What if the version of you that feels “normal”… isn’t actually how good you’re meant to feel? ? Transcript

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Environmental toxins and chronic disease

my own conclusion a year after, and I'm just in a much better place mentally. And that's the thing that is powerful. Look, if you have a condition, it can give you hope that, well, If I lower my body burden, the condition might get better or resolved itself.

All chronic conditions have one component of it that is causal through the environment. That's not even the radical thing to say. At least if you have lead exposure, it can impact your pancreas, blood sugar, Alzheimer's.

We know all these things. The science is severely lacking to make the link between all these different environmental toxins, how they play with each other, and then how that in turn will impact your risk of chronic disease.

But if we push the chronic diseases aside, How are you underperforming in your life?

Brain fog and personal decline

I realized, oh my God, I was like, mildly excited about projects, going through the motions. I have to tell you, Danielle, it's almost funny because we talk almost every month sometimes just to organize things and business meetings, but we haven't updated each other.

about me personally but at one point I had to re-watch the movie and I cried because I realized where was I? Where I was, yep. That's, it's powerful. It's only after the fact.

Once you, once your brain fog lifts, you have to deal with the facts that like, why was I behaving a certain way? Like feeling depressed, not really, Not answering people for weeks because I felt overwhelmed and maybe not being as present with my wife as I wanted to be and being mildly happy at a maximum and mild, unhappy most of the time.

And I'm like what's wrong with me, right? Like, just because if your brain is not online, and me as an entrepreneur, I have to deal with my business growth with, my personal organizations.

Like no one looks after me. No one pays me a salary. So I had a stressful life and I'd have be on to be able to grow each aspect. And I wasn't really doing a good job at it all.

I was feeling quite overwhelmed, even through the video shoot and everything.

Recovering energy and showing up again

It's just I was dealing with so many things in this sort of anxious energy and now I'm just in a much better place where To be fair, I'm not necessarily calmer.

I feel like I am getting overexcited about research. That's like the passion. But I m able to just show up more in every single aspect of my life. And that is not curing a disease per se or anything like that, but it's precious.

It's something that I think everyone listening to this probably want for themselves. Yes. Do you know how many guys, in fact I just did two, just dropped two podcasts that are one guy's name is Stark and one guys name was Chip.

And they both talk about this for men. They're both like, I have a business, i'm a high performer, or I Have a wife, have kids. I've all this stuff and their pressure and they were like I didn't realize how bad I was until I Was better because you get there slowly, right?

The decline is almost imperceptible. It's like a moodier I'm tired a little more tired and then you have people like oh you're getting older Oh, you are getting in your 30s.

Oh you getting your 40s And all of a sudden you're like, this is me now. You almost look back at an old picture and be like oh yeah, I used to be so much more whatever, energetic.

But when you come out on the other side of it, you really feel it because you are doing it somewhat quickly where the decline is very long and floggy.

High performers realizing they were unwell

And like both of the guys said this separately, they're like, I wish I didn't wait so long. I wished I hadn't waited till I was broken. Like that was the gift that you got.

You were, you were on a slow decline, but you weren't broken, You caught it. And you are like. Okay. Yeah. Unlike, and now you're, like whoa, whoa. Didn't even realize how bad I.

This, when I talked to regular people, They're all, all sluggish. Why is, why is everyone? I say they're propping their eyes up with Adderall and coffee.

And, you know, we're not meant to lose our, like, I've had people like I want a, it's between the bun with cheese, and like a hamburger. They're like yeah, want to hamburger, they can't think of the word.

Like, Like you said, You can think about your friends and you can, think and your like your brain's not working. But you're, what's going on with me? You know?

It's that normal. It is not normal And it can be very, very different. And the movie's amazing at showing that.