Introduction and the obesity-brain health thesis

Hi, Dr. Remka here, gotta try to get that light out of my face. Hope everyone's having an amazing day. I will wait as it tells everyone I'm here. Hola, hola holala, catch the title.

Belly fat is shrinking your brain. And nobody needs a small brain, you guys, okay? So let's talk about it. I've had a lot of controversy lately with the Abercrombie and Fitch ad and then another like Vogue cover or something.

I don't watch any of that. It's gonna be interesting. What is it? Why? Because we're gonna talk about fat. So apparently, I have these two opposing views inside myself around this.

Obesity. Weight loss. And I struggle. I do. As a clinician, as a woman, and as somebody who helps somebody specifically dealing with mental health. Here's the thing, I'm going to say it again, because it's not the well accepted thing in Rockefeller, stupid ass Western medicine.

Mental health is brain health, period. If your brain is not healthy, you don't have good thinking or emotional stability, therefore you're mentally ill.

Okay? If you fix your brains, most of the time the mental illnesses that you've been diagnosed with go away. Now, might have to teach you some skills.

You might to learn some things because you have been checked out for a few years and you missed some developmental stuff. We can teach those things, okay?

But I can't teach you anything with a super damaged, dysfunctional, inflamed, on fire, starving, toxic, whatever, kind of a brain, right? So, I mean, case in point, like everyone knows post-concussive syndrome.

You can have a normal person, totally fine, have head injury, and suddenly six months later, post concussion, they're suicidal all the time. If that isn't the classic example of showing you that a damage to the brain can cause a radical change in someone's psychological capability, I don't know what else is.

So I know why we keep trying to act like it is some weird other something than just dealing with the problem is, so there's that. Well, normal physiology, let me break it down.

If you have an inflamed body, and an obese body is by definition inflamed. Okay?

Fat as an endocrine organ and inflammation

If you make a part of your body three, four, five, 10 times larger than it was designed to be, I think that's by a definition unless they change the definition of inflame or expansion on us, because God knows maybe they have.

That's my definition, inflames. Okay? So, what I don't under, there's many things going on here. So if my thyroid gland right here, it's like a little butterfly, little, a butterfly.

If it became five times the normal size, We all know that's a pathological thing. It gets big, it's called a goiter or whatever. So we think, oh shit, something must be wrong because your thyroid gland is five times the size of normal.

What happened? Let's find out. Maybe it is a Goiter, maybe you have an iodine problem, Maybe you had a cancer. I don't know, there's something wrong. Everybody, nobody argues.

Everyone agrees. If your heart becomes five times the size of normal, everybody knows this is a crisis. It's not

supposed to get bigger. Its dangerous.

This is no argument, okay? Your white body fat, that stuff you can grab and everything, right? Fat is fat. That's the stuff you can see. It's a bunch deeper inside, that's another problem.

Let's talk about fat! is an endocrine organ. It's an organ, an Endocrin one, it means it gives off hormones. Your fat cells actually aren't just extra stupid things sitting around you should be ripping off and sucking off because they make hormones and signals that are really good for you.

They're actually beneficial. Two in particular, leptin and adiponectin. We'll just talk about those for a minute. Really important. They balance your whole metabolism.

The master regulate your metabolism, that stuff controls your thyroid gland. It controls how much fat you burn. And it actually is critical in controlling your cardiovascular health.

Huh? Oh, who knew? It's not just some ignorant stuff. Its an organ. So, let me break it down. Let me say it again. If any of your organs become five times the size that they were supposed to be, we have a problem.

That would be unhealthy. By its very definition is, ooh, We should investigate because nothing in your body, two, three, four, five, ten times a size of what it was built to, has normal function.

It's pathological. It is damaging to you. So we want to work on that and figure out why and correct it. Why exactly are we trying to tell people that you can be healthy at any size and having your endocrine organ of fat I don't know, blow up.

I, I dont even know. 300, 3000, i gotta do the math, idont really care to do that. If you're supposed to be 125 pounds and youre 425 pounds, someone do That's not okay.

That is not healthy. Everything is bigger. Let's just talk about that organ. It's bigger than it's supposed to be. Therefore, it is clearly putting off a deranged amount of hormones.

Like your thyroid would, like your pancreas would. Your ovaries or your testicles would If a man's testicles, inside us, that's the endocrine gland, makes hormones, if they became 10 times the size of normal, everybody would be like, wait, what's happening to my balls?

Something is wrong down there, huh? And we wouldn't be making the normal amount of testosterone.

Waist size, brain shrinkage, and chronic disease risk

We wouldn be the making normal amounts of estrogen and progesterone out of the ovaries. we would not be make the amount adrenaline or cortisol out the adrenal glands.

WE don't want body parts to get a whole lot bigger, especially hormone glands, which your body fat is. So, this whole everything's okay and we can't, you know, judge and say what a person's health looks like from the outside.

Oh, yes you can. Yes you. I 100% can tell what the labs are going to look like for the most part on somebody based upon certain things that I'm seeing from You can.

No one's first time at the rodeo to know what hemoglobin A1C, a fibrinogen, a highly sensitive CRP, things like that, okay? Inflammatory markers, liver labs, fat, what their leptin's gonna look like, with their adiponectin is gonna like.

We know obese people have super high lepton. we know these people had high insulin. not rocket science, already been established. Because we know what it does and we what the body's doing.

We know their cytokines are going to be higher, we this cortisol is going be high, their inflammation is gonna be a

higher. As you get bigger and more inflamed everywhere, you know when it ends up happening?

It always goes to your brain. This is why people with inflammatory bowel disease, gut problems, inflammation down here, end up with inflammation up here.

You have a leaky gut, you will get a Leaky Brain unless you deal with it. Once you have leak gut you're going to end with a leaking liver, then you end of with leaking brain.

And eventually it might leak all over and now we're just leaki. Okay? And it's leeki inflamed on fire, on, fire on. Every single depression case I ever see, involves brain inflammation.

Now there's about five subtypes I deal with. They're different, I treat them differently, but inflammation is involved in all of them. The degree to which it's the primary cause, however, does vary.

I will give you that. And I'll tell you right now, i have never ever seen an overweight patient without depression. i don't care what stories you're seeing on the news, It always happens because the brain gets so inflamed and it's always going to be the case.

How somebody can cover up and hide it is a different story. I'm not responsible for the mask they present to the world, okay? Now, the other issue I have is the size of your waist absolutely is proven through all evidence and studies to being inversely proportional to size your brain.

That means The bigger my waist gets, the smaller my brain gets. That's how it happens. I'm sorry to be the bearer of facts and reality. Data, that's what it is.

Now, I am not saying, name calling, this is just how is is, so if you're looking long term at protecting your brain from inflammation based things such as depression, Dementia, Parkinson's, yes, multiple sclerosis, getting scar tissue and things like that.

And it always dreaded Alzheimer's disease, which we call type three diabetes, Which is just gunky, gunky, all kinds of stuff. We know the data on the top beta amyloid plaques is a lie.

Shocker, because they're liars, okay? But it's gonna shrink. You don't want small brain energy, honey. You want BBE. Big Brain Energy. Okay? That's what you want.

So, let's stop acting like we're living in, you know, non-reality psychotic land that these things are not related. you can't have organs become five, ten, three hundred thousand percent size of what they're supposed to be without there being damage.

Children, metabolic damage, and lifelong consequences

By default definition, it's damaging. They're dysfunctional. I'm done with the argument. And done. Done with illogical stupidity in charge of the media and everybody else.

Okay? There is no such thing as healthy at every size. Period. An eating disorder is an eating disorders. If you're anorexic, bulimic, and you are highly underweight and starving, that's a problem.

You're not healthy that size You have an eating disorder and you're over here, and your hundreds and hundreds of pounds overweight? That's an Eating Disorder.

We have a problem. Both of them can be driven and caused by very different things. They can driven be caused infections, inflammation, pathology, uh, uh endocrine disrupting poisons.

Most of this is you're being poisoned to death and you are getting everything out of control of madness with what they're putting in the food, what the putting the water and what their putting and the injections going into you right in

hospital since day one.

Don't think you aren't being controlled or manipulated right from the get go. Okay? So, there's that. It's very frustrating for me. The big problem is the amount of people they've convinced now that this is okay and this normal.

and don't care and want to try to get healthier and think there's anything going on and are okay with their horrible periods, that painful depression that goes on every month because they have PCOS undiagnosed.

They're okay that they're going to be completely infertile, can't have children. That they are just getting on all these meds for anxiety and depression and having suicidal ideation like this is normal.

So here's the thing, I'm going try and be real calm. If you, as a grown ass man or woman, want to live that life, that's on you. I personally think you should think a little bit deeper about the people around you that are impacted by this.

I get amazed that people don't seem to want to think about a first responder coming into your house, trying to save your life, get you on a gurney, getting you into a hospital, try to get out of a fire.

Do you know what a firefighter has to go through to try and get a 350 pound person out a burning house? You know how hard that is? How many discs, how many backs have been broken, discs have herniated, guys have had to make the decision, can they do this or are they going to have to leave that person and opt for the two over here because they can't get this person out?

Can you imagine having to live with that for rest of your life? People don't seem to think about that. Doesn't seem to, I'm going to do whatever I want.

You can do my life. Okay. Do whatever you want." Somebody's got to get you on a gurney though at some point. Well, my brother just had a heart attack the other day, a month or whatever.

He's not outrageously obese. His a little overweight, but he's six foot four, six of four and a half, two-fifty. They had to call more paramedics. They needed five people to get him into the ambulance.

they couldn't pick him up. That's not huge. He's, not that big actually. So it got a lot delayed. Can you imagine? Can imagine some of these other situations we're dealing with?

Okay, so I think thinking about other people and like what's gonna happen if they have to come in your house and find you, what if there's a fire? I mean, that's what I always think about.

Because somebody throw me over their shoulder and get me out. And I keep myself fit, I don't really throw my kid over my shoulder to get him out, right?

And he's about to be 17, and I can still pick his ass up, throw him over shoulder, get out of the house, tell you right now, period. So I better be able to do that for my mother too.

Okay, she's 70 something years old, but mommy, let's go. I wanna be that, that's what I want to be strong. Why? I can get somebody out of a house, out the fire.

That's it, That the kind of shit I think about, right? So I'd think other people should think it. But we got that. If you wanna think that you won't think of other the people, fine.

but for the love of everything, start thinking about your children. Because we are setting up children to be completely metabolically disordered, like at five years old.

There's this five, six, seven, eight year old kids now, obese. I watch them walk down my street. And I sit there and I'm like, I can just see the future.

Oh my God. that the insulin leptin adiponectin dysregulation that's happening there, those kids are ruined for life. Their metabolism is being set up developmentally for the rest of their lives.

They're gonna be left in resistance in their brain forever, insulin resistant forever. Low adepinectine, super slow metabolism and a sluggish thyroid.

So they're going to blame it on, I have a slow a metabolism. No, you were given a low metabolism, and destroyed by what your parents did to you.

Hormones, toxins, and the obesity epidemic

And now, you're coming into me, and I gotta say, we're gonna have to make all these changes and you are gonna stay on these supplements and these things for life.

Because we are going to have work so much harder to get this remotely stabilized, but I will never, that I know of, anybody up this far, I don't know what peptide is gonna do that, get you to the point you will have a fat metabolism response, a sugar response that my body has.

because it was developed in a certain way as a child because of the way my mother handled me and forced me to take your ass outside. You're not hungry, have a glass of milk and go outside, get out of my house.

Go run, go do something, but you're sitting in here watching the TV and playing, and get gout. Goodbye, I'll see you at dinner. Lock the door. That's what it's like in 1978. Can we bring 1978 back, please?

So, well, we ate a lot of red meat. A lot. My mama likes some steak. So I'm frustrated because I want you to change your diet. I wanted you get rid of the endocrine disrupting hormones.

And I also want to tell you the reality of The Obesity Con. because we're not actually eating any more calories in America than we were 30 years ago. Same caloric intake.

So why the hell did obesity go up 30%? So we got an obesity increase of 30%. We got a global obesity pandemic. And yet we are not eating more calories.

It makes you wonder, like, what's in the hell, What's going on? I think it's coming from being poisoned, because it is a war on your hormones. I thinks there is an absolute conspiratorial war.

on hormones, which are the life force and strength of people. And I'm talking leptin, insulin, adiponectin. Estrogen progesterone, and I must say it real big.

Boom, boom, testosterone. Okay? Because testosterone gives you big DE and big BE. Who's jacked? Alright, so you want to keep some people dumb and weak?

You lower their testosterone, I'll tell you that right now. That's a real easy way to do it, okay? Real easy. You want keep them fat? below the testosterone first, then we're going to poison them with a whole bunch of toxins that mess up all the hormones and raise leptin like crazy.

Now they're hungry, hungry hungry. They're never satisfied. Maybe now they've got to do porn or other things because I'm never happy. And then it drops their adiponectin.

So now they can't burn fat. They can do anything. Now they're just big and slow and have to eat and tired. But now the trick is we're going to trick them into never wanting to change it.

Don't worry about it because your brain is fine. You're totally healthy. Everything's fine, you're fine. Don't worry about it. You're not gonna get diabetes.

Your not going to get your feet cut off. your not go blind. you are never going get dementia or MS or Lou Gehrig's or anything like that. Nah, don't you worry.

What are you talking about? Do some yoga and be happy and take some Prozac and some Ambien and Zoloft and just take them a leave on your period and oh, we'll just go on the birth control pill.

That'll handle all your horrible periods. Yeah, that's where we are. So, I hate talking about like kind of my easy weight loss solutions because I want people to make all these big changes.

You know, I haven't used shampoo in 20 years. I have used deodorant in 25 years, something like that. And I don't use the chemicals and the things. This stuff is just like normal to me.

All right, forget you guys are all still doing that, like, ugh, it's poisonous. So I knew about fluoride 25, 30 years ago. Like, oh my God, you're still going that?

You don' know about this yet? Okay, let me touch you again. But I hate to tell you easy stuff. Let me tell about some of the thing I can give you that would make you lose a shit ton of weight.

because that's just how it is. There's things. Don't you think all those biohackers that you see that are so pretty, don't think they're not doing things, because they are.

Some of them are very expensive. some of the have some other side effects. So we're working to optimize our hormones, right? I know, I've got patients, they spend 2, 2500 a month, about 2500 per month for the testosterone, their growth hormone, a couple of peptides.

Okay? This shit ain't cheap. So I'm not going to make a video about a $2,500 monthly treatment to somebody that I would recommend to a patient. Some things you've got to customize and they're private.

You've gotta have that conversation, you know? And I hate to tell somebody something's going work without them doing a whole lot of change because I want them to change everything.

I wants you to stop eating crap. I do. Stop eating crap. Start feeding your children crap, stop ruining their lives because you're killing them.

Weight-loss resources and treatment approach

Because you want to give them hot pockets for breakfast. When did it become so hard to cook eggs? I can't even cook and I could make eggs. Just crack, crack crack butter, three minutes, walk around, get some water, flip them over, come back to them and say it's done.

It's not hard. And I hate cooking. I don't know what people are doing anymore. Why are we having children if you can't make eggs for breakfast? It's got to be a brownie.

But I digress. Okay? But it's gotten so bad, this is where I'm at. Calorie's the same, obesity up 30%, something else is going on. So I know you are being, you don't know your being poisoned.

Your hormones are getting, my hormones, they're getting destroyed without us really knowing it all the time. We are a victim in one way. You got a little bit of like, damn, Dave Dunn did this to us.

Fuckers. But then you aren't feeding your children brownies for breakfast. I mean, do you know what I'm saying? bad for you, but like, can you help me?

So I want to get somebody helped me. So anyway, I do have a couple of resources, a cup of things that work and help people lose a ton of weight without having to do a whole lot.

And at this point, y'all need it. I can't watch it anymore. It's it's, it' unreal. And I can't see everybody. I got a patient today, I was on the phone for one hour this morning with a physician, so no charge.

Some people I will make an exception, and I've got physician whose daughter had to be 911'd, went to a manic episode, is in a psych ward in Charleston.

New patient referred to the doctor, said, okay doc, let me see what's going on. Eight o'clock in the morning. What'd you get now? What's the deal? I said okay, well let's explain to you what I do.

You might not know anything about this. It's kind of weird for a physician to call a quacky old chiropractor. Can you help my daughter with bipolar? Yeah, honey, I can.

I'm explaining some things to you, though, right? In that phone call, But I'm not going to finish that story because it's not important actually. I am going leave it alone. I've rambled long enough.

This is what I want to do. Send me, drop a message or whatever. Let me get you on my email list. Or write you up a little thing of a couple things that I like.

There's a couple different products for weight loss that I really like. I take them, I've been taking them and watching me getting jacked, watching what I'm doing, okay.

There are several other things that they do that cost a lot more money. So I get hesitant, like this one, that one. What can people do? But I am most concerned about the children right now.

And there's one peptide that really I like that don't want children on and I don' feel comfortable telling you guys about it. It's $250 a month. And I like it, but I get a little bit of headaches, I have trouble sleeping, so I don't like everybody knowing.

I tell patients, right? But there's another one that's uber ridiculously safe, and I hate to even release it to people until I can get them to change.

And there are some patients on here that will know that I'll say, okay, you continue doing this and in six weeks I will tell you. And so they keep waiting, I did it Dr.

Remka, did this, saw the morning sun, had three meals a day, and did the cold plunging, lost seven pounds. Can I have that thing now? I make my patients wait.

I want to see movement, change, before I start accelerating it. However, some of you are never going to be able to come in to me. You can't pay my $400 an hour rate.

You cant do it. We have a long wait list. I'm gonna leave it at that. The doctor, I said, get her in. She said I want an appointment. Okay, look, we're gonna send you to the labs and do da da.

My manager said you do understand your first appointment is October 13th da-da-duh-dah. And so I say no, no no. You will get her in sooner. We will figure it out.

This is professional courtesy. Hate to tell you, but they're going to jump the line, you guys. You get here and we got a crisis. Okay? I have to help this.

I can't help. That's what I got to get. Got to do it right now. 22 post psych ward involuntary, right? You gotta make it happen. Make it happened. Work it up.

So now everybody can see me. Nobody can afford me I don't have that much time. I'm busy, tired actually, okay? Working too much because there's too many of y'all need too help.

So drop something down and I might tell you about a couple, I probably might only tell about the one because it's the safest and i can put kids on it.

This is getting to be outrageous yall, this is outrageous.

Closing thoughts on children, health, and responsibility

I don't know what we're going to looking at in 20 years if we don' stop. So you got the one hand, you're getting poisoned, I'm sorry. But you gotta take some responsibility.

So like, can we meet halfway? Let me give you something that's gonna help push your metabolism a little bit. It's going to work on balancing these hormones a bit, all natural, help you, let me help, then you need to get up and move your ass.

And put down the cookies. Put down to wine. And you can join me like for a trauma course or something. I'll help you. We'll do some group things. But I'm seeing too much stuff.

I don't like what I am seeing. Telling you, when I see the comment threads of some of my friends when they posted that Abercrombie and Fitch thing and that other really morbidly obese people and like the women were on and on about how that is okay.

And I was like, oh no, no no. 25 year olds think that's okay? What has happened here? I didn't want anybody hating themselves. I have spent decades. My whole career is about stopping people from self-hatred and suicide.

Pretty much. That's my whole damn life. Because that was my who damn family. So I take this shit seriously. But being okay with being sick, obese, it's like to me being ok with a meth addict.

Like what? Like, are we for real? Like we're just okay with this now? Oh, we can be a drug addict, heroin, alcoholic. Like, okay, no, I'm not having it.

I am not. Because your children are watching what you're doing and they're copying what your doing. Their job is to look at you and model themselves. That is a neurological hardwiring.

They see you doing it, they go, oh, that's successful, thats what I was supposed to do, and I do the same thing. Well, if they are all obese, not supposed be obese.

This is what we do. This is why we now have the first time in our history of recorded right now in this phase of whatever we're in of this realm, shorter life expectancy for the 1st time.

Yeah. I'm 100% over it. And there's people I want to help in my life who are suffering from depression and being unfulfilled and are drugged up on psychiatric drugs and they're obese and refuse to admit there is any connection between their physical body and their mental body.

If I bring it up, I am talking about diet culture and body shaming. No boo, I'm talking about facts and examples. It's called anatomy and physiology. Pretty basic.

Let me help you if you want it, and for them babies, because we gotta put an end to this. Peace out. Drop it. Just drop it and we'll message you. I need to get you on an email.

Here you go. Whatever. You can ask me questions. Okay? I should answer questions down here. Bye y'all.