back to this data on the biggest study of all time, The Harvard Study.

It's 80 years running. Many generations started in Boston, obviously Harvard. It started with men, then they eventually went to women and children and generations, and looking at socioeconomic status, at gender, cholesterol levels, whether they played sports, all these kinds of things.

Every marker you could think of. The number one predictor of longevity was quality of relationships. And we feel isolated. We feel more alone than ever despite all of our connection electronically because it's all filtered and.

algorithmic and I just want to bring light to so many of us are suffering, are hurting and lonely. And what really makes me sad is there's people that if they had access to some of these plant medicines that have been used for thousands of years, that I can go over the data with you and talk about how impressive the date is.

But people might have religious or political or whatever differences, whatever stigmas or triggers that you have associated with these.

Why plant medicine matters for depression and trauma

There's people dying every day, soldiers that are dying that served us, that gave their lives or nearly gave Their families are suffering because they're hurting.

There's people like that that should have access to these things, no matter what your beliefs. If it's the difference between them living and dying, they should access.

And anyone who denies that, that's something I'd like to have a stern discussion about. is that's just not fair. And when we look at the data on SSRIs, I go through several meta-analyses that were just finished this past year, and meta analysis means where you look all the studies and review all of the date collectively.

Sean, can you just define SSri for our audience? Yeah, yeah. selective serotonin reuptake inhibitor. So it helps increase the levels of circulating seratonin, which by the way, you know, the prevailing theory of depression is that you just don't have enough serotonin.

And this, this theory itself has been found to be flawed. In depression, all the neurotransmitters are depressed, are low. All of them, meaning dopamine, serotonin, GABA, norepinephrine, endorphins, you know, on down the line.

all of these things, histamine, they're all down or depressed. And so it's not just seratonin. and what we find with SSRIs is one, it can take months to maybe work at all.

And two, in the long run, the results are looking fairly equivocal. And in their meta-analyses, they're saying there's no compelling reason we should be putting these people on this medication when right now.

they may be doing more harm than good. That is two different meta-analyses looking at the last 20 years of SSRI data from the best journals in the world.

And so, you know, what is it we are doing? What is our approach to depression clinically? Because this approach isn't working. Equivocal means like The results are mixed.

There may be some people that get some benefit of certain SSRIs at certain periods, but they also come with a host of side effects and those results may not be lasting.

On a different side of the spectrum, and I talk about that in my research and in book and the talks I've done on stage is that When you look at the data from Johns Hopkins, Northwestern, Stanford, the best universities and academic institutions that are looking at Ketamine, psilocybin, MDMA, you know, some of these substances, these psychedelic substances we're seeing, and I'll add something to this that's important, but we are seeing 50 to 70% cure rates in four weeks, in three months and some period like this with anywhere from three to six sessions.

Now these are. Psychotherapy assisted psychedelic sessions, meaning there is a facilitator there. There is an expert there, these are being guided. This isn't just doing drugs and recreational crap.

And there's a lot of that stigma that comes with these things. On one hand, yes, there are people that use them recreationally. Again, like you said, maybe people used them in the seventies like that somewhat.

They are, they are mind altering, but they're mind opening, mind resetting. It puts you in what's called a neuroplastic state where your mind is open and malleable.

And if you are in a safe environment and you can explore yourself internally and your ego is turned off and what's called like a, the default mode network is, turned-off to where you're not like protective and preventing and, you know, reframing.

So your egos turned, off your mind is in, a plastic state. You can rewrite that operating system and rewrite these codes that are no longer serving you.

These thought processes, these neurons that get wired together, your brain cells that fire together wire together. When we're in this state, everything kind of opens and then you can find your truth.

You can, find what serves you best and rewire. But this has to happen in a safe environment, in the safe situation with the right kind, of compounds with people that help set intentions with you, that work on facilitating you and keeping you safe and guiding you.

And then lastly, and most importantly is integrating this work that you've done. And that's where most of the work is done, not in the psychedelic experience itself, but in integration work in weeks and months to come after.

And there's a lot of work there. So you need to be with someone who's skilled and keeps you accountable and those kinds of things. That's happened, which is great in these studies and that is a big part of this.

Some people say, well, why not just do the psychotherapy because Psychotherapy alone, you are not in a neuro-clastic state, and it's very difficult to change your brain patterns, these thought processes, because the neurons stay wired together.

And then secondarily, your default mode network is all the way up and your ego is protecting and preventing and reframing. And so it's saying, no, nope, Nope, No, you know, and it making it very difficult to initiate change.

So those would be some of the things that I would say are kind of most important in this discussion right now. Okay. So two things that I want to just kind of loop back to.

Where does someone, I mean, you made it super clear that, finding a safe environment being led through this by someone who was like a trained facilitator.

If someone is watching us in New York City or North Dakota or Norway, where does somebody start, do you think, to find that person slash that place? It's complicated.

Like that is complicated because there are clinicians, like ketamine is legal, for example, when done clinically, through a medical doctor, usually an anesthesiologist, and you go through their clinic.

And while they're a doctor they may not be trained. On that psychological perspective, on that psychedelic

perspective. They may not be working much on the integration perspective they just may be doing these experiences and hoping that you figure it out over these six to 10 sessions.

And so, you know, that's problematic. So you have to do your research there. What I would say is that, you know, I've worked with my facilitators and they now train people all over the world.

It's called the Condor Approach, and it's Ta and Col Whitty, T-A-H, And they have something called the Condor approach and it's a really great program to learn how to facilitate.

You know, they're no longer directly associated with the psychedelics themselves. They want to train people that are working around these compounds. Because that's where they saw the greater need and a way to make greater impact.

Because there are a lot of people that are calling themselves shaman or calling themself psychotherapists or. Calling themselves facilitators or whatever, coaches or that, are not skilled, that aren't trained.

that could cause more harm than good. So, you know, to the point that I'm talking about, while you can rewrite and, and fix the operating system, so to speak, You know you, can also like create more, harm.

so, that's where you don't want to be in an unsafe situation. You don' want be with someone who might take advantage of you or, all of these things and these, things do potentially happen.

You know, this is where, you know if you were to reach out to Tom Cole or the Condor approach, they could help probably find you someone who's a good facilitator or someone can work on the integration work in the weeks to come after.

Like sometimes that's different people than your facilitators. So it's really important to do your research. It's also important, someone may be great for one person and not for another.

And that's just a fact, like energetically, let's say I'm a woman and I've been through a sexual assault and this guy may be a great facilitator and great coach and worked with a thousand people and maybe the sweetest, most amazing, insightful person.

But if my body does not feel safe with this person, then I can't lean in and then can do the things that I need to do. So it's really important that you do your research, one, find out that you know, across the board, people are having great experiences with this person.

But two, you do a call with them and you get aligned and feel them out energetically and make sure that it feels good. You think plant medicine is becoming trendy?

And what I mean by it's been around forever. People have used it forever, but do you think it getting kind of Hollywoodized in a way that is going to undermine what the true potential of it could be or no?

Absolutely. But here's why. that's happening is because they're so damn powerful and they are so effective. And you can, again, take them and have recreational experiences or you could take and them have profound spiritual experiences.

Finding safe facilitators and avoiding misuse

Michael Pollan's book, How to Change Your Mind, which is amazing and he has a documentary series on Netflix called How To Change your Mind as well. definitely encourage watching that, definitely encouraged reading that book.

He is a really great bridge like I'm trying to be at kind of the research world to the to laypeople world. And I think he does an amazing job. I am a huge fan of him.

he has some research that he did with with the people that had gone through these experiences and one third of the. People that have gone to these experience has said it was the single most profound experience of their lives.

Ahead of getting married, their parent dying or having a child. Think about that, think about what I'm saying. Like there's, there is nothing else more profound.

It was a single most profound experience of their lives. And for like two thirds of the people, it was, in the top two or three of like the things that I just mentioned, like, so.

Those are staggering numbers. This is real. Like these experiences are profound, are transformational, can really reset the brain. And so, yeah, the hype is there, but it's because the effects are real and this scares a lot of people because, you know, one, it scares people to have potential change.

People are scared about that. But two, It scares power structures. It scares big pharma. You know, the whole reason these things potentially got, you know banned and put in such a negative light originally was, I mean, let you watch that documentary, uh, how to change your mind.

And some of these other ones that I've watched, but there was definitely like power structures that were in place that we're worried about people having an open mind about, people not being as easily controlled.

about people being explorative and connecting on different levels about creative minds. Creative minds are dangerous minds, you know, that there's a lot there.

There's lot to unpack there, but, all of that aside, when we're seeing, like I said, the best approach for depression be equivocal or potentially harmful, When we are seeing the theory be deeply flawed of serotonin when we see 50 to 70% cure rates and no longer need to be on any medication of any sort with people that have PTSD, anxiety, clinical depression, et cetera.

Those numbers are, are staggering and really should have us, you know, sitting up and asking. And then again, like all of the data that I'm talking about, is from the most elite institutions, the more elite journals in the world that are really beyond reproach at this point.

So whether I'm talking about the SSRI data or the psychedelic data, you know, so it's a discussion we should definitely be having. Yeah, and so you've mentioned a few times, you talked about the efficacy, talked 6, 8, 10 sessions, but help me understand, does this truly become a lifestyle?

Does your brain start to crave, let's say I'm going to use these terms but it's not what I mean, like you're in, healing mode and then if you're in maintenance mode, do you still find that there are moments where you are like, oh I need to top up, I have to go and have another experience or how would you answer that?

Not really, actually. Like I would say, I think when you're using them recreationally and you just chasing these kind of like flashes and these big experiences, yes.

But when your actually doing the work around them and using in the right way, there's a lot of people I know that, you know, done an ayahuasca experience and they got everything they needed and.

They'll never do anything again. You know, ketamine similarly, like, you know it may be six to 10 sessions, but that's, that' all they need and they're done.

You ketamine is like more like a lunch break kind of thing where you can do like it's a one hour kind o experience. Ayahuasca is li ke a 12 hour experience and you might even do li e four days in a row.

And it can be very depleting. You know, but, I think another important part of this is that you leave the time and space, not only do you work with someone on integration, you, leave time in space to integrate, to process.

I know that a few times I've done these experiences and you know tried to go like right back into my normal life and it's abrupt and I can be quite difficult energetically.

Like because you're so raw, like you are, You're peeled back, like the, the ego is gone and, and you're like sitting in your truth. And that can be intense and to just go right back into the quote unquote real world can difficult.

If you do not do anything about the stuff that you've seen and learned to me, it can actually turn you into what feels like. a liar, you know, like you can actually like put yourself in kind of a bad situation where, at one point you didn't know your truth or it was like kind just beyond your reach and you had suppressed it or whatever you want to say.

But now that it's made clear in these experiences and know what it is you need to do, know you're truth, what feels right energetically, the decisions you make.

that you've been holding back on. Well, now, if you know those things, and then you just go back to the real world and don't do anything about it, you feel like a fraud.

You feel a liar. So like, it's really important that again, work with the right people, that leave yourself the time and space. And you treat this like it is having a child.

That you'd treat it like getting married, like your parent just passed away and you need to take care of their estate. Because it's a life-changing experience.

And if you treat it like that, and you're treated with that level of reverence, And you take the time and space that you need to deal with, that and, you find the right facilitator accordingly, You can have something very profound.

But if he just treated it, like it is fireworks and recreation, then that's what you are going to get. such a beautiful yet strong statement.

Integration, spiritual insights, and mindset tools

And I thank you for framing it this way because I did ask you to bring bite-sized digestible pieces to the audience and I feel like that's exactly what you're giving us, Sean.

I want to know and maybe you feel you've already answered this, but let's loop back to it and just in case there's something that has gone unsaid. Based on your experience in the multitude of businesses that you have founded, been a part of, you've lots of experience and lots expertise to lean into on this one.

What do you think is not being talked about enough these days? I think, you know, I talk about psychedelics from the standpoint of the science, and there's very compelling science because I'm a scientist, a biochemist, dietitian, formulator, someone who educates and helps try and make these things simpler.

You know, Neil deGrasse Tyson, if you will, or, you know someone along these lines, but there's some heavy spiritual aspects to some of these compounds that plays into what I was talking about with Michael Pollan and how to change your mind that I'm not, I am not alluding to quite.

you know, quite enough. And it's a world that I don't understand that well, but I can tell you that these are profound on that level because it is spiritual.

Like, having a child is a spiritual thing. Having a, you now, significant other, a spouse or whatever is the spiritual things. Losing a parent is this spiritual being.

I believe there is like supernatural things and you know, God universe, like the inner workings of, you, know the holographic universe. I've read a lot about a, lot of things, quantum mechanics, you know, maybe there'll be the science to explain all these things someday and what we're calling supernatural, but it's just, we don't understand it all.

And there's definitely like layers upon layers to stuff we do not understand and you get insight and vision into, or you feel like, for example, with DMT, which is an active in Ayahuasca or when you do Bufo, The toad or five MEO DMT, which is a synthetic version of that.

It's the compound that gets released. Like when you're dying, it's, the spirit molecule. And I can tell you from having done it that I saw the white light and the prismatic rainbow stuff.

I'm like, okay, this is like what people are seeing, like the heaven thing, when they die. And then I fell into like this inky black and I knew I was a part of everything.

I felt held by the universe that like, I am that tree, that trees me, you are me. Why would I hurt one thing when it's just hurting me? Like I just felt so connected to everything in the university.

And in this way, like I, knew like. And there was an ease that came to me through that. That's hard to describe. And so, you know, I normally don't talk about this stuff a lot because it is so spiritual in nature and some people, that can shake them a little bit.

But I think it's good to have your beliefs shaken and explore your belief because I believe your believes should change and that's part of growth. They should be challenged.

They shouldn't be questioned. And there's a lot of beliefs that we as a society had a hundred years ago that. hold true anymore. You know, we're meant to evolve.

We're mean to grow. Were meant question these things. So that would be my answer. I need to tell you something. There aren't, there haven't been many times in this girl's life where she's left speechless.

But this, I'm like, oh shit, how do I follow this up? How do we kind of continue progressing this? I think that how you let us see you over these past 120 seconds was really important for me and for, I've said this in a few interviews, that those of you that are here watching this today, it's not by accident.

You're here on purpose. with a purpose. And maybe for you today, this message from Sean or the layered messages you're getting is exactly what you needed to hear to do just that.

To shake it a little bit, to stir those beliefs a bit. That's exactly this whole week is meant to. It is not meant polarize anybody. There's enough of that on this planet right now.

it really is mean to magnetize all of us to not necessarily the faces or the brains on this summit, but the hearts and the souls of who is showing up to share pieces of them that they don't normally share.

So for that, I say a huge thank you. And I just want to wrap with one more question. I've been asking each of our speakers, each our experts to leave our audience with one or two super pragmatic mindset hacks, tips, tools that you use, non-negotiable.

And again, maybe they're evolving and they are changing a bit, but right now in these moments here in 2023, what are some of the tools and tips that your using for your mindset?

So by the way, with this DMT thing that I was just talking about, you can get into it in breath work and it's called holotropic breath. It's supraventilating.

Some people think hyperventiliating, hyper ventilating is when you're doing it unconsciously or subconsciously, but like this is doing with intention and you can release this molecule and can have very psychedelic experiences just through breath.

Very powerful. And I've had an experience like doing a Joe Dispenza meditation with DMT release. So. Tell me though with this, does this if someone's never done holotropic breathing, should they do it with somebody first

versus Googling or YouTube?

Yeah, 100%. You definitely want to feel safe, you definitely need to be laying down because it is hyperventilating, super ventilating. You want do do with someone who's trained for sure.

And that can be done by Zoom. I've done it by zoom with some one who is trained, who there with you. You know, you just need that person guiding you and a reassuring voice and checking in with you.

There's nothing bad that's going to happen. It's just, You just to be guided and feel safe. So if someone reaches out to me, I can put them in contact with the great breathwork person, or maybe I could leave that for you as a contact, with your show notes or whatever.

But going back to how powerful the breath is. I want to do this with you quickly. It's called box breathing. So if you and everyone listening, watching can close their eyes and put themselves in a place that feels comfortable, that feel relaxing, it can be in the mountains, on a beach, you know, use your visualization skills.

And now the box is going to be a breath in through the nose, a hold, breath out, could be through nose or the mouth and the hold. And that creates the Box.

So we're going do a four second box, which is pretty easy. You can do four to eight second Box, so we are going breathe in, hold Breathe out. Hold. Breathe in.

And those are in two boxes. I do this before I get on a group meeting with my teams. Like we all get in coherence. We all gets synced up. It takes less than a minute.

People are more relaxed, more in what's called parasympathetic nervous system state, or an alpha brainwave state. Vegas nervous stimulated, meaning you're relaxed.

So that's something that I'm a huge fan of, and I feel like that is a very transformative and powerful tool that you can regulate your state. You can choose your State.

Also using meditative tools can be a powerful too as well. Breath and meditation, you know, when you kind of flex these muscles, learn how to use these, can allow you to have much more control over your state.

You can change your State readily. And therefore you can avoid being a victim.

Closing remarks and where to find Sean Wells

you Can avoid staying depressed or staying in a dark place too long. So those are powerful tools. Sean, if they want more of you, want to know more about your work, where's the best place for them to connect with you?

All the socials, like on YouTube and Instagram, I have a lot of cool content like infographics. All the cool supplements and biohacking stacks. And this really wasn't the discussion we had here today, but like a lot on nutrition and supplements, and Biohacks mindset.

So if you go to Instagram, like at Sean Wells, S-H-A-W-N view ELLS. and then I have my book, the energy formula. That's a bio hacking book. I just, Amazon, so we're in Mexico.

So I was doing my little research on you and I like, I need this book. Amazon.mx is bringing this to my house next week. Nice. Yeah, it was listed on Forbes and USA Today, Amazon bestseller.

I think you'll like it. It has a lot of my story in it, but a of the different supplement stacks, the cool biohacking devices, just cool hacks with exercise and nutrition and a a diagrams and studies referenced, easy to read.

And I'm really proud of it and I have an audible softcover, hardcover and the ebook. So those are the places you

can find me. And yeah, it's great being on today.

Yeah, you know what? I feel so grateful to have met you. I believe that, I'm a firm believer that there was no, there are no coincidences. And I just, i'm grateful that our common friend Albie brought us together and you're amazing.

and I know that you've impacted, You have been impacting for a long time. Today, you've got just an extra splash in the pool with the little permeation of the waves from what you just gifted us here today, Sean.

So thank you so much for being here. Thank you for having me on. It was a pleasure. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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