Introduction to Longevity and Early Intervention

Most people come into if it's alternative medicine, functional medicine. Once they've received a diagnosis. Right. And this is often a little too late. Right?

I mean, it's amazing that your friend was able to do that. And we do have so many more advanced tools now. But for kind of like the average person, it's a much bigger problem right after you've already been diagnosed with a disease or something that's, you know, to, to the traditional model, incurable and sadly, that's the big motivation that people have to even look into their health.

Right? So when we're looking at longevity, we're hoping that people are going to jump in and start seeing what are some of these possible hiccups or barriers that are down the pipeline in my future so that we can get a handle on it now so they don't have to happen, right.

So I think that's what's hard is so many people, they come to us a little late, right? Longevity isn't that way. Like people are hoping for this amazing, beautiful lifestyle and we get because we're testing, we get to see what is there so you can address it now and get it out of the way.

This is doctor Talks real talk from real doctors. Only issues that matter to you most. Welcome back to the Longevity Leaders podcast. I'm so happy that you're here.

I'm here with my amazing host, Doctor Ashley Backman. Doctor Miller is out. Unfortunately, prayers going out to him. He's with his family going through some, transition.

I guess you could say, of, some people that that he loves. So, so, Doctor Ashley, you know, there's so much that we could talk about today, but I think it's it's really important to to get into a model for a longevity that the consumers of this world can get behind and get excited about.

And, and something that doctors can use in their practices to, to utilize as a framework to, to get great results for, for, for their patients. What do you want to, how do you want to, kind of intro the holistic longevity model, maybe share a little bit of, like, some of the, the things that you do for your patients to optimize their health and longevity.

Sure. So with my clients, I'm always looking right. We always start with foundations. And again, these are the things that everyone says they have under control, but they usually don't.

Or there's something quite significant in their day to day practice that is really throwing off their their health. Right? So again, this is clean food, clean air, clean water, sleep, stress reduction movement and then maybe some sort of meditation or something that goes along with reducing their stress.

And again, we have to make sure these are really dialed in. And then we get to move on to some of the fun things.

Foundations of Health and Lifestyle Optimization

Right? Some of our little gadgets and things that we can implement, sometimes are a few times a week up to daily to really start optimizing our health.

But another big piece of this is looking at our overall toxic load. So I'm always looking at tests and labs, if possible, with my clients for gut health toxins and and then again, like looking at traditional blood work.

But through kind of a functional ranges and things like that. So optimal areas because as we've spoken about before, some of these seemingly very basic nutritional deficiencies can create very large problems for us.

Right. So some things are very simple. And then other things just take a lot more fine tuning and putting together these either protocols and lifestyle habits for ourselves and our clients.

Oh my gosh. Totally. I love that you talked about the foundations. That's something that we discussed in our last episode. And, it's it's essential. But, you know, I want to get into this model of, of, of this framework called the, the holistic longevity model that, that I had put together, with your health doctor Ashley, doctor Rudy's help and, you know, and again, it's it's it's a model that just works and it it's, it's a model that would would stand the test of time 100 years from now, as a as a way for people to see a bright future with longevity.

And I will just say, before we get into this, it's, it's important to know that this is a journey. And it's not something that is like, give me the shot for longevity, right?

Right. Yeah. Like, I just watched one step. Go ahead. The one supplement, it just doesn't. Yeah. The one supplement. Exactly. I just watched, The Way of Water with the kids over, over the the last week on our vacation.

And, they were, like, sucking, this juice out of this, this whale's brain. Because that, you know, is the cure to aging for humanity. And they're making all this money out of it.

The reality is, I do think there are things like that that will come down the pipeline and maybe not the cure to longevity, but the or aging, but the, the, the just some unbelievable technologies that we're privy to that will literally completely revolutionize the industry.

And, you know, if you're listening on this podcast, the Longevity Leader's podcast, you're going to probably be getting access to, you know, the most cutting edge information, maybe first beyond before anyone else.

But, you know, we're we're connected with a lot of universities and scientists and people that are creating breakthroughs and, and longevity, science and regenerative medicine and whatnot.

But, you know, getting back to, you know, this, this, this model is that we need to be committed to the journey of longevity. Yeah. There's a psychology that we need to start with.

That is the commitment to the journey and commitment to discipline and the commit. So if you're just not going to commit and be disciplined to living a lifestyle that is, you know, healthy, you don't need to be perfect, but, you know, healthy and and and integrating these longevity strategies and being growth minded, then you ultimately you're going to leave longevity in the dust.

And you could literally leave another ten, 20, 30, 40, potentially 50 or 100 years of good life because you're just you're just not open to, making any changes.

Right? I had a guy come up to me is like, Isaac, if you think I'm going to eat that kale or whatever it was that was in front of me, he's like, you can forget it.

He's like, I'd rather die, you know? And like. Heard that so many times, right? If you're going to take this away from me, I don't want it to like, I don't want to change my lifestyle.

The right is this is great barriers to change. But everybody a lot of people have like a daily habit. Right. That kind of derails their longevity plan when you say.

Yeah, yeah, no I'm joking, by the way, I don't drink. So yeah, you know, but but I'm just saying, like a listener listening, this is like, wait a minute, what about the blue zones?

They all like, you know, have wine with meals, etc.. But, but but you know, you're right. And and again, we'll get into all the nuances on this show in the future.

But you know, in that respect, it's like, you know, this, this person said that. And what was really interesting is, you

know, that the, not a breakfast place with my kids over the weekend, I just took them out, gave my wife a little break to just spend some time by herself.

I realized, just how incredible it is to have four children. Like, I'm pulling my hair out. It's just like, wow, this is intense. But, you know, the the, you know, I'm giving my wife a little break.

I'm at this restaurant, the owner of the restaurant who I'm friends with, you know, it's this organic, awesome, kind of crunchy restaurant, but, like, you know, all the higher, higher end people in my area love to go to it.

They designed it beautifully. And, you know, the the owner came to me and she said, Isaac, she goes, I had an aneurysm. And I, you know, I, I really like I lost a lot, you know, a lot of time, like, I'm, you know, it scared me.

Like, I said, she was just opening up about it. Yeah. And. And then she said something that hit me, and she said, she's like, Isaac. She's like, I would walk into this restaurant and I would do my team meetings and I'd be like, don't do this, or else you're going to give me an aneurysm.

Or else you're going to give me an aneurysm, or else you're going to give me.

Mindset, Identity, and Growth in Longevity

She's like, I would say that on a regular basis. So I just think that our identity, the words that we use, the thoughts that we think are the core kind of element, our mindset of, you know, moving into this journey of longevity.

Yeah. And so anything you want to add to that or take away. Sure. A couple things. Well, first I'll touch on the wine because pretty much the other thing that's great is how we always have options and we give healthier alternatives to our clients. Right.

So yes, that's one thing that I think is great for the people who don't want to eliminate things. There's usually always better choices because there are people going back to nature and how things used to be made, and it is healthier.

So that's one thing that is good. Secondly, what I did want to add is, you know, we've worked together a long time and the probably the most transformative event or, you know, it was a weekend, maybe we were in Mexico for our set for a retreat.

Was the focus on our limiting beliefs. Right. And we had that growth mindset. And you can just how powerful all of our words are every day. So these things that just keep circulating in someone's thought process and this goes hand in hand, how people feel about their health because they identify with the diagnosis and then they own it.

Right? They say, my fibromyalgia, my Lyme, whatever, my migraines. Like it's in your psyche when you keep repeating it. But it's the same to when people they have to know that they're either going to get better or that this beautiful life is available to them.

Right? That's full of like, energy and vibrancy and thriving. And if people are so caught up in what they've been diagnosed with, diagnosed with, or what their parents have, and they assume that they're going to get it, it's so limiting to them.

And so again, the growth mindset is a critical piece of longevity. And just all of the meaning and weight of words. If it's something that's negative or something that you're fearing for your future.

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And just, you know, extracting one of the things you shared, which was growth mindset versus fixed mindset. And Carol Dweck wrote a book called mindset.

She's a researcher at Stanford University, and she found that, you know, the people that have fixed mindset, they're they make less money. They, they have more diseases.

They, you know, are dealing with more, you know, challenges. They they have a way of being that, unfortunately, is specific to always looking at the negative, always thinking that things are going to, you know, be bad.

I can't grow, I can't optimize. They can do that, but I can't, when they fail, they take that as a personal, you know, they take that on personally and, and let that impact their identity.

Whereas growth minded, oriented or growth minded people, they're oriented neurologically differently. And you can change from being a fixed minded individual to a growth minded individual simply by challenging your beliefs and challenging your thought patterns and thinking about your thinking.

Right. And so when I started learning about this concept of being in a state of observation of my thoughts and being in a place where I think about my thinking on a regular basis and I catch, you know, each thought, you know, there's there's a, there's a scripture out there that says you should hold every thought captive, which is like, oh, yeah, who's going to do that?

But it's it's a practice that I've, you know, gone into and it's very powerful. And it's like, man, I thought very poorly about this person. I'm going to change the way I look at this person and start thinking about, you know, a different way of, of, of viewing them or whatever.

That's, that's more powerful, you know, and maybe a closer relationship that I have or whatever. And so you can shift from fixed to growth and growth mindset is somebody that, you know, they're like, look, the cup is half empty or excuse me, half full.

You know, I can can do whatever I put my mind mind to if I fail. That's an opportunity for me to learn and to grow. If somebody else is successful, that just is more evidence that I can be successful as well.

If I, you know, you know, focus on something long enough that I will achieve it even even if it takes me longer than other people. So there's this whole, like, conversation in the personal growth space of talents.

Not enough, because you've got all these talented people that fail, and basketball and football and ballet and all this other stuff, whereas the people that are focused on executing and committing to the process and practicing, etc., they always rise to the top above the people that may be more genetically talented than than they are.

Because they end up developing, you know, an even better, powerful kind of neuro net of success. So that is huge. It's foundational. And it actually is is a really big part of the holistic longevity model that I'm going to get into here, right now.

So I'm just going to share my screen. And Doctor Ashley, you and I love to, talk about how the quality of your life is based really on the quality of questions that you're asked.

Ask yourself, because it determines the quality of the answers that you end up getting. And so we end up, you know, when we ask powerful questions, we get powerful answers.

This actually rings true in longevity. So in longevity we like to ask questions that are powerful. Like what is my maximum potential? And and we don't get attached to the answer of it is like suppositories.

You know, I'll just keep bringing that up in this episode or on future episodes. But it's it's like, you know, it's it's it's

like, okay, it is this and it is that, but it's also this.

And there's new research out that's showing, you know, another really amazing breakthrough. So it's living inside of the question of what can our maximum potential be?

I have a goal in five years from now to have a, a pace of aging score, which is every year that passes, how essentially old or how many, how many years?

Chronic biologically are you aging every every year that a chronological year that passes and most people are, are aging faster. So chronological year will be one.

And then biologically, if you look at their methylation biomarkers and all of that, they're aging at 1.3 or 1.5. Right. Yeah. And so for me I'm way below that. Right?

I'm I'm like, you know,.72 that I'm 0.68. And I'm like, you know, I'm dropping I'm getting better and better. And I have a goal in five years to be at 0.25.

And the scale only goes down to 0.5. Yeah. So, you know, you know, one of the things yeah, I'm like, I want to break the scale.

The Holistic Longevity Model: Data to Customization

Exactly. I want to break the scale. But but who knows. Like can you do it. Maybe maybe not. But my goal is to get down to, you know, 0.25 my done done Eden pace score.

And so, you know what what what is, what's occurring for you around, you know, this question. What is your maximum potential? And then living inside of, the the other questions as well, which are, how can we make 130, how do we live well beyond 120?

Anything to to share there? Sure. Yeah. And, you know, I, I would share as well that those tests that we've done. Right. It's fascinating. And because it breaks it down in different areas, it also shows you, you know, something that maybe the hormones are making you age faster, but at your cardiovascular is way below like it's amazing.

All the tools that we have are just at our disposal. It's so fine tuned now, what we can look at and how we can shift. And again, there's there's just so much to look at.

I think too, we touched on this a little bit. Men and women are quite different right. And we have different stress loads, but also individually people have stress can impact them in a such a different way. Yes.

And so what I've seen as patterns of, you know, I can have the food dialed in the sleep, you know, exercise or whatever it might be, but when we have so much stress, it pulls those markers down, right?

And it's not helping. So there's just so much that has to be addressed. And yes. Again, living well beyond 120 again as coming from a Chinese medicine perspective and practitioner, their goal is to live as long as possible, but very robust, healthy lives, not in a wheelchair, not able to do things, you know.

So you have all these amazing herbs and these practices to conserve your chai and your energy. And so I do look through that lens and you can see, am I living in alignment with that type of life that's going to allow me to live well beyond 120, or am I burning through all my reserves?

Right. A lot of us are burning through reserves at a much faster rate than what we can replenish. Very interesting. Yeah. And and you know, you're talking about qi and energy and, and there's, there's a lot of people that end up like burning their, their energy overstress, you know, that they're like you said around mindset is like people that are anxious all the time are thinking about the future, people that are depressed, they're thinking about the past.

They're never living necessarily in the in the present moment. There's there's some people that say, hey, if men have too many orgasms, you're burning through your chair.

You're going to live a lot less, women. You know, other people are saying, hey, if women have more orgasms, they're going to live a lot longer, right?

By the way, what do you think about that? Well, yeah. So for the men, it is a depletion of your jing, which is called your vital essence. It's like actually things that are, supposed to be conserved, not, expended all the time.

So. But yeah. And again, for women, women in that process are receiving and we're getting key from men if that's, you know, the dynamic there. So yes, for us it's like nourishing and giving.

And for you guys it is depleting. So it's resisting balance. But at the same time, men in general have more chai, vibrance energy that they can, get, like get rid of women.

We have kids. If we nurse, like, we're making food right for our children, we give away half of our key with every child. So, well, again, even having, less kids is more conservative.

Conserving for your energy and the Chinese theory. And so we just have so much, you know, our systems are quite different, but at the same time, there's a lot of overlap.

Interesting, interesting. Yeah. So if if women have like 20 kids, it's probably can deplete their energy. Right. Like even, you know, if you're, you know, you also you see people have a robust constitution, right?

Some women have so much energy, vitality, and they are just constitutionally, more energetic. And there's just a lot more to work with. Right? Some people who are deficient tired.

Your chronic fatigue, fibromyalgia people. Right. I was anemic, tired, low thyroid them. Having four kids is usually pretty disastrous, right? There's so much work that needs to be done to replenish that doesn't want ways.

But again, our lifestyles are not allowing this to happen, right? They used to have something called 40 days after birth. The woman was taking care of all the food, was made the right food for replenishing all of your ki, you know, and so practices have kind of gone away from that.

And we, we just, you know, there should be a big focus on the family and the unit and the connection, like we were speaking of. That's a huge. Yeah. That's component to of how do we we know if we want to live in this longer life with beautiful people around us, like we want them with us, right?

So if we're the only ones doing the longevity, like we need to have our our kids and our spouse and people that we care about also on this path. Yes. Oh my gosh.

Absolutely. Now that's huge. So this is these are great topics. And we'll have we'll get into more detail around, you know, sex. We'll get more detail around peptides, exosomes, all of that.

In the future. I just wanted to share with you, now, the, the holistic longevity model. So this model, we developed, because there needs to be a model for, for, for, for for health care, and longevity that that's powerful.

And so, you know, the at the core here, what you're seeing is, is, is ultimately like very, very important to look at. Right. The core is, is, is you getting data and information about the person and about yourself. Right?

So it allows for me to go to go from guessing. Did knowing as the foundation for where you're at and how you can live a long, healthy, vital life. And so data is through lab testing.

It's through urine analysis. It's through, hair analysis. It's through blood analysis. It's through stool analysis, through saliva, tests. It's through cheek swabs and genetic analysis, etc..

And then you've got lifestyle. It's like, what is your current lifestyle? Are you following forest, which is the blue zones, kind of lifestyle habits.

Are you what's your mindset like? Think if somebody already believes that they're going to diet at 70, and they're going to live a lifestyle that aligns with that belief.

And, but if you have a mindset like, I believe I'm going to live to 156 and that's my goal is to live 156, your mindset is set on that, and then you're going to start doing things and thinking about things that are like, okay, what can I do to align with that belief in that identity of me being somebody that lives to 156.

Right. And we'll do an exercise on this podcast in the future that will help you guys extend your life quite dramatically, just from a psychological perspective.

It's very powerful, but, you know, it's it's it's something that I think is really essential is is in the core elements, the core foundation. It helps you go from guessing to knowing.

You get the data, you get the person's lifestyle mindset. You get their kind of whether they're integrating some of the blue zone stuff, and then it gives you an understanding of, okay, where, where are they?

But the reality is, if you don't get data, you can't customize, you cannot customize. And and if we want to build a program or a process of longevity for you, we have to be able to get that data to customize.

Would you say anything else about this, this element? Ashley. No, I mean, again, it's it's some people can think of what the things that they're doing are making a certain impact, but without the testing and the data and the tracking.

Right. Even just CGM, for example. Right. People think whatever they're doing is healthy. You can you just need day to day data. Or again, these specialty tap labs and testing to see, am I actually where I think I am or is this just, am I doing all of these tools and taking all these supplements?

But we want to know, is it actually working and what is the impact? And some of that impact we get to see on a day to day basis, which is just really vital information.

Absolutely. Yeah. And once you once you have that data then you can customize. And this is the process of, of longevity. You go into this phase of optimization where you go from average or you know, downgraded to upgraded.

And so you may be having symptoms, you may have a disease or disorder. You know, one of my friends earlier this year said, hey, Isaac, I've got stage four cancer.

And I'm like, oh my gosh, I'm so sorry to hear this. And he's like, I've only been given like a few months to live. I think it was six months to live.

And, and, you know, this guy Ashley. And so I was just like, I would not accept that diagnosis. Like, I, I, you know, I would reject that. And we're going to do some things that would, would help you optimize your health, vitality, etc..

And, and he's like, you know, he went out got some great advice from, from various people. But essentially he went and, and and reversed that cancer within just a few months.

And, you know, you can follow him on Instagram is Pete Sulak, Pete Sulak. And it's it's really, really cool that the transformation. But again, he got data.

He found out what was going on. He then customized the process, to, to help him just with the, the disease state that he was in and, and he, he reversed the stage for cancer.

It was brain cancer in a very, very, short period of time. And I think it was the size of either a tennis ball or a, or a,

what is it, a grapefruit? I think it was the size of a grapefruit.

And, and and the crazy thing about that is that the only symptom that he had was that he wasn't able to, like, he woke up before Christmas of last year and he wasn't able to speak, and he was like, what the heck's going on?

Optimize, Remove, and Enhance for Lifelong Vitality

That's when he went to the doctor's office because the tumor had grown so big that it was like pushing in on his ability to speak. So anyways, you know, I, I really do believe that if if we have a mindset of healing, of health, of optimization, of longevity, and this guy had a big purpose, like, he had a big purpose, like, I want, I want to serve my family.

I want to serve the world. You know, that always helps. So optimize. You go from average or downgraded to upgraded and you have to restore, you know, deficiencies, micronutrients, deficiencies of macronutrients.

A lot of us have micronutrient deficiencies. We, we have, issues with our diet. We have issues with, our organ systems, like our kidney, our liver, our spleen, or whatever it might be.

So we want to upgrade the health of those elements, and then we can start to, you know, after you build up your detoxification pathways. We talked about this in the last episode, is the foundation for longevity is like addressing a lot of the challenges that we're seeing in today's day and age.

Then you can move on to remove. So when you restore the the pathways of the body and the drainage pathways, etc., then you can move on to removing the factors that are the foundational issues that drive chronic inflammation and, oxidative stress in the cells in the body and then drive the acceleration, all the hallmarks of aging, which we'll talk about in a future episode.

So this is you know, this is challenging. It's important to to look at and after you optimize and you, you, you kind of upgrade your body, you can then go and to enhance.

But before I get into enhance, you know, if you don't optimize, if you don't address the foundation, you can't increase your health span. How can you increase your quality of life without addressing your, the factors that are driving disease formation in your body?

You can't. So, this is where you can really increase your health span. Anything you want to add? Take away from this doctor Ashley? You know, a couple things of what you mentioned, too, is, you know, most people come into if it's alternative function, alternative medicine, functional medicine, once they've received a diagnosis.

Right. And this is often a little too late, right? I mean, it's amazing that your friend was able to do that. And we do have so many more advanced tools now, but for kind of like the average person, it's a much bigger problem.

Right after you've already been diagnosed with a disease or something that's, you know, to to the traditional model, incurable. And sadly, that's the big motivation that people have to even look into their health. Right?

So when we're looking at longevity, we're hoping that people are going to jump in and start seeing what are some of these possible hiccups or barriers that are down the pipeline in my future so that we can get a handle on it now so they don't have to happen.

Right. So I think it's hard, as so many people, they come to us a little late, right? Longevity isn't that way. Like people are hoping for this amazing, beautiful lifestyle.

And we get because we're testing, we get to see what is there so you can address it now and get it out of the way. Because you know what? I love that, you know, and and I this model works for somebody that's about to die in a few months.

But like you said, we want people to ultimately be, becoming us. Ultimately, like a lot of my patients, a lot of them were asymptomatic. Yeah, a lot of my health participants, they were asymptomatic.

They came to me because they're like, you know what? I need to get the data. I need to understand, what's going on in my body. I want you to help to customize a system, a strategy, a program that will help upgrade my my life and and I would just get these, these rockstar women and men that would work with me.

And then it was so cool because we got to see pre and post lab testing after they went through optimize and enhance that we we would post test and then it was it became health care became a game.

And this is where I think the gamification of longevity comes in where when you pre and post lab tests you see, oh my gosh, I've just decreased my toxic burden by 50% in the last six months.

I've just overcome 100% of my micronutrient deficiencies. I just got rid of, you know, dozens of my, you know, IgG immune, you know, immunoglobulin responses that were, were creating chronic, you know, transitory inflammation in my body or whatever.

It's it's like, whoa, you can start seeing this is this is good. Like, you're making really great progress, right? Yeah. Yeah. It's amazing to some of the shifts, you know, some of these things that people really fear, like prediabetes and things like that.

Those are easy changes within a couple months. Right? There's so much we can do. The toxins take a little bit more time. Right. But at the same time what's amazing is we we track it, you see improvements, and then that's when really this optimization enhancing flourishes.

Right. And you can just then you can really kind of be who you were meant to be without this kind of like toxic burden of what our world has kind of dragged down in your system and you really get exactly and shine and kind of do what your mission is on this planet.

So good, I love that. Yeah. And everyone I believe is has got a calling and a purpose that's divine, you know, and it's something that, this model is going to help you, you know, really maximize.

So here's the thing is that a lot of people, they'll go into their functional medicine, doctor, they'll go into like a health program or they'll they'll optimize their health and then they'll, they'll, they'll drop back into where they were before and in a month or two, not the way that we want to do it.

The opposite is true, is that we want people to move into enhance. And so you optimize, you upgrade, you don't then go back into your old ways. You don't then integrate, all these bad habits again and, and, and and all of that you move into enhance.

Enhance is where you continue to upgrade. You, you and I, I call it you go from upgrade to superhuman and superhuman is above human. Super means above human.

And and I love that definition is because, you know, to be above just the regular kind of human ness of of us is just like the, the way that that everyone else is.

No, you don't need to be that way. You can be different. You can make different decisions. You can adopt a different identity, a different belief system.

And this is where you you play in these different testing technologies, tools that are going to continue to get better and better and better every year, every month that passes.

And then you pull these hundred plus longevity levers. There's so many different longevity levers. But this becomes the journey. And it's so fun because you can rejuvenate your skin.

You can rejuvenate your hair, your nails, your your your organs, your tissues and and and and this is where you really make a big impact in increasing your lifespan.

Because if you don't go into focusing on enhancing and adopting that new identity and saying, hey, I'm in this for the long run and you don't like get create fun out of this longevity journey.

You, you you really don't increase health. And my term for this is optimal living. So this is like kind of, you know, this is the holistic longevity model.

But if you stick with this, you access optimal living, which is not just the physical but the spiritual, mental, emotional, you know, psychological, etc..

Elements of, of humanity, right? Body, mind and soul. And it is it is where you are optimizing yourself, at a high level. And, and my goal is to continue to build a tribe of people that are, that are doing this and supporting each other in all these different communities and doctor's offices and, and, you know, different communities around the world as well as, just just like, you know, just this online community that we have, of people all over the world that are that are encouraged and committed to doing this, anything to to share about this enhanced, section.

Here. Yeah, mostly, again, that this is, you know, people are so kind of used to a model or a framework of, oh, is this a six week kind? How much can I do in the short period?

That's, you know, quick and fast. But this is really about a longevity lifestyle. This is something you're going to be implementing for many years. It doesn't mean you have to always be testing and doing this.

But you know, this is kind of like your blueprint for the rest of your life to just optimize our time here and, and then enhance it and just really have, a much upgraded quality of life that you can really enjoy.

Yeah. And again, you don't have to be perfect, like you said this, but this is this, this this model is a commitment to the rest of your life. And it's fun.

It is so fun. It is like it's not boring. It's not like, oh, man. You know, this is not good for me or whatever, man. It is, it is. It is really fun. So, you know, this has been really fun to just even get into today with you, doctor Ashley, you know, the holistic longevity model, the mindset of excellence, getting out of a fixed mindset into a growth mindset, committing to getting data, getting information, you know, customizing it, a system, a program, a way of being a lifestyle that is going to help you maximize your health and then enhancing that upgrade that you've made to elevate to superhuman for the rest of your life.

Right? Yeah. And any last words of encouragement, to to really encourage them to adopt a long term sustainable model of living versus just a short term attainable.

I'm doing these things. I went to this clinic, I went to this resort for a week or whatever. Yeah. I think the main thing too is again, we sometimes forget the impact that we have.

So even with one person is doing this within your family, it ripples out. You know, a lot of us are making the choices kind of for the whole family. So you're helping your kids, your spouse, and then also the, you know, your outer family as well.

I, I, I'm always amazed at feedback of people, you know, that we talked to and and like, I remember this thing that you talked about. And so we never know the impact.

But when it's like this and you're sharing information that is in the longevity space, it really can help so many people. And I think it's just very important because most people are stuck in this more disease forward fixed mindset, you know, all the world.

There's so much here that's not good and it's not going to get better. And we have a lot of control. And again, we

just want to make sure and spread our impact as much as we can.

And it does start with ourselves our family and then it can spread. So you know, we have a lot of information out here and things are always changing, but it's very exciting.

Absolutely. Doctor Ashley, thank you. This was fun. Really, really cool talking about all of this with you. And, Yeah, we'll we'll keep it going. Appreciate you, doctor.

Ashley, it was a pleasure. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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