Unlock The Secret: The #1 Factor For A Long, Disease-Free Life Transcript

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Summit Welcome and Introduction

Everyone, doctor Eric Linsky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, healthy life.

This is information your doctor will not be telling you about, so please clear away distractions and get ready to take lots of notes. No joke, you will not find this collection of practical, natural solutions anywhere else online.

From avoiding hidden toxins in your home that are damaging your heart to easy natural product swaps to simple lifestyle habits, each expert will empower you with simple, money saving tips that put your heart health back in your hands.

And remember to keep this life changing knowledge at your fingertips. Be sure to grab the summit recordings and bonus material for ongoing support in your journey to enjoying a heart healthy, abundant life.

And today, I'm thrilled to introduce you to a longtime friend and colleague, Doctor Isaac Jones. Doctor Jones is recognized as one of America's top longevity experts.

His pioneering advancements in health care, focusing on evidence based strategies that improve heart health and extend lifespan. Known as the doctor of the future, he collaborates with renowned experts like David Sinclair, Peter Area, and Doctor Jeffrey Gladden to bring the latest insights and longevity sign to individuals worldwide through his Longevity Practitioner Certification.

Doctor Jones shares proven techniques for optimizing health markers, helping athletes, executives and high performers live longer, healthier lives. His approach is centered on integrating cutting edge health science into personal wellness practices, which add both years and vitality to your life.

He lives in Atlanta with his beautiful wife, Erica, and four children. All right, let's dive in. I'm really excited because you're going to love this information that Doctor Jones is about to share for that, by the way, you just had a massively successful event that you just helped tens of thousands of people tap into the most cutting edge research science on longevity.

But before we go into that, I'm just curious. I mean, doc, I've known you for about 15 years and we have a very close mutual friend. Many people know Doctor David Joker's, we actually were in Doctor Joker's wedding together where we met and out of all the things I've seen you do, Doctor Jones, over the years, you could have picked anything, like, literally anything to specialize in you.

You have a brilliant mind. You're passionate about health. You and your wonderful, beautiful family live this lifestyle. But why longevity? Like, why did you decide to hang your hat on this topic and devote your life to it?

Why Longevity Matters for Heart Health

Well, I mean, if you look at the topic of this particular summit, which is, you know, heart disease and, and heart health, the reality is a lot of people, if they, if they really do care about, about preventing these different diseases and disorders of the 21st century, we have to actually treat, quote unquote, aging.

We have to address aging. And, that's the aging that happens in your body, not chronological aging. So we're fine with aging chronologically. We're not, fine with old, right?

We don't want to mold. We don't want to get old. We don't want our organ systems to get all that our bodies to

decay and degenerate. So what we now know is all the hallmarks of aging.

And we understand the scientific under, foundation of why we age. And so now we can actually address these hallmarks of aging. And there's a lot of different hallmarks of aging.

And each hallmark actually, contributes to heart disease. Each hallmark contributes to, stroke and cancer and things of that nature. So the more that we can address these hallmarks of aging, the earlier, you can actually see just incredible, results in respect to heart disease markers going down as well.

So I feel like it's the more that practitioners get into longevity, the more they realize that this is actually the healthcare of the future. It's the elevation above functional medicine, and it's really where I think most practitioners are going to be practicing, for cancer, for heart disease, for Alzheimer's, and then to, to to prevent and optimize health as well, for the rest of their lives.

That's a pretty bold statement. I mean, the evolution of functional medicine is like, talk a little bit about this is something I know you really have a good pulse on.

Talk a little bit about the financial aspect of this, because isn't this becoming a multi-day trillion or forgive the number ignorance of me like, yeah, what's the where is this going?

Because there's big bucks being put into this industry, right? I mean, if you look at it, there, there's literally billions and billions and billions of dollars being invested into longevity right now.

And you're looking at an industry that is going to be surpassing the oil industry by 2026, to be a $36 trillion industry globally. And so that number encompasses a lot of different things.

But it will the longevity industry will will essentially be the number one industry in the world. And and so ultimately, the exciting thing about governments investing into longevity research and institutes and schools like, you know, investing into longevity research and then private investors, private equity companies, venture capitalists, angel investors, all investing into this is that we're going to start seeing some incredible breakthroughs.

We're already seeing it right now. It's just amazing. I tore my knee. I tore my meniscus and and, ACL, earlier this month and literally my, my knee is healed naturally because I know the new technologies to heal joint injuries.

Through these different, you know, solutions and strategies. So I think surgery is going to eventually become a thing of the past. I think you're probably going to have to still have surgery if you get in a bad car accident or something like that.

But there's a lot of really powerful regenerative technologies and supplements and, even peptides and bio regulators that you can take that will help you to really start optimizing the health of your tissues, your cells, your organs, so that you can live healthy longer.

A healthier and longer, longer lives. I want you to talk just a minute about, about peptides, because we were talking offline before this this interview.

Yeah. But I want to highlight something that you just said, which is really key, like holding. I like that I'm going to borrow that. People don't want to age poorly.

And this is becoming very relevant that our life expectancy is longer now than ever before. And people are aging really.

Peptides and Regenerative Therapies

And my I could resonate. And maybe you have stories like me, but my grandfather literally died in his La-Z-Boy chair. And for the last ten years of his life, hunched over, could barely walk.

Just what kind of life to deliver. He was a vegetable at one point. Last 2 or 3 years of his life was in a nursing home. Like that wasn't a life worth living.

And that was aging, right? He died in his mid 80s. Like, okay, life expectancy was great, but he literally died at like 70, biologically. Right. And so people there's a lot of focus.

So this folks longevity isn't just about beauty anymore. It's not about wrinkles anymore. It's not about the esthetic. It's about I want to live my best as long as possible and the focus of hard health.

We're going to cover some Oxford University studies in a minute. But talk a little bit about that. This this concept of, that concept. But the science behind and the importance of supplementing with peptides and what this could do for people, to help them live well, longer.

Well, I mean, I'll just give you an example. When I tore my knee, I used BPC 157, which is a peptide that helps. It's like a communicator there, like little amino acid communicating molecules that will tell your body to go and heal, the tissue.

And so my, my tissues. That was part of the healing protocol on top of tissue regenerative therapy and zone therapy and things of that nature. And so BPC 157 is great for anybody that is dealing with any kind of, you know, pain that they're dealing with any degeneration, if they're dealing with any injuries.

So that's really good at Balmoral. And, and Tessa, Maryland is really great for people that are, dealing with lower testosterone levels and, growth hormone levels, etc., and they just want to feel like either a man or a woman.

Again, a lot of, a lot of people don't realize that testosterone is higher at every single life cycle than, estrogen. In females, a lot of females are like, oh, estrogen is the predominant female hormone. It's actually testosterone.

And so testosterone completely, takes a nosedive in the late 30s and into the 40s and 50s. During perimenopause and menopause. And so, you know, by supporting, with peptides, these different, you know, hormones, especially testosterone, you can feel like your life is coming back, you know, you're you're increasing your libido.

Your skin is is looking and feeling better. Your your joints are not achy, your energy is higher, etc.. So there's a, there's a lot of different peptides for, a lot of different reasons that you would, you would, you know, you would take them, there's, there's a lot of, really cool breakthroughs that are continuing to come down the pipe, now with, GLP ones.

Right. Which are the, the, the peptides that communicate to your body that your fall, and you've got, you've got semaglutide, for instance, that essentially tells your body your fall and, and people are then losing like crazy amounts of weight, I think.

I don't think that's going away. However, I think the nuance of using peptides in a way that's more accustomed to each individual and in a way that's cyclical, is what the future of peptide therapy is going to be.

It's not going to be like, I'm going to take test morale and, and, morale in and BPC 157 or semaglutide every single day for the rest of my life. You're going to use these peptides for a specific reason.

And so, one of those reasons for semaglutide, it might be to lose weight initially. Right. But then the goal is to adopt a healthy lifestyle. And, shift your behavior, and then you can ultimately keep the weight off.

Right? Because the reality is a lot of people on these GLP ones, they'll go back on to their normal. They'll they'll not change anything between the years.

They'll never change their identity of who they are, in respect to their diet, who they are in respect to their lifestyle, in respect to physical activity and exercise.

And so they go back to their old ways and then they gain all the way back again. It happens all the time. And in the meantime, the, you know, that that that the, the peptide has caused muscle loss.

It's caused, you know, accelerated aging, because you've lost muscle, which is one of the main indicators of healthy, longevity is how well, you're you're maintaining your lean body tissue and your lung capacity and things of that nature.

So, you know, the bottom line is, I think there's going to be more nuance with these peptides. I think there's going to be more, customization. And, and then the education and understanding of how to, how to use these peptides cyclically because they should not be used every single day for the rest of your life. You know.

I'm glad you said that. And we and I want to hopefully speak out of turn here. But, you mentioned possibly getting behind peptides, maybe possibly promoting or selling them.

Folks is going to again go to Eleva, Wisconsin, get connected with Doctor Jones on his newsletter. And once he starts pulling this out, because there's very few people that are really specializing in peptide therapy, and you mentioned essentially ozempic GLP ones.

It is now becoming a heart attack and stroke prevention tool. It's in the research now they're starting. It's actually approved. GLP ones are approved as a heart attack and stroke prevention, approach by the FDA.

Because of what it does to weight and blood glucose. And that's really scary because now added to the list of things and you're right, they're not going away.

And there's other things we could do naturally. Praise God, we need to really start focusing on non-addictive non. And we say natural therapies that don't have side effects.

Right. So man, there's so much we could do. And I don't want this to be a peptide class. But I mean, you know, you recently hosted this unbelievably successful summit where Doctor Gladden and Mueller, I would love to hear just some key takeaways, because, folks, this is a heart attack and stroke prevention recovering talk from an opposite approach.

Again, I'm not a cardiologist. Neither is Doctor Jones. Believe the nitty gritty sciencey stuff that doctor Jack Wolfson and others that are really focusing on that, what we want to do is cover, you know, how to help prevent heart attack and stroke in other ways.

And maybe people aren't thinking. And these are. And you mentioned one thing about pain, and we know that constant daily use of aspirin, even daily aspirin causes micro arterial, inflammation because what it does to the blood vessels.

So if you're in pain, consider peptides. If you're in pain, consider other things because you know you're hurting your heart. So in that context, I would love to hear some of the main takeaways from this event, because you you gathered some of the foremost leaders of longevity in the world.

Just drop some truth bombs. Again, nothing scripted here, so I would love to. Hear. Your biggest takeaways. It's good. I mean, we went from the very basic to the the most like advanced in longevity, and helping people not just again live longer, healthier, more vibrant lives, but but also prevent heart attacks, strokes and and and cancer and all the other things.

So, at the very core and this is true for heart disease as well. And stroke is that, you know, emotions play a big role, the locked emotions and the lack of addressing past trauma was one of the foundational elements that we talked about.

And as we were discussing this, it was very interesting to, to, to to hear the correlation between childhood trauma that hasn't been dealt with and, and trauma during your teenage and early adult years, and how that impacts your

health later on in life.

Summit Takeaways: Trauma, Sleep, and Lifestyle

And it can ultimately lead to heart attacks, it can lead to stroke, etc., if you don't address those kind of locked emotions. And so, the importance of addressing that with a therapist or going deep and, creating a spiritual walk for yourself, you know, I, I think that that one of the conclusions of those interviews was talking about how important social community in the context of spirituality is, is prayer, the power of prayer, and also the power of like, really addressing these things head on and then forgiving the person or the the incident, and then and then moving on and how important forgiveness is and longevity.

So that's a foundational, I would say, thing that you probably wouldn't expect at a longevity summit. And then we talked about, like, you know, I would say a step up from that is just different lifestyle strategies that what are what are the top lifestyle strategies that impact your your longevity the most?

One is the ability for you to maintain lean body tissue and balance as you age. One of the biggest reasons why people age quickly and then get a heart attack or stroke is because of a fall.

So if we can prevent, a fall, then we can prevent the decline of, you know, these, these other issues that create like a positive feedback loop after the fall because you're not moving your body in, you're in a state of injury.

And then there's all these other things that happen that can lead to stroke, you know, cancer, heart disease, etc.. So one of the things that was interesting is like, hey, men and women should be doing resistance training.

Men and women should be, you know, consuming healthy amino acids and, consuming a healthy amount of protein to maintain the lean body tissue, of your body.

And it's, it's it's it's important to know that even as you're aging, you can you can be intentional about gaining muscle. You can be intentional about, actually gaining muscle mass, and then and then using things like balance boards, to help you with your balance and doing things like novelty training where you go to the gym and you do something different every single time versus doing the same exercise every single, time you go to the gym. So, you know, that was that was really important and impactful.

And then we obviously talked about, like, the importance of sleep, the importance of, of healthy nutrition, the importance of fasting and longevity. And then we went to the more advanced things. Right.

So, yeah, the more advanced things as you know, tissue regenerative therapy. I went today to soft wave. You can go to soft wave trt.com and find a soft way practitioner that has tissue regenerative therapy.

If you have, like a, achy joint or if you've got, you know, any kind of pain, in your back, in your, in your body, I even use it on my brain. They found in Europe that it actually helps to reverse, stroke and, and even Alzheimer's disease because it stimulates, the brain in such a way that actually, well, we'll shoot out specific exosomes in the brain that will help to, to to regenerate the tissues of the brain.

And it actually help to break down kind of amyloid plaque and, and some of the other things that happen within the body. And then it's very healthy for the arteries.

They're actually using it on the heart. They're hitting it, because it breaks down calcification in the heart. Before I even knew about this, we're able to reverse, an individual and, Colorado Doe who had a 90% occlusion of his aortic arch.

And he went through my program and he went back to his cardiologist, and it was completely reversed. This cardiologist said, what the heck did you do?

And what we did was we removed heavy metals and environmental toxins out of his body. We got rid of these

parasites that were in his body from supplements he was taking.

We helped him overcome the micronutrient deficiencies that he had. We got him on a healthier diet, what I call my my advanced nutrition plan, which is similar to, like, an autoimmune paleo diet.

And then, we also, got him cut, cut, cut down, quite substantially off of a lot of the meat that he was having because he wasn't eating enough fiber. And we literally saw within the, that course of around a six month period of time, a complete reversal and the calcification of his artery.

But, now you've got tissue regenerative therapy where you can literally break down the calcium with this amazing device. Like, you should see the research out there about it.

It's pretty amazing for cerebrovascular issues, heart issues, etc. so I use it today. I use it on my brain. I use it on my, you know, on my on my knee.

And I actually use it on my, man parts because it helps to increase, testosterone naturally. It helps you just function at the, at a high level, from a hormonal perspective if you do that.

But, that that was like a kind of more advanced thing. We talked about exosome therapies and how to, you know, create more targeted exosome therapy. So exosome is like a single molecule to heal the body.

And it kind of helps the the stem cells in your body migrate to areas that need repair. So it might be your heart. It might be your brain, it might be your knee.

And so the importance of customizing that for the individual. And lastly I'd say, we believe the future is really an artificial intelligence. And how artificial intelligence will be able to use, overlays on MRI and Cat scans and X-rays and be able to see things that a lot of even radiologists can't see, that will allow for the doctors to see more comprehensively into, into the, the body.

And then we'll be able I'll just give you an example. I'm when I'm the the people I'm helping out, you know, I'm retired from working with people one on one, but, like, I do help people that are close to me and I, you know, I worked with this guy that a lot of you guys would know because he's very, he's a big celebrity in the world, and he's got all these celebrity doctors working with them, doing different things.

And I put into I, into this particular like, I, you know, pull all of this, the medications, the supplements, the therapies that he's on and I said, all I asked was, what are the contraindications?

And the I spit out this really comprehensive contraindication kind of profiling of all the things that, are concerns. And I would recommend that you guys do this with your own medications, your supplements, etc..

I'll give you an example. This individual is on blood thinners. He's on cholesterol lowering medication, blood pressure lowering medication. And he was on tumeric, which also tends to blood.

He was on omega three which also thins the blood. He was on. He was on, on on cardio like then he was on, what is it? There was a few other products that that also then the blood.

And so it's like, you know, he didn't realize he had stacked it so much where he has like 7 or 8 blood thinning products that, you know, are very problematic for, you know, platelet, aggregation and ability to heal, when you do kind of fall down and break a blood vessel or whatever.

And that's one of the things that I was noticing is that there's blood vessels that he was, you know, breaking in his body that I, that I was like, what's going on?

Right now. And then, you know, the the I was the one that pulled all of this together. You know, I'm saying within a couple of minutes, or a few seconds.

So I would highly recommend just, you know, all the protocols that you're into, all the supplements you're taking. Ask the question, what am I missing in respect to my heart?

Regiment. I'm wanting a natural approach. Or what are the contraindications of doing all of this at the same time? And then talk to your doctor about it afterwards?

But those are some of the cool things that we discussed, in the summit. I might even get into my questions yet. All right, horn section, this is. So I want to unpack this.

I want to leave everyone with something here. I and I'm not correcting you, but I'm going to add in another way of looking at I, I want to I've my whole viewpoint and again, I'm from a marvel family.

Right? I'm thinking Ultron. Right? World domination. So when people go on, I they're thinking the sky is falling, computers are going to take us over like The matrix.

I, I went through a Vanderbilt Coursera study and I recommend everyone, to go through if you can find it on. It's really easy. It's free on Coursera, but the the the doctor jewels I forget in that last name I should remember, but I went through his courses on AI and he said something that was really profound to me.

He goes, don't look at it as artificial intelligence as in computer based. Look at it as human augmented intelligence. He goes, what this is doing, it's allowing you to be the best version of you and it's helping.

Like you, Doctor Jones, you literally just hit the nail on the head. It is has the ability within minutes to do what multiple doctors could never do within hours because it takes all the different millions and billions of variables.

So I want to encourage everybody to really embrace AI as an augmented intelligence, to help you be the best version of you. And with this, this might be the most valuable piece of information you got from the entire event is utilize.

I put in your protocols, put in everything, and say, what are potential contraindications and risks of what I'm doing and just see, digest and realize that it's not infallible.

Toxins, Parasites, and Inflammation

There is false information or misinformation that misinformation, but it can. It's pulling from every which direction. But it gives you a baseline, like Doctor Jones clearly laid out.

And I'm guessing because this is a you know, I'm we're preaching to the choir here. Mostly speaking, if you're listening, a half an hour into this discussion, you're already probably taking supplements.

You probably already have bought peptides because Doctor Jones said so. You are the ideal audience, but you got to be careful you're not overdoing it.

And chances are you are. And and you said something that I don't know if we can unpack here, but I've never heard this. You mentioned parasites from supplementation.

Oh, no, I hear you right. Yeah. No, I, I, I was, I was addressing this individual and, and Denver's, heart issues like, because at the core, we want to address inflammation, right.

Like, you know, chronic inflammation is why people are developing, a breakdown of, you know, the endothelial glycol calyx and that arterial wall that then, you know, ends up creating, you know, endothelial inflammation that leads to the rigidity of the of the arteries, etc..

But if you go upstream and you're like, okay, well, what are what are the things that are driving inflammation typically, you know, it's it's our diet.

Typically it's stress levels in our, in our in our in our our our our lives. Our thoughts can create inflammation, which is very interesting. But but but as well as there's, there's toxins.

So there's environmental toxins, there's bio toxins, bio toxins are living toxins like mold and Lyme and, as well as as fungus and parasites. And so, one of the, the things that that I address and everybody because I, I'm of the belief system that everyone has micro parasites that you can't really see on tests that we want to address these parasites, and we want to get the body into a healthier state of functionality.

You know, on a, on a, on a cellular level and in a, you know, on a when you look at the blood you want, you want to make sure all of that is addressed. And so, what I did with him is I address the parasites.

Now, he didn't have any parasites. I tested them for parasites on his labs. He didn't have any parasites. But guess what? When he did the parasite cleanse, he had ten worms coming out that he didn't realize he had.

And so, you know, and it's very. It was very disturbing for him because he's this white collar, you know, kind of, guy, that, that, that doesn't want to see worms in his stools, you know, but but that was one of the things that we addressed, and, you know, and it helped him, you know, it was one of those factors that address the underlying levels of inflammation.

And Jack Wilson is a friend of mine. So Doctor Wilson would agree, like, you know, parasites are one of those environmental bio toxins that we have to address on top of that, heavy metals and the, the toxins in the environment that hopefully, will be, you know, addressed as, as the shifts in the entire Environmental Protection Agency in the ER are being.

Taken about this. No one's mentioning this, which is why when you said it, I'm like, okay, I hope he can just maybe peel off another layer. What are some things that people that are doing inadvertently that are contributing to to the problem.

Like what are someone's risk factors? Is it diet related specifically? Is it like what what changes can someone make to help prevent that sort of infestation?

Or I'm just curious. I think from a dietary perspective, two of the biggest things is the vegetable oil crisis that ran and all of that. Even if you go to restaurants and it's like, oh, this is olive oil.

Well, you can say something's olive oil and still have 49% vegetable oil. Exactly. Right. So it's like, and whenever I get olive oil and it's pale at a restaurant, I will not use that.

So I think that, vegetable oil needs to be eliminated, like 100%. The other thing that needs to be eliminated is, the processed sugars, like those two things.

Right? There are two of the biggest things in the diet. The third, if I add a third in there, is toxic proteins. I mean, there's so many proteins out there that are that, that are just jam packed full of vaccines and and, and, and, and antibiotics and hormones.

Then you're eating that and it's like, it's not good for your heart. It's not good for your brain, it's not good for your vascular health. So, that's what I would say with diet, but, a lot of the things that people don't know, they don't know, is, you know, that, that, that, that oftentimes they're doing every day that's promoting, you know, heart disease is there in their environment.

Because we want to think about things that we're getting exposed to on a regular basis. In their environment, they're getting exposed to a lot of chemicals.

Like, I don't know if you know this, but the internal environment is far more toxic than external environment. You could go, outside in New York City with all the pollution in on the streets, and you could go inside of a building, into a bathroom that has all these chemical sprays, and then that the fragrance packs in the urinals and all of these

things, and it's like, that's more pollution and toxicity in your lungs, in your body than you would be getting, with the cyclic aromatic hydrocarbons from the benzene rings that are coming off of the, you know, that the diesel fuel from the pickup truck that was driving by.

Right? So you don't think about that, but it is truly, a big challenge. And then when we go into our homes, we're spraying for breeze and we're. So that's why, honestly, Doctor Eric, you should be following him because he has literally solutions for everything.

And I don't know what that, that one webpage is, you know, that you were sharing with my audience that gets them all the, the natural kind of cleaning ingredients.

But you know, what is that one? Is that a page that you have? Yeah. I mean, really people can go to my website, Natural and family.com and they could just spend hours like go go to the cleaning category, go to the body care category.

But to your point, yeah, we've been devoting our life the last ten years to this bill. Thanks so much. Yeah. No it's huge. And that's going to be a big deal.

And a lot of people would never think that okay, that's going to cause heart disease. But it does. That's why whenever I get picked up by a taxi cab or an Uber, I always send a message beforehand and say, hey, please make sure no fragrances are in the car, you know, etc.

because sometimes, like I was in Scotland last week at Saint Andrew's Golf Club, speaking at the Old Old Club Course hotel, and it was interesting because I'd be going back from the Fairmont to this hotel where I was staying and, you know, to speak every day and it was like every taxi cab driver in England had all these like, fragrances.

And I'm like, it's here to, you know, it's like all the way in Europe. So I just I that's that's absolutely huge. It's under your nose literally. Figuratively.

And that's something that I would highly recommend addressing. And then I would be looking at, you know, the, the, the various other, kind of like things that a lot of people don't think about, which is more of the, the emotional, you know, factors.

And I think if you really look at heart disease and emotion, like in the connection of heart disease with emotions, like, what is the biggest thing that can actually impact your emotional health?

And it's breathing, right? It's it's how you breathe. It's it's the ability to get into coherent breathing, which is six seconds in and six seconds out and methodically breathing in, you know, in a way that, that that creates coherence.

And, and, a lot of us don't recognize that breathing controls our heart rate.

Breathing, Forgiveness, and Emotional Health

So if we breathe in, and hold our breath, our our heart is getting compressed and our heart rate will actually slow down if we breathe out. And then we, we, like, hold our breath out.

Our heart actually starts to pump faster. Right? So there's actually like a science behind how we breathe and the impact that it has on the parasympathetic nervous system, which is directly related to your heart.

So if you're always in sympathetic dominance, which is typically when people are breathing quickly and fast, which is oftentimes connected to their emotions in the way that they're thinking in the day, that it actually directly impacts your heart health because you're then in sympathetic dominance.

What happens with sympathetic dominance is your heart starts to beat faster, your beats per minute go up, and

then the more your heart you know, the more you breathe.

And the faster your heart beats, the more your heart beats. The the the the the lower, the shorter your life is going to be. Right? So that's just, that's just, you know, proven in the research, as something that's come up time and time again.

And the analogy and my summit that somebody gave me was a tortoise will breathe once per minute, and a dog will breathe around 15 to 20 times a minute.

A dog's life is, you know, typically 15 years and a tortoise's life is like 200 years, right? So and guess what? Guess how many breaths a tortoise has versus a dog?

The same, the same amount of breaths. So if you look at that and you think about my your own life, the more you can breathe and coherent breaths, six seconds in, six seconds out, the more you can kind of breathe and control your breath.

The more you're actually controlling your emotions, but you're also connecting you through your breath. You're communicating to your heart to be in a state of peace and rest, which is the activation of your parasympathetic nervous system.

So through your frontal cortex, through your thinking, you can shift your your breathing, which can then impact your heart health, which is kind of cool.

Well, I got to remember that next time I'm losing my pickleball match to have six seconds and six seconds out because my hearts are racing. You're a Christian.

I know you don't mind me saying that. We share that faith and you keep on sharing over it. You basically, you're quoting a scripture in the book of Proverbs that says, I have a heart as good, like medicine, a happy heart does good like medicine.

And folks, we can't stress enough this, this not theme, but this fact that unforgiveness is like drinking poison and expecting someone else to get hurt and just, there's a lot to be said.

And I would ask that you prayerfully consider and if everything that you've heard today this is free, it won't cost you a penny. And if you're willing to spend a little bit of time and work, let me just take a minute and just invite you just to think about someone who might have or who has wronged you because you have been wronged by virtue of being alive on this planet. You've been hurt.

And my heart goes out to you if you've been abused or traumatized, there's no excuse. Forgiveness is not excusing. It's not forgetting. And it doesn't mean you have to have Thanksgiving dinner with that person.

In fact, you may never. And that person might be your mother or father. But forgiveness means in our world, it's letting go and giving it to God. Essentially just saying, I willingly let this person go.

I'm not going to have those negative, hurtful emotions, because what that does, it literally stimulates that sympathetic state that Doctor Jones talking about.

And you can't breathe the way that he's telling you to breathe. If you're constantly you should be at a point where you see that person, regardless of what they've done to you, and you have peace, that's when you know you forgive.

And there's other things too. So I would just encourage you to take a minute and be like, you know, this is just between you and you and and it's literally you never have to tell that person, ever.

Consider this because this is backed by research. It's faith based, it's biblical. Every religion that I know of would

support this. Every faith structure.

And so I this has been such a wonderful discussion. Doctor Jones, I, I want to just highlight because again, here I am bringing a longevity expert. But you mentioned you've had multiple multiple cases in your personal private practice that you've helped reverse heart disease and help prevent stroke and recovery from heart attacks.

I want to just point out one thing, and if you have anything, we can land the plane here. The America I want to read a little later, the American Heart Association recently discovered that a heart healthy lifestyle is linked to a longer life.

And this is the key. And free of other chronic health conditions. And and this is the important thing. This is from one of the lead researchers, Lori Jones.

What's really important is that people maintaining high cardiovascular health into midlife through your 50s, you are avoiding those chronic diseases associated with aging, things like cancer and dementia that we all worry about that isn't even cardiovascular related.

So in this in this mindset, in this multitrillion dollar industry of longevity, if your heart is not healthy, if you are living a lifestyle that's high of risk factors for heart disease, for stroke and heart attack, you're much more likely to die of cancer, Alzheimer's, dementia, obesity, and all the other chronic diseases.

So at the core of who we are is our heart. And we know that for many, which ways are it's the center of our soul, right? Our mind or, well, our emotions, our heart.

So I'll leave you with that. We're looking at literally a life expectancy increase of 5.2 years for men and 6.3 years for women. If you have a healthy heart, by the time you're 50.

So give us some tips. How do people get a healthy heart by the time they're 50?

VO2 Max and Practical Heart Health Habits

Or what if you don't? If you do that. It's a great conversation. And, I want to make this practical for you because you're like, okay, well then how do you have a healthy heart?

You increase VO2 max. That is the number one indicator why you have a healthy heart or not. We know, know now know in the research that if you increase your VO2 max, that is one of the biggest predictors of longevity that there is.

And so how do you do that. It's easy to increase VO2 max. So one of the ways to increase VO2 max is through your breathing. So if you can get into coherent breathing on a regular basis which is what I would recommend is just set your alarm once an hour and then it'll remind you to just check yourself, get into that deep, you know, six seconds in, six seconds out.

And some people that have smaller lungs, maybe five seconds and five seconds out, some people have bigger lungs, you know, maybe it's a 7 or 8 seconds in 7 or 8 seconds out.

And then, the goal then is to be slow and methodical every hour when that alarm goes off, you just like, get back into that, that methodical breath, do five breaths, at the top of every hour when that, when the alarm goes off.

And that's a great way to just, you know, to support Healthy Heart. Now, what we know from exercise is that if you get into zone two, you can increase your VO2 max.

That's not difficult to get into. Zone two. But the goal is to get into zone two, according to research, 30 minutes three times a week. So that again is not difficult.

And you could do a brisk walk and get into zone two. You could go for a bike ride and get into zone two. And you're not talking about sprinting, right?

So that's a great way to increase your VO2 max. And, and it's it's not it's again, it's not a whole lot of time in in, in the day. And what I recommend you're typically taking phone calls throughout the week.

Anyways, I would just have a, a phone call that you have typically with somebody, and just say, hey, we're going to do this as a, as a walking call and then go for a brisk walk, and, and take the phone call while you're doing that.

So that's one of the best ways to increase VO2 max. And then obviously doing hit training, a high intensity interval training, can help with with your heart health as well and just kind of access a different level of stimulation around, going into anaerobic versus aerobic.

Training because zone two is more aerobic and then training is more anaerobic, where you're using your creatine phosphate stores and really pushing your, you're glycogen, glycogen stores, fast when you're sprinting or swimming or whatever.

The last thing I'll say is that it doesn't have to necessarily be complicated. You can do, cardiovascular workouts the way that you want to do cardiovascular workouts.

Some of you love to row, then row. Some of you like to bike, then bike. Some of you like to ski, then ski. Some of you guys like to swim. You can swim.

Some people are like, you know what? It's so cold outside. I don't want to do anything. Well, you could just walk up and down your stairs. Or what? If you're like. Well, I really like to watch TV all the time.

Well, set your alarm for 30 minutes to do some squats and walking around your living room. Then do some more squats and walk around your living room. And, you know, that's that's a great way to do it.

As well. The last thing I'll say, from Rhonda Patrick, she's a longevity researcher from University of Southern California, Berkeley, I believe. And what she's found is that when you do what they call exercise, snacking, throughout the day, and we're talking about, like, 2 to 3 times a day where you do ten squats, or you do ten pushups, or, you know, ten lunges just three times a day, right?

Can be more beneficial than you going to the gym and working out because, the, the, the benefit that that, like, little short burst of, activity, creates and you're not even sweating, for instance, like ten squats you could do, most likely without sweating most of us.

But there is a huge benefit to that. So if you're like, oh, I can't go to the gym. Oh, I can't do this, I can't do that. That's fine. You can just integrate exercise, snacking into your life, fitness, snacking.

You could also call it and that is something that can be done in your bedroom, can be done in your office, can be done in your living room, can be done in your kitchen, and is a good way to get some physical activity and good little I, we could even call it a heart snack.

You know, to to get your heart in a healthy, space. You know, in the long run. That's brilliant. That's straight from the blue zones, those areas of the world where they have more centenarians and longest life expectancy.

They don't exercise their way of life is movement. And I'll never forget, if you haven't, check out Dan Butler's National Geographic TEDx talk on YouTube, and you'll see millions and millions of views.

You'll see how the 102 year old woman in Okinawa, Japan, just getting up and down and doing those squats, hanging out, playing with her great, great great granddaughter.

And that's life. And you're breaking up the monotony of sitting down all day for 8 to 10 hours is the new smoking.

We know. It just absolutely kills your heart, puts you more at risk of heart attack and stroke, and decreases your life expectancy.

Doctor Jones, this has been unbelievable. I knew it was going to be. Thank you my friend and just great success. We didn't even cover half the other things we were supposed to cover, but this was what we were supposed to cover.

I believe this is supposed to follow. Folks, check out elevators.com, get connected with Doctor Jones's work. Be be ready for any kind of peptide recommendation he has because he's my go to peptide expert.

And you heard about the benefits. And thanks so much for joining us with the Heart Attack Stroke and Prevention and Recovery Summit. Doctor Eric Zelensky, as always, open prayers that you and your family truly experiencing abundant life.

God bless. You guys.