Introduction to Breath Analysis

And because this process is so fundamental, if you think about it, the entire human biology was developed in order to support that function. So we developed lungs in order to absorb oxygen.

We developed a heart and a, circulatory system to pump that oxygen rich blood into cells that have been specifically developed with the ability to absorb oxygen, use it in order to oxidize nutrients like fats and carbohydrates, and then clear out the CO2 that is produced from that combustion process.

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

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Welcome to Vitality Made Simple. This is the podcast that equips you to feel better, look better, and to enjoy better relationships. Life is all about relationships, and when you feel good, you have more to give.

Well, I have a very special guest today and anybody out there who wants to feel younger, who wants to keep having birthdays but feel young, needs to listen to this today.

I have Panas Papa Dia montes and welcome. Thank you so much, Debbie, for having me. And also kudos for pronouncing my name right. I know it's difficult, but I think you're very generous with us.

Compliments. I want to make a public apology. Oh, but us. I practiced, and I'm still probably butchering it here in Oklahoma. It's a gorgeous name. Go easy.

You you say it for us. Banos. Papa Diamandis. Isn't that fantastic? Oh my goodness. And I want to apologize to our listeners in in Greece. We have quite a few.

And, it's just it's just gorgeous. So you've been so kind to me when we met. I'm sure you just wanted to get behind the barrier. We met, at the American Academy.

Academy of anti-aging medicine, the World Congress, and, I I'm very picky about where I stop because there are so many wonderful exhibitors. There's so much to learn.

Meet the Guest and Pino Health

I'm in class as much as possible, but, Parnas is a, cofounder of a company called Pinelli. And, so intrigued by this because they have a very noninvasive, painless way to basically measure metabolism.

And I'm going to let, upon us, the expert, explain that. But but, folks, this this has changed what I do in the last, month or so. And and you all know that I'm all for vitality and I'm willing to put the time in because I want to feel good.

So, Panos, tell us, tell us about veo Max. You know, tell. For someone who is totally unfamiliar with this term, what does that mean and why does it matter?

Absolutely. So a little bit of background on our company, Pino, which stands for breast and Greek. And then we're going to go into what we measure and how that can help someone live longer and better.

Personally, I co-founded it with my partner, Apostolos. We've been friends since the age of six. Went through, you know, a lifetime together when we also decided to become, business partners and start Pinelli, which originated from the intention of making breast analysis something that is accessible to the average person.

Breast analysis has been around for about 100 years. It's a very well-established assessment in the clinical world and the scientific world, and it's effectively what a lot of people may know as this mask that you put on.

And you either lay down or you run on a treadmill with it and sort of measures your, respiratory, fitness or other things in your body. But we're going to shed light onto all of that.

So this assessment, as I said, very well established. And, one of the few assessments, that can provide so much information about the human body. Noninvasively, breath analysis at its core measures the flow of oxygen into your body and the clearance of carbon dioxide.

Which is the most fundamental process that is keeping you alive in any given point in time. And because this process is so fundamental, if you think about it, the entire human biology was developed in order to support that function.

So we developed lungs in order to absorb oxygen. We develop a heart and a, circulatory system to pump that oxygen rich blood into cells that have been specifically developed with the ability to absorb oxygen, use it in order to oxidize nutrients like fats and carbohydrates, and then clear out the CO2 that is produced from that combustion process.

And so this, chain that we referred to as the oxygen chain is what breath analysis analyzes and evaluates. In other words, breath analysis is the only assessment known to mankind that can, reliably assess the combined operation of your heart, your lungs and your cells, but also how these systems are operating in unison.

And the combined operation of, these three systems is also known as cellular respiration or metabolism. Now, a lot of people who know about breath analysis have a silly, have associated with it with, either resting metabolic rate or VO2 max, which are two of the, however, 23 biomarkers that you can infer from breath analysis.

So in addition to these two, we have 21 additional biomarkers that we also analyzed. When you were doing either a resting or an exercise test. And as a result, the rabbit hole or the information that you can get from that test is much bigger.

So, this is what, you know, what breath analysis does at a high level. And so, as I said before, this assessment has been around for many, many years.

But it wasn't until we came along that we made the hardware, the actual device for administering it much more simple, much more easier to use while still maintaining lab grade accuracy.

And this is what has allowed thousands of businesses of, you know, all sorts and kinds, you know, ranging the entire gamut of health and wellness to be able to integrate this assessment into their day to day practice.

And so right now, we have businesses from the world of longevity, integrative medicine, all of them from the world of weight loss that is, you know, gaining a lot of momentum because of all of the GP ones and the medically assisted weight loss programs that exist out there.

How Breathing Affects Vitality and Metabolism

But then also from the world of performance and the weekend warriors that are interested in breath analysis, in order to understand how their lungs, their heart and the cells are operating, because this is like the foundational

piece of your biology.

Identify where the limitations are and then, get from us, because we also do that as a company, a highly specialized nutrition and training and breathwork program that can address the limitations that have been identified from the test.

So this is, in a nutshell, what we do, as a company. And yeah, feel free to, maybe double click on certain things. I know that our listeners want to have more vitality and breathing is basic to that.

And I think it so often gets overlooked upon us. So explain to our listeners, lifestyle strategies that decrease, vo max, that slow them down, that help, you know, that caused them to feel old faster.

Right. What are you seeing with your clients? Definitely. Great question. Before I answer this, I think we need to take a step back and understand, you know, the first part of the question, which is, you know, how does breathing affect vitality?

Right. Because there are so many intricate mechanisms through which breathing can impact how you feel, your energy levels, your metabolism. Because breathing, as we explained earlier, is such an intrinsic and fundamental component of our overall biology.

So, I'll try to, you know, make it as simple as possible and give like an overview of these mechanisms. But, you know, you or any person should, you know, have in their minds the fact that our breathing apparatus is kind of the center of, you know, how we are and how we feel at any given point in time.

And that is because, the way we breathe is going to heavily impact the operation of our nervous system and is also going to heavily impact the oxygenation of every, cell in the body.

So let's take the first part, which is the interaction between our breathing apparatus and our nervous system. So, our nervous system or, autonomic nervous system breaks down into the sympathetic of the parasympathetic nervous system.

And, these, two parts of the nervous system are connected onto our lungs in a specific way. You have the sympathetic nervous system connected in the upper part of the lungs, and then you have the parasympathetic one in the lower part of the lungs.

For our listeners, a little bit of information on these two systems. The sympathetic one is the one that is engaged every time we are in a fight or flight mode.

We needed in order to, be able to react to stressful situations. But obviously being in a hyper stressed, or overly stressed situation for prolonged periods of time will have detrimental consequences for our health.

So it is valuable in the short term because it gives you this energy boost to react to a stressful situation, but it shouldn't be turned on long term.

On the flip side of things, we have the parasympathetic nervous system, which is the, recovery, relax and, restorative part of the nervous system that is upregulated.

Whenever we feel calm, we're sleeping. And we are, initiating the processes that restore our functions, that our body or help us repair, you know, tissue off to work out, etc..

And so by breathing with our, lower part of the lungs or engaging the diaphragm and taking the, you know, deep breaths that ultimately result to what we call belly breathing, is inevitably going to upregulate the parasympathetic nervous system down, down, regulate the sympathetic nervous system, which is a desirable state versus, being constantly breathing with your chest, and, leading to an, constant upregulation of the sympathetic nervous system.

And then kind of artificially putting yourself into this constant, mild stress situation that, as we said, can be detrimental, long term. So this is just an example of how the simple way by which you breathe can heavily impact how you feel.

And then because of because of the fact that our nervous system is not, you know, a standalone system, there's so many intricate and tight connections between our nervous system and our hormone.

It's the so-called neuroendocrine system, being constantly in a state of, sympathetic activation will inevitably have a wide, wide ranging repercussions across our body and health because of all the negative hormonal changes that it can do.

So, that's one part of the equation, the other part that I alluded to earlier is how breathing can affect oxygenation. Right? So the way we breathe is going to impact how much CO2 we retain in the body and how much we, expel.

So exhalation now, CO2, by many people is considered a wasteful byproduct of metabolism. However, it's actually one of the most powerful hormones, if we were to use the term hormone, as you know, you know, trying to characterize an enabling substance in our body.

Right? So the thing with CO2 is that it enables oxygen transport into all of our cells. And the way he does that is by regulating the affinity with which hemoglobin, carries oxygen across the body.

Hemagglutinin is a hormone that we have in the body that is responsible for carrying oxygen molecules from our lungs and across our body, transporting it into all the active tissues.

Or not just like that, but like all kinds of cells that needed in order to survive. Right now, whenever CO2 levels in the blood, drop below a certain point, we get into a state where oxygen is now very tightly connected onto hemoglobin.

And the problem with this is that cells are no longer able to pull out the oxygen from, have a little bit and use it in order to, break down fats and carbohydrates and get the necessary energy they need.

Now, the organ that is the most sensitive to this reduction in oxygenation is the brain. Our brain is by far the most metabolically sensitive organ. And so the moment we get into the so-called state of hyperventilation, which, by the way, hyperventilation isn't just this acute state where you're breathing like this, when, for instance, someone is like, you know, threatening you or you're going through a very stressful situation.

Hyperventilation can also be mild and chronic in nature. And there's actually, a clinical diagnosis for that, which is the, chronic mild hyperventilation.

And so this comes of chronic, chronic mild hyperventilation ends up leading to this chronic reduction of CO2 levels in the blood that ultimately leads to chronic oxygen deprivation of all the tissue across the body with, as we said, brain being the most sensitive to this, depletion of oxygen.

And now this depletion of oxygen obviously has short term effects. You just can't think as effectively because the brain isn't able to generate the, amount of energy needs.

But there also is now many studies linking this deprivation of oxygen to neuroinflammation, which will ultimately lead to neurodegeneration. And, you know, all the bad things that come along like Parkinson's disease, dementia, mild cognitive impairment, you name it.

So these are just like two, main mechanisms through which, the way we breathe can heavily impact how we feel, how we think our vitality, energy levels, and, it just gives you an understanding of how, you know, the very simple process of expanding and contracting our lungs can have such wide ranging, implications for, pretty much our entire biology.

Well, and it's changed so much in our current world, people used to not have to think about this because they were

hunting their food and they were growing their.

You know, vegetables and lots of hard work. But now there's too many reasons to sit. So, I think that's what Panahi has done a beautiful job because it gives people a rational view of where they are.

Anybody can improve no matter where they are, no matter what age they are.

Lifestyle Factors That Lower VO2 Max

It's, it's not just for athletes. I mean, it's really for people who want to live life to the fullest. And, and you give people, simple lifestyle changes, I think we looked at our ancestors, upon us.

They would be like, you're going to have to try to breathe deeply, you know? But we really do in our in our world. So you you give people some real basic strategies, tell us some of those.

So, I mean, to your point about, you know, how do we actually provide value to the end consumer to the test? Because I'm a very big believer of the fact that, you know, to get to, the point where you can safely say that I'm going to live a long life and a good life, is, you know, that doesn't require hyper sophisticated solutions.

And, it goes back to what we've seen time and time again, through our seven year journey, which is the fact that a lot of people have the intention of working out.

A lot of people have the intention of making improvements in their nutrition. They have intentions of, you know, starting new simple things like breathwork or, you know, changing things with their meal timing and whatnot.

However, they haven't had, very basic educational experience that is going to, explain to them why they need to do X and Y, they need to organize Y, in that particular time of the day.

And by going through an assessment that looks into the very fundamental building blocks of your biology and linking these fundamental building blocks of your biology with specific and simple things that you can do with your nutrition, with your training, with your recovery, with your breathwork.

People now are able to answer why you are able to answer the why behind each simple thing they're being asked to do. And as a result, they are much more likely to do it.

As I always like to say, we are not suffering from a pathological lack of willpower. We are suffering from a lack of education. And this education doesn't have to be, you know, formal, university level education.

It's basically understanding how these basic, biological mechanisms work with our body and also linking them to how simple things that I do in my life.

For example, why my weight training is important for my bones and my cells, or how my zoned to my steady state, low intensity cardio is important for another part of my cells, or how my interval training is very important for my lungs and cardiovascular system.

When people start to, you know, have this basic understanding around, you know, the things they can do in their day to day, they begin to understand why they need to do them, and then they're much more likely to do them right.

I think people have to sit down and think about what they want, you know, what do you want in your life? And then back up from there and say, okay, then I'm going to need to be able to have endurance to be able to, you know, climb that mountain or, go on that kayaking trip, you know, whatever, you know.

But back it up to know why I think that's so good in your report, is just so actionable. I was so in my report, I'm 66, and, my chronological age, I think it was 57.

But, you know, I have, there's so many places that were kind of low that, it wasn't just like, okay, well, you know, Debbie, you're you're a little better than your age.

You know, you're fine. Now, it it showed me some specific areas that, that I could start that day. Now, I want to back up with one thing you said that I thought was so good.

When people are breathing shallowly, they're in a constant state of stress. And so, you know, with that constant state of stress, and there's this, this cortisol release.

And that is one of the main reasons for weight gain is, you know, being in the constant state of stress. So I think breathwork is a basic when it comes to, to weight loss that gets overlooked 100%.

And, you know, it's always very important to, be mindful of the second and, third order effects of, a biological adaptation. For example, you are breathing, with your chest.

As a result, you're in a constant state of stress that leads to constant over secretion of cortisol. A lot of cortisol is going to mess up your sleep.

That's going to make you more likely to eat more during the day. But in addition to that, it is going to suppress fat oxidation and it's going to favor carbohydrate oxidation.

So even if you eat exactly the same amount of food as you did before, when you were not stressed, you're going to oxidize less fat throughout the day.

And, you know, that alone is, you know, enough to cause some sort of fat accumulation. So it goes, you know, back to very, very simple things. And so, as I said earlier, the, neuroendocrine, neuroendocrine system is such a complex one.

And, ultimately, I don't think the, layperson, the average consumer who would, necessarily be mindful of all of these relationships, although they can, thankfully, we live in an age where the average consumer is now, almost demanding to be very knowledgeable and appreciative of these things.

And we this is something that we certainly welcome as a company. But even if you don't go into these depths, you know, ultimately boils down to, you know, four very basic things, right?

You know, it's nutrition training, recovery and then ultimately emotional well-being, love and be loved, as I like to call it. And so, when it comes to this oxygen chain, right, the lungs, the heart, plus, blood circulation and then the cells there are very, very specific things that we can do in order to improve the health and fitness of each one of these three systems.

And when through a report, you understand that, you know, my problem is in the lungs or my problem is in the heart or my problem is in the cells. And when it comes to the cells, it's this specific part of the cell that is deficient.

Or when it comes to my lungs, it's this specific part of my breathing that is problematic. And then we link it to a very basic and simple things that you can do.

Then you have much higher chances of compliance and ultimately seeing better health outcomes. Well, I think if anybody out there has gotten a diagnosis of cardiovascular disease, type two diabetes, certain kinds of cancers, any kind of neuro inflammatory problem, they might not think breathwork, but it really is the place to start for many people.

Yes, I would I would I would agree with that. Does that apply for everyone? Know what I will say?

Testing, Diagnosis, and Practical Interventions

You know, after, you know, having done hundreds of thousands of these tests and people, we have a lot of people out there that have some sort of chronic condition, maybe metabolic in nature, like type two diabetes.

It may be, you know, respiratory, cardiovascular, etc. but, you know, this problem is ultimately, a second or third, order effect from another, more fundamental problem that they're able to somehow, understand by going through the process of taking our test and, the, the reason why I'm not, you know, saying that the root cause was actually diagnosed by our test is because sometimes our test is, you know, the starting point by which someone understand that there's a problem in the cells and that actually prompts further investigation for specific bloodwork, for example, which then will identify, you know, what exactly is happening and you know what is a root cause.

And this is a process that as a company, we also facilitate through our software. And so, the beauty of breath analysis is that it's easy. It is very actionable, noninvasive.

And so it is a snapshot of your overall fitness and of the fitness of the basic individual components that you can get without going through the hustle of going to Quest Labs or lab code or whatever, and doing a full blown, blood panel or, you know, some other, form of assessment.

Yeah. I was astounded, that the, Diverse, information on the test. So what would you tell people listening who say, I want to breathe better? What what can you start doing today?

Started with a ploy test. Because if you're not breathing. Well, I can't tell you why you're not breathing well. And that's something else that I wanted to get into.

And thank you for. You know, the question. It's actually a great segue. The number one problem. Sorry. The the the the the number one most problematic system that we encounter through our primary tests is the breathing apparatus.

And the reason why I don't call it the lungs and I call it breathing apparatus, because, you know, our breathing apparatus includes the lungs, but also includes other systems as well.

So, you may not be breathing well because there is something happening inside the lungs. A lot of people have been infected by toxic mold. They have you know, residual damage from some sort of viral infection.

They have asthma. They have asthma. In childhood, they thought it was treated, but it's still lingering. But now they're grown used to it. And so they're are paying attention to it anymore.

Right. So these are some of the cases that may be going on with the lungs. However, there's other issues. For example, anatomical ones, a deviated septum, honestly, the onset of sleep apnea that may be a cause of poor mouth morphology, which also has a very strong bidirectional connection with the way we breathe and whether our nose is blocked or not.

In other cases, we see that because of poor posture, you know, working for decades in front of a computer or even being a professional steer, going downhill like this all the time.

By the way, these are all cases that I've, you know, experienced and witnessed firsthand. So, because of these reasons, you may not be breathing appropriately.

And you may not be engaging the diaphragmatic, the respiratory muscles, the way you should. And so unless you do a test, it is impossible for anyone to tell you why you may not be breathing well.

So if someone wants to breathe, breathe better. The first thing they need to do is get tested, and then, secondly, you know, through the analysis, we can understand, you know, what they can do based on the problem they have.

However. So based on results, what are some of the the things you start people doing. Well, let's start with the anatomical ones which are things that, you know, you really need to go to the doctor to get them fixed when it

comes to deviated septum for example, it's something that you can only change through surgery.

When it comes to, poor mouth morphology, that is, you know, causing sleep apnea or is in the process of causing sleep apnea down the road. This is something that can be addressed through some breathwork.

But again, you may need to go to the doctor and undergo, a certain procedure. There's a lot of integrative orthodontics today that actually deal with many such cases.

And, you know, when it comes to mouth and nose morphology, I characterize these, you know, problems there as the most fundamental anatomical problems.

And so if you run into these are 100% go and address them, because as we explained before, they can cause oxygen deprivation, constant over activation of the sympathetic nervous system and all these very detrimental second and third order effects.

Well, I'm going to jump in. Sorry to interrupt you, but as a dentist we can actually measure airway via a 3D cone beam and see these exact problems. You're you're talking about.

And there are lots of great dentists who can make mouth guards that help, enlarge the, you know, the deficit and, to help. So anyway, just want to jump in 100%, hundred percent.

Then when it comes to, conditions of the lungs. Yes. In this case, breathwork can help a lot in the sense that it can increase vital capacity, even if there is some sort of issue that has, impaired the inner surface of the lungs, you can sort of seal it through breathwork.

You can expand the lungs so that if there's a person, a portion of the lungs, is damaged. You're using the residual capacity to breathe better. But, in this case, you know, whenever there is suspicion of some sort of, respiratory, ailment, like asthma, COPD, toxic mold infection, the first thing you do is you go and do a full blown lung evaluation that typically includes, pfft, chest X-rays.

And then if there's a suspicion for, for, toxic mold and, blood work is also recommended. So how do people access, now? It is. So, we have a locator that, we typically share with people that has, the addresses, physical fit, physical addresses of the, most trusted affiliates that have upload device, you contact them, schedule a test, and we take it from there.

Very simple. Yeah. It's great folks. I really I have to tell you, upon us that I doing the test at at a forum, I was like, this is going to tell me one thing.

And it's probably something I already know that I need to do more, you know, high intensity interval training or something. But it tell me much more. And that was one of them.

But, it was it was terrific. So, I'm going to go back and you guys were all so nice. We really appreciate because you were so busy. So I want to go back and just you tell us a success story.

A real life success story. Well. There's plenty. Perhaps. You know, one of the most, interesting ones, was, case of a person that ultimately, ended up, fixing their weight issue, talking about a person that wasn't GLP one's, because of excessive overconsumption of GMP ones.

That person was starting to ruin, her metabolism. And there's multiple ways through which one is can impact someone's metabolism. Is, one which is the most frequently discussed case is the reduction of muscle mass, which ultimately leads to reduction of, metabolic rate.

But then the other thing, which we're starting to see more and more as active people also take cheap ones, is that starvation? Plus a lot of exercise is going to cause some sort of mitochondrial dysfunction because you're constantly pushing, your cells to go into overdrive.

GLP-1 Medications and Metabolic Monitoring

And, this is something that is very much something you can, detect and understand through breath analysis. There is one specific metric called the respiratory exchange ratio, that shows you the breakdown of fats and carbohydrates in your metabolic activity.

And so when you have someone who is in this overdrive mode, because of very low energy intake coupled with a lot of physical exertion, then you're going to push your cells to go into overdrive and then burn a lot more carbohydrates than fat, which over time, you know, can also lead to metabolic dysfunction.

And that person was actually getting into that stage, little by little. And so by doing the test and understanding exactly how, you know, overdoing it with GP ones, plus, overdoing it with exercise was actually doing more harm than good.

We were able to simply, you know, restructure some of the nutrition, the training. In G. O. P., one administration and person felt a lot better, lost a lot more weight sustainably.

And, it only took one test and a very basic explanation of pretty much what I just described. Well, you've increased my understanding, too, because, so many people are taking GLP one agonist, and, I've been, you know, concerned there's going to be some type of tsunami coming with it.

I thought it would just be muscle wasting. But boy, there are other areas that are serving, and I'm certainly not against GOP ones. That's certainly not the message I'm trying to convey, but I actually think it's a great class of medication that can be a, you know, great way to jumpstart the flywheel for someone who is, you know, having trouble not eating, you know, cutting calories.

Right. And so, it is definitely, a, a very valuable piece in our arsenal to get people to lose weight and, become healthier. And I think if you look at all the new studies that are being, being produced now and, all the findings that we're seeing around the impact of GOP ones on other areas, like, you know, addressing mental health disorders, addressing cardiovascular disease and so on and so forth.

It goes back to how, you know, appropriate GLP one administration can actually help with mitochondrial function, which is, something you can assess by looking into the reciprocal exchange ratio, the, metric I just reference.

But then overdoing it can have the opposite effect. So very, very important to have a mechanism and a process to understand whether I'm doing, you know, the right amount of training, I'm cutting the right amount of calories based on how much you want.

I'm getting. This is really news people can use to anybody. You know, taking a GLP one needs to have a penalty test because you've got to monitor it. I mean, the thing I'm saying is that I totally agree when and used appropriately, they are fantastic.

But when used inappropriately they can be devastating. So regardless of of where anybody is on that whole spectrum, you need to be monitoring your, mitochondrial health as you go.

Really? Definitely. Definitely. But according to your health, as you know, at the very basis of our, biological function. Right. And so, ultimately, if you look at most, conditions, they stem from poor mitochondrial function.

And so, making sure that you preserve it is of paramount importance when it comes to your health. Yes. Well, and and bottom line it comes down to are your muscles getting the oxygen they need, you know, is our body getting the oxygen?

You know, we can, we can so often just skip this. It's just I really appreciate, you coming to be with us today. Absolutely, absolutely. Thank you for having me.

And, thank you for having this conversation with me. Well, and I will put links in the show notes, folks, to help you find a place to get tested. It's something I'm going to do very regularly.

Regularly? I think we all benefit from seeing something on in print. Of how we're doing. You don't have to. We can test and not guess. But it's very inexpensive, very painless, very fast.

And what an incredible test. So thank you for all your hard work. Thank you for the day. Thank you, thank you. Bye bye. So I'll have a closing there. But, What what specifically would you like me to put in the show notes?

Anything? Website? Social media, and then the link to get tested. Yeah. And I will also put in the show notes, for practitioners that would like to incorporate this in their office.

I forgot to talk about that.

Using Breath Analysis in Clinical and Wellness Practices

Yes. You can. Do you mind putting that in the closing, like, message if you can. Like. Yeah, we can, we can edit this in. Let's just, let's just let's just get going again.

Well, thank you so much for your time. And, and I would just like to encourage any of the health care providers out there who would like to offer this service.

It's very inexpensive. And, as a clinician myself, if I were in full time practice, I would run and not walk to incorporate it because it's going to help so many people.

And, we just need, Pinoy machines all over the place. Thank you for saying that. And, you know, the uptake that we've seen from the entire gamut of health and wellness businesses, actually, you know, speaks to what you just said, breath analysis, something so fundamental for one's health that, every place that deals with health and wellness can incorporate it into their practice, provide a lot of great value to their customers.

But then also help their business grow. And that's why there are, you know, places from high end fitness centers like Equinox to Resorts like Four Seasons, two hospital systems, clinics, integrative medicine clinics, integrative, dentistry clinics, physical therapy clinics, chiropractors, weight loss clinics, all of the above can, get a lot of value from the assessment that we provide.

Any person who deals with health and wellness, if they're interested in approaching the health of our clients and patients in a holistic way. Breath analysis to the 100%, 100% be part of the arsenal of testing.

They provide. And so, whoever's interested, they can schedule a call. They can go on our website w w w dot Pono. We know we.com, schedule a meeting with one of our experts, and then we can walk them through the different packages that we have and the different ways we can incorporate nowwe into their practice.

Well, it would be a great corporate wellness strategy, too, I think, because, it really does help relationships when people are feeling better. I love what you said, love and be loved.

And that speaks well to relationships. So 100%. Yeah. A lot of our affiliates buy following devices in order to serve corporate wellness programs.

Closing Remarks and Podcast Outro

So, it's a great way to utilize the Pinoy system and, monetize the information it provides. Super. Well, thank you, listeners, and thank you all for sharing.

Share this with anybody that can benefit, that wants more vitality, that wants a longer health span, that wants to be younger. Biologically, I sure do.

And, this this will just help everybody. And thank you all for sharing this podcast. We're now at 134 countries, and I think about, 50, 200 cities. And that's thanks to you.

So join me on social media, join us. And, maybe you can practice saying his name a little better than I did. But thank you for thank you for your Grace.

Appreciate that. Thank you. Thank you, and thank you, listeners. Blessings. Until next time. So we'll edit that in okay as well. And put it out there. And thanks so much.

And I'm sorry I screwed up on my, you know, I think you'll you'll probably be about episode 195 or something, but, you know, I've still got mistakes I can make.

There's there's still lots to make. That's that's totally fine. Thank you so much. And, let us know when the, link is out, okay? I sure will appreciate it.

Also, thank you again. Bye bye. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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