Think It's Your Hormones? The Real Problem May Be Somewhere Else Transcript

(Transcripts are generated by AI and may contain errors)

You know, I brought out my book in January 2020 and two months later, all community was basically destroyed. And so community is really the tool that we're using to almost zero percent of its potential.

It was like exponentially successful because the community structure already existed. That's lifestyle. I wasn't going to talk about this at this conference until I had a moment about Hello and welcome to the podcast.

This week we have a special episode that was recorded at the Mexican Association of Lifestyle Medicine back in October, AMMEV. One of my fellow speakers at that event was Dr.

David Rabin. He is a translational neuroscientist, he's a psychiatrist. You may have heard him speaking about psychedelics at A4M and many other conferences.

And he is also the founder of the Apollo Neuro. which we get into a little bit in here. It's an amazing, cool device. And this book that he's written is actually spectacular.

He gave me a copy of that book at that conference and I've been reading it since, The Simple Guide to Being Alive. I highly, highly recommend it for you, for your patients or otherwise.

This was a really special interview. Enjoy. Well, I'm so honored to be interviewing you here in this beautiful spot. What an incredible spot, maybe my favorite interview location of all time.

Definitely. Oh, so I prepared some questions. I read your book, Community Heals. Community Cure. The community cure. My first question is, I saw your conference a couple of years ago about these groups that you were proposing for some physicians to kind of coach and to follow up some of the recommendations physicians kind of tell their clients and their patients.

So that could actually like keep up their lifestyle habits and everything. But how does a regular physician can prescribe sort of say a community for the clients?

It's a good point. I mean one of the first things for a doctor to do is to try and understand where their patient is right now with their relationship capital, right?

Do they have a supportive spouse? do they a have supportive group of friends? You know, having friends is not necessarily a precursor to having a community that's going to be supporting your healthy behaviors.

It depends what your friends are into, so I think there's a movement called social prescribing that has really taken off in the UK in a little while, which is You know having people in the medical system whose job it is to you know, and they're not doctors They're sort of part of a care team to really understand a patient who's struggling with chronic illness What is the nature of their current social community?

Is it supporting them and trying to get healthy? is it Is is a detriment to them? And then you support them in ways to meet other people who are looking to go on the same journey at the end of the day To have a sustainable system that keeps chronic disease in check, patients and people are going to have to be a lot more activated into their own health than they are today.

And so community is really the tool that we're using to almost 0% of its potential. The point of the book was to show how that potential could be unlocked.

It's a nascent movement. So the structures and systems on how it will happen are not quite there yet, but we are at the beginning of learning. When we speak about communities and like historically communities were kind of a given

in societies like the church you went to, the school you want to your neighborhood and we're seeing a lot of, well at least I am seeing, a lots of movements towards creating communities around sports around, medical conditions around different interests as a counterpoint to isolation and other wrong things that are happening with that.

So in this sense, which is for you the biggest challenge to articulate a community which came into a natural context like the ones we had a couple of decades ago?

Well, yeah, it's interesting. We starting anything from scratch is difficult. I think some of the most successful projects that we've seen with community and medicine have built on top of existing communities, right?

So the community structure was there. It wasn't necessarily health focused, and then you can just inject a little bit of health into it. So I talked about the Daniel plan in the US where they took church groups.

They realized like in every church, You have the, you know, the pastor will speak on a Sunday, but on the Wednesday night you have these small groups where people are getting together for Bible study.

So if you just added a little healthy behaviors and support into those communities, what could happen? And it was like exponentially successful because the community structure already existed.

When you're looking to introduce new people to each other, that's it's, it, there's no particular formula for that and we're working it out on the fly.

One of the things that I observed when I saw the early versions of The Group Visits is that it's really actually a cohort and not a group, because a co-hort to me means a Group over time, right?

Because if you put a groups of people in a room together who have never met each other but maybe have some chronic condition in common, A couple of the people will be ready to be vulnerable and share because that's their personality type or they're just sort of in a place of life where they are just ready for it.

But the others may be not willing to go there because they don't know these other people. And so you have to create a container that lasts long enough for everyone to get engaged.

The interesting thing that we've seen, because we have done a lot of tests with this virtually and in person, is that those people who are typically in you know what I would call a quick start someone who will be like vulnerable on the first session they don't often have the staying power to keep keep it going over time whereas the people that may be a bit slower to get going have a little bit more staying.

So actually if you do set up a group and you create the right structures and environment for them to see the value in it, get value early and support each other.

Often the people who are slower to be vulnerable can keep the energy of the group going when the early people drop off. And that's actually a beautiful synergy of human experience.

the diversity of the group creates a stronger container. You know I brought out my book in January 2020 and two months later all community was basically destroyed.

Alcoholics anonymous, narcotics anonymous over eaters anonymous the nascent group movement and you know we went like five steps backwards with isolation and so what you're seeing in society now the reason why so many brands and efforts are doing community-based efforts is because people now realize what they were missing.

And I knew that they we're missing it back in 2019 but like I think everyone realizes how important it is and that's why a lot of brands, a lots of organizations are building around community because everyone is sort of needing it, wanting it.

So what I hear is that probably pandemics was a good thing in the sense that when you remove something, then

people kind of value it much more, like in in sense of these spaces of connection and community, probably.

Well, you know, in men's health, You might have a nagging symptom for a decade and not do anything about it, but as soon as it gets acute, go to the hospital and you start to take care of it.

So it took loneliness from a chronic underlying thing that was just eating away at society to like an acute incident and so more people are more likely to sort of realize how profound it is when they have an acute moment like that.

I'm going to change a little bit the subject you were sharing about this progression from being in harmony or in balance with different systems and then how this balance end up building up to symptoms and then disease.

And you speak also about psychedelics. I'm wondering, in your perspective, which of the different systems can psychedelic help improve and how do you see these new alternatives for regaining a system balance?

So I've been involved for the last two years very centrally in looking at Alzheimer's and brain diseases because having been in functional medicine for 21 years, finally I had a situation where my father had active cognitive decline, he lived in South Africa.

I went over there and long story short, a doctor that I knew that was into precision brain health had more insight on what was going on with my dad from across the world having never seen him than the doctors that were literally there in front of him.

So I was like, okay, there's something to this, I need to follow this thread. And so ultimately, what I've come to realize is that, you know, medicine, we have neurology and we psychiatry.

But ultimately, it's sort of arbitrary, right? It's an arbitrary distinction because the brain is starting to go from a place of coherence and health and starting go through the journey of dysfunction, adaptation, disease, and then diagnosis, if you think about that journey.

And in Alzheimer's, that process can be 30 years. There's now blood biomarkers like PTAL-217. that's available in America reasonably widely now, which you can actually tell if the brain is in the pathology of Alzheimer's 20 years before symptoms.

So the body, the systems, Dr. Dale Bredesen says that Alzheimer is a network insufficiency. The different networks of the bodies are breaking down. and the end result is Alzheimer's.

And I think that's a fascinating concept because I wrote that book on social network insufficiencies. I'm really interested in biological network in sufficiency.

Psychedelics, to come back to your question, I create an opportunity for new pathways in the brain, new ways of social learning. One of the things about lifestyle medicine and functional medicine, if you spend enough time in this industry, you sort of, you forget that most people don't choose this, right?

Most people just go into their normal doctor and having their normally experience. It takes almost like an awakening for people to like be red-pilled to a point where they're like, hey, maybe I could actually do something about this and I'm not just gonna like give the authority to my doctor.

I mean, I wrestle back the locus of control to myself and i'm gonna do Something about it, which is not The medical paradigm for the last hundred years has been the doctor knows more than you, let the Doctor take care of it.

But with these complex chronic illnesses, it's just not the right fit. So with psychedelics, one of the things it can do is to open up the fields of possibilities so that you may think to yourself, hey, maybe I can participate in a new way.

I think one the most exciting things we're seeing is how it can recreate levels of like neuroplasticity, new levels social learning, so that ultimately people might start on a journey towards being empowered, towards taking care of

their own health.

And I think it's a catalyst more than, I'm more excited as a catalyst of human transformation than the therapies in themselves. Because we're even seeing, like in America you can get ketamine pretty much anywhere.

It's not technically a psychedelic, but in those ketamine clinics, what's happening? People are taking a lot of ketamines again and again, and are they really healing?

And everyone in the psychedelic industry knows that the integration, taking what you learned from the psychiatric experience and implementing it differently in your life, that's the key.

But that is not really being prioritized and it's something that I'm thinking about all the time, working on and making efforts to try and make more standard.

because I think that it could be a transformative accelerant and catalyst more than the therapy itself is valuable, doing it again and again. So I just want to take a minute to talk about the incredible mission partners that we have here at The Evolution of Medicine that have made this possible.

First and foremost, I want thank Fullscript and FullScript Journey. Full Script has been an amazing partner for 10 years. We only pick partners who can help us achieve our vision and help you achieve your practice vision.

And Fullscript have been an incredible partner for a decade, but their new offering, Journeys, this is why we called it the Evolution of Medicine Journies, is allowing practitioners to combine the relationships that they have with the newest technology to sell direct to consumer lab testing and use it as a funnel to bring into your practice.

And it's a game changer for the whole industry. So go to goevomed.com slash journeys, and you can get started on building the journeys for your practise an optimal way into our practise.

We're going to have some conversations about it. This is a game changer. Next, Jenova. Janova have been fans of the Evolution of Medicine for a long time.

We're big fans with them and they now have a lot more specialty testing. They have lot of more tools and it's a key part of understanding the body ecologically.

So go to goeome.com slash Jonova to find out more. Come on over here and I want to show you about the other mission partners. You know, if you'd be following us for a while, you know that these are organizations that we trust, that add a lot of value.

Freedom Practice Coaching. I have been supported by them since the beginning. And, so many of the issues that practitioners face in building a successful practice, scaling a success practice come down to having the right support with people who have being there and done that.

Go to goevomed.com slash FPC. Big Boost Marketing. Uli and his team are the best in the business when it comes to really understanding how to market your functional medicine practice.

Go to goevomed.com slash big boost and see how they can help you. And then what you're going to be hearing a lot about is the formation of clinical networks.

Ultimately, True Neura is our first effort at that, which is to build an integrated clinical network combining independent practices from across the country into a network that can reverse cognitive decline.

And if you go to goevomed.com slash trunura, you can get a demo. You can see what it means to be part of an integrates clinical networks, mentorship, that software, and that's making it easier for you to get incredible outcomes in a disease state where there are no other options.

So thanks to our mission partners. Let's get back to the content. I totally agree with you in that sense and that leads me to a next question where I think we can kind of cross different subjects with masculinity as well.

So also psychedelic experiences are known to be these experiences where people can actually have these kind breakthroughs and sometimes the breakthrough are on the emotional shields And in your opinion, which are these breakthroughs that can actually transform the default identity we've grown as men that are also related to the toxic masculinity?

Love this question. So this is what I'm talking about. And I wasn't going to talk about this at this conference until I had a moment about a month ago where I have an experience.

I changed my talk for another talk in London and I sent it to Victor and was like, I want to about it. When I wrote the book, The Community Cure, so I grew up in a spiritual community.

At the time that I wrote the book, I was really just reporting on what I'm seeing in the functional medicine industry, so I have that role. But as the books came out, there were some crazy things happening in my life that summer.

My business partner passed away, the business was going through a different transition, and I realized that part of a group of maybe like emotionally mature men.

So I joined this group and I've been part it now for seven years so every week for three hours I'm sitting with a man you know you build relationship and connection over time but the key thing is are there processes that can help you separate knowing who you are like your true nature and this sort of way in which you've adapted to take care of be in a world that is like reasonably traumatic.

And so I had this experience and I'm going to talk about it from stage today, where I was in a group and we have this process called bucketing and the bucket process is, you know, Carl Jung, who's the basis of this, this men's group methodology is really showing you that The things that trigger you and other people are your opportunity to understand where you're not free, right?

And so we have this process called bucketing. Now, if something comes up in a conversation in the men's group where, you feel a disproportionate amount of like emotion, then it's like, why?

because ultimately you wanna not be subject to that every time. You wanna be able to be clear in your ability to go through the world. So I'll give you an example.

This guy in our group, he felt a disproportionate energy when a guy left the group. He said, I'm leaving the groups and he hasn't done the right process, you didn't do it in the way.

I can't believe he's doing it like this, whatever. Okay, let's follow that thread. When you follow the thread and you realize, okay, You know, it turns out through the process that this man, you know it took him right back to being in the playground and not being chosen or moving when he was 11 to a new community from and losing all of his friends.

And, so it's like anytime there's a loss of a friend in that way, There's a huge amount of emotion for something that had nothing to do with this other man leaving, really.

And so by going through that process and understanding where it came from, he can now choose, oh, I know that about myself. I knew that I have that. Am I going to live in that reality or am I gonna be free from that and just realize like, hey, this guy's living his life.

I don't have to live as a function of the adaptation that I had when I was eight, trying to work out why no one liked me, or I wasn't being picked or whatever that is.

And what a gift, you know, what gift to realize that at age 46, so that for the next 40 years you don' have live in that

stew, but you need a process to organize that journey.

That is a thing that, like, this group that i'm part of is voluntary. Right? So we're going, it's free. And it is just a group of men who have decided that they want to do this.

So, we are here talking at a Lifestyle Medicine Conference and we talk a lot about what should you eat and how should, you know, how you should exercise and whatever.

This is a lifestyle. A lifestyle where you have some part of your week that is dedicated to like getting yourself clear so that you can live free of you past traumas.

That's lifestyle. It's not talked about as lifestyle, but this is what I feel is like the gift that I want to bring everyone, because ultimately, if you engage someone into that process, everything else is going to take care of itself.

Because there's reasons why you're not working out. There's reason why your only eating junk food. But if don't take time to get into it, then how will you even get over it?

Yeah, I totally agree and I've been working with a lot of people for many years in psychedelic therapy and other kind of therapy. And one of the predictors I have seen like empirically is how able they are to kind shift or change or modify their circles of influence through time.

Well, here in Mexico, it's very common for people to like, for example, having a love drinks, like alcohol is very present. and sometimes people realize they came to this realization that probably the best way is to change their lifestyle but then again if their circles of influence are not into these new habits it's very hard for them to keep up even if they have like a very strong conviction and and realization during expansion of consciousness or during any kind of therapy.

And let me reconnect this to masculinity, because I believe sometimes what can make you go out and find these circles of influence that are going to be helpful for you and all the changes that derive from there are also a result of a compelling narrative around manhood in this case.

So what do you think it's probably the missing piece in that compelling narratives through a new masculinity which is not probably just feeling guilty because we're men and we are starting from a point where there's something wrong about being a man?

God, that's a great question. I'll tell you this, the most popular book in my men's group that, you know, typically like there are a lot of different types of archetypes that come into the men group.

One of them is like, the marriage isn't working well or I just got divorced or otherwise but the most popular book is called No More Mr. Nice Guy and ultimately it's a re-education for men on the fact that like you've been told that this is what men should be like but actually women don't like that and it is a conversation really about polarity.

It's about polarity with women and how you keep a healthy relationship and so many men that I know are in a relationship where the woman has taken the role of the leader in the relationship and the man is just sort of like in a different state but like serving that woman but not in way that is actually exciting or enticing or interesting for the women.

And so a lot of that journey is to sort come back to the fact that a man who is like clear in their understanding and can lead, it does take a level of moral leadership, right?

And I think that's actually probably the piece that is missing. lead in a healthy way from a weak place. There's an internal strength that has to be built to lead the right way and do the thing even when no one's looking.

And that's not in society too. I was an only child and so for years I thought if no-one else knows about this I can do whatever I want. And then you realize over time that that's like blocking you internally blocking your ability to be

able to feel blocking You're able ability To connect with your daughter and that part of the reason why I went into the group because I was like I can see that I'm not capable of this What is it and then come into that process and realize?

Oh, it's all this stuff and so, you know I I think polarity is really healthy. I thing part of this reassertion of a healthy masculine is leadership from a place of moral and righteousness ultimately.

You could also name it as virtue. Virtue, exactly. I totally agree. I think we've covered some of the questions I had prepared, I don't know if you have anything else to add.

Yeah, well I remember when we were on a panel together a couple of years ago, getting into some other stuff, and I just would love to get an update from you as to how you feel the Mexican man is awakening to these ideas that you're interested in.

Wow, that's a very good question. I think there has been a a interesting movement, at least from where I can see it, with people like Victor and many others that have been showing themselves into a new perspective of how a leader, a businessman, father, couple can be.

And I That in a sense is building a new narrative around who can be a role model, because probably a couple of years ago, also the role models, like societal role-models were the macho, the businessman that it's kind of imposing and crushing everyone else.

Yeah, exactly. So I think right now we're doing that shift and I The sweet spot is how can we regain this internal power there are demands from ourselves but seeing it in a virtual way that it's not becoming the toxic masculine that use power to pull down or subjugate but the masculine can lead to protect, to connect and to…

not forgetting that part of our nature is to go forward and to be this protective energy. So I think we're on our way. I'm an optimist, so I see it that way Do you see just in your circle?

Do see reflected in any sort of popular culture? Well, the thing is I have a couple of friends my age, which is 40, who are becoming like popular reference for businessmen and for entrepreneurs And sometimes men are looking for that because that's also part of our nature.

How can I grow? How I can make more money? Bring more resources to my family? And if those references are speaking about all these other things, about connection, health, emotional work or therapy or whatever, I think that is a very good starting point.

Probably it's going to take a couple of generations to actually make the shift, but I think we can be on the right path. Are there any Spanish language, podcasts, leaders that have that?

Do you have a few that I should look at? I mean, there are some of them that are now very focused into business or into finance, like Osotraba or Javier Morodo.

Same Victor, I thinks he's playing a very important role in that. that are using these subjects that is very appealing for men even if they are not in a conscious path or in whatever you want to call it but they introduce these ideas through their messages and I think that's very powerful because sometimes if you just go and tell them like oh you need to connect with your emotions or you to be more vulnerable and what I've seen is some people, some men are really reluctant to do that because they don't see what's the benefit but when you realize that's gonna be make you a better leader or that's going to make a business man or a life in general and you hear that from a person that is congruent to that path, I think that it's very powerful and I'm seeing that here in Mexico.

amazing well as the seeds of success already just needs to germinate and grow thank you for leading on that and it's great to come touch in every year every other year and see the journey and thank So we are here asking practitioners about their practitioner journeys and the reason why is because journeys is a new product from Fullscript.

Journeys allows you to set up your own lab offerings as the top of the funnel, give the patients what they want, they wanna know about themselves and it's the easiest way to bring them into your practice.

We have all types of practices from across the country that are building their own unique lab panels for their unique practices selling them to their community and acting as a great funnel into their practice.

This is a massive innovation. I think this will accelerate the evolution of medicine. You can go to goevomed.com slash journeys to find out more, set up your own journeys in half an hour and transform the health of your community.

Go get them. So that was the podcast. What an epic session. Thank you so much for tuning in to the Evolution of Medicine podcast, we'll be back again next week and thanks so for much tuning and we will see you next time.