# The Biohacking Mistake That Could Be Making You Less Healthy | Julia Smila Ep. 157 Transcript

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## Introduction to the podcast and Julia Smila

the guy who spends $2 million on his health. Recently, he got diagnosed with an autoimmune disease that's eating his stomach. Fear of death is also stress.

You have to accept that you will die. Many people, they try to optimize themselves, hoping don't die, I don' like it. It sounds a little bit ridiculous.

The Healthy Point of View podcast, the top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

Today, we have Julia Smila. How are you? Julia Smila, founder of Ultimate Wellness and a passionate advocate for longevity, biohacking and human optimization.

She's connecting world-class experts to shape the future of health. Ultimate wellness coming up, it's right around the corner. We bring many experiences, practical workshops, we will have immersive breath walk experience, will hear sound healing with the orchestra, 15 musicians, meet some potential partners like business opportunities, talk to founders and see what they have The biohacking industry has become this billion-dollar industry, right?

What would you say is one of the biggest myths in this industry? Devices will not fix your health if you don't practice on a daily basis. Many people, they are interested in sales more than helping other people.

Why do you think most people discover functional medicine or spiritual medicine after they've already been sick? Because at that point… Welcome to another episode of a Healthy Point of View podcast, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

Today's guest, she's a certified functional nutritionist by training. She is also the founder of Ultimate Wellness. What is that? Oh, I'm so excited it's coming up.

All of the experts come to this conference, but we gonna tap into why. she decided to launch this conference. Today we have Julia Smila. How are you, Julia?

Amazing. Julia, pleasure to have you on a Healthy Point of View podcast. Wonderful. And thank you for having me here. Thank you inviting me. I'm so excited about this conversation and very much grateful to you, for your support.

Absolutely. For your upcoming participation at our conference as well. So thank so much. No, and it's exciting to have you here because, you know, one of the things that's happening in the biohacking space, there is these conferences, these expos, every single week.

I mean, that is more than what I can count. And one thing that happens in this industry is when there's an opportunity for people to make money. You get a lot of people involved who don't have, number one, the education, nor the actual desire with purpose to do the right thing for people.

## Juliau2019s background and founding Ultimate Wellness

So I think it's important to bring some of the people and showcase who truly is behind some these conferences and expos that are out there. But before we get into any of that, Julia, I want the listeners and viewers to get to know you a little bit better.

So I want you to go way back from when you were like five years old So we can kind of understand truly who is julia, right? Who is Julia? But where did she grow up?

How was her upbringing and what brought you? To where you're at today? Wow, if I will go to five here, I thought it's going to be very long conversation but let's start from not the very beginning but from the moment that I have always loved collaborating with inventors and entrepreneurs, especially those who's shaping the future of biotech and health technologies and wellness.

And of course, it's always was exciting, explore those technologies, and see how they can amplify and upgrade human potential. This is so exciting for me and I actually received my green card for extraordinary achievements in this industry, business achievements, and this is a little bit of background about me.

So in venture capital industry entrepreneurs, investors, Yet with deep immersion to the tech, I realized that there is missing piece, ancient wisdom, really holistic approach and holistic understanding of what does it mean to be well.

And in my personal life, i have been practicing yoga, energy healing modalities. meditations such as transcendental meditation and energy healing, pranic healing technique for years and of course I brought together my expertise and my experience in technologies with my passion to time-tested healing modalities and created ultimate wellness where we bring this all together as an integrative approach.

So we obviously bring many innovative science-backed technologies, strategies for longevity. At the same time, we incorporate many practices, experiences, so people can transform, not only be educated, but also engage in some transformative practices.

Absolutely. Yes, and ultimate wellness eventually means holistic approach to our health, which is the spirit, emotional mind-body connection and embracing conscious longevity.

I will explain what do I mean by this. As you can notice, I say the spirit-emotional mind-body connection is not opposite because the spirits come first.

And when the Spirit leads and science elevates, that's we have this holistic approach and ultimate wellness. Conscious longevity is just understanding that our mind is chemistry of our body and most people, they experience their minds to be shaped by chemistry with the body.

Instead, I believe that conscious source should become the source of shaping your body, mind, and there is something above our mind and body Julia, you were telling me before that you grew up in Ukraine, correct?

Right, yes. I was born in the Ukraine of course and my family from Ukraine and I told you that we always have been using some unnatural approach to our health, some natural remedies over pharma.

My parents never gave me antibiotics unless it was some extra. And that was all your life. You guys were always very natural, organic eating. More or less, I tried different approaches to my nutrition.

I used to be vegetarian for 10 years, over 10, years. Now I eat meat. And of course, you know, certified functional diagnostic nutrition practitioner.

Yeah, so of, course I know about nutrition a lot. Still, always pay attention to my intuition. What I want to eat, and my daughter's the same. She always says, this food looks scary, I don't want this.

How old is your daughter? 12. 12, okay. You basically have been able to teach her right from wrong when it comes to what she's eating. Yeah, young generation always adopts from us.

Absolutely. how old were you when you came to the United States? It was not very long time ago, I was like, that is something. Okay. So not too long ago, you came to the United States, obviously growing up.

Yeah, growing out there, of course, yes. And growing in a culture where eating organic and being healthy is common. When you come here to The United State, was it shocking to see the way that people were eating?

Yes, off course. Off course like opening America, like you are now starting to understand that soup and bone broth is something very nourishing. But we always knew that and we're always add that at home and cooking bread is something like not common for every family but much more common than here and here of course I get all my produce from regenerative farm I just feel the energy of the products and because I'm also practicing different Energy healing modalities and specifically pranic healing, of course, I am more sensitive to energy.

You can understand that I can scan food, people, and of, course I feel the energy of the products, not only that organic, non-organic. Of course. I also know this.

Right, right. So yeah, I get my produce from regenerative farms and this is our conscious choice and we always say that we have to be responsible for our health and make our choices.

Of course, we are always influenced by external environment and of course all those glyphosate and toxins being sprayed, they influence our healthy and can't completely avoid and it is important that we improve our external environment, which we can't avoid completely.

Like, I remember I was taking my test for toxins and I found that I have overload of industrial toxins, like smoking. I never smoke, of course. But why I get it?

Because I can completely, even if we purify the air inside our apartment, but we still go outside. It's just a small example. What I'm trying to say, yes, it's our conscious choices and we vote with our dollars, so why would they still produce this processed food?

Because we're still buying processed foods. At the same time, we we have power to choose something, but we can't always avoid something. And one of the reasons I was asking about where you grew up in Ukraine and coming here to the United States, just to read one, when we talk about statistics and the stats that are out there, the U. S.

obesity rate is nearly double that of many developed countries. So understanding that, that it's more than double when it comes to the obesity crisis here in the United States, what do you think contributes to that?

## Growing up in Ukraine and natural health habits

Lifestyle of course, lifestyle and we underestimate impact of nutrition, movement, exercising, daily movement because exercising and movement they complement each other you can go to gym two three times per week which is great do your resistance training but if you don't move daily on daily basis like move not being seated all the time it's not enough going to gym two three times per week and then good sleep of course avoiding toxins in our food not only food water personal products i get rid of all toxins as much as I can.

Of course, again, always it's impossible to do it ideal, but as many as they can, I would skin care with toxins, personal products with toxins. This is huge in the cream disruptors and hormone disruptor, those toxins.

What else? What else comes with lifestyle, nutrition, why obesity? As well as heart disease, yeah? I know you was calling. So you said you have a 12 year old daughter, right?

So going back when you were 12 years old, what differences do you see? Because obviously your daughter lives a very healthy lifestyle because she has very educated people in her corner like yourself.

And she loans at conferences as well. She knows all speakers. But, you know, looking at her age group and maybe some of her friends that go to her school and everything else, what are some other things that you're seeing people at their age groups that, based off of the way that they grew up, they're going to struggle later on in life if they don't make a change?

And those habits, nutrition, they eat whatever. Wow. Yeah. It's at schools, and they don't always even understand how it influences their health and future health.

Of course, you know, when you're a young person, if you don' feel this, then you will feel it over some time. And especially, again, because you adopt these habits.

So you keep doing this when your grow up. Yeah, so this is very important to educate our children and also empower them with confidence. So they're confident to even proclaim, like make their choices, not being like others.

Because it's always challenging being not like other. And I see it with my daughter as well, but I empower her with this. being like, get your choice.

Do you feel that technology is affecting a lot of these young kids? Because, you know, like when I was a kid, I didn't even have a cell phone, right? Didn't exist.

And we used to always be outside playing, moving around. Yeah, absolutely. It affects. Absolutely affects, and of course I also grew in some home with space outside the home.

So I spent a lots of time outside, so it absolutely affects them. Yeah, well, you were talking about how you, the things that got you to where you're at today.

Now, looking back from your younger self, what were some of the thing that you had wrong about what you felt that was successful? Because you said you where in venture capital.

Yeah, now my project reflects my evolution, of course, my new understanding of what is being well and not chasing someone else's goals, but moving with intention with my own project and I can slow down when I want, I Go faster when I want and this independence in making these adjustments is very important for me because I'm very independent person I always learn to provide for myself and lead my own life project and This is the most important to me that now my project ultimate wellness reflects my evolution my experience expertise and technologies, venture capital industry, biotech, health tech, and also my passion, as I said, to healing modalities, meditation as well.

This is what is really important for me. And of course, we build the community. build the community and ultimate wellness it's not only annual conference we also used to host smaller retreats more often like two three once or two or three months at faena.

We also had some educational programs and we often meet with our community for meditation every Sunday at Tierra Santa Healing House and we communicate and it's a very beautiful community.

I don't want to say spiritual community because it is also an overused term, but yes, it was a community and so important when you surround yourself with People who practice also, like-minded people, passionate about health and exchanging opinions and sharing this knowledge.

This is one of the reasons why I like in-person conferences and I liked my conference. I met other like minded people. Yeah, and this is how I leave now.

So I think I am successful person, I believe. Because I do what I love. Right, right. And that's, you know, one thing that I try to influence others to understand what the true definition of success is.

A lot of the times people put success with money. Yeah money and of course achieving business goals I mean like if it's entrepreneur or investor like exit or raising next ABC funding so I was there I saw like people that are chasing and you know those executives they often live in chronic stress, elevated cortisol, and elevated adrenaline and they for a long time may not have symptoms, I mean like severe symptoms.

They can feel some, they are tired and can manage it with some energy drinks, coffee, but over time those symptoms they worsen and the reason because elevated cortisone and chronic It's a catabolic state, so it breaks down your body from inside in many different ways.

It influences your hormones, digestion, detoxification systems, even brain health, cognitive performance. When I say they can live with this catabolic state for a long time, I actually mean not even years, but decades.

Then they get diagnosed conditions. But the main cause of all diagnosed condition, so it's a longtime stress. And what we think is aging in many cases is burn out of physiology, so chronic stress.

And you know why they don't have symptoms? Because cortisol and adrenaline, they, let's say, painkillers. So they're just masking pain. That's why adrenaline is good.

when you need to perform for a short time, and cortisol is good when we need perform, but then you have to balance, then we have recharge. That's also why we need energy practices, but how do we recharge?

We are energy beings. I personally believe, and I know, I believe and know that disease, they first occur in our energy body, then they project to our physical body.

Yeah, so that's why want to have time to recharge, to relax and not always chasing something and this is the true success when we have Now I love that.

Julia, you know the world of functional medicine and spiritual medicine is growing quickly right now. No, like functional medicines is going quickly and it gives results.

Functional diagnostic outperforms just treating disease and masking symptoms.

## Lifestyle, obesity, and health habits in youth

Of course, when you test for micronutrients, of course, gut health hormones you test, you see, and testing is a very good starting point for everyone because then you can assess results and see if the protocol actually improves your health or not.

do my test from time to time. Again, I had question in the beginning, this or that, and the question was lab test or how do I feel? So in functional diagnostic, we actually believe in connecting dots.

From lab tests, scan, let's say DEXA scan or whatever scan. MRI, heart scan And then connecting dots with how do you feel and good functional diagnostic nutrition practitioner, they always will ask you your symptoms.

It's very important. Not like it's not important at the same time. Different symptoms, the same symptoms can reflect imbalances in different areas. Like, I feel I'm unable to concentrate.

Is it problem specifically with your brain or it's gut? Yeah, gut-brain connection. That's why it is also not enough to pay attention only to symptoms.

functional medicine I believe it's future and I see huge shift from disease care to prevention and we do input you, me, we all community of course now I think more and more people can see that we don't build health in hospitals and preventing that, like daily lifestyle, daily habits.

We need daily habit to build our foundation for health. So when it comes to the functional medicine, let's stay on that topic for a second. You know, one thing that I've seen is that yes, that industry is growing quickly, but why do you think that most people discover functional or spiritual medicine after they've already been sick?

No, because at that point when they already get sick they really have motivation to discover something that can help them because before they get they don't even think about this.

That's why they discover because they are starting to search for different modalities and they're ready to try everything to get them back on track. That's why they discover.

This is the answer. They discover because they never look for it before they get sick. And what would you what kind of recommendations would give to anyone listening, not waiting for that point, for you to be safe.

Yeah, don't wait for the point. Start testing earlier, early detection to your question, to you point to heart disease, which is I believe number one cause of death.

So you can start looking at fasting insulin because abnormal fasting Insulin starts like way before glucose. becomes abnormal. And Benjamin Bickman explains this perfectly in his book, Why We Get Sick.

Why we get sick, he explains how fasting insulin influences metabolic health, which is foundation for longevity, metabolic and then metabolic can be cause for heart disease, diabetes, type 2 diabetes of course, which is not genetic.

Yeah, so start testing early and adjusting your holistic wellness protocol, daily habits, lifestyle, nutrition. Nutrition is number one, epigenetic influence, and exercising is wonderful longevity medicine.

I like Peter Atier, who explains a lot about exercising being like a medicine, of course. Many longevity leaders recognize this basic is super important before we start all the biohacking.

Absolutely. Devices. So this is the suggestion, just start early, start practicing. Whatever you learn will do nothing for you if you don't practice, right?

This is not the problem information. We are overwhelmed with information, we have a lot of information too much, and we don t need that much information then.

A lot that information is competing with each other, arguing. So one expert says something, another expert say something about fundamental things. If you practice, even if you don't learn that much and don' go so deep in all what is happening inside, if still practice it will help you.

more than if you learn and don't practice. I love learning, I mean I'm a lifetime learner, you know, like I like to learn, and explore different things, but my basic always with me, so I always practice I learn something new but it doesn't mean that I'm going to forget what I already practice or I am going start immediately practice something or implement it in my routine.

Be curious, stay curious but at the same time do your own evaluation. What do you need? Absolutely. So Julia, when you look at today's high performers, you're down in Miami, so you see a lot of executives, very high-performers.

What do you think is the true hidden health issue that most of these people haven't been able to actually understand? yeah this is what we just discussed this chronic uh stress stress yes uh this the root cause of all disease would you say that that's something that what would be first the the energy shift or would it be something physical that has to shift Energy shift obviously helps a lot and it can be very good starting point and very basic point because of course if you shift your energy, your frequencies, then your physical body will adjust.

I believe very much that at some certain frequencies higher frequencies we do not experience, we don't suffer, like our body doesn't suffering. And why we start suffering and getting all this is because we lower our frequencies and you probably have seen this scale when you go like with high frequencies like joy, happiness.

You automatically start heal yourself because your body has innate intelligence to heal itself. You just need to remove all stressors. When I say stressor, I mean this again, spirit, emotional mind-body connection, spiritual disconnection.

## Stress, success, and the roots of chronic disease

This is huge stress. All our negative emotions, this is a huge And, of course, biochemical, biomechanical stressors. Biochemical is hormone imbalances, gut health, what is going on inside your body, those blood walk biomarkers.

And when I say bio-mechanic stressor, I mean adjusting your posture, even some spikes in your spine. Fracture, fascia, like tension. It also interrupts energy flow.

So all these stressors, if you remove them, you can't remove all stressor, but if your reduce all stresses, your body will thrive, it will heal itself.

You don't need to teach your buddy how to heal yourself, You just need not to interrupt this process. you have to be able to manage that environment around you as well.

Around you, aswell. Your people who surrounds you. Now, you being in the wellness space and seeing a lot of the biohacking happening, it's easy to spend a lotta money in wellness.

Sometimes, why do I need another red light device? I mean why? So there's some people out there that will spend thousands of dollars on all of these different supplements but still feel exhausted.

What's something that you can kind of recommend? Maybe a nervous system regulation. Nervous system, regulation again. So basically, we do not digest even our food and do no not absorb nutrients.

If we are in a catabolic state and it's not only what you eat, it is how you it. Because our digestion starts from visually absorbing food. Like even when you see food, when maybe you do a little prayer, not saying nothing religious here, it's more like honoring the food saying thank you for this food that I have it.

You already energized this foot and this actually one of the traditions in Again, not all families, but it's very common to say thank you, energizing food, even do some prayer before you eat.

Yeah, because everything is energy, and not only what you eat, but your thoughts when you it. Yeah. You know, I… Not distracted, not on a go. It's interesting you bring that up.

Growing up, we would always say the prayer and bless the food. And I'll tell you guys, when I became an adult and became on my own, i don't do that as often.

This conversation is actually, it makes sense, so we should, right? Yeah, because now, again, we want to be successful. That's why we eat very fast and we go perform our next task.

This is our life. I'm learning, I thought other people would be learning today, but now I am learning. So, Julia, the biohacking industry has become this billion dollar industry, right?

I remember how it started. Oh, yes. Many years ago, right? So this industry, what would you say is one of the biggest myths in this in industry? you know with me that devices will not fix your health if you don't practice on daily basis basic and many people major on minors like they put as not important that basic foundation gain nutrition sleep exercising not overwhelming yourself with toxins, connection with nature, community, relationships with yourself, spiritual connection.

Energy hygiene everything all this in complex outperform any Advanced technology any advanced technology and of course as you to your point at the very beginning you mentioned and I'm happy that you Understand this that many people they are interested in sales more than helping other people but they say that we are helping out the people young but not all people even need some bad devices which you sell them, they maybe need something else.

So I think that the industry very much overwhelmed, speculation overwhelmed and many not quality products,

many quality I mean, don't take me wrong, I love technologies.

And for example, just, you know, quick example I use, for examples, vision, body suit. For me, exercising is super important. I like to be fit, feel good, energized.

The vision body, which one is that? The one that stimulates? That EMS suit. Oh yeah, yeah. Yeah, I just bought it yesterday for my daughter. I saw the better conference the other day.

No, it's just a quick example. It is technology. Can I exercise without suit? Yes, of course, I do. I don't, i do yoga without a suit, resistance training without it.

But if I need to amplify, quickly do this because you can do in 20 minutes what you would do two hours in a gym with weights. resistance, but you can just put on suit and do 20 minute exercise and it will give you the same muscle contraction if you would do two hours exercising.

So, of course, we need technologies. Of course the future is about early detection, prevention, AI, all that. very personalized biomarkers, Glutathione, NAD plus optimization, we will have Genfinity with us, Aura Wellness, Life Imaging, which is actually CT scan and all our attendees will opportunity to do heart scan right at the venue.

They also will present, they give away some full body MRI. so people can go to their office. We will have discovered mitocondria diagnostics and optimization.

FDN will be with us about this functional medicine. aqua cures brown gas. It's much more advanced than molecular hydrogen. So it's like 10 times more strong than the molecular hydrogens.

We always need different tools for grounding, balancing, EMFs, water purification, air purifications. We need all these technologies, we will have wonderful technology.

The light system. The light system light based technology. Which actually puts you in a better position for healing because it's energize you you know now modern science discover our.

electrical being and electromagnetic fields which were always existing and understand and understood as an energy body.

## Functional medicine, prevention, and early testing

So now we have these tools to measure our biofield, electromagnetic field and we energizing ourselves you know the light system yeah this cubes with many different lights And of course we will have again with us Brain Tap which is guided meditations but this is the gift which keeps giving because they always add new guided meditation so the person who has been meditating for years and I personally practiced Pranic healing has its own meditation.

Some of them, it's twin hearts meditation, we will open our conference with twin-hearts meditation but as my personal practice, I do transcendental meditation that one which is supported by Dave Lynch Foundation, you know, Dave Lynch Foundation.

It's very important. Have you done any like plant medicine type of healing? No, I'm not in plant medicine at all. Like, completely not. And I can explain you why.

Because when you do meditation, you control your journey. When you take the substance, your own journey and the substances control you journey, and I am not…

That's scary. Yeah, i don't want someone to control my journey And i do not need that. I don' need it. That's how I feel too, you know? I've interviewed a lot of people with ayahuasca and this, that, and they invite me.

I don't think I need that. Yeah, so, and this is very good that you listen to your intuition, not listen mainstream,

because it becomes mainstream. I think some people, you know, might need it if they're in a certain stage.

Exactly, yes, of course. But for me, I just don't feel like I need. Trauma, veterans, yeah? Right. Yeah. They might, need that, but I am not the person who was So much hurt in my life, so I I can manage without yeah, I feel that same way.

That's interesting You know I don't know if you saw recent news Brian Johnson Right that you know the guy who spends two million dollars on his health recently he got diagnosed with an autoimmune Disease that's eating his stomach.

What are your thoughts about this? Oh? I have some thoughts about not him personally. I don't want to judge him, personally, because I already have seen his explanation that he actually was diagnosed long time ago, many years ago.

And now the speculation that you got diagnosed. No, he got diagnosis long ago so it's not what I would like to discuss because there is already some speculation about this.

What I would love to discuss is that fear of death, it's also stress on us and eventually we will all die, so momentum more. Remember about this. I think that death is just opposite side of life.

To fully live, you have to accept that you will die at some point. And this is not actually something scary. It's just, I believe, just transformation.

I don't believe this the end point, and believe it's transformation and you know, in many cultures, You don't need to cry. Of course, you will naturally feel grief and of course you'll you will cry, it's emotions.

It's normal, we are human beings and you can cry when somebody in your family dies, but it is not good to cry and be in this grief for a long time because it actually also, you cannot be happy per person because if it transforms it goes to another dimension, let's say.

So you don't need to be scared by death. This is what I would love to discuss because I see this like many people they try to optimize themselves Hoping don't die not even I'm not trying to quote.

Don't Die by Bryan Johnson Is don die sounds for me? I don' like it sounds a little bit ridiculous I think you understand what I mean. Let's keep balance.

We're going to die. Yeah, I agree. And, you know, so when we start looking at the news of what's happening in the health and wellness industry, that obviously was spreading throughout social media.

I just saw that there's going be a new documentary, Ben Greenfield's documentary. Did you see that? No, not yet, but I like that so many documentaries comes and they actually we will have we'll showcase shield Document women have a biohack yourself.

Yeah, bio hack yourself They will bring this documentary and I know all people. Yes, I love that. I don't know a lot of the people in that documentary I And I know the lollies as well.

So, you know, Ben Greenfield, interesting, and I saw this today. I don't know too much about it, but I'll share it with you. You know his documentary is about his journey of him basically saying that he's a guinea pig and is willing to optimize his health at all possible with all possibly risk.

And this is someone who's very data-driven, doing every single scan you can think of, injecting stem cells into his brain, all of this stuff. And his family is in the documentary.

They actually speak quite a bit. One of the things that they said is that He ended up, they ended losing him to the world of wellness, where he was no longer present.

He was not longer himself. And this is what his documentary is about. I saw the commercial today, it was about two and a half minutes long, and he says there's just more to life than just doing all of this optimization.

Yes, absolutely, I agree with you. Yeah, too much optimization is also because we are missing this presence and really enjoying life. How many times we find ourselves nervous when we get wrong food.

Yeah. And something else and I didn't sleep enough. You got the oar ring I see. Yeah I have been tracking my sleep for many years and now I don't even much track.

I sometimes look at it just to see a trend. It's trending in the right. Yeah, I don't like overwhelming myself with measurement and I think it's sometimes too much.

Well, you mentioned before about people who have too many stress and when you start tracking too data, it can become stressful because now it is like, oh wow, my heart rate is, now you're driving your, the stress of trying to take care of your health, is going to kill you before the things that you're doing for your health save you.

Absolutely. I heard from one biohacking girl, this new generation of bio-hackers, because I have been tracking my health for decades and now they start to track and new bio hackers obsessed.

And then she said, the first thing that bio hacker should do in the morning, check her or his their orary. I mean so no no first thing that you need to do is go like get some sunlight in your eyes like breeze Even you if you don't meditate just relax.

## Biohacking myths, daily routine, and nervous system regulation

Can you imagine that the first day you just go on your phone? Yeah, I imagine they're like first things that do like go to your font and check if your sleep Yeah well, and then they your stress hormones start to stimulate because their sleep data.

It's not exactly where you needed So, obviously being the founder of Ultimate Wellness, I think some of the viewers and listeners want to get to know you a little bit better.

What is your daily health routine look like? I start with sunlight, of course. I started with my energy practice, meditation. It depends how long I can do this.

Sometimes it's very basics, like basics which I try and do not skip. Very short time, but then if I have more time I of cause practice a little longer.

But it is not exercising. There was also question exercising in early morning or afternoon or in the evening. I believe that this resistance training better to do afternoon.

You know this timing between 4 or 6 pm is the best for exercising, my opinion and my practice. In the morning, it's more like awakening your body. Of course, I do hydration.

I also do molecular hydrogen. Sometimes in pills, sometimes I have a bottle from TerraSage. Yeah, so hydration is the first. I don't eat much, but because I need complete protein, I mean amino acids.

Again, let's get it right. We don' t need obviously meat and even fish, we need amino acid. And because i feel in the morning very light, and for me it would be too heavy energy to eat meat in the morning.

I do eat meats during the day but that suggestion start your morning with protein, I can't, so what I Purium amino acids super aminos 23 they are plant-based and very well Digestible like you can easy digest and I take a lot like five pills.

Of course, I dig my creatine I Take my true nitrogen. I think many other natural let's say not supplements because

they are superfoods because purium does not alterate molecules of nutrients so it's there as they exist in nature but they're for gut health super xanthine, that antioxidants.

I mean, I have range of my supplements. And if you look at my supplementation protocol, there are a lot of supplements in that protocol. Some of them advanced biotechnologies, as I mentioned, through Niagen for optimizing an AD plus.

Stem Regen, and I like stem Regene. But again, it's more like natural approach to boost your own stem cells. creatine i take jj virgin creatin how is it yeah there is some magnesium so my morning starts with practice with hydration electrolytes, supplements, and amino acids, but doesn't mean I eat meat in the morning.

Of course, I do a lot of stuff on my computer and this is probably the huge problem. I mean, it's my life, I can't avoid. Well, that's where you learn how to balance it out by doing other type of biohacks, right?

Yes, of course. So I do a lot of things on my computer. I'm very organized and very responsible person. Even if I say I like my project that they can slow down if they want, but I long-term strategy.

But of course, if I have some deadlines and the conference is coming, I need to manage it. Of course I do a lot of things on my computer. I try to keep moving myself.

And of course, some do some exercises for moving lymph, you know, like we have a heart to pump our blood, but we don't have any organ to pop our lymph fluid.

Lymph, if it gets sluggish, It causes all, again, these balances, imbalances. So we need to pump our lymph. And when we are seated like this, and lymphatic nodes, their main lymphotic nodes will be here on the armpits.

What do you do for that? What do you do for that? Even if you just stand up and jump, you will improve your joint health, bone health. You will move your lymph.

And so, in many traditions, they… They're lucky they don't have tables, they sit down on the floor. And when you do deep squats, you already pump everything.

Just simple adjustment of your lifestyle when move yourself each every 15 minutes, 30 minutes. I use my vibration plate. Yeah, we will have vibration plates as well.

But there are many very easy exercises, like arms up and down, jumps, from one side to another. So there're many exercises that can help you without vibration plates.

But of course, you can use a vibration plate or Pilates ball, that huge ball if you pump on it. So Julia, one of the things I wanted to ask you, right now there's a big movement, the Make America Healthy Again movement.

What are your thoughts behind this movement? Yeah, I'm very grateful to them and I appreciate that they brought national, nationwide attention to prevention.

Toxins, environmental toxins, nutrition. They empower people with knowledge, with being aware and being better stewards of their own health. they encourage this transformation.

I mean, we can choose blame for not completing promises. or not delivering, let's say, promises, or we can be grateful and energize them and being grateful for what has been done.

You know, in energy practices, like my mindset, I always say thank you instead for judging, complaining. Even if you want to complain, if want emphasize something wrong, you can say, no, it would be better if in this moment you would improve and actually deliver better what you promised.

## Death, over-optimization, and the Ultimate Wellness conference

I feel grateful to them because I always see something positive and they definitely did something even if it's more like informational, raising awareness.

It's already a huge impact, I believe. I love that, love it. We're going to have a little fun here. These are my cool conversation cards from one of my favorite podcasters, Steven Barlet, with the diary of a CEO.

So I'm going have you grab that. You'll take the sleeve off the top. Other way, other way. There you go. OK. And then you just got to grab one random card out of there.

I like it for now. and then grab more random cards. Read it out loud and answer it What is the obvious thing that you struggle with? sleep sleep very surprising very easy how about the ordering yes exactly so i can explain why so when you asked me what is your daily routine or what do you do i started with morning and my morning almost ideal i should say in terms of biohacking but when it comes to Evening I am very creative person.

I'm starting to be very Creative and excited about something. No, I mean I improve of course I improved I do you prepare your body to go to sleep I should, even if I don't prepare, I can create for until midnight.

Yeah, but if we talk about health, this is the biggest struggle, just sleep, start sleep earlier, earlier. I would say I could probably benefit from that, too.

I do prepare my body to go to sleep. You know, like I don't eat two to three hours before. Yeah, yeah, of course. Of course, pick another car. Pick another.

Let's see. What is your biggest insecurity? Right. You know, I'm a little bit insecure about my accent, which is natural for those people who was growing up in another country, you know.

Like, a litte bit unsecure about accent. This is my little secret. Yeah, I try to improve. Other than that, i'm very confident and this is not like a insecurity, but a little bit something that I realize I need to, improve I always try, to my verbal expression of myself.

I did have probably some insecurity with this in the past and um I still overcome I, still improve but uh on security with uh how I look I don't have at all because I dont do any no botox nothing you see I do not color my hair and obviously I have no no but it's not it is all natural yeah I i dont have this insecurity because i embrace like i i mean i just We all age, that's fine.

If I would be in not good shape, I wouldn't have some insecurity. Because it's something that I can manage. I have power on that because we have all tools now to improve our metabolic health.

Just go exercise, just go do blood work and improve. So, you know, the whole thing with your accent, don't let that be an insecurity, embrace it. Because you look at some other people with strong accents, people from Australia, from the UK, and I've seen them embrace that accent.

Actually, they embrace to a point where They feel so confident. They emphasize. No, they feel confident where companies hire them to go answer the phones because it's so powerful, the accent.

So at the point in time that you embrace it and let it just be you, it is part of you. You can't get rid of it. Yeah. Try to make it better to be like someone else but embrace.

I mean, I'm very, you know, like honest with my answers. And I like that. I did say what is real truth. Yeah. So but it's a beautiful accent. You should keep it and be loud with it.

Don't hide it, yeah. Um, so Julie, as we wrap up here, we have the ultimate wellness coming up. It's right around the corner. What are the dates for it?

September 24th through 26th, it's three days. It's Thursday, Friday, and Saturday, not Sunday. And we start on

Thursday at noon. But our days are very long days because each day we have some experience.

On Thursday we had VIP party with DJ, with some performances, even performances with fire. The whole conference is very experiential. As I mentioned before, we bring many experiences, practical workshops.

On Friday we will have immersive breath walk experience. We open our conference with meditation on twin hearts. It's so beautiful when many people meditate together.

They channel a lot of divine energy. The energy of the room is wonderful. On Saturday, as a final performance, we will have sound healing with the orchestra, 50 musicians, they project visual effects on the wall, and Faena Forum has its beautiful immersive location.

So, three days, I like to say it's not only opportunity to learn and meet some potential partners like business opportunities but it's also a retreat and even retreat for your family because you can enjoy some workshops and of course many devices which you experience, explore at the expo, talk to founders and see what they have built.

Yeah, and one of the best parts about it, it's right on Miami Beach, right? Yeah. This is so, so good. It's a beautiful place. Beautiful place! For anyone coming around other parts of United States that are coming to Miami, is not a bad thing.

Yeah, and the community in Miami Beach is the biggest wellness community. They say that Santa Monica is biggest, but I believe that Miami beach is bigger.

Amazing. So Julia, as we wrap up here, if there's someone listening or viewing this podcast who really enjoys today's message, resonates with todays message.

What is that last thing you can leave them off with? Join us at the ultimate wellness conference at The Iconic beautiful faena forum in Miami Beach on September 24th through 26th and enjoy enjoy sessions on the main stage.

We have amazing speakers lineup, top experts in functional medicine, regenerative medicine inventors in biotech and health tech. They will share science-backed strategies for longevity for health optimization.

engage in different workshops, immerse in practices, transform, get new friends and yeah, just enjoy. And where can people find you? Ultimate Wellness dot Miami, the same website, ultimate wellness dot miami.

And on Instagram, we share a lot of updates, news. So please follow us and check the agenda. It's already posted for a while. Amazing, which will include all these links down below.

Yeah, Julia, it was a pleasure having you on a healthy point of view podcast. Thank you. It was a wonderful conversation and you helped me like feel very comfortable so I could share what I think.

It's my pleasure. Thank you. Yeah, thank you so much. Guys, make sure you get your ticket to Ultimate Wellness, September 24th through the 26th. I'll be there, podcasts crew will be here.

We'll doing some great interviews, connecting with people. Lots of experts from all over the nation coming here, speaking about the technologies. Take this podcast episode, share it with your friends, your families.

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