Slowing And Reversing The Aging Process Transcript

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Introduction and Deborah Honeymanu2019s Background

Welcome back to the reverse Autoimmune Disease Summit series everybody. This is version 5.0. The healing the energy body Summit. I am so delighted to bring you a dear friend and colleague of mine, Deborah Honeyman.

For over 40 years, she as a bestselling author, founder of Yes to Success Seminars and co-founder of ageless Anti-Aging for Your Brain, Body and Future, has shared her systems used by hundreds of thousands around the world to live not only success and abundance, but deep happiness, profound self-love, and ageless radiance.

Deborah's plans have used her success formulas to become mega successful entrepreneurs, renowned transformational leaders, New York Times bestselling authors, millionaires, billionaires, even household names.

Yet Deborah feels her greatest accomplishment is that her clients know the truth of who they are and own their power to create a life they love that is abundant in every way, and the health and longevity longevity to enjoy that life.

Welcome to this series, Deborah. Thank you so much and it's so good to be here with you as always. Yeah, I mean, for those of you that I've never met Deborah, this is a very dynamic, beautiful person who has a very dynamic, beautiful daughter who I'm also friends with and so it's just really lovely to, be in orbit with you.

Thank you. And speaking of dynamic and beautiful daughters, you have two dynamic, beautiful daughters who I do or. Yeah. So after 40 years of teaching success principles around the world, you've now begun teaching people to slow and even reverse the aging of their brain and body.

Why the shift? Okay, well, you know, I didn't really decide to make a shift. It kind of just decided me. And then I went with the flow because I was happily teaching yes to success since 1980.

And, you know, I've been a meditation teacher since 1972. Last May was my 50th anniversary of becoming a meditation teacher, started out as a transcendental meditation teacher, and now I teach through the art of living.

But, whenever I would tell people that I was seven day, which I turned in January, I literally get inundated with emails from people saying, what is your secret?

You know, you have no wrinkles, you have hardly any gray hair. I you speak for hours on the stage with no notes. So instead of continuing to spend my life answering those emails, I put together a 90 minute webinar.

I called it ageless, with a few tips, but people wanted more. So I contacted a dear friend of mine who I went to college with in the 70s. We went to watch year together, and she's now a Harvard trained, published, multiple time published mind body researcher specializing in sewing and reversing the aging of your brain in your body.

In fact, she was part of the team in the 1980s and 90s who did the research at Harvard that appeared on the cover of Newsweek on how meditation reverse reverses the aging process.

So I said, Romy, how about you and I put together a course and teach people how to have radial and health and happiness and a clear mind and a strong libido at any age.

Why Aging and Healing Became the Focus

And now we've taught our course to thousands and, and you and I both know that the same things that allow us to reverse the aging process are exactly what heals the energy body and strengthens the immune system.

Yeah, yeah. My, you know, my husband turned 70 this year also. And, also, I was on the same path as you and inside the same organization. And, you know, it's just people can't believe his age all the time.

You know, he's still going strong. Teaching to. There is something to this. I mean, some people age more quickly than others. And, the formula, you know, meditation is a part of slowing that down.

So what what does the research say about why some people age quicker than others? Yeah. Well, you know, a lot of people say, oh, people appear to age quicker than others.

I said, no, no, no, it's not just they appear telomeres are actually shortening. Yeah, that's exactly right. I'm going to talk a little in a little while about what we can do to make our telomeres lengthen.

But you know it's a it's a choice. People think it's genetics. But even with Alzheimer's and dementia, science is now saying that only 5 to 10% of it is hereditary.

And although the genes do confer what's called, you know, predisposition or genetic susceptibility, but really it's in our hands to do what we can from our side.

And with autoimmune, I mean, an autoimmune disease is a condition in which your immune system attacks your body. And the immune system usually guards against bacteria and viruses.

But in the case of, you know, an autoimmune disease that affects you. So the trick is creating a strong immune system. And again, it's the same thing you do to slow down and even reverse aging and dumb.

So it starts with the obvious diet, sleep, exercise, the environment. So well what does this mean for sleep? We need to have it. You do need there are these very basic pillars and people's eyes glaze over when we start talking about them.

Hydration is really important. Sleeping very important. Moving your body. Very important. Right. So. Yeah. Don't you have a pill? I can take you now in your most pills age you it's, you know, get it the pharmacy now.

But people they look at people like you and me or your husband and it's like, okay, can you give us something that we could do a quickly? No, it's you gotta change your lifestyle, guys.

You know, it's a great life, and a healthy life is not going to be handed to you on a silver platter. I mean, right now I'm at home. I'm at the Optimum Health Institute.

I go here twice a year, I cleanse, I drink green juice. It's over there on my table. We drink, we press juice, we do. We get colonics. We do things that keep us young because not only do we want to be young, I mean, let's face it, chronologically, you age one year, you're 50, the next year you're 51. Surprise!

But physiological aging is all about lifestyle choices. And you don't have to take my word because there is scientific evidence. For example, when you eat certain foods like high glycemic foods, they're foods that are primarily refined carbohydrates and sugars are processed meats with nitrate.

They're going to generate free radicals and free radicals, larger cells. If you don't know what a free radical is, they're atoms that are missing an electron.

And, so it's now called a free radical because they go around stealing electrons from other atoms, and that molecule or that atom oxidizes or H is that it's like what happens when you cut an apple or an avocado when it turns brown.

Okay. Stripping a black. Yeah. Right. Exactly. Rust on the car. So they steal electrons from other atoms and the atom oxidizes. But what you. And it's the same thing that happens when our skin, turns brown.

We're oxidizing our skin when we go out in the sun. That's free radical damage. But, the common name is oxidative stress.

Lifestyle, Free Radicals, and Antioxidants

It weakens ourselves. And, it makes it free. Radicals make you more susceptible to health, issues. In fact, free radicals have been implicated in heart disease, cancer, Parkinson's, Alzheimer's.

So knowing that there are a lot of causes of free radical damage, just don't do them, you know, over exercising again, going out in the sun, air pollution, smoking, alcohol consumption.

But if you don't get enough antioxidants to counteract oxidation, you'll not only have visible signs of aging like your skin aging. But your whole body will age more quickly.

So what you want to do is do things like be wary of sun exposure, get a little bit so you have your vitamin D, but eat antioxidant foods blueberries, cranberries, red kidney beans, pinto beans.

Most apples. Granny Smith, you know, gala apples, prunes. There are so many foods that are antioxidants and just a visual example is if you put lemon juice on an apple, it doesn't turn brown because it's an antioxidant.

So I mean, that's just one of the things that you can do to slow down the aging process, but you want to keep going because I can tell you a gazillion of them.

Yeah. Let let's have a gazillion tips. Okay. Well, I'll give you the next out of a gazillion. Another way we age is when we sit around with our friends who are always talking about the worst aspects of aging.

Oh, wait until you get cataracts. I'm going to go, you know, the next thing to go is going to be your knees. My mother in law said that to me. Just watch your knees there.

That I don't even know what she was talking about. I was 40in. You know, they fall over and like, I don't want to hear about that, because now the images in your mind, we know that your mind create.

The next thing is your hair is going to start falling out. And there is this wonderful woman who my business partner, Ronnie, work with Doctor Ellen Langer at Harvard, and she did this great research project.

She took these, group of men who were in their 60s, and they had the kind of aches and pains that people start getting somewhere in the early 70s. And they she took them to a retreat center.

And when they opened the doors of the retreat center, it was all set up like the world was in the 50s, you know? Yeah, those kinds of TV's and it had clock radios and, yeah, banners like, you know, I like Ike, you know, okay.

For president at the time. And for one week there were no mirrors. They couldn't look at the mirrors and they couldn't ask anybody to do anything for them carry their luggage.

They were not allowed to talk about any aches and pains, but only talk about, you know, the the White Sox winning the World Series. And of course, at the end of the week, they, their memories improved.

They had more physical strength. They could do things that they couldn't do before. So again, your thoughts create your reality. So proper diet, exercise, rejuvenating sleep and a mindset that doesn't believe that you're going to fall apart when you're 50 or 60.

I have no no belief that I was going to fall apart when I was 70. I'm now 70. I'm in perfect health. Yeah. And, getting the toxins out of your home and.

Okay, I'll give you another one. Okay. All right. I already mentioned something with diet, but I know that you're

totally behind me, okay? You're totally with me on all of these things, but, we talked about antioxidants.

But if you only do one thing in your diet for better health and longevity, I would say stop eating white refined sugar. Because race or charm. Amen. Right, girl?

The worst offenders when it comes to brain inflammation and inflammation is the main cause of your brain atrophying or aging too fast. Why are refined sugar and fruits and act the same in your system like refined carbs?

White bread, white pasta are causing the inflammation that slows down communication between neurons, and that's what causes you to feel foggy, dull. Have no memory.

People are like, you know, oh, you know, I, I don't even remember when I walked in the room for I can't remember my grandchildren's names. We'll get with the program guys. Right.

But I can't go off the sugar. Yeah, you can, you know. My gosh, I know that I can't. That's the thing that just I, I know what you mean. You won't, you know, you can use all.

And maybe your brain has to deteriorate enough for you to. But, you know, I call it the misery, the motivation ratio. And I always think just how miserable do you need to get before you're motivated, right, to finally say, oh, this is rat poison.

Why am I putting it in my body? You know, and when you get to that point that you can't remember, you know, your grandkids name, it's serious because it means that nerve cells in the brain have already dying.

And, you know, that plays a significant role in Alzheimer's and also other degenerative diseases cardiovascular disease, diabetes, arthritis, osteoporosis.

So start using sugar substitutes like some good organic stevia or monk fruit. Make sure it doesn't have resveratrol in it. Or so I won't tell. Yeah I used the pure monk fruit.

Pure. Yeah. And when you gotta look on the labels or date sugar or coconut palm sugar.

Sugar, Inflammation, and Brain Health

I mean, I remember when I was at your house for Thanksgiving and your daughter made the best pecan pie and the best, pumpkin pie you made. Oh, I just cobblers. It was amazing.

It was like a, feast of, deliciousness and not a drop of refined sugar. Oh, sugar. Yeah. Oh, and don't be fooled by sugar in the raw or. Well, I use brown sugar.

All it is is white sugar with a little bit of molasses or maple sirup or honey. They have the same glycemic index as white sugar. So heat. Yeah. And brown rice sirup.

Same as maple sirup and white sugar. Yeah. You can you can't do that. Oh and also we must mentioned mention of we probably most of you know this but no artificial sweeteners.

Splenda. NutraSweet. Soglos. They are just as bad. Actually, they're worse and carcinogenic, so. Right. Yeah. For molasses, when you're doing fall baking, which Deborah is just talking about, you can use something called.

Yeah, corn sirup, which is, really lovely substitute for molasses. So there are ways. And then Chuck zero makes a really yummy maple sirup that's got a glycemic index of one, and it's pure monk fruit.

So I didn't know that. What's it called? Chocolate zero. I buy 12 bottles at a time because I make a homemade, paleo banana bread every week. And I do a bottle of that in there, and then it doesn't have any sugar, so.

And it has that maple warmth to it. It's really yummy. Well, I'm coming over. I'll see you and, soon in August and and, November. And I'm going to see you a lot, so.

Yeah. Yeah, I, read. The one of the thing I want to say about Alzheimer's, because people say it's hereditary. And I just want to reiterate that the study of epigenetics is now showing us that just because your mom and your grandma have it, most diseases does not mean that you have to.

They've done studies on twins who were separated at birth and grew up in different environments, one with, you know, less air pollution, greater access to healthier lifestyle and diet in one developed diseases like Alzheimer's like their mom had, but the other one did not.

Yeah. So again, we have to realize that it's in our hands. We're not victims. And this is interesting, Deborah, but that you're talking about the genetics of Alzheimer's because, the one of the snips that that creates the genetic variability of it is the ApoE4 gene, and 10% of the population carries that which puts them at, you know, if you're at if you're heterozygous versus homozygous, either 50% or 100% higher risk of getting Alzheimer's.

But you can turn that gene off by not drinking alcohol and being a vegetarian. But not everybody should be vegetarian. And so this is one of those places where there's never one diet fits everybody that really knowing like what yours this system needs is super important.

Yes. And and I agree. But we do know that alcohol is culprit. And people say oh but alcohol is grapeseed extract and it's not, you know, have like five bottles of wine to have enough grass very tall to do anything in your body.

And no, there is no redeeming health benefit to alcohol whatsoever. It's so inflammatory. Right. One little, one little, grape seed extract capsule is the seconds like five gallons of the family, right?

Actually, you know, for people who aren't familiar with how neurons communicate with each other, neurons communicating, maybe this will help you to, to get it like a graphic picture.

The way our brain cells communicate with each other is that these electric charges travel down like these spiny, like, protrusions that come out of our.

You know, it's part of our, neurons, and they're called dendritic spines, and they they emit a disc, they discharge a chemical into the space we do between the two brain cells.

It's called the synapse. And what happens is, is that the adjacent brain cell up takes the, the, synovial fluid. And that's how our brain cells actually communicate one with the other, with the other.

But what happens is that when we eat inflammatory food, these, these dendrites actually curl up. Not only that, but the microglia come along and carve them away.

They. That's what Alzheimer. I mean, you know, you're losing these connections between these dendritic cells, but they also get cut. They get haircuts.

I know, I mean it's it's horrifying. And again, we have complete control in in all the stress. There's a hormone called CRH cortical core to control and releasing hormone that's released into areas of your brain, particularly your Hempel campus, which is the primary memory and learning center and involved in, involved in emotional responses and cortical trough and releasing hormone.

Again, causes these dendritic spines to detract. So the spaces between our brain cells become so large that the cells can't communicate.

Stress, Meditation, and Breathwork

So we forget. We can drop words. We can't remember things. We walk into the room and we don't know why we

got there. Yeah. Right there. Yeah. And we just said one of the first things we said at the beginning, when we pointed out that your husband and I were on the same teacher training course when we became meditation teachers, people need to calm down.

And because, again, it's stress that releases CRH into our brains and, so fortunately that stress dissipates and the CRH is metabolized out of the brain when the stress grows, goes away in the spine, seem to be able to grow back.

So what we want to do is we want to do those things, meditate, do breath techniques that calm the stress, the stress response. And, you know, from 50 years of meditating, I look at the research and I am just thrilled that there are simple meditation techniques.

I teach you the Art of Living Foundation. I teach a technique called Sahar samadhi scientifically proven to decrease stress. And also, can you give me two minutes to teach everybody a breath technique?

I would love that. Okay. Because people think, oh, you know, learning breath techniques, it's they're hard. They're complicated. No they're not. There is an ancient technique.

They talk about it in the Vedas. Okay, the ancient scriptures out of India and it's called well, in English we call it straw breath and basically all it is, is breathing in through the nose.

Let's do it together. It's we breathe in through the nose, in. When we breathe out through the mouth, we pierce our lips like we're breathing through a straw.

And when our lungs feel empty, we breathe in through our nose. And out through our lips. Like we're making bubbles and our chocolate milk. When we were kids.

Hopefully your mother didn't give you chocolate milk, but my mother did. We went through it like it was and going out of style. But now we can have cow rice milk in through your nose.

Through your purse, lips. Into your nose. And one more time. And through those pursed lips. Now for strawberries. And I'm sure that everyone already feels more calm or centered.

This is even been showed to bring blood pressure down. My my business partner, Ronnie, her mother, fell, and they brought her to the emergency room and her blood pressure had skyrocketed 200 to like 120 over 120.

It was really scary. But because of some medication she was on, they couldn't give her medication. And they she said, mom, I'm going to teach you draw breath.

And she taught it to her. And her blood pressure went down 30 points within three minutes. And and then and and it was like what the h she'd never seen anything like it before.

And you know, it's great. You could do this any time. You could do it while you're driving. Keep your eyes open if you're driving and do it when you're in a board meeting or a zoom meeting and somebody says something and you're getting like really tense around it, just do some straw breaths.

Nobody will see that you're doing it and it brings you right back to center. You know, people say mindfulness to be in present time. It brings you right back to present time.

Earful. Thank you so much, Deborah. Yeah, yeah. Show us that light is one of my favorite Ayurvedic teachers. And he always says like conscious breathing pranayama practices of which this is one is, you know, they will take the place of supplements, they'll take the like if you'll just do them.

Yeah. This is this is all you need. I love like you're allowed to. Yeah. And and, Yeah. And again, people think it's so complex just to strawberry each breath for three minutes a day.

Your life will change. There are more complex problems, but you know, here's one. It's a gift you're going to really be, thankful that you have that because it really does calm you down and center you not just while you're doing it, but that that, serenity stays with you after you're done.

Can I talk a second about exercise, please? Okay, so we talked about telomeres. And I just want to say that there is compelling research that concluded that there are two exercise methods that can slow the aging process better than others by preventing cellular aging.

And you might be surprised what they are, because one is not yoga, one is endurance training, also called aerobic exercise? Any darn thing that increases your heart rate and breath rate, like running or cycling or speed walking and the other is hit high intensity interval training.

And it's if you don't know what it is, it's high intensity bursts of like, you know, like running for 30s and then walking for a minute or two or bicycling for 30s, and then slowly, just easily biking for a minute or two.

And there was a study that was published in the European Heart Journal, and researchers examined the effects of all different kinds of exercise over a six month period with, I don't know, a couple hundred participants.

And they were told to perform a whole different. I think there were six different modalities. And at the end of the six months, the researchers found that a hit was the best in increasing telomeres and telomeres.

Are those nucleotide sequences found at the end of our chromosomes? And when they shorten, aging occurs and hit. And number two was endurance training.

And they were actually the only two, exercise modalities found to increase telomere length, thus producing that anti-aging effect. And in terms of immunity, not only does exercise get the immune cells moving throughout the body, but it also promotes the presence of these immune cells for up to three hours after exercise is completed.

So like here I am at the Optimum Health Institute and it's all about cleansing. But you know, we do lymph exercise, we do lymph brushing, we do all that.

We exercise here and we briskly walk for 20 minutes. And and because what that happens, what happens is if you exercise again for three hours after, it gives time for the immune cells to identify these unwanted intruders, bacteria, viruses and keeps you from getting sick.

Beautiful. Yeah. These are important tips. We're meant to move. We are meant to move. We have legs. We're not meant to sit all day long. And, I mean, I just always laugh about that and say tongue in cheek, but it's true.

I mean, you know, we are not meant to sit hunched up in front of a computer all day. That's not how we're designed. No. And speaking of computers, I do want to say one thing about sleep.

Exercise, Sleep, and Blue Light Protection

And then I have to say something about computers. And the one thing I want to say about sleep is we all know that getting enough sleep is important. But what people don't know is that when you sleep is equally or more important than how long you sleep.

Because during our sleep we produce, HGH, human growth hormone, which is the anti-aging hormone, and it's involved in mood and, brain function, and immunity and our mind regulation, hormone regulation.

It stimulates fat burning. It's good for the elasticity of the skin, bone density. So many things. And it's abundant in your youth. And then it declines with age.

So you want to do whatever you can to maximize the production of HGH. The good news is, is that if you know when to sleep, you can produce, you can increase your HGH production by about five fold because, you know, I

always say to people, okay, what do you think is better getting seven hours of sleep between 10 and 5 or nine hours between midnight and nine, nine hours.

But that's not true, because our circadian rhythms and our bodies are still in tune with the sun going down. So when the sun goes down, our production begins to increase and it becomes substantial.

Around ten peaks at midnight and is almost down to zero by 2:00. So if you're a night owl and you go to sleep at 12 or 1 or two, you have complete missed HGH production.

So if you want to grab that HGH production, HGH production, when it's at its peak, I'd recommend going to bed at 10:00. You're not in bed by ten. You're asleep by ten.

I sleep by ten. Yeah. No screams. Yeah. So there's a trifecta that you can actually enhance your HGH by, by doing two other things in addition to getting to sleep by ten.

And that is stop eating at night by 6 p.m., exercise in the morning and and then, don't you know. So eat between an an eight hour intermittent fasting period.

Now you have just quadrupled that effect. So yeah, we love that. And one other thing to get deep sleep. As long as we're on the subject I mask dark room because for melatonin production, when light hits your eye, people say, oh, I could sleep, but the light's on like time.

Well, maybe you can, but if there's light coming in to your eyeballs, then it is inhibiting melatonin. So dark room. Gosh, we're giving people a lot of tap.

I know it's good. It's stuff. Everyone. This is good stuff. All right. And then what about the computer okay. So what a lot of people don't know. Most people don't know is that one of the most insidious causes of aging of the skin and damage to the eyes is the blue light that emits from our computer screens.

This is an addition to the emfs, that we are swimming in the electromagnetic fields, which is a topic for another day. But that light that comes off of the screens of our devices, it's called blue light, and it's known to have long term health effects.

Even the health leader of the Harvard Medical School in July a year ago said, and I could quote it almost exactly. Blue light can affect your sleep, your immune system, and potentially cause disease, including cancer, diabetes, heart disease and obesity.

And and that's pretty much a direct quote in studies also say that continued exposure to blue light over time could lead to damage retinal cells in vision problems like age related macular degeneration and even blindness in blue light exposure.

Unfortunately, it's a particular concern for our little ones because they're developing eyes absorb more blue light than adults, putting them at greater risk of long term damage to their eyes.

In fact, some researchers say that macular degeneration and blindness are going to be the biggest health crisis when our kids who spend hours a day in front of computers exposing their tender little eyes to blue light become adults.

So what and why? Blocking glasses. Everyone who light blocking glasses, you could see they reflect blue. And also, you can get blue light screens. You might not be able to get your kids to wear glasses.

I do both, I mean, not for the interview because of course everyone, it looks so pretty well, but. And also because this reflects my light. But I always I have my blue light blocking screen.

My favorite company is I just I don't get a kickback. I just love I just screens because it just like, fits right on your

screen. And they also have these I don't know if they but don't get cheap blue light blocking glasses get good ones and and by the way, some of the other potential diseases associated with blue light are headaches.

Why do you think people get headaches after sitting in front of the computer all day? Again, suppression of the body's melatonin. So turn off your computer as you said well before you want to go to sleep.

And, here's one thing. If all those things don't get you to get a blue light screen, blue light has also been shown to age. The skin. So believe it or not, if you're going to resist putting a screen on your screen, then you should wear sunscreen.

Because if you're in front of the computer for long stretches of time, the blue light edges your skin. In, Bazaar magazine, dermatologist, Stephanie Williams, doctor Stephanie Williams, she said that we're seeing increasing data on the potential long term harms of blue light on our skin.

She said our digital devices are swiftly being labeled the silent agers of our generation. Yeah, I'm not surprised that I came home from a spiritual retreat that I was on in June, and my husband had surprised me with this gigantic monitor that takes over my desk and and there's so much blue light emitting from it.

I was just like, thankfully. Because it's a new toy. He thought it was the coolest thing, you know, for himself. So I thought, oh, I'll get her one too.

And now I'm like, I have to get I have to do all of that. So they get the gigantic blue light blocker. But you can give him this, quote. It's another quote I actually wrote it down because I wanted to share it with y'all.

It's from Doctor Murad. You know, Doctor Murad has, a line of, natural cosmetics and skincare, and he said, quote, spending four, eight hour workdays in front of a computer.

So four, eight hour workdays exposes you to the same amount of some energy as 20 minutes lying in the strong midday sun. Oh, wow. You know, I mean, who would in their right mind?

Why in the sun for even one minute at the equator, right through the sun. But that's what happens when you are in front of the computer just for four eight hour day. So yes. Well, I mean, I'm that's where I am for eight day is in front of the computer.

I need to do something about this. Yeah. So, but just fabulous that we can put these when last, not last year at holiday time, but the year before a holiday time.

Every one of my kids, every one of my God kids. And I have 17 of them. Every one of my bonus kids. You know, I have several bonus kids. They all got blue light blockers for their, computer and for their phone for their Christmas and Hanukkah presents.

Oh, they're all that excited. I didn't care. That sounds pretty standard of my family, too. Mom will go on a tear about something, and then everyone gets one.

Yeah, they're lucky to have us. Then. Actually, my daughter, she thinks she's lucky to have you. So, So, you have a free gift for our audience? Yes, I do.

Well, my gift is, I there's so many more things, that I know about anti-aging. Where, in addition to what I've shared today. So my business partner, Randy Newman, who's the Harvard, anti-aging researcher, she and I wrote an e-book and it's called Ancient and Modern Secrets for Lifelong Radius Radiance.

And it's at least 5 or 6 more simple hacks. We talk about hydration, we talk. I think we even talk about better sex. But, and, so it's just 5 or 6 more hacks for slowing and reversing the aging of the brain in the body.

Free Resources and Closing Remarks

So that's my gift for everybody. Beautiful. Thank you. And for those of you that are choosing to purchase the All Access Pass, where you get all of these amazing experts talks for the rest of your life, when you can go back and digest them slowly and sanely and really take advantage of all of their bonuses.

Deborah is offering you a really special course. I'm so excited about this. Yes, well, when you asked me if I had a course that I could offer, I said, you know, I actually really don't, you know, to give to everybody for free.

And I said, well, okay. Because it's, you know, I have a course that I created and it's sold through other media for like every year between 297 and 497.

True. And it's called seeds for Your Soul A Life Beyond Happy. And it's how to create a life, where the inner happiness. I mean, I talk about love. I talk about contributing to the planet.

I talk about so many things that we could do to create a life that's not just happy, but inner happy. So on to happy. And, don't tell anyone, but I'm giving that to your those that purchased the all access pass.

Thank you so much, Deborah, our friend. All right, well, I appreciate you spending some time sharing even a fraction of your wisdom with us. I it's always a delight.

Well, thank you so much. And thank you for everything you've done for my family and bridges. I could just talk for hours just about that. And, everything you do for the planet, you are one of those people who is really making a difference.

As are you. Thank you. All right, everybody, until next time, be well.