Introduction and Summit Overview

Welcome back to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura, for Ontario. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

Today my guest is doctor Jack Wolfson. Hi, Doctor Wolfson, welcome to the summit. Oh, no. It's a pleasure to be on to speak with you, as always. And, you know what a great time to get this information out to the world about health and wellness.

That's the only way we're going to survive. That's the only way we're going to make it to 100 years and beyond is is is what we're talking about here.

We know the medical model is broken. It doesn't offer people longevity. Life expectancy in the United States, you know, is around 80 years of age. You know, for men, under that women a little bit over that.

And that's just that's just not good enough, you know, not good enough. And I wanted to bring you on here. You know, we've collaborated before. You're a wonderful interview.

You share so much, terrific information. And, and I can't really have a talk or a summit about mitochondria without bringing on a cardiologist and talking about heart health, because your heart is packed with mitochondria.

So we'll get into that, too. I want to introduce you to those who don't know you yet. Doctor Wolfson, you're a board certified cardiologist. You use nutrition, lifestyle, and supplements to prevent and treat heart disease.

You've walked away basically from the pharmaceutical industry, and you actually worked in the largest cardiology group in the state of Arizona. You spent ten years as a hospital based cardiologist.

You did angiograms, pacemakers, cardiac procedures. You were even the chairman of medicine, director of cardiology and director of cardiac rehab in that medical group.

And then, you know, in 2012, you founded Natural Heart Doctor, and you offer patients holistic heart care. And now people worldwide consult with you either by traveling to Arizona, where your clinics at, or seeing you virtually for natural heart care.

Why Cardiovascular Disease Matters

So thank you so much for being here. Let's dig in and talk to me about the impact of cardiovascular disease worldwide. Why are we having this conversation?

Well, you know, it's it's the number one killer worldwide. It's, it's ahead of cancer, cardiovascular disease, heart attacks, strokes, atrial fibrillation, congestive heart failure, the tens of millions of people who take pharmaceuticals for blood pressure, for cholesterol.

It's, it's it really hits everybody and everybody. They talk about their family history and they'll say, I've got a family history of of heart attacks and strokes.

Well, so does everybody. Because, again, cardiovascular disease touches everyone. And I use this as a great opportunity to say that, it's not a genetic issue.

Our genetics are just about perfect. We are designed perfectly. We have evolved perfectly. Well, whatever version

of the story you want to believe, we are built perfectly until manmade poisons and the manmade, unhealthy lifestyle influence says our genes in the process called epigenetics.

And that's, what ultimately leads to disease. But I'm here to put an end to cardiovascular disease in our natural heart. Doctors, the home with the 100 year heart.

I believe everyone deserves that and beyond. And we can do that while we're reducing and eliminating pharmaceuticals and unnecessary procedures. So big, big thing to tackle.

But, I'm up to the challenge. There's other doctors, like myself, of course, health care practitioners like yourself that are really trying to, you know, make a difference in this world because mainstream, is not the answer, certainly not the answer for prevention.

They're very good in the midst of a heart attack. Or if you need urgent bypass surgery, but for prevention, they have nada. Yeah. So what was it that really kind of shifted?

What happened in your career where you just took a look at what you were doing and said, I'm not doing this anymore? Well, you know my story really. You know, again, I was I became a cardiologist because my father was a cardiologist and he was my hero.

I wanted to emulate everything that he did. And, I and I did that after that. Unfortunately, as I was becoming a cardiologist and finishing up my training and entering into, you know, the practice in Arizona, my father was becoming more and more ill from a disease called PSP, progressive super nuclear palsy.

It's a condition similar to Parkinson's.

From Conventional Cardiology to Natural Heart Care

So ultimately he gets that official diagnosis, if you will, at the Mayo Clinic. And then simultaneously, I was introduced to a young woman who is a doctor of chiropractic, and she's told me all the reasons why my father was sick and dying.

She said, it's, you know, it's like crap lives, like crap, toxic hospital lifestyle, all the radiation based, you know, procedures. I told her, you know, that he was on a pharmaceutical, Lipitor, which is statin drug, which undoubtedly liquified his brain.

And unfortunately, my father, enjoyed too much alcohol, in his life. And, there's no there's no sad part of the alcohol story, except for he died. Like, that's the sad part of the, the alcohol story for my father and my wife and the woman who I would become my wife.

You know, she said you need to become a DC like her. And I said, as a DC doctor of chiropractic, I just finished up all my training, to become a cardiologist.

And she said, no, not DC doctor of Chiropractic, DC doctor. Of course you have to get to the cause of why people get sick, and when you do that, you will realize all the dreams and all the reasons why you became a cardiologist.

And again, it made perfect sense what she had to say. I quickly changed my life. I quit because I was in my. I was following exactly in my father's footsteps, except for the, the, the, you know, the Lipitor of the stat and drug following in his footsteps.

But I would quickly change. Change my practice had all kinds of ups and downs inside of the practice, from getting in trouble and reprimanded by, by the conventional, medicine world, which is a whole nother, you know, load of stories.

But then ultimately I would just leave the group in 2012, you know, as we said, and do what I do. But, you know,

there's been, it's been a rocky road, but there are other cardiologists like me.

I wrote the, you know, my Amazon selling book, The Paleo Cardiologist, came out in 2015. I have a new book coming out in February 2023. I collaborate, collaborated it, collaborated on an integrative cardiology textbook, which is nice to see that cardiology in a natural, holistic form is really more so coming into the mainstream.

And I spoke at places like the Texas Heart Institute, which is the home of coronary bypass surgery at the the, you know, Michael DeBakey center, the most famous cardiovascular surgeon in the world.

Second to, maybe, Christian Barnard, who did the first cardiac transplant out of South Africa. But the DeBakey center, like it's the home of cardiovascular medicine.

And I spoke there at an integrative cardiology conference, which was exciting. So I think there are I think there is hope for, for mainstream, but, it's hope.

I'm not overly confident. And, as this interview will see, I'll carry that torch with you. There is hope, especially if you are speaking to conventional cardiology.

And I think the you know, if anything, I think that the consumers of health care are waking up, the consumers are asking for alternatives. And I've heard it in my career.

What else can I do besides this pharmaceutical? I get asked that all the time. So, can you tell us, you know, why is this medical model broken? Why don't conventional doctors understand that there's more to treating than procedures and pharmaceuticals?

What's happening? Well, you know, I mean, listen, obviously, you know, you've been in the medical industry for, not quite as many years as I have, but close.

So so that being said, you know, again, you know, one of the quotes from my book is from the book, The Jungle by Upton Sinclair. It's hard to get a man to understand something when his job depends on him.

Not understanding that and not understanding.

Why the Medical Model Fails Prevention

So what that what that means is, again, is that the medical doctors are trained from day one. In the pharmaceutical model, it's all controlled by the pharmaceutical industry.

It's all sponsored by the the pharmaceutical industry. All the guidelines are written by the pharmaceutical industry and the post graduate, education of a physician.

Really? Because the doctors these days are so busy. So what happens? You're seeing patients all morning long, and then now it's lunchtime and at lunchtime here comes in this pharmaceutical rep and they've got all the food and they got free pens and t shirts and coffee mugs and stuff like that.

And then they teach you or detail you about their pharmaceutical, and they come in with these beautiful advertisements and graphs and charts and all kinds of stuff, know basically that becomes the educational process.

And then ultimately, should you decide to veer from that model, well, again, you can be ostracized from your medical group or from your medical community.

You can be reprimanded by your medical board, which is one of those things, as you know, that's going on in California right now, where they're actually putting forth they're trying to push legislation.

The same Richard Pan beside, you know, behind at mandatory, vaccines in 2015. They're trying to push forth the

conversation that doctors can be found guilty of misinformation, disinformation and have their medical license revoked if they are found guilty by, you know, this, this, you know, kangaroo court, you know, of what it would be to, to pull someone's license.

And then ultimately, Laura, let me say this again, the majority of people that cardiologists, the doctors in general, they've got a lot of loans, they've got money to pay back.

And should they decide to step out of the insurance based model or whatever they're doing, again, it's a major, major financial risk. So ultimately, other doctors will not pay attention to this message because they feel it will damage their career.

So they won't even entertain the conversation. Most of the holistic doctors, like myself, are people who have suffered health issues, and they had to go outside of the mainstream to find solutions to their own health problems or that of someone that they love, and that's how they found holistic or integrative medicine.

But, so yeah, that's the story. It's so true. I can't tell you how many people I know in the space who defended, you know, the Western medical model to the, to the point that all of a sudden it didn't work anymore.

And, you know, they were sick or a loved one was sick and they had to go searching for more answers. And the door was opened at that point. It's really unfortunate that that's what it takes to really open it up for people.

Now, people watching this summit, I mean, these are people whose eyes are open. These are people who already understand what the importance of integrative care and functional medicine is. So now people are showing up nowadays, even to your clinic in Arizona and virtually sick with cardiovascular disease.

You are treating cardiovascular disease still. So how does the 21st century nutrition and lifestyle lead to cardiovascular disease? And can you talk about how people think they're doing things right or they think they're being healthy, but they might not be?

Yeah. You know, that's a classic scenario, right. Where where you hear this story about he was he was 52 years old. He was super healthy. He ate well and he exercised.

And he had a massive heart attack and he died. And I look at that when when I hear that story and I say, let me take the history on on that person, let's see exactly how healthy did he eat?

Nutrition, Toxins, and Heart Disease

How did he drink? How did he sleep? How was his sunshine exposure? How is his environmental chemicals and toxin exposure? What was his stress levels? You know, and ultimately, what were the most what were his test results?

So we do the most advanced testing in the world to see what his chemical exposure was. His toxin exposure was is mold micro toxicity. It's toxic metals.

So and the answer invariably in those cases is obviously no. So just because they think that well, you know, look at, you know, America's marathon runner, he exercises all the time, he eats Cheerios and he eats his oatmeal, and he dropped that.

So, you know, there's clearly a lot more, you know, to it. And really, what our model is and Natural Heart doctor is we follow the philosophy of eat well, live well, and think well.

And when you violate those principles of eat well, live well, think well, you're going to end up with cardiovascular disease, or you'll wind up with, you know, cancer or you'll wind up with, you know, autoimmune or, you know, something and thyroid or diabetes or, you know, whatever, you know, whatever us medical doctors who are really good at giving people labels.

Right. And that's what my wife's point was when she said, you got to be a doctor. Of course you got to get rid of the labels because the medical doctors, again, we're so good at, you know, you have diabetes, you have cancer.

You know, if the prostate, you've got breast cancer, you know, you got this, you got the I mean, again, we're so good at thousands and thousands of medical diagnoses.

But really the causes, are the violations of the eat well, live well, think well, you know, paradigm. So what is it about nutrition and lifestyle that's causing CVD?

How are people getting all this? I heard you mentioned a bunch of toxins, mycotoxins, heavy metals. What's happening there? Well, you know, as far as the nutrition side, obviously there's so much debate going on in the nutrition world, and I'm not going to, you know, pretend to change anyone's mind necessarily by by saying, well, I'm the ultimate authority.

I think Mother Nature is the ultimate authority. And Mother Nature tells us that we're hunter gatherers. Paleontologists, archeologists, anthropologists all support the hunter gatherer lifestyle for, you know, for humans in our existence, we're where we've been eating animal products for for 3.5 million years, according to, again, modern day paleontologists.

So that being said, I hope if if everyone takes out of this conversation one thing about nutrition, it's eat organic food, get chemicals out of your food, get the pesticides out of your food, get the artificial flavors, artificial sweeteners, artificial colors.

Get get the poison out of your food. And that's a great place to start. If you love ice cream, eat organic ice cream. If you love chocolate, eat organic chocolate.

If, if pizza is your thing, you know, again and again and again. Now, me personally, I'm always organic. I'm always gluten free. I eat a ton of seafood.

I try and eat seafood every single day. We eat nose to tail. Animal foods, of course. Ethically raised, free range, grass fed animal products. So again, we eat the muscle meats, but we also eat, the liver, the heart, etc..

And that's just the liver is the most nutrient dense food in the world. So when someone says, oh, they eat so healthy, how much seafood they eat? People with the highest levels of omega three have the lowest risk of everything.

This is the mitochondrial sonnet. The mitochondria are loaded with omega three fatty acids. The the outer membrane, the inner membrane, the the you know, the membrane space.

These these it is loaded with omega three fats that are only obtained from seafood, not walnuts, not chia seeds, but eating seafood. And that is one of our super keys to mitochondria.

And of course, a lot of people, a lot of the other practitioners, including yourself on the summit, were talking about how just about all disease starts in the mitochondria.

My father with his diagnosis, people with Parkinson's. It's a mitochondrial failure. And again, that one of the best ways to support the health of the mitochondria is to eat seafood.

And then we're all talking about all the vitamins and all the minerals. There is no better source for vitamins and minerals than free range, grass fed liver.

And if you can't stomach that, you can take it in a capsule. Okay, fine. So so we'll let people off the hook a little bit for eating fish. Taking fish oil is not eating fish.

It's taking fish oil. It's not the same. I don't recommend taking fish oil except for a few, you know, cases. I

recommend eating the seafood. Regarding, like you said, the capsules of organ products.

You know, we do have that capability to, to do that. And there are some fantastic sauces and the freeze dried liver and heart and other organs, that's just the organ minus the water.

So it really is a just a pure source to be able to do that. And truth be told, I do both. I mean, I only organs, you know, once or twice a week. But otherwise I take, I take our capsules.

Yeah, yeah. Fish oil. A lot of it's rancid. Would you agree? I mean, you're not getting a high quality product. What's your big. So when you say you eat a lot of seafood, give our audience some tips on which seafood foods are going to be the best source for fat for omegas, and also not high and toxic metals.

You got it. So, you know, wild salmon, sardines, anchovies, anchovies again, you put that in there like a into the blender, you know, with your salad dressing stuff.

That's a great way to, you know, get anchovies into people who won't eat them. We eat a lot of shellfish. Clams, oysters, shrimp, crab, lobster, mussels, squid.

I mean, so on. So we love fish. Ro salmon, ro, we're big on that as well. And then, you know, tuna has always been something that we know is high in omega three, but we stayed away from it because of concerns for Mercury.

But there are some brands, including one called Safe Catch, that professes that each of their tunas are tested for mercury and that they've got one tenth of the mercury content of conventional tuna.

So I think that's an allowable, you know, source as well. We don't have to eat tuna, but if you love tuna, I think there are some some decent options.

Seafood, Organ Meats, and Family Diet

And after, you know, doing this for all these years, I don't think that the the Mercury that's in, tuna is really much of a problem. I don't I think the benefits from eating the omega threes in that tuna far outweigh the risks of, of the, you know, mercury and other toxins.

But it's I mean so I mean, again, like, people talk. Well, you know, what about Fukushima? What about microplastics? I mean, again, the whole planet is destroyed.

I mean, there's there's, you know, pesticides all over organic cabbage in California. And, you know, again, you know, plants, unfortunately, we need to do our best to upgrade our detoxification systems.

And one of those ways, of course, is by eating, the nose to tail nutrition, eating seafood. I'm okay with, you know, doing dairy, preferably raw. If you can find raw dairy, I'm okay with that.

Obviously, it's got to be organic, but really not. We don't do much pasteurized dairy in our whole household. What are you doing in your household for produce?

What kinds of things do you do? Your does your family, you know, in the summertime we'll go to farmer's markets. In the wintertime, we'll go pretty heavy on, you know, more of that carnivore ish style.

Of of eating. But, you know, in the summertime, you know, again, different lettuce is, you know, we have, you know, we got backyard gardens where we're growing stuff and, you know, broccoli and kale and chard and all the conventional stuff. But, you know, when, when you eat nose to tail animal products and you eat the seafood and you eat eggs and you consume some raw dairy, there's really not a lot of room.

And, you know, a lot of necessity for that, you know, for all the vegetables that they tell us that we should be eating. And I think vegetables, again, can be a double edged sword as far as, you know, you know, vegetables are not

there to support us.

Like broccoli is not growing in the ground saying, oh, I want to help, you know, a lower front-row, you know, be healthy. It's so, broccoli and all vegetables and all plants, they want to survive.

So they produce things that, again, try and ward off predators like humans. But that being said, we do. We, you know, we do a fair amount of avocado. We eat a lot of olives.

We'll do, you know, a fair amount of nuts and seeds. We'll make sure to soak them first to try and get out some of the anti nutrients, that are in there and, and sprout them a little bit.

We'll do seasonal fruit. But again always organic, always gluten free and pushing the seafood and animal products. Yeah. So you're really eating a true paleo style and you've got four kids and I'm sure they have incredible eating habits.

They're amazing. And and you know, so a lot of people ask us that, right. You know, what do I do about our kids. Well, the number one thing is you start them early.

You start them very early. For children, some of their first foods again liver, like, you know, we'll take we'll take the powder, you know, liver and organs, and we'll give that you know, it, you know, as, as you know, all of our kids were breastfed for, you know, for, over three years.

But again, as time goes on, we start feeding them some of those animal foods. We'll do fish eggs, which is fantastic, spawning salmon and, a lot of egg yolk.

But also, you know, avocado, coconuts, olives. And we'll do fruits, but not really like a ton of vegetables outside of that. But, you know, again, my 15 year old, my ten year old, they were born and raised to eat this way.

And, I do think this for whoever's listening, if your children will not eat this way, buy the liver capsules and have them swallow those, because they will gain an infinite amount of nutrition by by doing so.

That's a great strategy and a tip to get your kids to smell capsules, because I've gone round and round with my child about this. She can swallow capsules with a bite of food so she'll put a bite of food, chew it, put the capsule in, and swallow.

And it's not a problem. Some kids can just naturally do it, others gag. So, I mean, our four kids, I mean, it may be a gag just because they saw us and we were doing it early.

Like, they think it's like, I mean, to an up until it's like an M&M to another kid, like, yeah, help them, like, swallow it, you know, like it's nothing.

So again, you know, they did that when they're young. So. Yeah. Yeah. Now, I want to talk to you about your optimal longevity strategy. You know, you mentioned something.

You said Parkinson's disease, heart disease, cancer, all of these. At the root of that, of course there's toxins, there's there's pesticides, there's stress toxins, there's mycotoxins, but there's also at the root of that mitochondrial dysfunction.

And that's the reason that I created this summit. Because if we don't address mitochondrial health, if we don't support mitochondria, you are not going to get well.

And so you have an optimal longevity strategy. Let's give people some hope right now. What do you do with your patients in your clinics and your virtual practice?

How do you help people get better? Well, outside of the, you know, the nutrition story that we just, you know,

belabored, you know, pretty well. But the, you know, is, is nutrition the most important thing?

I would say that it probably is not to me, the most important thing when it comes to health and wellness is sleep quality. Sleep is is just penultimate.

Our ancestors went to sleep with the sun down. They woke before the sunrise.

Sleep, Sunlight, and Mental Health

They watched, you know, you know, they spent, you know, they watched the sunrise and they spent the day in and out of the sun and they were naked. What's the purpose of our skin?

Our skin is a solar patch. Our skin is a solar panel. Our eyeballs are a solar panel. Built to absorb the power of the sun. You know, sun. So again, that sleep sun strategy is critical.

And, for a lot of people it's difficult. I mean, again, most people go to sleep after midnight. They spend so much time in the artificial technology, which is a whole nother thing.

On how to destroy your mitochondria by by staying awake in the artificial light. If you want to heal your mitochondria, live as as you would in nature.

You go to sleep shortly after the sun down. You wake up before the sunrise. You watch the sunrise because the red light, the infrared energy that's coming from the sun, is pure medicine to help your body heal.

Preferably you're doing it outside your barefoot and again, getting your solar panel outside. You know, we were naked, you know, doing it. So take off the take off the sunglasses.

Take off your glasses. Understand that there's benefits to the morning sun. Noontime sun, of course, in the production of you UVB, the UVB rays that increase by your levels.

And then as the day goes on, ideally, you would watch the sunset. But, you know, we're the only species that that live inside. All life is outside in the light.

And, you know, plants, animals, everything is all outdoors. So, you know, but what, you know, what is this person we're talking to you right now, and she's listening.

He's listening to us. And they're, you know, they're from North Dakota. They're from Seattle. Portland, you know, Canada. I see these people all the time as my patients.

And they're like, what do I do when I say move, move, move to the southern Caribbean, move to the south of Mexico, Costa Rica, move to the equator. And they're like, oh no, I can't do that.

Like my my child, my family. And I actually, believe it or not, like Seattle. Okay, fine. Then take a lot of vacations where you can get down into the sun.

Ultimately, if you can't do that, then get a vitamin D lamp. That's a phenomenal strategy. To obviously increase vitamin D levels is not the same as the sun, but it's, it's better than taking a capsule or a squeeze bottle, you know, a liquid vitamin D product.

And then, of course, animal foods are loaded with vitamin D, plant foods have zero vitamin D, so if you eat a lot of animal foods, then you can you can, you know, do it that way.

So, you know, those are super important. But you know, Laura, you know, I don't want to miss, how critical, mental health is. And that was chapter five of my book called One Nation Under Prozac.

Yeah. You know, the answer certainly is not Prozac, but the answer. But we need to recognize that stress, anger, anxiety, depression, social isolation, which which during Covid, of course, was of course, at an all time high when people were isolated.

I know you've worked in the hospital systems for years, and you see these people again. They're dying alone, dying in nursing homes, alone. It's I mean, it's just absolutely cruel, how how people would go.

But we have to identify and tell people. Really? You have to find your happy. I was not happy in my medical career at the end. Certainly, I had to leave.

If you're not happy with your job, if you're not happy in your relationship, you gotta find resolution to that or it's going to kill you. It's going to kill you.

Every time I take a history on someone, we're talking about what happened just before a heart attack, which the conventional cardiologists in the hospital. No one has come up. What happened? No.

No one said what was going on before that? How did you. How did you sleep? You know, they. And what was your stress level like? And when I ask people, it's always high.

And let me tell you about two conditions that are much more specific to women. One is called Scad, spontaneous coronary artery dissection, or a woman under stress has a massive heart attack because her artery basically tears open.

The other is called Takashi cardiomyopathy. It's congestive heart failure more commonly and in young to middle age women. Again, after a stressful situation, you fight with your boss, fight like you know with your spouse, fighting with a child, and even geopolitical things that are going on in the world.

Our bodies were not designed for 24/7 stress and it shows up in cardiovascular disease. So again, all those things, food is not more important than stress.

Food is not more important than sleep, and sun food is not more important then then physical activity or food is not more important than avoiding environmental chemicals and toxins.

So we need to really focus on these other areas too. Yep. It's not a it's not a one, one strategy. It's not a one size fits all. And it definitely takes some time.

This isn't a magic bullet. So I'm so glad that you talked about sun and sleep. So critical for mitochondrial health and for healing any aspect of inflammation in your body or chronic disease.

You must get that dialed in. I get I half and I work with people who say, you don't understand. I'm really busy. I have a busy business, I am responsible for a lot of things, and I am just not going to be able to sleep.

And it's like, well, you're cutting yourself off at the knees then, because your body needs that time. Yeah. You know, a friend of mine, who is a, who is a, holistic cardiologist who, pushes the vegan nutritionist, my friend Joel Kohn.

So I'll drop his name, you know, here. And Joel wrote a book called, dead executives don't get bonuses. So you work yourself into the grave, and we've all got people in our lives who've done that.

And, again, I understand that we need it. Most of us need to work to pay our bills, and a lot of us work because we love what we do. But if you don't take the time to, you know, for, you know, physical activity and all these things that we talk about, you know, you better make time to be sick because it will be coming soon.

Testing, Mold, and Final Advice

You and I have both seen it for, you know, many, many, many years we have we have. Okay. Doctor Wolfson, this has been incredible. I always love it when we get your perspective.

Any final words for our audience and tell us where we can find you, get connected with you? Well, you can find me a natural heart doctor.com. If you want a copy of my current book, it's ad free heart ABC.com.

You can check that out as well. You know, and again, I'm very big into you. Well, live well, think well. And then the tests don't gas as well. So you do the most advanced testing in the world to see what people need.

And as you know, the health of the mitochondria relies on so many different factors. We often talk for example about Co Q10. Well what is your level of CoQ10.

You can actually measure that inside of the cells. You know, glutathione alone is one of the most important molecules made by the liver as a detoxify or an anti-inflammatory.

In fact, data shows people with the highest levels of of glutathione on lowest risk of hospitalization and mortality from Covid. People with the highest levels of glutathione own lowest risk of cardiovascular disease.

What are your levels? Let's figure it out. So many things again, as it pertains to, you know, mitochondrial health and nothing again, as important, you know, again, the seafood, the sleep, the sunshine, the, you know, avoiding the the toxic lights, you know, that are there.

And then, please, you know, everybody make sure you get tested for mold, mycotoxins. Mold, mycotoxins are a 21st. They've been around since the dawn of of, certainly human existence.

Mold mycotoxins are a 21st century health crisis. I recently did a presentation to over 2000 health care practitioners. It was called mold, mycotoxins and cardiovascular disease.

And it was 45 minutes of PowerPoint slide after slide after slide after slide about the ravages of mold. Do not assume that you don't have it. Get tested to make sure you do not have mold mycotoxins, and if you do have them, you got to remediate it.

You got to find them. It will be a whatever your health issue right now is, please consider a mold mycotoxins as a cause. I'm glad you brought that up.

We actually have mold specialists talking on this summit and a mold remediation specialist as well. So find those interviews and and listen, because this is a big deal.

I mean, if we had a lot of time, I could share my mold story, but I was definitely exposed as a, as a teenager, didn't realize it and carried it in my body for the next, you know, 30 years until I realized what was going on and got rid of it.

I mean, there there are people who who believe that, like all disease, is mold, mycotoxins that ultimately lead to the disease. And I can't say that I have that.

I can argue with that. Yeah. I can't say that I can argue with that. So I mean, again, if we're if we, well live well, think well, we can do our best to, to, you know, get the mold mycotoxins out of our body and to survive in that kind of environment, if we're not doing well, live well, think well and we're in mold, we're done.

We're done. Right. Hey, most of us can get through it because we've got we've got some area dialed in. Right. Maybe you're a really good sleeper, or maybe you're really good at exercise.

Or maybe you always eat organic, but you don't have other stuff dialed in. You can hack your way through it for a while, but it'll catch up to you. Yeah, yeah, yeah.

Listen, I appreciate you having me on, you know, letting me share, you know, my story and, some of my solutions. And, I wish every, you know, everybody the best.

In health and wellness, as always. Appreciate you too, Jack. Thanks for being on. We take good care now.