Introduction and Guest Credentials

I like to think of travel as your stress test. How well and how resilient are your cells, your human cells that make up your body, when it is placed under that kind of stress?

Because some people are like, I developed high blood pressure later in life. All of this is communication at the cellular level. I'm literally the person who's been looking at hundreds of thousands of cells under the microscope for decades now.

So I started realizing, there's certain patterns here that I'm seeing in patients, and then there is certain support they need from a lifestyle perspective.

So that's kind of where it came about, is there was this big gap in our communication of how we address patient care overall. You're listening to the Lifestyle Medicine podcast with Dr.

Ivan Rusilko, brought to you by Access Lab, where we explore new perspectives at the forefront of personalized health care. Welcome to Lifestyle Medicine Podcast.

I'm Dr. Ivan Rosilko, and we are powered by Access Labs. If your doctor's not checking your labs and you're not a doctor, then do I have a treat for you today?

We have Quintuple. That's four board certifications for Dr Monisha Benote. She is a voice in longevity medicine. Not going to lie, she's got a couple books out, one we're going talk about, especially for travel.

Um, you know, and it's just an honor to have here because not, not too awful much do you find a doctor who is quadruple board certified. So thank you so much for being here.

I can't say, I mean, absolutely honored to. Oh, thank you. Thank you so much. I'm so excited for the conversation. And I will say quintuple is five. Yeah.

So I am a physician. Not a mathematician. Uh, so let's go over to keep that in. We're not going to edit that out. It's five now. Even I I've been more impressed.

Can you tell me which five they are? Yeah, absolutely. So I have three in pathology, which is diagnostic. It's anatomic pathologist, clinical pathologists, and cytopathologists.

And I can explain a little bit more what they are because I think it's really important that thank you Access Labs for hosting this amazing podcast and stuff.

I'm all about the labs. Then the two on the opposite end of that spectrum is integrative medicine and culinary medicine, using food as medicine. and culinary medicine oh and so much i want to talk to you about i don't know where to start um first and foremost why did you become a physician and why didn't you just go so hardcore on just becoming the most credentialed physician on earth i'm curious Um, so I'm still trying to figure out why I became a physician.

I think always I had a fascination with the human body and how things work and, and you know, why does this work for this person and this worked for that person when we're all just made up of cells and.

And really what is happening to individuals as they live on the planet? Um. So. You know, and then I also come from a first-generation immigrant family where we got the choice, three choices, doctor, lawyer, or engineer.

And my father was an engineer, so I'm like, nope, not doing that.

Why Travel Medicine Matters

Okay. So I did go to undergrad and do pre-med and pre law. Law was Well, thank God I didn't proceed. Like I could have been a lawyer because I've been told I can debate very well, but there's no pictures in their books.

And it's like so much reading. Whereas medicine, you've got these beautiful colorful pictures. I will just do this. We'll make everybody happy. Well, you did very well.

So congratulations on your five, not core five certifications. Um, so anyway, uh, again, thank you again so much for being here. And one thing that's kind of close to my heart, just because I'm leaving tomorrow on a few weeks in Europe, travel medicine.

Can you tell me what, what that entails and how you kind go about and even where you got the idea to do this? Yeah, absolutely. Well, first off, where are you headed in Europe?

Let's look, I kind of want to get a background of what you're doing. Where are your head? It's because let's, let' make this podcast also helpful for you, you know, not just for like the listeners later on.

So I'm going to the, to, the. To the Polish region over there, Polish, Croatia. Okay. All right. Two different areas. Are you going a Poland or Croatia?

I am doing both. Okay. Perfect. I lived in Poland, so I'm very familiar with that. Um, I headed to Croatia myself in September. So we're on board with.

That I actually just got back on Monday, two days ago from Estonia, um, which is right next to Poland. Uh, from estonia Helsinki in Finland and Prague in, uh, the Czech.

Okay. How many countries have you been to? I'm curious. I don't know, like 50, 60, 70. I got a little key chain that has the little flags on it and it's pretty heavy.

Like a janitor now walking around with all these things on. So what really got me into travel medicine is that when we think about travel, medicine from, I dunno when you trained, but like, let's just say a couple of decades ago, It was really the focus was on what vaccine should I get when I'm going to like, say Southeast Asia or going into Africa or, you know, these kinds of places.

Or what malaria pills should, I bring with me that kind of stuff. And I think in modern life now that people are on the go and they're just, they are going so many places, like we just have access to really traveling the world and, and exploring and seeing cultures.

My patients were coming, and I have a lot of patients who love to travel. They take cruises, they go away for a month, two months at a time. And they're flying to this country, that country.

and they were always coming back to me and going, you know, Dr. B, I did not have, my gut just didn't do well. I didn' have the bowel movements. You know?

I was really jet lagged, was fatigued, had brain flog, came back and got sick, the whole gamut of stuff. And I started looking into it and I'm like, well, the physiology in itself, when we think about what's going on really follows five pathways, which are digestion, immunity, focus, energy and recovery.

And it's kind of like a circle that I look at. And I like to think of travel as your stress test. How well and how resilient are your cells, your human cells that make up your body when it is placed under that kind of stress?

Because some people are like, oh, I developed high blood pressure later in life. All of this is communication at the

cellular level. And when I say that, i'm literally the person who's been looking at hundreds of thousands of cells under the microscope.

for decades now. And so I started realizing, I'm like, there's certain patterns here that I am seeing in patients, and then there is certain support they need from a lifestyle perspective.

So that's kind of where it came about is like there was this big gap in our communication of how we address patient care overall. And really looking at it and and I love that you're into the diagnostics and laboratory right because the labs are what's going to give us the answer.

You know, like if we look at like, you know early signs of abnormalities and we don't wait for the damage and were kind of looking beyond that. And I think preventative medicine is where we should be focused, right?

So preventive lifestyle medicine and travel is travel medicine. It's just like a little pillar inside that because even if you're traveling to, you know, where you are headed and I'm kind of excited to hear what you gonna be doing there.

But then also if you travel for the weekend, you know, like the stories I'm hearing from people I like gosh like it's like you need a handbook to understand how your body works and that's actually You know when I wrote my first but my second book actually the anatomy of well-being right here the Anatomy of Well-Being it really It's a book that puts you through how does a human body work on a cellular level?

The Five Pathways of Travel Stress

And what are the lifestyle things that you can do like and I put it in the space of rituals and practices and what you Can do because not everybody can go to med school Not everybody's got the time or energy to like spend that much time learning But what if I told you if you could understand how your specific body works?

And pay attention to these cues and stuff. Gosh, how much easier would be life instead of going, oh, this person on Instagram told me to do this and it worked for me or it didn't work for right.

So why don't we instead understand how our body works? No, it's true. And I got preventative medicine, I think is true medicine. You know, again, that's kind of the understanding everything about it.

I mean, you've done your entire practice look like you set hundreds of thousands of cells and figuring out what went wrong. Let's figure out, what can go right?

I guess you could say. And especially when it comes to that, you know, your hormones, different food issues, heavy metals, hidden pathogens like C&B, BB, all these different things that can go through and affect how your body not only handles stress, which again, how much stress do you experience going international traveling just from the radiation alone, and the dehydration which is one of the biggest things.

But also what you might encounter, I actually just got back from Borneo not too long ago. I did this whole bat cave thing and I had a massive case of histoplasmosis which I just finally now got over.

But I tell everybody if I hadn't been in the shape that I've kept myself in hormonally, nutritionally all these different things, that could have been a much worse situation because literally two days after I got that, i nearly died scuba diving from a bariatric accident.

So the aspect is the preventative measures I took my entire life. When I went to travel, I was able to sit there and prevent potentially fatal things from happening, especially with that scuba diving accident.

And I think you hit the nail on the head when it comes to the prevented aspect and making sure that everything works correctly. The name of your book just signifies it so well.

Yeah. And like I said, I like to think of travel as another version of a stress test, right? So like, for example, like i

was just in Estonia and I was attending a conference and, um, it was funny because like a couple of the people that I.

With, and i know, i knew them, so, uh, they, had no problem. I, was like giving them my supplement that i take and they were great because they had to speak on stage and you know they had time differences also they did great.

I ran out of my product when I was with them and so the next group that came in they're messaging me one of them has been stuck in the hotel room for four days she flew from California to Estonia she's like I'm nauseous I've got brain fog I got fatigue another one got sick you It's really showing you that there's holes in your health and your cellular health, and how your body functions.

And, you know, people will experience this over a lifetime of like 10 years and we only see little bits of what's happening to our body. Travel compounds it in like a day and four hours and six hours, and then you really feel it So I think it's great that you know, well not great, but you got his stuff great That you were able to bounce back from it because a lot of people wouldn't and and that's where it comes back to alright understanding, you How can you optimize the functionality of your body?

What does that look like for you? And then also identify what are the signs and things you can do to support it, wherever you are in the world. No, very true.

And again, so when it comes to your theories and your ideas, when we come to travel medicine, what of the top, I would say, let's say top three things that any lay person can kind of do just to, just prepare themselves to deal with the stresses of travel.

Yeah, absolutely. So I like to kind of talk about it from the five pathways. If we just start with a digestive pathway, which is really where I think people feel it first is in the essence of, okay, wherever you might be traveling to, even if it's a weekend getaway or you're actually getting on a plane, you're not eating what you would normally eat at home, right?

So now you might be picking up airport food. If you are not well planned, you may be eating airplane food if you were on an international flight because they actually feed you.

Or if your on a domestic flight, your getting some salty pretzels and maybe some alcohol or something. Well, When you are up in the air, the first thing that's kind of happening to your body is at higher altitudes, you have lower like humidity levels, right?

So you're actually getting dehydrated. And most people notice it like on their skin, like that dryness. But imagine that your GI tract is also getting a dehydrate.

Right? So the intestinal lining, the single cell layer of cells is getting dehydrated. So that's number one. Second, you're not moving as much as whether you are doing a drive over the weekend or you were sitting.

Because you aren't moving that much, your not having that motility. Now, because we've gotten into the error of wearing sweatpants and yoga pants and this lounge stuff, we do not realize that as we go up in the air, as as, go in elevation, the gases in our digestive tract expand.

Okay. And then one of the ways to think about this is if you ever were handed this bag of pretzels or this back of chips or whatever you're getting. It's usually like expanded, like there's gas in it until you open it up, right?

Now that's also happening in your gut. You just don't feel it because while we're not wearing pants that button up anymore to actually feel like that tightness.

So there're a number of things that are happening and then. On top of that, we compound it with, you know, maybe eating a lot of salty airport food or drinking alcohol or, um, You know just basically not moving our bodies.

So now, and maybe even eating like, I remember once I was sitting on a plane and, this girl next to me, she literally had three different types of candy.

One was like gummy worms, one was some chocolate. I mean, it was literally every sugar you could imagine. And I'm like, she is not going to feel good later and I don't want to be sitting next to her.

But people don' think about this because it's like an everyday, oh, this is normal. There's airport shops that provide me. We're not thinking about our health when it comes to travel.

So that's the first thing. And then when that happens, that actually creates this downstream effect of intestinal hyperpermeability. So travel creates leaky gut if you're not protecting it.

And the cool thing, well, not the cold thing but there's new research out that shows that there is something called the chrono motility basically that the gut microbiome has its own circadian clock, which is independent Of the uh circadian clock that we're familiar with which is the light wake cycle and it's independent So it might take you like two days in another country or something to kind of reset your certain sleep wake cycles circadian clock But your gut clock can take up to three to five days That's why I have I Have people who come back to me and It's like maybe a week-long trip and they're like i've not had a bowel movement all week and i'm like, oh my god God, like your microbiome is like super angry right now.

So there's a lot going on there. And I think understanding the status of your gut microbiomes and the statistics of digestive health, even before you head anywhere is important because that's going to be the first thing that you're going feel.

for sure. Very, very true. Now, how do you do that with your practice? At our practice, we check for things like candida, dysbiosis, food sensitivities, all kinds of different things that can actually influence how the stomach works.

Do you have a different way you check it or it's similar? It's very similar. So I will do gut microbiome testing, which will incorporate dysbiosis. Looking for an imbalance between the good gut bacteria and the bad gut.

I'm also looking at inflammatory markers.

Gut Health, Immunity, and Oxygen on the Road

If they have elevated levels of say IgA or EPX or calprotectin, I am looking for maldigestion. Can a person break down the food they're eating because you could be eating the best diet, but if you can't break it down, then you're definitely not absorbing the nutrients.

I'm looking for metabolic function. being that we in America at least do not eat as much fiber as our body wants us to. If we're not eating enough fiber, we are also not making enough short chain fatty acids.

So that is something we can test for. It's kind of funny because I'll have my patients do a food journal. I'm like, just really write what you're eating.

Don't try and impress me. I want to know exactly what your eating and then when we get their test results back and I'll go over it, I am like do you really eat this because your gut is telling me you don't actually get this much fiber.

Tests do not lie. If you get a test done, it's going to tell what's on. And then, of course, I like to look for infections. So, you know, like you said, if you had infections, so whether a person has Candida or they have, a bacterial overgrowth and it is a pathogenic type of bacteria or if they had a parasite or something like that.

I have a lot of people who do travel internationally and You know, they, think they're getting clean water and they think, you know like, because they are staying in like proper hotels and stuff.

And you, know they picking up infections and that just tells you the state of the actual gut lining. Like how hyper

permeable are you? Because, I mean, myself travel probably two weeks every month and internationally.

So I could be sitting next to somebody who's done the same thing. Yet because their gut isn't as healthy and they haven't really tested for it, they really have no idea because they're only associating digestive symptoms with gut health when it's really any symptom is related to gut.

Um, that that can leave a clue. And then, yes, I do do food sensitivity testing, um, uh, as an adjunct to see the health of your lining, because there might be some foods that people are sensitive to that.

They're just aggravating. No, very, true. I think gut health testing is the biggest thing that functional wellness, traditional, everybody kind of skips out on, you know what I mean?

Like everybody thinks, oh, if you eat it, it's going to be fine. That's probably the most important testing that I do here. And I test everything, from hormones, to neurotransmitters, and you name it.

So I'm definitely glad that we share the same thing. But I didn't know about the whole circadian rhythm of the gut biome. You definitely taught me something there, so I'll have to really research that one.

Yeah, now there's recent research on that and then the other thing that I'm looking at is immunity, right? So if we go down the pathways, yeah, digestion you're gonna feel, you gonna notice because we're eating, it's not like we are not gonna eat.

The next thing would be immunity and I do that because I don't know what kind of traveler you are but you can literally make a reality show with a camera sitting in one place watching people travel through an airport because they do not know how to manage stress.

And when, when an individual is stressed out and creating excess cortisol because of travel and travel will do that to you. And if you don't know how to regulate it, thinking about travel, we'll do.

Yes, absolutely. The anxiety around it. All of that. Well, when you're creating excess stress hormones such as cortisol, that is suppressing your immune system, right?

So now individuals who can't manage stress as optimally are also more likely to get sick when they do travel. So they blame, all right, okay, I got sick because the person next to me was coughing on the plane or, you know, this kind of stuff, but technically, Research has shown that airplanes the filters on the HEPA filters that on airplanes are so like cleansing in a way That that's not going to be the reason and like that you're really picking something up now I will give one caveat to that there is a part of the airport that is not very healthy and that would be that the jet bridge the the area where you walk from You know the gate onto the plane because there is no circulation going in there right and now people are standing there waiting yeah you might wanna be a little bit more protective there but.

There is a you know this myth around. Oh, I get sick when I'm on a plane because the person next to me is coughing and then I came home. No, it's really your body's ability to address like its immunity, right?

So I always recommend as soon as you land anywhere, go find nature, Go find a tree, boost up your natural killer cells, you know, like to protect yourself.

One of the most important things we test is natural killer cells. Nobody tests those. I think it's such a fascinating part of functional medicine, whatever you want to call the brand, that nobody pays attention to because those are your first line of defense.

You should do on yourself since you have access to it. is do a pre-natural killer cell. Well, I guess you can't do it over there. I was going to say post-travel natural killer cells, but if you did it based off of how much time you spent in a city versus nature, if there was a difference, and I bet you, you will see that the more time that you spend in nature the better your natural killers cells are going I can only imagine.

It was crazy because I actually just, I bought a farm up in Pennsylvania where I'm from. And it was funny. I was driving with my mom. Really? Where abouts?

Bucks County. Bucs County, you got football out there, eh? Yeah. Where are you from? I am from Northwest. So up around Erie, Pennsylvania, a little bit south of the small town called Meadville.

But the nice thing about it is it's so rural. We're driving through the things like I just created all these trails and it just so green there right now.

And like, you know, we had the windshield up and like you take a breath in. It's just amazing to see how much more oxygen you get versus in Miami or I have a clinic in the Middle East.

I mean, go out there. There's, there's no trees anywhere. Which is air conditioning and sand. So a lot of people don't realize how nature influences not only your immune system, your emotional aspects of it, hormones, everything under the sun.

it's kind of unique to sit there and see like my mom, who is, God bless her. She's this little, this 70 year old lady was just like. Take a breath in, it's just so much oxygen.

I'm just like, oh my God, that's so true. Yeah. Speaking of which, so oxygen, let's talk a little bit about oxygen when you travel. Because you are at higher altitudes, oxygen levels actually decrease and they tested this even in healthy individuals like athletes.

We became more familiar, the general public became familiar with oxygen saturation during the pandemic, right? They were starting to measure their oxygen, saturation on their fingers and stuff like that.

So ideally we want to close to a hundred. Now, when we travel, even the healthiest individual will drop down to 90%. Okay. Okay, so 85 to 90% a healthy individual will drop down.

Now imagine an unhealthy individual drop-down even further.

Cellular Stress, Recovery, and Prevention

What happens with that combined with the fact that our posture might not be as good when we're sitting on an airplane, you know, when were sitting, we kind of like, all right, We've got our head down, were just trying to figure out a way to sleep and if you Think about your carotid arteries as the main blood supply to your brain, right?

And if you're compressing it because of the way you are sitting, which technically nowadays everybody is doing because they're like on their gadgets anyway.

So imagine having the brain fog from having lack of oxygen due to both elevated altitude as well as this compression factor, now you're not getting enough blood flow to your brain.

Lack of bloodflow to the brain can feel like brain fog for an individual. All right. So these are things that I feel like once you kind of hear it, you're like, oh man, yeah, I do feel that.

That could be more straightforward yet yours like light bulb. You know what I mean? Like nobody's telling you about it. Nobody's talking about. And it's like I see it happen every single day and I'm like okay, so let's start there so you can land off a plane.

Then of course, people are familiar with you know, getting up and like walking on long flights and you compression socks and all that kind of stuff. But think about posture too.

I think you're a Dio, right? So you are all about like the posture and everything. Right? So these basic lifestyle things that we aren't considering that can really help.

So focus is another one that I see individuals be affected by, especially like, and probably in your circles too, but like when I'm traveling, I am usually around Pretty high performing people like you know they're either going to a conference or I go to lot of conferences or they are speaking and they need their brains to be on and there just like I don't feel like myself.

And then next and I think you kind of mentioned this a little bit is. the cellular stress that an individual gets when you travel, right? So if we think of, I don't know if you measure oxidative stress, but I like measuring oxidated stress.

In fact, when I talk to my patients, always pull up my little cell model and I'm like, this is your cell. This is your cell. It's getting all this stuff with, you know, the oxidative stress and exposures it has.

So now if you don't have enough antioxidants to combat this, You are going to create reactive oxygen species, which by the way, will aid you, but also you will start feeling it.

All right, so you will start feeling your body slowing down. The other thing is the mitochondria that get impacted, especially when we travel, you know, just in general, our mitochondrion get impact as we age.

But when we travel, we've got this dose of cosmic radiation that will increase oxidative stress, creating more reactive oxygen species. It will also affect mitochondria as well, right?

Because with this accumulated pressure of all these things, these species can accumulate faster. And if you don't have a way to neutralize them with antioxidants, then The effect becomes cumulative.

So I like to think of things in a way of your cellular health is like, all right, you really want to front load everything to protect your cells because they will become depleted.

And that's when you start experiencing all the health issues, right? So now we've got the energy that declines because now your mitochondria are like all jacked up because.

They didn't get what they needed. And the last aspect, the fifth aspect of travel medicine for me comes into recovery, right? So how do we recover on the go?

One of the things I always look for wherever I go is where is the closest spa location? Um, you know, after nature, somewhere to go walk and like really reset the circadian, the light, uh, wake cycle.

I always go look for a spa so I can either get a massage, I do some sauna, just something to kind of, um, support the body so then I sleep better that night.

Yep. No, yeah, it makes total sense. I think a lot of it boils down to acidity. You know, the more we travel, The further we traveled, longer we travelled, your body becomes more acidic.

And again, when your blood is acidic, everything from your iron turns into the ferric state, you can't transport oxygen properly, then all of a sudden you have cardiovascular stress.

It all boils it down just to how you basically manage your systems on the most basic levels, which you get all five things perfectly. And again, I think the biggest part is the common sense aspect of it, drinking the proper amount of water, making sure you're healthy before you leak, just worrying about recovery, but preloading like you said.

And if you are sitting here listening to this and you about to get on a trip such as myself, what's the best way to pre-load your system when it comes to whether it's nutrients, is it making you get the good sleep the night before, or is having an orgasm, like what is best to front load yourself to be ready to trout?

Yeah, so there's gonna be a few things that you're gonna wanna do because I don't want you to think of, oh, let me do something the night before and expect it to work, right?

So this is something you kinda wanna to do. for your entire life because travel is just one aspect of what you're going to do. So this is more of, what I like to think of like a daily ritual, right?

So what are the daily lifestyle things you are going do? Obviously, the main ones are gonna be optimizing your nutrition, optimizing you sleep, and optimizing movement.

We know all that. Everybody knows you need to that Um, I think from a preventative aspect, you really need to know the state of how your body functions, because you don't want to figure that out when you get on a trip and you're stuck in a hotel room.

And that's where I. Diagnostic testing, preventive testing really helps. I was just reading this, um, this article that came across on Doximity about how one of the bigger labs is being sued for fraud for testing by CMS.

And I was like, that's interesting because CMS will only approve tests that they deem medically necessary. Okay. Which is a problem when it comes to integrative lifestyle medicine because When the CMS is deciding what they think is medically necessary, it conflicts with what we as physicians know is really necessary.

Right? Because we don't want to wait until 70% of an organ is damaged and you then have an abnormal test result to then be able to give a medication. So I would think both you and I probably feel the same way correct me if I'm wrong But we're looking at tests a lot earlier on and how is the body?

Functioning because if we can prevent a of this further down Yeah, I know you can be more right And I think that that's a big part of it. So what are the key things to do?

I Think annual testing, every six month testing on these deeper dive tests just go, all right, what is my body doing? And do I have the support that if, you know, I age or if I get exposed to histo, Or if I get exposed to something, how are my cells going to be resilient?

Because, yeah, we are gonna every day have some kind of exposure, but how come some people can bounce back quicker than others? And that, I really think, comes back to the resilience of these cells and what's going on in here, right?

I think everybody has the capability to do that. A lot of people blame their genetics. We all look for something to blame and we blame our genetics, but the truth of the matter is, is thanks to epigenetics, we actually have more control over what's going on and how these guys function.

Books, Supplements, and Where to Find Dr. Benote

So, especially when it comes from this like disease process that As a pathologist, like I said, I've diagnosed hundreds of thousands You know looked at millions of cells under the microscope and and you know, one of the worst diseases obviously is Cancer, you Know and giving somebody a diagnosis of cancer under The microscope which I do on a daily basis and I'm like but that didn't start like yesterday that whole story is 10 20 30 years old and then people are like Oh, well, cancer runs in my family.

I'm like, yes, but we are so advanced when it comes to clinical testing that we test every cancer for genetics. And I can tell you cancers do not have a genetic background.

What they do have. So let me, I want to make sure people are hearing this right. is they do have genetic abnormalities that are accumulations over a lifetime, which are the mutations.

And those mutations are what do also get tested and they get testing so people can have targeted treatment, right? So if you've got PD-L1 on your cell or you got estrogen, you know, so it's all getting tested to see what drug can I give you.

But the reality is those mutations, you weren't born with them. They developed because of different things,

environmental exposures, lifestyle exposurers.

All of that. So I, you know, I talk a lot about this in my book and I'm like, my hashtag is hashtag cell care, right? So cellcare is self care. Like we got to move beyond this, like just taking care of ourself and really focus on what do our cells need and kind of wake up every day going, oh, what does my body need today?

And making decisions from that perspective. No, he's great. I think cell care is fantastic. Hopefully you trademark that that's that. That's very I have it everywhere at this point.

If it's not, it is. Well, Dr. Bonota, I. Think we are on the same page for everything. Now, how can people get a hold of you and find out? Or where's your book at?

Actually, both books. You have two books, right? Yeah, I have another book, it's a pathology book. So that's really for like the medical professionals that would want to dive in on that.

And then the anatomy of wellbeing. Easiest place is to find them at any book retailer. You can go to my website, drbonote.com. to check them out there on Amazon, Barnes & Noble, all the websites so you can do that.

I can be found, on my social media is the same, Dr. Benote. If you do want to protect yourselves, of course, I do have Trevella Essentials, which is my core formulation supplement that I created not to make more noise on the market because there's plenty of noise when it comes to supplements.

but really to bridge 5,000 year old botanical intelligence from Ayurveda and traditional Chinese medicine with our longevity science ingredients after testing patients for decades and just seeing that this is something that in these five pathways of digestion, immunity, focus, energy and recovery, that people can really use support and it's the first physician formulated that actually incorporates this blend of ingredients.

And so I'm super excited to share that with people because I've been taking it personally for two years.

Closing Remarks and Access Labs Outro

This was from my own experimentation after suffering a traumatic brain injury and going, how am I going to rebuild myself without taking all the medications that doctors were throwing at me for brain fog, for chronic fatigue, Uh, chronic pain to, you know, basically no focus.

I'm like there, there's gotta be a little bit more of a natural way to do this. And that's where that kind of comes from. That's great, though. Unfortunately, I won't be able to get it for this trip.

But I just like you. I travel nonstop. So I'll have to give you my my review on my next international adventure. Um, but it's been so it was so awesome having you here again.

Somebody such as you know, so credential such is yourself. It's an absolute honor. You spent the day with us. And again, thank you so much. This is the lifestyle message podcast hosted by me, Dr.

Robert Silco, you can find us on YouTube, on Apple, and SoundCloud, all those kind of fun things. Again, we're powered by Access Labs. If your doctor's not checking your lab, they're not a doctor.

And again, doctor, thank you so much for stopping by. It's been such a pleasure. Thank you. Thanks for joining us today on the Lifestyle Medicine Podcast.

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