The Shocking Truth About America's Health Crisis: Dr. Robert Goldman Reveals All | Ep. 27 Transcript

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Introduction to Dr. Robert Goldman

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they even closed gyms in the 1960s, closed health clubs, They literally closed fitness facilities. Who do you think was behind that? Big Pharma? Well, I think…

Meet Dr. Robert Goldman. He is the co-founder of the American Academy of Anti-Aging Medicine and The World Health Network, dedicated to redefining medicine.

Dr. Goldman is also a proud member of the International Sports Hall of Fame, celebrating his contributions to sports and health. Join us as we explore his insights and expertise.

If we don't make a change, America is not going to be able to hold on. We're giving billions of dollars for this war and that war. we're not taking care of our own children or our people.

Mike Tyson, 58 years old, going in the ring with like a 30 year old. In my opinion, it's not a good idea. Well, no, It's Not a Good Idea. But Mike's an animal.

He's a beast. And that fight was… Welcome to another episode of a healthy point of view podcast I'm your host Sam Tahata and today we have a wonderful guest this guest here guys is a pioneer in our industry He holds multiple world records.

He's not just a physician. he holds of multiple credentials He is an MD DO PhD Don't even ask me how and why you're gonna hear it today. We have the co-founder of the A4M, the American Academy of Anti-Agent Medicine.

we have Dr. Bob Goldman-Doc. Pleasure to have you here. Thanks, Sam. Good to see you. Likewise. So, one of things earlier off stage here, I told you, you are The most interesting person that I get to interview on my podcast.

And there's a reason why.

From Sports Medicine to Anti-Aging

I mean, you've been with the most elite of the elite. You've. Been breaking world records since the age of 11, right? And you just don't stop. So I'm excited to be able to.

Interview you and really understand how you even got here where you're at today. Well, you know, the journeys are always interesting and you don't expect to end up where you end.

It's just like yourself being a fireman, then all of a sudden an IV company and now doing podcasts. The journey has a lot of twists and turns and usually it's very unexpected.

And if somebody told you you would be where are now 20 years ago or 15 years or even 10 years you go, no way. I agree. I agreed. You know, Steve Jobs has a quote that says you can only connect the dots looking backwards, never forward.

Right. So I read with you. All right. The first part I want to start off with is The anti-aging industry, how did you even start in the anti aging industry?

Well, sort of an outgrowth of the sports medicine industry. You know, originally I wanted to be a team doc for the Jets and the Knicks, you know growing up in New York, be the orthosurgeon or something like that.

But then I get heavily into sports medicine and help with a lot of founding, started NASM, National Academy of Sports Medicine. Because when I used to work in the gyms, and I worked in original Jacqueline Gym, the first Jacquelline Gym.

And back in old days, girls used dress these little tiny mini skirts with high heeled pump shoes. and black nylons, and the guys had t-shirts. But nobody had any training in anything.

We just wiped down the mirrors and vacuumed the rugs. And back then, it was a completely different world. Even the equipment had to be all chromed. No one knew how to even use this stuff.

I met Arthur Jones even before he started Nautilus. In fact, Arthur was quite an eccentric fellow. When he start Nauilist, what people don't know is he built one machine went to the Mr.

USA contest. He had no money. Had expired credit card from his sister, put the machine out there. All of a sudden he had all these orders for these machines that he'd had.

No fire factory, nowhere with all to build any machines. That's how Nautilus was launched. So how do you know that? And before that, he was a mercenary in Africa.

And he said, well, I've killed a lot of men and a few elephants. I'm sorry about the elephants, you And I would take his private jet, we'd go to the ranch that he built in Ocala, and you have all these eccentricities of these people.

And so the anti-aging industry birthed from the sports industry because when I started at NASM in the late 80s, National Academy of Sports Medicine, there was no certification for trainers.

Right. So that grew into an enormous industry and I trademarked CPT, Certified Personal Trainer. There was no… Hold on, you owned the trademark CP? Yeah, I did the initial trademark, CP.

That's amazing. Okay. And no one had done the first, ever done an exam. I locked myself in a room for a week, wrote the certification, the 1st NASM certification.

held it in Chicago, in my Chicago place. And the first class was Tony Little, who started, you know, was one of the great big infomercial people. John Abdo, he started the Ab-do-er.

I had some guys from NFL, Dennis Kaiser's main representative from Kaiser Fitness Equipment. You know I have Jim Lorimer and Bob Lorimmer, partners with Arnold in the Arnold Sports Festival.

These were all in this first-class. And many of the people I trained ended up becoming very well-famous trainers who were involved in a lot of things in the fitness industry.

So from NASM, when I licensed NASN to the West Coast, where I'm still President Emeritus for life, but it's all been run by very, very polished, good people, We said, wow, we're getting older.

We have to address this issue. So we flew 12 doctors to Chicago. And we started the American Academy of Anti-Aging Medicine with just a few guys. Our first show, or first Congress, was about 18 guys, one tabletop, and just few docs and a a hours of lecturing in Cancun, Mexico.

That's how A4M started. Now, when the AFRAM group got together after the show, I had a lead for the World Bodybuilding Championships in Seoul, Korea. And all these 12 guys who were the original start, who originally involved in this, all started arguing with each other.

So my business co-founder, Ron Klatz, is freaking out because he's not used to this. But through the IPV and MPC,

and I was used this stuff already because I've seen people try and kill themselves in our executive council meeting.

I said, don't worry about it. When I come back from Korea, I'll straighten everything out. I fire everybody and we format A4M so that it worked as a good polished organization that grew from 12 docs to today 26,000 members in 120 countries, Congresses all over the world.

Being mentored by Ben Weider and Joe Weder and Arnold and Jack Lalane and Reg Park, all these amazing individuals. From Ben I really learned how to build a world federation.

So what I did was I used the same thing that Ben taught me in building the bodybuilding, building IFBB with delegates and national governing bodies like the Olympics in different nations, I do the the thing for AFRM.

And so that's why we were able to do shows. enlisting governments everywhere. When I was very active in the international, in one year we'd have shows in Thailand, Singapore, Malaysia, Indonesia.

I even got a million dollar grant from the government of Singapore from The Economic Development Board. It was the biggest medical conference they held in Singapore as a first shot out.

and did this all over the world. So I actually mirrored what Ben and Ben Wheater did with bodybuilding with the anti-aging industry. And that's why it went global.

In fact, in China, they translated like 10 of our books into Mandarin Cantonese as part of growing and that birthed anti aging in china, which is enormous.

How long did it take to actually start going international? Was it like pretty quick? It was pretty quickly because I was already doing this. I already, you know, I, was going to China in the 80s.

when it was red China, when there was dangerous. And I experienced a number of very surreal experiences over the years. One time, and I'd always be meeting with the provincial governors and heads of state in China at that time.

And one time they said, look, we're just going to have a little VIP dinner for just a few people. So I say, OK. And we walk in and the curtains open up and there's five thousand people in the audience and they want me to give a speech to five hundred people and I give off the cuff.

I just give an lecture on anti-aging and then everyone wants to get their picture taken. From there for six hours getting pictures taken with six thousand.

Building NASM and A4M

People one after the other, like Arnold would do at the Arnold Sports Festival. And then I come back a year later and these people are showing up with framed pictures of us together.

Give me framed picture with people I don't even know. So you have a lot of these really surreal kind of experiences in these different countries. Which makes it a very surprising part of the journey not unlike your growth and you know starting out as a fireman and then You know working with doctors and Then developing your company liquid vita and now having interfacial or alone now Having a podcast that goes to hundreds of you.

You, you, know if somebody told you this 10 years I would have never thought that you think they but but you don't the most interesting part like here's your story is In today's world, you have all of these different digital platforms that allow you to make this tremendous reach nationally and globally.

You didn't have that back then. So it's like me hearing you having that first meeting in Mexico. Why did you guys decide to go to Mexico to have that?

We just had a guy who had clinic down there who wanted to host it, but hosting just like a dozen, you know, 15, 20 people. And it was just a little tiny event and we had no idea how it would grow into an industry doing zero dollars to an Industry Bank of America saying in a few years it'll be a $600 billion annual industry.

you know, from nothing. But there are always challenges, because realize whenever you come up with something new, first they try to disprove you, then they tried to ridicule you.

Then they copy you then, they call it their own. And so we're in the copy, call-it-their-own phase right now. You can always tell the pioneers by the arrows stuck in their back.

We had a lot of arrows and we had enormous organizations, government and otherwise, trying to destroy the industry. and we had to fight through a lot of really unfortunate and painful.

Let's talk about that because that's something from the time I got into the industry when I was only 19 years old working with Dr. Willix and you know Dr Willis he passed away right before COVID at the age of 80. He was you, know one of the guys in your circle In the world of functional medicine, you know a guy who went from being a open-heart surgeon to switching his practice and putting 40 years into functional Medicine leading one of the pioneer companies like centigenics as a CMO, You know, he would tell me about how like Number one, if he didn't have the MD and the heart surgery background, he would just be a quack, right?

He had to go against the FDA on multiple different cases. So I can only imagine you with the platform that you guys have, what you had deal with. Oh, it was brutal.

I mean, they would literally go through our garbage. They would fly reporters to New York to have them do hit stories on us. Crazy stuff. But I was told that they budgeted $100 million to bury our organization and the whole movement.

And we had a fight against that. And it was, you know, and we weren't a big organization. We didn't have large government dollars or any government dollar behind us.

It also had the old guard that was death medicine. They didn' want, they were getting paid to publish garbage and to stop us and stop the movement and saying, look, when I was growing up, I went to the doctor, this is when was first setting world records and I had some problems with my knees and the doc says, well, at age 14, he says you gotta give up sports.

Well, they said, you got to stop this because you your knees. And I just did training and nutraceutical involvement and change ways approaching things.

I went on to 14 years of world championships when I was told by my doc with a cigarette hanging out of his mouth with his pot belly. He died shortly thereafter.

You know, we're always told these things, so we had a fight against really challenging situations even within the medical community. and there were those in the Medical community making their living on dissing the anti-aging movement.

Wow. And we were told by doctors that nutritional supplementation wasn't necessary. You get all you need from food. In fact, when I was in medical school, our entire nutritional education was 15 minutes of one lecture in biochemistry.

Our first year of medical schools. That was it. That was it, okay? So we weren't trained at all in this. So, we had to create an industry against opposition.

Look, Pritikin, back in the old days, they put him in jail because what did he say? Exercise, increase your fiber, decrease the cholesterol in your diet, and it'll help combat heart disease.

They put them in jails. The American Heart Association, what's their rules today? Increase your fibers, decreased cholesterol, do your exercise. They even closed gyms in the 1960s, closed health clubs, because they said that they say exercise can improve your health and improve you your longevity.

And they literally closed down health. They were saying it was misleading. It was misleading information. A literally close fitness. What do you think was behind that?

Big Pharma? Well, I think you have a number of things. You have Big pharma, you old guard medicine, they get a lot of grants for doing nonsense kinds of studies like, a few hundred thousand dollars to decide why old people in nursing homes are depressed.

They're depressed because they're old and they are in a nursing home. Or how far apart you should put park benches, you know for all I mean just crazy kind of stuff And so the world has really changed a lot and especially lately with you Know what's going on in terms of government and people's mindsets and so on the World is really a very fragile place and in order to succeed you have to endure Really enormous odds right and enormous abuse and and just it's a fight But I've gone through Buddhist forest monk training, where no looking at anybody, no talking.

I'm the only American who's gone though four of these Vipassana trainings. What is that? How long is the training? You do a week and you're very little food, just little vegetarian stuff.

You're up at 4.30 a.m. you go till 10 o'clock at night in a seated position doing silent meditation. Can't look at anyone, talk to anyone for a few weeks.

They confiscate your cell phones. It's very, very intensive training and I'm going for my fourth training under the master this January. Is there any reason why you decided to do that training?

That's another whole journey story that in itself would take up your whole podcast. But the journey is very challenging and life is challenging. A lot of your readers out there or listeners, they may get depressed, feel the world is beating them up, and you've got to fight through it.

And it's challenging, life, is painful. Look, when you're born, you are in this nice warm womb. It's all comfortable. You're getting your food. All of a sudden you get popped out of the womb It's loud, it's noisy, you get slapped in the ass, thrown on a metal tin and then sticking things down your nose and all of a sudden all these bright lights and noise.

We went from this little quiet place. Life is painful, life is challenging, but you fight through it. There are some great things you can do and the greatest thing you do is helping others.

I've always got great satisfaction in creating things that I know are going to change a lot of lives. That's why 80% of my activity has always been volunteer.

I love that. And I want to put emphasis on that because that's where I come from, right? Deep down inside, what I find passionate and most rewarding is serving others.

This is why I went from ocean rescue in my teens, being a lifeguard to a firefighter to preventative health to make people well. So I think that's something that people have to recognize because people are always chasing that sense of happiness just for themselves and sometimes it becomes very selfish.

But when you serve others and help others. That's probably one of the most rewarding things. No, when you give, you get. And when your able to change, and that's why I've always liked creating industries.

That why, I like creating the anti-aging industry, creating a personal trainer industry. Think of millions of people now that have their jobs, their livelihoods, supporting their families and changing the health of their clients as personal trainers.

I mean, when I did, there was no certified personal trainers. Now there's several million. So they're out there changing the world. And now in anti-aging, you have doctors and specialists and ancillary professionals like yourself who are changing health of so many people, saving their lives, changing doctors.

What made great satisfaction to me was that our congresses, our world congress, is when a doc comes up to you and says, I haven't been this excited about medicine since I graduated from medical school.

Right. Or this has changed my life or I'm going to change my practice now, because now this is I am excited again what I can do. So these sort of things would drive a person.

And it's it said giving and changing lives that I think is the most fulfilling because we're only here really for a nanosecond.

Global Expansion and Industry Opposition

If you look at how long our lifespans are in the whole scheme of thing, I mean, you wake up, where'd all the years go? In my brain, i'm still like 19 in high school or college.

But I'm a senior citizen, you know, it's kind of crazy to think, but that's the reality. And you're not stopping. You're no stopping any time soon. I'll tell you that.

Trying to keep it going because there's still certain things I think there are other contributions and even my re-entrance into the martial arts world.

That was another crazy story. So at the Arnold Sports Festival, I used to be a big sponsor of many of the things. In one year, I sponsored the donation of the big Arnold statue that's in front of The Convention Center.

I did that in the Big 800 Pound Statue. So I sponsor the Arnold Sports Film Festival and the Highland Games and The Strongmen. But what happened with the sports film festival, Arnold says, look, why don't you do a movie about your life?

I said, that is a little egocentric. He pushed me. All right. And in there I had sections where I broke world records. Chuck Zito, who's been in a bunch of movies, and Alan Goldberg who does the biggest martial arts event.

This was 2012. He said, look, you got to come to our event, we got the big grand mega master martial-arts event in Atlantic City, New Jersey. Now, I had got my six-ton black belt in 1986 in Malaysia.

many, many years before, and I've been out of it. I'd been outta the whole martial arts world for years. And I show up at this event, all of them seeing guys I used to train with in Brooklyn, guys used combat with, in Chinatown, I studied Serpent Kung Fu and all this sort of stuff.

and I re-entered the whole martial arts community because of the movie that these guys just happened to be there at the same time and now I'm very, very engaged in the entire martial art community.

Now you're very very passionate about martial artists because I've even gone to your VIP party that you do in your penthouse after the A4M and you had a leader to support you.

These are guys that I've seen in the movies and everything else in and I have a certain passion for martial arts because I grew up in in The world of martial Arts.

My father was black belt kung fu in Dominican Republic He would train he he showed me pictures of with Bruce Lee doing like forms and competitions and Everything else so I grow up In the martial-arts world And, you know, when I see someone who's into martial arts, that's not just any kind of ordinary sport.

Like, there's a lot that goes behind it up here, especially if you're actually doing martial art yourself. Where did the

passion for martial artists come from?

Well, I grew up in the projects in The Ghetto. So for me, it was a matter of just trying to survive. Survive, survive alone. I grow up on the real bad side of town where they do open heart surgery without patient consent.

I was getting in fights from five, six years old. It was a very different type of upbringing. People think I grew up in a nice suburban area. No, I grow up on the projects.

Surviving. All right. So it was part of that survival. I used to sneak into Chinatown, the train there. We had to take… I didn't have a car. Couldn't afford that or anything.

Take the trains into the city, which also was dangerous situation. But it was part of a journey. And what I really like about martial arts is everyone is a teacher.

In other sports, they covet their knowledge. They won't share it as much. But in martial art, the whole thing is about sharing the knowledge you get to others and teaching others.

It's the biggest part in Martial Arts. That's what makes them so different. than any other sport. That's true. Because the other sports, they'll do a little bit of it, but it's all about martial arts, it is all teaching and having the legacy and respect, respect for elders, for your teacher, your fellow students, and for the art and the history that the arts engenders.

that's what makes it so different. That's why I really enjoy my interactions. And you're right, at my party, I have all these world, Don the Dragon Wilson is 11 time world kickboxing champion, Cynthia Rothrock, seven time World Champion, Michael Jai White, these are all dear friends of mine.

He's eight black belts in eight different divisions. Sometimes we would even get some of the boxers, Ernie Shavers, who is a champion boxer, and all of these kind of people will show up.

And then your UFC guys, Misha Tate, UFC Women's World Champion, Chuck Liddell showed up last party last time. You know, it's really a great fun experience that we all have together and we share that common bond.

And like Randy Couture, I usually see during the weekend as well. These are guys who are lethal, but they're the nicest, most gentle people outside of their competitive arena.

Now, when it comes to the martial arts, you have a black belt in multiple different disciplines. Right, right. What are those? Well, my original training was in Shotokan, Japanese, very strict style.

But then I was learning, back in the old days, I learned Serpent Kung Fu, and the last number of years I've been training under Grandmaster Samuel Kwok of the UK in Wing Chun.

In fact, had a great experience with Samuel, We've been all over the world together. One time we were in all Hong Kong together and we went to Bruce Lee's studio where Ip Man taught Bruce Li and Ipp Man's son is still alive at the age of 90 or so.

And the two of them were sparring and the little guy, he's only like five, five two, and he cracked Samuel's head. In that video I took of the of two them, I shared that it got hundreds of thousands of views of a little son of Iph Man, fighting six foot tall Samuel Kwok.

That's amazing. Who's my teacher. And I tell you, people that are really passionate about martial arts, you think that one day they just like retire and stop it?

They don't. Because I'll tell with my father, black belt kung fu, right? And he taught myself and my two other brothers a lot. He was an assistant instructor when we grew up learning karate, but it was a mixture of karate with kung-fu.

And now fast forward years later, all of a sudden, my dad in his 60s. He goes back to martial arts, but he goes to do Kendo. And I actually had the opportunity to fly with him to Japan for him, to take his black belt test for Kento.

For me, it's just amazing that when someone's so deep into martial art and understands the discipline that comes through with it, so it just never leaves.

It becomes part of your lifestyle. You're not going to go rolling on the mats as much because you're going get her. In fact, one of my med students, he was a heavyweight world champion in jujitsu, and in his 50s he said he wanted to win again.

You're in your 50s. Do not do this. You know, he's a big kid. He's like six, four. And he was one of my top med students that I trained in medicine, not in jujitsu.

I said, look, why don't you take a breather? You already won World Championship time. Well, it goes back in the tournament, does the throw, destroys his back, has to go in for surgery.

Here's somebody who could deadlift like, you know 350, 400 pounds. Can't even lift his grandson. Had to going for surgeries and everything. So you really gotta go to softer styles or you just gotta do a heck of a lot less.

Like I'm not gonna go rolling on the mats anymore. I am not going to go do full contact, I'll do little things but I not go full. So let me ask you this, this is gonna be a loaded question.

Mike Tyson, 58 years old, going in the ring with like a 30 year old. Probably, in my opinion, it's not a good idea. Well, no, that's a bad idea, but Mike, you know, we're not going to talk about that fight, okay?

Because Mike's an animal, he's beast, and that was not what I expected to see. I mean, my hat's off to Paul as well. He's a tough kid, and he's doing some really great things, I think, for boxing, even though it's in a showy way.

But that fight, i think was not exactly the way it should have run. I could tell you this. If Mike Tyson was his age, Oh no, forget it. Anybody. We'd be sending flowers somewhere.

Listen, one of my other colleagues was Mike Tyson's doc when he was fighting. Okay. And he goes into, this is prior to a fight and he has to give Mike a needle for whatever, something or the blood test or whatever.

Mike is terrified of needles. But you look at his eyes and when was in his prime, he's a terrifying guy. Right. I mean, he's a killer. Yeah. You know, in his prime.

And I, mean you could see and if not for some of the missteps that he made along the way, it's one of greatest. We have Muhammad Ali and Tyson, you know these are and you and, Avander Holyfield, I put a number of these guys in my Sports Hall of Fame.

Avender Holy field. So you're the founder of The International Sports hall of fame. What made you put that together? Well, in 212, I said, you know what, nobody is really recognizing these great legendary athletes in all sports.

But more importantly, what have they done after they stopped their sporting career? So we pick people for this. We pick five or five to seven. world-class, remarkable athletes every year to induct, and we do this to inspire the next generation.

So it's not just what they did during their training. We had five Heisman Trophy winners, Marcus Allen, amazing people we put in, UFC world champions, world's strongest men, NFL Hall of Famers.

And we had Jim Plunkett in who was two-time Super Bowl MVP. I put him put in this year. Brian Shaw is the world's strongest man-winner this years. Misha Tate, UFC Women's World Champion this here.

Phil Heath, seven-time Mr. Olympia.

Martial Arts, Mentorship, and Life Lessons

In fact, if you add up all the Olympian titleists that we have put into Hall of Fame since 2012, we've had over 50 Olympians titleist over the path of this time in the sport of bodybuilding, male and female.

When do you typically announce it? Uh, well, it's done annually and we just did our ceremony at the Olympia. We used to hold it at The Arnold Sports Festival.

Now we do it. What a show. I was just there. You know, Dan Sullivan invited myself in a few and it was, uh, just beautiful. And that was just some production.

That's amazing. Dan does a great job. I thought the visuals for the stage were fantastic. Yeah, it was. It's a lot. Putting on shows, not for 6,000, but they put on show for 50, 60, 000, It is a tremendous undertaking to hold congresses for this many people, for these many athletes.

And I've been in the show business, so to speak, 40 years. Many years? It was tough. Yeah, but Dan has done a great job. Yeah. So sports Hall of Fame.

I know you're very close with Arnold Schwarzenegger. Arnold I've known since the 80s. And listen, any time I look up your name, A different picture with you and him are always together.

So I know you guys are pretty tight. How did that relationship come about? Well, the first time I met Arnold, he threw me out of his trailer. Oh boy. He was filming Raw Deal in Chicago.

Okay. And he was there with Sven, his bodyguard. I was just re-entered the bodybuilding world as an official, so I stuck my head in his trail and they threw That was the first time I met him after, you know, but we go way, way back.

And I served on the President's Council with Arnold. He was. The best chairman of the president's council of anybody in the history of a president council on sports, fitness and nutrition without question.

I mean, he flew to every state with exception to Arkansas when Clinton was, became president. Right. Um, He did an amazing job. One of. Fun things we had was The last day that and on this council at that time was back in.

Early mid nineties. You had Mary Lou Retton, you know, Olympic champion, Peter Vidmar, olympic gymnastic champion. Yet the room was filled with Olympic champions, like about a dozen of them.

And we're with the old man Bush, the president at that time, and Arnold goes to him and this is in the White House before we were going to go into the Oval Office.

Or goes, what was the greatest time here? And old Man Bush goes the day I get in and tomorrow when I got the hell out of here. So, you know, Arnold Arnold is he has an amazing talent of going in a room with like and just taking the room over.

It's and the more people they're around and more his energy goes up like most normal people, they would kind of go to him. The more. People, the. More energy he generates.

That's awesome. And he works a. Room unlike anybody I've ever seen, because there could be CEOs, chairmans of enormous company billionaires. He goes home.

They all become little kids. I'll get a picture. I mean, it's amazing. It's really a phenomenon to watch in his prime. When he would go in there, he just exuded this star power, you know, that that was it was a remarkable thing to wash over the many, many years.

They had great. Great mentors, even Jack Lillane, whose world records I broke when I was growing up. He was the mentor. Had all these amazing Jim Benin, Joe Weider, Reg Park was Arnold's idol.

He was another mentor of mine. I had these great mentors, and I think that's the reason for the Sports Hall of Fame, because they can, through the videos and through speeches that they give, they could then mentor this next generation.

This next-generation badly needs mentorship. training or we were learning from people like the Wheaters or so on. We volunteered our time without, you know, we're working for these different organizations.

To just be a volunteer to learn. Kids today don't want to volunteer. They say, what are you paying them? It's almost like you have to force them to You got to force him.

And we, it was like an honor. I had a funny situation with Ben. He wanted me, Ben Wheater, he wanted to do a certain task. Ben, there's like 50 other people that could do this.

Why are you asking me? He says, I ask a busy man because then I know it's going to get done. Right. And that's how I became part of that inner circle.

You have this bodybuilding organization with Jim Mannion and all the people. We all go back 40 years. I remember when Jimmy was like a collector. Wow.

When we all back to the old days, to old gym business. It really is. I'll tell you a funny story about Jim Manion, which you're, you know, people in the bodybuilding world get a kick.

Jimmy was, in his younger years, was a tough guy. And his son, J. M., who is the photographer for the MPC. So Jm brings a date to one of the Bodybuilding shows.

Now I'm going decades back. And there was a guy who was giving Jimmy a hard time in the audience, you know, using very foul language. Jimmy jumps over like four rows of chairs, starts strangling the guy, beating him to death.

And J. M. goes, oh, yeah, that's my dad. Oh, and then the cops come and the guys think they're going to arrest Jimmy and they take the guide away. Because Jimmy knew all the costs.

So. You know, it's this group of us that grew up with very little and have seen them, and now he runs the whole bodybuilding world over there. And all of have come through these ranks, yet we, Big Steve, Steve Weinberger, who is the chief judge, you know the story with, do you this story between him and Bev Francis?

I don't. This is a really great story. This is when they were filming the bodybuilding, the women, you know, George Butler did the men with, pumping iron and this was the woman.

And so they needed a boyfriend for Bev Francis at the time and she was a big muscular woman at that time that they're doing it. So one of the guys goes to Big Steve, hey, could you play her boyfriend in the movie?

He goes, Hey, are you going to pay me 500 bucks? Yeah. Cause at time he was delivering newspapers off the back of a truck. Okay. It wasn't, you know, owning gyms or anything.

And at the end of the movie, they go to him. They go, hey, look, You don't have to be your boyfriend anymore. He goes, no, we're in love. We're getting married.

Oh, wow. And now he's going on to be chief judge with successful gym ownership and so on So this journey with all of us has been really, you know, it's been a lot of fun You know we've lost some great people, along the way, we lost these iconic individuals over the years But we try to go on and then to inspire that next generation.

That's I think a really strong driver that is a driver for me. Now Dr. Goldman one thing that I I'm kind of like noticing

as we're talking is that you have a lot of relationships.

And one of the things that I tell people when it comes to business, like a lotta people ask me, well, Sam, how do you start your company with only $500 in your back pocket and you haven't taken any investment funds up till today?

You know, I haven' taken money from anyone. How important are relationships for you? Critical. If you do a deal with somebody and you're happy but they're not happy, it's going to go south.

That's why I'll ask people before we finish a transaction, are you happy? Will this make you happier five years from now? You try to do something that's good for both parties.

I think that people think they are getting away with it by trying to cheat somebody. or do some kind of monkey business. That's not good long-term business, relationships are the key.

I'll tell you a crazy story. When I was a teenager, I worked up in the Catskill Mountains as a lifeguard. Okay. It was making $50 a week, happy to do it.

Well, they had a little nightclub. There is a Brickman Hotel in New York, upstate New And they had a performer in the nightclub who had friend who was a French movie producer.

So this French producer comes to visit the hotel and he's got two beautiful daughters, you know, teenage daughters. And I'm a teenager, I was 17 at that age also.

I meet this guy. Now I don't know who he is and I am just a tough kid from Brooklyn. This guy wants to hire me for this company that he started because he and his well to do guy and he and his family got stuck in some part of Africa somewhere and they couldn't get out.

So he wanted to start a company that would have a medevac unit that could fly from anywhere in the world to go rescue people. And he wants to hire me.

I'm a 17-year-old kid who knows nothing, never even traveled outside of Brooklyn or outside New York, I know nothing. This guy wants a hire for this company, he want to fly me all over the World.

And my folks go, you're not going anywhere. You haven't even been out of Brooklyn. This guy's not gonna fly you to the Middle East or to Europe or Africa or anywhere, so now we go almost 35, 40 years into the future.

I'm in San Tropez on my friend's super yacht, and there's an older woman standing there, I am just chatting her up, it turns out, oh, are you from New York?

Oh, well, if you want to go on the yacht with me tomorrow, bring you on to my friends yacht. We're on there. I say, you live in Central Park West, right?

I knew a guy who was a performer in the Catskill Mountains, and he had a friend who is a French movie producer. She goes, oh, do you mean Jean-Claude?

And I go, yeah, about five, six great movies. And she goes yeah. I had an affair with him 35 years ago. Oh, wow. He wanted to hire me for a company and called SOS.

She goes, oh yeah, he's just sold that for a gazillion dollars. I would have been employee number one, like employee, number at Microsoft at employee.

Number one at at Amazon for this guy. So it turns out that. my buddy was the performer, didn't own the apartment, the French movie producer did, because I went to a party there, that's how I knew about it.

And so I call up this guy, I had not spoken to him in almost 40 years, Johnny, not the french movie dude, it's the guy who was a performer. I go, why did Jean-Claude want to hire me?

I was this rough 17 year old kid from nowhere, he goes, you know we talked about, they said this kid's going to be big one day, He gets ahold of Jean-Claude on his big super yacht that he's sailing around the world and he goes, he tells him the story and says, Jean Claude goes you know, I gotta pick him.

So here you are, decades apart, different parts of the world. I run into a lady in Saint Tropez where I ran into the producer in upstate New York as a 17-year-old kid.

And all these things have transpired. Now, who would know? And how would my life have changed if, let's say, if I did take that job? Okay, it's just like I had a I have some people come to me with a deal that was predated Amazon by five years He had raised about 50 million dollars.

It was called mother nature comm and what did they do? They wanted to sell boots books and vitamins online, which at the time was unheard of Who the hell were they screwed up the company?

I own 20% of that company. I would own twenty percent of Amazon Wow But if that had happened, I wouldn't have done all the charitable things I did over the years.

And then I had a healthy soda that was developed by some staff of mine. This is before there was anything, even Arizona Tea, none of this existed. But the guy running that particular project didn't know what he was doing, so it crashed and burned.

So imagine if took off and I owned the biggest vitamin water and had made a bunch of money back then. I would have done a lot of the things. I wouldn't have created NASM.

But it's interesting how everything just comes back full circle. And you being there with that other lady, being able to talk about it and get on the phone calls, and you just start putting those dots together and see how just transpired.

And you don't know, and because when one door closes, another door opens, so people get very, oh, I really wanted to get into this school or that project or this job, yet another would never have opened up if you had gotten that job and you never would have gone through those other doorways.

I feel like that a lot of people will also, especially today's generation, They put too much stress about what didn't happen or what it could have been versus just keep on going in the path that you're going and just make the best out of that.

And how you said, once one door opens, you know, one doors closes, another one opens. In exactly with like your story, it's like, well, what if you would have gone the other route?

You want to have all of this that we've already developed, designed, created. It probably wouldn't be there, right? No, I mean, you know, if I didn't oversee a lot of like with A4M, with the anti-aging organization, it would have imploded because there are a number of groups that were out there that we're doing that sort of thing.

But they didn' have the skill set that I learned from Ben Weider on how to build a multinational organization. Right. If you don't have those skill sets.

And I only learned it because of all my volunteer time. You know, people think you get paid when you work for the IFB. I was a volunteer. For the 30, 40 years, I worked with the I have been the MPC volunteer saying this shows you the difference between relationships versus being transactional.

A lot of people tend to want to just, they want the transaction, but when you're there volunteering your time, building that relationship, I feel like you have the ability to see more of what you are getting yourself involved in when do something like that, where you volunteer.

Well, not only that, early on when I was doing things for the IFBB and setting up the dope control and a lot of the sports federation work over the years, one of outside parties said, you should go to Ben and tell him he should start paying you.

I said the only thing I will ever ask Ben is what can I do for you next, sir? Nice. And because if I had done that, I could have not then been involved with what I was doing.

I'm not saying to do everything for free. People got to make a living. They have to move ahead.

Health, Nutrition, and the Make America Healthy Again Movement

But there's a lot of mentorship that's priceless. Yeah. There's lots of journeys that you go through. It's the same thing when somebody goes through Shaolin training.

it's painful as hell. Or even my Buddhist forest monk training, it is painful. You know, It is brutal. But there's things that you get out of it that are these nondescript journey portions that literally can not only change your life, but put you on a journey where you change a lot of other lives along the way.

And that's the true value, I think, of the whole game. You can't put a price on it. These are things you can even purchase. There's certain things, you just have to actually be there, boots on the ground, go through it to get the value of that experience.

Well, and not only that, people think that I got to be rich. You know, they feel the baller stuff, you know. I want the fancy car. And I don't want a car to turn the key and it works.

That's all I care. Oh, I was never a sports car person. But people, know they think they want to have all this showy stuff. The people that dress with all the fantasy stuff?

They're the poor ones. They really wealthy guys, because I've been invited numerous times to the Forbes CEO Global Summit when they have the billionaire group that comes out that week, that whole group of three hundred.

They're wearing a t-shirt or they're just wearing very casual and they would never go up to somebody. Do you know who I am? That sort of nonsense. Like in a restaurant, you can tell the quality of someone by how they treat the waitstaff and the doorman and so on.

I mean, because I had those jobs. Would you say that's the difference between someone who has true happiness versus not having true? Happiness. It's part of it.

Sometimes you have people who treat people nicer, not necessarily happy because the bulk of people, unfortunately, are not happy. And that is why, you know, for a lot of reasons, whether you can go into things with the poor foods that we have today in the toxic environment, air, water and so on.

That's a separate series of issues. But it has to do with. The way that you program yourself and how program you allow yourself to be calm by these outside influences.

I usually found even in the bodybuilding world, the prettier girl is the more insecure she is. Many years ago, I think it was 1986 at the Mr. Universe in Australia, at The Gold Coast of Australia.

There was a male and a female champion bodybuilders sitting down together on the stoop. And I'm outside. This is my early entrance into body building.

OK. And the guy is going to the girl, and this is, I guess, her boyfriend, girlfriend. And, the guys goes, how do I look? The girl goes you look great.

He goes well, How good do you think I'll look. Well, you really look good. What do mean how good? And they're

going back and forth. I'm mystified, listening to this for like an hour, they are going backwards and forwards.

This is pretty screwed up stuff here. So, you know, unfortunately, people many times are broken, but it's the broken part sometimes which makes them great that insecurity, which was drives them to work out so hard to train so harder to be so good.

You know. So it works. It works both ways. But I think you see this a lot when you have like your two hundred thousand people on Instagram. What do people do on Instagram?

They filter it, they do this, and they show they're so happy. They're miserable. It's almost like there's an emptiness within. Obviously, I'm a leader and I lead people and tell people the true happiness doesn't come from the flashy stuff.

The true happens comes within, like you have to be happy with yourself as an individual, as a person. Literally, if you were butt naked with not even a penny to your name, If you're happy with yourself, you are the wealthiest person.

That's the monks. They're at peace. You know, they're not emotionally taken down by their environment. So they can handle such a painful environment of no food, no water, sitting in an uncomfortable position, not talking, speaking, looking at anything.

how the monks, you never hear about the monk's reaching out to the billionaires on how to figure out how live happy, but you hear the billionaire's reachin' out the the Monks to figuring out, how do I live Happy?

Now I've been very lucky, I have gotten to interact and I'm actually friends with a number of enlightened fourth level enlightened Buddhist monks. And they're truly remarkable individuals and they are really at peace.

But it took a lot of training for them to get there. I am doing the best I can, you know, and a novice even though I had it for four years. You're doing it though.

So Doc, all right, so your first book that you wrote, what was the name of it? Death in the Lock Room, Steroid Drugs and Sports. That is something that, and correct me if I'm wrong, that triggered you to focus on metabolic health, right?

And you saw things that people in the world of bodybuilding don't necessarily see today. You saw people utilizing performance enhancement drugs in a very recreational way, where it was just different back then.

And, you decided, okay, well, something is happening to the body. Something is working. We need to take a deeper dive to understand what happens in the crib cycle?

What happens with their metabolic health? You know, all these metabolic pathways and everything else. Tell me more about that because we're starting to see a bigger shift in course of medicine, the way people practice medicine.

And metabolic heath is really it. I mean, that is the that medicine should be practiced. So I want to hear more your history of when you started doing that and what gave you that mind shift of focusing on metabolic health?

Well, what happened originally with the whole steroid epidemic situation, back in the 70s and 80s, athletes, they would take anything. They'd say, I want some gorilla monkey hormone, growth hormone.

They didn't even know what they were getting, and it was like they're taking all kinds of crazy stuff. And they didn' know they what were doing at all.

I saw that as a pretty dangerous activity. You didn"t have drug testing back then. A professor, Manfred Danica of Germany, invented steroid drug-testing for the Olympics.

and I actually mentored under him for five years. We did dope control around the world together. And so they, they were trying to clean things up a bit, but you really can't.

And you had John Ziegler, Dr. John Zeigler invented dianabol, methandrostenolone, for C. bagaigi. I mentored under him as well. He was the father of anabolic steroids.

Pennsylvania and I dedicated that the book my death locker room book to him and he got to see the Book the day before he died. I spoke on the Day before He died and so he was my mentor as well and So we saw that there's other ways to do these sorts of things Drugs are not bad, just if they're used improperly or compounds are no bad.

It's just that they are used properly. So hormone replacement is very effective for people as they get older. You know, IV solutions, nutraceuticals, peptides, stem cells.

These are all great things if done properly and done intelligently. And we need to continue to research them. But a lot of the real cowboys who have done a little of groundwork are A4M docs.

because they are out there trying to figure out what really works. And the way you figure what works is in the trenches, is actually doing it. So today, I'm very in favor of hormone replacement for men and for women done properly.

I am not in favour of a 14-year-old kid shooting up at Roy's before his hormones are properly regulated. And I'm all for everyone getting proper blood tests done so things are titrated, so you're doing things in a most healthful manner.

But it's an evolving field and metabolic health, precision medicine, anti-aging, whatever you want to call it. is really the future because we live in a toxic soup.

The water is poison, the air is poisoned, The food is poisonous. Everything is a mess. And that's why I'm real excited about Bobby Kennedy coming into the mix.

Maybe we could change the way Big Pharma is operating and the ways foods are being manufactured and what our kids are fed with all this childhood obesity and childhood diabetes and depression and giving kids drugs because they're a little hyperactive.

Let them go play outside and get the hell away from their video games and their and their iPhone that they're staring in their face. Obviously you have a tremendous amount of experience when it comes to metabolic health and nutrition and exercise and how important that is for your overall health.

So with the things that we're seeing now on the political side, with Bobby Kennedy being in charge of health, and human services and everything else, one of his main things is He wants to, number one, clean up the food, cleanup the corruption that's out there, and he wants a focus on this metabolic health type of practice of medicine.

What is it that you think, because the A4M has done a heck of a job bringing world-class leaders, physicians, PhDs, people from all kinds of different professions, pharmacists, that are there that're educating, they're researching, but what is that that think is needed from the bigger organizations, like our government organizations to really move this to the next level?

Well, one of the things we've done at a smaller level, before I go to a bigger thing, we developed a site that's worldhealth.net, which is the second oldest website in the history of The Net, only second to The AMA, to American Medical Association by 30 days.

And there are 40,000 articles in all our symposia from our anti-aging congresses that are on world health. net. And so it's education. So I think we need to widen the education to self-educate people from the top down.

And we also need change the way big farmers operate, the food companies are operating, what kind of lunches

you're giving to the kids. I know there's a big deal for Bobby Kennedy in terms of what kinds of foods these kids are being given, childhood health.

So this is a major, major breakthrough that I think can be so groundbreaking in terms of changing the direction. You know, when I was a kid growing up, we were all fit.

Kids, kids, were we all doing pushups and sit ups. In fact, that's when i started doing my world records because when the first time I touched the pull-up bar, I broke the school record at like, you know when, i was only like seven years old.

And so I say, wow, this is cool. So I trained from like 11, age 11 on seriously in terms of calisthenics. There's no physical education in the schools anymore.

And it's decreasing more and more year after year. It's horrible. I remember when I was in Milwaukee, Wisconsin, going through grade school. We had all kinds of stuff.

When you had gym class, you did everything. You spent the week learning how to play this sport, another week doing this. I remember they would even bring you roller skates, and we would roller skate in gym classes and learn how roll a skate.

And today you don't see it. Even what you were talking about, the presidential council, with all the fitness, I don't hear about that anymore. Before, it was like a real challenge.

We would compete to make sure we get that patch. Where is that? When we had the Council under Arnold, the council was very active. The whole push was to get physical education back in the schools.

And my other buddy, Jake Steinfeld, body by Jake, has put gyms in schools all over the country. He's done a great job. And he's worked with the governor of almost every state to put these, donate, get these gyMS donated into the schools, all around the county.

We have a very, very unhealthy, terribly dangerous situation in America right now. When you go to these other countries, especially like China or Japan, they're doing fitness stuff.

These kids are working out. They're training Korea. Their doing exercise, their doing their schoolwork. Our kids aren't doing this. It makes their brain sloggy because they are not getting the oxygen, the blood going and they're doing unhealthy activities and watching crazy videos or spending all day on TikTok or YouTube.

All this stuff instead of doing what they need to be doing, which is a physical activity and interacting with other kids. The real danger I see is the loss of humanity where children are not interacting with each other.

Well, we used to have an argument. We'd get in a fight and then we became friends. Right, exactly. You'd shake hands and, right. It was my first day of junior high school.

I grew up in the projects there. So it was a nasty, I go into the schoolyard. And I'm like 13 years old. They won't let me play a game. Get in fight with the first guy.

Then they let play. Than a bigger guy than him beats the hell out of me. An then a big guy that beats him up. And then I ended up being friends with these guys after we ended playing football all through high school together.

But you get in your fight and then you're becoming friends. It's not the zero tolerance situation. And now today you have kids who don't know how to interact with other kids.

So they do these terrible things like these shootings and all the, because they're just watching these video games where hundreds of people are getting blown apart and they become desensitized.

To the danger and to the horror. They're being fed the wrong information. It really is. And you know, I read an article the other day that when you look at the young men and even women in the age for the military, let's say we were to have a draft, right?

That 70% of those people here in The United States are not even physically fit. Not even close. That's scary, especially when You start looking at other countries.

I mean, we gotta start thinking about this. We gotta talk about it. There has to be a change. It's an abomination. Basically, you have an entire generation of American kids who are a mess.

They're a mass physically, emotionally, structurally, every which way.

Fitness, Schools, and Community Health

Their habits are terrible, and worse, they're not interacting with other kids or other people. They're sitting at home in front of their damn video screen or looking at their phone all night.

Their sleep habits are screwed up. They are on all kinds of meds that they shouldn't be on in the first place. The diets are horrible. It's all fast food crap.

And if we don't make a change, you know, America is not gonna be able to hold on. I think that's why they're making the changes. Bobby Kennedy could be great in terms of what he's gonna do, in turns of changing the healthy lunches the kids are having at school.

We should get physical education back in the school, there are things that should be budgeted for versus the goofy things. You know, we're giving billions of dollars for this war and that war, but we are not taking care of our own children or our people or the health, veterans.

The vets are being cast aside. You know, they gave their lives or their health or body for the country, and they need more assistance as well. They need healthy programs that bring them back.

And that's what's being ignored. America is not gonna be, I mean, we have one of the worst health profiles of countries all around the world and we spend more than any other country.

That's a sign of weakness, to be honest with you. It's major sign a weakness and dysfunction. Right. And the wrong leadership. Yeah. You know, because at the end of day is who's controlling the dollars, how are they controlling, why aren't more dollars going to physical, going lunches for kids?

Why aren' more dollar going physical education and gym facilities and training facilities for kid or for sport? Sport is one of the greatest growth teachers for kids, how to interact with each other as a team.

And the discipline that goes behind it. So with what we keep on hearing about, make America healthy again. In my opinion, I feel like the A4M is a huge platform to lead making America healthy again, because the leaders and the physicians that are treating everyone across the world that should be educating their patients, there has to be a shift on the way they treat their patients.

And I can't say that there's any university out there that's teaching the ways that the A4M actually teaches. In my opinion, I think the courses, the fellowships and everything that has been created, that can be the new standard into some of these universities.

What are your thoughts about that? Yeah, one of the things I've always wanted to do that I'm still pushing for is how do we coordinate the doctor with the trainer with a fitness facilities?

If you can get all, cause the doctors not doing the physical training. Right. The physical trainer is not writing scripts or doing surgery. And the gym facility is doing not surgery or whatever.

If can you get these to interface to work together. I love that. Each of them have their part. And each of them will play their role in increasing and lifting the whole ship of the health of all the people.

And the more healthy they become, the better they're at work, The better their human interactions, trauma, medications, antidepressants, all these things.

I mean, one of best ways to get your endorphins up is what? By training, working out. But if you sit in there watching watching depressing crap or stupid things on TV or on Netflix and you got to watch one movie marathon after another, instead of getting out there and exercising training and making it more affordable and getting this things, getting it so more people can utilize these things.

It could be a game changer. I agree. You know, so I was talking with Rob Fletcher about one of the things that he brought up in conversation. It's kind of going where you are with what you're saying is how to get the personal trainers where we can really bring that word personal that personalized part back into personal training.

Where there could be some kind of educational platform for the personal trainers to really start understanding a lot of this precision, functional medicine, biohacking, whatever we want to call it.

Where they have a better idea, where they can work with their clients more based on the data that we can produce on a functional medicines side. it being blood work, specialized diagnostic testing for micronutrient deficiencies, doing something as simple as a DEXA scan for body composition analysis, and really having these data points that we use in the precision medicine side and bring it to the personal trainers that are actually working with the clients.

Absolutely. I mean, it's tying the pieces together. Right now, there's too many things that are segmented. Where, you know, in the old days, the doctors were not trained in nutrition and all these things need to be trained.

And now we're doing a lot more of that. But we at A4M, we've had to do a of this training because they weren't taught this in medical school. They weren' taught about training and nutrition, and exercise and diet and some of the more innovative therapies in terms of peptides or stem cells or IV therapy.

You know, all this stuff that needs to be part of every medical curriculum, but is even more important. How do we coordinate these different segments of society and these difference segments?

Of health care to work together, not to. Be competitive because each is doing a separate part, right? And that's what we've tried to do through AFRM and through the education programs and, through, the personal trainer industry.

I think if we could get this coordination going, it will be a great boom for the country and for all around the world, actually. And I, think we'll enhance the health of people.

We have to really take some serious action because the Health of America is going right into it. It has to happen now. The time is now, We're way overdue.

We've had some really big organizations and bodies out there that have been against what we do, that we have created a lot of roadblocks and prevented even peptides to be prescribed to our patients.

Now with what's happened in the election and having Bobby Kennedy there and now we just saw Dr. Oz got appointed into a certain role. These are people that have been talking our language for a long time.

So I don't want to see what happens. I want be a part of what happened. That's my goal. Well, we hadn't given an ICON Award out for about seven years through the AFRM.

And when Dr. Oz lectured for us, Mehmet's a good friend of mine, and he received the ICon Award, which is the highest award. We usually just give that to Nobel laureates or great leaders.

Arnold got that years before for his support of stem cell research when he was governor of California. They've got some great people coming on board and I'm hopeful that we can really make a change and sort of bring things back.

Because if you walked in the streets in 1940, 1950, 1960, most people were trim, fit. They walked everywhere, they look great. Where today it's horrible.

So Doc, so the other day after the fight in, I think it was in Vegas or something, there was a picture that was going around the internet with Donald Trump, Elon Musk, and also Bobby Kennedy on Trump's airplane, eating McDonald's.

Right. So do you eat McDonald's? I haven't had a McDonald burger in probably 30, 40 years. I'm a health and wellness enthusiast, but I grew up in the inner city and McDonalds was actually like a meal that we would look forward to, you know, maybe once a month if my parents could afford it.

And till today, at least once or twice a year, I have McDonald. Now, with this whole movement of make America healthy again, I think McDonald's should take the lead on making their food healthy and taking a lot of the crap out of it.

They could do it, they should do, it'd be a smart marketing move. And with the change in administration and changing the approach to health, It would be, a great idea.

I Think most of fast food, if not all the fast-food joints should really look to do that. Unfortunately, there's a lotta the people that make the poison, make too much money from making the poisons, or it's easier, cheaper.

to the profit margins are better to use what they're using to have to be a lot of retooling, getting supplies from different areas. And you got all the GMO that they are using.

But you know, McDonald's is such an American company. The thing is, when you hear these leaders, like even Donald Trump, They don't bash McDonald's. People respect them.

McDonalds has done a lot of positive stuff in the community. It has a lotta different nonprofits and stuff. So for me, it's like, if you start with McDonald, we figure out a way to actually make America healthy again by making their food taking the crap out of it, I think that's a really good step in leadership to see everybody else kind of follow suit.

I agree, absolutely. You know? I would love to that. That would be a biggie. It is. But you know what? This is the thing. So McDonald's, you go to other countries.

Other countries hold McDonalds accountable, and there's certain things that they can't put in their hoops. Well, even with the ketchup. Ketchup is made different outside the US.

And the French fries, which they, And that's the big fight. It's like with Kellogg's, you know, this is one of the things Bobby Kennedy talks about. Well, why are they making fruit loops with 14 different ingredients here in the U. S.?

But you go to Canada and it has like four or seven ingredients and they're all healthier and organic. And it's it still tastes like the same fruit loop sweet here.

So why put all this extra junk? into our food, especially if you're an American company, take care of your American people. I agree with you 100%. I hope we see those changes.

It will impact positive in so many ways because the kids are going to be healthier, people will be Diabetes will decrease, high blood pressure, cardiovascular disease, and then also get them exercise.

You've got to train, too. I mean, diet's really important, but I'm a real stickler for working out. Yeah. But I've been working almost every day since I was 12. And it's just part of you eat, you breathe, go to the potty.

That's part of the routine. You have to. So I want to go into a little bit about you and how unique you are as an individual. Do you hold some world records?

And this started from a very young age. Let's talk about some of world record you have. I've seen you do planks, push-ups at mass scales. What are the world of records that you've started with and which ones do you currently have?

I don't know what's current anymore, but I did a number of them for Guinness World Book. David Frost used to do the Guinnes World book show on TV and I'm watching it and he is a guy who does 10,000 sit ups for the world record.

I go, boy, I can do more than that. So I do 13,500 straight leg sit-ups the old way with alternate elbow to knee, which are harder, not the bent leg set ups like they do today.

And then handstand push-ups. I was watching the Olympic games and was very young at the time and they had the Russians and the Americans doing a competition of who could do the most hand stand push ups off of the parallel bars.

And the Russian's beat the American's really bad. So I started training on that. And at the time I was also working for Jack Lane and he had a world record in how quickly you could do 100 handstand push-ups and sets and so on.

So I actually set the first time that Guinness World Book accepted the hand stand push up record where it's free standing, no wall, nose to the ground, full extension.

The real way to do it. And the last record I did for that I think was like 320 or something like that. But you can't stop. You go to literally you pass out.

So I had a whole bunch of different records over the years. I think I hit world level as 14, stayed there competitive till I was 18, 14 years old.

World Records and Competitive Drive

No, I, was watching something that from a young age, what you ended up doing, and this is the, the motivation behind you as an individual, you would actually like go and see what are some other records that people have done.

He says, forget it. And I'm just going to beat that record. Yeah, look in Guinness World Book, I got real close to breaking the, it was like a fraction of a second away from breaking, the 50-yard handstand sprint, running on your hands for 50 yards.

Then the pull-up record, dip record. I just went after a whole bunch. Just go through the book and say, let me see what I can do. But getting a record approved by Guinnes World book is not easy because you have to have a gymnastic official.

Everything has to be documented. They're very strict and they don't necessarily take records all the time. One time, though, I broke a record and somebody else in Taiwan broke my record, a handstand pusher, when I got really pissed off.

So I put the system down where I would wait till the end of the year to then do it so that nobody would have the chance to resubmit. There's also a strategy that goes in so you can actually get in the book.

And I've been in that book numerous times. Then there are even crazy stories that come out of that. One of my homes were in Chicago. And I get a call from somebody I don't know, I've never met.

He goes, hey, you know I did the world record in regular push-ups when I was a teenager and I have a European

version of the Guinness World Book that you're in doing your handstand push up record.

I want to give you the book. And, and it turns out, this was the guy when he was 16, he broke the World Record in Regular Push-Ups. Oh wow. In the very next week he went out with his friends and he dove off of a pool, broke his neck, He was quadriplegic his whole life.

And this is a guy who called me. And so I meet up with him. He says, well, let's go to lunch. So I take the guy, you know, he wants to pay for lunch, I go, no way, that guy comes down in a wheelchair, and very kind of beat up.

Turned out that this guy he broke his neck like a week or so after he set the world push-up record. Wow. and he was a quadripleg and ended up the nurse who was like 30 years his senior, He ended marrying the nurses.

Oh wow. And the daughter, you remember heard about Jerry Springer having an affair with a 19-year-old girl? That was his daughter. Oh, wow. Okay, so it's like, Jerry, right.

So, yes, and he was like in his late 50s, I think, at the time. But, it was very odd, there's sort of a camaraderie. And back in the old days, when we used to do Guinness World Book, You get these ties, Alpha, Omega, Biggest, Fastest.

And so I have a closet full of the ties, which I never wear because they're pretty ugly ties. But it's a camaraderie of people who have set these, I'm talking about strength records, sit-up records.

Some of guys I put in the Hall of Fame, like Hop Thor, who's the world's strongest man, you see him on Game of Thrones, and Brian Shaw, whom I've put on this past year, the World's Strongest Man, Ed Cohen, world greatest powerlifter, 70 world records is a comradery among all of us who've set this kind of records together.

And it's really neat because we're in different sports, we've done different things, whether it be strength, this, endurance, it really is a kind of unique grouping of people.

But you gotta train really hard. Like I started training seriously when I was 12, when most kids are hanging out playing video games or just sitting at home watching TV.

I'd be at a home, the first time I did over a thousand sit-ups, I would listen to the Nick game when they were playing basketball, and I just was in my little room doing sit ups all night.

Not telling anybody, nobody knows about it. You would just do these things and train in quiet. How was your diet back then? What did you eat? I didn't know nothing about diet.

In fact, I did some really stupid things. I thought that dogs were strong, so I actually ate milk bones. Do you feed dogs? Cuz I you know, we didn't know how did those taste terrible?

But you don't you you go to like the old-school bodybuilding days and you in the movies you would see like putting the raw egg Jacqueline used to go the to the butcher shop to drink blood Yeah, they would do some pretty crazy things back because we don''t have the knowledge base or you but yet most of the things that we learned about nutrition came from the bodybuilding community.

You know, all this about how to use high dose protein and diet. A lot of things, diet and drugs, unfortunately, as well, we learn from body building community, they were the experimenters who taught us about these things.

And I remember a lot that stuff because my father was big into body-building as, well besides the martial arts. You know, there was, I remember he used to always have all the different flex magazines, you know?

The crazy stuff that people would write in some of those magazines. And the biggest thing for him was the Arnold Schwarzenegger Encyclopedia. You now, and I did bodybuilding.

Look at all my trophies there. I got qualified and everything, so I was doing body building too. So I've got a passion for it, but that encyclopaedia, like my dad followed that thing to the T.

like all the exercises and everything else, like, yeah, that was like a lot of the old school bodybuilding and stuff, which now, you know, things have changed a bit, but you're familiar with that?

Yeah, I know all of them. I'll probably help put it together. All the guys who started from way, way back. Back in the Old days, we had Dan Lurie on the East Coast, who was a SEAL Test strong man who had the Dan-Lurrie fitness equipment and barbells.

He used to have a moving company and that's was on East coast. Then you had Ben and Joe Weider. Ben was up in Canada and and Jo was in California. She had we then had Bob Hoffman, who was at the York Barbell Company with all the Olympic lifters.

And that was his group. Then he had Iron Man magazine with Perry Rader. So you have Joe with with a with his bodybuilding man, his muscle builder. They had Perry Raider with is and yet Bob Kennedy up and Canada muscle mag.

You had all these different groups, you know, and when you grow up around all of these Yeah, and and what had happened in the and back in The old days they didn't like the power the rather the olympic weightlifters hated the bodybuilders Why is that because the?

body builders when they came into a tournament or a championship we had olympec lifting and bodybuilding everybody wanted to see the Bodybuilder's so the weight lifters Hated the.

Body builders and they used to not want them in. The same competitions. He had the aau amateur athletic union, right? amateur athletic union, where they'd have these shows and they would be in competition with each other.

But people really like the bodybuilding. And that's why body building exploded and got so big and only got recognized by the Olympics for a short period of time with Ben Wheater's work.

I think it was in the 90s or late 80s when they finally got Olympic recognition temporarily. But there was always this competitiveness between the powerlifters, the Olympic lifters and the bodybuilding community.

The body building community never really in Olympics, but massive growth, especially the women. In the old days, when you have a female competition, be one of two girls.

Now you got hundreds. Now it's you've got figure fitness. What's interesting, I saw wellness, which is a full figured women in Brazil a number of years ago, and I go, this is going to be one of the best divisions.

And they're looking at me like, no, what I'm telling you, wellness is gonna be in one the most popular divisions in bodybuilding. There's tons of them.

I mean, you know, Granted, there are multiple divisions now, even for the men, you know, but you have men physique and stuff, which bring a whole nother set of men that are willing to actually compete.

Same thing with the females, with a bikini figure, classic, all that. That's amazing. You know all of that like competition that you're talking about between like the the Olympics, you know powerlifters and the bodybuilders for me I feel like it builds a lot of character for these different, yeah divisions and stuff So it's at the same time.

I I fell like a healthy to have a little bit of competition Doc so one of the things I wanted to ask you you have MD, DO, PhD. What made you go after all three?

Well, my original training, I was doing research. Before I went to med school, was involved in heavy duty research, actually in androgenic anabolic stereobiochemistry.

And then, first I attended osteopathic medical school and went through all that training. But I did a simultaneous program where I I PhD work at the same time I doing work for my DO degree at that time.

and actually published a lot and started what became one of the top fitness equipment evaluation laboratories in the country back then. I had donations of equipment from all the major companies at a huge lab, which I then donated to the university after.

So that was my first doctorate. Then I went on to, because I was a World Federation medical head, I wanted to complete, so I did additional training to finish my MD and then completed my additional PhD work.

Actually I have two PhDs, a DO and an MD. but I mean, I don't really use them. People just call me by my first name, which is fine. But I was always more interested in how can I use this knowledge base to create industry?

So a lot of the things that I worked on were different inventions. At one time, overseeing a patent portfolio of over 150 medical patents, and we did the original patents on brain resuscitation, on organ transplant, I wrote some of the original patents on some the organ transport devices, and some companies I founded actually ended up developing devices that are used all around the world now for kidney reanimation and transport, now they're being retrofitted for other organs as well.

And so along that pathway, I did cooperative research. We call them CRADA, C-R-A-D-E, Cooperative Research Development Agreements. I've done those with NASA, the FDA, The Navy Medical Research Institute, Stanford Research institute, American National Red Cross.

Medical Training, Patents, and Innovation

In fact, at one time I overtook a whole series of technologies from the American national Red cross, moved them over to the Navy medical research institute.

And we did more patents in one year than anybody in the history of the navy. Really? Because now they had to work for a living. Yeah. Because they're working for me.

So, you know, it's been an interesting journey with this technology. And so by having those multiple degrees, I would know what to do from the research end as well as from medical end and having done, in the training that I had as a doc.

I mean, as the third year student, we was like a ghetto hospital. We were doing I was first assist on open heart. amputations, knee surgery, or hip replacements, where today they won't let you touch a patient, but back then, you know.

You just gotta make it happen. It's life or death at that point, right? Well, they threw you into the room. They didn't ask you if you wanted to do it, and you had to it.

Right, it's almost like when I started working at the fire department. you go through the school and become a paramedic and firefighter and go to the academy, But it is way different when you're out on the street, We respond to a 911 call and you have seven bodies.

you just gotta make shit happen at that point. It's either you figure out how to save someone's life in this situation, if not, they're just gonna die.

So I feel like some of the best experience is when you're in front of a shotgun. You gotta throw them in the water. I remember, because I was trained as a lifeguard, I actually was a water safety instructor, where I'd actually train the lifeguards.

Yeah, it was too, with the American Red Cross. And there's one time, not even working that day, and I'm on the beach and there's a guy who's about 100 yards out and this guy's gonna die.

I mean he's going to drown. He's big, heavyset guy and his girlfriend's screaming, save my boy right now. So I go, oh god. And there are sharks in the water that we used to have these big you know jellyfish, the man-of-war jelly fish at that time is on these coasts.

And I go, oh, God, I'm not even working today. So I got out there. I get to him and he's freaking out. He keeps lunging at me. And he is so big, he was dragging me down.

It's like I clock him, knock him out and pull him in by his hair. You know, you grab him by the hair, put your elbow in the back. Again, him back, revive him.

Then he wants to stab me because I embarrassed him In front of his girlfriend by dragging him into his head. Oh, wow. So that's sort of medical care today.

What happens is you save somebody life and you're going to get sued because if you say they're like, but their pinky is numb, you going get sued. Right.

And if they die, the family is going sue you. In the old days, a lot of us who were trained physicians, we would jump out of a moving car to save someone.

But now, if your on a plane, You don't even want to Get in the middle of it because you do. You're gonna end up in a lawsuit even though you try to do the right thing.

The legal profession has unfortunately made it very dangerous for people out there because physicians are very wary of getting involved in these situations where in the past you would jump right in, but now you know bad things are going to happen after the fact.

Yeah, that's that i've noticed that too And even when i'm traveling, you know, they'll get sometimes if there's an emergency Is there a doctor on board?

Is your doctor onboard? is there anybody medically trained and there was one time this was just a few few years ago I was actually on the way from here from florida to the a4m and I usually take the last flight out direct flight and i even told myself i was like When I saw the flight attendants going back and forth I was like, maybe someone else is on the airplane.

The second time they went to call and see if there's anybody medically trained, I got up, went into the back, very heavy set, probably 300 plus pound lady with a little oxygen device, cardiac arrest.

So I go to work. They have all the equipment on these airplanes, but no one's medically trained. They all have the medications, the defibrillator. So I start working the lady.

I'm about 10 minutes in, and then all of a sudden, this lady comes, oh, I am an anesthesiologist. Is there anything that I can do? Yeah, in the last 10 minute I could have used your help.

But I see it. People are too scared to even help as a good Samaritan, because they're scared of the lawsuits and everything else. Now doc, I've heard you say a few times, you know, that you grew up in the projects and everything else, and we're talking about this big movement, Make America Healthy Again.

And one of the things that we deal with in Likovita, especially, two of my partners that are in company, Dr. Christopher Davis, who's an interventional cardiologist, he took over as chief medical officer when Dr Willis passed away, We all come from the inner city.

You know, Dr. Heywood and Dr Davis are African American. I'm Dominican. And one of the things that we have a true passion for is really trying to bring health back into our communities.

So, you know obviously you grew up in the projects and you how people in in inner-city are struggling to maintain

their health. What are some of the things that you see in the near future, especially with everything that Bobby Kennedy is talking about, to really bring health back into the underestimated communities, is how I want to call it.

Well, I think there are a few areas. One, you have the diet, okay? Because unfortunately, in those projects or in bad areas, it's all fast foods. So if we could change what that fast food is, that's one thing.

Two, if could we change the school lunches for the kids. That could be a big changer for kids, because now they're getting the right type of nutrition versus garbage nutrition.

Next is getting physical fitness, getting these kids to do exercise, or having a place where they are not hanging on the street with gangs, but they have a space to go and work out.

have camaraderie and they're not sitting in front of a phone or watching gangbanger videos, all this dangerous stuff. They're learning how to interact with other people in a more healthy environment and having volunteer coaches who can give mentorship to these kids so these They have somebody to look up to, they can get some mentorship from.

As you know, like when you're on a football team, the coach is like a god, you'll do it. He tells you run first into a wall, and you are going to do. So having a coach or a life coach, or mentor is very important.

That's why having Jack Lillane and all these other guys as mentors when I was growing up, was a big deal because you're great. Your parents are mentors to some degree, but you will tend to listen to the outside mentors, mentors way quicker than you listen.

To your parents. So I agree. I think if they did some of the combination, they put funding for that instead of sending billions of dollars to all these countries to go kill each other, put this into the inner cities in terms of fitness facilities, better food, stuff, a better education, more mentorship, coaching.

These could be real game changers, I think. Having good extracurricular activities in our public school systems is definitely a must. And I remember back when I was in high school, kids were more scared of the coach finding out they did something wrong than the actual parents.

We had a football dynasty growing up, and we had 5,000 kids in, we'd have 800 kids coming out for the football team for a squad of like 50. And we started training with PAL, Police Athletic League.

We started playing organized football from the age of 10. So by the time we reached high school, we were an organized team. Everybody knew who was the quarterback, who is the football, you know, fullback.

You know this was great training for us. By the we got to highschool, We were used to working with others, training others. we knew what it was like to be part of a team and how to win and work towards winning and be a good sport whether you won or lost.

you know, that camaraderie, That's missing. You're not getting that human interaction. That I think is the most dangerous thing with AI and all these things coming on, and robots and everything else.

If people don't start learning how to be in humans, we got a pretty dangerous world ahead of us. And I the biggest danger to the planet is not even nuclear, it's AI.

Legacy, Longevity, and Closing Thoughts

Because when these computers, if they start talking to each other, they're gonna go, these humans are terrible creatures. All they do is blow things up, poison themselves, Try and kill others and just try and destroy stuff I just hope the computers don't start talking to each other because the day they start the they they started talking each Other forget about the movie Terminator this thing this game will be over in like a Day not years.

Yeah, so that What is one thing you can leave everybody with with? What you would like to see in the next few years happening in to help them on this industry Well, I'd like to see people take responsibility for their own personal health and not keep being reliant on everybody else.

You know, it's sort of like when you want to decide, you wanna compete in something. It's you that has to get up at five in the morning and do your workouts and change your diet and.

Change the way you're living your life. So I think the key thing is is responsible, self responsibility and taking control of your live. I. Think a lot of people.

are always dependent on everyone else. I need somebody to do this for me, or do that for, me or making excuses of why I can't do, this or I why can do.

That I think people need to take the bull by the horns. These know I want to make a change in my life. How I help others, how I helped the world, you know, all these things kind of interface.

And I think if people can start, more people start to change the way that they approach and taking more leadership roles in a positive way and stop doing all this negative stuff like they do on Facebook.

If somebody's doing well, congratulate them. Don't do all his haters stuff that goes on. You know they have that platform to where they feel like their hidden so they could say, say if you don't have something nice to say say nothing right inspire others inspire yourself i think these are some of the changes that if we can make these changes we're going to really start to see some positive stuff come out and again a lot of times it's top down if you get good leadership in there that helps but you shouldn't need the leadership that should not be your excuse oh poor me i don't have somebody to show me the way get off your ass and start to make stuff happen.

If you got knocked down, get back up against the whole rocky thing. It's not how we get knocked out, it's how get ourselves up. I've got knock down. People look at failure. I've failed so many times I can't imagine.

Remember how many time I failed. They used to keep a plaque in my office with 30 little metal plates on it with all my failures. i ran out of space on those plaques 25 years ago.

Everyone fails, Arnold fails. The greatest man in the world, the greatest, richest people, and we all go through failures. Do not let the failure define you.

Let the fact that you don't give up and you keep striving forward define. It's okay to lose, it's OK to have failures, people got to get that through their heads.

The failures will actually… That's where you learn. Right, and that's when you build character as well too. And I'm a huge believer that we should always do things from a position of gratitude and love and always lead people with positivity rather how you said some of these people that hide in these different accounts or whatever to just bash people.

So I am totally for that, Doc. Doc, what is the next big thing for Dr. Goldman? Well, I'd like to come up with a cure for aging, because I'm having too much fun.

I like do this for another 50 years or so. You know, the answers are out there. The answers out that we just need to coordinate. And how do we put all these pieces together to get an exponential leap in longevity, in healthy longevity?

Because I mean, pretty much the same body weight I was when I competing. Still doing all, not doing the real aggressive physical combative stuff, but I still You know, still going out, I'm still flying around the world.

I actually was invited to be one of the keynotes at a spiritual conference in India. Oh, wow. Where they had the heads of many nations are going to there.

And I don't know where they're picking me because I am still a novice in those areas. But I still doing a lot of that stuff. And people, you get one shot.

I mean, so what impact can you leave on the world? So the things I'm going to do now is I want to try and go to higher levels in my Buddhist monk training.

Um, I'd like to change the way people are, are taking control of their own health. And I would like see the technology out there coordinated in a way where we can dramatically, dramatically increase, increase healthy lifespan to say 120, 150, understanding that there are sociologic economic problems with having people living a long time, but the answers are there.

We just gotta put it together and we gotta try not to blow ourselves up in the process. So if we can do that, it can be an interesting world. Amazing.

I love it. Doc, where can people find you? They can go to my website, it's my name, drbobgoldman.com, or they can goto worldhealth.net, and there's a lot of good information.

If they want to know about our International Sports Hall of Fame, that's sports, sportshof.org. But I'll leave you with those monikers so you can put those up.

Yeah, which will pull all of the links and everything right below on this. If they want to have a little fun, you could put that link with my little little short bio video.

They'll get get to see me doing the work. We will. That would be fun. Awesome. So, guys, thank you again for watching another episode of a healthy point of view podcast.

Make sure you follow, subscribe, share, do all the fun stuff and we'll see you for the next one.