The Mitochondria Revolution: Why Optimizing Cellular Health Impacts Energy & Healing Transcript

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Podcast Introduction and Guest Welcome

It sounds like we all need to know about mitochondria. I learned so much already. i used to think about it as just, you know, the energy producing. So I'm thinking like, what do I need, to support my mitochondrias so I can play tennis?

And you just brought it to a whole new level. Yeah, there's the powerhouse of the cell. The cell in seventh grade during the mitochondrion and then realizing like I always would say, it's like the blast furnace.

We got to feed it, we got a fuel it. But now I got whole different level of understanding. Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers.

And I am 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. your number one podcast for health and wellness.

I'm your host today, Jamie Dorley, I am live in studio 109 in the beautiful Pittsburgh, PA. So I was so excited as I the CEO and owner of Nutritional Frontiers and the host of the Holistic Truth to have my co-host back on, our chief growth officer, the one and only award-winning author and creator of The Soul Intelligence, welcome back Christine Genovese, how we doing?

Oh, Jamie, I'm so excited to be here today. We have probably one, not just an incredible guest, but probably, one of my favorite people in the world of functional medicine, someone I am proud to call a friend and someone who's been really instrumental in my life.

So, i am so, excited for you to introduce our guest. You know, over 20 years ago, I walked into her office in Tampa General, and I heard so much about Dr.

Lisa Coach from Brooke. I couldn't wait to meet her. And she was more sweet and smart than I could even imagine.

Dr. Lisa Koch's Medical Journey

After we talked, there was a connection to Dr Val Donaldson, the woman that really started functional medicine in Pittsburgh, PA. And I was one of the few medical doctors actually do some really innovative things like AK and red light therapy.

And, you know, the thing I really remember about that first meeting was her vision of where she saw her practice going and her Her story, she told me about suffering as a kid with leukemia and things like that and cardiovascular issues.

But it was a conviction she had, right? It was the passion to help people. And there was no doubt in her mind, and I think often as leaders and business owners, Sometimes we're doubted by so many.

It was nice to meet her that day and, you know, her vision was crystal clear. And then here we are 20 years later. She looks younger than she did when I met her.

Looks beautiful as always. Tony Robbins, medical director. She's the owner of Spectrum Wellness. She is one of our top clients, she has spoke for us and really she's just a blessing to the community, not only in Tampa, but throughout Florida.

Her new facility is the premier wellness center to go to in the state of Florida and anywhere in U. S. And she is actually a great networker because she the one that connected me and you, Christine.

So anytime you're a little upset with me, you can remember, don't hold it against me. Go back to Lisa. So let's give a nice warm welcome to our friend, our colleague, or inspiration, Dr.

Lisa Koch. How are we doing, Lisa? I'm great. Thank you. So excited to be here with you guys. Oh my gosh. Well, Liza, why don't you share with our audience your actual incredible credentials and why we might be talking to you today.

Well, I, you know, started my journey at the age of 15 because I was basically had no choice. The universe had my plans. So I ended up getting exposed to the medical world early with an early diagnosis of childhood leukemia.

And so I end up going to med school to figure out why I got sick. Um, then went on to have a residency in internal medicine. And as I've continued to explore the fact that not only did nobody know why I got sick, but they didn't seem to know anybody got.

Functional medicine, integrated functional medicine and, um, uh, additional board certification along with obesity medicine so I'm got my triple boards that I kept up throughout my career.

Wow. You just a personal example, like, hey, I've had this experience. For me, it was sports medicine major, and then I got psoriasis and everyone kept telling me.

Well, this is hereditary. It's genetic. There's no cure for it. And of course we don't accept that answer, right? So that's what got me into a whole different path into public health and eventually functional medicine.

So can you tell us a little more about that experience? Because, you know, to go through not only the childhood leukemia, Going to med school, I know you had some further issues down the road, but can you share a little more?

Cause I think most people don't have any hope, right? I mean, that's really where you give people. The thing that is pretty unique about me that has led me on my path every moment of the day is that the age of my diagnosis at 15 was truly a gift because I was old enough to ask questions of doctors, of family, you know, why did this happen to me?

I actually didn't feel bad. Um, when I was diagnosed, it was a camp physical that they caught it on. And then all of a sudden I'm a sick kid, you know, and then I.

Young enough that I wasn't indoctrinated. So I never had to pull out of anything. You know? I had never to shift gears. My gear was. what is going on with the body because nobody can answer me why a healthy kid got sick.

So at 15 is when I got diagnosed. I went through three years of pretty grueling chemo and bone marrow biopsies and things that they put people to sleep that I was awake and chemom in my spine and all the things.

And then when i went for my first ever pap smear at 20, they found a mass on my ovary and it was where cells had kind of hidden out. It's a rare situation in childhood leukemia, so I had to go back through chemo again after all my hair had grown back.

So I definitely take all compliments for my head because I was 15 to 20, you know, most of that time, which is not a very good time to not have hair. Not that any time is, but that's an especially bad time.

And pretty quickly, On the second round of chemo, I went into Adriamycin-induced heart failure. So that was chemotherapy- induced heart-failure that were really severe.

I had all this stuff happen to me before I ever even showed up day one to med school. And when I showed day 1, well actually my first exposure to supplements was at 20 when i went to heart My uncle was a podiatrist at the time.

He did a bunch of research and he just sent me vitamins, two of them, that came on auto ship and it was CoQ10 and carnitine. We had no idea what they were.

And, you know, the vitamins were not really a thing so much back then, and I just took them every day. So did I get better because of the vitamin? Did I got better?

Because my heart was young. Did they get from a couple of medicines they put me on? We don't know. But I, I go better. Thank God. And I went off to medical school.

I didn't even miss any time, which is kind of crazy. Um, And in med school, I figured there I'd find out why I got sick if nobody could tell me at home.

Building Spectrum Wellness

So I asked, I just said why to everything. Like, why is that person here? And I watched as people came in, they had different complaints. They'd be put through different scans or tests.

Maybe put on different protocols and none of them answered their why either. I saw very early on that there was a huge gap that what I was learning was valuable.

but that it was hugely incomplete. So I spent my career, I went into internal medicine because it seemed like it had the broadest approach to find answers to why people got sick.

But I cut a trailblazed even back then, I made my own fellowship. I wanted to learn more about preventing cardiovascular disease because I didn't want to do cancer therapy.

And I, wanted find something that could prevent people from getting sick in the first place. So I went after obesity back when they were, the main intervention was gastric bypass.

protocols at the local hospital. And that's what got me really into a collaborative approach. It was at that time with nutrition and psychologists. But then we'd watch people go through gastric bypass and every one of their hormones got dysregulated.

So that kind of, I had to study nutrition early on, got really excited by kind starting to understand that world. And then when I would watch these gastric bypass patients come out and their hormones were messed up, then I had to start asking questions about that.

So eventually I found A4M and functional medicine, which seemed to have some answers. That was really exciting. I've been studying functional medicines for well over 20 years at this point.

Wow. And I know you already have one book under your belt, right? What's coming soon? I knew you've got another book coming out. Well, you know, when you start the path from such a unique perspective, I wrote a small book to kind of help my clients understand what I was doing because I've been on the constant evolution of understanding how the body works and how to work at the cellular level.

So my first book was kind of an abbreviated just handbook and my life journey and understanding and main protocol now has come more online enough that I've got a great, exciting book deal, and the book is called The Unwritten Prescription.

So that is going to be coming out in almost exactly a year from now. We still have a little bit of time, but it's very exciting because we're going be talking about all the things that medicine did not understand or has not understood.

That's fantastic and I know you've been really in the forefront in particular in Tampa Bay area and that you are on the verge of having a new clinic that's going to be really a worldwide destination.

Can you tell us a little bit about it? Yeah, so we're super excited. I was looking for a space for the past seven or eight years to expand because I've had this vision.

And the vision is really driven by bringing community back to medicine. That was one of my primary initiatives, it has been. Because I see these really cool patients and they're interesting and curious and outgrowing the people around them.

So, you know, I wanted them to have a space to be able to connect. I want to that be to invite community healers in to work collaboratively. And we are now able have all of our stuff in one spot.

We have an yard, we have outdoor contrast therapy, meditation areas, a huge performance center, the medical, chiropractic and even my sister with her mental health practice.

We're going to have mental help and it's an 8,000 square foot center, five minutes from the airport. So we're gonna be doing a lot of destination healing as well.

Yeah, one of the things I love the most about functional medicine is the doctor-patient experience, right? And a lot of people I know are still new to this, they're still locked into what I call modern medicine, which is more allopathic-based.

And they're really disappointed just in the fact that they don't even get heard or seen in their office. Can you explain a little bit more about the patient experience at Spectral Wellness compared to what somebody may be used to and why would it be worth it for them to fly in or drive across state?

Because I know when they get to your office, the experience is going to be fantastic and life-changing. So what's that like for a new person? Well, I think it's understanding that there's way more than what they've been exposed to.

And I don't really blame modern medicine, traditional medicine. It's unfortunate, but you've got conglomerates and you got insurance companies that have really diluted medicine into something that's so transactional that the doctor's almost been cut out of it.

And that really sacred relationship of patient-doctor has been taken for granted.

Mitochondria and Cellular Health

And when you have multiple people taking a piece of the pie just because it's driven financially, what it does is it removes the ability of healer to energetically connect.

It's just such a mismatch. So over time for me, having to switch to more of a cash-based practice has allowed me to be able to spend the time that I need with my patients.

And patients will still, you know, they're frustrated to have to pay cash. Patients on the whole, I'm just talking about, that have maybe never heard of functional medicine.

But then once they come in and spend money, whether it's you know, just to check up or whether it's our full elevated experience, they're going to get a guide and a team that helps them understand where wherever they are currently and how to.

To like a full potential far beyond what they even ever could imagine was possible. Well, I'm very grateful that I've had that experience firsthand. Lisa's been my doctor and helped me get on the road to health.

I used to be this crazy, plane hopping, adrenal junkie. Oh, well, maybe it hasn't changed that much. What is intervention? Intervention part two. But, you know, one of the things is you do take your time with patients, right?

And you take the time to connect. And one other things I value about you and the name of your practice even, Spectre Wellness, it's a spectrum of techniques and healing and modalities and things that you bring into your practise.

One of things, I'm most grateful for. Yes, You did introduce me to this incredible formulator, we all know as Jamie Dorley. But you also gave me an opportunity to share the other side of Christine, which is really my energetic side, my spiritual side.

And gave the courage to start the Soul Intelligence Method, gave you the opportunity share that with you directly and to with your staff and your patients.

and really gave me the courage, actually, to step out into that world and come out of the spiritual closet, as it were. And I'm very grateful that you also chose to write the foreword to my book, Healing Through Soul Intelligence.

I will be forever grateful for you for doing that for me as well, because you've helped me and so many people. You were actually part of the impetus behind why Jamie and I went to the Dr.

Joe Dispenza seven day retreat. Your experience was incredible. And that was, we were like, We got to do that. That sounds incredible! And I remember talking to you about it.

And going, yeah, there's no way I'm getting up at four in the morning and meditating. That's just insane. You're like, oh, once you're there, you are going to do it.

And you were so right. you didn't want to miss it, but you've really encouraged me even to expand my own connections and my healing and sphere. So I just wanted to say, just from my heart to yours, I can't thank you enough for being such a positive influence on my life and the lives of so many others.

Your clinic's fantastic. And I know one of the things that you're passionate about is mitochondrial health and that you've been speaking about that lately.

Why is that such a hot topic for you and why are you so passionate about it? Well, I can actually pull it back to what you just said. So my passion is really to, well, one of my gifts is seeing seeing the potential of people.

You know, I can see right through it, even way before the people see it. No wonder we vibed. Yeah. Sometimes they don't even see, right? No, most of the time they do not, but it also helps me with just, you know with healing and what is the patient capable of handling right now, like knowing their map.

kind of like what but they can handle right now to keep them going so they couldn't get vested and understand that sky's the limit in the mitochondria.

are these incredible organelles. So they're inside all of our cells except for red cells. They look like a little kidney bean, or that's what you're taught in biology.

And you know, you are taught, in Biology, that they are the powerhouse of the cell, and then it doesn't really get brought up again. It doesn' really gets brought again even in medical school.

Now, things are changing over the past 10 years, which is very exciting, but I've had a focus on mitochondria my entire life, well, since I was 20, because I had to, the direct mechanism of…

heart failure from adriomycin is death to the mitochondria. So our muscles, our heart, and our brain carry the most mitochondrion and they do so many more things than just produce energy.

What we're starting to understand, which is really, really cool, is some of the esoteric and spiritual sides of mitochondry. Ooh, do tell, I'm in. They ask why it's my favorite.

I mean, everything is typically guided to me and things happen for a higher purpose. when you really get into studying mitochondrial dynamics, they actually don't just look like a kidney bean.

They look more like spaghetti and meatballs. So this is a really cool analogy. The change shape, their very dynamic. And when they're in a danger sensing position, which they're very much kind of like the canary in the coal mine, they were constantly sensing our environment, They shut down, like we would go in fetal position.

They turn into a meatball. So they actually lock their cell membranes. they become very rigid. The easiest example is like if you get exposed to a virus, their kind in charge of shutting the entire cell membrane off so that they don't talk.

Like a country, shut the borders, don't talk to your neighbors, and it happens to the mitochondria as well. And then when the all clear comes through, which is a big when, that's a point we can always come back to, it turns into spaghetti because the healthy mitochondrial is actually fusing with its neighbors sharing resources, stretching out, um, active sharing electrons.

So that. Like. the micro and the macro, which I love so much is like we look at our outside world, we want to be connected to others, that's the health of our mitochondria.

That's just one fun side of it. Sounds like the wave and particle to me. Yeah. Well, it's all different visions. The mitochondrial are where a lot of the quantum dynamics occur.

Well, that's what spaghetti meatballs means to me. It's like the wave, right? With the spaghetti and the particle, with the meatball. Wow, this is like, the actual mitochondria goes between both.

I get it. Yeah. That's so cool. So it's a really transformative part of the body. What are some of things that we can do to support mitochondrial health?

So what's nice about it is the more we understand the mitochondria, and again, this is as crazy as it sounds.

Supporting Mitochondria with Lifestyle and Supplements

This is a new science for so many people because we haven't focused on it. Even though it's billions of years old, the Mitochondria are signaled by light.

So the More we study, we Understand circadian rhythm is incredibly important. so if you're just sitting in front of a blue screen under fluorescent lights, takes way more than blue light blockers.

You actually need the signals from the sun. So a lot of ancient wisdom comes back in when you look at optimizing mitochondria. For the listeners, one really cool story is that when my daughter was in eighth grade, she asked me to quiz her on science.

I got all excited. Okay, cool. What topic? She said the mitochondrial. Then I went way in. She gives me this packet to quizz her. 10 pages were about plants.

So I was like, Jordan, I thought you said it was the mitochondria. And she's the one that yelled at, not yelled, but put me in my place and said, mom, the chloroplasts and the mitochondria look exactly the same.

What is the problem? And I like looking at the paper and they look the exactly same, so you guys should check it

out. It's pretty wild. But it brings the gist of the message, which is whenever you're trying to figure out what to do for your mitochondria, you can stop and think, what do you do with plants?

So healthy soil and grounding to the earth. Go put your feet in the Earth. Sit by a tree. water that is charged. We now understand structured water is a lot more powerful for the mitochondria.

So you can get water, that's been vortexed, you could get that you put some fruit into. There's easy ways to activate water. Healthy, clean water and then sunlight, especially the first morning sun.

If some of the sicker people could just get outside at sunrise and be outside for 20-30 minutes, so many things would get better without even having to do anything.

Yeah, it sounds like going for a walk on the beach in the morning would be a great way to start the day. Absolutely. Like that's the dream right there.

Well, Jamie, what are some of the ways Nutritional Frontiers supports mitochondrial health? Yeah, it's interesting because you brought up your uncle as a podiatrist, correct?

And he recommended two products to you a long time ago. So working with you over the last 20 years, I know you always say, hey, bring the ingredients together.

We need more formulations. Absolutely. And that was one of the philosophies on Nutritional Frontiers beginning was bringing these unique ingredients, together, therefore you get a more synergistic blend.

better results because people are more complying to take one formula verse three. And your uncle was right on whatever research he did because Dr. Sinatra has done research on this.

So our formula called CardioStack actually takes L-carnitine CoQ10, and then we added one other ingredient called DMG dimethylglycine. So that's a great way to help pull those blood lipids out of the bloodstream and convert them to ATP, which is the preferred fuel source for the mitochondria.

One is CardioStack. I know another one that we utilize with Ken is the enter CoQ10, which is a Coq10 and DMG at higher levels. I know it may not be exactly for mitochondria, but I use a lot of our full spectrum hemp extract.

And it can help the mitochondrion because almost all of your products help with the there are many stages to mitochondrial optimization. So you have to consider the environment that they're in, right?

So if the mitochondria is in a stressed environment, you need to calm the stress signals down. If the Mitochondria's in an environment where there is, mold or gut issues or other toxins, we need work on that.

So the hemp can help bring the stress down, the detox, and then the actual dynamics inside the mitochondria. Those products you mentioned are great for support as well.

Yeah, it's so interesting. You said, because I was thinking, I know you use a lot of GI complete. I'm like, how is she using it? So is that a similar fashion?

Are you cooling down and cleaning up the gut so the environment for the Mitochondria changes? Yeah, so for the mitochondria, people I think are doing it wrong, which is a lot of the background for my book that's coming out next year.

People are just doing whatever the next influencer says and biohacking when they're not paying attention to where their own body is. So somebody whose body's in high alert needs to go meditate and take hemp oil, they don't need to be cold plunging.

And somebody who, yay, I'm in on that. Somebody who's doing peptides, like so many people are excited about

peptide and they can be great. They may be doing it, but they may bathing in mold and, you know, leaky gut issues.

So the peptids aren't even going to work. My role and what I do is help walk people through the steps of optimizing the mitochondria. And is that the 11 pillars that, you know, your program?

It's actually paired it down to four, which is nice. Okay, cool. All right. I'm glad I asked. Alright, let's hear the four. The system I use is four so the first one is reclaim.

So that's reclaiming your nervous system, but also reclaim your foundations. reclaiming your cell membrane and all the backups. So you can think of your body as a computer and your nervous system is sensing the environment and conveying it to the mitochondria, but it's always in, you know, that feeling place.

It's motherboard. Then you have all these backups, which are surge protectors like adrenaline and cortisol, the thyroid really downshifts when you're in this hyper alert state, your sex hormones are deprioritized, and your mitochondria becomes in that protective meatball state.

So during that phase, it's better to reclaim by supporting all of those systems and not pushing the body. And when move out of that, you can heal. which is working on toxins in the gut and really making sure that you clean up what you can locally in, in more internal environment.

And that, and then it's after that that we get into what I call perform. and that's where your biohacks and other things are going to actually have an audience that wants to listen where you could trigger mitochondrial biogenesis, which the production of new mitochondria.

fourth phase, at least for now. And I never am attached to anything because medicine is an art and it is evolving. It drives me crazy when people are so stuck on their niche that they can't be open to what's unfolding is transcend.

So that's our quantum, what are we understanding that is happening beyond what we know in our current science models and how that plugs in as well. Look how happy she is.

I know I am. Wow. That's so good. Cause people throw the word biohacking around a lot. Um, how do you define it and what are some of the things that you would say are true bio hackers, maybe through some other modalities and, um, you know, tools and things you have at spectra?

Biohacking, Stress, and Recovery Tools

Well, the way I describe it is, more hormesis. So the word hormesus is a fancy word that means small stressors. And you can go back to the plant world here where the most coveted olive oil and the more coveting wine come from grapes and olives that have been through the stress.

Amen. Hence the Italian girl in me. Yeah. So this is, well, that's the, literally the plant is forced to produce more antioxidants if it's a drought or if rain for five days.

And so it tastes better. We have forgotten as humans. till more recently that we had that same capacity because we are plants. So if we have small controlled stressors introduced at the right time, we can trigger the production of new mitochondria and that's hormesis.

To me… Made me smiling. He thinks he's a small stressor. I'm making people better. That's how a doc… There you go. Well, I think it's all in moderation.

Yes. They call me Mr. Moderation, thank you. It's all in moderation and it's also all at the right time, right? So there are… are biohacks, people have used that word to symbolize these stressors, which can be helpful, but it's become more trendy and very, the world of that bio-hacking has been taken too far.

It's too confusing. People feel judged or like they're not enough. A lot of times it is a very bro environment. doesn't mean it's not helpful. So I take it more as controlled stressors, controlled hormetic stuff in the right time is an incredible way to hack your biology to become a better version of yourself.

And there are lots of ways to do that. It's just not the newest device. Yeah, you mentioned cold plunge. Obviously, I think that's one that people know, right?

Because you put your body through that stress. But what are some other ones that you're a big fan of that work really well in general? Well, red light therapy has probably got the most science, you know, so I love, I loved light, therapy.

It works on so many things. And I think that world is just starting to come because there's going to be so may other wavelengths. The data is on the 660, 820 ish ranges or 880. And we've got lots of devices from, I literally had a lady in here yesterday who I told her to get the red light underwear for something that was going on down there.

Great stocking stuffer, I love it. Yeah, they have red light, everything. So that's pretty cool because it works, it helps. And that is an easy one. But my favorite probably out of all of them is a sauna.

Even a barrel sauna, but the infrared to have at home. I believe in the world we live in, it's so toxic. And the nice thing about the sauna is it allows us to sweat out some of the toxins without having to tax our liver.

So sauna, red light therapy, and cold therapy are probably the top known ones. But we do all kinds of different things from birenal beats to vibration plates to hyperbaric.

So there's a lot that's out there. And one of the things I even people don't realize is a biohack that I'm constantly studying is your own reactivity.

So, there is lot of spiritual and emotional work that you can do where you pause and in the pause you get strength and you practice it kind of like a to not impact your body to such a level.

And that, to me, that's violent as well. I like that one. So like easing into the day as opposed to running out the door. into the day, but also like, even if you get a text, right?

If you're going to text if, you can email, if your, that's why I can't stand Apple watches, just like the constant binging. And if those are assaults on our biology.

So if can look at the text and just take a minute and not fire off the response, we just took a breath. If you can read, ask yourself, think of it as a gift.

Most things that happen to us are for us. It's like you're in training. It's training for the ability to navigate life. So you can take those pauses throughout the day.

Well, I think that's really great advice. I had somebody say, you should put a reminder in your phone to just breathe or take a break or those kinds of things, especially if you run in a high stress environment in particular.

But I also think, you know, one of the things that you just said too, if you think about how many times like a text comes up or an email comes or something, it automatically puts your body into that fight or flight, right?

And that's constant attack on the nervous system. I love that your recommending to take pauses throughout the day. Yeah, well it comes back to the mitochondria because the Mitochondria again, they sense that too.

They don't just sense toxins. They sense whatever, they don't know the difference in a lot of scenarios from that stressful text versus mold exposure.

This is fascinating for me because I'm even, I am thinking that, you know, the cellular level of the spaghetti and

meatballs, but the physical level, that's what happens, right?

We get tight, we get rigid, and we close. And it's the same thing that is being duplicated at the cell level. What you're doing to help people is just truly a blessing.

So, are you guys, with this new expansion, ready to take on new clients and new patients? Oh yeah, absolutely. So we are, we've got the team, so we got, you know, another doc and two nurse practitioners and we're creating a destination experience.

That's going to be one of our higher ticket where people can fly in for three days or five days and like literally go deep on every aspect of their health from muscle testing to upper cervical to this full journey through the four to all of her hacks and even have soundball therapy and other things while they're here as well.

So we're packaging things in lots of creative ways. You're doing that retreat type, right? Because we know from modern medicine, it's not enough time for the doctor and the patient to build a relationship.

And I love how you create that community environment. And even, you know, we talked about years ago of, yeah, he would say, hey, I need to get people here for a few days, almost like a bootcamp.

So this is so cool. How do people get in touch with you guys at Spectre?

Closing Thoughts and Upcoming Events

Well, You can go on our website, which is SpectralWellness.com and then Dr. DR Lisa Coach, K-O-C-H-E on all the socials along with Spectra Wellness on the Socials as well.

It's pretty easy to find us. We're so excited to come to the new facility and to spread all the great things that you're offering so many people and it's been a pleasure to work with you all these years.

You know, to see, uh, it's one of those things again, when someone like you or Christine has that vision, right? Um, there's so many doubters, but you guys don't fall prey to that, and you've maintained that.

And it truly an inspiration as a business owner to talk to you, guys today. It's, so exciting to finally, connect with both of you and, wow, what a journey we're on.

I'm so excited about the future. How about you Christine? I am. If you loved what you heard today, I'm going to encourage our audience to comment, like, and share this episode.

Send it to somebody who needs to know about mitochondria. It sounds like we all need to about about Mitochondria, but I learned so much already. I used to think about it as just the energy producing.

So I was thinking, what do I need support my mitochondrion so I can play tennis? And you just brought it through a whole new level. This is the powerhouse of the cell.

I could make this cell in seventh grade during the mitochondria and then realizing like I always would say it's like the blast furnace. We got to feed it, we got a fuel it.

But now I got whole different level of understanding and I really appreciate it now. Yeah. And I think we just did not understand it that's my point. It's being open And for me, it's my own journey.

So I'm constantly trying to get healthier and healthier as I've had to deal with things throughout my life with my heart. That's led me to continue to understand and follow the journey of understanding of the mitochondria.

Yeah, I look at it as a reflection of us, right? It's just a deep down dive into the body at the cellular level to look what's going on in the big picture.

I learned so much from myself personally, pausing, you know, the red light therapy, to cardio stack, GI complete, CBD, how you can utilize all these modalities.

But I think the biggest thing I've learned is really taking that breath, having a relationship with a doctor like yourself. And really looking at this at a different level.

And the most important thing is I always say the mind is like a parachute. They work much better when they're open. What you do for me is similar to what Dr.

Jeff Klin used to do years ago. You get my head to go like this and really open up, right? And I think that's the blessing. I got chills right now for patients.

You're giving them hope, but you're also teaching them how to take care of themselves, which, like you said earlier, a lot of, and it's not the doctor's fault.

It's, you know, the third party reimbursement with the insurance. you walk in, everyone checks the box, get the prescription and you leave. But we know that it is not helping anymore.

culture has become a lot more toxic and more complex. There's so many different environmental stressors that, you know, the wave of the future is here now and that specs your wellness.

So, I'm so excited. Thank you. That's why my book's called The Unwritten Prescription. It's about all the things that weren't written. Well, one of the things that is written is we are very excited to have you in our lineup of speakers at our next professional training event.

In April, coming in April to the Tampa Bay area. So you'll have to stay tuned for more information on that. Dr. Lisa will get to do a deep dive in mitochondria.

We've only just scratched the surface, not only with what she was able to share in this short time with us, but certainly in the range of how that affects our body in general.

And I am so grateful to be around not one, the two celebrities today and two people I admire so much and so passionate and love both of you guys. So thank you.

And we love you. You're an amazing, thought-leading, incredible human who's always been willing to work with my innovation and I really appreciate that.

Thanks so much. I appreciate Dr. Lisa Coates, Specture Wireless, Christine Genovese, Nutritional Frontiers and Cell Intelligence, and me, of course, Jamie Dorle.

We're so grateful for all the support and love we're getting out there. Let's have a great end of the year and a huge 2026 and check out Spectral Wellness.

It is the premier destination, not only in Florida, Not only the US, but we're going global and so Spectra Wellness, so. All right. Congrats to everybody and God bless my friends.

You as well. Thanks for tuning into the Holistic Truth Podcast. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their wellbeing.

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