Upgrade Your Brain: Your Best Tools to go from 1 to 100 Transcript

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Summit Introduction and Guest Background

Hi, welcome to the summit. This is where we explore the next level of physical and mental health. You can reach the intentional and targeted bio optimization. I'm dr amy your host for the bio optimized summit and today I have with us dr Heather Sanderson, she is one of those people who have been on my list of, I really want to meet this person for a long time because of all that she does and the approaches that she has integrated together to optimize the brain and with that the rest of the body.

And so that's what we will be talking about today, I will be picking her brain on how exactly does she optimize the brain. She'll be giving us her brain upgrade approaches that you will be able to implement and use for your life.

And again, this won't just help your brain, but this will help the rest of your health and your body. So dr Sanderson is the founder and medical director of North County Natural Medicine and the founder of No, I'm gonna say it wrong again, Dr Sanderson, what is it Marama Marama, the first of its kind residential care facility for the elderly.

She specializes in neurocognitive medicine and neuro hacking one of my favorite things. She has been trained by several people including dr dale Bredesen who of course is the Alzheimer's functional medicine approach. Dr Neil Nathan, Dr Bill Walsh and Ritchie shoemaker in addition to attending all of the regular conferences that include these integrative approaches to optimizing the mind.

She strongly believes in the power of the body to heal itself, which is why I'm loving that she has agreed to come and speak with us because this has been so much my experience, personally and professionally.

And so her passion is to guide and support patients as they co create these strong foundations for optimal health. Thank you Dr Sanderson, I really appreciate you taking the time to be here with us today.

It's a pleasure. So let's jump in and first, let's talk about why would a person feel that they want to or need to upgrade their brain? Maybe they don't think that they have many brain problems, Maybe they think they have some. But what would be the benefits of someone saying, hey, like I want to take my brain and its biology to the next level.

Well, as you well know in your practice and what you do professionally, when we upgrade the brain, we upgrade everything else. And really, I've been drawn to study the brain because it felt to me like it was the hardest organ to crack, right? It's behind this blood brain barrier.

It is what keeps us from making the decisions that might be best for our health, right? If we if we feel crappy, if we feel like we have brain fog, it's hard to accept size when we know intellectually, maybe that's good for us. But if our brain isn't catching up, it feels like, okay, we can't make enough at work.

We're not we're not doing enough, we're not producing enough and it always feels like you're one step behind. But if we can get into the brain, then it almost unlocks everything else so that we can eat better, meditate more, you know, do all the foundational things like, like exercise that help us to really achieve optimal health.

General. So that's why whenever something comes up about autism or Alzheimer's these really, really tough cases, I'm drawn to learn more and help my patients to crack that code and and really get the most out of, out of their health, out of their bodies as well as their Yeah, there is so much that we can learn from what we call the hardest cases, because if we can help optimize them, we can help optimize anybody.

Why Brain Optimization Matters

Precisely. Yeah. So typically people come to me because they've already noticed cognitive decline or they feel like

they could get more like there's an edge that they are not getting at work or in addition, they maybe have a family member who suffered. So either their child is suffering with autism.

I personally don't see Children in my practice, but I have a colleague dr calhoun who does. And so she takes on the kiddos and I take on the adults. So if mom has noticed that their child's brain function is getting better.

She's like, oh, what's here for me? Maybe I could get some of that as well, or on the other side, I have patients who maybe bring in their parents who are suffering with alzheimer's or cognitive decline and they know they've got the genetics, so the writing's on the wall, they want to get ahead of this and prevent cognitive decline in their future. So there's so many different places that a person can intervene in their brain health either to prevent future disease from happening, knowing that they've had some degree of compromise that can include genetics or not or they're wanting that edge. And I have many people who come to me for the same reason. Even moms themselves who are like, hey, like I realize that my ability to be a good parent to be a good mom requires me being on top of my game. And when my brain is struggling, I know that I'm not doing the best that I can. And so they're coming to me as well.

It's not just the executive, it's not just those people who are, you know, on a job per se. It's it's everybody who can benefit from just having their brain taken to the next level. And if you haven't experienced that you don't know what you're missing, right exactly. So where we start, when someone comes in is I like to lay the foundation by describing what I believe are the five causal factors of long term chronic imbalance or chronic disease.

So those five causal factors are toxicity structure, stress nutrients and then sometimes infections. Now I always put infections last because I firmly believe that if you can balance out toxicity stress structure and nutrients then your immune system functions much much better and you don't have to worry about things like E.

B. V. And even I would go first so far as to say lime and the co infections that come with borrelia, things like mycoplasma, HB six. You know these things that come up over and over and often you'll hear a doctor say, oh it's everybody's got candida, everybody's got E. B. V. I'd like to just put that aside and say no if we optimize the terrain, if we optimize the body then those things are dealt with by themselves. Sometimes we have to intervene a little bit with some antibiotics or some antifungal or some anti microbial.

However, finally those things start to work because our immune system is meeting them halfway. So where I really like to play is in those other four categories. So toxicity, which I think comes in three flavors. I think of it like ice cream, like chocolate vanilla and strawberry, right? It's heavy metals, mycotoxins or other biotoxins and then chemical toxins and those we can measure, we can measure each of those, there's a lot that we can't measure.

And so in some cases they're placeholders for other toxins that we don't know about.

The Five Root Causes of Chronic Imbalance

However, if we can open up the among trees or the organs of elimination and get these toxins flowing out of the body and then stop them from coming in.

Optimize our environment so that we're not getting you know, all of the creed that comes from molds, breaking down drywall or the chemicals that come in from outside petrochemicals, even changing our personal care products so that we're not putting nasty chemicals in our hair on our bodies.

This can be a huge game changer just in and of itself. So I typically focus their first. Once we get the toxins out or at least not coming in, then the mitochondria start to work better.

Our hormones start to communicate better with our brain and with our organs all of a sudden things start to resolve themselves. Second we want to add in of course and a lot of these components they overlap, right? I say 1st and 2nd.

But depending on the patient we're really gonna optimize this process for them. What what can they do, What can

they take on one of the most meaningful components of this?

So nutrients are certainly up there even to get toxins out of the body, we need to have enough nutrients to do the to go through those biochemical physiological processes. So things like Phase Two liver support are really, really necessary b vitamins, minerals, things like uh the plants like licorice and and of course milk thistle, there's lots of dandelion and the list goes on and on.

I love these but every supplement company worth anything where it has some sort of phase two liver detox and typically those are pretty good. Glutathione is another really big component of that hospital Colin. I love as well as glutathione for detox at the cellular level. One of the big things that I think some people miss with toxin detox processes and toxin exposure is that we really need to focus on elimination before we focus on mobilization.

So if you start to feel worse, before you feel better, we're going too fast with the mobilization. So that's at the cellular level. We don't our toxins are being stored there often in fat.

Some of the scariest patients I see are skinny toxic patients. Right? Because it means that those toxins are more apt to get into their brain, into their lymph nodes, into their organs or glands and wreak more havoc. Now if they're in fat cells, they're more they're not causing as much harm right there sort of stored away and packed away and this is part of the body's intelligence to do that. So we don't want to mobilize all of that immediately. We want to let it stay put until we are pooping every day sweating enough and really using our kidneys and our lungs.

So peeing lots of plenty enough. Having that that nice instead of having yellow or dark colored urine having light or transparent urine. Making sure that these organs of elimination are really functioning and optimized before we start asking the body to do even more work, deliver more toxins to each of those or So, getting in Phase two liver support and getting all of those organs optimized is step number one when it comes to detox then players when we're talking about the nervous system, the toxins especially are going to really impact that system.

So I'm so glad that you're approaching that first because that's really going to prevent um any kind of optimization of the brain or the nervous tissue.

But yes, the elimination is so important And I've seen many people make that mistake where especially maybe they go on a ketogenic diet and there losing a lot of weight fast and it's a lot of the fat and so all these toxins get released and they don't have their elimination systems optimized and they feel awful, awful, awful at first.

And so I'm so glad you're bringing this up and addressing this as hey, this is where we need to start. If we're going to optimize the brain and the nervous system. I think that that communication with the body where you feel awful like that's something to pay attention to.

It means you're going too fast. It means slow down. It isn't a no pain, no gain situation really. I think if you are having those increased headaches or fatigue, there's a potential that we're doing even more cellular damage by re kind of redistributing these talk and so they're more likely to have an impact when we go at the pace that the body can tolerate, we end up maybe going a little bit slower.

But I think we get to we actually get to the finish line faster because it's not starting and stopping and starting and stopping or feeling like I don't tolerate glorifying or kind of making up these stories about being allergic to something when really it's just that we've gone too fast.

So that I I think that that is something that we cannot overlook. Now. You brought up another really great point and that is that these toxins when we're exposed to lots of toxins, they can start to trigger the nervous system to think that it's at risk that it's being harmed.

And so the nervous system can start to go into almost overdrive or this and again, in an effort to protect your body, it says we're at risk fight back on alert, right? And so people start to experience this as anxiety, certainly as pain, as ular reactions, as intolerance to foods and part of what comes up. So this is another one of those those causal pieces is that stress management or or balancing stress, right? Some good stress like exercise that helps us long

term even even um like hore medic effect sort of things like hot and cold therapy that these things can be stressful in the moment but good overall in terms of increasing our bandwidth and our ability to respond to the environment.

Detox, Elimination, and Nervous System Stress

However, if we have been through trauma or if we have been, you know assaulted by toxins in the environment then in an in an effort to protect us. So us our nervous system says beyond alert and that is not always appropriate as we get rid of the toxicity. So there needs to be an element of neurological retraining. There's some fantastic programs out there.

Annie Hopper does one called D. N. R. S. Um Mr Gupta, I'm gonna forget his first name, I always want to say Sanjay Gupta, it's not him. It's another hashtag group has another program that's also fantastic for for healing the limbic system Stanley.

Rosenberg has written a book called the healing power of the vagus nerve. That's also a fantastic resource as well as I'm really drawn to, joe dispenses work. So finding something that works for you knowing that there is not one right answer for everyone but doing some sort of nervous system retraining to help to quiet that system. So it's not always on hyper alert, particularly after we figured out what the injury has come from.

So there's an appropriateness to this response if you are in a dangerous situation. It's after that dangerous situation has been resolved that we want to make sure that the nervous system recalibrate, its yeah, so it's really important to understand that our nervous system is our survival system and its job is to keep us alive and it does that very well and it's programmed. It's built, it's designed to be the best survival machine available to us and it can get messages from our external environment from life situations that hey, we're not safe and can cause us anxiety.

But then we can also be getting the message from our nervous system when it senses internal danger, when our biology is not optimized when there's inflammation, when there's toxins, when there's cellular damage.

And so we're experiencing that same anxiety because the nervous system is sensing that there is danger. But this time that message is coming from inside of our body.

But since we don't know that we keep looking to our external environment and being like, what am I stressed about? Oh, I must be stressed about this, I must be stressed about that. Not realizing the effect that the internal stresses causing to exacerbate that anxiety and even push us closer to that line of overwhelm and just shutting down and giving up precisely. And here I am talking to an expert in in trauma healing. Right?

So you your courses as well are are phenomenal resource for resetting this pattern that we can take with us long after. It really serves us. We've talked about toxicity about stress nutrients a little bit in the context of toxicity. However, nutrients are really necessary to reboot anything, right? We've got to have enough magnesium and B vitamins. We could talk through lots and lots of these.

But again this is something that we can test so we can be very specific about how we replace those nutrients knowing that they're necessary for us to heal.

So a lot of women will come in and men too, they want to lose weight and so they've they've gone through periods of starving themselves and I think the thing that I end up needing to impress upon them is that you need nutrients in order to burn fat, you need nutrients in order to get rid of that in order to turn over cells in order to change how you're metabolizing energy in the body. And so if you starve yourself often we're gonna long term get the opposite effect that you're looking for?

Where you're actually gonna start putting more weight on in an effort again to protect yourself. So getting plenty of nutrients is is really really really important. Another piece of that puzzle is making sure your gut works right? We can choose to take the right things in.

And I think of digestion and four steps and this can be the digestion of of food but also of media of relationships of

all kinds of things. Right? So the first question that you want to ask yourself is am I consuming, Am I choosing to put in something that serves me number two, am I able to digest it? Can I break it down into the pieces that will serve me so that I can then absorb it. So part three of that is absorption and the number four is am I able to eliminate what doesn't serve me?

And sometimes this is the most critical piece. So in the context of detox right, if we're hanging onto stool, if he sees is sitting in our intestines then some the fancy word for it is in tarot happen recirculation. So what our gut does is re absorb things that don't serve us and it goes right back into circulation and then back to the liver where the liver has to do yesterday's work and in addition to today's work of taking out the trash. So we want to make sure that we're having a regular daily bowel movement.

But also you know if your mother in law comes over and and starts to criticize the way you're raising your Children then take take the gifts that she brought of whatever the healthy food or whatever the other compliments that she gave and eliminate.

Let go of that criticism. Right? Let go of the pieces that don't serve. And I think that this is important not only to that stress response but of course into the nutrients where we started with this right?

So being really conscious of what comes in having the resource to break it down into the parts that serve us and then absorb those parts and letting go of what doesn't serve And so much of this takes energy like as you're talking about all these processes that that the body uses in order to eliminate or if it's not eliminating and having to go through that cycle again. Like I'm thinking of the poor mitochondria and the energy cost to this.

Nutrients, Digestion, and Brain Chemistry

And if someone has any kind of nutritional just imbalanced, not even deficiency but imbalanced, they're gone gonna be running up against that limit in terms of how well they can make energy, how well they can create the amount of energy that they need just to do all of this subconscious stuff, let alone then all of their conscious life responsibilities exactly what you and I both have. The mentor dr Bill Walsh and zinc and copper are one of these really classic examples. Where are our brain requires both zinc and B. Six and magnesium to transform glutamate into gaba, glutamate. Is this excitatory neurotransmitter and gaba is that five o'clock friday feeling right? Kick your feet up, I can rest, I can relax, I can take take a load off And if we don't have enough zinc B6 or magnesium we're not going to generate that balance in the brain and we're gonna be stuck in this excitatory or potentially anxiety provoking state.

This is just one very simple straightforward example of how nutrients influence our mood, our ability to make memories our ability to focus. So it's so essential that we do create balance here and when copper you know in the context of zinc and copper the way dr Walsh looks at it if Coppers out of balance that alone, that copper toxicity can start to stimulate anxiety and depression.

So it's really something that from a lab perspective we can measure these things and then get in there and and do the dirty work to optimize with of course acknowledging the foundation of allowing ourselves enough time to sleep, taking time to ourselves to meditate or pray or connect again, eating very healthy meals, exercising all of these foundational pieces need to be there and then the icing on the cake.

This bio optimization is measuring these pieces and then correcting them when there's an imbalance. And as we were taught by dr Walsh, there's a targeted nutritional plan that you can develop for your specific deficiencies.

Even if it's something genetic like methylation or the pyro disorder like there is there is a specific and targeted nutritional plan that you can have where you know, you're providing your body what it needs on optimal levels to be functioning on all of these cellular processes that you want to be optimized.

That the toxins eliminating that the absorption, the digestion like you want things optimized to really be able to have the most energy and have your brain function at its best when you need it the most precisely. Mhm. Good. So you've started with toxins and that's where you would start a person and then you bring in all these elements and

you say that sometimes they overlap a bit.

What struggles do you see patients go through? Yeah. So and and structure. Is that that other big key one? And I am not I am not the expert in that area. I used to work with a guy named Peter Costco and I really appreciate his approach. I've also been personally helped a ton by cranial sacral therapy, chiropractic work. So I refer out to the experts in in macro structure also. You know, I feel very fortunate um down the road is is a nonsurgical orthopedist who helps with the joint and spine help whether it means Prp or pro low or even stem cell therapies. So I like to help people form a team that includes someone who really focuses in on structure wherever it serves that patient most.

The other thing you alluded to is genetic, so molecular structure and how that influences people now. You know, someone can be have sickle cell disease and that is clearly a genetic disease. And then there are things like what you talked about that are more nuanced things like methylation where maybe there's maybe there's some benefit in fact and in fact in the in the case of a pony for our mentor dr Madison talks a lot about this. A Po E four actually prevents parasites from getting into the brain. So it serves people in some context.

And then in our Western world where it's much more Um sanitized. We don't have, we're not exposed to as many parasites and actually puts us at risk of developing Alzheimer's disease later in life and sometimes even earlier in life in our 50's.

So if we're aware of these genetic predispositions molecular structure, then we can use those other elements of health reducing toxins increasing or balancing nutrients, managing our stressors, making sure there aren't out of control infections, we can balance all of these things and then that genetic predisposition is not as much of an issue. So you asked where I see patients run into trouble? Well of course if I'm seeing someone who has enough cognitive decline, this can be a complex system to implement at home, particularly when we're asking someone to change their habits.

He's very ingrained habits around eating around shopping, preparing food and so having enough support in their system. Either whether it's a staff person that they've hired or maybe it's a child or a partner that's really ideal and making sure that that person fully buys into the program right? Everyone's gotta buy in because it's so easy to just run down the street and grab bread or cookies or cakes or have be at a birthday party and feel like you've got to partake in the ice cream and so really making sure that people are committed to the process um is important and that they have enough support.

And this was actually why I created Marama, the residential care facility for the elderly is because I had patients coming into my office where I knew they could get better but they didn't have the support in place and they were really struggling um and their families were struggling to implement. They knew intellectually that it could be helpful. They maybe even saw some glimmers of hope and some change. However they couldn't fully commit to the process because they just didn't have the capacity.

And so at Marama we've developed an an experience where you can essentially live. It's an immersion experience in the Bredesen protocol.

Structure, Genetics, and Support for Recovery

So you wake up and there's a keto breakfast ready for you. The next thing is meditation. We have a circuit where you can get on the live 02 machine get the juve light. So a lot of mitochondrial therapies, light therapies. There's a sauna there rebounders, dry skin brushing. Um And in the afternoon we watch videos.

Doctor reticent explaining how all of it works meditate. Again there's a lot of social interaction garden. So everyone is there really immersed in this experience and the supplements are done for you.

So you don't have to think about it particularly for patients with cognitive decline. It's so much to manage and juggle that sometimes it's just a nonstarter so they will come and stay how long than at Miramar um Marama. So they will come and stay for 6 to 12 months.

So dr Edison I'm sure I know that you've heard him say this but I love this analogy, it's like we've got a great big tanker ship like headed towards china right?

And it is going full steam when someone is in the process of cognitive decline and our job is to slow it down and then turn it around And if we just try to do that in a month, you know, I'm sure you've seen this too. I've had patients who have like transformed in three weeks and yet I've also have patients where it's taken 12 months to even just slow progression and so we don't know who's who before we get started.

It does take time. So we we opened Marama to new residents in in March and early March and now we are are just seeing where in july as we record this and so are our oldest, our oldest, our first residents that moved in.

We're starting to see change now. Um and you know a lot of this at first it's just it stops progressing. That's the first thing you notice is that they're not worst week after week and then little things also started to change.

So in con improved muscle, their muscles started to grow. So now able to walk around without the walker or even just starting to walk more um starting to read again because they can follow the line of a story.

So maybe the moca score hasn't changed quite yet, but you're the caregivers especially who see them every day are really starting to notice that they're more engaged in conversation, that things are shifting slowly. I wish there were a pill right that made it change overnight.

But alas, it takes a little bit of hard work. And when you think of how long they've been living and eating and doing things this way. Yeah, it takes time for the nervous system and brain to change. I mean I love that it can change.

I love that. It does have that neural plastic ability for us, but it does take time to undo and rewire what's been the pattern for so many years. And I know you and I are in the same boat that I'm so impatient. Like I want more.

I want better cognitive function yesterday from all of the people who are sort of under my wings that either Marama or the clinic. And so my my job, I'm very committed to supporting them and figuring out what what pieces, what elements are missing In my clinic right now.

We're actually recruiting for a study so that we can answer some of these questions even better now. So we're taking a cohort of 25 patients through our approach. This individualized, very protestant inspired approach to cognitive decline where we do all of the testing that I described and then implement of A very specific, very individualized treatment plan that addresses each of the imbalances in that particular individual and we'll take that 25 patients.

What we the question that we've never answered in the science yet is if I spend the money, take the time, put in all the effort that it takes that it requires to implement this protocol. How likely is it that myself and my loved one will improve? And so we have we know Dr Edison published case studies of 100 patients and the first one was three patients, the second one was 100 patients. So we know that it works for some people.

But what is the likelihood we still don't have the answer to that question? So we're hoping we'll be able to answer that At my clinic and dean Ornish is doing a study of course Dr. Bredesen has won 3030 patient cohort and they're doing one at Cleveland Clinic. So I'm we're in good company all hoping to contribute to the science and to really pushing forward the knowledge around this very good.

Well one last question that I'd like to ask you is for those people who aren't at that level of cognitive decline yet but they're wanting to optimize what elements of the structure of the different pieces that you have there at Marama do you have that they should be doing if they want optimization of their brain.

Oh Dr amy you know that I love all of it. There's no way to choose. Um I will say that you know there's just going back to the foundations meditation, meditation, meditation, meditation, right? And exercises moving meditation?

I think it's one of those things when when someone is looking for an edge there usually it's like a type a personality,

right? They want more, they want more, they want more.

Marama Care Model and Cognitive Decline Recovery

And meditation is the opposite of that, right? It's it's taking the time to do nothing to just be with yourself, not producing anything, not doing anything.

And there's so much magic in that that I think that's where all of my creative processes come from is really tapping into your truth with a capital T understanding and getting back in touch with that intuition with with your inner knowing your highest self.

That is where there's more value in that than anything. I could tell you as a doctor more value in that than anything that a lab could tell you in fact and so reminding people that the answers are within you.

Um and what we offer is icing what we offer is is the is is on top of that foundational piece of really looking inward. And I love what you like. I love that we share this perspective of we can optimize our brain and then it can heal the rest of our body in many circumstances when when we optimize it the right way. And so this meditation process of optimizing our nervous system through that process of through quieting that that need to produce to be productive.

Um and that's where you get so much insights into what does go on inside. What are the thoughts, what are the feelings that can be driving us unconsciously unless we take that time to become conscious of that through some kind of meditation process, practice, whatever, whatever. I mean there's so many different ways to do right? What are some of the different meditation practices that that you implement and find helpful?

I'm so glad you asked because it, it's like, it's like picking from like a kid in the candy store, right? Like there's so many options. I love joe dispenses work. Um and then I, I am a total glutton for a weekend at esalen um which is up on the central coast.

I and right now, you know with the pandemic, that's not an option. However, I tend to work in sprints. Now I do commit to a 20 minute meditation every single day. Sometimes I let's be real and sometimes I feel sleep to it, but I commit to 20 minutes every day and then I would, I really appreciate a weekend away that I get so much out of those intensive and I would love for it to be a week, but I've got a two year old, so a weekend away is that's where so much of my drive comes from, my sort of re centering and focusing in on my purpose, What I have, what my gifts are to give to the world.

That's where I really get the fuel back for everything I do as a mom, as a boss, as an entrepreneur, as a doctor, as a friend, as a partner. Um, it's taking that time to really do nothing And for me it's in three day stents.

It really does. And this makes me think of the book that came out somewhat recently on the three day effect of nature and the studies that they did around that even in regards to veterans and PTSD and there's something about three days, not two days, not just one day.

Meditation, Nature, and Daily Brain Optimization

There's something about three days in a row where you are outside of your normal routine outside of your normal location and especially in some environment where there's a lot of nature.

Um, quiet right and that and that connection with, with that part of ourselves and then you obviously need to maintain some type of practice in between those stints in order to, to stay optimized. But yeah, you need those times away and that three days seems to be that magical number for getting that level of benefit where it changes your nervous system.

That's so fascinating that you say that I hadn't heard or read any of that literature yet. However, it seems to be that second night where there's some insight and then that third day where there's some integration and the first day is just right off right because you're just coming down off the stress and even the stress of like oh I've got to pack and

I'm gonna be away and I've got to drive or fly or whatever the commute is.

And so I feel like I'm anyways just coming off that off that stress train and arriving and then into that second day, okay now I can get into my flow now I'm really dropping in and then having that third day to integrate seems to be where I really can take the nuggets like the knowledge that comes from dropping in back into my world.

Alright, how is this gonna, how am I gonna, how am I gonna apply this when it comes to being a mom or when it comes to being a boss. Um The magic I think is in that integration piece because if you just go and and do it and go through the motions but you don't apply it to the day to day, it has so much less value. Mhm. It really does.

And we need those times in order to maintain the optimal state of our nervous system. We need those times to reset it to rewire it and to get back into our center so that we we don't lose ourselves in the and the business of life.

It's so easy. It really is good. Speaking of the business of life, thank you for taking this time with us today. I really appreciated you um sharing your wisdom, sharing your experience, sharing your knowledge with us today. It's been so much fun to get to know you a little bit more and to to share our both of our excitement for medicine and optimizing.

Likewise, we shall definitely continue this conversation afterwards. Good, and thank you for joining us today together. Let's find that next level of Health and the Liveness.