She Went BLIND After an Iron IV—Then Biohacked Her Life Back | Jenny Jones | Ep. 88 Transcript

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Introduction to Jenny Jones and the podcast

And I think a lot of people don't realize that one deficiency can really impact every part of the body or heart or brain. It's like people want to go to a supplement without doing the blood work and it really could just be a simple deficiency.

What are some lab tests that you'd recommend for Americans to do on a regular basis? Joining us today is Jenny Jones, also known as the Biohacker Blondie.

She's the founder of Happier Health Fitness and the author of BioHack for Life. Through advanced testing and powerful wellness protocols, she's helping people take control of their health from the inside out.

I just feel energy is happiness. And anyone who's dealing with Parkinson's, Lyme disease, the one thing they say, it takes away your energy. So I really want people to optimize their energy What are some of the best ways to actually get your metabolism for you?

Working out, sleep, take away stress, hydration. There's so many things I know also What can you say for the younger people that are listening to the podcast of what their mindset should be when it comes to health?

Always join that community where you're around positive, healthy people instead of going out and partying all night and doing drugs or something. So what are some exciting brands in the regenerative and wellness space that you are excited about?

That's a good question. Welcome to another episode of a healthy point of view podcast. I'm your host Sam Tahara. And as usual, we're bringing experts in health, wellness, beauty, and mindset today.

We have our guests. Yeah. You probably seen her all over the internet, all of her social media with her own podcast, really helping people be well. She comes all the way from California and now living here in Miami.

So today we have Jenny Jones, the biohacker blondie. Hey. Welcome.

Health struggles and the start of biohacking

What a great welcome. I need to do that for my own podcast. Well, come on a healthy point of view. It's a pleasure to have you here, Jenny. Yeah, thank you so much for having me.

This is my favorite topic, health. Absolutely, yeah. You know, I've been seeing you moving around, going to a lot of the different events, you know biohacking events and you have your own podcasts as well.

And you interview a lots of experts and your doing a a of things to help people out. Your published your book, your published author, You have you supplement.

You know, today I want to like really let people know who Jenny Jones is, the biohacker Blondie. And I wanna start off with what even got you into the Biohacking space?

Yeah. I mean, I guess I don't really talk about my past so much, but I had so many health issues, which I think most people are struggling with. And I.

Had so. Much fatigue. Hated going to the doctors. That was like I grew up going. To Kaiser. Don't know if you know

Kaiser, But that was kind of the common thing and I hated going there.

I never really wanted to go to the doctors. I think a lot of people avoid doctors for that reason. And of course the whole medical field and insurance.

So I always avoided them and even, you know, When I got older in my 20s, I still kind of avoided and never did blood work. I don't think that was a common thing is getting becoming more common now and doing more testing.

But 10 years ago, you know, most people weren't doing all the blood works that we're doing and all of the testing and the stool testing, and everything.

So I came from a lot of health issues of I also had breast implants. So that was a big part. And I think my old place, it was brand new place in San Francisco flooded and that really triggered a stress reaction.

Then that took my health. I started to have really bad breathing problems. This is where you live? In San Francisco, yeah, I grew up. Yeah, in Northern California, San Fransisco.

And so that's when it really triggered I think everything, a lot of doctors and people in the space will tell you some type of stress situation really.

That's when all these symptoms started happening. So I think that was a big point. And I had the implants. I have a lot of breathing problems. Those were so toxic because your whole body is trying to fight a foreign object.

We talk about plastics being really bad for you and these chemicals and when you constantly have those in your body. It's probably not the best. And you got him removed.

Yeah, I had them removed and that was really, really helpful to get me most of the way, because I just you have the weirdest symptoms. It' almost like mold symptoms where you're just fatigued.

You know, like I started to ge really bad rashes. I would wake up. My eyes were bloodshot red.. I love to work out my whole life. and then it got to a point where I couldn't ride my bike.

to the grocery store in San Francisco. I yeah, it got so bad and like I would go to a workout and I just couldn't breathe. They had to get an inhaler.

And so I was dealing with all these health issues and there was another point in my life where I didn't even know I Iron in my body. Another quick point, I came back from New York.

My ankles were really swollen. I didn't go to the doctors and I was like, oh, let me just see. Oh, go do it. Acupuncturist before even thinking of going to doctors for some swelling.

And then I finally went to a doctor's acupuncture like you should probably go. went to one medical which I really love I don't know if you've heard of one Medical but that was kind of common in San Francisco with Google and everything so I went there and they did blood work and then they were like your hemoglobin is 5.0 and it should be at around 14 or so and They're like, you need to go to the emergency now.

So I went to. The emergency that morning and then they thought I was bleeding internally because it was so low and they had to recheck because the hemoglobin is, everything for your red blood cells and oxygen and everything.

Right. So then they found out I have no iron in me and they had to do iron IVs. And then the overdose me. Oh, and then I was blind and couldn't walk like like you're completely blind.

You can afford for that for a few hours, I think. OK, a lot. It was really when you overdose on iron. it was like I don't know, the medical system was, like, They think two bags of iron should be good for everyone, but my weight as a woman, everything's different, right?

And I think I'm hoping more and more becomes personalized because even supplements, it's like, is that the same amount for someone as male versus a female that might be half the weight?

You know, so we have to really think about this. And so they just gave me another bag. I was in the hospital. It's a really horrible situation to kind of be stuck in that because then you're just.

Yeah. In the system. The broken system?

Personalized medicine and lab testing

Yeah, yeah. So and it's like I had, you know I couldn't see I. Was excruciating everything out of me for hours and couldn' walk. and so then they had to give me a blood transfusion.

This was in San Francisco. You would think like be a little bit better. The hospital system. And then I'm like dying and they're like, please sign this, you know, waiver or whatever, saying we didn't do anything wrong.

So that was kind of a big wake up call and I started to eat meat. I was actually doing some vegan, vegetarian, playing with diets, you know. How long ago was this?

This, I don't know, time goes by so quickly. At least over five years ago. Okay. Yeah. And so those were kind big things where I need to start I was always healthy, too.

Like, I love to work out. I did a raw vegan. A vegan vegetarian. And I. Did all kinds of different diets to, you know, but I never really looked at my blood work.

Never really thought about supplementing. You know. Especially with now we know like raw vegans or vegetarian diets, You could be deficient in a lot of things.

So, you know, those were all kind of triggers and then I started to focus more and more on my health after that and starting to really dive deep into health and biohacking.

And then, I think during COVID, that's when I even really got deep in to bio hacking and started reading every health book, David Sinclair, Dr. Amit, like all the books.

Yeah. Down the rabbit hole. Yeah. It was like every podcast you could think of was listening to writing notes and doing everything possible. And I was listing to Ben Greenfield and went to his doctor, Matt Cook.

I don't know if you've heard of bio reset medical. So I went there because I. Was like, you know what? I just, I felt like I had, somewhat was healthy, young, healthy.

But I still have gas. You know, a little bit fatigued and I wanted to see how I can like, you know work on some things. So then I went to one of the like I feel like he's the OG of biohacking.

Honestly, the doctor like Dr. Matt Cook was doing peptides. I saw Mark Hyman there and everyone and. doing he was doing like the peptide injections before and the IVs and everything for everyone, the ozone.

And so, you know, when I went to him, he did all the testing on me and was like, my mold, I had parasites. I have Candida, like E. coli. Oh, wow. You were messed up.

Yeah, I feel like I've put myself through a lot and I, feel I'm very resilient. So look, you just said you were in the hospital. You went blind for a bit.

That's a very traumatic moment that you went through. And then you're like, You know what? I really gotta take action. I gotta care of my health. Right?

And you start going down this biohacking route and you go see the doctor and then all of a sudden they're telling you all these things, which you're finally getting answers, but what was that feeling at the point of time where they told you, hey, you have Candida, parasites, all the other issues, internally, emotionally, how did you feel?

I mean, I asked Matt Cook, like, How bad is this? And I think he didn't want to tell me how bad it was. So he was like. Oh, you know, we're going to we'll take care of this.

But I think it was pretty bad now that I look at it. I've even posted like how bad my mold has been. And people are like, wow, I had half that and couldn't like function.

Wow. So I guess I always say, too, i think people get used to their symptoms. And we get used to fatigue, we got used a brain fog, We get use to like, you know, maybe depression or something.

We start normalizing these symptoms. It's part of aging. Yeah. And I'm like this is not like I feel so much better than I did 10 years ago. Wow. People just grab on to coffee and stimulants and energy drinks and sugar and all that to get that energy.

And it's really I just think internally working on those cells getting toxins out and changing your lifestyle. and a lot of people just want a pill as a quick answer.

But you're still going to have all those symptoms, right? Like you never really going feel good. And the best part out of all this, every I feel like every year, I just feel better and better, and happier and happy.

I think a lot of people struggle with that. A lot people are just fatigued and not happy internally. And it does. I think once your neurotransmitters and all these things start functioning correctly, you start just naturally becoming happier.

So that's my whole goal is to really get people to realize that eating whole foods, doing the blood work, during these, things might take some time and some effort invest.

And you can really be happy. Like, isn't that our main goal? Yeah. No, no, I agree. So with everything you're saying here, I'm going to ask you, what are some of the biggest myths that you are seeing out in the biohacking space today?

I think devices. I think a lot of people want that one thing or even a supplement, even though I have my supplements here. And I Think it's a great add on.

But the core laying the foundation of Whole Foods. A lot people will want to eat the processed food still. They're like, Oh, I'll eat these Doritos or, or Oreos or something right now.

Is it worth it? It's kind of causing inflammation like everything you're doing is either helping your health or the opposite. And so for me, like, why would I want to eat Oreos that I know is probably going to have a little bit of depression from that or inflammation or you know, so I'm just always thinking every choice I make is it either going To increase my happiness or decrease my Right, right.

So you know, one of the things that you just mentioned, you're talking about how depending on what you are eating or what your doing, it's either going to give you a positive effect to your overall health, how you feel and everything else, or it is going do the complete opposite, like eating the bags of Doritos.

When we start looking at the old school way of health versus today's modern health. How would you connect both of those and the difference between the old school way of health versus today with what you're seeing in the biohacking space?

Yeah, I think right now we're just really hoping for prevention and personalization. And we are in between that area, Western medical versus functional medicine.

There's definitely a space for it. People need surgery. They need these some things. interviewed one of the top neurologists and depression I know is very difficult and sometimes or, you know, PTSD or anxiety it's really hard to get out of that.

So I understand like sometimes medication is is needed into a point I just think most people should do these other things first before you go to maybe medication that can be very addicting and have a lot of side effects.

A lot medication has side-effects. It can do deficiencies, it can then do something else and you have to be on another one. My ex had a really bad anxiety and that was really traumatic.

He was put on medication and it really changed him. It completely went from like, fun interactive, like he had, you know, anxiety really bad, but it was then it made him really tired and sleepy and slept a lot.

And, and, so I don't think people realize, these medications all have side effects. So I, Would think I'll change my diet first. I work out. Also, try and get good sleep and do and.

Do some lab work. There's so much information in labs. And love what Mark Hyman's done with function health. It was like one of the first to do that. and I was telling everyone now it's pretty popular.

Don't know if you've done function. Health. I have looked at what they're doing very closely. I mean, we do very comprehensive stuff at Likovita as well.

But yeah, I've seen what. They have and it's pretty good. Yeah, I love it. I mean, and I just want everyone to do lab work. And, you know, we're in this space of biohacking health and wellness, but I feel like 90, 95% of the population still isn't doing this, You know?

And I talked to my mom and i talked To my dad, i'm like, Have you ever tested your liver? Have You? You Know? and they just, most people go to the doctors and just say, And they do typical blood work Yeah, they're doing two or three pages of blood work.

That's about it. And they don't even tell them the results. They're just like everything is in range. I'm like, well, if your vitamin D is here and it needs to be here, you have no idea.

that's how I look at my labs, too. You know, I if it's in a range, great. But if I on the lower side, do I need to increase it? Optimal levels, right?

Yeah, I wanna optimize. And that's the thing. The world of medicine that we live in, it's so reactive right now. Yeah. It's a sick care system. People wait until they're sick to then go to the doctor.

One of the things that I talk about all the time is I like to put it into three different pillars, three divisions, which I say prevention, early detection, and treatment intervention.

Metabolism, deficiencies, and energy optimization

Right. So, obviously you want to try to stay on the prevention side because early detection is not prevention, but it is important how you said doing all of these diagnostics as part of the Prevention to make sure you're within optimal ranges.

So in those reference ranges that we typically see, those references ranges are coming from a million people that are, a lot of them are living a very unhealthy life.

So for me, these reference range are not necessarily optimal, right? So I'm happy you brought that up. they lowered testosterone range for men to make them feel better.

The low side of the testosterone is like 200. This is crazy. If you're a man and your testosterone levels are like, 200,

I mean, this is why people are confused about their sexuality, to be honest with you, walking around with a 200 I know, like I'm trying to help the situation here.

I ask every guy who's testosterone, And when I see a guy's like, oh, it's 150, I know women with higher testosterone than me. 150? I've seen guys lower than 150. Wow.

And then when you get them into doing hormone optimization and get him back, completely different person. It's they got their mojo back. Yeah. So Jenny, top three daily wellness things that you have to do that are non-negotiable.

Top three wellness non negotiable for you. I definitely have say working out. It's a game changer for me. What kind of workouts you do? I do everything, and I think whatever makes you happy, do it, because then you'll stay consistent.

I, I deal a lot of squats, a little bit of boxing, get my energy up, more hit, then I like do more Pilates and sit-ups and strength training and stuff.

So I really… I'm scared to try Pilate. Oh my gosh, it's the best. I hear it like a very like crazy core exercise. Yeah, is great. And I do a lot of planks and a little weights and everything.

So it is the thing ever. Everyone who does this is like, wow, I feel so great after. If you just get into that routine, get in to the habit. Sometimes I don't always feel like working out, but then when I go, You know, I'm always so happy I did it.

Maybe a few times where I like I've not feeling it, but 98 percent of the time, i'm glad I went there and it you know music is so great for the body, the energy.

So I just listen, and I get into that like my mode and just work out. Give yourself that. Like a lot of us put this off and then you get older and that, you I saw like Mark Cuban's now really trying to work and and get in there and I'm like, yeah, this is how you should have been doing, you know, your whole life because it feels so good, so don't wait.

And a lot of entrepreneurs want to, just work and not work out. It's like one of the foundations of health. Everyone I interview, everyone in that longevity health space is like.

movement, muscle, workout is like the key for longevity. So I'm like. And those entrepreneurs, I'll tell you, like if you are moving your body and working out and eating right, your level of performance as an entrepreneur, it's just at a whole different, It's completely different.

You'll be able to perform your mental clarity, mental focus, all of that stuff is just much greater. Yeah. And that's what I always say, too. It's like the healthier I become, the more I can do as well.

Like the better I am at working and relationships. I feel like, you know, now everyone comes once loves your energy when you become healthier. So then people are like oh, I want to be a part of your.

You know you bring a lot of beauty outside to the world. so it's not just selfish when. Thinking about your health because you. Become a better person to everyone you're surrounding yourself with.

and now I can do more, I have more energy. I'm not thinking I need coffee at 1 p.m., I could go, go all to like eight, nine o'clock trying until my bedtime.

And I try to get my sleep. How important is sleep for you? It's so important. And the times I've been like I just moved from L. A. to Miami. I was not sleeping well and your whole your your body gets impacted, your hormones, everything.

You have an aura ring, right? Yeah. Yeah, so you manage your sleep data. Oh, yeah. So I do, you know, I actually

get really good REM and deep sleep. But, you know so many nights especially with moving, it was like five hours, six hours of sleep, really, you know, traveling does that to you as well.

It really shows on you. And we're thinking about beauty and your hair and all that stuff gets really I know testosterone is huge for sleep. Like your whole body is affected by sleep and a lot of people do not think about Rem and deep.

A lot people have no idea. People are sleeping for nine hours and still exhausted. I'm like, you know, check your sleep. What's your typical readiness score?

Um, it was about nine, like we'll say 87, 89. Yeah. Typical, I guess. Have you been able to hit the nineties? Oh, yeah. I haven't. On the aura? I've tried.

And I actually prepare myself to go to sleep Oh really? Do you get what is your remedy? Off the top of my head, I'm not too sure exactly lately what it's been.

I've actually haven't been looking at it as frequent. OK. And I feel that if I think about it too much, now I am creating a whole other level of stress.

You know how people do like a digital detox? I have been doing a little bit of a biohacking detox. You know, I'm really big into wellness data and I am actually writing a book right now called Your Wellness Data.

So, i'm trying to do a little detox of looking at all my data too much because it almost I feel like it kind of creates a level of stress and i am going to talk about that in the book where you have to have a certain balance.

You can't be checking it like every five minutes. I do think there is some aspect where People look pretty good that are just kind of partying and grease or like, you know, doing their thing and just moving and dancing or something.

And I'm like this biohacking space and stem cells and gene therapy and doing all this. It's like. You know, I don't know. We'll see what's going to happen in 20, 30 years of how we all look and if we can actually live to 200. I'm hoping.

Oh, boy. Well, you have a lot to do. Is that the age you want to live? Yeah. Yeah, yeah. All right. And I think I know I listen to Peter Diamandis and people.

Brian Johnson. Hmm. Yep. But I like his doctor better as well. Dr. Better Oliver. The don't die guy. Yeah, I was actually in the Netflix documentary. Oh, you were?

Yeah. And I, was the first one to start or to be in The Don't Die, like, hike. I asked him to bring the Don' Die shirts to our first hike Nice, that's awesome.

But I need one of those. So, what's meaning and value of metabolic flexibility? Yeah, I'm working on that because I just did my lab work and you know I was deficient in iodine and I actually just the Pinoy VO2 max testing as well and there's a lot that goes in that with the metabolic flexibility and i don't think people realize too with deficiencies the importance that has on your metabolic flexibility.

Right. And I was really deficient in iodine, and that affects your thyroid and affects you metabolism. and some people can really I think a lot of people maybe it's parasites, maybe its mold or something, but it also could be, you know, a selenium or an iodide deficiency.

affecting your thyroid or fluoride in the water or other things that can affect it. And then you can constantly be working out and you're not losing weight.

Your metabolism is not so great, you know. Yeah, I'd actually just I finally did the Pinoy founders here in Miami. Yeah, yeah, he's here. Well, one of the founders, a co-founder.

Yeah. And then Apostolos, I think. Where is Apostolis? He goes from Greece to somewhere here? Yeah I'm actually going to go to Greece next week and then I'll see their headquarters.

Nice. Um, and so yeah that was kind of an eye-opener too. You don't think with breath analysis how important that is. Do you know what panois means in Greek?

I, he told me this. I just did a podcast with breath. Oh yeah. And then when I looked at Pinoy and, and you know, on Google maps, there's a lot of knowing things in Greece.

Yeah. Wow. That's pretty cool. But yeah, I learned, you. A lot with breathing and your, how that affects your metabolism. Um, And, um, it was really just important.

Like, especially for women to iron deficiency is really, uh, something to help with your metabolism as well. If you're deficient, you know, that affects so much.

And I think a lot of people don't realize that one deficiency can really impact every part of the body. Your heart, your brain, or your hormones. It's like people want to go to a supplement or go a peptide right now without doing the blood work.

And it really could just be a simple deficiency.

Sexual health, hormones, and mental wellness

You have to look under the hood. Right. To understand. And that's the thing is like you don't want to supplement just a supplement. Yeah. That's one of the reasons why I'm writing that book.

Your wellness data is make sure you have a good bird's eye view of what's happening with your health so you could actually do the right things to be able to correct it or perform just better.

Maybe you're not sick or anything. I live a healthier, better life. So we're talking about metabolism. What are some of the best ways to actually get your metabolism going?

Working out, sleep, take away stress. Oh, yeah. Hydration, I think minerals are also really important. There's so many things I know also red light can be beneficial.

I, you know, I think part of supplementing, really optimize yourselves and your ATP, getting that energy going. And I thing a lot of people's NAD levels have declined, toxins, and then also with age.

So, a think a of lot people need to increase their NED. I that's the overall core to longevity and getting your energy up. That's why so many people were loving any divs and they feel that boost in energy.

So really optimizing yourselves, making sure you can produce, you know, and get that ATP going within yourselves instead of, just wanting that caffeine up and down cycle.

Right. Um, so I think really getting yourselves into good health is also important. And you know, something to about the brain, you also working with another doctor, Dr.

Braille, it's like, what if your brain isn't functioning correctly? And your, your leptin and all these other hormones are affecting yourself. So your brand kind of controls your metabolism as well.

Yeah. Now you were talking about lab testing and how important that is. You know, you're a health coach and you work with a lot of individuals that are trying to take control of their health.

What are some lab tests that you recommend for Americans to do on a regular basis? I mean, I'm all about function, how doing the full lab panel. I know APOV is a big one for heart health.

It's, you know, a lot of people are thinking about cardiovascular health, but that's extremely important. And it's a number one and most people don't think about it.

You get into your forties and can have a heart attack and you have that plaque in your arteries. extremely important to make sure you're testing your, you know, all those.

And then I think to a lot of people, besides just typical blood testing, I. Think a. Lot of. People. Are. Dealing. Either. With. Mold. Heavy. Metals. Parasites.

If you don't get those toxins out, You. Will. Constantly. Be. Fighting. You know. Your. Health. I Think. Detoxing. Is. So. Important. Everyone who's testing for mold has mold toxicity.

It's so common now, and it's really harmful on the body. it can definitely, you know, do a lot of damage to the brain. A lot people are struggling with fatigue.

Weird, weird symptoms. And if you don't ever test those things, they are a little bit more expensive. But I think most people should be testing for those that can, you know, a lot of people with heavy metals might have some type of pain in their back or pain.

In certain areas, and it could just be heavy metal. You know testosterone as well. I know a doctor who every time he had low testosterone, it was always the heavy medals and he has to do a heavy medal detox.

And so these things, I think you should be doing your typical blood work and checking your thyroid and your heart and kidneys and liver and all those things.

And then also I would do the add-ons. I'd do mycotoxins, the heavy metals, maybe some parasites and do a stool test, normalized stool testing. It's a little intimidating, but you get a lot of good information.

You get lot a great data out of it. And you were talking about when you did your initial test, there was parasites. Yeah. Did you actually get to see the parasites that were in you?

Yeah, I mean, Matt had me actually take a medication because I think it was so bad. And then I bought an ozone machine. I was listening to Dave Asprey and read his books, and he had mold as well.

So I brought the same ozone machines and started doing rectal ozone every day like him and doing water ozone. Then I would see them come out every every.

Wow. That was my initial detox. Yeah. I didn't know, I was like, are these parasites? I guess so, but yeah, now everyone's posting. Yeah, everyone is posting…

Oh, people post them like that, and some of them, they look crazy. I know. Sometimes I'm just like… They're like looking at you throwing little gang signs up and everything, you know?

It's so scary. I know like R. F. K. too, like he had one in his in this brain. Right. And I'm like, these things are so. Scary. It is. That I. Am actually planning on interviewing someone who gets rid of a lot of parasites and worms out of people.

Need to listen to that. Yeah. So. Wow. Well, yeah, I mean, that's a lie. You're doing ozone and it was. The rectal ozone I've actually have never even like looked into that Oh, yeah, even, you know, Ben Greenfield was doing it, too.

I asked him as well, like I had dinner with him last year and he was like, do you still do ozone? He's like he does it once a week, the rectal ozone, especially when he travels, because he's.

Like he has like a little kid he. Travels with. Yeah. The simply oh three. And then oh, I know those guys. So yeah.

Well, he'll just do it before he leaves somewhere.

OK, so he still is doing and they'll. Just do. How is that? Because we have the simply three machine to do Ozone intravenously. Okay. Yeah, so and what we do is we basically charge a syringe with ozone and then infuse it into the bag Yeah So when you do the rectal one, is it similar to that as well?

It's like a pouch and Then you fill it up and yeah, you start squeezing it through and it's just air that goes inside or liquid like an enema No, just a air.

Okay, but it was really yeah. It was very helpful. Especially does it make you gassy? I No, and just I think kind of does its thing and helps just get things out.

Right. I just was kind. Of I went full on board like I was inject. That was my first peptides to with my cookie. Add me on thymus and alpha one injecting.

He had me do nebulizing because I don't think people with mold are thinking about, you know, the nasal passageway, but there's mold in there as well. So I.

Was doing glutathione. Thion, the herbs, I was doing all the supplements, and then I would go to his office. We did the ozone passing, like 10 passings.

I did that a few times. NAD, he did like a peptide with IVs as well. Some like olive leaf IV, as I don't know if you guys have that, but. Olive leaf? Yeah, it starts with an M, you know, a little antiviral.

Well, which one that is? I know. I'm the IV guy. So I. Know I have to. He had me do a few peptides and I woke up that next day feeling like I had the best sleep of my life.

And that's when I was like, wow, this is how I am supposed to feel. Wow. Yeah. That's one. Yes. Just loving all that. So one part of health, Lickwavita, we have five different divisions.

We call it the Vita Journey, where we had the wellness side, weight loss, medical aesthetics, regenerative medicine, and then we also have sexual health.

Which is very important, especially for people that are aging when it comes to sexual help. When you're working with a lot of your clients as a health coach, how many of the clients you see have issues with sexual heath?

I feel like I'm dealing more with women who like pre-menopause, menopausal. A lot of women, this space is not talked about a lot. And I think women dealing with those hormones are really trying to find answers.

The sexual health space very interesting. I don't know if you know Susan, Susan Bratton. Not personally. OK. She's been at a few conferences I spoke with on a panel with hers, but she's all about sexual health and all the things you can do to really benefit your sexual hell.

So if anyone wants to know, go follow her because she is doing amazing things. He's like in her 60s. And she is just thriving her and her husband. And there's a lot of like, she has like some red light devices you can put up there and all this stuff.

I think another thing people are not thinking about for sexual health is nitric oxide. And yeah, yeah men and women and so that could be really beneficial is just taking it either a nitric oxide supplement I know your oral health is very important for nitrate oxide.

So I always say just stay away from you know mouthwash I've Definitely have spoken with men who said they got rid of that. They started eating spinach and beets and then they're like, wow, I That really changed things.

For a lot of men, having ED, erectile dysfunction, is a blood flow issue. Nitric oxide has a direct effect in that. I want

to be clear because when we talk about sexual health, this is for the listeners and the viewers of the podcast.

Um, especially with women, it's not necessarily just the intimacy part of sexual health of, you know, penetration or foreplay or, or the libido, the thought of sex, but also, like women that are postpartum.

you know, that have a prolapsed uterus, a weak pelvic floor. These are issues that it's part of their sexual organs. So sexual health, there's a lot to it, you even exercising and getting that surgery.

Yeah, I've heard I listen to other podcasts of how that was really beneficial for a of people that a surgeon does this for the women. It can be life changing for them.

So it is, it's very important. And I think that just also goes with blood work or hormones, all those things. You know, I, think now with all the toxins, people are just not as sexual or something and the testosterone and women's hormones and estrogen.

It's just like, we got to do something, right? Like I feel Elon Musk is a little worried that we're not going to, you know. Yeah. You know, one of the things that Dr.

Kendrick Haywood, who's one my business partners and one the medical directors within Liquivita, he's a sexual health guru. He sat on the board with Gainswave, doing a lot of different treatments.

And our chief medical officer, Dr. Christopher Davis, is an interventional cardiologist. The interesting part of both of them strategically working together is, and they both say this all the time, Doctor Heywood says when he gets patients, men, that have erectile dysfunction, they most likely have a cardiovascular issue.

And Dr. Davis is an interventional cardiologist. He confirms that. And that's one of the things that I think it's important as people listen to us on the podcast is for them to understand that if you are having a sexual health issue, you might have bigger issues than just, not being able to get it up.

Exactly, and your brain health. I'm like, you need that oxygen going to your brains and if it's not going down there you can't. You're having issues everywhere.

So it is a big sign and hopefully people take action on it. Jenny, You have a fantastic personality. Every time I talk to you you have smile on your face, your laughing, And I think that's important to be able to have that type of personality.

When it comes to mental health and emotional wellness, what role does that play with your overall health? Oh my gosh, I love this topic because I feel like, you know, 10 years ago I was an emotional roller coaster and I would also react and, You know be down and just my emotions were everywhere.

And I think this is very common. And that's not how it should be. And I've also done a lot of, you know, mindsets and I listened to a lots of podcasts of gratitude and working on the mindset.

So I have done that part too. I think it goes hand in hand doing some things to train your brain to have that positive mindset as well. Then I also think working the physical and the cellular health and brain health making sure you're no transmitters and taking plasmalogens and your omegas and doing all those things to make sure your brain is functioning correctly.

You know, L-tyrosine, a lot of people don't think how important that is for your dopamine. And that's a lot of people might be deficient and then that also can lead to Parkinson's.

So these deficiencies are always like, can leave to disease, but also your happiness.

Youth mindset, alcohol, and the MAHA movement

And so the mental aspect is just the best because, and anyone who knows me will say, I'm pretty happy most of the time, you know, i'm stable and it's great.

I think a lotta people are struggling with that, All on social. People are all crazy. Yeah, very much so. So we have to help a lot of people. And I think that always starts with house.

Yep. Yep, I agree with you 100 percent on that. So we have a whole new generation of a lot of young, inspiring youth. Right. And you're starting to see the health trends grow more and more.

More. What can you say for the younger people that are listening to the podcast of what they really should kind of their mindset, what should be when it comes to health?

I think always join that community where you're around positive, healthy people. And I thinks events are starting to pop up more and more for younger.

There's Coffee and Chill, there's Biohack Miami, they're doing all these events and I would say let's really start implementing those instead of going out and partying all night and doing drugs or something and because I think people are really realizing how good they feel going to these types of events and they're doing like DJs at the coffee shops and everything.

So I think putting yourself around that type of community is one of the best things you can do. And those people that are going to these events are also have a better mindset to succeed in all different levels as well.

I that's the great part about the health community, is we're all having this positive mindset. We're on this healthy vibe, and it really helps your career.

because then you all are wanting to succeed. You know, it's like so I think that's a big part. And I would I will do blood. If I. When I was 20 and there was function health, I wish I did my blood work back then.

That would have been so beneficial. and I Think, you know. Healthy diet and moving those will probably be my my top four. I love it. You mentioned about going to some of these events like the coffee and chill where people are not like drinking and, you know, doing drugs and whatnot, which, in a place like Miami, there's a lot of this vices that people will go the wrong route and go into these addiction habits and everything else.

When it comes to drinking alcohol, what's your input on that? I know it's so hard, but I don't really drink at all anymore. And I really love it. I did have a drink probably earlier this year, and I felt I feel like I am pretty happy, very, Most people and I really am in tune into my how I feel.

So I had a drink and i felt down for like two days and it just didn't feel, you know. so that was kind of another poem. I'm like, I don't know if I will never drink again.

Oh, oh, never say never. But I. Feel so good not drinking. Yeah. that I don't think I ever want to drink again. Yeah. Like why? You know, there's this toxin that you're putting in your body.

It's so toxic. Once you get out of it and then you see people drinking. I went out one night here in Miami and I was just like, you know drinking my sparkling water.

People get pretty offensive when you are like oh just take a sparkling with lime. You're like wow. But You know, I woke up and I felt great the next day and got my workout and could do all the things I do.

And how many days did I go out drinking so much and wasted so many and didn't get ahead in life and also, you know. Toxifying my body and my health. But it's also really that mental part where that's why I don't want to do it as well, because I just feel so.

Much happier without alcohol. I agree. So, you know, right now there's a big movement that's happening. It's called

the Maha Movement. You're familiar with it.

Make America healthy again. What do you think about it? And what do think R. F. K. Jr.? Oh my gosh, I love him. I loved this whole movement. And I, love Cali Means.

He has the best heart. They, and it's big fight. it is a fight and even with pesticides I just saw something on social, They're trying to get away with whatever they can and not let anyone stop them.

And I think the pesticides is the biggest issue putting this all these chemicals on our food and our into our soil and into water and we can't avoid it.

But little by little getting rid of these chemicals that we only allow here in the US compared to other countries in our food system is just it's mind blowing.

It is right? It's crazy how we allow this stuff in. Our cereal and our candies and. They don't they haven't allowed those ingredients for 20 years in most countries.

And why is like Coca-Cola putting the corn syrup in ours and giving, you know, regular cane sugar in glass bottles in Mexico or something? It's insanity to me.

And it's such a big fight. And I appreciate everything they're doing because it is not easy. People are listening. The big food companies, they are starting to change some things and people are buying healthier options.

I'm so happy about it. It's time for that change. It really is. It's heartbreaking to see people just eating these foods without thinking, you know, it's really hurting themselves.

So what are some exciting brands in the regenerative and wellness space that you're excited about? Oh, that's a good question. Some brands and the wellness base, I think.

What would I say? I know our rings coming out with a lot of more data. I just hope with personalization. And I'm excited for gene therapy. Gene therapy, I think that's going to be a big change for us.

that will, I don't know if you wanna call that wellness. It falls under that category I would say. I think that's gonna be a big change for people and I'm really excited for that and think it's going to be very accessible for a people.

You know, it is very expensive now but I just think soon we're just going be delivering it to households and it a little injection. Right. Um, you said devices or?

Brands. Brands. Any exciting brands? Great time to give whoever you got a shout out. I'm really excited, I'll just say True Niagen. And I love what they're doing.

The NR product. With the NR, NAD and the Niagin IVs and I've also had a Niage injection. Yeah. I love their product. I Love nicotinamide riboside. So shout out to true nitrogen because and they're doing most they are doing, I think the most testing for an AD.

It's a very, very gray space right now. They have a lot of clinical research that they're doing on it. They'll actually be speaking at our conference, the VIBE conference in September.

Supplements, book, and closing advice

Oh, amazing. I want to go to that. And I know there's the ultimate wellness, but I'll try. A lot people are actually going to both, you know, one day here and then they go Orlando for the other one.

OK, that's a good idea. Ours is the Vitamin Infusion Business Expo. That's what VIBES stands for. Yeah. So we covered that. So as we start wrapping up here, you got your book.

You got yourself a man. Let's talk about that Oh, my gosh. This is your guide to functional health. I wrote this book because so many people don't want to go see a functional medical doctor.

Six hundred, a thousand dollars to do a consultation. It's not cheap. Yeah, it's not cheap. And so I just doing all the testing, working with people, I Just really wanted to kind of lay it out step by step, almost like a little table chart of start here, do this testing and just make it simple for people because I think this space is so confusing if you're not Going down the rabbit hole like us and studying all this A lot of people even you know, maybe you work at works at Google.

They're just coding and doing their thing They don't they're not wanting to you. No, how do I a lot people are clueless about this and it's a very time-consuming You know to learn all that stuff.

So I tried to make it very simple. This isn't some big, you Know biohacking book. Here's your guide do these things and do the basics, then you can do some biohacks.

Here are some products or things that you could add in. And then I kind of got into the extreme bio-hacking, like gene therapy, ozone, and all those things and peptides in the back of the book, if you really make it to that phase in your health.

Amazing, yeah. Then I just came out with my happier health supplements, which this was long time overdue because I've been I've tried probably every supplement out there.

And everyone knows like I'm tested and tried and done my whole types of supplements, but I really am big on cellular health and mitochondria. So that's why I developed this stack was because I think a lot of people are not thinking of these certain ingredients for your health, and your mitochondrial and getting that ATP pee up because everything I just feel energy is happiness.

And when you the few days I have low energy, it's like, I don't want to do things. I'm not excited to Do things, i'm Not excited, to smile. iIm not Excited to maybe, you know, try something new or go out like you're tired.

But and anyone who's dealing with Parkinson's Lyme disease, any of these diseases, The one thing they say, it takes away your energy. And that is just depleting to people.

So I really want people to optimize their energy and I think that all starts at yourselves and your cellular health. That's the truth. I agree. I developed this, so I'm so excited.

Yeah. So Jenny, as the biohacker blondie, if there's one person listening or viewing this podcast that really resonates with today's message, what is one thing you can leave them off with?

Take, invest in your health. It's the best thing. You can do. I know it sounds intimidating. it Sounds maybe expensive. It sounds time consuming instead of taking that medication.

But you have so many beautiful years to live. And if you can invest that little bit of money and time now, you. Can feel good the rest of your life. and I know it's very intimidating for people and people want to are intimidated by lab works and testing and all that.

It's the best thing you can do, because if you want happiness, you have to have health. I agree. Agree. And Jenny, where can people find you? I have my biohacker blondie dot com, bio hacker blondi, Instagram, everything.

Um, also have. My own podcast bio Hacker Blondie on. Yeah, Spotify and Apple. And now you can find my happier health supplements at happierhealth.co Co.

Amazing, amazing. Well, Jenny, it was a pleasure having you here on the podcast. This was very informative. I think a lot of people can take this information.

Also, we'll have all the links down below that include your book as well. And that's, you know, having a workbook like that, is like the cheat code, which can help a lotta people.

So I appreciate everything you're doing. Our goal is to work together, collaborate the way we've just done on this podcast, and change as many lives as possible.

I love that. Thank you so much for having me. Absolutely. That's been a pleasure. Guys, you heard it. You have to invest in your health. or gratitude without investing in your health.

It doesn't matter how hard you work as an entrepreneur. If you don't invest in you health, if you have good health you're not gonna be able to work. So Jenny's done it.

She's put herself through almost everything. she said it, she's tried all the different products. done the lab testing, has worked with a lot of different biohackers and doctors.

Guys, make sure you follow, share this podcast with friends and family. It could be that one person that you share these podcasts with, which you can just change the trajectory of their health.

So make you do all that fun stuff and we'll see you for the next one.