Introduction and Background

Welcome, doctor Josh, and thank you so much for coming. It's a pleasure to be here. Doctor love. Wow. So, so, doctor Josh, your bio is really long. Let me just let me just short cut for people.

Yeah. You're a medical doctor, trained at Harvard. You're an undergrad to graduate school? At a medical school at Harvard. You also went to MIT, and you have a degree in biochemistry.

I have two degrees in biochemistry. I'm a nerd. Yeah. I'm in. And, emergency medicine. And you? For the last ten years, you specialized in preventing Alzheimer's and reversing Alzheimer's.

And in in medical clinics. True. And, it's amazing. It's an amazing field to to be in. And there's such a need right now. And right now, you and I have a we've partnered on a medical clinic where you're the you're the chief medical officer.

You're the medical director. Yep. And we're literally reversing Alzheimer's in our clinic. I mean, you get you get the credit. I'm just telling you. But.

So you're reversing Alzheimer's in the medical clinic? Fantastic. It's. It's amazing. So what I'd like to do is focus on that, because, I mean, we heard it today.

We heard it today that doctors are still telling patients there's nothing to be done for Alzheimer's specifically. There's no hope. So I think that's the most important point.

If you forget anything else, we say if you or a family member or a loved one or a friend has dementia or Alzheimer's, there is hope. Please. You know, if you see your doctor and they say, you know, there's there's really sure we'll give you this drug, but it's probably not going to work and there's nothing to do.

They're just wrong. There is hope and we see it on a daily basis. You. Two patients today. Today? We can't give you their names. Actually, one of them signed the public offering so we could tell you her name.

And then our dear friend and colleague, doctor Heather Sanderson, wrote this book, published her results. She reversed Alzheimer's and memory loss, and published the results in the Journal of Alzheimer's Disease, the journal doctor Dale Broaddus.

And his book is right here. He's reversed Alzheimer's and so. And Dean Ornish has published, a randomized control showing that in 20 weeks he was able to reverse Alzheimer's with lifestyle changes.

Just with diet. Right. Just with a vegan diet. Well, diet and exercise and all these things. So so the bottom line, it is reversible. You just have to do the research or find someone like us who already has to, to show you the way.

And so, and so let's talk about what we're doing in, in, you know, medical science. So, so can you talk patient can you tell us, what what we're doing with patients and why it's so helpful in helping people prevent Alzheimer's disease.

We can talk about like, the lifestyle stuff we're doing. And then, and then we talk about the drug and, and how that's helping people.

Lifestyle Foundations for Brain Health

Sure. So why don't we start with lifestyle? Because people say lifestyle like. Like what does that mean? You just

live the way you want. It would it what it means is several different categories that you have an ideal, nutritional status.

So you're not eating junk food or fast food or highly processed food. The the second one is exercise that you are exercising as much as you can. I mean, obviously some people have disabilities and that's that's my that's my alarm to tell me to stop working.

But I'm not going to do it. We're going to keep working even though it's Friday night. It's 9:30 p.m. on a Friday night, and we love our work. So I'm going to I'm going to keep going.

Hopefully I can fall asleep at the right time. So so exercise is definitely another piece. The third piece is decreasing stress. Now of course we're humans and you're going to have some stress.

I'm not saying just stay in bed all day and have no stress at all. But what we are saying is you need to. You don't want to be checking your phone every five seconds for a message or a Facebook post, etc.

and then the next category is, I think, smart supplementation. Hey, what's up? Let's do it with some. I know there's you and I were just talking. You're taking 40s I last time out and I'm taking 44 pills a day.

What what are some of your favorite, supplements that have a lot of evidence to them specifically for Alzheimer's or dementia? Number one is going to be man, nicotine, mono nucleotide, NMN, because it raises something called NAD.

The next one is called creatine. And I'm a big fan of omega threes. And specifically for patients for trying to reverse Alzheimer's. I would go up to three grams a day of omega threes up for an EPA, correct.

And DPA, I mean all those. And then the next one I love rosemary essential oil. You like essential oils. What I do because that the problem with some of the supplements you take if you're taking capsules, they're definitely some of my patients who have trouble with absorption so they can take the best supplement in the world, but if it doesn't get absorbed, it's not helping them.

As opposed to if you take rosemary essential oil, put it on your tongue, a couple drops and I only want like ones from where they're actually from the rosemary plant, not from petroleum.

That's been modified to look like the chemicals in rosemary from the plant. But if you actually put a couple drops of rosemary under your tongue, I know it's going to get absorbed because are extremely small fatty molecules that very quickly will get absorbed under the tongue.

And so I want people to understand, you know, I know you very well, but most people don't understand. They don't know how into natural medicine you are.

Most medical doctors do not recommend essential oils and you're very science based. You're a senior scientist. You, you you've changed your mind based upon the data, which is not usually a scientific discussion.

It's a lot of dogma, but you're very into natural medicine and in natural healthy medicine and lifestyle medicine, much less so about pharmaceuticals and drugs.

But I'm not opposed to pharmaceuticals and drugs. I think they have a place, but I don't think we should ignore plants that are and have been around humans for, you know, billions of years.

And and it's amazing and but but it is true are people are not putting companies are not putting billions of dollars into researching Rosemary oil, essential oil.

You're not going to find a double blind, placebo controlled study of a million patients taking, you know, sublingual, rosemary, essential oil in. Yeah.

And so by the way, this is a unique and unique interview because we're actually, live streaming on TikTok live right now. There's 449 people here and they're answering questions.

We're going to answer live questions. On the on the during this interview. So, so doctor Josh, one that I saw here is can any can this help someone with vascular dementia.

And the answer is yes. So vascular dementia what that means is that you've got a blockage in the blood vessels of your body, specifically in the brain.

And the cool thing is you can the supplements we talked about can definitely help with vascular dementia, but I'm going to put a plug in for a different supplement we haven't talked about yet.

Nitric oxide supplements. Because nitric oxide is a gas, it's just one nitrogen and one oxygen atom stuck together that opens up blood vessels. So you can imagine if you're have vascular problems, vascular insufficiency to the brain, opening up your blood vessels wider could definitely be helpful.

And nitric oxide supplements that we like. Well, first of all, I love if you're chewing leafy greens or beets, but I'm a big fan of cardio miracle. That's right.

And it's a powder. You mix it in. My discount code is doctor. Josh, do you have one, doctor? Yeah. So? So, doctor, Josh and I are both, financially connected with this company.

Cardio miracle. Just just full disclaimer, I take it because he recommended it. He's been taking it for years. For six years? Yeah, it's really improved your nitric oxide.

So if someone wants to get it with your coupon code, what is doctor Josh d r j o s h. It's called cardio Miracle. That'll save you some money. Another question someone asked is statins.

What are your thoughts on statins? Increasing, the risk of Alzheimer's disease. Yeah. So let me let me start by saying this is controversial. But this is my opinion as, you know, Harvard trained physician, two degrees in biochemistry.

My opinion is I'm not a fan of statins because statins, the way they work, is they poisoned mitochondria. What are mitochondria? Mitochondria are present in almost every cell, the body producing energy and removing toxins.

So and I've seen unfortunately, I've seen patients develop dementia after being started on the steps and to decrease their cholesterol. Well, so I personally am not a fan of statins.

There are cardiologists out there like Doctor Joe Khan, who I like, who is a big fan of steroids. So I'm saying it's controversial, but my opinion is because I've seen patients injured, their brain injured by statins.

I can't in good conscience conscience start patients on steroids. I will tell you, if you look at statins in general, they they may help prevent some heart disease, but they make it more likely that you get diabetes and strokes.

Supplements for Alzheimeru2019s Prevention

So overall, I don't think statins, if you look at in total that they have a positive effect on people's, mortality, life expectancy. And I think it's, highly promoted drug.

I don't like it because I don't want to be that doctor who's responsible for someone else's dementia, if you understand. By the way, I'm not a medical doctor, and we're not giving you medical advice.

He is a medical doctor. CoQ10. High doses of CoQ10 can be very helpful, just generally speaking, for your brain and CoQ10 helps, with the side effects of statin stands, actually reduce CoQ10.

So when you take CoQ10, that's helpful in clearing the mitochondrial waste. And so if you're on Stem, consider a CoQ10 supplement. That can be really helpful.

One last question from TikTok before we move on. Last question is someone said, my husband takes 25 supplements. He takes them all at once. Is that good or bad?

What are your thoughts on how people take supplements? Yeah, I think it really depends on what those 25 supplements are. Normally I wouldn't take 25 all at the same time.

Certainly if one of those supplements is a binder, you definitely don't want to take a binder like zeolite with everything, you know, activated charcoal.

Exactly. But normally I would would limit it to say, ten supplements at a time. But you know, it's lifestyle and it's up to you. I just I get concerned if I'm taking all of these all at once.

So, what would I like to do with my my supplements? I'll take my minerals in the morning. My zinc, my magnesium, my iodine. Take those in the morning on an empty stomach.

And then I will take my other stuff, most of my other supplements with food, and I'll actually divide that out twice. I notice if I take all my supplements with curcumin at once, I take a couple.

I actually get an upset stomach. And so I'm actually splitting those up. Curcumin is great love for humans, so definitely listen to your body. If you're taking 25 supplements and your stomach doesn't feel good, don't take it.

Took me a long time to figure that out. I just dealt with it for four months. I'm like, well, I guess I don't suffer, but now. Now I'm splitting my dailies.

So I take my dailies with food to increase absorption. All right, so we're talking about what we're doing, in our medical clinic and how we're helping people.

So first we're doing with lifestyle. And you talked about the importance of exercise and the importance of food. And we talked about some fun stuff. One of your favorite supplements for the brain.

And again, creatine omega three is about three grams a day of omega threes. And rosemary essential oil and and nitric oxide and nitric oxide. Exactly.

We don't how how else are we helping patients? So those are just some of the lifestyle and then also decreasing stress. And here's a key point is making sure people are getting enough deep three I'm sorry deep sleep and three sleep because it's during deep sleep that your brain is able to consolidate memories and get rid of amyloid plaque.

So you want to make sure you're getting enough deep sleep. So the next question is how do I know if I'm getting the M3 deep sleep? You can get a formal sleep study.

I will say that unfortunately the the Apple Watch and the aura ring, they're they're good for monitoring sleep in general, but I don't they're not specific enough to the deepest through the M3 sleep.

So get a sleep study so you can correlate whatever device you're using to monitor. Excellent. So and so sleep is is huge. And most people have had trouble sleeping for just a single night.

Know about brain fog. And then and then we wrap this all up with coaching. We have a coach work with every patient so that they're following the lifestyle things.

It's really it's really important. You know, there are many medicines that are helpful to make some things that are helpful. But if you're not eating well, if you're not sleeping well, if you're if you're if you're eating pourquoi food, you're not exercising, it's really hard to be helpful long term.

So let's tell them about the about the about the drug. So, so we're doing all this and we're working with a, a new drug that's FDA approved for compassionate use.

So only a few medical clinics in the country are offering this to patients, and we're one of them. Tell us about about this drug. Yeah, it's a fascinating drug.

Specifically, what it does is it decreases inflammation because we now know that inflammation is is a common root cause for many cases of Alzheimer's and other dementias.

So by decreasing the level of inflammation in the body, specifically in the brain, it allows brain function to improve. And and the exciting thing is we're seeing improvement after just one dose is given intravenously once a month.

So our first patient, who we call patient zero, had frontal temporal dementia. And he tried everything that he could. And he's a business owner and he's still trying to work.

But it wasn't it wasn't going very well. His wife was having to do a lot of work in the business. She was very concerned. And I remember the very first and by the way, there's no real treatment for frontotemporal dementia after the very first treatment.

He said he's sitting at dinner and he said I could feel my words coming back, which was fascinating and was also fascinating, is that when we talked to his family, his family said, wow, he's much more friendly, much more interactive.

We got we got him back from a social standpoint. So what is amazing about Alzheimer's is it's not just memory. It could be your ability to think through things and interact with other people.

And so so people are asking the name of the drug. So we're calling it BP 001. And so it's really, really powerful and it reduces inflammation. And people are all of our patients have improved, some more, some more than others.

But oh, the other exciting thing is no serious side effects, right? That's right. It's been given to over 300, 300 patients, zero side effects, 000 side effects from, from.

We've talked to the company. No one's reported side effects. It's amazing. I wish I could take this drug. Frankly, it's so powerful. It's a part time job. It's a lot. It's longevity drug, remember?

So when we were at a conference together, when we first learned about this drug and they're showing the data, I said, doctor Josh, if this is real, we should offer this to people.

I stood up, I said, hey, can I take this drug? I want to take this longevity. They said they said no. So hopefully gets approved soon for just just anti-aging and longevity.

Let's talk about the two patients we saw today. Okay. One that was taking it for six months, the other seven. Yeah. That's right. Yeah. You want to tell about their progress?

Yeah, I would say nothing short of of unbelievable. But but I think it also, having the two patients there together, it also contrasts. This is not this medication.

It wasn't the progress was not linear. It's in everyone's a little bit different. So I can use her name Susan, showed improvement after just one dose.

And has been improving every month now. She had a setback not from the medication, but she actually had back surgery. So back surgery that involved general seizure.

And which is a big deal. It does chills memory, especially some people over age 65. If you're over age 65, you've seen this in your friends. Someone goes in for surgery and they're not the same, right?

This is like for four plus hours. They're just they're just this this surgery turns off their brain and it just never comes back. Well, it's the general anesthesia.

And thank you. Thank you so and so she that didn't happen with her. So I think this was really neuroprotective for her 100% is like it's amazing that she didn't really have a memory lapse after major surgery.

Four hours of anesthesia. Oh my gosh. Susan's awesome. And the other the other patient, we can't use his name because he doesn't want us to, but, basically his story, which is also interesting, is that his memory has improved.

Vascular Dementia and Nitric Oxide

And he's, he's he's much more interactive, you know, it's so it's like when the first time I saw him, every three minutes, you say, think, why am I here?

Who are you? Well, why am I here? Why was it really that frequent? Yeah, I could, he over an hour. He asked that maybe three times now. Right. You say, you say.

Well, you say why I'm here. You said, what is this? Yeah. He didn't say why. I'm. It's like, what is this thing in my arm? Right. So. So it went from like every three minutes to maybe every 30 minutes.

So is he perfect now? No. But the the the first few months he did not remember where the bathroom was in our facility. And now he remembers where the bathroom used.

Oh. And so and the other patient, because they've been in together a couple times, her her friend came with her. She noticed difference in, in this in this other in this man.

She said he's gotten so much better, which is great because his wife did it. Notice his his wife has noticed that he had he's stopped declining, but she hasn't noticed improvement. But other people are seeing improvement.

You see him every once in a while. So that was really heartening for me because like, you know, we've been talking to his wife and she says, look, we're not seeing huge benefit.

I said, but I'm seeing it on his memory tests. His memory tests are getting better. She said, well, I'm not seeing it, but other people are seeing it, right.

And part of it is that if you are a caregiver for someone with dementia, often you are super stressed, sleep deprived, and you know what you're thinking is my loved one is not 100%, therefore they're not better.

Like I don't have 100% back yet, so definitely compassion for everything involved. But it was heartening talking to her today. She said, you know what, if he just stays like this, if he doesn't get any worse, I'm going to be happy, which is great.

Wow, that's that's amazing. She didn't say that. Yeah. First treatment. No. Look, if he just doesn't get worse, I'll be happy. But he's gotten better enough.

Where she says, you know, if he just doesn't get better, that would be a godsend, because that means he's not going to spiral into awful, awful dementia, right?

So, so, so she was skeptical, you know, after the first month or two because we didn't see the tremendous positive effect we saw with Susan and just for those of you watching this, this is true of many things.

Some people will take a supplement and feel it right away. So I have I have the lion's Mane supplement. Some people will take it. We gave it to actually our dear friend Heather Sansone.

So I gave I gave, doctor Heather Sanderson some, some lines made. Adam at a medical comments were all. And

she felt the right way. Some people will say, they'll say it took two months to notice.

Everybody's chemistry is different. One person showed a difference immediately within a within a month, one person, they really didn't show an improvement until three months.

Some people know the benefit of exercise right away. Some people it takes a while to show it so that messages do the right thing. The right thing is exercise, sleep, get your diet, reduce stress.

When you do those things consistently, eventually you will see the difference. You might not see it right away, but do the things you know that are right for your health.

The things that are backed by science, including supplements that are backed by science. As we mentioned, some keep doing them. You will see the benefits, and then check in with your friends and family.

And if you're doing exercise and diet and you'll check your scale, get some sort of objective measure to monitor what you're doing.

Statins, CoQ10, and Supplement Timing

Because so often times people quit before they they get to the finish line before they see the benefit. Right. And I'm just going to remind people or if you if you weren't here at the beginning, there was always hope.

So even if you try a supplement that doesn't work after the first week, that doesn't mean that that supplement isn't the right one necessarily. And so I know people love supplements.

Let's talk about that a little bit more. And then and then we'll wrap up for those of you who want to, who want to engage with doctor Josh, if you, so first of all, let's, who is who is this drug for? Who?

So the drug we've been talking about. Beep beep. 001. Who is this for? Who who can we treat in our clinic? Yeah. So it's going to be someone over the age of 55.

Although that's not hard. And, you know, someone's 50 is having dementia. It potentially could be different for them too. So minimum age 50. Yeah. And then the next thing is they have to have tried and failed a traditional medication for Alzheimer's, something like Aricept or Namenda.

And when I say fail as a not completely relieve their symptoms. And do they need to have a diagnosis of a specific type of dementia? No, but they have to have a dementia a dementia diagnosis.

Okay. Including mild cognitive impairment. Sure. Okay. So MCI, mild cognitive impairment, vascular dementia, Parkinson's. Yeah. It could be Alzheimer's.

It could be lots of different frontotemporal dementia. So if you have some sort of dementia or mild cognitive impairment and you've, you've you've tried a drug and failed and you're over your age probably 55, maybe as young as 50, then you could qualify for the, for the compassionate use for this, for this new drug.

Correct. And then, just, just just so, you know, this is not covered by insurance, and it's pretty expensive. So this is this is a cutting edge treatment that's not available to the general public.

It's only available to, people who meet the qualifications and who can afford to, to pay for things out of pocket. So it's a it's a substantial investment.

So you need to have a fair amount of money to invest in this because you need to do it well, I would say at least six months to really, really see the benefit.

And it's it's quite expensive. So but for anybody, you know, but we've definitely seen improvement with many

patients. I mean, it does tell you is it's less expensive in a nursing home, that's for sure.

A nursing home is now $12,000 a month or something like that. It's less expensive than a nursing home. So if it's either put someone in nursing home or, or invest that money, you'll actually, you'll actually save money.

So if that if the, if you're considering that, it's an investment in your health, which is normally a good investment. And so, so if you if you wanted to see if you want to learn more, go to doctor josh.com.

And then it's going to be a video there you can watch and and learn learn learn more about the CRC, osha.com. And so let's talk about supplements. Sure.

Before we go, I know people have something. So you mentioned creatine omega threes rosemary oil and nitric oxide. What what's what. What are some other ones that you really like that are really helpful for the brain.

Yeah. So let's say another essential oil I like is is called Spanish sage. And you would normally take 1 or 2 drops and put it under the tongue twice a day.

Another. What does that do. What Spanish sage does is it decreases. There's a theme here. It decreases inflammation and stimulates mitochondria. Well, let's talk about that because this drug decreases inflammation.

What other risk factors for Alzheimer's disease increase inflammation. So inflammation for the primary risk factors of Alzheimer's disease. What other things increase inflammation. There's so many things.

So number one is going to be increased insulin resistance or diabetes. Another is trauma. Head trauma can do it. A next one are infections. Lots of different types of infections from viruses up to parasites.

Can I'll do it. The next category are toxins. Things like heavy metals plastics forever chemicals, pesticides, herbicides a long list. So pretty much the add in sugar, sugar, sugar, sugar itself.

So what will end? Oh. So added salt oil and sugar that you see in fast food, processed foods. You want to stick with whole foods. So processed foods also increase inflammation.

Yeah. So smoking. Yes. And alcohol. Yes. The vices.

Sleep, Coaching, and the New Drug

So yeah. So so pretty much every major risk factor, almost every major risk factor increases inflammation. That's astonishing. And maybe that's why we're seeing such great results with this drug is because it attacks one of the major root causes, which is inflammation.

Right. And and we've seen patients where we're treating the inflammation in their brain, but if they have knee arthritis, sometimes their knee arthritis gets better.

We're we're not intending for that to happen. It's just a pleasant side effect of decreasing the amount of inflammation in their body. What do you think of curcumin?

I like human, I mean, it is a natural antioxidant that can also decrease inflammation. Oh, someone's asking about Lyme disease on, on TikTok, you talk you've talked a little bit about chronic Lyme.

Like, can you talk about chronic Lyme and its relationship to Alzheimer's disease? Yeah. It's fascinating. There are many patients with Alzheimer's or Lewy body dementia or other types of dementia.

Where would you actually look at the brain? You can identify the Lyme spiral kit. So the Lyme disease is caused by a spiral, the spiral shaped microscopic bacteria called Borrelia burgdorferi.

And what happens is this infection likes to protect itself from your body's immune system. It's just trying to stay alive. So it'll form something called biofilm or a biologic film around itself, and it will go anywhere in the body.

It's just trying to survive. One of its favorite places to go is the brain, and it's fascinating for patients with brain infections, with with Lyme disease, if you look at their Pet scan, you'll see areas lined up and they won't be uniform.

The Lyme Sparky will pick specific areas of the brain to set up shop and and just like humans, like a community, these bacteria, they love a community because it protects them from our body's immune system.

Fantastic. Let me just check. Check. Tick tock. Like one more time, see if there's any more question we can answer. And then I want to hear some more about your favorite supplements.

And then that will be it for this. Sometimes I felt I felt lion's mane the first night. Amazing. That's awesome. But some of it. Lion's mane. It could be the dose, right?

I mean, you've got some people taking 250mg of lion's mane. You got someone taking 2000mg. You know, you could also be the doses you. Want while you're looking.

I'm going to put it in a plug for another supplement that I like called Pack the All and what pack to sell does is it by is a binder of heavy metals. It is a modified citrus pectin.

So it's a modified natural product. But in addition to removing the heavy metals that many of us have been exposed to, there's heavy metals and food and in, dental fillings and things like that.

So in addition to decreasing heavy metals, studies have also shown decrease inflammation from time to sore from modifying citrus pectin. Myself I a really good question. Magnesium.

Do you like do you like magnesium? Which magnesium do you like? And then when's a good time for people to take magnesium?

Patient Progress and Treatment Eligibility

Yeah. So in general I love magnesium. Most people in our Western modern societies are deficient in magnesium because one of the one of the major sources of magnesium is, is plants, fruits, vegetables, and often the soil is depleted in magnesium.

So I recommend taking magnesium supplements. You can take it orally or and, or you can take something called an absence of bath. You can basically bathe in a high magnesium bath, and then the magnesium will get absorbed through in in your skin pores and get absorbed that way.

So the I think the best time to take magnesium is right before you go to sleep, because it's a natural muscle relaxer. But you know, everyone's different.

You know, if you if there's I don't think there's a downside to taking the morning, but unless it relaxes you too much so but I would definitely look at taking it right before you go to sleep. What form do you like?

I'd say whatever form is comfortable for you. So there's, there's a liquid form of magnesium. There are, there's magnesium glistening. There's magnesium three units. And, there's so many different options.

Those are my two favorite books and those are my those are my go to. And there's nothing wrong taking more than one type of magnesium, that another form is magnesium chloride.

I don't necessarily recommend that form, but there's nothing wrong with it. I just like any any risk of overdose. Of course, I mean, with if you're getting like in the hospital, we would give intravenous magnesium very high doses for if I'm trying to stop a woman in labor for some reason, I want I don't want her to to have the baby right now.

We would use very high doses. So, yes, in an intravenous form, it is dangerous to give too much. But we're not talking about that here. We're talking to you.

I'm taking stuff and we're talking and taking it orally. But I'm. It's not like, well, I took a couple pills and I can't get to sleep. I'm just going to take the whole bottle.

No, I wouldn't recommend doing that. But, I would say as long as you follow the instructions on the bottle, you should be fine. Excellent. Any any last, And any last final supplements you'd like to talk about?

For those of you who didn't write them down, Doctor Joshua's, list. We got in the category minor nucleotide creatine, five milligrams a day and a in, about 1000mg a day. Correct.

It's going to vary by everyone but the thousands. A good place to start omega threes. You like about three grams. Rosemary essential oil, nitric oxide.

You just talked about magnesium. And then there was another pack. The song pack packed us all. And then there was the, Spanish sage essential essential oil.

And then the final one I'll leave people with is called hono pure or hinoki. Hanako, is a extract. You're right. I do love natural products. This is an extract from Magnolia Bark that is anti tumor anti-inflammatory.

And I've seen it help patients with dementia. Awesome. So, if people want to want to learn more about joining our clinic, where they want to learn about you or are interested in becoming a patient, or, you know, someone who has early stage Alzheimer's disease and they want treatment, where can they go?

The easiest place is just doctor josh.com Dr. Joe sage.com Fantastico. Doctor Josh, thank you so much for for being on the show. Doctor love. This is, as always, a lot of fun.

And I can't believe what we're doing this in under an hour. I mean, we, we've been on for hours sometimes and you know, it's it's been so great working with you because we, we talked about our it was it was this weekend a year ago when we met in person.

Right. Super Bowl. Yeah. And we said hey, how we want to set up our medical clinic. And then in the past year, we've treated a number of patients and they're significantly better.

They've reversed their dementia. And some of them are still in the progress, and some of them are now healthy, functional. It's amazing. Yeah. And it's gone by like that.

I feel like in some ways it was just this this year with I really started working with this. Awesome. Thank you so much, doctor. And thanks also to the audience for watching us, and listening to us.

We really appreciate you.