The Better Question: What Does Longevity Actually Mean? Transcript

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Introduction to Human Flourishing

I look at human flourishing as something that is different than what a lot of people even understand. It's a vitalistic model that's not just about just your health.

It's about your spiritual health, your relational health, your emotional health. It's not just about your CDC blood work. It's about your gastrointestinal bacteria.

You're looking at your viral overload. You're looking at environmental toxins that you've been exposed to throughout your lifetime. You're looking at what kind of hormone dysregulation you have or micronutrient deficiencies you have.

And there's a strategy, and your methodology addresses a lot of this, but there's a strategy that will help to overcome a lot of these things, but it's really addressing at the core what they call the hallmarks of aging.

And these are the very things that drive aging inside the body and cause people to age. Welcome to The Resiliency Method, the truth about healing. I'm Dr.

Erica, and we are here to uncover the root causes keeping you stuck. Together we'll restore your energy, your focus, and your resiliency so you can finally heal, regenerate, and feel truly alive again.

He was labeled ADHD and dyslexia as a child and he was put in special needs classes and told without anyone really directly saying it to him that he simply wasn't smart enough.

His mother ditched the medications, she found a functional medicine doctor, and everything changed. He went on to earn an academic international scholarship, straight A's, and became one of the world's leading longevity experts.

He's coined the Doctor of the Future by the founder of WebMD, and he's written down that he plans to live to 156 years old. Welcome to the resiliency method, the truth about healing podcast.

I'm Dr. Erica Schultz, and this show exists to help you think more critically about your own health, because the system was never designed to help you thrive, only to help you survive.

And today, Dr. Jones is here to break down the 12 hallmarks of aging and why everything you've watched your parents go through is not inevitable. Stay tuned.

Welcome everyone to the Resiliency Method, the Truth About Healing podcast. I'm Dr. Erica Schultz, and today I am joined with Dr. Isaac Jones. He's one of the leading experts in longevity medicine He's been a member of the DaVinci 50 previously, and his interest is generational health and having human flourishing for the generations to come and for our current population.

I'm excited to have you, Dr. Jones. You're one of my teachers. I've known you, I call you, reference you a brother from another mother.

Dr. Jonesu2019 Early Health Struggles

And I'm excited to have you here because you have just an enormous amount of wealth of information to share with us. I know specifically and, you know, certainly in the longevity sector, which is what a lot of people are wanting to hear.

And I know you know a lot of information about this industry. So I'm going to let you take it away. I really want to hear from you what you got out of the DaVinci 50, how your your journey came about from to explore longevity.

What got you interested in this? Yeah. Yeah. Thank you, Dr. Erica. It's a pleasure being here and I'm just so excited that you're getting your healing solutions out to as many people as possible because, you know, I know a lot of my friends work with you and my friends' friends, I've referred a bunch of people to work with you and now they're referring people to work with you.

It seems as if you're getting a lot of referrals because you get results, right? Yeah, so we have a unique method for sure. That's awesome. Well, yeah, I grew up in Canada and had a great upbringing with my mom and dad and seven brothers and sisters, little crazy.

But I definitely struggled with my ability to focus and I was diagnosed with ADHD, dyslexia, and I was put into special needs to take tests. And I used to think to myself like, man, I I'm dumb.

I can't really put sentences together. I don't know really how to figure things out from an academic perspective. And I saw my friends flourishing in academia and in high school and elementary school.

And I built a belief about myself that I was not smart or that everyone else is smarter than me. My mom, she saw that the medications like the Adderall and the Accutane for my acne and things of that nature were impacting me negatively.

And she said, you know what, my dad, all he taught me was medicine. He died from it. And then, you know, all I've known is the pharmaceutical industry and she's worked in a pharmacy or a whole life.

And she said, you know what, I want to, I want to figure something else out for my son. So she went to a functional medicine doctor. We also went to a chiropractor and a naturopath.

So between the three of them. There was unbelievable information that was shared. I learned that I had gut dyssymbiosis, Candida overgrowth. I was majorly deficient in B12 and some other micronutrients.

I had a really bad alignment in my upper cervical spine that got corrected. And then I was like, I just didn't know what to eat or how to eat. And I was up, my nutrition was upgraded.

So my whole family, we got healthier. And over time, my mom reversed her depression. My dad's heart disease reversed. And there was just so many unbelievable breakthroughs that happened in our family's health, and including mine, my own.

And so I decided to study in the United States. And I ended up getting an academic international scholarship to study, which was great. Even though you weren't very smart.

Well, yeah, I started getting straight A's in class. Turns out you're pretty smart. Yeah. And I really do think a lot of the kids that are told that they aren't smart are actually really intelligent.

Absolutely. I agree. The kids with ADHD and dyslexia are actually really brilliant and, and so on in different ways. And a lot of times high performers, right?

Yeah. Yeah. Yeah, for sure. Like, I don't think anybody really could do what I'm doing in business. Not many people can do what I'm doing in business right now.

I'm doing some interesting things, launching different businesses.

From Functional Medicine to Longevity

You are just incredible. And I will say, people say that about me and I'm like, well, you don't know Isaac Jones. No,

you are. You're amazing as well.

And so this kind of like led me to this path of just wanting to understand human potential and optimal potential and what I now call human flourishing.

And so I went to school. I wanted to go to the top school in the world for high performance healthcare, and I wanted to learn functional medicine, I wanted to learn nutrition, I wanted to learn the nervous system and chiropractic.

And so I learned you know, all of that. And I kind of just ate it all up. And I went to all these advanced seminars and learned, you know, some breakthroughs and solutions that would really continue to elevate my health.

But then I became the go-to healer in my school. Nobody could, they're like, oh, I've got a cancer patient here, give them to Isaac. Oh, I've got somebody with autoimmune, give them to Isaac.

Oh, I've got this person with dementia, give them to Isaac. You're the difficult case guy. Yeah, say it again. You're the difficult case guy. Yeah, so I ended up working with all the difficult cases and it was fun to me to work with these different people that were struggling with different health challenges and just be a detective because everyone's different.

You could have two women with breast cancer and one woman has breast cancer because she's been stressed out her whole life and it's more emotional in respect to the underlying issues.

And another woman, it could be because she was putting her cell phone in her chest or something like that and she's getting EMF toxicity. And I've seen people do that and I'm like, oh my gosh, don't put your cell phone in your breast pocket.

But there's a lot of different reasons why people are dealing with what they're dealing with. Absolutely. Everybody's different. Everyone's different.

Exactly. Exactly. So then I got into what I called human potential healthcare. And then I got into what they're now calling longevity healthcare, which was first called anti-aging healthcare and then longevity healthcare, which didn't really, longevity healthcare didn't even really launch until five or six years ago.

And so it's very new. It's, it's very breakthrough. It's very exciting. Yeah. And you know a lot about it. Yeah. Now we're now, you know, I joined DaVinci 50 and some other groups to learn about longevity.

And I think me being a part of these different groups and being around the top longevity experts in the world, I realized that, you know, I'm probably, you know, one of the top, if not the top, you know, experts out there, especially in really understanding what true longevity is, if you know what I'm saying.

I do. And actually, I actually have a question for you about that because, you know, the word longevity sort of, I think, initially can imply, you know, that you live longer.

And I know for some people, especially those that are suffering with chronic illness and maybe depression, things that are a little bit more longer term in nature, sometimes if you say the word longevity to someone like that, they're thinking longevity so I can live longer to incur this current level of suffering.

Versus the scenario, which I think is really what you mean, but I'll let you expand on this further in terms of like actual quality of life, right? Yeah.

I look at it as human flourishing is a good word for it because it's like, we want to be able to help people flourish in life and get to a place where they're not just getting by, they're thriving and they're really You know, they're building systems for long-term sustainable results.

And so I look at human flourishing as something that is is different than what a lot of people even understand. It's a

vitalistic model that's not just about just your health.

It's about your spiritual health, your relational health, your emotional health. It's not just about your CDC blood work. It's about your gastrointestinal bacteria.

You're looking at your viral overload. You're looking at environmental toxins that you've been exposed to throughout your lifetime. You're looking at what kind of hormone dysregulation you have or micronutrient deficiencies you have.

And there's a strategy and your methodology addresses a lot of this, but like there's a strategy that will help to overcome a lot of these things. Like it's, it's really addressing at the core, what they call the hallmarks of aging.

And these are the very things that drive aging inside the body and, and, and cause people to age. And a lot of people think like, Oh yeah, longevity is me.

kind of living longer in pain. I want to like leave this earth kind of thing. I'm talking about like no pain, no suffering. You're at your peak level of health and vitality, peak performance, and you're at your peak performance in your 70s, 80s, 90s, and into your 100s.

Why Longevity Means Quality of Life

And I really do believe I have a very strong belief system around the fact that I believe that we can all get to 110, 120 plus if we follow these systems and even more.

I really do think that. Now, some people think… What's the age you've written down? You've had us write that exercise, write down what age we think we'll live to.

What's the one… Yeah, I've got 156 is what I wrote down. Nice. Yeah. And so, again, I don't know if… If we get to 156, then who's to say we won't be able to get to 356, right?

Right. So I think that certainly a lot of people will be uploading their brains onto like computer chips and stuff like that so they can live in the AI world longer.

That's not what I'm meaning. I'm meaning really your body or health, your vitality is vibrant into your 100 plus years. That's the goal that we have and it's through really addressing these hallmarks.

Yes. And so, and before we get into that, I do want to dive into the 12 hallmarks of aging because I think these are key principles that they can get a little heady for some people perhaps in terms of some of the vernacular we'll use in describing them.

But I also want to just spend a second talking about like, This is something that weighs on me. I want to get your thoughts on this too. When we look around in our current society today, right, and we look at just like what we're doing, just like take, you know, the 10,000-foot view over ourselves and, you know, here we are, these little humans running around.

you know, always making things happen, doing things, sometimes just trying to pay the bills, sometimes just trying to surviving, sometimes thriving, right?

It's a whole kaleidoscope, right, of all the things that we're doing as humans. But one of the things I think is the saddest is we, as I look at like my parents' generation, I'm sure your parents' generation, we're seeing just increased levels of neurodegeneration conditions.

And we've watched our parents, we've watched these people that are older than us work their butts off for their entire life, their careers, they're doing everything that they can to get to this point in life now where they have like no vitality.

Not only do they not have any vitality, they have potentially really like a whole other set of circumstances. that they're managing, right? Including their litany of medications or their, you know, surprise neurodegenerative condition that really has been brewing for probably most of their life, right?

Yeah. If we're, you know, frank about it. What's your thoughts on that? Like, what do you think is really important to say to people, for people to hear about this conversation before we get into some of the technical aspects of it?

I really think that part of the neurodegenerative issues in children, I think one of the biggest drivers is social media and is the stress associated with social media, the comparison trap of them comparing other people to themselves and feeling less than and having people cyber bully them or whatever.

I think there's a lot of unfortunate things that are happening psychologically. But then at the same time, and as bad as a problem that social media and emotional onslaught these kids are having, I think it's also the fact that we've been we're drinking more and more out of plastic.

There's nanoplastics and microplastics bioaccumulating in the brain and the body. You've got heavy metals and environmental toxins and biotoxins that are bioaccumulating in the brain and the body.

And you're starting to see this like, this synergistic positive feedback loop of the psychological, physiological traumas and stressors that are either typically transient and chronic that then just bioaccumulate in your body and cause major damage.

I put on a warm bidet toilet seat for my wife just before Christmas. And you know, I tightened all the bolts, everything was good. And then The next morning, I walked downstairs and I'm hearing drip, drip, drip, drip.

And it was raining outside, so I was like, oh, it must be outside. And then I look up and the whole ceiling is about to collapse. Oh, my God. Literally.

And so I'm like, oh, my gosh. And even right now, my house, half my house is unfortunately being remediated because… Oh, no. because there was just this small amount of water, however much, and it seems small, but over time, over the next eight hours of me sleeping, it created all this damage in this house to the point where all the floors need to get ripped up.

And so that's what happens in our bodies, right? Like we have, oh, it's not that big of a deal. And then our floors are collapsing in, figuratively speaking.

Are you tied to treatments, protocols, and gurus who promise results but don't deliver? You're not alone. For years, I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work.

That's why I developed the resiliency method. It's a science-backed approach to combining the best of Western and ancient medicines to restore your body's natural intelligence.

Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before.

The 12 Hallmarks of Aging

Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix. You need a clear path forward.

Take the first step with a discovery call at drericaonline.com forward slash discovery. That's D-R-E-R-I-K-A online.com forward slash discovery. Or dive deeper with a full initial consultation at drericaonline.com forward slash initial dash consultation.

Because your health, your clarity and your freedom cannot wait. And now we've been exposed to some of these

environmental toxins for over a hundred years, right?

And so now we've got the cumulative effect of not just what we as individuals have encountered in our lifetime, but we are now breeding with other individuals who also encountered their own toxic load.

And then we've had multiple generations now breeding with these toxins inside our bodies, which can get transferred in utero to our babies, right? And epigenetically, it impacts the genes as well.

So if you look at the flip side of that, when you remove those toxins and when you help people access a high level of health and vitality, and when you are helping them maximize their potential in life and really access a high degree of what I would consider human flourishing, then you're impacting the next generation.

So like, you know, it's not black, white, you know, Asian or whatever. That is the right race. It's literally like our genes all have potential to be the optimized and we all have the potential to be downgraded.

So no matter what our culture is, right? Like I think Hitler was talking about this Aryan race, you know, as, as being the superior race. And it's like, You know, what we know is that every human has genetics that has the potential to be excellent, right?

And be optimized. Yeah. And we're all the same. We all come from the same source of that DNA. And so there is no distinction really. The exterior is really minute.

I didn't mean for us to go down this corridor. Yeah, yeah. No, I agree. I think that there's a huge opportunity for us to Like understand that we're, you know, we all come from, you know, this, this beautiful place.

I believe that, that, that, that we came from perfection. Right. And, you know, Yeah, and I believe in the Garden of Eden and I think there's just this amazing, perfect design that we as humans have the opportunity while we're on this earth to be able to optimize and get back to where as close as we possibly can be.

Absolutely. To when people were living literally 800 plus years. Right. And they knew what a year was, by the way. That's so interesting to me and so crazy.

Yeah. I mean, before, you know, before the flood, it was, it was like people literally lived for so many years. It was like 600, 500, 800. Methuselah was like, what, 800 and something.

So yeah, it's crazy. That's crazy. So yeah, so on that note, let's get into some of the more technical aspects of aging and starting with the 12 hallmarks of aging.

Love to hear your thoughts on them. If you have something you think are particularly ones to pay attention to, what you would say about those things? Yeah, I would say that there's more hallmarks than just 12. So we'll get into those.

But I want to keep it relatively simple because You know, I don't want to overcomplicate things. So there's the primary hallmarks and the primary hallmarks are genomic instability.

That's when your genes, they start to essentially break down and the expression of your genes and the proteins created thereby And then the messaging and the communication, the signaling in your body just continues to downgrade.

And it leads to disease genes being turned on. It leads to. you know, the lack of human optimization genes being turned on, that's a big problem. And it's principally founded in DNA damage, right?

From some of the exposures that we were just talking about. Yeah, I mean, exactly. So stress causes DNA damage. If somebody's in chronic pain, all the time that causes DNA damage actually shrinks your frontal cortex, chronic pain does.

And then you've got micronutrient deficiencies, impact genomic instability, toxins impact genomic instability. You know, the list goes on. And then you've got telomere attrition.

So this is what a lot of people think when they're like, oh, how old are you? What's your biological age? They think of the telomeres. And if you just took my telomere length, I would be one of the youngest people in the world from my age.

Is that what the principle, the sources out there that are giving you biological aging, are you actually saying that those devices or those calculations, those companies that are creating, giving you a biological age, are they primarily looking at that as the source that goes into that?

Is that what you're saying? Well, a lot of people, that's all they look at is telomere length or what their biological age is. The tests out there are looking at way more methylation biomarkers than telomere now.

And so we're able to see a lot of details into the multiple biological clocks that you have not just your telomere length so that the typically the longer telomere it's like it looks like a shoelace on the end of a chromosome like it's kind of like the tip of a chromosome which is your dna and the shorter it gets the more genomic instability you have and the more health problems that you have and the faster you die so the longer your telomere is, the better.

And so you can increase your telomere length through hyperbaric oxygen therapy, through healthy eating, through exercise, increases telomerase activity, and the upregulation of telomerase, which is the enzyme that protects the telomere.

So you've got telomere attrition, you've got epigenetic alterations, and that's just like the environment in and around the cell that impacts the expression of the genes downgrades.

So it's like, you know, if you're in a beautiful city, but then these gangs start coming in, right, that's the epigenome, the environment, and they start, you know, burning cars and flipping over cars and right now I think actually yeah it's happening right now I just learned about that because I'm about I'm supposed to be flying into Mexico next week so but yeah it's it's like a little crazy yeah it is but you you've got epigenetic alterations you've got loss of proteostasis which is it which which is which is like your proteins And essentially start to unfold and they become loose and you don't want those loose proteins.

You want healthy, tight proteins. And the cool thing is, so those are all the primary kind of. hallmarks of aging. You also have what we call antagonistic hallmarks.

And that's the, the, the, your, your, your, your cells stop sensing. It's called nutrient sensing. They stopped sensing the nutrients as well. And so there's the debt, there's a down regulation and utilization of nutrients.

There is mitochondrial dysfunction where the energy power plant of your cell stops producing ATP. there's cellular senescence, which is where cells become old and they give off this thing called sasps.

And then the more that these these secretory toxic particles from the senescent old cells get secreted, the more it actually tells the healthy cells to become old.

So again, a lot of- My listeners, we call that blood stasis in our world. That's one of the Chinese medicine principles. They knew about that in ancient medicine, that the blood stasis that was created in the body was part of that aging process.

Wow. That's amazing. Yeah. And it's, it's, it's interesting because all this new research is like confirmed by 5,000 year old medicine, you know? I know, I know.

It's really cool. Yeah, cool. Then you have stem cell exhaustion and that's where your stem cells that help to go and repair areas of your body and keep you young.

In fact, if you're a woman listening and you're wondering, why do I wrinkle? You wrinkle because you lose stem cells in literally your dermal tissue. The stem cells are what helps to produce the tightening and stiffening of the skin and the collagen and keeping it really healthy.

So when you lose the stem cells in your skin, you start to age faster. So stem cell exhaustion, if you care about your aesthetics, is like one of the most important things.

Yeah, we found a low molecular weight liquid hydrogen or hydrogen collagen product that actually helped with that. We use that as a part of our process for when we're rebuilding to increase stem cell supply for the body as well as the stem regen products.

Yeah, there are some really good products with hydrogen therapy that really help with that. And yeah, and there's a lot of stuff that's not so good out there.

So I'm happy that you're doing all the research. And there's an ability for cells to communicate together. So they call that altered intracellular communication.

One of the big ones everyone's talked about over the years is chronic inflammation. And then there's dysbiosis, which is the gut bacteria. That's what they call the integrative hallmarks, those three or four, excuse me.

And then there's more of the functional hallmarks. And this is where a lot of people miss the boat when it comes to longevity. So there's altered structural properties.

So if anyone has ever studied biotensegrity, your cell has a cytoskeleton within it. And if you're out of alignment on a macro level, let's say you're hunched over, you've seen old people like all hunched over, literally their cells are out of alignment as well.

So the cytoskeleton in the organs and the tissues become out of alignment. And when there's altered structural properties, that leads to a lot of problems inside the body.

Testing Biological Age and Organ Health

And they say that structure dictates function in Gaitan's anatomy and physiology. And so it's important to have your head over top your shoulders, your ears over top your shoulders.

The middle of your ear should be over top the middle of your shoulder. And a lot of people have forward head posture. It's worse in kids now than ever because they're sitting there on their phones and they're hunched over.

But that's one of the hallmarks of aging. You've got hypoxia, which is you know, just a decrease in breathing properly. People, because of their poor posture, they breathe really poorly and they don't get enough oxygen.

So if you just, if you kind of hunch over and take a deep breath, and then if you sit up straight and take a deep breath, It's like you get around 50, 60% more air in your lungs.

It's by having healthy posture, right? And so there's a whole- Try that at home, hunch over, take a deep breath, and then do a second breath with your shoulder blades back.

Yeah. Yeah, your rib cage tucked. Perfect. Yeah. 100%. And again, a lot of people are hypoxic because of sleep apnea, of, you know, they're not, they're mouth breathing, they're not nose breathing.

They're not breathing through their belly. They're just chest breathing, shallow chest breathing. So there's a lot of different reasons why people have low oxygen.

And then the last two hallmarks are toxic bioaccumulation, which is biotoxins and environmental toxins that bioaccumulate in your body. And then the last one is lack of coherence.

And coherence is essentially the phase angle of your cell. It's the health of your… intracellular kind of fluidity in the structure of your cell. And so your cells, they should have a healthy phase angle.

And the higher your phase angle is, the higher your VO2 max is, the more oxygenation you have in your cell, the more vibrant you are, the better sleeps you get.

And so there's a number of things that can help to increase coherence, meditation, prayer, drinking healthy water. And one of the things that really helps with phase angle is structured water, drinking structured mineralized water.

So there's a lot of things there, but the lower your phase angle, the more disease you have as well. You said the word coherence in there, Isaac, and the way you described it almost leads me to that word vibration or frequency.

And that's something we can measure. Yeah, we can. What would you use to measure the frequency? Well, you know, I'm a muscle tester. So that's one thing that we'll use to get in a, you know, to sort of assess that.

But I think there's other tools that are emerging out there. I've just found a patent for one that I want to develop that will help us understand that level of how the body's responding and the frequency of energy is for any particular organ tissue or gland.

TOI and galvanized skin testing are a couple of the bigger of the ones that I know that are in the marketplace to kind of understand that. Yeah, that's awesome.

Yeah, well, I mean, when we address these hallmarks, we're reversing age, right? Yeah. And the age-related diseases. They say that if you want to reverse disease or prevent disease, you have to prevent aging.

So what you should be focused on are these hallmarks of aging, which I think is the future of medicine. I think anyologist, cardiologist, neurologist, an endocrinologist, any kind of ologist that studies disease, they have to be integrating these hallmarks of aging, right?

Absolutely. Yes. And so what are some of your recommendations? Like if somebody wanted to, you mentioned the biological age. Like what kind of tests do you think are the best ones on the marketplace today that you recommend to people to assess their aging process?

I would say one that you can just do a finger prick test on is good. It's, it's called true diagnostics and it's, you just do this finger prick test. You, you know, you, you put the blood into like the circle and that's it.

You ship it off and then they, they run like, if you get the true age test, you can get your biological scores and you can get the true health tests. You can get all your health scores and it's.

It's a really good test to get done and you can test pre post to see kind of where you are before and after, which is really fun. And you mentioned that they would ascertain inside that like telomere length, but also they're starting to ascertain like methylation factors, or that means your ability to detox effectively as a part of that.

Now you would have to get the true health test on that one, but, but. With the true age, it gets into what they call the life omics score. And so you've got your omics score and your omics score is like looking at all of the omics, like the proteomics, the, the metabolomics, the.

the genomics, et cetera. And it also looks at all of the organs. So like, what's the health of your heart? What's the health of your liver? What's the health of your brain?

What's the health of your gut? And you're only as old or you're only as young as your weakest link. So I have a friend who's in, he just turned 70 and his biological age is in his, 30s and 40s, and for most of his biological age, but his kidney score, because he had kidney disease when he was a kid, is in his eighties.

So he turned 70, but his kidneys are 86. So he's like, look, I know if I don't do something about these kidneys, then

I'm going to die an early death.

And it's like, he's doing all the right things for everything else. Right? Well, the health of your kidneys is number one when it comes to anti-aging because it produces a protein called Clotho, which is supposed to be a very important one for anti-aging.

Yeah. Absolutely. Yeah. Yeah. Well, thank you, Isaac. I just want to thank you for joining us today.

Mindset, Aging, and Closing Thoughts

I would love to hear from you. We always wrap up these episodes in the spirit of getting people to think even more critically about their health, their wellness, their aging, their longevity.

What do you think is a better question for people to ask themselves about any of those topics that would empower them to really get a better result when it comes to their aging process?

Well, psychosomatically, I think if you believe you're going to live older, then you can. And I think that if you ask yourself, how old am I going to live to?

And you answer, I'm going to live to 80 years old. Your brain is and your body's going to be programmed to live to 80. But if you say. I want to live to 120. You may never live to 120, but maybe you'll end up living to 95. Maybe you'll live to 110. Maybe you'll live to 130. I don't know.

But like you want to tell your body, your body, like it can be communicated to by your brain. They call this this amazing nervous system of yours a pharmacy because it literally is like it creates all the neurochemicals that help to program cells.

So that's a question I would ask and ask yourself. Okay, if I were to integrate everything that Dr. Erica teaches. then how much longer could I live for?

And it may be 20, 30, 40 years. And so you say, OK, I thought I would live till how old my mom lived till maybe 75. But I want to live till I'm 125. Make that your new goal, 125. And then watch how you show up.

All my friends are like, man, you're such a kid when you're playing with kids. I'm like, cause I know my body can be like a kid. I'm just as mobile. I'm just as agile as a child.

And I want to, if they're doing somersaults, I'm doing somersaults. If they're doing this, cause it's like, if I don't, I just sit back like most dads.

And then I'm programming myself. Oh, my body's old. I can't, I'm going to get injured. Right. But the reason why we get injured is because we're not actually doing that kind of stuff kids are doing.

If we kept on programming our bodies and the ways that children program our bodies, like it's so much fun. That's why I love like wrestling and playing around with my kids.

But anyways, if you want to follow me on Instagram, I'll share more about this type of stuff. And you can see what I do with my kids and my travels. I just got back from doing an MRI and CAT scan on my body last week.

So I was posting a little bit about that. But it's Dr. Isaac Jones. And it's at Dr. Isaac Jones is my Instagram. Awesome. Well, thank you, Dr. Isaac Jones, for being with us today, sharing your incredible insights, wisdom, especially on this area of longevity.

We appreciate you and your knowledge. And I just appreciate you personally as a mentor and guide for me. And I have this last few years. It's been nothing but a pleasure and joy to be a part of your group, the Health Experts Alliance.

And until we meet again, I know you'll probably hope I'm going to try to get you back on for a future episode as well. I would love that. Thank you so much, Dr.

Erica. Appreciate you. Thanks for tuning into the resiliency method, the truth about healing podcasts. If this episode spoke to you, follow, share, and leave us a review.

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