Podcast Intro and Vitamin D Rant

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You do care. About your health. Period. Basics. I have seen so many patients with cancer, with all kinds of issues, completely miss this with their vitamin d in trash at 30. Vitamin D has got to be 65 and up.

Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I am Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. with real proven strategies, protocols and tools you can use in your practice today.

Hello again, everybody, and welcome back to your number one podcast for health and wellness, the holistic truth. Can you handle the truth today? Christine Genovese, my co-host, how are you?

I am doing great, Jamie. We are in our new corporate offices, which is so exciting. And it's just a buzz here, a great energy. That could also be because I'm pretty freaking excited about our next guest.

Oh, I am so pumped up. This has been a doc that we want to have on the show for quite a while. And he really shares a similar focus as we do with the mind, body, and the soul.

That's really exciting because we have three New Yorkers on this show today. Oh yeah. Straight out of New york city, all three of us. It's cool to see him on our show, for a lot of reasons.

You know, the one is I really was, you know interesting to find out that he's a second generation chiropractor. He does applied kinesiology, chriopractic, functional medicine, allergy techniques.

And, You Know, The topic today, which was really exciting to me is he is putting the fun into functional Medicine.

Welcoming Dr. Ryan Bland

His uncle was a mentor of mine and a guy I worked for for seven years, Dr. Jeff Bland, the father of functional medicine. You know, it's really exciting to have him on here.

He owns B land family wellness on the West coast. And I'd love to know how he went from New York all the way to the other side of the country. I mean, he did incredible testimonial for us at a professional training event last year, and he's a client of Nutritional Frontiers.

Really excited to have him on. So let's give a nice warm welcome, everyone, to Dr. Ryan Bland. How are we doing, Doc? Hey, wow. Absolute honor to be here today.

The energy is absolutely amazing. Thank you, thank you. Yeah, you do an incredible work out there. And you know, we talked a little bit about your background, but being a second generation doc, so you went from New York to the West coast.

So what was really the motivation to do such a transition all the way across country? That's very interesting. You know when I was in chiropractic school, I had a mentor who I opened up his first practice and kind of like my first.

Practice and it was an Atlanta, Georgia. And I think at that moment I was like, I don't think I'm meant to go back and

stay in New York city forever, but I still wound up graduating, going back to New.

And, and I opened up my own practice there and it just was amazing. It was awesome. But I actually had a health issue with my heart. I had an atrial septal defect, which is.

Like it requires open heart surgery. When you're a young man, you have a little hole in your heart or a woman, it's supposed to close. Mine stayed open.

And what was interestingly enough to the testimony of holistic healthcare is I went through my entire life as an athlete, but an athletes with asthma.

But the supplements and the adjustments and all of the holistic modalities brought me through to my late twenties to when I started having some symptoms.

And actually my surgeon and team was Dr. Oz at Columbia Press. It was just like a plumbing thing. They just patched it up. And, you know, You make out of something like that.

You go like, all right, I'm going to live my life how I want to. And you, know I kind of knew that this place wasn't for me. So I called a couple of friends in the AK world and I found a practice and visited Washington out-of-the-blue.

At this point, I was back practicing in New York. I seeing, at a clinic, we were seeing 400 patients. And I, was intaking as a Clinic Director, 400 Patients a week.

It was insane. And I was like, this isn't for me and I visited this practice where I'm at right now.

From New York to Washington

This was a Dr. Noah Liebowitz is practice. He's just an absolute gentleman. Fantastic. Dr can't say enough good things. I've visited out here and as soon as I got off the tarmac, like into Seattle airport, I I was like, whoa, you could like breathe out here.

And as I got deeper into, away from the airport and I saw the beauty of the area and the people, and then I came in and saw all the practice that I'm at now and met all of patients there, who a lot of them are still with me.

This practice has been here for almost 10 years. I've been treating them for 7 years, so this was seven years ago this all happened. Um, so it was like a crazy, like conglomeration of life happening.

And yeah, I'm here and I've been working with the patients in this community and. I do a bunch of telehealth as well, but it's, yeah. It's a pretty wild story.

Yeah, I love the fact that you have such a passion for natural health. I share a background with the applied kinesiology, which I always loved. People always say, what's the difference in functional medicine?

I call it modern medicine. It's not conventional. Naturopathic is conventional, so the biggest difference is they've been running for the cure for years and haven't caught anything.

We're running the cause. And I love how you address in your clinic, you know, I was in college and I with sports medicine and i found out that I had psoriasis, a skin issue which you deal with quite a bit.

And i know your connection with Candida and mold and that's what I actually found was the cause of it. and That changed my whole career path. from being a sports medicine doctor to working more in nutrition and functional medicine.

And I think we've all had somewhat of a journey, right? Christine included when she came on the team. I'll share with them, of course, but she was on some medications.

What happened, Christine, when you came onto the teams? Oh my gosh. Well, I was shamed by the godfather of nutrition for taking blood pressure medicine, To be honest with you, Joe Massino was like, what are you doing?

Don't you know you don't have to be on that? I'm like well, once they put you on it, they want you to stay on. You know, there's no getting off. And so gradually I worked to use natural ways to take care of my blood pressure.

So I take our seven flowers. The ancient blue flowers, right? And I use our circuit core for circulation, which is great, and our CoQ10. And my blood pressure has never been better.

So I'm really grateful to learn that there was a natural way to do it. Now you glossed over something. You've got my curiosity. You said you were an athlete.

So tell me what you used to do. Um, and tell Me what You do now. Sure. Yeah. I'm kind of big to say I was an Athlete. Wide shoulders. so as a young man, I Was really into like extreme sports.

It was like a, like A crazy like skater guy, Like a skate punk. Okay. So I was really into like skateboarding and like flying my body down flights of steps and doing all kinds of stuff with, you know, like bikes and I retired from that, I guess.

five or six years ago after an injury. And I was like, I can't keep taking hits like this. I had a pretty hard hit off of like a big like half pipe. Oh my goodness.

You know, my son, hey, pass it down to my sun who's already better than me now, who is 11. Also being from New York, you know I played a lot of basketball.

played a ton of basketball and always was like an endurance athlete. Like I love to hike, run, swim. Those things are just so fun for me. Right now living in Washington, my family and I, we do tons of hikes.

Like active lifestyle is I think one of the biggest missing things. It's called supplements. They're supposed to supplement your lifestyle. And they're so much cooler when you are doing something with your body and you watch the performance better, even if it's a runny nose.

So other than that, I'm really into resistance training. I just built my own home gym. I think resistance training is the one thing that a lot of men and women are absolutely missing to build strong bones, have good metabolism and to make the supplements work.

It's just, you know, it's, your body's way of just dealing with balancing your hormones. And it just the best thing is physical activity. couldn't put a bigger emphasis.

and the new thing I'm doing is I've been Cycling, I bought a spin bike.

Athletics, Lifestyle, and Resistance Training

Trying to get the cardio up. Got to watch the blood pressure in the older ages. I'm about to circle 40. You got to keep that cardio going, you know? I wish that's the number we were circling.

Goodness. We are. 40, 17. That's how old I am. Yeah. And I was wondering. Oh my goodness. Well, I love that you talked about lifestyle and having an active lifestyle.

So I was curious if that was part of the reason why you decided to hit the West Coast. And it sounds like it is, it's a big factor for you. Yeah, living in New York City and also raising like a family is challenging.

It's challenging to just be a single guy or a woman in that city. Jamie's got a niece who's still single in the city, so she gets it. Yeah, it's a totally different place.

I found that coming back from college and then graduate school and everything, I just felt like it sold out slowly. There's just another Chase Bank and Dwayne Reid that took the record store and the music store.

Power Records, they used to go there all the time. It's gone, yes. Gone. Carnegie Deli, gone. Yeah, I know it. Well, it's funny because growing up in New York, you probably both experienced this, right?

When you move out of there the first time, You realize there's a whole new world, because when you live in new york you don't think there is anything west of Jersey.

And then when finally you moved out and you explore the west coast or Florida or PA, wherever it is, It's like, wow, there so much more to see and I think, There's such an intensity in there, sometimes getting out You can, like you said, breathe and really live a little bit different lifestyle.

And that's what we've been experiencing and nothing better. I've American College of Sports Medicine, personal trainer years ago, and I love being outdoors.

For most people, you promote a healthy lifestyle. So I know you deal a lot with toxicity and allergies and skin. What's one of the first things you tell people that they need to do?

Of course, the exercise, but what else do you talk people to? Do that? They can take away today, even if they're a healthcare professional, that can start right away.

That will change your life. I have one thing that's like super low hanging fruit and I'm going to do another thing because if this is like the one, thing is just too easy.

But one day that drives me absolutely insane in clinic and in the holistic health space is vitamin D. If you are not taking vitamin d three K two, you do not care about your immune system.

You do. Not care. About your health. Period. Basics I have seen so many patients with cancer with all kinds of issues Completely miss this with their vitamin D in the trash at 30 vitamin.

D's got to be 65 and up. I like it at 80 I've never I don't see anybody usually above 65 unless I'm giving them some supplements So vitamin D three K two is just like all these, all the whole internet, the holistic space.

They go so deep on food combinations and this thing and Ashwagandha and NAD and all of these things are cool and great. But if you don't have the simple, simple.

You can't build from there. So if you were taking all these supplements and you don't have a foundation, and what's interesting is so many patients, they go, Oh, I'm taking.

All the other supplements, but sometimes I forget the vitamin D. I like that. That's the, that's, the center. so I guess the main really thing is my mentor.

that I want to share with people is my mentor was this biochemist named Dr. Burt Silverman from New York, Upper East Side. He invented the bio-lipid, phospho-lippid layer on contacts.

And he told me that everybody always wants the sexy answer. The sexy is like, ooh, Chinese coptis or this new formulation. But the real thing is the work.

the work and the simple stuff, the foundations, just how Christine said, like, hey, I had high blood pressure. What did she do?

Vitamin D3 K2 as a Foundation

She did foundational treatment to address that she didn't try and find some crazy thing or crazy diet. She found the

foundation. she centered herself.

So I think like the biggest hack people can do is to come back center themselves and. Find the easiest thing that they know that. They're not doing because a lot of people really know.

what inherently they're not doing, but they are just not it. We're always in our way. And that's what my job is as a practitioner. Why do you feel that vitamin D3 K2 is so foundational and so important?

I mean, I know people go outside first thing in the morning and soak up the sun like a dog, right, to get the first morning raise as way to try and boost some vitamin B.

But why are those levels so? It's not enough. Going outside is not enough in our time, our modern world. It's just not. Vitamin D is your immune regulation.

I have seen so many people. aren't even my patients like online on Reddit who beat cancer just by doing like a couple of doses of this and that, but starting with vitamin D because their immune system isn't working.

You know, if your immune systems not working, also vitamin d three K two very important for people and taking it throughout their life for their bones.

You know, these are all necessary co-factors for healthy bones, healthy musculoskeletal system. On top of that, a very chiropractic function of potassium is every single cellular and nervous system activity takes potassium.

Yeah. So every time a muscle contracts, sodium and potassium exchange. Every time in nervous system creates a synapse, potassium is exchanged. These things are, you know, it's vitamin D and vitamin K.

You need them for the absorption. It's a synergistic thing. I've had actually patients. Who fought, you know, cause everyone online has a, oh, it's good.

Ooh. It's bad. You know? And some people hear it vitamin D is bad, and you shouldn't take it. And to me, that was the craziest thing I've ever heard in a story.

A really quick story is I had a patient, her vitamin deal was 20. She was like, I'm eating eggs. I'll going outside all the time. We live in Washington.

Were not in Costa Rica. They got to the point where I know it, we're laughing about it but it got the to point she couldn't even drive to her appointments because she started developing MS.

Because she's not having enough vitamin D for immune system and potassium to help the myelination of the neuronal activity of. So she has, she couldn't even come in anymore.

And, you know, She had to go to a neurologist and there's a lot of people. you know, going online and being like, you vitamin A competes for vitamin D, there's no way I'm gonna let that happen in here and they do some serious damage.

So I think that the internet is cool to learn, but I more people need to seek out different doctors and to just try things out and get some labs and take them seriously.

Yeah, and you look at that with the lab values, right? It's 30 to 100. And when people come in, I would say, look, your immune cells, some of the macrophages and T cells when you get to D levels like 20, like that woman, they stop working.

And that's where all your autoimmune patients live, you know, under 40. And the challenge is people say, oh, I'm 31 and my doctor said it's normal. I says, well, You got to simplify it sometimes with people like you're recommending vitamin D and or D3 K2 complete.

and also say to them, look, 30 to 100, if that was a test score in school, would be absolutely left back, right? Not even close. But, you know, what's also interesting that I left out is I have tons of patients who are extremely sick at 30, 40, 50, 60. I don't have one patient who's doing poorly at 80. Not one.

Patient. There's the fact for you. All right. You said that was your first foundational one, second. What's your second? Oh boy. That was a lot. If that's my first foundational one, I'm going to go very gray for you.

I think emotional health. Now you're talking my language. That's right. I do a lot of neuro-emotional technique. And like I said before, like we all kind of know what we're doing that we shouldn't be doing and be, doing better, but it's because you don't have an emotional, healthy relationship where you have.

Old outdated kind. That you're just playing over from maybe in the past, maybe something from like a week ago or, you know, who, Who knows, our brains create neuropeptides around experiences.

And the only way to break those down is to do something like neuroemotional technique and the brain and emotions dictate about 80% of your immune systems.

It's always important, it's a piece. I always look at three things with each patient. And I call them the three T's, thoughts, traumas, toxins. Your rate of recovery needs to be greater than the rate disrepair.

Disrepare is the stress. Who's experiencing stress? We all are. Thoughts, Traumas. Toxins. So the thoughts I think- I'm writing some notes here. This is, I love it.

Yeah. Yeah, so I have the sole intelligence method that I developed, Dr. Blandon. Cool. Yeah. It is a neuro… It's basically exactly what you're describing.

Emotional Health and the Three T's

it's a neural energetic technique that i teach people how to get to the underlying root cause of the dis-ease or the dysfunction in the body or dissonance in their frequency, right?

Because it is exactly like you said. I love it. Can I ask you a question about it? I'd love that. Oh, cool. Is, do you do it by like organ? Yep. You can do by organ, you can, by body system.

Oh yeah. It's pretty cool. I'll have to do for you sometime. We should, we should. That's what I'd love to know more. Um, yeah, I think that's, that I really cool and I don't think.

To add to, to what you think, correct me if it's different, but I not a lot of people realize that Western medicine is looking at the organ. like this kind of Eastern medicine, and we're looking at the organ function.

And I don't think people realize that different organs reflect different emotions. Lung is grief, liver, gallbladder, depression, bitterness, simmering anger.

I've felt that one before. We all have, right? You know, a lot of bladder people in Washington, you want to know why? It rains a lotta here. It's wishy washy.

You know what I mean? We don't realize the elements in which it is surrounding our environment is affecting us. And sometimes, you know, to address an element, so if somebody has too much fire, do you want to go up to the flame and say like, put the fire out?

Or do just want add more water to system? to kind of get back. So not going direct with patients and stuff and doing this healing on the easiest priority layer and working on these emotions and all these things is a, it's very interesting once people are a little bit more aware about the culture and how the energies are interacting with also showing them their labs and being like, Hey, like this is how this like ties into this.

How crazy is that? And they're like I didn't realize that. Well, that's so super cool. Well you mentioned the environment, right? And where you are in the country.

And that you treat a lot of fungus and mold and skin-related issues. Do you think a lotta that is environmental? I think it's 100% environmental. I just submitted a research paper to the International College of Applied Kinesiology, and I'll most likely be presenting it at their symposium.

About a patient that I had and it was this young woman. I've spoke about her before. She's one of my favorites. He's just like the best little girl she came at.

Her sister came in and then she, they both had like a fungal infection and the littlest one started losing all of her hair. All two year old girl, the cutest thing in the world.

And I looked at this thing. Like, I'm not, like, I'm not letting this go. You know, I want to do anything and everything I can for this little girl. Cause you know obviously labs normal and all the doctors had to.

And, you. Know, unfortunately their labs are normal. When I did other labs, like an OAT test and expanded on, what was actually going on. We got better data, but she lost all of her hair and it was from her daycare.

And we did what's called an immunolytics mold test, which are mold agar plates. And, you know, we, so we had the mom like secretly swabbed them at the daycare and they sent them in.

We sent him into the lab and it was with above normal limits. Like the Lab couldn't count the amount of mold spores that were at this poor girl's desk.

So part of the treatment is, You know. Sometimes one of the most effective things is changing the environment. Whether it's a relationship, whether it a place where you're going to work.

But I don't think people realize specifically in Washington, how much building illness and how many like, Oh my God, I have this like mysterious condition.

Like my brain is just not like working. You know, think I. Early Alzheimer's or a mental health thing. And you like no, you have the gut infection and you know on top of how moist it is out here, there's no real laws regulating it.

And I actually did one of these tests myself because I'm a little, I want to be aware. So I did want of this test of myself and I tested my office, my car, everything.

The one thing that came back that I was shocked was my. And if you're somebody who lives in a wet area, think about this, you go in and out of your car with wet shoes, almost a couple of times a week.

It's getting on the carpet. You have tons of mold in the car and until I have brand new car. You know what I mean? It's not like a 1970s show. I've spent a lot of time in Florida.

Yeah, I was going to say, look out for your car or my car. So these mold plates and doing this is like, a really cheap way for people to access You know, are they having mold?

You could even swab your mouth. I like to use Great Plains organic acid tests. It's nine panels. Really gives you neurotransmitter breakdowns, breakdown of the fungal, bacteria, viral markers.

Mold, Fungus, and Environmental Triggers

And I use that to communicate with other doctors as well, because they kind of see what's going on in terms of, you know the, the infections on a piece of paper.

They don't, they're not sending for the labs to see, what is going. I think it's another example of looking at what's

causing the issue, right? The modern medicine is so focused on, again, that organ or what's the medicine, what the ICD-9 code.

That way they can get the third party reimburseable insurance program to pay for it. However, they don't usually have a conversation and act like a detective like you guys and really just have conversations with people.

When did this start? How are you feeling? What are some of the background, with the trauma, the toxins, right? Which really going on with a person so they give a much better idea.

And I really love how you stress the importance of customizing a program for those patients. So it's not just a one size fits all. And, I think that's an example, right?

With the molds, the skin issues you deal with. You mentioned asthma earlier. I know you're a big proponent of our Air Max. What's the connection with that?

Is it more Candida mold or it could be anything for things like asthma and sinuses? In children? Usually childhood asthma and allergies stems from the lung meridian and it's grief, which is very interesting.

That's an emotional, but I think, you know, all these, I always say anything can cause anything. So if somebody comes in and they have a lot of mold in their mouth.

Dr. Juan is famous saying, anything you can… Yes, he did. I have poster with it. Anything can caused anything, if you give the body what it needs, it can heal thyself.

Yes. Perfect. And I'll add to that. If you even, if you have a great idea and you put that great ideas into play and it's not the right time, it not a good idea.

You know, there's a lot of people just trying to throw things at their symptoms and like, Oh, like I don't feel so hot. Let me take. Nutritional frontiers be complex.

And, you know, like, I don't feel any different. No, that, okay, throw in some micro-gun. Okay. You probably have a fungus, probably a mold. Probably have something going on in your gut.

So I think like there's a lot of people experimenting and that's cool, but I want people to know the value of an exam and a robust lab can change your year, can your decade.

Why don't you share how you go about your treatment programs? Oh, cool. So I have a very robust intake form that I've people fill out and I tell them to fill it out as soon as they can before their appointment.

Usually people have like a month wait time, so I study, you know, what's coming in. They send all of their labs and previous information and current protocols, if they're on anything.

And I start breaking it down. And then I bring the patient in and I get to know them. I take like an hour in my exam to just like, who are you? Like, what do you do?

What do like? I don't know you. Have a pretty large discovery phase. Cause I feel like we go into a doctor and you're just expected to be handed like yo, this is the answer.

And it's like I'm trying to tell people like look, I. Know you I want to. And we're going to enter this discovery phase. It takes about maybe one to three months for some folks to get the labs back, to take the lab, s to figure out what the right ones are.

Start exploring treatments. I want my patients in the beginning to do a hundred percent of their protocol so they start feeling good about themselves.

So they have a little dopamine kick of like, yeah, I did that. So I'll remove one, right now, my new things, I'm removing one food, one problem. What is the most problematic food that I am finding on this patient?

Whether it's muscle testing them or finding it on a lab, am I finding the problematic foods or food groups? Just removing one thing and adding in maybe some, always adding vitamin D3K2.

If the liver isn't up to speed, we start with glutathione or maybe both. But other than that, I'm finding each person what they need differently and just meeting them where they're at.

And I always say this, my little saying is I like to meet my patients where their at so we could build trust and from there build our relationship out with love.

And that's why I have so many patients who've been with me for so long is because we have these tiny wins. I just want a small, I want one degree each visit.

If I give you more than that, it's too much. It won't last. Well, I love it. That's why you're getting the results, right? Because I think sometimes people expect, you know, it's like we live in this fast food medicine, they want the result today.

Meanwhile, have been dealing with the Candida for years and didn't even realize what the cause was, that they have dairy allergies and they've been drinking milk and cheese and ice cream and creamers and yogurt.

And they never even talked to somebody. I loved the fact that you take your time on that initial visit. And I think so many people just want to be heard and they're probably shocked when they first come in because most medical approaches, it's in and out so quick, there's not even a conversation.

And God forbid that patient actually knows because that's another old school saying from naturopath is if you ask the patient enough questions, they'll tell you what the cause is, right?

And you're doing that. I love the fact that you building confidence with them, And I think that's what people really need. They need to be heard and they need have some success rather than all the success today.

Custom Treatment Plans and Dosing

And that similar what Christine does with her program. It's fantastic. I also think one thing that helps me with the labs is muscle testing the dose. Because everybody, I've seen people come in taking a perfect stack, but their doses were just.

not the right dose and you switch the dose, you give him the effective dose. I know Dr. Bob in one of his last seminars last year, he was talking about dosing one his patients, one pill 24 hours a day and he did it, and it's just a great story and such an awesome doc treating so many cases, that's a good anecdote to think of is the dosing is something that people don't realize is, you know, the dose is extremely important.

Cause if it's too little. You know you need therapeutic doses, but you never know what the person until you actually test them. I think that where the AK really comes into play is that you can actually customize the dozing for the.

So if you're using something like Air Max, which been your experience with dosage on something Hey, you know, I could go pretty hard on, uh, there's, if somebody's sick, few are feeling ill.

And it's like the beginning of the, a patient of mine calls it throat awareness where you're just like, no, something there. If you hit, If get that moment and you take one to two, depending on how big you are, almost 200 pounds.

So two for me, maybe one for a female. You know, you start doing that one to two every hour. You're not going to get sick. And I have hundreds of patients who have reported this back to me.

Like, oh my God, like, thank you so much. We took this on vacation. My kid was like almost, at the brink of like oh no, the vacation's over, ruined. Everyone's sick?

I don't think you realize how much good that's doing in the world. Air Max to the rescue. There's a, you do a lot of good stuff. You got, there's, a great skews, but that's just from my experience too.

I did tons of traveling with it. Never getting, we got to ask you to repeat it was like the, my dark side of the moon, your testimonial on the air max for your, I think from your experience of, uh, You know, be not only a lover, But also a fighter.

Do you want to share that testimonials? Yeah, well, you know, I played hard a lot as a kid and, had some hand-to-hand combat many times. And I had a little deviated septum and I've done a lots of cranial work and all kinds of things for it.

I do those nasal strips too, but one thing when I first started working with you guys, that was the first thing that were sent to me as like, hey, try this.

They don't try a lotta things. Cause I just, I'm a very private person and I was just very busy doing what I do in my office. And I also am a professional musician.

So I am just busy and like looked at it and said I'll open it up. Even though the last bottle I got from these, this I've just got this magnesium for another company that day.

It was like chalky. Like got my, ruined my pants. I said, like I will just look at this. Let's check it out. And I was like, Oh, I think I liked this.

Like I energetically, like energotically I can just sometimes know when something's like a hell yes or a Hell no for me. And then I told my office manager and wife, do they sell this in boxes?

Like how, how like what, what what's the unit of this? How many can I get like and how fast can. Because I felt it right away and I feel the ability to breathe.

I guess people out there who are listening, it's like a natural benadryl, but it is so much more than that. It is something that will boost your immune system and you won't get sick from it.

You will take it and in 15 minutes you will breathe better. That is awesome. Not alone right there, there's the real. That's it. Yeah, you said Air Max has saved a number of vacations.

I think calm day saves a lot of occasions too. So I would have both on hand. By the way, both of those are always in my briefcase because you never know what you're going to need when.

And the third thing that's always on my case is Probezyme, our probiotic enzyme, because, you know, if a patient gets your blood flowing, circuit care.

I love it. You are putting the fun back in functional medicine. I am. I used to be a teach music. I use to teach guitar and piano and I'm multi-instrumentalist.

And imagine Jamie coming into my office with a little violin bag and he comes in and i'm teaching him violin and He puts the bow to the strings and it goes like and we're Oh, you heard me play before I've heard you play.

Yeah, I also sing like that too. Perfect. So that's what it's like when a patient comes into a doctor who's not a medical doctor They're trying something totally new.

They are trying these protocols. It might have never have taken supplements twice a day. So my outlook is just like, hey, let's keep it super easy. Because if we were teaching this person a song, because I see my patients maybe

once a month, maybe every six weeks.

I don't need to see everybody so much. The stuff lasts. But if the person is sitting there and they come back after a Maybe they can learn smoke on the water, but they're not playing the crazy train solo.

You guys kind of picking up what I'm putting down here. So when a lot of these people are going to these famous doctors online, they are getting these like protocols where I've had somebody come in.

They're taking 30 to 40 different supplements. they're doing this diet that they don't even know like what they are doing. And actually on paper, their food combination diet is just destroying their metabolism.

They're just like gaining like tons of weight. So I'm looking at it as what can I teach this person?

Air Max, Collagen, and Product Favorites

And they can do a little bit on their own and come back in a month and be like, Hey, I nailed it. And then boom, next step. Well, I was just going to say, since you're touting your musical talents now, um, i think we're going have to have you perform at our next professional training event with Justin, who's a great singer.

So you can choose your instrument. We'll get you to sit in with the band. What do you think? I'll play. I have a record coming out. Maybe we could just play the record and listen to it.

Hey, now I've got a collection, so I got to add this to the collection. I'll send you a personal copy, I'm printing vinyls of it. It's like a jazz fusion album.

I have two of the best drummers in the world on it, this guy Thomas Pridgen, who's the first gentleman to graduate Berklee School of Music at age 14. So he's on about six of the songs, and I got this other guy, Mike Odabashian, who plays, he is like a backup drummer for the Iron Maiden touring band.

So I've got some really crazy guys on this record, it's been professionally mixed and mastered. It's a healing frequency album, so it is all about the healing journey and winning it.

Oh my gosh, Dr. Bland, that's amazing. One of my favorite artists is somebody called Lincoln Jesser. So if you're into high vibe music, he is a high-vibed house DJ.

Oh cool, you like house? Yes, it's so cool. You will totally dig it. I know, I'll have to send you some of this stuff. Send me music. I will do it. Well, I know you love AirMac, but you also have a favorite product of mine that you use all the time, our clean collagen protein, otherwise known as hydro beef once upon a time.

It is a lovely cacao drink. Why do you that one? Number one, it brings the fun and functional medicine. It's something fun. It something healthy. And as collagen, it has protein, It provides sports nutrition benefits directly to the athlete immediately.

I have personally enjoyed it. Actually this summer, I did the coffee, the Reishi coffee with the protein as a pre-workout. and that's like those two things.

Little bit of raw milk and I, and it's just like this nice hot kind of like hot chocolate, airy hot, chocolate go in, get a fantastic workout. So yeah, I love that.

And it also, like I said, it makes it fun. There are so many women out there who are. I guess a little protein shy, and this makes it so that they can kind of get in and enjoy this and maybe get their foot into maybe trying a more chicken, a a bit more steak.

But on top of it, I've had patients who are cancer patients in the hospital. And I can definitely tell you that this nutrition has saved their lives. They probably would have passed to the other side if they didn't have this.

These aren't my words, because I wasn't there. These are just people who are patients of mine who buy from my supplement store. All right. Well, then, Dr.

Bland, we got to let you in on a little secret. Tell me more. We have something up our sleeve that we haven't released in a hard release, but you can get it now if you want.

Okay, I want it. our new clean collagen protein in rocket pop flavor. Remember back in the city and the ice cream man used to come and it was the red, white and blue bomb pop?

That's it. We have it and we're going to release it! I got to try it, I gotta try. I think we got to send you a little care package on us. I love that.

The key with the protein, I was just talking to Dr. Bob today and we're working on a new formulation and he believes in that shake a day club and says, look, the food that people are eating, most of it is really bad.

Talk about toxins earlier. And you got to give them a clean source of food that's convenient, that has all the nutrients in it. And it tastes great. With the move of the office, I was going through some of my powders quite a bit and I ran out of peanut butter super shakes.

I had the clean college in there. It is so filling for me. There's a lot of times people will do a shake and they say I'm hungry right after. Not with the clean collagen protein.

There is no way. It is the most bioavailable, cleanest form of hydro beef. So the beef protein has the highest amino acid content and the protein efficiency ratio to PR is more bio-available than even egg protein.

So really nutrient dense, as you mentioned earlier, tastes great and super creamy too. It does put, like you said, the fun back in it. Yeah. And you know, I always say people wake up every morning.

And some people have two shots of espresso. Even some People have to shots a Jack Daniels. Who knows? Why not two scoops of protein? There you go. And I think with the shake that like, like cause I know how Dr.

Bob thinks. I don't want to put words in his mouth, but like if you're making a shake. You might, you're probably going to put something else in it. Maybe you'll put like a half a banana, maybe some blueberries, Maybe somebody will put a little bit of greens in there, but like, I think the shake and the protein powder gives people a foolproof way to get some nutrients in, even if they're completely not aware of it, because like you could give this stuff to a kid and have a bunch of like You could put beets and spinach in it, and you could give it to a kid, blend it up with some ice and two scoops of protein powder, they think they went to Dairy Queen.

You know what I mean? So I think that, that accessibility to people and the creative, being creative with it. And also like that win, people need the win.

We need to win there. So many things we feel like we're being taken from and losing and so many thing that's creating an alarm to our nervous system rather than the chill, the rest that we really desire and need.

I love it. Well, Dr. Bland, I can't believe how quickly our time is like going. This has been amazing. We did put the fun in the functional medicine today and you delivered, you promised and delivered.

I was going to ask if somebody wants to work with you, what is the best way for them to find you? How can they work? Really easy.

Closing Thoughts and How to Connect

I have a website, it is drryanbland.com. All of my blogs and scheduling, that's all on there. I Have scheduling software just at the top. It says, you know, click for an appointment.

You click there, I've all kinds of appointments. If you just want to get to know me, have free discovery call where I just like hang out with people to see if they're a good fit.

So that's a great place. I have a Instagram page, which I do put out content regularly. It's Dr. Ryan, at Dr Ryan Bland. And you could add me on there, DM me.

Uh, I put a lot of contents and, uh, let's put it to good use. Let's have fun. Definitely. Well, we'll make sure that we put all of the ways to get in touch with you in our show notes for sure.

And I'm positive that people are going to want to like, comment and share this episode. Cool. So if you found value in this, I am going encourage you to do that.

Yeah, absolutely. This has been so much fun. Yeah, absolutely. He also does telemedicine, which now he can be able to work with patients throughout the world.

And you are a blessing to the World and you share a similar mission as we do, the world healthy. I love how you focus on the thoughts, the traumas, and the toxins and really tying back into people's emotions, right?

I think that's been part of the loss of art of functional medicine that has restored back in the relationship you had mentioned a few times, in a love that you share for what you do and for the patients and I got chills.

I'm really so grateful that you joined us today. Uh, I love the fact that, uh, we reconnected again and what you're doing to help people out is fantastic.

We need more people like you doing this. And I think that. You know, you give people one big thing that they all need, which is hope. Right? The fact that you actually take your time with them and you're addressing the underlying causes.

And you give them a winner. It reminds me of an athlete, right? Where, you know, or you playing a sport as a young person and. You're not really a great athlete.

But, the coach there, rather than screaming at you, encourages you with one little thing. That's something that people can build on and I think that's what people really need.

They need the hope and the confidence that you've given them and appreciate you joining us today at Nutritional Frontiers. Thanks so much and we look forward to expanding our educational relationship with you with webinars and or maybe getting you to speak at one of our events and stuff.

And really appreciate you coming on today. So thanks so much, Dr. Bland. Thanks, Christine, of course, as always, being a gracious co-host here. get in the hold of Dr.

Bland, set up your consult with him. He does an intro consult to get to know you a little more. You can do this live, you can it by Zoom and telemedicine, or you could join him out there in a state of Washington.

So thanks so much. We appreciate you guys joining us today as we continue to make your world and the world healthy. God bless everybody. Thanks for tuning in to the Holistic Truth Podcast.

If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing. And if you can, leave us a review.

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