Summit Introduction and Dr. Tom O'Bryan

Hey, everyone. Doctor Eric Slutsky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, heart healthy life.

This is information your doctor will not be telling you about. So please, please, please clear away distractions and get ready to take lots of notes. No joke, you will not find this collection of practical, natural solutions anywhere else online.

From avoiding hidden toxins in your home that are damaging your heart to easy natural product swaps to simplifying lifestyle habits, each expert will empower you with simple money saving tips that put your heart health back in your hands.

And remember to keep this life changing information at your fingertips. Be sure to grab the summit recordings and bonus materials for ongoing support in your journey to a heart healthy, abundant life.

And today, I'm thrilled to introduce you to a longtime friend and colleague, doctor Tom O'Brian. When it comes to getting healthy, doctor Tom O'Brien's goal for you is making it easy to do the right thing.

As an internationally recognized, admired, and compassionate speaker focusing on food sensitivities, environmental toxins, and the development of autoimmune diseases, Doctor Tom's audiences quickly discover that it is through clear understanding of how you got to where you're at, that you and your doctor can figure out what it will take to get you well.

Doctor Tom is considered a Sherlock of Holmes for chronic diseases, and teaches at. Recognizing and addressing the underlying mechanisms that activate an immune response is the map to the highway towards better health?

He holds teaching faculty positions at the Institute for Functional Medicine and the National University of Health Sciences. He has trained and certified more than 10,000 practitioners around the world and advancing understanding of the impact of wheat sensitivity and the development of individual autoimmune diseases.

Doctor Tom recently has revealed exactly what you need to know to reverse the root cause of cancer, diabetes and heart disease. To learn how, check out his groundbreaking series at The Inflammation equation.com.

All right, let's get ready for an awesome talk with doctor Tom. All right, doctor Tom's that. Thank you so much for being here I really appreciate it.

My friend. Thank you so much, doctor Eric. It's a pleasure. It's always great to hang out with you. You know what? Usually in person, but on zoom is great because we bounce off each other so well.

Well, I'm I'm coming here as a student every time we do these interviews, whether you're on that side of the microphone or this side of the microphone, I always learn something or two.

So folks really encourage you just to take a minute, clear away some distractions that you might have and get ready to take some notes and to take the seriously, because out of everyone in the world, doctor Tom is the foremost expert in this subject, and he has devoted his very life to it.

And so I wanted to segue into, just thank you for your contribution, doc. You've done a lot from your groundbreaking Gluten Summit back in, what, 2013, 2014, 2018, one of the first docu series of its time, Betrayal to Now, a recent project.

And, well, like we were just talking about before we began offline.

Inflammation as the Root Mechanism of Disease

I'm just curious, like, given your age, given your experience, given your tenure in this industry, why would you go back to school again and and create a whole nother project and be a student?

So tell us about this new project that you just launched and and what you've learned from it. And let's, let's just. Oh, yes. Thank you. Thank you so much.

Well, I, you know, I, I, I read science and I just love to read science. And when I see something that really captures me, if it gives me a what kind of response, I'll take that study, you know, tape the front page of it, or a graph that's inside the study to the ceiling of my bedroom.

And, you know, I go to bed at nine. Oh, yeah. Oh, yeah. And then sometimes when I'm sleeping, I'll wake up with an idea in the middle of the night. And I've learned I've got this little pad of three by five cards and there's a pen.

You pull the pen out and a really soft little light comes down on the three by five card because the room's dark, you know, but just enough light to see the card and not so bright to wake me up complete.

And I write down a couple of thoughts. And in the morning, you know what I get? I was, oh, yeah, that's why I didn't talk about that. And I reference that on stage a lot for our doctors that, you know, you you have to give yourself permission to think outside the box.

If you don't give yourself permission, it doesn't happen very often because we're so busy with everything we're doing on a daily basis, trying to be the best practitioner or the best clinician, the best father, you know that we can be, that we don't have that daydream.

Time to think outside the box. So I suggest that people tape a study on the door of their refrigerator or a picture of a graph. You know, and you'll see it like once or twice a day, every day for a few weeks.

Then you'll be driving down the road, and all of a sudden an idea comes to you about this patient with that topic from that study. And so I've done that for many years. And, a paper came out by Doctor David Furman, who's at the Buck Institute of Aging and Stanford, and Furman and his team have the contracts with NASA to figure out why are the astronauts aging so quickly in space?

And they figured it out. And he put a graph in there that was just jaw droppingly simple and intricate. And, you know, my first mentor, Doctor George Goodhart, would often say that the body is simply intricate and intricately simple in meaning.

There's some basic, simple concepts, and if you understand these concepts, you've got a good working understanding of what to do to help that patients function better.

And this drawing that David Furman did was three gears interacting, connecting so that when the first gear moves, it turns the second gear and the second gear turns the third gear.

And on the left side at the spike of the gears was all of the things that we know of in life that are not great for us. Like the wrong foods, too much of the wrong bacteria in our gut, emotional stress, too many stress hormones, toxic chemicals, and heavy metals accumulate in your body.

He had a list going around the wheel on the left. And when that wheel turns, it turns the wheel in the middle, which is your immune system activating your immune system, producing all of the markers of inflammation to deal with this bug or this virus or this bad food, whatever it is that we've been exposed to or the excess stress hormones that activate the immune system, creating the inflammation.

And so this inflammation is the center wheel. And when that center wheel turns the wheel on the right is diabetes, autoimmune diseases, cancer, cardiovascular disease, Alzheimer's, Parkinson's, dementia.

Osteoporosis, immuno senescence. That. And it was such a beautiful drawing to show that wow, wait, wait, so what do I do over here in my life, in my lifestyle?

That is actually what activates my immune system to produce the inflammation. Yes. And then the excess inflammation is going to manifest on any of these diseases. Yes.

Determined by my genetics and how I live my life. It's called antecedents. You eat tuna fish three times a week. You likely have mercury toxicity. That's an antecedent.

That's a lifestyle thing. So it's genetics and antecedents that determine what I refer to as the weak link in your chain. You pull it a chain, it always breaks.

It's the weakest link. So at one end, the middle, the other end, your heart, your brain, your liver, your blood sugar, your lungs, wherever the weak link is.

And that's determined by your genetics and how you live your life. So wait a minute. Wait. So what I do on a daily basis is activates my immune system trying to protect me, which then activates pulling on the chain.

Inflammation is the pull on the chain, and it pulls on the chain, and the chain breaks that the weakest link. And here comes diabetes, or here comes cancer.

It was a beautifully elegant, simply elegant drawing that is PhD level stuff. You know, it. It's very, very complicated. But that's the basics. And so when I saw that, I mean I just I would like you, you know, you see something really grabs you just start drooling unknowingly.

You know, I just like, wow, I really need to carry this message out to people. And so I've been teaching about this, and I went out and I interviewed 64 of the world leaders, the true leaders in inflammation and triggers of inflammation.

And I traveled to seven countries and in every country to find these teachers. You know, I had to hire a film crew and bring them in. And all the microphones and the lights and you know that, and we put this thing together in a nine part series that's about 45 minutes a day called The Inflammation Equation.

And it's at the inflammation equation.com. It's all free. And you watch this and you go, wow that just makes sense. That's it. Yeah yeah that makes sense.

And so when you go to that site there's a six minute introductory video that gives you a taste of all of this and say wow, this is really interesting.

I think I'd like to listen to more of this or not, you know, but. You know, when I go to India and teach in India, the one city in the world that I will never drive in is New Delhi.

Never. I mean, I'm from Detroit and I grew up with muscle cars. So, so I'm a I'm a good driver but I won't drive in Delhi because I know three lane road.

There will be five lanes of cars there cutting and turning. I just won't do it. So if you need to get around Delhi you might look at the map of the trains.

You know the train stations in Delhi and you can make your way around pretty well. With that map. But if you go to New York, the map of Delhi is wasted on you.

I mean, it's got no use whatsoever. You need a map of New York. And so people with whatever, we're all so unique

with whatever your physical or emotional concerns are, you need a map of the highway to better health, and it's specific for you.

There's no shotgun approach that's going to work for everyone. And the way you find the map to the highway to better health is by asking the question.

It's the bottom line question. And it's the big takeaway from the inflammation equation. The big takeaway is, okay, I've got symptoms I've got pain okay.

So and oh by the way, 14 of the 15 top causes of death according to the CDC are chronic inflammatory diseases. It's always inflammation.

Gut Microbiome, Lipopolysaccharide, and Cholesterol

The only one that's not is unintentional injuries accidents everything else from suicide to Alzheimer's to autoimmune diseases to lung disease. They're all inflammation.

They're inflammatory. And when you understand that and you understand that middle wheel is going to turn the wheel on the right, that's pulling on the chain, determined by your genetics and your lifestyle, where the weak link is.

When you understand that, then the obvious question, the obvious question. How am I fueling the inflammation in my body? What is it that I'm exposed to?

This fueling that's causing this fire, this inflammation? Because your immune system is just the armed forces in your body. You know, it's there to protect you.

There's an army and Navy and Air Force and Marines, the Coast Guard, we call them IGA, IgG, GM cytokines. They're just different branches of the armed forces.

And when they get activated, when you've got inflammation, it's an automatic effort to save your life. Automatic non negotiable. You're under threat. Your body is under threat.

When you eat a Ding-Dong your body is under threat. There's these toxic chemicals coming in that will create an inflammatory response. And so you have to identify the obvious, the obvious approach that needs to be included.

The first thing and most important for patients is wanting to feel better. They go see a doctor because they want to feel better. That's very, very important.

But that doesn't get you well. That just calms down your symptoms. You have to ask, where is the inflammation coming from that produced these symptoms.

And from that perspective, from that question, you get very different answers. And you and you realize, wow, okay, so I need to check my food selections.

I need to look at my environment. We know indoor air pollution is usually more toxic than outdoor air pollution, because the flame retardant chemicals and your bed sheets and your blankets don't wash out after 50 washes, they're still there, and you go to bed every night and you lay down and go to sleep, and you're you're encumbered or you're you're wrapped up in these sheets and blankets that are outgassing minute amounts of these chemicals.

Well, I can't no, no, no. Everyone has this. But there is no evidence in the world nothing I've ever seen, that the amount of chemicals that you are inhaling when you sleep are toxic.

There is no evidence anywhere, but they are accumulative in your body. And over the years they accumulate along with the formaldehyde in the, ceiling tiles, along with the, stain resistant chemicals in your sofa and in your, you

know, the Scotchgard and your chairs.

I mean, all of this that we're exposed to. Well, there's no evidence that the amount of Scotchgard that your your exposed to by sitting on the chairs and, in your dining room is toxic to humans, and that's how they get away with this.

They got away with it because they paid off the senators and they paid off the representatives to pass the legislation called the Toxic Substance Control Act, which has no teeth whatsoever.

And as an example, in Europe there are over 10,000 chemicals that are not allowed. In Europe over 10,000. In the U. S there are 12 because the Toxic Substance Control Act has you have to prove that it's toxic.

And the industry says, well, there's no evidence that the amount of chemical you're exposed to is toxic to humans. It's not it's not now that Toxic Substance Control Act has been in effect because the chemical industry, the lobbyists, are paying literally millions of dollars every year.

Don't touch that toxic substance control act. When was it passed? 1976. That is the legislation at the federal level that controls the introduction of chemicals into our environment.

So we're exposed to all this stuff that when it accumulates, depending on your genetics, pulls on the chain that eventually manifests as infertility or recurrent miscarriages or cardiovascular disease, it doesn't matter what the symptoms are.

14 of the 15 top causes of death are chronic inflammatory diseases. So that's the big picture concept. The Toxic Substances Control Act is really insidious.

Because a way around putting a stamp of danger on a toxin is deferred to other agencies. I if I could summarize what Doctor Tom's saying, there's a lead in question after this, but you just can't leave your health to the government, to your doctor, to the pharmacy, to the manufacturer.

And we need to be good stewards. We are in control of our health, and we need to constantly be testing things. There's a Bible verse that says test all things, but hold fast to what's good.

We need to double check, triple check, quadruple check. Just because it's on your shelves, just because it's recommended. Just because it's there. And I recently saw a comparison between McDonald's French fries in America, the ingredient list and the ingredient list.

When just went viral. For those of you who are part of this world, you see this and the ingredient list of McDonald's French fries in the UK. And there's only four ingredients in the UK and it's not a health food.

But you know what? It won't kill you. But the 1520 ingredients in America like Why would America allow? And doctor Tom eloquently explained, it's lobbying.

But doc, you mentioned something and I think it's important to relate to we're talking about heart health. We're talking about heart attack and stroke.

You corrected me a couple years ago during an interview, and I really appreciate it because it really it struck home. I miss used the phrase root cause in term in relation to inflammation.

And you corrected me and you said, no, inflammation isn't the root cause. It's the root mechanism. The root causes. And then you list we can list 1500 things.

It causes inflammation. So in that context root cause root mechanism. How does this how does this cascade affect someone's risk for heart attack and stroke and heart disease as a whole?

It's really good question. Really good. Thank you. It's so unacceptable that the number one cause of death in the world is cardiovascular disease has been for 50 years, and we're not making any headway following the usual and customary, which is, I assume, why you're doing this wonderful event.

That will bring so much great information to people and so many of the, guests that you will have. They're all experts. And 1st May be an expert in coenzyme Q10 and how it helps with the blood vessels.

1st May be an expert on organic foods compared to conventional foods. You know, there. But there's one route mechanism to cardiovascular disease. No one can argue with this.

And I invited you on stage. I to say, you know, if you disagree, I'd love to hear from you. Here's my email address. I'd love to hear from you. You know, no one can disagree.

The root mechanism of cardiovascular disease is inflammation. It's always inflammation without exception. Now correct that there there are some genetic, things, you know, an infant born with heart valves that aren't functioning properly or didn't develop properly, of course.

And rheumatic fever from a bacterial infection, of course. Well, that's inflammation also. But for the vast majority of cardiovascular disease, it's a lifetime of inflammation known or unknown by the patient.

They don't know that they're inflamed because they feel fine. That is causing the plugging up of the pipes. And the number one trigger for that inflammation turns out to be something called lipopolysaccharide.

And the science is really clear on this that now lipopolysaccharide, we have two different categories of bacteria in our body. Well, first, about bacteria, let's just take a step back and talk about bacteria and you'll love this doctor Eric.

Professor Yehuda Schonfeld, the godfather of autoimmunity. We shared the stage in Rome recently, and he started off by saying we are born 99% human, meaning a newborn baby coming out of mom's canal has about 1% of their cells are bacteria in the gut.

It's not sterile that mom has been inoculating baby to some degree. Over time, we are born 99% human and we die 90% microbial. Yeah, I mean, that's just brilliant, isn't it?

Well, because, you know, many of us have heard a number of times that there's ten times more cells of bacteria in our body than there are human cells.

If you add up all of the bone cells, the muscle cells, the organ cells, the skin cells, add them all up. There's ten times more cells of bacteria, in our body than human cells.

So that means there is 90% more of them than us. Who do you think is running the show? Right. Which? Which is why we always say if there's only one thing you're going to do to be healthier, only one, irrespective of what the complaints are, it's build a healthy gut microbiome that is a primary and with cardiovascular disease it's a primary.

But the microbiome, the bacteria in the gut there is two categories of bacteria gram negative and gram positive. And the bacteria. The majority of the not so great bacteria is called gram negative bacteria.

They've got a coat of armor. And if you think of the knights from the Middle Ages, you know, and they get on these horses and they're they long spears are going to ride toward each other and you know that.

Environmental Toxins and the Need for Better Stewardship

But they've got all this armor, lipopolysaccharide is the armor around gram negative bacteria to protect it. And our bodies have developed the skill to recognize, lipopolysaccharide because our ancestors before agriculture, 10,000 years ago, our ancestors were nomads.

They followed the herds. So there was always a source of food. And they're walking. They're looking. They find food, they grab something first. They smell it, then they nibble at it, and then they eat it.

And if there was bad bacteria on that food that you didn't identify with, smell or nibbling by taste, and the bad bacteria gets down into your intestines as soon as the food comes into the intestines.

We have sentry standing guard right there, and they're just there. I think of the soldiers at Buckingham Palace with those big hats. They're stiff. Is could be their dormant.

They don't do anything. But don't mess with those guys. Do not. That is toll like receptors in your gut. Toll like receptors are dormant on. But they're watching constantly watching everything you eat.

And if there is the protein structure of a bad bug, an lipopolysaccharide in their food mass is coming down. Two things happen immediately with within five minutes.

One, you get leaky gut. Why will leaky gut, when the cells open a little bit, water leaks into the intestines from the body to wash out the bug with the poop.

You know, it's a it's a safety mechanism. That's one thing. And the second it activates, NF kappa B, the major amplifier of inflammation. So you get all of this inflammation in your gut to protect you from the bad bug that just came into the environment of the intestines because your ancestor couldn't identify, by smell or by taste that I shouldn't eat this one.

Okay. That's great. Well, those that didn't have good functioning toll like receptors, they died. They did not reproduce. Those that had good protective function, they survived.

And they passed on that protection in their genes to their offspring. Where? So today, every single one of us has this protective mechanism in our gut that's designed to save your life, that's it's designed to protect you, to save your life.

And it looks for that suit of armor on the bacteria. That's the protein that it's looking for. Is that suit of armor. Now a little Segway? Not really today's talk, but a little Segway is there is one food and one food only that gets misinterpreted because it has that protein structure of the suit of armor, of the bad bug, and that one food is gluten.

That's why gluten is such a problem, is because it's misinterpreted, by your protective soldiers in your gut as a harmful component of a micro organism.

And this is straight from Harvard study after study after study on this. So when we eat a food that's got some bad bacteria on it, we will our protection will fight this thing right away.

Helps. Now because of the great American diet that we've all grown up with, we've got lots of inflammation in our gut, lots of, leaky gut because we're always eating these foods that are misinterpreted as a threat.

Now, whether it's gluten or it's red dye number 42 or it's, chlorine, it doesn't matter, what the substance is. If it's toxic, your immune system recognize it's going to fight it.

The most powerful of all of them. Triggering the immune response is the original threat to humans. That's lipopolysaccharide. It's the coat of armor of the bacteria.

Now, if it's okay, I'd like to share my screen for a moment to show just a couple of slides from one of my lectures, because it's, it tells the story.

So this is a paper from one of the greats in the field, Doctor Kilmer McCulley. Doctor McCulley is the godfather of homocysteine research, and he tells us this is not widely known, that lipoproteins.

Now that's HDL, LDL, VLDL those are lipoproteins. This is cholesterol. He's talking about are able to bind and inactivate microbes and their toxins, which is the coat of armor effectively by complex formation, meaning the the cholesterol grabs it holds on to it.

Now, it's complex and it holds on to it. It won't let go.

Lifestyle Shifts for Heart Health

And it now toll like receptor doesn't get activated because the cholesterol is covering it up and saying like, I got this van, it's okay, I got it. And the cholesterol escorts, the LPs all the way through the gut and out with the poop so as to avoid over activating your immune system, creating too much inflammation from a colleague.

Doctor McAuley. Complex formation, meaning the cholesterol molecule grabs on to the coat of armor between all lipoprotein classes HDL, LDL, VLDL, oxidized LDL, and both bacteria and viruses have been demonstrated by many different laboratory tools, equipment that they can use high cholesterol and or high LDL is protective against infection and atherosclerosis.

And I've got many, many studies on this. But that kind of sums up that high cholesterol is sometimes there to save your life. That's it's purpose. It's not bad for you.

It's protecting you. So not always, not always. But it turns out that this is the most powerful threat causing inflammation in the human body. And the journals, the journals of, neurogenesis, neural inflammation.

They say LPs is the most powerful trigger, activating the formation and deposit of beta amyloid in the brain. The mechanism of Alzheimer's. It's the most powerful of them all.

Yeah. And and we've the great cholesterol con, I think is a required reading for anyone who's interested. In exactly. What, what's happened and why and and why the numbers have changed. Why.

And that's arbitrary. Even diabetes. What truly is diabetic? What's not diabetic? What is high? What is low? Why are the numbers. And it seems like every time the numbers change, doc, more people are recommended to be on statins.

Those as much, right? Every time. Like millions of people now. Oh, the numbers have changed yet you mentioned something. We no one's mentioned this yet.

And I've interviewed and I think it's important the body produces cholesterol, and cholesterol is necessary for proper cell membrane function. Oh my goodness.

You know, cholesterol is the raw material that all your hormones come from. Estrogen, testosterone, melatonin, serotonin they're made of cholesterol. So one of the things you have to look at when a person has high cholesterol, are they producing excessive stress hormones right now?

Is there life. Is there a lot of stress in their life that's just one on the checklist. You know, that you have to see. Are they in a toxic relationship?

A toxic relationship can cause high cholesterol because your liver is making more stress hormones for some people. You know, that's what it is. Cholesterol is the raw material that your immune system uses to fight the threats that you're under.

So we just have to look and see where. Why is this happening? That's the million dollar question. Why high cholesterol is not necessarily a threat to you.

Could be. Could be. No, no, no, folks, this is really important. I mean, this is a this is a asterix take away. You need to talk to your doctor. My father.

Unfortunately, was recommended low dose statins as prevention against high cholesterol. That's what they're doing. Baby aspirin for protection against blood pressure, which we end up finding out.

Overuse of aspirin actually causes the damage to your blood vessels, which triggers plaque buildup, which then can cause heart disease. Like what in the world are we doing here?

So, folks, this is a really big takeaway. What we're talking about. And this there's only so much we could do in this discussion and why it's vital. And I think a big takeaway is to find a practitioner who understands this, who understands functional medicine, who isn't going to see one number on a lab and then prescribe you something, even if it's a nutraceutical, someone who prescribes you a nutraceutical of supplement or an essential oil because of high cholesterol, and that person shouldn't have the right to do that.

You need to do what doctor Tom just said. How's your love life? How's your relationship life? Are you going through any undue stress or anxiety? I don't know anyone who is answer would be no at this point.

Let's unpack that a little bit. Why are these numbers so high? And once you unpack that, once you unpack that box and start peeling off the onion layer by layer, you might find that simple lifestyle shifts.

So can we can we give some people or some of this? Can you give some simple, effective lifestyle shifts that you know people can do that can make a difference in this context?

Something that maybe people might be surprised? I would yes, I'd be happy to. And, I'm going to give you a study that was published in 2019in the journal The American Medical Association from Harvard, and the editors of the journal made a comment about this study.

They said, this is an elegant study using sophisticated biomarkers to demonstrate their point. Now, doctor, course, you know, the editors of the Journal of the AMA do not say that very often.

They don't give a stamp of approval, but they did for this one. And what these researchers did was they looked at couples going to assisted fertility centers. How and they ruled out all of the known threats to success or failure with implantation, alcohol consumption, cigaret, smoking, exercise, no exercise, socioeconomic class, race.

They ruled all of that out. And they looked at one thing and one thing only. They did in an elegant way that apparently, you know, I'm no statistician, but apparently you can't argue with how they did this, which is why the editors gave the stamp of approval.

They looked at one thing how many servings of fruits and vegetables is the woman eating a day when she's going through the implantation procedures? And as most people know, they're spending tens of thousands of dollars to try to have a family, a beautiful thing and but very stressful.

And they divided the women into four categories the highest number of fruits and vegetables per day, the next, the next, and the lowest. The results were shocking those in the highest category of fruit and vegetable consumption per day, compared to those in the lowest category of fruit and vegetable consumption per day.

Those in the highest category had an 18% less likelihood of successful implantation. The more fruits and vegetables you eat, the worse the outcome. The wait, wait, what?

And they had a 26% less likelihood of a live birth. They had miscarriages and stillbirths, 26% more often than the women who weren't eating much. Fruits and vegetables.

It's like, wait, what? What? But here's here's the hidden little pearl in there. There was a group of women eating organic. And in that category, those in the highest category of consumption, the exact opposite. Wow, wow. And here's the takeaway.

That's such good news for people. The takeaway is women qualified to be in the highest category of consumption

and get much better results. If they were having three servings per week of organic, not three a day, three a week, and the researchers didn't comment on that at all.

But I think it's because, you know, if you're eating organic whenever you can, you probably got organic shampoo in your bathroom and organic soaps and organic, laundry detergents that you're trying you're trying when you can and you eat organic a couple, three times a week, you know, but they got much, much, much better results.

It's the insecticides and pesticides and fungicides, rodenticides, glyphosate, heavy metals that are on the conventional fruits and vegetables in your supermarket that accumulate in your body.

And for those women who already were having health problems, so they're highly inflamed. They eat more vegetables, but that's more chemicals. And it's like throwing, throwing gasoline on a fire instead of charcoal.

Lighter fluid. Wow. I mean, it's a jaw dropping study, but it fits right in, doctor Eric. It fits right in with the takeaway message for today from me.

And the takeaway message was the subtitle of my most recent book, which is you Can Fix Your Brain. That's the name of the book, and you'll laugh that I had a two week argument with Rodale Press on the way.

Oh yeah. I get they really wanted some other. I know this is the title you can fix your brain. The subtitle, though, is just one hour a week to the best memory, productivity, and sleep you've ever had.

And that's the key to success, because in this event on cardiovascular disease, you're going to hear so many good things from so many experts that Doctor Eric is bringing here.

You're not going to know what to do. There are so much. So you take one hour a week. You tell your family every Tuesday night after dinner, every Sunday after services.

Don't bother me. I'm going to spend an hour to learn how we can be healthier.

Small Changes, Compound Effects, and Closing Encouragement

And then you're going to go back and find that that interview that Doctor Eric did with the guy that talked about, phthalates in plastic containers. And you're going to go look for the URLs for glass storage containers.

My book, there's three URLs or Miles Kimball, Amazon, and I don't remember the third one. And you go online and you look for glass storage containers.

It oh those oh I like those. And you order three round ones and two square ones and one for the Pi, and you pay with your credit card, you hit send. It took an hour, but you're done for the week.

Never again will you poison your family, because when you put leftover foods in a plastic storage container, the next day that the food has phthalates, the chemicals used to mold plastic in the food that leached out of the container into the food.

And felt fuel inflammation, which fuels arteriosclerosis, which fuels cardiovascular disease. So you now have glass storage containers. And you know some people write to me say but I can't find any without plastic lids.

And my responses don't turn the thing upside down. Okay. It's okay. As long as the food's not touching the container, the lid. You're okay. Yeah. You don't have to get you know fanatical about this.

But when you get glass and you give your husband the Tupperware containers to store nails out in the garage, that's what they're good for, right? My father used to do that.

He would take a Tupperware, and they take the lid, and he'd nail it to the underside of a shelf. Yep. And then he

would just clip the Tupperware onto the nailed lid, and it would hold it up under the shelf.

Right. So that's just one. But next week, now you look at foods that help to clean your pipes, and you're going to look for recipes of how to how to work with beets, how to increase your nitric oxide levels.

You know, you're the talks that you're going to hear in this event. The way that you can implement this in a successful way. You should go back and listen to that talk again.

And now when you listen to it, it's one hour a week so you can listen to it. The interview with the guy on nitric oxide. Well, I don't remember his name, but I remember about nitric oxide because health goes where blood flows and nitric oxide opens your blood vessels.

So blood flow is better. And so you'll go back and listen to that talk, that interview. And then you'll ordered the beets or beet root powder. I just put beetroot powder in my smoothie every morning.

So it's an easy way to get it. And then you're done for the week, and then next week you're going to learn another one. And then next week you'll learn another one.

And in six months you've got this down, and you go to church and you see someone that you haven't seen and they say, whoa, what happened to you? Look at you look great.

Well, I lost 4 or 5 pounds, but I've really lost a lot of fat and I've just changed my diet. You know, I'm eating organic now much more often. We have organic dishwashing detergents and, organic laundry detergent.

And I've got plants in every room in the house because they absorb the toxins in the air. And my daughter's asthma is gone now. And you, you just start, you know, you start talking about all this, and your friend just looks at you and their jaw drops.

It's like, wow, that's too overwhelming. I can't even concept how to do that. But it's one hour a week. That's how you use this event to be so successful in transitioning your family's health in the direction you want it to go.

I love that I just went through The Compound Effect by Darren Hardy. Those of you are interested in a self-improvement book that focuses on business, but it focuses a lot on life, and he shares the very same thing.

He actually has a story of three different people, on the same socio economic background, three friends and one friend. The all of them are similar in so many ways.

One friend decided to not do anything different with his life, and another friend decided to do literally. We just said just one hour. Just one hour here, one hour there, just a little bit.

Just simple little changes. And another friend actually made changes that were detrimental a little extra alcohol, a little lecture, Netflix. But the guy who decided I'm going to read more self-help, I'm going to focus a little bit more on my exercise and diet in six months.

This is the compound effect. Same thing with your investments of your money, same thing with your relationships. The compound effect had dramatic reaction.

Very dramatic results were one guy he lost 30 pounds in six months because he needed it. The other guy gained 30 pounds. So now there's a delta of 60 pound difference in the.

And the guy who did nothing, he was pretty much same. But he was a little more bitter and I'll leave you with that. He was a little more bitter because his situation was about the same.

But he was six months older and he was six months away from not anything different in his life. And we don't want you to experience that. And I love that.

Doctor Tom, there's so many ways we can go here in so many ways we can end this. But, I just want to thank you so much. I was beautiful, and I'm grateful because it's the little things that we do.

It's the tortoise versus the hare parable that we've heard since we were children. And it does take time. And the thing is that we're not presenting to you a microwave American solution.

America has it wrong when it comes to this, and other countries have it right that do it right. And it's a slower process. It's life. Allow your body to do what it needs to do over time and give yourself patience. Be.

Give yourself grace. Just give yourself a little grace. And that's when I get from you, doctor Tom, I I've never felt judged. Oftentimes convicted, which is good.

I hope your conviction meter has been tweaked a little bit. I hope you feel. Wow. I need to do something. But you shouldn't feel judged or condemned. It's just that little bit.

So how would you like to, how would you like to say goodbye? Because I don't know any other better way than to share some love and encouragement, as you always have.

I really appreciate this talk. I've learned so much. I'm so inspired. Oh, thank you so much. Thank you so much. I, why not? Why not? First, I would recommend that everyone check out the inflammation equation.

When, when you can. It helps to give you the roadmap of how to do this at one hour a week, you know, and the other is there is a poem by George Bernard Shaw that I had in every treatment room, in my office, for 25 years.

And, patients would often just be standing there reading it when, you know, I'd come in the room because it's so beautiful. And, if you just, type in the first sentence and George Bernard Shaw, it'll pop right up online, so that you can read it.

And it's very empowering. This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one, the being a force of nature instead of a fever, selfish little clod of ailments and grievances complaining the world will not devote itself to making you happy.

I am of the opinion my life belongs to the whole, and it's my privilege to do for it whatever I can. Life is no brief candle to me. It's sort of a splendid torch.

I have a hold of it at the moment, and one to make burn as brightly as possible before passing on to future generations. Thank you again, my friend. I'm blessed. I'm honored.

And on behalf of everyone that you've touched, all the doctors, all the patients you've educated, the millions upon, millions of people we, you know, enjoy the season of your life where you could be considered an icon because you've earned it. And let people like me call you that.

I know you would never, but you truly are. Some people call you an OG, the original gangster. Whatever you want to say, just thank you my friend. And folks, thanks so much for tuning in all of our love and appreciation to you.

And as always, Doctor Eric Lenski, all campers that you and your family truly experienced an abundant life. And you got to listen to this interview again because you're going to get some great tips on how to do that toxin.

But by.