Introduction to Cellular Longevity

Well, welcome back to the summit. I'm your host, Doctor David Jockers. And today I'm interviewing doctor Josh Axe, New York Times best selling author.

And he's a co-founder and chief visionary officer of Ancient Nutrition, founder of Doctor Com and founder of the Health Institute. We're talking about the top foods and supplements for cellular longevity.

So we're going to go through Best Foods to Eat for anti-aging and longevity. We're going to talk about doctor access best supplements. We're going to talk all about mitochondrial health.

You guys are in for a treat here. If you don't know doctor he is the best selling author of Think This, Not That. Eat dirt. The Keto Diet and Ancient Remedies.

And he regularly teaches, lectures and trains entrepreneurs on leadership, mindset and self-development. It's got one of the best websites out there draxe.com so definitely check that out.

Without further ado, let's go into the interview. Well, one of my good friends right here, doctor Josh Axe. Always great to connect. And we're talking about one of our favorite topics cellular longevity, mitochondrial health, best foods, best supplements.

So let's get this started. When you think about cellular longevity, what comes to your mind? Well, you know, our bodies wrote 37 trillion cells. And we need to keep all of these cells healthy if we're going to heal.

Yeah. One of the things a lot of people don't realize is that almost every year, a good majority of our bodies new or at least every seven years, 70% of our bodies new in certain organs, like our liver, is completely new every single year.

And so there are a lot of people today who are struggling with health issues because their cells are regenerating and healing properly, and their organs are aging too quickly.

And here's what I mean. There's a study that a Stanford. And one of the things they found is that most people have one organ system or organ that's aging much faster than their other organ systems, or those cells in that particular organ are older than other organs.

And this is how we can have, you know, I think about, you know, a lot of men who might die of a heart attack in their 60s. And it's like some of these men you look at on the outside and you think, wow, that person's incredibly fit and healthy.

You know, they might have the muscles of a 35 year old guy, the heart of a 95 year old. And so they end up having a heart attack early and passing away.

And so when I think of cellular, it's very much going and looking at how do we liked in the lifespan of your entire body, but also looking for individuals who are struggling with health issues, how do we go and create new tissues and regenerate those tissues and those organs to help you heal?

And that organ in the city that I was referencing, doctor dates, they found that if somebody had certain heart markers that were high, for instance, just something like high blood pressure, they had 250% increased risk of dying from heart disease.

Also, if I'm generally speaking, that there are markers that you can look at that basically demonstrate and show that

this organ system is older than some of the other organs or tissues within an individual's body.

And you know that there's some thought in the scientific community that in a way, almost all disease is an organ being over aged or aging too quickly.

And most of us have probably seen this idea that you have. I mean, we've all seen people that were in their 40s and they might have looked like they're in their 60s.

I think about smokers, for example. You ever seen somebody smoked for years and years? They look 20 or 30 years older than their actual age. But we've also seen people like RFK Juniors, Brian, example of this, or some other people that they actually look 20 years younger than, than their actual age.

And so what we want, they want to be able to do is work on getting ourselves younger. And a lot of that starts with the cell membrane and the minor. And and by the way, I know you know this because I've you've written so many fantastic articles on this.

But as we age, our cell membranes can become rigid and hard. And basically there becomes a lack of exchange of everything from oxidants to vitamins to minerals.

Do other things that go in and out of the cell. And so it sort of creates this swamp like cell.

How Cells Age and Why It Matters

And so we want to help create a more fluid and mobile and just think about like when you're useful, you're more mobile, flexible. It's like you're bouncy a little bit.

Right. It's you know, versus when you get older everything gets sort of stiffened up, including our arterial walls and our cell membranes. So we want to.

And the great news is there's things we can do to make our cell membranes more flexible and also help re-energize our mind, which we have thousands of, and our cells, and they're sort of what create energy for ourselves and then our organs and for our entire body.

And so when we're talking about cellular mongabay, if you want to live to be, you know, in your 90s and one hundreds and beyond. And here's the big thing, you know, Dave, I, I did a post on Instagram recently and I put my top 12 on jeopardy foods on there and or I know the way I worded was your top ten foods still have to be over 100?

And you know, the comment I got fairly frequently from several people was, I don't want to live to be 100. And the reason was this those people probably had a family member who had dementia, like a parent or somebody who was very feeble in their family when they got older and they thought, well, they feel like as if they were 90.

They have to be feeble and they probably have to mention. But what if I told you that you could feel like you were very young and you could do all your hobbies playing pickleball, and he had playing with your grandkids and physically active traveling to Europe, all those things.

When you're in your 90s, well, then, would you want to live to be 100? Well, well then they would say yes. So that's the reality. Yeah, 100%. Most people aren't seeing enough examples of successful aging.

So they just think and most people just think it's luck, right? And so if people age, if people age, well, they think they just got lucky, whereas other people didn't get lucky.

But there's actually a lot that we can do from our end in order to put the right inputs in and to create the right cellular environment for aging and longevity.

One of those big things is obviously the food we put in our body. And of course, we spend a lot of time and energy

on the food because that's something we consciously control.

We control what we put in our mouth. We can't always control what we're breathing. For example, you know, we can do things to help but can't always control that.

But we can control what we put in our mouth as far as eating. And so what are some of the best foods that you like to look at? You talked about those top ten foods of 200.

Let's go through that. Yeah. Well let me go through these categorically because there are many and I think the categories will help when we look at pretty much every single ancient civilization, they had foods that were priced for longevity, whether it be ancient Asian medicine like Japan and China, whether it be Native Americans, the Middle East, whether foods that are talked about the Bible, some of the most prized foods for longevity.

First category I want to hit on are super fruit, specifically berries. Now, within the berries category, I want to lump in some things like pomegranate and phase, and there's well, but it tends to be berries that are either black, purple, or a vibrant red.

Those tend to have those unique forms of antioxidants. Rivera's and of science, these these antioxidants that like then are lifespans. And, you know, in Asia in particular, the most prized berry were goji berries.

And gokey berries are very high in vitamin C. They're they're very high in actually even have lycopene. I mean, they have a lot of really unique and powerful antioxidants that help extend lifespan.

And they're also known as a yin tonic. So they bring moisture door body. They support our adrenal health. So they're even known as a very, very minor low grade adaptogens.

Sondra berries another one. But doing berries in particular are very good. And one of the biggest reasons why they're so powerful is they tend to be the most effective up there with certain herbs and spices in terms of reducing oxidative stress.

You know, one of the things that causes our cells to age or is Ross and I seen you talk about this and do graphics on this Doctor Dave's reactive oxygen species and connected to a disease and glycation products.

But basically, imagine you take a bite out of an apple and that flash starts to dern brown. Okay. So if everybody think about that, we're taking a bite of an apple or a pair of some sort of fruit.

And over the next, even sometimes even within minutes, you start to see a browning of that flash. Well, in an apple, you've got a very dark red in a lot of cases, outer coating that is loaded with the most oxidants, that shows that flash of aging.

Think about antioxidants, especially in berries, doing the very same thing for yourselves. They're keeping your cells from aging. They're protecting them from oxidative stress, from these free radicals that actually break down our DNA and shorten our telomeres and cause us to age more quickly.

And so berries are one of the top foods. Now, we mentioned goji berries. That's probably my favorite in terms of one that I do very frequently. I want to tell you some ones that are really popular in sort of our Western world today, blueberries, blackberries, raspberries are going to be very, very high on the list, ones we can get locally and incorporate into our diets.

You know, in South America, you've got in certain areas in of the world, you definitely, like I said, Berry, you've got mochi berry. You know, these are these dark, very, very purple fruits.

You know, one does not talked about a lot but has some really great science behind it or a couple our currents. We have black and red cross. These grow in the Western world.

In fact, I buy a fruit jam that's like black courant and it's great. You know, I just spread it on with Chelsea makes salad bread or or we do it like a little dessert. And then just a few others here.

Pomegranates. You know, pomegranates I would put up there with goji berries is being the absolute top superfoods for longevity lava granites contain. And they've anywhere this but they contain alleged acid and alleged acid when it gets into our gut microbiome.

If you've got the right gut bacteria, it's converted into something called Euro. Now, there's one supplement brand today that sounds a lot of products.

It's what's called a Euro lithium, a product. And there's some really great clinical studies on it aging, de-aging or slow the aging process, especially at animals.

But it is probably compounds to date. What are the top we can imagine now? I would say it's more powerful than resveratrol was. A lot of the research on resveratrol, we're finding out was falsified.

So and over exaggerate. But all that being said, I think it's a really powerful compound for increasing our lifespan. Now, I will say one of the things they found in this study was only about 40% of people were able to effectively convert allergic acid to your elected a, so not a lot of people were less than half of people were actually able to convert.

And that's because their gut microbiome weren't healthy enough and didn't have the right bacteria in order to convert it to an active form so your body can utilize it.

And so if you want to like then your lifespan, you want to get a lot of these super fruits like the pomegranates, like the goji berries lock that like the acai.

But you also want to make sure your gut microbiome selfie. Because we not only we've heard this principle, we are what we eat. It's not totally true. You are what you digest and assimilate, you know.

And so you've got to be able to break down in your gut, in with and, you know, turn these antioxidants and nutrients into their viable forms that then your cells can utilize, your organs can utilize to heal, rebuild, cleanse and protect itself.

So, Barry, one of the one of the key bacteria they called the keystone bacteria and the gut macro man's. Yeah, mRNA philia. It loves acid like acid we find in those astringent fruits like you talked about pomegranate.

So the kind of the almost like the bitterness muscadine grapes, which grow naturally, they probably grow in Nashville. We have muscadine grapes in our backyard, and they're not, like, the most pleasurable.

They're not as sweet as some of the fruit that you would naturally get at a grocery store. They have more of kind of this stringent, like almost like a bitterness flavor to them.

Now, they do have some sweet there, but you got to get through the bitterness first. But those are really the best for the microbiome. So you got cranberries you know raspberries have a link acid right.

But yeah it's so powerful.

Best Longevity Foods: Berries, Vegetables, and Organ Meats

And that's that Acker Mantia and some of these other obligate anaerobic bacteria that typically live deep in the mucosa, the gut. And when they're able to break down that acid, they produce that euro lithia, which strengthens the mitochondria.

And the intestinal cells get stronger, healthier intestinal cells, less less intestinal permeability, less inflammation in

your body. So you're 100% right.

Yeah, it's a great point after day. And the musket, as I remember talking to Jordan Rubin about this, he was like, he actually tripped his tooth on his seed because he'd get up.

Yeah, they had these these seeds in there too. That will be so much seedless stuff. Now it's it's actually better to have the seeds, but that's all of us all.

So anyway. But yeah, these these super fruits again berries are tend to have the largest amounts putting in foods like granites and muscadine or definitely on that list as well.

Figs you know, are going to be high up there as well. In addition to these super berries, the next in line I would throw out there would be it would be vegetables of all sorts.

You know, it could be, you know, broccoli sprouts are amazing. It'd be sprouts in their sulfuric helm pounds that act as natural to toxic fires and liver strengthens are really powerful.

So I would just say just just just an array of different colored vegetables, especially the green though, in terms of longevity, have have a lot of benefits there as well.

After we hit the green leafy, I would say, well, green leafy, especially in the cruciferous, we're going to be very, very high on the list. And, you know, beets are going to be up there too.

I mean, beets are really big nitric oxide builders, which for and let me say and maybe we can hit this a little bit at the end day. But you know, the way that I like to break it down is, was really five organ systems that we look at in different types of ancient medicine.

And there are different foods that will create more longevity for individual organs. So, you know, if we're talking about beets. Well, that's a longevity harp food and cardiovascular system.

And so it's going to help what we talked about. It's going to help those arterial walls. It's going to help blood flow. It's going to strengthen the heart.

And so it may not cause as much longevity for let's say, the digestive system as something else, but for the heart, it's going to be an amazing longevity food.

We know the same thing. Care for the eyes. It's a long, you know, food for four for the liver as well. And so but I would say vegetables are sort of in that second category of superfoods we want to be getting in our food for lunch.

And third is going to be me. But let's highlight organ meats. Organ meats are what I would consider nature's greatest methylation supplements and B vitamin supplements.

You know, a lot of people today have concerns over this myth for gene variant or the one of the two or both variants. And, you know, I do want to point out for everybody that just because you have the gene variant or have both, that doesn't mean you can't methylated.

That doesn't mean you can't create methyl folate. It just means you're not as efficient at it as other people. And also I want to point out it's, you know, methylation is a lot broader than just enough of full light cycle.

And there's a lot of different forms of methylation and the wages for everybody. I like to explain what what methylation is. If you're new to this, and this is an important part of anti-aging, by the way.

But you know, imagine when you eat a food like, you know, liver or red meat or broccoli or let's say you have a food high in full light, okay. You eat soul light.

It's like your body gives you a car with no wheels. Okay. So you've got a car. Okay. Well, what has to happen is your body has to take full eight and attach on a methyl green.

So now your body can utilize it to run your organs and you know, to to just, you know, run your body. Well, for a lot of you, you're not putting on the methyl group.

Your body is not putting those tar those those tires on the car. So it's like you've just got this thing. It's just useless. It's not it's not helping you.

And so a lot of you are putting on the methyl groups. Right. The most important thing to focus on to fix that is your gut health. I know I'm going back to this again, but if your gut microbiome is very healthy, it will help you methyl eight a lot.

And there are a lot of different nutrients that are required for methylation. And we see this time and time again, like Dave, you've seen this in the research that started off where we were just recommending vitamin D by itself or just recommending calcium by itself.

But with all the research we have now, we realized that, well, in order to absorb calcium, you also have to have magnesium, ND and probably Foster's and a number of other things you need for proper absorption.

Say it with vitamin D and magnesium. You need to and you need acids. So I put it with that is everything is absorbed better in its food for with all the other nutrients that are in there.

And that's why I really like about liver, I really like about organ meats. And by the way, if you don't like the taste of liver, it's okay. You can go buy glandular or liver tablets or capsules, but they are so rich organs specifically like liver and kidney in B vitamins that support methylation and zinc and selenium.

It loads of copper and zinc. So so you're going to have all most of the nutrients required for proper methylation, even the whole cycle, a lot of them in organ meats.

And so if you're a person that is struggling with methylation, going and doing an organ supplement or organ needs doing a high dose of probiotics, those two things along with your methylated B complex or whatever else you want to do.

I think you're just as essential to you supporting your methylation cycle. So again, that was the point there though, as we're talking about these with these organ meats and meats is, you know, are also are also longevity organs.

You know, one of the greatest reasons why, you know, people die prematurely is due to becoming too feeble and weak as they age, falling and breaking a hip or a bone.

And then you're not able to be as active. So then that Archer cardiovascular system. So I recommend most people get about 30 to 40g of protein per meal.

That's quite a bit of protein, but I think you do want to be getting a good amount of protein, typically from pasture, organic animals and eating nose to tail eating some of the organ meats, which are important for supporting organs.

In Chinese medicine, there's a principle is actually more the primary principles of all of ancient medicine and says like supports, like eating liver supports your own liver, eating kidney supports your own kidney.

And so if you want to support those organs, getting those eating organs or just taking them as a supplement, his very beneficial the same thing, bone broth that's pulling a lot of the nutrients from the skin and the cartilage and the in the connective tissue of animals, which is then going to support your own connective tissue.

And this expands beyond this. It's like as a food looks like an organ and it's a similar color or a certain color we know that supports an organ according to Chinese medicine.

So beats actually look like your blood when you cut them. Right. It's blood is coming out. You know, ginger looks a little bit like your stomach. Onions look like yourself.

Carrots, if you credit, always looks like it looks like an eye. Tomatoes are red. And they have four chambers. Your heart has four chambers. So? So anyways, all that being said, you want to get some really good quality meats.

You want to get organ meats as well. And then I'll go through some of these others a little more quickly. You'll want to get a lot of good fatty acids, and you want to get a range of omega threes to model unsaturated to good saturated.

One of my favorites would be my massive favorite food for fatty acids is going to be wild caught salmon or any type of fatty fish. Sardines would be very high on that list as well.

But omega three there are, you know, a lot of meta studies where they compile many studies together and found that in terms of medical studies today, omega three consumption might be, you know, in terms of just the studies, we have the most efficacious for longevity, or at least art, art, health.

It's going to be very, very high on the list. And so that's important to know. Getting more omega three. Another great source outside of wild fish would be walnuts.

And by the way, what's interesting is that we measure those acid well across the board. It's almost only berries to have it well and then walnuts and maybe two.

But walnuts are one of the only foods that have it that aren't a fruit per se. And so walnuts have just tremendous benefits with their omega content. And so that's that would be a really good food.

I mentioned like supports like, well, that's looked like a brain. It's amazing to when you open a walnut it actually looks like a head. You open it up. There's two.

It's like a left and right hand of sirup of gray. So it's an amazing food for neuro longevity if you want to do that. And then I know Doctor Dave and I are both fans, these pure extra virgin olive oil, you know, the real stuff.

You know, there was concern day for years from people on cooking with olive oil. But I do want to mention there's been a couple more recent studies that have looked at cooking with olive oil, and they found that if it was a really high quality virgin pressed olive oil while there was smoke coming off it, that was if the olive oil itself still kept its structure, and it actually didn't mean it lost a few of the in cooking, but it still kept its structure and it did not the nature.

And so I just wanted for sure. Yeah. Smoke point. Smoke point is what a lot of people think is the key factor. But smoke point, actually it plays a very little role in the quality of the oil.

It's actually what we call the oxidative stability of the all. How how does it hold up under this extreme oxidative pressure. You were talking about oxidation with the apple browning and so a high polyphenol extra virgin olive oil.

So this is ideally olives that are press green olives that are pressed. And it's fairly fresh. Because if they wait till the olive ripens and it's black you get more fat, you get more mono and saturated fat, which is a healthy fat.

Black olives are healthy, but they're lower in these antioxidant polyphenols, these powerful polyphenols, whereas the green olives less fat but more polyphenols.

So it takes more of these green olives to press to produce the oil. So you kind of have to get one that's more marketed for high polyphenol extra virgin olive oil.

And then that's going to have the greatest oxidative stability. And so you can marinate things in it. You could cook in it. Although I don't think it's the best way to cook with I think it's real.

Yeah. Yeah. But the reason I'm bringing this up though is that like, for instance, if somebody is just cooking, eggs are low heat and it's going to be in there is a trigger not for me to get.

I prefer coca oil or tallow or some of those things if you hide. Yeah. Yeah, exactly. But I do think again, getting more extra virgin olive oil in your diet is great.

Again, we look at the countries that are living some of his lifespans. A lot of them are doing a lot of extra virgin olive oil. And so and then then there's other great sources of modern and saturated fats, avocados as well, certain other nuts and seeds like macadamia and olives and the seeds as well, like pumpkin seeds.

Very well. A lot of great good, you know, nutrients in those. So getting some of those healthy fatty acids, coconut I really like there as well. And then in terms of just another just category or two fermented foods, you know we look at Japan, they have the longest lifespan of anywhere in the world right now in terms of, in terms of nations and some of the foods.

They primarily they do a lot of affirmative beans, like like soybeans and peas. And so we're familiar with not a lot of us.

Healthy Fats, Fermented Foods, and Mushrooms

Miso is another one. And this is a great thing to do is you're making a chicken soup or even hummus at a tablespoon of miso in there you can get yellow.

Chickpea. Miso is a really good one. Yeah, I do think if you're going through meta pause, if there's a woman go through menopause, doing actual organic soybeans have a lot of benefits there.

Yin tonics in that case. But if not, you can do a yellow chickpea miso. And that has these Bacillus subtilis a really powerful what's typically known as the soil based probiotic.

But it's a probiotic that's transient. That clears out some of the damaging microbes that can live in our guts. And so I do think that that's good. And then sauerkraut and kimchi and other fermented foods also can be really good.

You know, coconut yogurt, raw organic grass study two yogurts and kiefer's, I think are great as well. So getting more of this good bacteria, and one of the things that I know I've been finding is I've really said longevity is, is that they got microbiome just keeps coming up.

I mean, it's just is so, so important for us to be able to convert the things we're actually eating into, things that our body can then utilize for function among Gemini.

And, and a lot of the things we've talked about here as well. And so and then one of the last categories I want to head on in one more, I think this might be the last is much rooms.

I mean, you know, in Asia mushrooms are known as the longevity food. I mean, it is the most prized food for longevity. And so lion's mane mushroom is known as longevity for the brain.

Also, there's some benefits for the gut with that as well. Rishi mushroom is known as the most prized mushroom for longevity. It's known as the mushroom of immortality.

It is an adrenal tonic that helps extend lifespan. Cordyceps is also an adrenal. And let me just kind of hit on the difference here. When you look at ratio, it's known as a kidney yin tonic or an adrenaline tonic, which means it's going to sort of help relax the stress.

It's going to really bring down cortisol. Cordyceps are more known as more of a kidney yang tonic. They're going to be more stimulatory. They're going to increase sperm count testosterone in men.

They're going to be really effective at supporting issues like hypothyroidism and low body temperature in women. And so that's a really good one for sexual stamina, for vinegar, for human growth hormone, for that sort of thing.

Turkey tail mushroom is good for longevity for your body fighting viral infections, everything from lying to the common cold and flu, even cancer, anti-cancer properties.

Shiitake. In my talk, you're just good for cellular health and for the immune system as well. And so that Chagas anti-inflammatory. So a lot of these mushrooms have a lot of really powerful longevity benefits as well.

But I think if people focus on if just in a nutshell, if you want to live a long time, the food categories you should focus on is make sure you're getting a lot of brightly colored, especially black, purple, and red berries and super fruits like pomegranate.

Make sure you're getting a lot of vegetables. Make sure you're getting a lot of meat, including bone broth, muscle meat, and organ meats. Get some mushrooms in your diet.

Get some healthy fatty acids. Get some fermented foods. Get some mushrooms. If you can get those those food categories in your diet, it's got it. You know, increase your your life span.

Yeah, I think that's a great list. And of course try to reduce as much as possible ultra processed foods, food grown in nature of course. And so let's talk about supplements.

Some of your top supplements here. Yeah. And there's going to be a yeah there might be a overlap or two with foods. But starting off I think that, you know vitamin D is very important.

You know. And listen ideally you get every ounce of vitamin D from the sun. When you look at I can't remember the exact day to day, but I remember looking at the time spent outside 100 years ago versus today.

And it's like, wow. I mean, it is just crazy. I'm sure even a thousand years before that, it was even a bigger rage. But, you know, I think that everybody just needs to spend way, way more time outside.

And this has to do with vitamin D, but it also has to do with our circadian rhythms. You know, I'm actually writing a book right now and it won't be released for quite some time, but I'm writing a book on longevity right now.

And in the book I really get into in Chinese and ancient Asian medicine, they have a whole bunch of philosophy, and it's called the Three Treasures. Okay.

And so they say you need to protect the three treasures to live a long time. And the three treasures are known as, which is tied to your spiritual health.

She which is tied to your breath and has a lot to do with your cellular health. And then Jing, which has a lot more to do with your actual like physical health.

And actually she is actually also tied pretty, pretty heavily to mental health. And so it's her body line spirit focusing on health in some of those different categories.

And but at the top of the list, there's a cascade effect of what happens in terms of what causes people to age and what they have is the first on that list is your spiritual health, and also how well you are tied to is sort of your connection to the divine and your connection to nature.

And they believe that if you are ultimately is connected to God as you possibly can, and then on the other end, as connected and living in tune with nature as you possibly can.

That's what leads to ultimate longevity, though it's physically and eternally. And so it's a really sort of deep, true, deep truth. And it's really interesting.

But my point with that, and I know this has maybe seemed like a far cry from vitamin D, but one of the things that we've really got away from is, is we've really messed with our circadian rhythms.

And so we should wake up with the sun and so be getting direct sunlight there in the morning to certain UV rays we experience, then some midday when the sun's at its highest, which is when we did the most vitamin D, which is what we focus on the most, is vitamin D, that midday sun when the UVs are the highest, and then suddenly the evening, which allows those cortisol levels to start to drop, melatonin to start to go out, preparing our body to get into that deeper sleep cycle.

But really, it's one of the first things that sabotage is our health is not living in tune with nature and spending a lot of time outside. And the reality is it's more than just vitamin D.

It really has a lot to do with cortisol and melatonin. And what we find with cortisol is cortisol tends to be the first hormone. Well that we talk about a lot.

There's also hormones in your brain hypothalamus and things like that. But it tends to be one of the first hormones that sort of tipped off. That then affects every other hormone.

Because you know this, it's like, okay, well what happens when cortisol gets too high and stays too high? Well, now melatonin gets too low. Well, what else happens? Insulin goes high.

Well what insulin high. Well, now we can screw in everything from ghrelin to leapt into progesterone to estrogen to low testosterone to roid hormones.

And so spending more time outdoors. Like. And you'll notice this like if you spend all day outdoors, let me go the lake with family, you know, for a trip and you outdoor all day boating or you're at your kid's soccer game all day, or you spent all day hiking or camping, you'll notice that night you will seek the far better than you slept almost any other night.

And the reason that you've lived in tune with nature and your circadian rhythms and sleep is when your body is healing. So I just want to say that I mentioned this is again, a little bit about me getting off track here.

But vitamin D, in terms of a nutrients, it's not even a supplement you have to take. It's just you get outside as much as you possibly can, and you don't even necessarily always be having to get your full skin in the sun.

Part of it is just getting someone in your face and your eyes. You know it penetrating your nervous system, which is very supportive. But vitamin D is important.

Listen, if you're not getting enough, you know you want to take a high quality vitamin D supplement and you want to take that by doing D with a meal that has good quality fats in it.

That's going to support absorption as well magnesium and vitamin K. And so anyways, consider taking those together for vitamin D. So that's probably one of my top longevity nutrients out there.

Along with that it's going to go I would say a lot of oxygen powders. You know I do think that, you know, one like I almost every morning I have a I've got like five different berry powders day that I take like a teaspoon of or tablespoon of.

So I go to bury counter. Right now I'm doing black carrots, I'm doing mochi berry powder. I'm doing Sandra Berry. Like I'm adding these to my morning superfood smoothie that I do.

But I would say doing more of the fruits or supplementing with some berry powders, we're going to be high up on the list. I think taking a liver or glandular supplement is great.

Might probably. Overall number one longevity supplement, though, is probably a high dose probiotic, a probiotic

ideally that has soil based organisms in addition to and has maybe some prebiotics and post biotic in it.

I just really believe that. And most of these things are getting more in tune, or try to supplement from what we're missing in nature. If you think about the by medi thing, it's we're not getting enough sun.

We're not. So we need wiping deep well, soil based organisms. These are the organisms we should be getting exposed to with getting our hands in the dirt, like in our own gardens, or getting food from our local farmers market.

Top Supplements for Longevity and Energy

And we're not getting these today. That's the reality. I was talking to Zach Bush, and he had talked about sort of the difference between how much gardening increases the diversity of our gut microbiome, and in some cases, it was like quadrupling.

And I mean, it's absolutely crazy what a difference it made. If you were on a farm or spending a lot of time outdoors. And up until around 1900, around 50% of jobs had some sort of agricultural component.

That's wild. And so most of us were enacted to the earth, to the ground, spending more time outside. So the top two supplements we'd need in order to make up for our lack thereof are probiotics, soil base tend to be.

And then also getting vitamin D on that list. I think it'll make a three or can be a really good longevity supplement for a lot of people. Make sure that you really need to buy a good quality brand.

I just want to say this if you're buying supplements, don't buy the garbage you're going to get at your local drug store. I mean, some of these actually take years off your life.

I mean, Davidson, you studies all these isolated calcium, you know, carbonate or citrate supplements and these are taken from limestone literally. This isn't like a thing we're making up now.

That limestone from Tennessee, though, grind it up. Go pull the calcium from it. They'll pull down this up and the bar looks chalky. You can even see it.

And so they're studies showing that if you take that, it may increase your risk of having a stroke or heart attack, because what will happen is that calcium will get lodged in your arterial walls into cholesterol there.

And then it will hard it. Or it's known as actually thinking about this calcium. It's got calcification of your arteries. It's hardly your arteries. And so you want to be very cautious when you're buying supplements and make sure you get something that is very beneficial.

Now one of the in particular data, I actually read an article on your site a few years ago. You did such a wonderful job up and it was ordered and NAD+ and NMS, there's all the different variations of this essentially Diocese B3 ish kind of compound, and there are some good studies around that.

And I actually want to say, you know, I've taken a lot of supplements in my day and a lot of different ones. And, you know, sometimes, Dave, we notice a difference, sometimes we don't.

I actually will sometimes notice a little bit of a difference in my energy levels. If I supplement with an NM or an NAD supplement. I don't know if you ever noticed that, but it's, you know, it can be great for selling or energy. What would you hear on end a supplement?

Yeah, I definitely think it could be really helpful. I personally haven't noticed much of a difference taking it. I would say for me, like a good methylated, high quality multivitamin, I feel I feel it like when I'm taking it regularly, I just, I just feel like I've got a little bit more energy, you know?

But I would say supplements are more 10%. They might give you a 10% bump, but percent is. Yeah. Is the lifestyle

is getting your circadian rhythm under control, getting out in nature like you were talking about eating the right foods, avoiding the bad foods.

Right. Having good mental and emotional health. Right. These are the biggest factors. And then you can play around with the supplements. I will say the biggest one that I hear from people saying this made a big difference for me.

You mentioned vitamin D. That is a big one. I remember years ago when I was running my clinic, I had a lady come in chronic pain, couldn't even touch her.

You know, I was a chiropractor, so I couldn't even ask her. All I did was give her vitamin D. She comes back in three days later. She's like, I have no pain, I feel great.

And so, so her vitamin D levels, she brought in her last lab work. She was at six, six, you know, nanograms per milliliter, which really should be about 60, right.

So really really low. So I've seen vitamin D and I've also seen magnesium. Yeah a lot of people anxiety, depression, chronic pain trouble sleeping. We get them using magnesium and they're like oh I can finally think clearly.

I can finally pay attention. I can sleep at night. So I've seen those be like the biggest symptomatic game changers for people. Yeah, but it doesn't mean that some of these other supplements. Right.

Like you were talking about omega threes, you know nad right. All these types of things they can certainly be beneficial as well. Yeah. Yeah. Magnesium was actually there sort of my list.

And as you pointed out. And it's actually when you look at the statistics, it's one of the most the vitamin D and magnesium are two of the top five in terms of deficiencies.

I mean, people are chronically deficient in these nutrients. And so it's very, very important as well. And so, you know, and then outside of the vitamins and minerals, I would say herbals, you know, there's been a lot of herbals and other superfoods.

And I'll go through these a little more quickly about a lot of the adaptogens we talked about Ricci mushroom, Don key for women. It's not as female ginseng.

Very good for building blood, very good for energy. If a woman has low energy, worst feeling fatigued, or of course anemic, it's really great for that.

For men, Panic's Jim Singh is also very good. It helps increase testosterone in some studies as well. And then I would also say ashwagandha. That, of course is aerobatic medicine, but that's really good for hypothyroidism and Hashimoto's Cassandra berries.

Another one I like for immune longevity for limiting senescent cells. Now, probably in terms of research across the globe that has the most efficacy for longevity in terms of an herbal is going to be green tea, green tea, and particularly sencha or matcha are very potent.

They have something called EGCg up a galactic catechin. This unique catechin that has anti-cancer properties, log properties, cellular energy properties supporting health.

So there's a lot of benefits there of green. Majority of you're going to take one thing. Generally, green and matcha tea across the board has probably the most clinical research.

If we're pulling all the evidence out of Asia and the Middle East as well, and then just a few others here, I would say there are known for longevity.

Here's a unique one Royal jelly. Now this was this is what the queen bee lives off of in the hive. And if you can get a funny product that has royal jelly propolis Bee Pollitt in it, I mean, it is really an incredible superfood when you get honey.

Kind of like the nose to tail idea of for for an animal, when you get sort of the every part of the honeycomb or what you're going to get from bees, that itself is a super powerful superfood.

We know, or beekeepers have the longest lifespan of any profession, actually, oppressor number one. Number two are tennis players. And after that I want to say it's doctors are on the list.

Professors are on the list of farmers. They're on the list as well. So in terms of the professions. But beekeepers have the longest lifespan of anybody.

And so it's really so again, I think that's a great, great thing to consider as well know. What's interesting is that even so, getting stung by a bee actually is one of the best things for priming.

The immune system is very anti-viral anti Lyme right. So it's really interesting how actually getting outside, getting in nature. Right. Being around different microbes, even having stressors like getting stung by a bee can actually really support your immune system.

I had a friend in Puerto Rico and he had made arthritis major rheumatoid arthritis. He got a beehive like he actually started raising bees and started intentionally stinging himself in all of his different joints.

Is there by this is the 100% going, wow.

Where to Find Josh Axe and Final Thoughts

And so there's actually a therapy doing what you're talking about where if you've got that's been it's sort of like, you know, today people will go get PRP or stem cell therapy is sort of the ancient form of doing that in the joy.

But it hasn't even greater probably natural immunomodulatory effect. So anyways, I love that he brought that up, Doctor Dave, because I do think that's a really powerful point in therapy that people could look into if they've got immune dysregulation and those type of issues.

So I think that's I think it's brilliant. It's a great point. And so I would say from an herbal standpoint, doing the mushrooms, doing the adaptogens, herbs like the ashwagandha, like the ginseng, like the donkey, like the rodeo, la rosea, those sort of compounds are really great for longevity, Schubert for anti inflammation and ginger Galindo those sort of things.

And as we mentioned there I think you know the bee products. So you know the royal jelly in particular have a lot of longevity benefits that people should try to incorporate more of these interventions.

When you look at our country, compared to a lot of the others, when you look at the Western world, least the United States, Europe, Australia, we don't use near as many spices and herbs as they do in places like Asia, the Middle East, India.

And so we probably do need to be getting a lot more. And even like herbal tea, like drinking tea is not as much of a thing in the United States, but you can go to every single other country in the world.

Drinking tea is how they actually got their supplements. And and so, you know, I would say that that's something else to consider, is he has another way that you have to take supplements, get it, you know, get it in T4.

Yeah I love drinking herbal tea. I do it every single day. Just even the warm water. Not not you already talked about the benefits of the herbs, but even just the warmth of the water, especially in the morning, activates the vagus nerve, stimulates peristalsis in your gut, helps you detox, clean.

Great for the liver, right? So it helps with bile flow and helping your body detoxify. And it helps calm you just the warmth in general and prepare you for the day.

So a lot of great benefits there. Josh, we've talked about so much right here a lot of nuggets for people. So I know people have got a lot of value out of it.

Where can they find you? You've got a lot of great books. I know your most recent book that you wrote is Think This, Not That, but you've also got some other great books, Eat Dirt, Ancient Remedies, and looking forward to that, that future book as well on cellular longevity.

And where's the best place other than I know you at doctor, people can find information there. Any other websites or sources for people to go to? Yeah, I see the top of the list is my podcast.

It's the doctor Josh show, and you've been a guest on there. So you got you like Doctor Dave. There was a great one and it's on YouTube, Spotify, Apple.

And you could just search also my name as I know I search your name, but you go to YouTube and search doctor Josh Axe. If you want to learn more about longevity, you can look up Doctor longevity or Doctor Hypothyroidism or Doctor Axe, whatever you're dealing with, and probably find a podcast or something I've done there, or information on YouTube, and then my social channels like Instagram's app doctor Josh Axe there as well.

Sure, Josh is a great follow. Josh is a great follow on Instagram. Lots of really great information. So definitely Facebook Instagram. Look for doctor Josh Axe. Awesome.

Thanks actually Dave. All right. Thank you guys so much. And we'll see you all on a future interview. Be blessed everybody.