How to Optimize Your Nervous System With This Stress-Reducing Nutrient Transcript

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Introduction and guest background

Welcome to the bio optimized summit where we are exploring the next level of physical and mental health you can achieve through targeted and intentional optimization.

I'm your host dr AMY and today I'm so excited to have with us wade from by Optimizers. He is a three time Canadian national all Natural bodybuilding champion and we were just talking about this offline where we both come to this from our experience of crashing and destroying our own nervous systems in our bodies and so having to rebuild this.

And so he's going to share that with us. He's competed as a vegetarian, former MR Universe competitor, host of the awesome health podcast. And so wade. Light heart is one of the world's premier authorities on natural nutrition and training methods.

He's majored in sports science at the University of New Brunswick and has authored numerous books now on health, nutrition and exercise. He serves as an adviser to the american anti cancer institute and is the co founder and president at by Optimizers, which is a digestive and health optimization company and I'm very happy to show that he sent me their samples for all the different products and I've been trying them out and I just absolutely love what you're doing, wait and I'm so excited that you are here to share with us on the summit.

Thanks for having me here Amy, it's really a great honor. So tell us a little bit about your story and why you would even go into forming a company like this? What what did you do to your nervous system in your body, What was the chronic stress that you were putting yourself under and then what have you found a great question? So um, just so people understand is I was always kind of a bit of a maniac in some ways. I mean I got into your place.

I mean you were, you still are weighed? Yeah. I like to think I'm somehow reformed. True, true. Touche. You got me already. Bottom line is I've always been a guy that's been pushing myself and you know, I was born that way when I played ice hockey, which is a pretty aggressive sport.

I was always the guy that was training the hardest, that was, I was always the guy that was the first to pop up when you're exhausted. I mean it was just hard wired into me. My ice hockey career eventually led to a bodybuilding career cause I was a small guy and I started to lift weights and then my parents moved to a very rural place And I had nothing else to do.

I was away from my friends and it was five miles to my nearest neighbor, literally had to take a snowmobile out to the bus, the bus and the bus was an hour drive.

So I had a lot of time by myself, a lot of time to reflect and to deal with all the energy that I had that I took up bodybuilding and I liked it because it was a way of channeling what I would say almost a dysfunctional drive into something that was in a productive way. And so some people are born with a lot of energy or a lot of driving, some people aren't and I'm one of those guys that are a little far on the other spectrum now, that's a great thing for some things, but it's a really bad thing for others. And so after my university career, I really accelerated in my sport of bodybuilding and worked at every single component of the health and nutrition field, from being a represented athlete, to working in warehouses, to working in retail stores, to owning my own retail stores, to eventually designing and developing my own products and books and all that sort of stuff.

So there's, there's really from picking, packing, labeling, designing advocate like you name it. And yeah, and along the way in my sport of bodybuilding, um I was able to take it to the, you know, the world championship level and I had no business being a bodybuilder, be terrible genetics. My parents looked like, you know, smurfs. Um there

was, there was really, it's remarkable, I was able to get there, I got there a lot by determination.

I always say I was either too too stupid or too stubborn to quit and the thing was, I had learned to transcend the warning lights in my body and I think there's probably a lot of people in the professional areas, whether that's medicine, whether that's business, whether that's in law, these high demanding prep professionals, they kind of channel that drive into a demanding place and you think that you've got it all figured out. But meanwhile you just put out all the warning lights on your chart. And so I started by Optimizers because I was dieting for 11 straight months, going to the MR Universe and normally you get in shape and anywhere is between three and five months at the maximum to show up at a contest.

Well, no, I was uh the way it worked out for me, I was on a contest 11 months. And when you hold those levels of body fat for extended period of time and you have a very rigid um performance based diet that isn't based on health, guess what you get the result, you want. The pictures look great.

And then after the MR Universe, I gained £42 of water in 11 weeks, Bat and water. I went from Mr University, Mr marshmallow. I'd like to say there is a cost to that. There's a cost.

Burnout, recovery, and founding BiOptimizers

Everything has a price. And we're always looking at causality, but I think it's better to look at things as trade offs. You you have a limited amount of energy and reserves and capacity at any given time, but how you spend that energetic stuff, you have can lead you really great in one day area and really often the other.

And I think a lot of professional struggle with quote unquote the balanced life. I don't think balanced life really exists for high achievers. I don't, I think maybe over the course of a lifetime, but certainly not an individual chunks. Ask anyone who's a mother, life is not balanced when you have a baby. It's very dis balance and there's a consequence.

Same thing. If you're a professional athlete, it's very dis balanced. If you are studying to become a medical doctor, it's very dis balanced. So high achievement involves a certain amount of despair and that dis balance if left unchecked leads to problems.

That's what happened to me. Long story short, I met a medical doctor, he told me I learned to build the body from the outside in not the inside out. I followed what he did. I rebuilt my digestive system, kind of damaged it from my high performance diet.

I got into enzymes and probiotics and minerals and all these cool things And I was able to recover. I made a recovery in six months. None of that, I felt better than I did before. I coached 15,000 people trying to help them avoid what I did wrong. Over the next four years, me and Matt, my co founder, we started a company around that.

And then at the end of four years I kind of figured out the performance parameters to get the performance I wanted without compromising my health came back a couple more championships, won those didn't have the weight gain and have all that sort of stuff felt great and all the stuff I was like, okay, great. Now we figured the high performance, healthy high performance that we're going to take that to a broader world and the foundations of by optimizers were born. And my message that goes out there today.

So this is huge because like you say, for high performers, we are trained almost like we self select. But then it's even trained in us to ignore those messages from our body in order to improve our performance, whether that be mental performance and it's like, hey, our body feels tired. Well then just caffeinated or you know, give it some type of stimulant so that you're not feeling those messages from your body and you can keep performing and whether that's athletics as well, right? Like we're almost as a society, we're also moving towards this not listening to our body and there comes a point at which the body is no longer able to maintain that level of performance given the poor nutrients that we're giving it 100%. And here's the thing I'm here for our listeners, I'm not here to correct psychology, just have to accept your own psychology and it's like, you know what, I'm probably gonna go to the end again on the next thing that I do?

It's just hard wired into me? How do I put some checkpoint charlie's in, How do I support my natural psychology to get on the gas pedal and shift the gears and maximize the RPMs.

How do I optimize that? So that there's those points. And I think the delicate art of aging gracefully is to push oneself at periods of times in the areas that you want to be at and recognize that balance is something that doesn't occur on a daily basis that comes out of a course of a life well lived.

So I was disproportionate on the athletic side. I got myself into trouble again uh years later when I went very radical into a spiritual based program, right, cost me some things in life. Then I came out of that and I was like, well I need to straighten out my business life. So I went hardcore on that and other areas of my life suffered, right? And I learned and what I learned, I baked into my business model cause I kind of understand how we all operate as a high performer high card types and then I just share, Hey, here's what I screwed up with.

Guess what I got, I figured out how to get out of it. That's all I, that's all it is. So it's not like, I think a lot of people have these ideas that I live, some, you know, these, these influencers live some holy sacred life that were in just some, you know, radically optimized life that we just, you know, angels harp every day and we wake up in the morning like superman and we just do everything right and problems. Yeah, exactly.

And and and the bottom line is we have more problems than the average person and because we have those problems, that's what drives us to solve them and that's what gives us insight to help other people, they're trying to solve the problems in their life because we all got problems. Absolutely. I mean, I'm thinking right back to my health crash and crash, like it was a crash and all that's taken place in the meantime to build myself up and like you, like I've learned that by supporting my body, developing, putting in these charlie checkpoints and these rhythms where there's periods of stress and then there's periods of recovery but being able to know how to support my body better during times of high stress, then I'm able to still do high performance things but not have that, you know, cost those consequences that came from ignoring my body before by by supporting my body now and I know that we're aligned in that, which is so much why I wanted to have you on here because both of us have also fallen in love with magnesium. Magnesium has been huge for me and all everything about my nervous system and even my digestive system, like it's it's something that I I feel like I should wear a t shirt that just says pau powered by magnesium all the time because that's, that's how important it has been for my own health and getting to a place of good health and then even taking it to the next level and, and thriving despite obviously continued stresses of life.

So tell us about magnesium, how would a person know that they even might be deficient in something like magnesium? Well, I can say with a very, very high level of certainty that anybody listen to this podcast is deficient in magnesium and there's a couple issues with that.

And in order to fully understand the scope, you've got to go back 70 years when the United States dropped a nuclear bomb on Japan ending the war. And that created a massive World War two. And it's, you know, the dire nature of that forced a massive evolution in technology, nuclear weapons, transistor radios, better shipping, jet transport, and all of these things led to the baby boom.

Afterwards, there was an explosion of the population after so that symbolic aspect of the devastation of nuclear weapons and the ability to destroy all of human civilization also drove a radical technological advancement. And as the explosion of the population happened, all of the governments of the world started to recognize holy crap, how are we gonna feed all these people? Because people were not living in farms in communities and having things that supported themselves with cows and chickens and you know, running their farms like people had for literally about 10, 12,000 years all of a sudden they could live in a city, they could buy their stuff at a grocery store, they could order stuff, they could get things from the other part of the world.

If you look at your cereal, if you look at your breakfast of the average person, you've got, you know, coffee from south America, they've got wheat from Canada, they got dairy from the midwest, they've got oranges from florida, right?

Why magnesium matters in modern life

They got potatoes from Idaho, they've got sweetener from some, you know, from the mediterranean, they got sweetener from central America like just, and, and, and, and it's, and it comes in a, in a box that was made in china right? Or little charms or little plastic pieces that came in with your kids here. So the average person doesn't take into account the 70 years of evolution that provided just for a simple breakfast or picking up your coffee at Starbucks. It's, it's, it's, it's the, it's hard to imagine because we're born into this world where we've grown up in this place, you know, and if it doesn't come in 24 hours, what's wrong with things like, you know, and that's how sophisticated the systems and during this time this transformation all of a sudden we said, how are we going to do this.

So the government said, hey, we need to mono culturing, we need to change our engineering. We need to scale up farming scale up production Hey, and guess what?

They couldn't grow enough. And they started doing these monocultures and they start going to certain commodity based products, you know, wheat and soy and blah, blah, blah, blah, blah. And so in order to meet that yield, they started giving incentives to build these giant farms and using machinery to handle it right. And then it was like, okay, well the crops stopped working very well. Hey, we couldn't grow fast enough.

Hey, you know what? We got all this leftover nitrogen from all the weapons that are now useless because nuclear is way better than just regular bombs.

So if we put this nitrogen in the soil all of a sudden the food grows faster. Hey, great idea. Let's throw that on so we can see. So now we're growing the view. But what we didn't realize we didn't change the definition of food. So we started losing protein content.

We started losing enzyme content. We didn't have the ability to get the minerals. We didn't get anything. We stopped letting things ripen on the vine because they had to be shipped and distributed and stuff like that.

So we pulled them off. We gas them when it got to the place and it ripens magically. But the nutrient content content is gone. So case in point, if you were to eat a peach today, You would need to eat 55 peaches today to get the quality nutrients in a peach in 1955 1 peach to 55.

So take that across all of our commercially grown food products. Now, that wasn't enough. Guess what? The plants began to weaken as they couldn't produce the proteins and the enzymes stuff.

So what do we need to do? We need to kill the bugs, The bugs, reading. Let's come up with herbicides, pesticides, fungicides, what do they do? They interrupt the enzymatic activity of the bugs? So my question is, how much of those chemicals do I need to eat for? It kills me.

Who knows? We don't know. And the body bottom line is these unintended consequences? Technology happens then the food doesn't taste the same. So what do we got to do? It doesn't look the same, right? So now we gotta put dyes in it, we gotta put preservatives so that it doesn't rot by the time it gets to the store from the other side of the world. So now we've got nitrogen in the soil, We've got mono culturing that's not getting there.

We're not rebuilding the soil that we used to plow hemp back in and let us Go follow and rotate the crops that's all gone. We've had herbicides, pesticides, fungicides, we have preservatives and dyes, we gas the food, we don't let it ripen and it goes out there and now all of a sudden we're not getting the nutrients and one of the number one nutrients that we're not getting is magnesium magnesium is involved in 350 different enzymatic process.

I just saw something other day said it's an over 600 particularly neurochemistry formation as well as nervous system response. And now we've got a society hey you know what you know what I do this you know I deal with my no nutrients in the morning, my lack of energy, I just guzzle myself down a big old venti coffee right because I love coffee, who doesn't it's great stuff you know it's a cup of motivation every morning right you just put it in and I'm not doing good, the kids are getting the crust out of my eyes alright go boom you know superman like we watch these things Popeye and eat the spinach, you know it's drinking fuel right? And people have the fueled by coffee shirts and you can do that program. But what you're doing instead of running off nutrient quality to produce your

energy from their natural biological systems that have evolved over billions of years, we're saying you know what we're gonna take these ingredients that were naturally occurring, we're gonna compress them, we're gonna isolate them and we're gonna amplify them and we're gonna pound those left right and center. Then on top of that we turn on blue light screens, we stare into computers all the time we stare into phones, we turn the lights on at night, we don't go to sleep at night.

So guess what? We upset our circadian rhythm. So now we're not in rest and recovery anymore. We're burning the candle at both ends. And guess what electromagnetic frequencies? Blue lights, excessive stimulant intake. What element does it burn more than anything else? Magnesium. Exactly. So guess what Now?

Not only are we not getting the magnesium from our soil, we're living a lifestyle, which is accelerating the loss of magnesium in the body so that people have got to the state that feeling tired, feeling burned out, not being able to make the neurotransmitters to feel good and be happy to go.

You know, I have everything in life. I have a beautiful home, I have a car, I have a lovely family, I've got food in the fridge and you know what, I'm miserable, I'm unhappy. I don't feel a joy for life.

And you're like, maybe it's my partner, maybe it's my job, Maybe it's my kids, maybe it's me. And now you go to the psychologist and he says, yeah, you know, your neurochemistry is down and we're gonna just put you on this antidepressant.

Like they feel a little better for a while. The next thing cascade keeps going. Long story short, there's no way out of it. There's no way out of it in the modern lifestyle. We're not gonna change people.

You know what? You get a career, you get a job, you get a mortgage, you get a kid, you know what? It's gonna be really hard to break that. And the consequences of breaking out of that is serious and not for the faint of heart. So the question is, is how do I alleviate or manage my own psychology and the way I am in the world that it is today, in a way that allows me to bring back some relief and some regeneration.

And for me, I burned out working 12, 14 hours a day, seven days a week running three companies and everything was good if everything was okay, guess what? As soon as the shift hit the fan, I ran into a problem with one of the companies. What did I do?

I'm just going to double down. I'm gonna take more stimulants. I'm going to take more new tropics. Gonna take whatever it takes because I'm going to power through this. What happened?

I can remember sitting down with my business partner Matt gallant one day and he says, dude, how's it going? And I said, you know, I'm living in hell, I'm living in hell and I'm not that guy.

I'm a positive guy. I'm an upbeat guy. I'm an energy guy. And I said, I had, I was honest, I was like, I'm in hell, my relationship isn't where it is.

I've got this really stressful business thing that I'm going to bed thinking about it and I'm waking up in the morning thinking about it. I think that I can double down and keep going and go this, I've been using all these stimulus to going, I see my reactivity just starting to shift and shift and getting less and less.

So he hooked me up on a neurofeedback machine. I had no energy in my brain. I called up my naturopathic doctor and this is where your experts are now.

I'm supposed I'm a health advocate. I run a health company. I'm supposed to know these things. My my, my nd looks at my chart, we do a dutch test, my testosterone is in the toilet.

My nervous system shot my brain isn't working. And guess what? I got this glaring hole in my magnesium and so I'm like, you know, I remember I was at I was at the bulletproof conference a number of years ago and Charles Paula Quinn was giving a talk and he coached Gold medalists in 27 different sports and he talked about with the

high stress that the of the on the nervous system that these athletes were using these Olympic athletes that he had to supplement their diets with different types of magnesium because it was up taken by different parts.

So I was like, let me get into that. So I started researching and calling up all my smart friends and they're like yeah you need this magnesium and then the other one would say you need this magnesium for this and Charles had this bunch and it's like alright where is what we're gonna do? We're gonna buy all of them.

So I had this giant cover counter and I just had bottles of different types of magnetism from all these great companies that I thought were great results.

This is so similar to what I did wait because I'm like I'm getting so much information about, well this is the right time to take. This is what you need to take.

This is really the best over here for your nervous system. And I'm like I don't know like I guess I just need to try it all. Exactly. So I go back to the 19 seventies there is a group of very smart doctors dr Abram hoffer dr Linus Pauling and dr David Hawkins and they started orthomolecular psychiatry and what that is is taking super physiological dosages of nutrition to alleviate the symptoms of severe psychiatric conditions.

Now I wasn't crazy. Some people might argue that. But the bottom line is I knew that I wasn't operating my best and I said okay well what I'm gonna do is I'm gonna take these different types of magnetism each one individually and I'm going to track how much I can take before I get to run.

So the philosophy is is that you break the G. I barrier that means you get the runs when you take more than your body can absorb. And so I started going through them, okay we're gonna test this one and I would take it up and dose it up over a period of days until I got the runs and I would do the next one and then I would do the next one and the next one. And when I kind of narrowed it down to the ones I like and I said okay I'm gonna take this one and this one and this one and this one and matt did the same thing and our testing team did the same thing and we narrowed it down to about seven different types of magnesium that was able to be absorbed and utilized by the body without causing the runs. That elicited right now I got great results from all the magnesium and I want to share that exactly.

And when I combine them all together and then then then matt says, well why don't we just try and put all these in one pill? And and so so we we went to the factory and was like okay we want to do this and like you can't do that. Well, I'm like well why not?

When you bond magnesium? Okay, so when it says magnesium asp irritate or magnesium, mallet eight or magnesium or take this is a bonding agent that allows it to be absorbed and utilized by different aspects of the body, however, that molecule size is different and if you try to put all these in a capsule, it doesn't flow properly and the machines get jammed up.

This is why nobody had done it before. So we're like okay so we got an expert in how do we do this? Right? And like well you put uh you put a flow agent inside of this and you go, well I don't want to put that chemical flow. Right, well we can't figure it out if you don't put that in. Our policy is we don't put any garbage in our stuff, right? So we get that worked out and then the capsules are breaking because now it's all packed in its the capsule.

So then we got to get new capsules. So anyways it took a lot a bunch of time. Meanwhile I'm gobbling magnesium and feeling amazing. Now I was all burned out and recovered. We gotta figure this out.

So long story short after a an incredible amount of trial an air we got it worked out, we got the right product and we were able to ship and deliver this around the world.

So it was really, really awesome. Really, really beautiful. And the bottom line is um we we released the product because we just were figuring our own problem out and then the dam broke. Everybody started taking this and we didn't know that there were so many people that were really into this and then all the testimonials started flowing in like I feel amazing. I feel recovered and all the things that I felt everybody else was feeling. I was like and then a

whole lot of things that I never imagined And the rest is history. So yeah, like you've provided the world a full spectrum magnesium in one capsule.

Yes. Like that's awesome. Yeah. Because I'm crazy and pushed myself into thinking that was the only way that was gonna bring me back, right. Otherwise I'd have to spend $10,000 a month.

Yeah. Would be more accurate, but still $10,000 a year. And magnesium buying all these bottles a little. Yeah. Yeah. It's it's a lot. And when people think about, you know, like when they would need more magnesium, I like to tell them in terms of thinking about it as stress, right? Like the nervous system is your stress response, it's your system that's programmed to respond to stress.

Building a full-spectrum magnesium formula

And so the more stress you have and I don't care what kind of stress that is, whether it's physical stress because you're working out or a triathlon or it's mental stress because you're pushing your brain to the max or its emotional stress and you're maybe trying to work through trauma or work through emotional stuff.

Like all of that is still stress to the nervous system and it needs more magnesium to be able to handle that stress. So when you're going through times of stress up your dose of magnesium, are there certain dosages that you tend to recommend and what are you at these days in terms of your dose of magnesium?

Great question. And so what I would encourage our listeners is I have a video that's available on my website in the awesome health course and it's called the bucket theory of nutrition. And this is a working theory that I've developed based on those principles of orthomolecular and I'm gonna and why I'm sharing with that Because I would like people to really understand that if we look at what's been recommended to the population is called the R.

D. A. And those standards. Those yeah those standards were given. I don't know how long ago when we got more nutrients in the food but they were to alleviate various types of disease.

It all started with scurvy and then that's where that started. And then all the groups had to agree and fight amongst ourselves and politicize it and create these kind of quote unquote standard 2000 calorie diet.

It's obvious that a 90 year old grandmother is going to need different amount of nutrients in a £350 lineman. Hello. So that's where expertise like someone like yourself comes in to help that person manage that and then there's absorption issues right? You need to respect yourself.

You have the genetics that absorb this easily or is it difficult for you. And these are little manipulations but with the bucket theory what I do is I divide up dosages over a period of a day and in the case of magnesium, I started with a half gram in the morning, half gram in the afternoon and a half gram in the evening.

Then I would titrate up a total of a half gram a day. I would take 1 250 mg capsule. I'm a £200 guy. So if you're 100 and 10 £2030 woman, I would suggest just go up by one cap per day, 250 mg. So start up, you know, 11, you know, one then go to 11 to 2 to just kind of move up a capsule or a half gram per day. In my worst moments I got up to five g a day.

And when you start to feel the somatic effect, what you'll notice is number one, your sleep gets better. So my brain wasn't racing when I went to bed and when I went and then the next thing that happened is things that would normally stress me out. Didn't stress me out anymore.

I didn't react the same and like kind of chill, right? And I like, I like to say that magnesium gives us a biological resilience. It does, it does because it it alleviates that stress response that that adrenaline cortisol response and it kind of brings that back in balance.

So because if you're stressed for an extended period of time and they know this in the military, you listen to jocko will nick like one of the most guys like this guy is hardcore thing. And even those guys that go on deployment and

when they get to a certain point the psychologist pulls them out and they've got to decompress somewhere for even before they come back and see their family because they're like you're, you're done, you need to sit on the beach for a few weeks and and and and and these guys are trained and have unique neurological capabilities that are advanced to the best training in the world. And guess what?

They need timeouts. And so who has that in their regular life? Not that we're getting shot at, but the responsiveness of the system is still a trauma, it's still an energy and it builds up over time. Start with that right now I use um and then you stay at that dosage for a while Now if you go to orthomolecular nutrition philosophy, when you hit saturation point of the body, as I say, you fill up the bucket, your hole in the bucket is how much you're burning, how much is the total a full bucket would be if you're totally neutral Fied. But when you're in a diminished state, your bucket is empty and if you're only putting in as much that you're using, you never get to feel what it's like to have a full bucket.

So the idea is to titrate up on any given nutrient that your medical practitioner has identified as deficient for you, you load up on that for a period of time and when I hit it five g at about three months, I noticed that I would get the runs a little easier than I would before. So I said okay, I'm going to titrate that down to four g, four g. Always able I was able to keep that.

I was like, okay, you know, maybe I don't even need four g. So then I was down to three g and I stayed at three g for about six months. And now I find I regulate based on the stress that I have in the day or how my feeling.

I go, you know, I'm a little running a little red, I'm gonna take a couple extra caps before I go to bed tonight. That's it. I'm at 1500 mg. Is my maintenance dose every day and I actually stack most of that right before bed. So I'm taking about 1000 mg at bedtime. And again, that's been something that I found is so helpful for my sleep and actually finding that I'm waking up feeling recovered and rejuvenated. And and so that's I I do 250 mg morning noon and then the rest at bedtime. That's really cool.

That's really cool. Yeah, that's that's figuring out what works for your lifestyle. Exactly. And then in times of stress rider after I've had a heavy exercise day. But on a long bike ride, I'm definitely piling on a lot more because my muscles need it, right? Like my nervous system needs it and the nervous system being our stress response. I like to think of it as, it's, it's only got like the reserves like you say, and when we, when we reach that capacity then it's tapped out and whatever else our day brings to us, we're gonna be reacting in a stressful way to it rather than being able to respond.

And so this is Magnesium is one of the most powerful ways to just build that capacity for our nervous system to handle more stress and not have it be overwhelming, right? Not have it tip over the edge.

Now, magnesium is also really important for chronic pain. Right? So tell us a little bit about that mechanism. Well, you know, it's interesting. I was hanging out with Madonna's trainer the other day, he was over to the house and he's an amazing guy, Marshall letters from life and he had a chronic case of cramped muscles, tightness and stuff and he's a very flexible, very athletic.

He's a really amazing guy, beautiful guy, Joshua is and Joshua Holland, you can check out his, he's a bio hacker and stuff and he started using the magnesium and all of a sudden he used to get twitches when he was driving.

Like, like he said it was, he was worried when he was driving because he was like, I thought I was gonna crash my car sometimes actual jerks in your muscles.

Yes. And after a month he said I just got so relaxed and chill and I stopped having all the twitches now where and back in my body building days, people would dehydrate down for a contest and you would dump a lot of magnesium out of it.

Or sometimes when people would use diuretics to and which would really drop magnesium levels and guys would cramp up on stage or you see this in the NFL, when guys are sweating a lot there on the sidelines and their hammy cramps, you see the guy run down the field and he goes down what's going on?

Well the dis balance between calcium and magnesium. So in our diets in north America we have a high amount of calcium relative to the magnesium and they exist in about a 2 to 1 ratio magnesium being the control.

So when you have too much calcium on top of two little magnesium, your body starts stop dumping calcium.

Dosage, stress support, and pain relief

This drops one of the conditions that leads to the the dropping of bone density as we age. Also without resistance training. But the other side is is that you're not able to do the relaxation pays phase of your muscles Now you type in lack of activity, right? Or in chronic dehydration and sitting a lot and all of a sudden my hamstrings are really, really tight in there all the time.

And guess what? I start getting lower back pain because I'm not going through full range of motion, I can't do that now, you can't bend over and tie my shoes. I got to sit down and do things.

I'm feeling this tightness and it's like you go, why is that, could that be magnesium among, that's the nutrient side of it that correlates with the lifestyle? That doesn't use full range of motion and doesn't use resistance based training. We we have to do exercise now because That used to be just living up to 100, you didn't have to think about exercise.

The World Health Organization recommended 20 miles of walking a day for a person 20 years ago because that's what the average person walked, they walked between 13 and 20 miles a day. Just walked, that's not talking about lifting and lugging and scrubbing on the board and taking these cast iron pans and carrying the wood into the store. All these things that people used to have to do they don't do anymore. And so we're suffering from the diseases of the unintended consequences of rapid technological innovation.

So it's not one thing, but if you understand where we are from the last seven years and how outside of the life that we used to live then we used to be outdoors a lot and get all the sunshine. Now we're inside all the time.

So all of that has led to a uh an adaptive response um that has gone downwards in the human physiology and we have to realize something Charles Darwin is the most misquoted person ever. He said, he said it's most people say it was survival of the fittest and it wasn't survival of the fittest, It's survival of the most adaptable right now. People listening to this podcast, in my opinion, are the people who are recognizing the consequences and challenges created by a technologically advanced society and are looking at ways to mitigating.

So they're finding more efficient ways to exercise their using blue light blockers. They're adding extra nutrients. They're doing specific test. They are alleviating the negative side of the technological innovations, well, benefiting from the advances I like that I can fly any world.

I love that we can talk on this video with you know, these are great things that I certainly wouldn't want to change the world, but I have to be able to mitigate the downside of them.

And that's what adoption is. And so the people who are bio hacking listening to this right now, you guys are doing, it's a moral and ethical duty that we have to be the healthiest people that we have, we can be so that we set up the generations to come.

Because if we don't it's terrible and the evidence is already in of what's happening right now with childhood obesity, the the massive amounts of depression, self worth issues Physical fitness levels in America all of these things.

We are the unintended consequences of these things. And even just speaking of the nervous system, the drastic rise in neurodevelopmental disorders, the autism, the sensory processing disorders, the emotional behavioral issues like these are on the rise in Children. And this is all new stuff.

We've never had to deal with this in our society before. You know, it's like putting the chickens in the coop and turning the lights on so they produce eggs more often.

That's what's happening to the population. Were in these little chicken coops in the sky, piled up on top of each other with our little door that we go into our chicken coop and the feed comes in from amazon and we turn the lights on all day long so that we produce for the machine.

We've got the TVs on all the times that we can stay stay awake and doing what we're supposed to be doing. What happened last night in the election, right.

What's the latest? What's the latest? What new crisis is coming down today? Oh my God, what new threat do I need to be aware of in my life? Yeah, because that's how they get your attention through.

Yes. Yeah. Which also creates anxiety and further keeps us in that fight or flight. Because when your fight or flight you'll do whatever it takes to alleviate that stress because you're in survival mode, yep, absolutely wade. I feel like we could talk forever.

We are so aligned and I love, I love this. Where can people find you? Okay, well shouting somewhere from the rooftops about all these crazy things.

Where to find BiOptimizers and closing remarks

But if you go to, if you go to buy optimizers dot com and you can put by optimizers dot com slash bio summit number one, you get, you put bio summit 10, you'll get 10% discount on any of our products.

By the way, we have we have a money back guarantee on everything. If somebody takes their product, try your product and for whatever reason, it's not the best thing that they've ever taken in their in their life.

We just give you all your money back. Um and we provide a great education. I have the 12 week course. If you go to that site by Optimizer dot com, you can download the 12 week course. It's a whole bunch of videos of all the things that I learned from, all the smart people that I've met that helped me fix my own dysfunctions and I put them all into little videos. So when you're standing in line with the kids are waiting in the ridiculous grocery line that you have to wait in now.

You can watch a video and learn something. Oh jeez I forgot my magnesium or whatever it happens to me. We're also on social media and facebook and all that sort of stuff. My team is slowly encouraging me to do all those things a little bit more. I've got some radical experiments that I do and expose all the dysfunction in my life and say, hey, don't do this.

Or here's what I learned a lot of fun. Yeah, I've recently seen you guys starting to advertise on JP's videos, which I love love hilarious. And then yeah, I just recently saw you again the mindshare Summit and it was great to see you there.

So thank you. Wait so much for taking the time today sharing your experience. I'm grateful that you've been through the experience that you have. So that now you have the motivation and you've, you know, been providing the gift of magnesium and full spectrum magnesium to all the rest of us that desperately need it. So thank you, thank you and thank you for joining us on the summit today, I am your host, DR AMy and make sure you get the discount price for all the recordings and content while it's still available because once that is gone, it is gone forever. And I would just love to connect with you.

See you inside and together. Let's find that next level of health and a Liveness