How To Slow Down Aging With Science Transcript

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Intro and Guest Background

Hey. Welcome back to the Heal Your Brain Masterclass. I'm your host, doctor David Jockers. And today, I've got the honor of interviewing Doctor Robert Love.

We're talking all about how to slow down brain aging with key foods and herbs. And Doctor Robert Love is a neuroscientist, and he's one of the most watched neuroscientists on the planet, with over 5 million followers on social media and over 100 million views.

Alzheimer's disease. He's a very personal issue for Doctor Love because two of his grandparents had dementia and he's committed to helping his parents and his patients prevent Alzheimer's disease.

He recently published an article in the Journal of Alzheimer's Disease, the top journal in the field of Alzheimer's disease, and you can find his work at RoarLionsMane.com.

And again, we're talking all about how to prevent brain aging. We're going to talk about the role of toxin exposure and accelerating the aging process.

We're going to talk about the worst foods to consume for healthy aging, the best foods and herbs to use for healthy aging, and the best supplements for healthy aging and longevity.

You guys are in for a treat here. So without further ado, let's go into this interview with Doctor Robert Love. Well Doctor Robert Love. Great to connect here.

And we're talking about how to slow down aging. But you know first of course we got to ask what are the major root cause factors for aging. And really I mean all of us are aging.

But what's accelerating the aging process in the average individual? That's a great question. And first, Doctor David Jokers, it's such an honor to be here with you.

I've been a fan of your work for years. And so I've, I've watched you and then I've read your newsletter and your, your, your graphics and just I really admire you and admire your work and what your contribute to the world.

And so it's, it's an honor to be here with you and be part of your program. So aging it's it's interesting because it's different than what it used to be in the United States, in particular in the United States.

Now, as many of us know, we are a lot less healthy than we were 30 or 40 years ago. I, I've seen pictures of, you know, from the beach, from the beach, pictures of the 70s in the 80s.

Root Causes of Accelerated Aging

People are pretty fit and healthy. And now people are overweight and obese. And this is not only obesity is not just it's not just extra weight to carry.

And it's not just doesn't look good. It's not just hard on your joints, but it accelerates aging. And the things that are causing obesity are accelerating aging.

And I want to cite the work of Doctor Casey Maines, her and her brother, Callie Maines recently came up with a great book, good Energy, and they've discussed why this is happening.

And in part, it's a big part of our food and our and our mitochondria, which is something that you talk about a lot, on

your podcast and in your newsletters is our mitochondria are sick because they're not getting good energy.

And so one of the main things that's causing, aging in our, in the, in the United States, in particular, is our low quality food. And what that's doing is not only it's repairing mitochondrial health.

So two things. It's a mitochondrial number two, it's increasing inflammation. Inflammation is one of the primary risk factors of of Alzheimer's disease.

And it's a major cause of aging. So those two two mechanisms at a minimum are happening because of our tainted, food supply that's filled with chemicals from the, in our food, air and water.

And then, pesticides and then the low nutrition in the food, so much, so many issues with that. And so that is one of the major causes of aging. That's, that's new.

Aside from just what ordinary aging would be, 100, 100 years ago. It's these manmade toxins that in our food, air and water, in particular our food that are increasing inflammation and impairing our mitochondrial health.

Yeah for sure. So we're all aging, but we're being exposed to so many more oxidative elements, right? So many more of these toxic chemicals. And so all of us, you know, we have a certain toxic threshold, and, and for many people were exceeding that.

And so what do we do? How do we reduce our exposure to these toxic chemicals? That is the great question. And so let's start with food. Here are the foods that most people can eat.

And they'll be healthy organic fruits, organic vegetables some sort of healthy protein. Ideally grass fed beef, grass fed lamb wild caught salmon, sardines, herring.

Doctor, your president talks about the smashed fish. He's, Doctor Preston, I think we'll go down in history as the person who figured out Alzheimer's disease refers to Alzheimer's started back in 2017.

Smashed with salmon, mackerel, anchovies, sardines and herring. These are fatty fish that are low in mercury. So the smashed fish, or pastured eggs. So eating organic fruits, organic vegetables, those healthy forms of protein and kind of that's it.

If you eat those things and you can kind of eat as much as you like, you will likely be very healthy. And so the key thing is getting rid of the ultra processed food.

Avoid the ultra processed food. You know, a lot of people don't know this. I learned this from casein. Kelly Means from the Joe Rogan podcast. Big Tobacco bought major food companies in the 1980s in particular 1986.

So Philip Morris and R. J. Reynolds. So that's Marlboro, that's that's camel. Those cigaret companies, they bought big food companies and they took their tobacco scientists who said who thought, okay, how can we make tobacco more addictive?

Interesting side note to cigarets have been designed to be addictive, not just to taste good and feel good, but they've added sugar to them. They've added chemicals to them, whether it's the wrapper, in the tobacco itself, that makes it more addictive compared to just, you know, tobacco that, you know, the Native Americans were smoking.

Reducing Toxins Through Food and Water

So it's been engineered to be actually not necessarily more harmful, but it is more harmful with all the chemicals. So he took those same people. They said, okay, take an Oreo, make the Oreo more addictive, make the Oreo more tasty, make it more palatable, have it release more, neurotransmitters in our brain when they eat it.

Have it really set off these these these bells in our brain and say, oh yeah, eat that. And so they removed a little bit.

Remember we used to have sugar in food.

Now it's high fructose corn sirup. High fructose corn sirup makes us more hungry, which is fascinating. Whether you eat something that's really fattening, that's rich in calories, and you feel more hungry with the high fructose corn sirup.

So the added so it's got high fructose corn sirup in them. It's got these chemicals that make it more addictive. So that's that's a major source. So one, you got to avoid the ultra processed food.

Anything by the biscuits. And Kraft has likely been touched by big tobacco scientists to make it more addictive, not necessarily more dangerous, but by by impact, it is more dangerous.

And they've reduced the nutrition in it, you know, pesticides gone way up since the 1980s. Why? Well, big tobacco was really, really smart. And they said, well, how can we make food cheaper?

I know we'll make it. We'll grow food cheaper. How do we do that? Well, we use more pesticides. How do we get that legal? Well, we know how to make stuff legal.

We're big tobacco. We got you know, half of Congress is in our pocket. We know what to do. And so really, really smart people have engineered our food system for maximum profit, minimum, minimum health to the great detriment of, of of the, of the American people.

And, and hopefully we're rectifying that. You know, there's I'm not a fan of Trump politically, but I'm really big fan of RFK and what he wants to do with our food system.

And so God bless RFK for trying to get the pesticides out of our out of our food, air and water. Getting rid of food dyes like yellow number five, red number 40, legalizing peptides and stem cells.

And so our government for some reason has criminalized healthy things like peptides and stem cells. And then they've made legal, pesticides in our, in our, in our food and additives in our additives, our food that are illegal in Europe, because of political, because of business interests.

They're not in our best interest. And so that's the best way to limit our exposure is avoid the ultra. Ultra processed foods, eat lots of organic fruits and vegetables and healthy form of protein and and try to just eat those foods and avoid avoid packaged foods.

And then with your water, distilled water, reverse osmosis water, you know, fluoride in the water. That's what I've been talking about fluoride for it since I was in grad school.

This was 20, 20 years ago. 18 years ago. The science has been clear for so long that fluoride is detrimental to our brain. It's detrimental to children's IQ and large studies in China.

It's bad for our bones. It's bad for our teeth. So you want to drink reverse osmosis or distilled water? Well, water it likely has glyphosate. And I don't know if you know this. Doctor Joker's in 2000.

The 2011, the 2011, 2016, the EPA knew that glyphosate was in our rainwater. That's amazing. I just heard about this year. And you want to think about it?

That's such a big deal. If it's our rainwater and means it's everywhere. Yeah, and if it's everywhere, that means we all water could potentially be contaminated.

Which means pretty much every human living in the United States needs to be drinking reverse osmosis or distilled water, because it could have glyphosate in it.

That's a neurotoxin. And most people don't know this. And so unfortunately, our our groundwater, our well water

has been contaminated as well. So you got to be drinking reverse osmosis or distilled water to not be exposed to the glyphosate.

Yeah. So glyphosate is a subsequent toxin. It's a herbicide right. That's sprayed. So you're conventional farming. They're using life is set in fact you know a lot of people use it on their lawns as well.

And there's been class action lawsuits for people. You know, basically, landscapers and people that were using glyphosate or roundup. Right. Which is Glidewell, glyphosate basically on their lawns and it causing different types of cancers.

And so people are using that. But then, you know, you can even be actively trying to avoid it but still have some level of exposure to it. So it's an issue.

And so with our with our food, what you're saying is we want food that has maximal nutrients, minimal toxins. So going as organic as possible and going with real foods, you know, real foods as organic as possible, like you were talking about, and then doing everything we can to try to avoid toxins.

So that means the air that we breathe, the water that we drink, the food that we eat. So if we go organic is as organic as possible, we're minimizing toxins in our food.

We filter our water, we're minimizing our toxins in our water. Really good filtration like you talked about reverse osmosis or distilled. And then, you know, trying to do the best we can with the air that we breathe, getting an air purifier or something along those lines, is a really good idea as well. In our home.

Getting getting outside. Right? Spending time outdoors, I'm sure. Goodness, you're a big advocate of that as well, right? I love outside, I'm human. Right?

To any human. If you don't screw them up, it's going to like to be outside because that's what our ancestors did. That's who survive, right? The our ancestors who stayed inside.

I don't know what the equivalent of playing video games would be. I guess staying inside just, playing whatever games children played, then inside they die, right?

We need to be outside. We need to be physical. We need to expose the sun. The vitamin D levels are really terrifying. About 50%, 30 to 40% of white Americans and 70% of black Americans are low in vitamin D, which means they're not sufficient sunshine.

And so the darker your skin, generally speaking, the more sunshine you need to make enough vitamin D, and people are spending so much time inside it. The fact children spend so much time inside that they are developing bad eyesight because they're just looking at screen like you and I are doing right now, well, that's a couple feet away.

But outside you got things that are three feet, ten feet, 50ft, you're 100ft 1000ft away. And our eyes are constantly adjusting. We're moving. And so children are now have impaired eyesight from spending too much time inside.

It's really terrible. One thing I want to mention, about aging, you know, is insulin is blood sugar is insulin spikes.

Blood Sugar, Soda, and Healthy Sweeteners

And then, you live very near the great city of Atlanta. I'm a big fan of the city. I think your city actually holds the key to, to potentially ending type two diabetes.

And then one person in particular by the name of Warren Buffett. I'll explain that in just a moment. So the insulin spikes associated with drinking a sugary beverage like Coca Cola, these can create inflammation, right?

Coca-Cola is high in, used to be high in sugar. Now it's high in high fructose corn, corn sirup, which very quickly becomes stored as fat. But so when we drink a Coca Cola, it has lots of sugar but no fiber.

So it spikes our insulin spikes our blood glucose that can create inflammation, that creates aging as well as, increased risk of type two diabetes. Also increased risk of Alzheimer's disease.

So, Warren Buffett and his company, Berkshire Hathaway own more Coca Cola than anybody else. They don't all of it, but they are the biggest shareholder of Coca-Cola.

I think Warren's got enough money. And frankly, Berkshire Hathaway is doing really, really well. There are plenty of they I think they could switch the sweeteners in Coca Cola, certainly from high fructose corn sirup to back to sugar.

If you go to Mexico, the Coca Cola Mexico is actually made with sugar. It's actually healthier in other countries than is the United States, which I think is ridiculous.

Coca Cola is an American company. We should have the best Coke in the world. The worst. So that would be one. But number two would be what if they put something like allulose in it?

You know, a healthy sweetener that is 90% fewer calories than regular sugar? Almost as sweet. But one spike, your instant, one spike your blood glucose.

Diabetics actually drink it then. Or they could use and monk fruit sugar they use those both would taste almost identical to Coca Cola. Almost no one would notice the difference.

It would be more expensive. Maybe a penny a can, maybe two pennies. Again, some small amount. And that could greatly reduce, people's, sugar load and help reduce the risk of type two diabetes.

And if Coca Cola does it, all the other companies could follow too. So literally, I think this could come down to one person and one company to really help end the diabetes epidemic in the United States is getting Coca Cola to change to Ali Lowes and Munford Sugar alias monk, smuggler, sugar, stevia, some combination of that.

Yeah, Warren Buffett could be the one to instigate this. And then if Coke does that, then Pepsi is going to do it. And then all the other soda comes are going to do it.

This could be huge because there's so many young children drinking soda. It's just ruining their insulin sensitivity. Yeah, 100%. I mean, there is a brand, Ziva.

Right? That's, that's that's been growing. I mean, they're they're really. That company is really growing, and they're they're stevia flavored, you know, soft drinks basically. Right.

And so you're going to have less blood sugar, insulin spike. You know, I mean, I'm still an advocate of taking time away from that, at least throughout the day, you know, so, you know, you're not constantly depending on the dopamine hits, but certainly a lot better.

And then consuming, you know, having enjoying something with that sweetened with a meal. Right. I think that's great. Right. Stevia sweetened during kind of your eating window or with a meal I think is is fantastic.

I know my kids really enjoy those those. Zevs. Right. And so, that's that's they they've never drank an actual soft drink, like, I really. That's so smart.

Yeah, I, I would never give my kids an actual soft drink. I'm sure at some point they'll get their hands on something, but, you know, right now, while they're young, they they've never touched anything like that.

You know, a mentor of mine, Evan Pagan, who's, who's who's been in the education space, internet space for a long time. He's down on stage on a seminar.

This would have been 15 years ago and said, my young daughter, he said I would just as soon put cocaine in front of her as I would refined sugar. And I thought he was crazy for saying it then and right now.

At this point, I agree, because cocaine is a lot harder to get. Yeah, so. But sugar is everywhere and so your kid being addicted to sugar I think is a lot more dangerous than being addicted to cocaine.

Now I'm not advocating anyone do cocaine. I think that's very dangerous. Really bad idea. Yeah, I think sugar for children is a really dangerous bad idea where there's no age restriction. Thank you.

Go anywhere, get as much sugar as they want. And we know it's dangerous. We know it's addictive. We know it increases the risk of almost every chronic disease and no one limits.

There's no limit on how much a child can buy and eat. And it's I think that's really dangerous and scary and really bad policy, 100% really big factor.

So let's go back to food. What are the best foods that you recommend? I you listed a bunch earlier, but what are your top foods for healthy aging healthy brain function.

So so I'm a scientist. I'm a neuroscientist. So my perspective on this has really changed. A couple of years ago, I was not a big fan of the carnivore diet.

And the more I've learned about it, I think the carnivore diet intermittently can be really helpful. Number one, it's a it's a detox. So if you're just eating grass fed beef and grass fed lamb and wild salmon, you're not eating food with glyphosate in it.

You're not eating, and any, any you're greatly reducing your pesticide load. You're not eating a bunch of gluten. You're avoiding a lot of the environmental toxins by eating really high quality meat.

And we can live off meat, which is fat. Fat. It's really interesting. You can't live off broccoli. You can't live off of, just cauliflower or walnuts, but you can't live on just beef.

It has all the nutrients you need to actually be healthy for months or years. I don't recommend staying on carnivore forever, but that, I think, is an interesting diet to experiment on.

I've had, especially if you're overweight or obese. I've had friends just drop 20 pounds on a carnivore over the course of a couple of months, which is really interesting.

And they're they're not hungry. So I think that's something to experiment with. And our mutual friend, Doctor Isaac Jones, who's, who's a fantastic doctor, he's mentioned that he's done, carnivore intermittently.

And that's been part of his, longevity practice. Excuse me. So that's something interesting to try that I'm now more open to than I was before. I thought it was really a silly idea, but we're now learning.

Well, it's not clear now. Besides eating lots of fat, lots of protein is actually not harmful to you. What actually increases fat storage in your body and blood triglycerides, which is fat in the blood, is actually carbs.

Best Foods, Spices, and Omega-3s

You know, doctors then tell you this, oh, you have high triglycerides in your blood. What does that mean, eat less fat? Well, that's kind of what doctor said, but actually, it's carbs that increase blood fats.

It's the carbs. So if you have high triglycerides, you want to lower your carbs, which is really interesting. And so a diet low in carbs, aren't the agricultural revolution in for humans happened about 10,000 years ago.

Prior to that, we're mostly eating, wild plants and meat when we could catch it. And I think getting back to that kind

of diet, our genes understand what to do with that.

Our genes know what to do with with plants grown from Mother Nature that are not wheat. Right. We cultivated wheat, but that's kind of a semi unnatural food for us to eat.

So organic fruits and vegetables and, and, and healthy animals, healthy animal protein. If you want to be vegan, you're probably going to need to supplement with iron and vitamin B and as well as, probably some protein in there as well.

It's hard to be vegan healthy if you don't know what you're doing, but you certainly can do it. There's good reasons to be vegan. So that's the kind of that's the kind of diet as natural as possible, just like our ancestors say, organic fruits and vegetables primarily.

And then, healthy protein, whatever that is for you. So my favorite foods in particular are the are the, anti-inflammatory foods. So you can have and so for example, some spices we got curcumin if you're, if you, if you're, if you can afford it and you're not a human settlement, I think you're really missing the boat.

There's so much data on curcumin lowering inflammation, reducing the risk of Alzheimer's disease, improving memory. It's so good that even, it helps protect against the dangers of obesity.

So they gave, the two groups of mice, and they fed them the standard American diet high fat, high sugar diet, which promotes weight gain. Half the mice got procurement. Half the mice did not.

At the end of study, they dissected them. The mice given curcumin had healthier organs, the curcumin actually protected their organs from the damage of the obesity, from the dangers of that, from the inflammation, all the bad things that happen when you're obese.

That's amazing. So anyone who's overweight or obese, a curcumin, someone with very likely, based upon the research, be protective of your tissues and organs as you begin to lose weight.

That's a really, really good idea. Very inexpensive. My favorite brand is Fusion dairy formulas. I do have a financial relationship with them. I know the owner, doctor Shivani Gupta. She's great.

And so I have a financial relationship with that company, but I. That's the one that I take. But any curcumin supplement you want about 1000mg a day. You want it with black pepper. You want it curcumin, not just turmeric.

And then ideally take it with fat that'll increase absorption. You know, other anti-inflammatory, spices, cinnamon, Ceylon cinnamon, Ceylon cinnamon, 1000mg of that a day.

That's great. Also is good for memory. Also good for antibacterial, antifungal. Tons of benefits on that. So there's a lot of anti-inflammatory spices and then anti-inflammatory foods.

The fish oil is really great, right? Fish oil is tremendous for the brain, but also can lower blood triglycerides. So that's really great. If you've had a head injury 1000mg a day.

Yeah. Of course. By the way, I'm not a medical doctor, not give you medical advice, deputy medical doctor, for doing anything that affects your health.

This is based upon the science. And this is what I do. I take a 3000mg a day of DHEA, which is a specific type of fatty acid found in, found in fish oil.

Most of them have about 500 to 1000. So I take A3X dose. Especially I've had a brain injury or travel with the brain. That's a really good idea to take high levels of that.

Doctor Andrew Huberman, a neuroscientist from Stanford, talked about the 3000mg per day of DHEA speed.

Really good. And so there's, and then other anti-inflammatory foods, which are, generally speaking, mostly organic fruits and vegetables, and then, and then foods that are really good and omega three fatty acids like wild cat, salmon, sardines, herring, and so forth.

Yeah. It's great. You might throw a lot of stuff right there. And and, you know, I'm with you on getting a blood sugar stabilizing diet. Prioritizing protein I think is so, so key.

Healthy fats like you were discussing there, getting those antioxidants and lots of colorful fruits and vegetables and herbs and spices like you were talking about.

You mentioned several different supplements. How about mushrooms? I know there's been a lot of research. I love my recently with mushrooms and how they impact brain health as well.

Yes, full disclosure, I have a company that sells a mushroom supplement, so, just want you to know that. But the data on mushrooms is great. Research by Lee Fang and colleagues out of Singapore, published in the Journal of Alzheimer's Disease, found that those who eat mushrooms three times a week or more have approximately 40% reduction in their risk of Alzheimer's disease.

So any mushrooms for dinner three nights a week reduces the risk of Alzheimer's disease by 40%. Well, that's gosh darn great. So many benefits of mushrooms.

My favorite mushroom is lion's mane mushrooms. The data on lion's mane mushrooms are really impressive. Lion's mane improves memory in both human and animal studies.

Lion's mane reduces stress, anxiety, lion's mane and double blind, placebo controlled studies in humans. Reduces, depression and anxiety. There's a really cool study on cookies.

They gave people a lion's mane cookie or a placebo cookie for 30 days. The group that took the lion's mane cookie had less depression anxiety over the 30 days.

That's really neat. Imagine taking them eating mushrooms or taking a mushroom supplement instead of an antidepressant and having that be just as beneficial.

That's amazing. And I'm not saying discontinue any medications. I'm just trying to provide the science to make it more informed. Decision. And my favorite benefit of Lion's mane improves sleep.

Mushrooms for Brain Health

It helps you fall sick faster, stay longer, and fall back to sleep. So many Americans struggle with sleep. Sleep is essential for healthy brain, and sleep is the ultimate anti-aging tool.

Ryan Johnson, the billionaire or you're not quite billionaire 700 millionaire, founder of Venmo. He's now an anti-aging expert. And he mentioned that sleep is number one anti-aging drug.

It's like it's like. So it. Lion's mane can help with sleep. That's a really, darn big deal. I recently spoke with Doctor Michael Bruce, the sleep doctor who's a world renowned expert.

He has a new book, coming out. He's fantastic. I asked him about lies, man. He loves it. I asked doctor David Perlmutter, brain expert about lion's mane.

So much data on lion's mane, on mushrooms and the benefits for the brain. And then my my, like, my stuff on it is a lion's mane. Supplements, lion's mane, reishi should talking me talking turkey tail chocolate.

Just a blend of medicinal mushrooms that people are getting great result with. So I'm a huge fan of eating mushrooms. I love like I love mushroom supplements.

Those are really, safe and effective and doing a really good job. And then what? We're we're unlocking David. And you've seen that just in your time in the in the health care world is the natural solutions are so much safer, often and often more effective than the artificial chemical solutions.

Right. So people are saying, oh, I need to lose weight. Oh, take those epic. Well, how about you eat healthy food? And how about that? Healthy food is from Mother Nature.

You know, if you believe in God, what God put on this earth, right? Organic fruits and vegetables and the. And the animals that we can eat. Why don't you just eat those rather than the human engineered foods?

And things like mushrooms are so wonderful. We're just we're just learning about I mean, mushroom research has gone through the roof because there's so many great benefits to them.

So very safe, so many different varieties to the tire kingdom of, of living organisms. Right? Right. We got plants, we got animals, we got fungi. And then whatever they would, sponges and mollusks.

And then there's there's something else, but it's entire kingdom of of, of organism that we're just learning about. It's some of, it's amazing benefits for both the brain body and then a lot of mushrooms have, anti-inflammatory benefits.

Lion's mane, for example, improves mitochondria health and reduces inflammation. Inflammation is one of the primary causes of aging. So lion's mane can even have an anti-aging benefit as well.

Yeah. So good. And anything that helps promote good sleep. Our society is not sleeping well, and when we sleep, if we have good circadian rhythm where, you know, we're we're getting to bed earlier, where we're turning off blue lights at night, you know, blue lights are considered now, blue light exposure at at night or in a sense, bright light, the kind of bright light exposure that most people are, are being exposed to from devices or, you know, if they're inside, you know, different office buildings and things like that.

That blue light exposure is considered a carcinogen. Right. And so, increase your risk of cancer, but also Alzheimer's, neuro neurodegenerative conditions.

And so getting out of blue light after dark, like right now, you know, we're we're in the middle of the day here. We're talking no, no no problem with blue light exposure.

It's kind of like it's telling us it's daytime. It's it's sunlight. But when the sunlight goes down, getting out of that bright light, dimming all the lights in your house.

So critical setting up circadian rhythm function is so good, so important because you need really good melatonin release. When we talk about anti-aging, I think about melatonin and human growth hormone.

If we can optimize melatonin and human growth hormone, melatonin has the mitochondrial protective component. It's one of the it's it's an we produce it ourselves and it slips into the double membrane of the mitochondria where it is incredibly protective as an antioxidant, protecting the mitochondria so they can function well.

It also, triggers my autophagy where the mitochondria repair themselves and mitochondrial biogenesis. And then growth hormone is more tissue based, right organ tissue based.

And it's telling the body preserve lean body tissue, preserve muscle tissue, burn fat, preserve bone tissue, preserve collagen tissue in our skin or joints.

Right? Preserve that and then let's burn fat. Let's promote healthy immune response. Right. And we get that. We get a nice boost of all of that. If we're sleeping really well and doing all the other things.

You talked about keeping toxins under control, blood sugar stabilizing diet. And if we're doing that, you know, every

single night, that's going to really give us a great anti-aging boost.

So powerful stuff. What are your thoughts? I know we're running out of time. What are your thoughts on melatonin supplements? I'm a big fan. I like taking I take a dose for the anti-cancer benefits and then for the for the protective benefits, not just for sleep, but for all of these things.

I take I'm taking 20mg, which I know you need for sleep, but, yeah, I think I think it's fine. Like, I think some people, I actually do really well with melatonin.

Sleep, Melatonin, and Infrared

My wife doesn't, so I think there are some people, you know, just like anything else, right? It can be personalized, right? We might see research that says, you know, such and such melatonin is great, lion's mane is great.

And it may work great for you, but then it may not work as good for your spouse. Right? And so you kind of have to personalize it. You try it for yourself and see how you feel.

And then also, you know, in a sense with some of these things, you can, you know, you can alternate going on and off, right, or dosing it. And so I do really great with, with supplemental melatonin, I feel like I sleep deeper and better. Right.

My wife does really well with Gaba. Right. Taking a Gaba supplement, which is an inhibitory neurotransmitter, kind of the brakes on the brain helps her fall asleep faster, more effectively.

She takes that right before bed. So you personalize it. There's a lot of tools out there, and it's just a matter of getting the right tools for you. Fantastic.

Yeah, absolutely. Well great stuff. Thank you. I've had a lot of debates about melatonin. I said, look, I does real well for me. The data shows it's really safe.

I get it. Does it work for you? Do what works for you I totally agree. Yeah. Absolutely, absolutely. And then of course, with a lot of these things, you can get a lot of them from nature.

So you can optimize your melatonin release by getting infrared exposure. Infrared actually helps boost melatonin, mitochondrial melatonin throughout the day.

So like when you're in sun, you're getting infrared exposure when you're out in the sun. And then also if you're using an infrared sauna or let's say a CMF infrared mat, or I have an office chair here when I sit on my chair and it actually has infrared heat like it heats up with infrared.

So it's is that particular type of chair. Is that a mat you have on your chair. Yeah, it's a mat. It it has PMF right. So pulsed electromagnetic frequency and infrared.

So I'm getting that infrared technology. Can you share the name or is that not something you can do. And there's several companies that do this. But this one is a higher dose this company's higher dose.

And it has that. And it's great. And so getting infrared exposure again the best way, you know, the way our ancestors did, which is being out in the sun, getting out in nature, getting out in the sun.

That's also a way to get healthy pulsed electromagnetic frequencies as well, coming from nature. But, you know, if you're not able to do that, if you're working in office all day, right, there's there's tools. Right.

And so we've got, you know, PMF mats, office chairs. Right. It's not an actual office share. It's a mat you put on your chair. But, you know, we've got different tools, infrared saunas, phenomenal technology that you can utilize to get the benefits of that and secrete, you know, your own mitochondria, melatonin, and of course, getting out of the

blue light so you can optimize your growth hormone release as well at night.

So critical. But, Robert, this has been great. Any any last words of inspiration? Where can people find you? Oh. Thank you. So, you're talking about office tools, the walk, the standing desk and the walk.

The the treadmill below the desk. Such great tools. People. You know, I have a team member who is is overweight, borderline obese. She said you're getting just walking on her treadmill is getting her 10,000 steps.

And what good is that doing it for her? Massive good. Getting 10,000 steps. Especially if you're low activity. Especially if you're overweight or obese. Amazing. Good.

Get the treadmill for 150 bucks, put it on your desk and just get your steps in, please. It's so not not only good for your health, but great anti-aging.

Where to Find Doctor Love

We need we need more steps. We live such a sedentary lifestyle, so people can find me at, So I'm on TikTok and Instagram and Facebook if you just search Robert Love on the first Robert Love that comes up.

I have about 2 million on TikTok, over a million on Instagram, and over a million on Facebook. So I do a lot of free education on health and wellness, preventing Alzheimer's disease, slowing down aging.

And, so I'd love to. So free, lots of free information there. And for those interested in my supplements, if you go to either my name, Robert Love dot net or Raw Lion's mane.com, and I'd love to offer your viewers a 10% to actually $10 off an order of my lion's mane.

Just use the code podcast at checkout. That'll save you ten bucks. I'd love you to try my Lion's Mane hundred percent risk free, because a six month money back guarantee if you don't have better sleep, better memory, you don't feel better.

Let me know. I'm happy to refund your money. I just want to try the healing power of mushrooms and the benefits for the brain. They've been so helpful to so many people, and so I just want to make that available to everyone. And then just.

If you search my name on the internet, I'll come up. Or your favorite social media, I'll likely, pop up there. Well, love that guys. Check out Doctor Robert Love again.

He puts out really great information. Check him out. TikTok, Instagram. Or if you're doing social media and, check out his Lion's Mane product as well.

And thanks so much for joining us on this show today.