The Immune Reboot: Healing from the Inside Out by Dr. Rob Silverman Transcript

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Opening and Guest Introduction

I will tell every young doctor out there that most of your patients have one commonality. They are pre-inflamed. And to take a comprehensive inflammatory immune blood panel is a great ground zero starting point.

It's my favorite thing. I don't touch a patient unless I understand their immune system, because I tell everybody your immune system is your second greediest system in your body.

I think your neurological system burns the most energy, but your immune system is just, if it's in chaos, then your life is in chaos. This is Dr. Talks.

All right, so welcome to the Lifestyle Medicine Podcast brought to you by Access Medical Labs. If your doctor's not checking diagnostics, he's not a doctor.

Do I have a treat for you today? We have Dr. Robert Silverman, and this guy has such a long credential list, I don't even know where to start. He's a functional health medical expert, which is awesome.

Again, functional health is the way to go this day and age. Award-winning chiropractor, which is special to my heart because my father was a chiropractor, so I absolutely love the profession.

Another big one, too, is he's an internationally recognized speaker for all sorts of things, which we're going to get into today. He holds six different degrees, which I'm going to let him speak about because Lord knows I won't do it justice.

He's also the author of one of the Amazon's bestsellers. It's called the Immune Reboot, which we're going to hear about today, how important immunity is in rebooting your system.

And again, he presents at all sorts of conferences worldwide, the A4M, you name it. So he knows what he's talking about, and that's why he's amassed such an amazing social media following of over 650,000 followers.

I need to figure out what's going on with my social media, because this guy knows how it's done. I'll tell you what, my man, Rock and Roll Dr. Silverman is an honor for you to be on the podcast.

Thank you for coming. I am stoked to be here. That's great. You're hired everywhere I go. I want you to come with me and we're going to the gym. We're eating organic food together because you know, that's the key to life.

Health is wealth. Heck yeah, man. Happy gut, happy life, happy wife if you have one, you know? Yup, yup. I got a gun and I got a wife and they're both happy.

I'm super curious because I mean, your bio, your footprint screams longevity. How would you define longevity for everybody out there listening? Because everybody's got their own little different kind of, you know, idea of what it is.

That's a great question. Longevity without question is the incisive conversation of 2000 and 25. This simple definition of longevity is, you know, our lifespan versus healthspan.

So we know what a lifespan is. It's how long we live. Healthspan is how long we live without chronic disease. But I believe behind a curtain looking for longevity is the idea of vitality.

How vital are you? Now you understand that because you travel like I do.

Defining Longevity and Vitality

Could you imagine me having to give you a call and saying, hey, I'm hanging out, I'm 60 next month, I've got no chronic disease and all I do is watch TV as opposed to saying, you know what, I get on that plane, I lift my luggage overhead, I run and make my connecting flight, I have energy when I'm on stage and I went to the gym.

That's vitality. Longevity, lifespan, health span, vitality. Vitality. What a great word. What a great word. I love it. And again, I always sit there and say life is experiential and as medicine should be.

You should have a goal with your medicine. What's the point of being healthy if there's no reasoning for it? Climb a mountain, write a book, speak on stage, write a number one author.

I mean, I mean, my goodness. So I love to see a healthcare practitioner such as yourself who is exemplifying not just better medicine, but better health.

You know, it's funny when you talk about longevity, what people don't realize is that, you know, my dad has taught me more about longevity, doing things wrong and still living.

At 94, Mr. Fusion, man, that old school guy than anybody else, because I look at him and, you know, he's still trying to do something with his life. At 94, that man goes to work every day.

Got some genetics there. That's awesome, man. Yeah, you know, that's exciting because there is a study that said that you can live to 80 to 90 with good lifestyle like you and I adhere to.

But the key to getting to be a centenarian is really having a little bit of a genetic. So my mom was 95, my dad's 94. So, you know, you're going to keep me around and I'm doing podcasts at 103. No, very true.

Very true. And also I'm very curious to see you do a lot with the gut as well as the immune system. So when it comes into that vitality, being a, being a hundred year old rock star, which, which percentages would you say is gut immune versus everything else?

And how do you kind of tackle that with your patients? It's funny. You say rock star was just showing Mick Jagger to my 22 year old at 82 years old running around on stage.

So. There's another guy that I, you know, definitely got some energy in him, man. I'll tell you what good is gracious. So the idea of got an immune system, I think they're intertwined because on the other side of the gut is the immune system.

80% of your immune system is in your gut. Not only that your God has the number one nervous system in a body called the enteric nervous system. brain whatever you do to your gut yeah absolutely and it's called the second brain because of that immune system and because of that nervous system whatever you do to your gut you do to your brain whatever you do to your brain you do to your gut so there's a gut to brain axis as well whatever you do to your gut you do to your immune system whatever happens to your immune system affects your gut the body's all interconnected and the centerpiece the epicenter of your health is without question your gut No, for sure, for sure.

It's the first barrier to it, you know what I mean? We used to be one-celled organisms just floating around with nothing but a mouth, you know what I mean?

If you think about the common sense aspect of it, we started out as a mouth, you know? Right. You know, it's interesting you mentioned a mouth. The mouth is the first part of our immune system.

It's our digestive tract. It has been postulated that the first time that the outside world meets the inside world is when something gets absorbed through the gut in a small intestine.

So that said, imagine how important it is to keep our gut in a pristine condition. Well, very true, very true. So as a

healthcare practitioner, again, my passion, my obsession is diagnostics, and I think that's the core of precision medicine this day and age.

What do you check in your patients that kind of help you kind of identify their immune markers, their gut health, and their overall vitality? So for me, the biomarkers of aging are really simple.

Let's look at musculoskeletal. I work out, you obviously work out. So the number one thing I look at, believe it or not, is grip strength. So we start at the bottom line, you know, we talk about muscle mass being longevity organ, Dr.

Gabriella Lyons, muscle mass is our currency. And that's important. So let's say I am six feet, 185 pounds, and 12% body fat. Let's just give you some numbers.

And I start there. Next year I come in, I'm the same height, hopefully, and I'm 205, but I'm 24% body fat.

Gut Health and the Immune System

I have the same muscle mass, but my body fat's increased too much where my muscle's starting to marble, I'm inflammatory. I'm storing too much vitamin D and not letting it circulating in the body.

So yeah, muscle mass is the first step, but the real ultimate step is grip strength. And another step above that is body composition. But believe it or not, a new study came out, the number one longevity biomarker would be movement or movement dysfunctions.

So you always know people say, hey, I can look at the neck and tell how old somebody is. You can tell by how well they move. Nick Jagger, great example, 82 years old, not just kinesthetic and kinetics.

He's moving, man. No, that's that that's fantastic. And again, I think, you know, that's that's kind of lost on a lot of physicians, physicians jump into so much of just the overall, like over over technically in it, you know, I mean, like, I mean, that's a good word, but they get so so so much in the weeds, just watching how somebody walks watching how they they they, you know, they they ungulate, you know, I think that's one of the most important things when it comes to being like, this person's healthy, or this person needs help.

You have them walk and look at them when they walk. You know, it's funny, when I went to chiropractic school, they said 90% of the history is what you get from the patient, but they try to mean verbally.

You can also look at them and see, well, look at this person's gait. Look how they get up and out of a chair. I mean, are they using, are they facilitating their glutes?

So movements number one, and then a 1A would definitely be lab tests, and I'm a big serum lab tester. So this is not new to you. Obviously, ApoB is a big deal because ApoB is the Titanic.

It's got all the bad cholesterol, if we could use that term now. It's got VLDL in there. It's got LDL. It's got Lp little a, another really good marker, which is a genetic marker for heart disease.

I'm a big proponent of looking at vitamin D levels. I mean, it's such a critical element. Vitamin D provides a swath of health promoting properties, but most people don't test for vitamin D.

Did you know that 1 billion people today have a deficiency in vitamin D? That's 1 billion, and that deficiency is less than 20, whereas the regular numbers, the more Rudimentary numbers are 30 to a hundred.

Imagine where we are in functional health at 60 to 80 or 80 to a hundred. More than half the world would be deficient in vitamin D. Crazy. Insane. So we also talk about neurodegenerative disease being a big problem for longevity.

A gray marker would be your APO-E or you, if you will, your APO-E4. There's three alleles in APO-E. There's an

APO-E2, 1% of the population has it. If you have it, God bless you, you're never going to see Alzheimer's.

Hit the jackpot. Yeah, 75% of people have an APOE 3 or a 3-3. I happen to have it. That means that you're neutral towards Alzheimer's. You have a good lifestyle.

You're going to go forward and avoid neurodegenerative disease. If you have a bad lifestyle, you're going to go in reverse towards Alzheimer's and get neurodegenerative disease.

Incidentally, the last one is APOE4. Two APOE4 alleles increase your incidence of Alzheimer's by 80%. And it's funny that you mentioned the gut is the epicenter of your health.

We've talked about that. All neurodegenerative disease starts in the gut. So without question, I ask people two questions when they walk in my office.

What have you done for your guts lately? And do you have the guts to be healthy? I love that. I might have to steal that. That's super yours on borrow without question.

I love that. I love that. How much do you do? Do you give hormones, testosterone, DHEA, cortisol, IGF estrogen progesterone? How much do you give their weight when it comes to longevity and vitality?

You know, it's a great question and you are the expert in that. You are the medical expert in that. Um, the studies have shown from my vantage point, stuff like HRT really positive TRT seem to be positive as well.

IGF one, not as positive for longevity. I mean, if muscle mass is your longevity organ, TRT will definitely enable you to hold on muscle. That's why I was asking.

I was curious about that. You know, I banter myself around because do I want to do it? At 60 in September, do I want to start to take it? Have I lost muscle mass?

Oh, yeah. Am I sarcopenia? You know, sarcopenia is interesting. We think of it as a loss of muscle mass, but it's loss of muscle mass and strength. and then two correlate.

So it is concerning. So my suggestion is, and a takeaway for everybody listening is, men and women alike should do some form of weight resistance. It's great if you could squat 900 pounds, sort of a joke.

Very few people can do that. I noticed you were laughing.

Diagnostics, Biomarkers, and Hormones

The point is, weight resistance can be body weight, it can be band, it can be TRX, it can be dumbbell, it can be kettlebell, it can be maces, it can be barbell.

some sort of resistance both men and women alike. Plus it also gets the lymph moving and everything, you know what I mean? Without question. So my big thing is I think they're all positives if they're administered by a doctor and the doctor obviously does the blood tests and checks every three months to see where your levels are.

Yeah, that's the scary thing now that you have trainers given it, you have influencers, you have this, that, and the other people buying stuff from Russia, people buying stuff from China.

It's become such a convoluted muddled market these days in Asia when it comes to anything hormone based. And then you top it off with the peptides. I'm a huge peptide fan, but again, you don't know what you're getting anymore because the local, you know, trainer at the gym is just, you know, hocking the stuff out of the back of his car.

Yeah, I know. I mean it's disconcerting. I'm a peptide guy and you know, of course You know it as well as I do the and I use them orally the peptide that comes to mind most Commonly is without question BPC 157 but not right

Swiss Army knife of peptides without question great for the God found from gastric juice 1993 Excellent for the brain excellent for musculoskeletal healing.

I love it. I take the oral and By me taking the oral, I'm able to avoid some of the concern with the injectables. No, very true, very true. So in your opinion, what's the main difference between the injectable versus the oral?

Such a good question. You know, as a chiropractor, we don't inject, but I think the main difference, and I'd love you to piggyback on this, is real simple.

I think the injectable people perceive as being much more effective. So it's like a double placebo. In reality, the difference between a quality injectable, we use that term, and an oral is about five to seven percent.

Yeah, well, it is the game-changing term. It's about five to seven percent, the data indicates, which isn't that much. So with the questionable usage of some of the injectables now, that's why I've adhered to the idea of using the URLs.

No, yeah, I think they're great. Usually what I do is whenever we have anybody who has any type of gastro issues or anything like that, whether it's bloating, leaky guts, they have Candida and infestations, Crohn's, anything like that, we always tend to use the oral first, first and foremost, you know what I mean?

It's almost like a site injection. Whenever we have anybody who has acute injuries or post surgical or anything like that, so where we can almost site inject, we always go more for the injectable on that one.

I think overall, like you said, me and you are on the same page with your gut being probably one of the most important aspects of what makes you you. So I mean, I've seen amazing success, especially with with things like acid reflux.

By actually taking it, dumping it in just a little bit of water and just swallowing it slowly. It's fascinating how it works. It really is. So the oral and the injectable for me, it's kind of what is the patient looking for.

Side injections, obviously I think are going to be better because there's not so much loss throughout the digestive process and actually getting the actual location.

But most of the time, oral is just phenomenal. I call it, and it's been called the Wolverine supplement because Hugh Jackman in the movie gets all torn apart and he heals before your eyes.

But there's also something called the Wolverine stack. So here's my Wolverine stack, BPC 157, KPV, and TB4 FRAG. And if you really wanted to get a little sexy and decrease some inflammation, PEA or Pro Resolving Mediators, and then you would have a real solid supplemental stack.

Well, that's fantastic. Yeah, I think thymesine in general, I mean, thymesine both alpha and beta have been just absolutely phenomenal for obviously various, various reasons.

And KPV, phenomenal. I mean, just absolutely awesome too. So, I mean, I completely endorse that stack. I think that's an awesome, awesome way to go about it.

So that's good. Now, another thing I really want to touch on was your book. I'm just I'm just super curious to see in that book, you talk a lot when it comes to kind of healing in general, you know, people are suffering a lot today from things like long COVID, chronic fatigue, fibromyalgia, all these different sayings and whatever it could be.

What is your approach to that? Somebody comes in, you think it's long COVID, you think it might be something causing, you know, fibromyalgia or anything like that.

How do you as a chiropractor sit there and tackle that issue? You know, it's funny, you mentioned long COVID and fibromyalgia and you put them together.

So it shows that long COVID causes such a downstream deleterious effect. It's sort of poly reactivity. It causes multiple reactivities. When COVID was going on and I was taking people's blood, It was an epiphany for me to see that obviously there was long COVID antibodies, but there's also an elevation in EPV, Epstein-Barr virus, antibodies.

Like what's going on? Is everybody playing spin the bottle and didn't invite me? I mean, like it makes no sense. And the bottom line is that idea of poly reactivity, that virus was so gnarly and our immune systems were so compromised.

You know, COVID taught me three things. One, Half the world's crazy and the other half the world's crazier. Two, most Americans had a poor immune system.

And three, most people didn't understand how the immune system works. And that's why I wrote the book, Immune Reboot, as you were referencing. But the interesting thing about the poly reactivity is COVID stimulated all these downstream reactivities.

So you'll see that also in Lyme. And what's interesting about COVID or long COVID most predominantly is it's damaged to the mitochondria. So that's why there's so many damages to the brain, the heart, the kidneys, because all these organs are based on ATP and mitochondrial function.

So what I've done is I've done a supplemental stack to help imbue the mitochondria with enough energy to produce ATP efficiently, also go after the gut in the brain in supplements.

And I have a unique approach.

Peptides and Recovery Strategies

I use a non-thermal low-level laser based on electromagnetic transfer of energy to stimulate photons to allow fusion and fission in the mitochondria. And then ultimately stimulate something called bio photons to allow the body to communicate because the body's all interconnected.

So that combination has worked well. Of course, everything always starts with lifestyle. I know you agree with me. Everybody. That's my man. Exactly. Right.

That's it. It's lifestyle. Lifestyle being, you know, the way you live your life. Is it exercise? Is it stress? Is it sleep? Are you going to the bathroom?

What foods? Now people ask, why is 80% of your immune cell in your gut? Well, where's the most carnage you can take from your body? What you put in your mouth.

So your diet is your number one thing. They were talking about a guy at one of the seminars and a guy ripped. He's in his late 50s. He's still ripped.

And they said, what do you think his biggest thing is? And I said, I'm going to go over to him and I'm going to look, he's going to have food on him. And of course he had his Tupperware.

He wasn't even eating in restaurants. So I'm not saying, and I'm not purporting to everybody, they need to do that, but make the best possible choice.

Enjoy your life. Don't have a week of vacation from health. Have a healthy vacation. I love that. Look at you. I love that. You are definitely a speaker.

That's for sure. My goodness. That's great. No, no, that's great. So I'm also curious. Mitochondria issues are my main focus here. And we also take a look at things like senescent cells.

Because I think the amount of people right now walking around with so much organic just garbage in their system that haven't been taken out properly. I think that's one of the biggest reasons you see things like fibromyalgia, chronic fatigue, long COVID just lasting so long or even developing.

So do you ever address things like that? Like the zombie cells and you know, we always check the natural killer cells and things like that just to kind of get a gauge of, you know, of where their immune system is kind of humming at.

Absolutely, and I love how you went senescence to zombie. I always say senescence is a zombie cell because everybody knows the monster walking around spewing inflammation.

Exactly. It's cells that should die that are dead, but their sole purpose is to spill out inflammation. And I will tell every young doctor out there, medical, naturopath, chiropractic, PT, whatever, that most of your patients have one commonality.

They are pre-inflamed. And to take a comprehensive inflammatory immune blood panel is a great ground zero starting point. It's my favorite thing. I don't touch a patient unless I understand their immune system, because I tell everybody your immune system is your second greediest system in your body.

I think your neurological system burns the most energy, but your immune system is just, if it's in chaos, then your life is in chaos. I think that one of the keys to the immune system is the balance, and the balance between the innate and the adaptive immune system.

And then when you sync those, you also have to remember, as I alluded to earlier, there's three lines of defense, and that first line of defense is your respiratory digestive tract.

You put them together and then you may have a really healthy person. So we all talk about gut and gut is critical, but a gut again is the centerpiece around the immune system.

So there's other things. And when we talk about gut and leaky gut, and I'm sure all your followers and listeners know what a leaky gut is. And I do have a 7R program to heal the gut and what's inside the gut.

But a lot of times we forget that what looks what happens to a leaky gut, it affects the outside of the gut or the other side of the gut, which is your immune system, which is your bloodstream.

So when you attack the gut, you have to attack the gut in a three-fold problem. One, you have to decrease inflammation. Two, you want to heal and seal the gut lining.

Long COVID, Mitochondria, and Immune Dysfunction

And three, you want to adhere for immunity on the other side because that immunity or those proteins that slip through the gut are floating around in your bloodstream, which is your ocean through your body.

Exactly. No. Yeah. You, you, you hit the nail on the head with that one. And I think a lot of physicians overlook that they jumped the peptides, they jumped the hormone, they jumped all these different therapies and this, that, and the other, I say senescent cell clearance and mitochondrial health are where every, every program needs to start.

Huge. What a great conference. It's exciting. You know, The idea of functional health is great for patients because obviously they improve their function.

But it also, I have to admit, it's engaged doctors from having a diversity, having different backgrounds, all coming together, having respect and pushing the envelope.

And as they say, a rocket ship can carry a lot of people to many different planets. Very true, very true. And we're starting to see that. And again, one of the questions I had for you, where do you see this industry?

Again, you can call it functional, regenerative, lifestyle, whatever you want to call it. Wellness is kind of the overall branding of what this, you know, traditional wellness is.

Where do you see this industry going? I know I, cause again, I've been in this for, since 2010 and I started speaking at eight for when I was like 26 or something like that.

And to see the transition from that until me being 41 years young now has been mind blowing. And, but it's, it's been in kind of both ways, good and bad.

You see the purity kind of, you know, getting more and more unique and more refined, but then you start to see the sharks come in with their false prophets and all this other stuff that's just like this sublingual, this, that, the other.

So do you see that kind of getting weeded out? Do you see that getting even worse or do you see AI coming in and just taking over the entire thing? I think AI as a player, I think it's great for research.

I think when you're talking about the people coming in, I think we're talking about people who are influencers, not people who are influences with. Backgrounds in health their influences with backgrounds and making money and you know, um, maybe not being as forthright They're just very forthwith pitch whatever they need to make to make that money, you know Yeah, it's unfortunate.

Listen, i'm on social media too. So what can I say? But to really answer your question, I believe the functional movement is going to is and going to continue to revolutionize the health care system I think Medical doctors, I'm sorry to say this to you, Dr.

Ivan, are at about a 40% approval ranking right now. A lot of that base worse than that. You know, I mean, I'll be honest. And I tell everybody the best leading cause of death in the United States is medical care.

So you got to think things like AI and everything that rely on traditional based research, it's broken. It's completely shattered. You know what I mean?

Like, and so it's a situation to whereas I think traditional medicine is starting to wake up. I mean, my, my brother's a urologic reconstructive surgeon, like one of the best in the world.

And he's finally being like, so what's this TRT stuff you're talking about? I mean, like you're starting to see this, this change and being like, yo, maybe the, maybe the, the, the traditional route isn't the most genuine.

I do believe in the alternative route. I think we're going to get to a point where, and I think you and I are on this path that we want precision medicine.

So the idea of functional health, functional medicine is root cause resolutions. It's now root causes resolution to individualize and personalize everything using appropriate tests.

to get there, but precision individualized medicine. You're going to need something different than I'm going to need. We're going to have that same checklist of life under lifestyle, but you may need some more vitamin D.

I may need more free weights. I may need to help my protein, stuff like that, but you know, we're good. No, customization is king. And again, I've been trying to do that my entire career.

I think that's why access, you know, was gracious enough to, you know, give me my own podcast. It's because the entire time I like, like I say, if your doctor is not testing things to make it customized to you, then it's not precision based.

It's just, you know, factory based, which is again, proven to be the third leading cause it's worse than diabetes, it kills more more people than diabetes every year, which is terrifying.

Access is giving it to you because you've got a great voice. You, you know, you walk the walk, you're engaging and you're getting the health message. And without question, getting to know you, you're a man of probity.

So continue on your path. I appreciate that, man. That doesn't mean a lot coming from you. It really does. So I really appreciate that and kind of lead it into that.

So now what's next for you? I'm curious, you know, number one best seller on Amazon, you're speaking at every. You know engagement like where are you going with your trajectory now?

It's funny you said that because my friend came over and he's 60. He's a couple of months older than me and you know, he's relishing in retirement just getting sedentary.

I'm just starting so there'll be another book. The podcast is going to grow. You're kicking butt right now. That's for sure. Yeah, I mean, the goal is there.

I made a commitment at 21. I suffer from congenital torticollis, so there's asymmetry to my neck. And I have an accounting degree and I didn't want to work for IBM.

I worked the morning I left and I went and took my prerequisites and I went to Cairo School because I had a Cairo help me and change my life.

Functional Medicine, AI, and the Future of Care

And I made a promise to myself and him at that moment that I was going to do that and help people every day like he helped me. So of course the games changed 38 and a half years ago.

You know, there's something called supplements. There's some called rocket ships, you know, exactly. There's something called class lights, et cetera, et cetera.

So, you know, I'm looking to make that indelible mark. My mantra is very simple. I want to create health for future generations starting now. Love that.

And again, like I think it kind of goes hand in hand with my was just just leave it better than when you found it. You know what I mean? And I've seen I've seen so much terrifying things in this industry, both in the wellness and the traditional side.

And it's just a situation where it's like everybody doesn't understand medicine as a business, whether it's chiropractors, whether it's kinesiology, whether it's acupuncture, whether it's actual medical doctors.

And I think people, once they start to realize that, number one, like you had said, you have to find a physician who exemplifies why you're coming there.

Number one, who has the research and the understanding of not just linear thinking, but multiple-facet thinking, to where, okay, fine, you came in because you have a cough, but maybe it's something with your heavy metals, maybe it's something because you're not sleeping right, not just being, here's an antibiotic, which I think is more detrimental than not taking anything.

So I think, you know, I love that we're seeing that kind of swish of, you know, healthy physicians are starting to come out now. I think it's about 100 years overdue.

But it's exciting to kind of see, you know, where this industry is going. And I always like to ask a couple questions here, whenever we're coming to the end of a conversation.

And I'm very curious to see what your answer is going to be. If you're a healthcare practitioner in any field coming into this industry, okay, coming into the functional, the wellness based industry, what's the one piece of advice that

you could give somebody coming either from traditional medicine or coming from schooling to sit there and say, this is how you get into this industry the right way.

Start listening to the right people like you. Look up a guy like a Jeffrey Blatt. Follow a guy like Mark Hyman. You know, Mark's done a lot of great things.

Yeah. Listen to Rhonda Patrick. Listen to Gabri Lyons. Go get the right people. Go to an A4M, like you said. Go to an IFM. Go to an IHS. Go to my friend's online school, Functional Medicine University.

Start learning. Start going to seminars. do it for the right reasons, which I'm sure that's what most people did. Don't get frustrated and hold your patients accountable because if they don't follow your protocol, you're never going to know if your diagnosis was correct or not.

Super true. Super true. I tell everybody I don't do any marketing. I mean, I've done well with just the other stuff that I do besides being a doctor. but it's always word of mouth.

And in South Beach, Miami, you come down, if you see a 60 year old, it looks like a 30 year old, thankfully enough, they're most likely coming to my clinic.

And I think that's the best testament is how your patients actually react, how they actually pay attention. And again, you know, sometimes they have to be goaded into it, you know, it could be kind of a tough, a tough love scenario, you know, sometimes your doctor can't be your best friend.

But I think you do have to, you know, if they're going to hold us accountable, I think we need to be able to hold them accountable as well, which a lot of physicians I think are too scared to do sometimes.

I concur without question. I think physicians are concerned about losing a patient. It's not a question of hurting their feelings. It's just holding them accountable because your health is your most viable asset in your life.

It's your most important asset. Invest in it. I try to tell everybody that. Um, so second question as a patient who's never been exposed to anything in this industry.

Okay. And all of a sudden you see a couple of people on Instagram that used to hear it about on Fox or CNN or whatever it is, this new wellness craze.

What's something as a new patient has no idea about this injury coming in. What is something that they, they, they need to be aware of or they need to look for?

Advice for Practitioners and Patients

You know, they need to ask the doc for me the right questions, and they need to find… So one of my biggest buggables, and this probably rings true in your head as well, the rudimentary lab testing that the doctors take and get away with it.

And that's not medical doctors. That's chiropractors. That's everybody across the board that people accept. Yeah, my total cholesterol is 210. So he or she said it was a little high.

And we both know that you and I really don't go light on total cholesterol. and look beyond just the basic, you know, you're gonna look for food sensitivities, food additives, hormones, cardio protective type stuff.

So really verse yourself on asking questions on gaining, is this the most comprehensive blood test that you can get and not the easy out? So that would be number one.

Number two, check locally, you know, check out your doc. I mean, most people come in and say, well, I read on Google. I'm like, don't read on Google. Get it from a person, I'm happy.

It used to be Google or WebMD, now it's ChatGVT. Right. Wow. I hear you. Make sure that that person is right for you and make sure that their principles are aligned with yours.

And thirdly, don't come in to get your bandaid on a bullet wound. It's just not the way to get healthcare. Bandaid on a hemorrhage, man. Never works. Never works.

Well, Dr. Tso, I must say, man, this has been even more enjoyable than I had even imagined. I mean, I nerded out like I do before everybody and I was super excited.

Your book looks amazing. I'm going to purchase it right the second I get off. Again, that's on Amazon. And again, thank you so much for coming. It really has been an absolute delight to have you.

It's been my pleasure. And remember, take care of your body. It is the only place you have to live. Exactly. I love that. Well, guys, thank you so much.

Lifestyle Medicine Podcast brought to you by Access Medical. It's been a blast with Dr. Silverman. We'll catch you in the next one. Take it easy. Thank you for tuning in to Doctor Talks.

We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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