Podcast Introduction and Guest Welcome

I came to realize early on and I'll tell the evolution of this. You know, when I was originally in clinical practice, I would ask myself the question, what is the one thing that I could do for this patient that would get us the most bang for the buck?

You know, and then I had a mentor that sat me down and said, Bob, that's not a bad question, but let me rephrase it. Aren't you really asking what is the least I can do for that patient to get the most?

He said, what if you asked, what's the most I could do? And it changed everything for me, because instead of me thinking people wanted minimal, which they want minimal effort, they always wanted maximal results.

So what if we pushed them hard, realizing that bodies respond to frequency, duration, intensity, quality, and timing of stimuli with comprehensive nutrition to support every hole in their chemistry that we can see?

Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. with real proven strategies, protocols, and tools you can use in your practice today.

Hello, everyone, and welcome back. We're live at the Holistic Truth, your number one podcast for wellness and natural healing. I'm your host today, Jamie Dorley.

I'm CEO and owner of Nutritional Frontiers, where we're making the world healthy with my wonderful, beautiful, and talented co-host, the one and only, our chief growth officer.

Welcome back, Christine Genovese. Thank you so much, Jamie. I am fired up today. The person we have who is going to be with us today sharing is never short of energy.

He brings it every time and I am so fired up to actually have them all to ourselves on The Holistic Truth. Me too. He's not only a brand ambassador for Nutritional Frontiers, a mentor, a colleague, a friend.

This guy has been one of the most sought after international speakers. I know he's trained over 10,000 natural healthcare professionals in the last 30 plus years.

I remember when I first saw him speak, he was doing the tour with Dr. Jeff Bland, and they were doing an incredible job on their weekend tours for years.

He's been the featured keynote speaker for the Swiss Conference. He's worked with the best of them in the field, including, as I mentioned, Dr. Blam, but also one of my favorites is Charles Poliquin from Penn State.

So he's been big supporter of Nutritional Frontiers. He's one of the top members of the Organo Organic Coffee and a wealth of not only knowledge, but generosity.

So by training, he's a diplomat. and he does applied kinesiology, chiropractic. He's done it all out there, CCN. One of our most sought after speakers and he has such a huge following that we're really blessed to have him on the show today.

So let's welcome Dr. Bob Rakowski. How are we doing, Bob? Well, thank you both. I like to say that I'm epic and getting epic-er, so I'll even make up that word.

Life is so good. It just keeps getting better. And thank you for nourishing and cleaning the world like only, well, like only Nutritional Frontiers does.

SPMs and Inflammation Support

I don't know if you're the only one that can, but boy, you've got the highest quality standards, the best formulators, the best delivery system. And it's really, really a no-brainer.

When people really see what you have and how you impact the world, it's easy to partner with you. So I'm honored to be your friend, your ambassador, and now your guest on this podcast.

Well, thanks so much. We're so excited to have you on today and you know, I was doing some prep for the show and you know, I simply have to show people is 34 seconds of Dr.

Bob at our professional training event in Tampa, Florida on the pirate ship where you kind of summed it all up and I like to share that with people because it makes me feel so proud and it gets to the deeper level because what you tell everyone is Not only do you like our detox products, right?

The Ultimate Shake and the Greens, but you mentioned like one of the biggest differentiators in the last 25 years has been the SPMs. And then not to forget about, well, it's girls and guys, but you know, not to forget about our team with customer service because we take a lot of pride in that.

I do a lot of traveling. They've forgotten the customer in service at often on my travel. So the fact that you acknowledge them is very exciting. So maybe that's a great part because I know over the years you focus on these magnificent seven, right?

You know, everything from think right and poop right to sleep right to move right to think right to drink right and eat right. And, you know, you always say detoxify in a healthy way every day and the body's solution to pollution is dilution.

Just tell us maybe a little about your practice now. I know you've been practicing in Houston, Texas. You moved into a new facility or in the process of moving.

So maybe you can share a little bit more light on that and then we can get some of your deeper research. Yeah, well, 33 years now in enjoying every day of practice.

You know, it's rare that I have a hiccup. I had a great high level patient in this morning and we were talking, we both love our careers. And he says, you know, occasionally I'm taxed, but I never don't like what I do.

And that's true of me. You know, I'm blessed with such a diverse patient base from world champions from every major professional sport to the critically ill.

You know, and I was, I was just saying, you know, I had a out of state fly in today. that I had helped a family member beat cancer, you know, maybe a decade ago.

And this patient had brought another family member in that was, you know, polypharmacy, medical failure. And they said, okay, you know, you helped this family member.

Maybe you can do the same. Well, I like to let people know, and no, it's not me doing it. It's God and God's pharmacy. And you are amazing deliverers of that.

And I wanted to take a little tangent on the SPM because, you know, I'll talk about that all day, every day. This was Nobel Prize nominated research when you start looking at the impact of specialized pro-resolvent mediators, which are downstream molecules from essential fatty acids.

We used to think just omega-3, but there's omega-6 resolvents as well. When people have those on board, whatever they're dealing with resolves better and faster.

And listen, you look at people that are out there in the field working with people, there's now a bunch of companies that offer them, but yours seem to deliver the best results by far, and practitioners know it.

In fact, I had a consult with a friend the other day, and we were talking about protocols. And I said, hey, you've got to use the SPMs. And he said, no, I used those.

They didn't work. I said, what do you mean they didn't work? I've never heard of that. He goes, no, they didn't work. I said, well, what product did you use?

Well, it was a different company. And I said, try this one. He said, why? You know, that was a good company. I said, try this one. Well, now it's a staple in his practice.

So quality matters. And I would have thought high level nutraceutical companies offering SPMs, they'd all probably have a pretty good product, but clearly some don't.

So thanks for leading the way in that category. Absolutely. What are some of the conditions you use the SPM for? Because personally, I've used it for acute pain, you know, chronic, you know, rehab from different types of injuries.

What are some of the things that you recommended for and what are some of the results you've achieved? Well, your listeners might not want the answer, but I use it for anybody that has a pulse.

Because here's what we know, healthier animals make more resolvins than sick animals. And we know if you go by the weak medical model, they're saying that 87% of our population is metabolically unhealthy.

And Jamie, I'm going to go with, no, 87 is a weak estimate. It's probably more like 97, 98. And who's ideal? Nobody. So when I use the SPMs on the critically ill, I have plenty of them that beat it.

When I use World Champions, they win more World Champions. When I use it on chronic fatigue, chronic inflammation, autoimmunity, depression, cardiovascular, whatever.

The data is there. If someone goes to PubMed.gov, types in resolvins in the condition, I'd be shocked if you didn't find direct evidence that it helps.

Omega Deficiency and Modern Diet Problems

But certainly if you understand physiology and the web of biochemistry, you put this magic bullet in there and literally the ripple effect will touch the whole web in a beautiful way.

Dr. Bob, why do you think this SPMs are the magic elixir? Why does it work so well on so many conditions? What is it about that ingredient? Well, I'm going to tell you, first and foremost, I think that probably 97 plus percent of our population is omega-3 deficient.

You know, we go back to, you know, how they test this in hunter-gatherer days, I don't know, but they were saying that the ratio of omega-6 to omega-3 in the diet was about 1.8 to 1. and you look at healthy grass-fed beef, that's the ratio within it there as well.

And we know that omega-6 is an essential fat, but yet it is an essential fat that can become pro-inflammatory, whereas the omega-3s can become anti-inflammatory.

People are so deficient in omega-3, Michael Pollan called it the theory of everything. He believes that that deficiency keeps the cells from responding ideally, reacting ideally, controlling the inflammatory process ideally, so the body gets in a higher stress state.

Cortisol resistance happens, the body becomes less capable of toning down the inflammatory process, releases more cortisol, beats up the brain and body, then even the gut starts getting affected and this poor diet, they're not even absorbing the nutrients.

Then you look at everything else that goes on and they make bad choices, feeding bad bugs, further intoxicate the system. This is a major step on the road to recovery.

You know, I was at a nutrition lecture 35 years ago and a very elite researcher back then said he felt that there were three major nutritional deficiencies 35 years ago.

that were destroying the health of Western world. One was omega-3, one was magnesium deficiency, and the third, he felt, was a balance of good microbiome or probiotics.

And guess what? Three and a half decades later, did we fix it? No, it's gotten exponentially worse. Why? Why has it gotten worse? Tell me. Because we're addicted to bad choices by design.

You know, listen, there's a reason that they don't let kids take drugs or smoke cigarettes or take alcohol because the developing brain is much more vulnerable to addiction.

So they send these kids home with formula, baby formula, which we know is formula for disaster. You know, it's probably responsible for more illness, that and other things they do to kids, which it's not politically correct, but becoming more politically correct to talk about that, right?

We need to protect these babies and these pregnant moms. But listen, a lot of times their first meal is not mom's beautiful mother's milk with colostrum, but some sugary formula that gives them a dopamine hit.

And when they start crying and screaming when that drops, they go, oh crap, I got to give it to them again. So they are literally, in many cases, carbohydrate addicts shortly after the womb.

They keep doing that, getting that insulin spike, storing the fat, getting progressively inflamed, having the brain. You know, one of the things with drugs, and Candice Perch said this years ago, She said that sugar is far more addictive than cocaine.

And if they tried to get it approved today, you know, it probably wouldn't be approved because of its major health risks. And let's go to this, 94% of rats prefer processed sugar to cocaine.

So we look at processed food and now Casey Means, God bless her for being such a good voice, right? Good Energy is her book. And what she determined or exposed was that when big tobacco got hit by the government for causing cancer with cigarettes, they bought up big food and used the same model.

They put stuff in the food to become addictive. And I taught an obesity series 25 years ago. Kelly Brownell, Yale University, used these words. He said, food in this country is engineered to be addictive.

And what happens when you're addicted? You do more of it. And what do we see in the population? By their standards, 87% metabolically unhealthy, over 40% obese, over 70% overweight.

How does this turn around? By the way, and that all contributes to chronic disease and infertility, so maybe it corrects itself. Maybe the sick die off.

Well, Dr. Bob, you've got so many dynamic presentations that you've shared with us. One of the images, as you were talking, that popped in my head was kind of looking at the progression of the TV series family.

from the 70s all the way up to today or more recent. And it was just interesting because they went from very thin and fit to overweight and uncomfortable.

Well, and then by the way, that's normalized. And then if you say something, hey, shouldn't you be more fit? You're accused of fat shaming. Listen, If we don't move people in a better direction, aren't we morally obligated to do that?

I mean, especially as a healthcare provider. Looking at the number of doctors that are obese and don't talk to their patients about it, there's even doctors that smoke that don't talk to their patients about it.

Day one, if you're smoking, I'm going to tell you you need to quit, because I take a good history. Then I'm going to put you on a scale. I'm going to measure your height.

I'm going to measure your weight. Why? Because most people claim an inch taller and 10 pounds lighter. And then I'm going to do a body comp test. And we're going to sit down, and we're going to say, OK, how do you feel in your body?

Where do you think you should be? What's an ideal weight for you? And believe it or not, I've had a woman come in, 5 foot 2, and morbidly obese. And I'll say, what do you think is an ideal weight for you?

And she'd say, Yeah, I think about 200 pounds. It's like, whoa. Yeah, yeah. This is a true story, Christine. So, you know, when you're 265, hey, 200 looks a whole lot better.

I guess listen, I don't care if you are. Serena Williams buff at 5'2", maybe you're going to go $1.35. That would be the strongest female athlete you'd see, and that might even be a little generous.

I'm afraid to ask, what would you say about 5'5"? Yeah, exactly. Well, when I would talk about the waist to height ratio, it's so fun because I remember lecturing in South Dakota and when I lecture, I like to, at the end of an hour, call on people and say, tell me the most important thing you learned this hour.

And the guy made the statement from the back of the room. He says, I just realized I'm two feet too short. Well, here was the beautiful thing. He actually got it when I showed how, you know, for many people, the very first visible sign of failing health to them is that extra pound on the scale or the pants fit in a little tighter, especially when you gain it around the middle, it's a whole lot worse.

So I saw him a year later and he had to introduce himself to me because he had lost a hundred pounds. He said, Bob, I realized that I wasn't walking the walk, even though I was trying to talk the talk, my credibility with my patients was horrible.

He says, now that I took control of my own health, I have more confidence. encouraging patients to do the same. Well, you said something that Jamie remembered, I think.

Sorry, Jamie, I was just thinking, I wonder if you're thinking about the same quote I'm thinking of, about the height to waist ratio. big butt can cancel the big waist or waist to hip ratio?

I was reviewing your notes on my flight cross country yesterday, and that's one that's been in my head. So you say an inch taller and 10 pounds lighter, right?

I get it. So at 68 inches tall, my waist should be no more than 34 inches. Now I do have a slightly bigger legs from all the workouts over the years. So the jeans are anywhere between 34 and 36, but the waist is loose.

So I took that to heart when you presented that last month and I wrote that in my book. So my goal for 2026 is get it below 34. and keep it there, right?

Even if the legs are bigger and have to get the waist a little bigger. So that really stuck in my head. And the other thing that stuck in my head from years ago was the Shake A Day program.

So I'm a big proponent of that, especially after I travel or do an event. I'll do two shakes for that. Like this week, I'll do two shakes a day just to kind of catch up.

Body Composition, Waist-to-Height, and Health Credibility

If you eat a little more on the road, even if the healthy choices you pick, they're going to be a little more rich and flavors and some of the other things we don't want.

So I want you to comment on that. little more on the shake a day and you know how do you recommend I know some of your research years ago for diabetes you'd put some people on three four five shakes a day so can you tell us a little more because I think the average person out there may look at a smoothie, they may not realize that this protein powder base is actually a meal, it's actually food that people can live on.

If you look back, and you were commenting on this a few minutes ago, this all goes back to the 70s, really two major things happened. The introduction of high fructose corn syrup, and in the movie documentary Food, Inc.

they actually did that study where they give the rats choice between high fructose corn syrup and cocaine, most of them go for the sugar. And part two of the study, which was fascinating, was that each time they took a bite of the sugar, the second part of the study, they would zap them with electrical shock.

And they want to see how long they would do this for. And they would do it almost until their bodies were cooking on the inside. And I remember you said, hey, that's just like humans.

They're so inflamed on the inside. They'll eat this food over and over and over and over. So I guess the introduction of high fructose corn syrup and then the fats is a four-letter word from the late 70s, early 80s that really took the fat out and infused high fructose corn syrup, artificial flavorings, and this fat-free diet.

So I really learned from you that whole You say, how does it happen when things are perfect, right? Perfect storm, right? When conditions are perfect.

How does a hurricane start when conditions are right? How does a tornado start when conditions are right? How does cancer start when conditions are right for cancer, right?

And by the way, since we're going through the shake a day, let's go about that. But the conditions of cancer, low oxygen, low nutrients, high acid, chronic inflammation, immune suppression, secondary to chronic distress.

Can the shake a day address all those? And the answer is yeah. But where did I come up with the shake a day prior to shakes? I came to realize early on, and I'll tell the evolution of this.

When I was originally in clinical practice, I would ask myself the question, what is the one thing that I could do for this patient that would get us the most bang for the buck?

And then I had a mentor that sat me down and said, Bob, that's not a bad question, but let me rephrase it. Aren't you really asking, what is the least I can do for that patient to get the most?

He said, what if you asked, what's the most I could do? And it changed everything for me because instead of me thinking people wanted minimal, which they want minimal effort, they always wanted maximal results.

So what if we pushed them hard, realizing that bodies respond to frequency, duration, intensity, quality, and timing of stimuli with comprehensive nutrition to support every hole in their chemistry that we can see?

And when you start looking at the idea of the shake a day, the ultimate shake, you start looking at liver support, you start looking at glutathione, you start looking at your shakes.

One, congratulations on making it delicious. Two, what about greens, purples, oranges, reds, right? That makes every shake better. And you can find out which one gives your palate what it enjoys.

And Tracy Stroop is so brilliant in so many ways, but I like what she said. pick a color a day. One day you're going

to do greens, one day you're going to do reds, one day you're going to do oranges, one day you're going to do purple.

And what benefits then? You get all that variety of phytonutrients. And here's what we know about phytonutrient variety. And let me share this story. So there was a study that was very paradigm shifting for me.

When I would give a very intense detox, part of what I would do is give people only one organic vegetable per day. Green vegetable, I remember. Right, only one.

Non-starchy, green, preferred, but if they come up with a red, I'd be okay with that or a purple, but just not white. And then there was a study and it was in one of the cancer journals where they gave people either, you know, three pounds of kale a day or two pounds of a variety of 20 different plants, different colors, different textures, different growing conditions.

And they wanted to see how the bodies responded. And with the variety and the synergy, and kale was considered the cream of the crop back then, the best of the best, the pinnacle of plant nutrients, the people that got the variety did significantly better even on a lesser quantity.

So then you come to realize, when I put together my dietary recommendations, you know, I would go back a couple thousand years ago and, you know, Hippocrates said, let thy food be thy medicine.

Lucretius said, one man's food's another man's poison. I say, by the way, today most men's food is a poison for all humanity. Jack Lillane said, if God made it, it's okay if man made it to stay away.

Michael Pollan, eat food, not too much, mostly plants. And my summary of, well, I'm gonna call it nearly five decades of nutritional research because it became a help nut in my teens.

What I've come up with for dietary advice is eat real food, clean food, not too much, not too often, every color, every day, in a way that honors your physiology, your genetics, your body goals, mostly plants.

Well, when you do your ultimate shake, put in whatever green, red, purple, orange, take an SPM, and then maybe a prozime, which is probiotics and enzymes.

Hey, you've dotted the I's, crossed the T's. Now, for some, probably a good idea to throw a D3K2 on top of that, right? Because we know that, my God, a billion people are fully deficient.

And then after being at your epic conference and listening to Dr. Silva, They take cancer patients and raise their blood level of vitamin D up to over 400. And why?

Shake-a-Day Nutrition Strategy

Because they do so much better. You know, nutrition, you can't overdo it when it's quality nutrition, but you can certainly underdo quality and overdo bad choices.

Yeah, one of my favorite things you said was that the shakes taste so good. So I want to hear what Christine, she's a big shake a day member of course, member of the club.

So I want to hear, cause she's very picky of course, Dr. Bob. I love to hear what her favorite flavor and her favorite shake a day is. It's kind of interesting.

I switched it up today. I did our ultimate shake chocolate with our proline greens chocolate and a little raspberry GI complete. So I switched it up today.

It was really delicious. Well, that's, that's chocolate raspberry. You usually like the dreamsicle plan, right? That's right. You even know my favorite shake.

Well, because I love it too. I hadn't thought about that blend until you said it, but oh, it's epic. So share. Yeah, absolutely. So when I'm out on the tennis court in particular, my favorite is the Dreamsicle.

And that is our vanilla super shake with our pro oranges and our power fuel orange. And that's because I get the colors like you've been talking about, which is the pro orange blend is all about energy, right?

Mitochondrial energy. And then I throw in our power fuel, which is our electrolyte blend. And man, I've got stamina for the third set. People are passing out like flies.

It's kind of fun when I'm in the second set and I can see the other team getting gassed. I'm like, oh yeah, we've got them in the third set. We'll just keep running them side to side because I could go all day.

Well, and how beautiful, I won't give your age, but let's just say you've been on the planet for a little bit and you're playing nationally competitive tennis in the hot sun of Florida.

And you know what, I've seen 20 year olds, in fact, it's probably the majority of 20 year olds that couldn't do it today, right? How sad. But how wonderful that we can be past 20. Amen.

And do that so well. Yeah, that's my favorite. Now, Jamie, I know you have your favorite. Why don't you share what your favorite is? Well, I got a lot of favorites, of course, but I do like your new chocolate raspberry martini.

Reminds me of one of her cocktails too, Bob, of course. So you have a couple of favorites. I think I have to say my favorite of all time is the chocolate peanut butter cup blizzard, right?

Who doesn't like that? That's the number one candy. We just had Halloween. Reese's peanut butter cup is always a treat. So I do a, you know, you mentioned the word health nut, right?

We've been called health nuts for years. And someone called me that recently and said, oh, you're such a health nut. I said, it's better than you. You're a sick nut, right?

So, you know, I've been called a health nut for a long time, but, you know, when I first got into this, I realized it was just about making a slightly different choice.

It's not always eliminating everything, right? It's just rather than that. store-brand beef, get a grass-fed organic beef, right? You know, rather than the fried veggies, you know, get some grilled veggies.

But what I did is, because I love the peanut butter cup blizzard growing up, of course, like everybody, so I take peanut butter cup, the super shake peanut butter, and I combine it with the chocolate greens.

And I do two scoops of each, I'll use either unsweetened almond milk, but a lot of times I'll use water and ice and it tastes fantastic. So about 16 ounces of fluid, cup of ice, two scoops of each, and I'm ready to go.

The great thing about it is it gives you all the nutrients you want without any other things you don't want. I didn't mention calories, have I? Nope. Well, don't count calories, do count chemicals, right?

Yes. And how many chemicals? How many do you credit for that, Dr. Bush? The shake that you just described, both of you, how many chemicals are in there?

None. Zero. Oh, none, baby. So you want pure and clean, you know where to get it. Well, Dr. Bob, what's your favorite shake today? That's what I want to know.

Well, you know what? Like you, I like a little bit of variety. Jamie's the one that first introduced me to that chocolate peanut butter, which is a treat.

Your dreamsicle is a treat. What I'll typically do is just take the ultimate shake and I want to get the right blend of ice

and a little bit of water.

I like mine super thick. And then typically I really like the oranges. So again, but I do shift it up. I was at your conference, you know, in October, your epic conference, right?

Sold out event and they keep getting better and stronger every time. But a local doc, she said, what are you blending? And I told her, she says, well, I like it.

I like that. Can I have some? And I gave it to her. She says, my God, that's a lot better than I make it. you know, putting in a little more of the powder, a little less of the water, a little more ice.

And on that particular shake, on that particular day, I put in just a splash of almond milk, not all, not a total replacement from water. But I'll tell you what, you thicken that up just a little bit.

whether it's ice, more powder, or a thicker milk, and people love it. Just find out, let them play with it. When we give them a recipe, the recipe is the starting point.

Now let's fine tune it to you. Let's have some fun like a chef. Let's mix it up and play with them. And by the way, when I put people on a 10-day protocol and they're doing three shakes a day your size, maybe two to three, four, maybe five Jamie's size a day, I let them know, figure out how to make that so wonderful that you look forward to your next one.

And you know what? One, it starts out pretty good, but as they realize they have permission to be a little bit creative, as long as it doesn't put anything that we don't want, right?

And by the way, can people add blueberries? Sure. Can they add honey? Sure. Can they add a little real peanut butter? They can. Could they put flax? Could they put chia?

You know, all these things, if they're good and clean for the most part, are acceptable additions. Yeah. And you know, I love it too, because on the road, just experienced new Vegas, right?

For our supply side show event. And I've been going after 18 years. So I was really proud to be back there again, representing nutritional frontiers. You know, food on the road, food in the grocery store has become very expensive.

If you go get a smoothie at one of these smoothie Kings, which started down in your area, they're 10, 12 bucks each now. Right? When you do one of ours, it's less than four bucks a shake.

Right? Yeah. And souped up at six to seven. And I do recommend souping it up. Yeah. But Jamie, I was lecturing at the Georgia Chiropractic Association two weeks ago.

Mm-hmm. And I was presenting Shake a Day. And the US shake market, between $5 and $6 billion a year, that's what people are already spending. 10 to 12 bucks a piece and getting more chemicals and nutrients the vast majority of the time.

So you get a shake half the price, none of the toxins, three, four, five extra nutrients. And in many cases, when your patented ingredients are in there, no one else matches it.

So I would encourage people, if they haven't tried this yet, you're going to want to try it. Have some kind of metrics that you measure on your body. You know, heck, I'm wearing one of those fancy biometric rings, right?

It's so precise, things like heart rate variability, depth of sleep, quality of sleep, all those things. I'll tell you what, add a shake a day, look at simple things like that, and you're going to realize it makes a difference that will impact every aspect of your life.

Yeah, and for the last, I don't know, we got 10 minutes or so. I'd like you to shift gears a little bit because one of the things that we've been practicing more at our company as we make our world healthy is, you know, this whole thing with managing stress, right?

And, you know, I say that, you know, peace is really what most people are striving for. Peace, joy, happiness. And it comes to me from my faith, but it also comes from having a strategy to Handle, you know, there's swimming in the sea of stress, right?

So some of the things I've done Is I don't watch news. I hardly watch TV. I did see your Texans yesterday, unfortunately, but You know, I try to watch killers did Remarkably.

Well, well done Yeah, I think they were off I think the seat got real hot. So the team was fired up yesterday, right? But no, I don't partake in politics or I don't go on and watch TV.

I don't watch the news. So I think people kind of live in this noisy world. I'm trying to elevate to live in this more peaceful world.

Stress Reset and Daily Recovery

So what are some of the things I know you do your stress reset? Because people are constantly telling me how overwhelmed they are, stressed out. The kids, in fact, I thought they were joking.

They say, oh, I need a Xanax, right? You know, like maybe back when we were kids, our dad would say, I need to have a beer. But it's becoming more and more common that people were taking things constantly to give them this sense of, you know, relaxation from all the stress.

I know you do the stress reset. So I think some of it comes from the shake of day, right? Because if you're eating sugar, you're eating junk in the morning.

Your brain burns over 30% of your nutrients every day. And if you're not eating healthy food, of course you're going to have chemical imbalance. But tell us a little about your stress reset.

This is probably the one I get the most comments on at our event and the most questions, mostly from Mikey, of course, but tell us about the stress reset because, you know, I don't think people realize that it actually takes a plan and a strategy.

One is to restrict the amount of things coming at you. But then two, if they realize you would say really hot, what do people do and what are you doing for the stress reset?

Because I've heard about the results and they're incredible. I'm going to give a teaching metaphor. Years ago, I taught an international series on stress, and oh my gosh, over a million published studies, if you were to ask AI, what's the number one killer in the history of the planet, it'll tell you stress.

Because it's always been there, and it shuts down anything that's not fight or flight. And if you're not digesting, if your immune system is not working, you're not experiencing joy, you can't procreate, Guess what?

Life may not even be worth living. But when people are stuck in fight or flight, that's where they are. But let's go a step further. At rest, we were all told that the brain gets the most blood.

And that's true per volume. But the organ that gets the most blood, because it's much, much bigger, is the liver. Number two is actually the kidneys. And then you look and see what is an acute stress response due to that blood flow.

It reduces it 90% or more. And so you're not going to detoxify very, very cleanly. So if someone's in fight or flight, even the best detox is not going to work anywhere near as well.

And so I was at a conference about 25 years ago and an endocrinologist put a slide up and she said, you know, it's very fascinating. We've recently found out that the adrenal cortex has melatonin receptors.

By the way, they found out later that it actually blocks the brain drive of stress on the adrenals. It actually buffers the impact of adrenal corticotrophin hormone from the pituitary.

So as it does that, you suddenly can take melatonin And you might think, well, that's going to put me to sleep. No, melatonin should not cross the blood brain barrier.

We found out since then the gut makes 400 times the melatonin is the brain. So if across the blood brain barrier, we'd all be asleep 24 seven. So when I have people take melatonin every waking hour, Theonine, by the way, which is a natural GABA facilitator that does cross the blood-brain barrier.

And most recently, how fun that what I started using, instead I'd use a melatonin, I use a separate theonine, I use your sleep time, which has melatonin, theonine, taurine, magnesium, 5-HTP, If people take this every waking hour, and then I do like Ganoderma spores, the most potent part of that plant, which lowers circulating cortisol in the bloodstream, then just like that, people step into Zen.

That's what they feel like. Now, if people do get tired, they're either running exclusively on stress hormones, and you pull the plug on that, they're not running on what was fueling them before.

I shouldn't say exclusively, but predominantly. or they have a leaky brain. But the amazing thing is this protocol, and I do it every waking hour for about 10 days is my standard now, people can change their entire life, their entire outlook, And isn't that what we're going for?

You know, if you're feeling better, less stressed, less anxious, you won't have to reach for quick fix, quick mood fixes. Instead, you can nourish your body with a long range plan.

And when you do it with what you're doing, they still get the joy of deliciousness, but without the chemical drive that is ultimately destructive. Dr.

Bob, I know we all have different ways of managing stress. You know, obviously I'm a big proponent for meditation and prayer and journaling to kick off my day and certainly a little soul intelligence along the way.

But one of the things I would love for you to share is what your Magnificent Seven is and how that ties into, you know, managing our stress and everything else that you've talked about today.

Yeah, I've been teaching this from the stage for well over 30 years. I'd like to figure out that I figured this out in 1992, 1993, somewhere along the line.

It was very early on, but a patient asked me, what does it take to be healthy? You know, and it's like, okay, we can do diet, we can do exercise, we can do stress management.

What more? And then I really happen to love sevens, right? Seven continents, seven brides for seven brothers, seven dwarfs, seven seas. So the magnificent seven are eat right, drink right, think right, move right, sleep right, poop right, talk right every day.

And the poop right is not just bowel. That could be detoxify, but I just liked the flow of one syllable followed by the other. And Christine, you inspired me.

You know, New York Times bestselling author, By our next Nutritional Frontiers gathering, I should have my book in hand. And yes, the Magnificent Seven will be a big part of it.

The Deadly Quartet will be a part of it. And we're going to make the world healthier because the world needs it. Amen. What is the deadly quartet? You can't just throw that out there.

There's a slight backstory to this. So 1989, Archives of Internal Medicine, they defined the deadly quartet as if you had a big belly, big blood lipids, big blood sugar, and big blood pressure.

In other words, hyperlipidemia, prediabetes, high blood pressure, you were going to die early. Well, I figured out, no, there's no way that those are the causes of death.

What are the causes of death? Stress, toxins, malnutrition, and physical inactivity. There's a good author, Peter Attia. I think he's a really good spokesman for medicine.

He calls cardiovascular, cancer, dementia, part of what he calls the four horsemen. Right. That's what I thought you were going to be talking about. No, no, no.

If you back it up to actual cause and effect, root cause, the root cause causes stress, toxins, malnutrition, physical inactivity. So those first three, you can deal with our shake a day pretty easily.

You do a stress reset, you'll do it faster. The physical inactivity, if you're no longer as inflamed, if your mitochondria are more efficient, if your brain is a little happier, maybe that inspires you to move a little more.

And as Einstein said, nothing happens till something moves. So why don't we keep moving? Well, the best news of what you just said out of stress, toxins, malnutrition, and physical activity, those things, they're all within our control.

The only other one that Jamie mentions, I think sometimes right, is the genetic component, which is the smallest of any of the reasons why someone has disease or dysfunction in the body.

Well, let's go with epigenetics above the genes. So they found out that any gene can make up to 30,000 variations of a protein based on your epigenetics.

So I promise you, everybody out there knows of a choice they make that they know is moving their body in a better direction. Do more of those. Everybody knows that there's a choice they make that leads their body in a less ideal direction.

Make fewer of those.

Magnificent Seven and Closing Remarks

I didn't say make none. If you want to have a drink, that's fine. Have a drink, but detox a little harder, maybe even before and after, and don't overdo it.

You know, if you want to have a little extra sugar, you're a big fan of that Glucolize. Well, not only that, but earn your sugar beforehand with intense physical activity, and then it'll go to fill the muscles with glycogen, and that's a pretty good use of glucose.

I got to say, Dr. Bob, we could talk to you for hours. This has gone by in a blink. Part one of seven, I think. One of seven, yeah. A magnificent seven.

I like your thinking, Jamie. Well, if you enjoyed today's episode, I'm going to encourage you to please like, share, send this to someone who needs to hear this good news.

And before we leave, Dr. Bob, I know we're going to have all of your contact information in the show notes, but would you let people know how they could get in touch with you?

Probably my website is easiest, thedrbob.com or drbobrakowski.com. You know, my Instagram, my YouTube, those are doctor underscore Bob underscore Rakowski.

So you can find it that way too. You know, and I do my best to put out some type of valuable content for sure

weekly, if not daily. Well, I know you reside in Houston, Texas.

And so if people want to see you, are you taking on new patients? Yeah, and we had a fly in today and we will occasionally do virtuals. Artificial intelligence is one thing, but human interaction can't be beat.

And you'd be surprised that just being face to face in person and sharing a hug with someone who's been given previously really bad prognoses or bad advice because someone didn't know any better, You let them know, listen, I don't think God's done with you.

I don't speak for God, but that's who makes the call in this case. So don't let any man take that away from you or woman, right? If you're willing to do the work, let's use God's pharmacy and go ahead and throw in a little prayer.

If that's part of your faith, let's beat this. And you would be surprised. Listen, it probably happens every month where I see someone who's been given such a poor prognosis, the plug of hope has been unplugged on them, and I plug it right back in.

And Christine and Jamie, I think that may be the most powerful thing that we do for anybody. Give them hope. Yes, that's the key of what we do. And, you know, the old saying, right, as Henry Ford says, if you think you can or you cannot, you're right.

And we went to a Dr. Joe to spend the retreat this summer and he showed the research with PhDs. They've done over 10,000 brain scans, just a thought alone.

can change your epigenetics and how your body responds with thousands of reactions going on just based on that alone. So I love how you give people hope.

You've got my brain to expand in. You know, Dr. Wanysh always says, the mind and the parachute work much better when they're open. So thanks, Dr. Bob.

We know you're very busy with your travel schedule, your businesses, your family, and all your personal things going on. So thank you for being so generous with your wealth of knowledge and information.

And we look forward to having you at our educational events coming up real soon. And I appreciate you making time today. Thanks so much, Christine. As always, a wonderful show.

And I want to thank all the supporters out there. We will soon be the number one wellness and natural healing podcast in the world. So thanks to all of our supporters and let's have a great holiday season and God bless you and your family.

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