Podcast Intro and Guest Introduction

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he doesn't need oxygen anymore, And they just removed the CPAP. Is 84 years old. That shows you biohacking has such a power, but you have to do it in a smart way.

Welcome to the TBD Fit podcast on Dr. Talks. I'm your host, Daniel Keeley, and I will be guiding you through this wellness journey in terms of optimizing health and longevity, where we unpack the science, the dos, dos and everything in between.

Come join us. Look forward to seeing you inside. Welcome back to TBB Fit Podcast where explore the intersection of science wellness and Longevity. where we see patients and clients of all ages with all debilitating issues, some with chronic conditions and others that just want to optimize.

Our guest today, which I'm super excited to sit down with is Valerie Orsoni, who is a true pioneer in longevity and biohacking. And today we are going to explore how we can reverse the irreversible.

We're going dive deep into her story, resonated with me when I heard her speak at the biohacker conference in Chicago some time ago. So from reversing juvenile arthritis and steatosis to her ongoing search for answers around lifelong SIBO, Valerie blends science, experience, and purpose in ways that challenge conventional thinking together.

We'll dive into the art and science of self-experimentation, biological resilience, and the future of health optimization, which is why I really wanted her to come today as a guest on the show.

Valerie, pleasure to connect here and thank you for joining us today. And thank for having me and let me share my amazing journey. And that's where I want to start each episode.

I love hearing the journey of each guest because while it's unique, there are so many patterns and the catalyst is some kind of illness that has then directed us into seeking change.

So please share with our guests your story. Gosh, I need a book. But as you just rightly said, my biohacking journey began not from curiosity, but from desperation really.

I was born as, you said with juvenile arthritis and a severe form of it to a point where, and you must have heard me say that in Chicago, I could not even open a door.

The pain was too much in my wrists. My dad had to replace all the door handles with like regular handles. I would operate with my elbows just to give you an idea of the pain.

And of course, at the time, the only response to that was pain medication, you know, Advil, Tylenol, things like that. was also born 50% deaf in one year.

and that's very important because I've been working on it and what I was told could never be reversed. Well, I can unveil something very soon. Also epilepsy.

And later discovered I also had chronic SIBO since I was like seven, pretty much. On top of it, when I very young, Iwas also diagnosed with a severe form stage three or four steatosis, even though I've never had a drop of alcohol, no soda or anything like that.

And so pretty I spent my childhood shuttling between specialists across pretty the southern part of France, but also Paris. When I reached 28, so in case people are interested, I am 55 years old chronologically, but not in my markers.

But when I reach the age of 28 I already had a little boy and I was taking a lot of pain medication, obviously. And I had already accumulated about 10 or 11 fractures on the right ankle and 11 on in the left.

I also had tuberculosis. And I was told by a very big expert in joint health that juvenile arthritis, the way I had it was, I quote, incurable and degenerative.

And you know what, the word incurable or irreversible, it kind of became a catalyst.

Valerie's Early Health Struggles and Biohacking Origins

I didn't really have any background in biochemistry, I'm not a doctor, physiology, barely knew about it, but I realized that mainstream medicine was treating symptoms, that never went to the root cause.

And at the time, It's not like now, you it's like 12 minutes per patient, they had the They just didn't have the willpower, just the Will, period. And so I started doing what I called N equal one clinical trials on myself, right?

And I methodologically tested interventions, modalities and stuff on my self supplements. 98, that's why I mark it as the beginning of my biohacking journey.

I studied with one gram of vitamin C a day. 27 years ago, when you told anyone, including a doctor, that you would take one gram of vitamin C, knowing the daily recommendation was about 90 milligrams, the reaction was universal.

You're going to kill your kidneys. Oh my God, your liver. It's terrible. And what are you trying to achieve? Like regular doctors did not achieve. And I was like, watch me.

Then right away, I could feel within a few weeks, a lot of inflammatory response I had was going down and just with one gram of vitamin C. This is just mind blowing, right?

So I did a little bit of testing on myself without doing crazy stuff either. Though to be honest, I've started peptides before it was famous in the States.

I was already familiar with Dr. Professor Kavinson's work in 2002 period. And so I started very early on when it even harder to find peptide. Now it's becoming very mainstream and I hear a lot of stupid things.

Sometimes I can't say what I'm shocked about because I am not a doctor, but I challenge 99% of doctors out there who tell me I not one. to tell me a lot about peptides, more than the buzzwords.

And so I've been really into peptide for a long time. When I had this severe hepatic steatosis, my AST was 37. I was like, okay, how can I do things? How can eliminate all this inflammation in my body?

And how I can track my liver enzymes better? Well, long story short, I healed my steatosis by accident and it could have been a bad accident, but it ended up being a good one.

I don't know if you remember, I told you I'm 50% deaf, which means sometimes I didn't hear well, obviously, especially if we talk on the left side. And one of the first mountains I climbed was in Russia and one my sponsors was a supplement manufacturer from Norway.

I have an accent in English, they had an accident in it. So when they told me just take one pill a day, I understood four. Ended up taking a huge dose of omega-3 Creel for months and six months after the climb, I went in for an ultrasound of the liver, you know, the usual yearly test, and the guy knows me there and he's like, hold on a minute,

I don't see anything anymore.

That doesn't make sense. I'm like wow, this is great. Are you sure? He says, no, let's do it again. And I found out I had a brand new liver. And I didn't know how to explain it yet, but one day I'm talking to these guys in Norway and I say, hey, this is strange.

And they're like, oh no, it's not strange, as a matter of fact, we are publishing a paper in the Journal of American Medicine very soon on how high dose of omega-3 krill can help reverse some of the hepatic conditions.

I was like wow. So yeah, lots of other things I've reversed. I take a lot of testing, epigenetic testing. Inflammatory panels. Um, I even have at home something to measure my ESR regularly.

And I love playing with it after a long flight and jet lag. See, i'm still in the green zone, but like I would be at 20 and within three days I'm down to three.

Love playing within inflammation. It's become my obsession really. That's how I could take my pace down from.9 to.85,.8, 0.78, and now I'm at.72 with a goal at under.5. So not there yet.

You're referencing the Dunean pace of aging, I presume, yeah? By the way, in a month I will be at the Dunedin University in New Zealand. I am super excited.

You're really at the cutting edge. I appreciate it. That's why I wanted to have you on because I'm interested in kind of what works, what hasn't worked, some dispelling some myths.

Definitely we'll go down the road of peptides here in a minute. Before we go though, you mentioned the ESR and tracking in real time. What are you using?

I use Core Health, C-O-R Health. They have this little device that's Bluetooth activated and everything, and you take a drop of blood and, you know, we put it in their little devices, it sends it to their, by the cloud and anything, to the analysis system.

And then within 20 minutes you have your result. It's very, very powerful, I think. it's only one marker, but I It helps when you do experiment on yourself.

And now I'm at under three, which is perfect as a biohacker. So that's a marker that we're, um, utilizing in our comprehensive blood panel. Most practitioners are certainly not looking at that as a market of inflammation.

You said the root of all diseases is inflammation? I remember when I opened up my practice almost a decade now on the shelf, I had a formula that to me was best in class in terms of reducing inflammation and it's all just natural nutrients.

And I literally called it. I think it was like reverse chronic disease or something like that, or reduce or eliminate chronic diseases because at the root of it, it's inflammation.

Yeah, and you know, I discovered six months ago and thank God for AI because without the power of a full project on cloud, i could never have found out I had an over-activation of the NLPR3 inflammasome pathway.

to a point where just by taking colchicine after four months, this is when my pace went down. And I was like, wow, you can see how you totally impact how fast you age by directly impacting some pathways in a smart way.

We'll definitely dive into that too, because what's brilliant is so a lot of people come to me to decode their genetics. And now with an AI, I think you're doing that equally effectively by just kind of uploading things and then understanding what certain predispositions are.

You have to be careful though, there's lots of, AI makes a lots mistakes, so you need to know the field and not trust

it blindly for sure. Well, I haven't actually used AI in terms of decoding genetics.

I do it just because I've been doing it for so long and so I understand but where things are going and as we continue to understand the interplay of our genes, certainly that is going to become more accurate.

But what I want to start actually is one step backwards because When someone thinks they have it bad, then you hear another story and you're like, wow, that is bad.

And it was like you, you came out with an unfair disadvantage, with unfair, yeah, it, was very unfair disadvantaged, but you've been able to reverse a lot.

I'm curious because I haven't heard you touch on this in your conversations or anywhere. What was the health of your, your parents, specifically your mom or your mum's mom, or how kind of generational things were passed to you?

So that's why it's not a surprise that I was born like this. On my mother's father's side, pretty much all the men died of heart disease, heart attacks and things like that, very young, around 60, 65. On my mom's mother's side, dementia at age 60, 65, very early on.

That's why I got tested genetically, see if I had some of the genes that we already know. My mother side has a lot of kids. She had nine brothers and sisters, about 120 kids, so I have a of direct cousins.

half of them have a rare form of cancer. And so when I look at the genetics and on my father's side, a lot of lung issues and joint issues as well. So when they look that, I'm like, that's why I think subconsciously that was a biohacker before anyone else.

I was like I am seeing people all around me. There's no way this is going to affect me and That's why I think I have this warrior mentality. Like I want to fight because I thing our body is super resilient, but we need to have the right key for the write lock.

And it's never a full, you know, it not the same size fits all obviously. But the one common denominator I've found on my mother's side is really a lifestyle issue.

Food and exercise. I don't know why people idolize Europe when it comes to diet and nutrition. It's over. People are getting fatter and fattier and more and worse sedentary.

This whole thing like over there, they know better. it's Over. McDonald's are everywhere. People work from home and they're not very active anymore. And a lot of people buy processed foods that look like the old ways, still it's processed.

So that's why I really changed a long time ago my whole perspective on how I should move and eat. So my family reside in Europe, so I want to push back a little bit because while our gift to the world is this convenience culture that has only made us sick, I actually did reside Moscow for a year when you mentioned travels to Russia.

Very unreachable, especially with sanctions now, but right in the center was a TGI Fridays. And I saw their fast food culture changing right before my eyes.

Certainly with my family in Italy, the same thing. I think they're one of the most obese nations in terms of kids growing very, very quickly. You're right.

It has changed. But if you look in a lot of these remote areas or villages or obviously in Sardinia, Centenarians, we do still see very much this notion of.

a slow adoption of living, not convenience-based culture, community, obviously movement, getting out in nature. So it doesn't mean you can't adapt in the US and adopt some of these old world habits.

But it is very unfortunate as to what we began as a society to value. And it's only degraded our health to our own detriment. So I wanted to understand the context because to me, as an example, I had a mental health patient come in the other day and While I don't serve as a therapist, what I do is I aim to clean up the microbiome and that's why I want to segue to you because you mentioned kind of this long like seabone offline.

You mentioned how practitioners are running specific tests to look under the hood to see kind how that is impacting every single biological system of your body.

Well, if mom's microbiome had issues or her toxic burden is higher, there's kind of predispositions for certain things.

Inflammation Tracking, AI, and Family Health Background

It's going to play out in the child. And so what was disclosed during this consultation was that mom was actually very sick, unbeknownst to the daughter that she had a lot of things going on.

So the, child comes out at a huge disadvantage. it's estimated now that it is closer to 300 chemicals in that, in a birthing mom placenta. I mean, it.

remarkable what's happening to our youth. So when you say it's over, I see it over globally. The problem is our modern chemical soup that we reside in.

Now I do want to offer hope because We still see people living healthy, wealthy lives as they continue to age. But certainly you just have to be a lot more intentional.

pretty much obesity. People have a good health span. When you die, you're not dying for years. It's pretty the end of your life, as you know it. In the old villages, people still go at age 80 and more.

to harvest the green beans or the tomatoes. You know, they go to church on foot. They hunt. A lot of them still hunt and fish. And I can see the kids still having a very active lifestyle.

Going back to that, my father, who is my Corsican attachment, he's Coursican. He's 84 years old. 18 years ago, He was given six months to live. He had severe emphysema with maximum obstructions.

He was in a hospital, his skin was gray, he needed his little sip of whatever oxygen thing just to go to the bathroom and back. And I was told he has six months to live.

I went all biohacker on him, took him out of the hospital and long story short, 18 years later, he's 84, He swims three kilometers a day, and he hikes 10 kilometers per day.

And last month, it's the first ever recorded case of someone with severe emphysema who has cleared 100% of his obstructions. He doesn't need oxygen anymore and they just removed the CPAC.

Is 84 years old. That shows you biohacking has such a power, but you have to do it in a smart way. What did you do with him? So first in Romania, they have the most advanced research papers and teams on halo therapy, salt therapy that stands from.

Originally, Russian salt mines were not slaves, but prisoners were sent. One day someone realized they never had any lung problems. They were never sick.

And that's how it kind of started. Then the Romanians have a very advanced research industry on salt therapy. So I got this machine from Romania. which I also have as well, and that breathes about two hours a day while reading or writing or whatever of that specific type of salt suspension.

And I've also found a salt cave where he lives and he goes there and spends an hour learning Spanish in the salt caves every day. Plus, of course, epithalon, BPC, TB, all the usual, you know, SS-31 and about 50 supplements a

days.

But between that, nutrition, fitness, 84 years old, We went on vacation in Tunisia and I told him, dad, how about we walk 100 K this week? And we did.

So that's the power of biohacking. It's proven. My bio hacking, I like that I just don't talk about things. I test and it works. That's what matters. That's remarkable.

And going back to nature, I always say, well, it's interesting now, cause I've evolved, but it, uh, because peptides, sometimes man-made synthetic derived peptide can be tremendously beneficial.

Obviously you mentioned BPC naturally synthesized in our gastric enzymes. It was using BTC N of one on myself over 10 years ago. They would say not for human consumption on the label, But my goal was always to stay current with what exists.

and obviously when you said Dr. Kavanaugh on Russia and a lot of the research and clinical research that was done there and in Israel and Asia, and obviously the performance of their Olympians.

I mean, we saw quickly, you know, okay, what is their shortcut? What cheat code are they using? And obviously we ban these things here as performance enhancing molecules.

We know the degree of efficacy and how fast we can reverse specific disease states. So if people are not considering that or if they're asking their clinicians and they're not knowledgeable, it's time to find another outlet.

But in terms of salt, what I equated to like, again, I think bio we're always now thinking, okay, What's the latest and greatest? So we talked a little bit of offline and I wanted to highlight what you'd said, but we are always pursuing technology sometimes to our detriment.

My philosophy sometimes less is more. And if you look at breath work to achieve a specific state or hyperoxidate the body instead of using let's say, I don't know, a sort of chamber or any other kind of devices or grounding instead of a PMF pad.

Something so simple. I remember when I was a kid, we would always go for a walk on the beach if we were ever sick. And I didn't understand why, but now I do is because the high degree of salt or iodine, which is very antimicrobial and healing.

So grounding, getting yourself in the sand or in ocean, allowing the discharge of to build up for some of these protons or positively charged ions, which our bodies are a battery, we need to restore electron balance.

And so we've been disconnected at living in our caves and our homes with dirty air, dirty water, and yet we're trying to then put in some these quote unquote biohacks when nature is free.

I mean, people that are living over the centenarians, they're not, especially in Sardinia, like none of them were taking supplements or peptides. definitely different era, but needless to say that the foundation still holds true.

So in terms of your healing journey, I know you mentioned some things like simple as fish oil that was game changing, which is remarkable, right? Or krill oil, nature's medicine.

I wanted to highlight because I subscribed to your newsletter and you were referencing a mycotoxin protocol and then obviously also in conjunction with SIBO because what I find often enough is that we can certainly in my experience I can heal someone's GI very quickly.

i'll get patients who have debilitating conditions 75 to 85 percent better in sometimes just weeks alone. But if there's persistent perturbation of gut issues, then always there is an underlying burden there, whether that's viral, but often enough fungal or mycotoxic present.

I'm curious what you did and perhaps shed light with your SIBO story. Yeah, so when I was diagnosed as a kid, they didn't know the word SIBO, but it was like, first it in my head as kid.

As a young adult, it also in the head because of the stress. And when was I a teenager, It was in head, because the hormonal changes. It took a long time for the actual medical community to accept.

I actually had a problem in my gut. A long ago, they found out Giardia and I thought it was the root of everything. So they treat me, treated me in a poor way since it came back apparently.

But one thing I've ever had, I don't know if you just heard it. my throat. I've been doing this since I was a kid. And since i was kid, I had issues with my sinuses.

i had two or three interventions to remove extra fluid. The two last full-body MRIs I took showed extra-fluid. and I found out that when you have this chronic post-nasal drip, it indicates that for so many years I have fungal colonies here, plus nicely protected with a biofilm.

And what do these colonies produce? Microtoxins. And where do they go when I swallow them? In my gut. Then it feels stable. It's this kind of vicious circle that not one of the 87 experts I saw around the world thought stable, not 1 found out the connection.

I found it using Claude AI by putting all my results, saying, find the thing that's missing. Claud is like, huh. you're feeding some of your SIBO because of the mycotoxins you produce.

That was number one. I'm like, okay, let's get tested. So then I self-ordered a microtoxin test that came back beyond scary. So just, I'm going to take three, four microtoxins.

One is called a Verycarin VRA. This one I was 2,600% over the maximum reference, 2.600%. The OTA, it was 100% of a reference. uh, MPA, mycophenic, severely elevated.

Oh my God. And gliotoxin 400% higher. I was like, whoa, hold on a minute. Why? So first I try to understand where I've been exposed like this.

Healing Emphysema with Salt Therapy and Biohacking

So granted, if you live in California, lots of fires and when you have fires, obviously you'll have moldy wood that gets burned that can, you know, then infect you with mycotoxins.

Okay. But still, my levels were very high. That's when, again, I helped. I climbed a lot of mountains. As a matter of fact, have climbed 44 over 14,000 feet in the past eight to nine years.

Half of them are in Nepal, and I spent about two months a year in a Nepal over 16,00 feet where they use yak dung and moldy wood. to create a fire and a heat source.

And that's the best way to get mycotoxins in your body. So then I created my own protocol. to get rid of it. And within four months, I think my article on valbiohacker.com is coming out, but I'm going to give you the super results right now.

Varicarin, which was 2,000 over-reference, and gliotoxin 400%, completely clear, zero. Not even detectable after four month of my own elimination protocol.

The MPA, was severely elevated, minus 71% up now in the green. The only one which has resisted is OTA which is a micro toxin from the food, coffee, wine, which I don't do, but spices, tea, nuts.

And I did take that test after I spent three weeks in Tanzania where it's hot, it is humid, so they use a lot of spices. I ate some nuts so I pretty much think this is where I came from.

But that goes to show that within four months I could fix that. Can you guess what huge impact I felt, which I had not expected. And it's not in the gut.

It's something else. Well, I would presume your ear, no, something I, to be honest, had no clue. Mycotoxins could impact that sleep. I have a direct correlation.

So of course correlation, causation, et cetera, but whatever. I had a correct correlation as my mycotoxins were going down, my deep sleep went up. Yes, I'd been working on my sleep with tart cherry juice and meditations and you name it, HRV work.

breathing work. But still, I was good, but not perfect. Now I'm at two hours of deep, two hour of REM, it really impacted the quality of my sleep. It's insane.

Even if I have a short night because of jet lag travel, even on the worst nights, over an hour and a half of each. And that's directly linked. That's the only change in my life in the past four months is the mycotoxin going down.

I haven't taken any new supplements or new peptides, nothing. So you feel, wow. And then, so it really impacted the sleep and then already a little bit of gut, a bit, not crazy yet, but my inflammation level, I checked my pace, my genetic pace and I went down to 0.72. So that plus colchicine has been part of the whole impact.

So let me make the connection for you, which a hundred percent makes sense. What happens is, and often it's not necessarily in the gut. Obviously my expertise within the last decade of looking at the microbiome and now the interplay of the micro biome.

And just the whole ecosystem, but the bi-directional highway that goes into the brain. When you mentioned the fungal load, obviously the sinus cavity, that's a huge disruption to the HBA assets and your nervous system.

It's constantly stuck in that fight or flight. And as such, you also don't produce as much melatonin. Obviously there a lot comes from the gut, but also from pineal, which is impacted.

So when you're stuck, in this sympathetic overdrive, the body can never get out of. Uh, this fight or flight state and into this kind of rest and digest that happens overnight, because I see similar with parasites.

A lot of that, um, begins to come to light at night when it's literally decomposing. And it was funny because unbeknownst to you, I have almost an identical story when I was younger.

I would kind of lose hearing on one side when I do very strenuous activity. I had this excessive kind-of phlegm in my throat. Sometimes it's post-nasal drip.

And I went to several ENTs and they all said, Daniel, you're as healthy as can be. Everything looks normal. Even when they put a scope and say, You just have to live in a warm climate.

That's great. Move to Corsica. Oh yeah, you and I both. So what's interesting, until later when I started doing the toxin test and when you said OTA ochratoxin, to me it was 800% above the reference range.

You win the fight. Well, unfortunately, it's not something I want to brag about but the same thing with gliotoxin which is severely immunosuppressive which obviously drives inflammation which then again cripples the nervous system and so we're not ever able to find the state of repair.

Take like food, okra toxin for example, heavily prevalent in and food and I don't even drink coffee or wine anymore but needless to say from grains and gluten and cereal especially growing up on that and dairy and now we realize just how contaminated everything is now I know why I was exposed at such a young age and doing mold remediation on my house now finding in the environment that I resided it's a whole soup but I'm very, very curious your protocol that has enabled you to find such success because in terms of our patient population and myself included, obviously things have only gotten worse for people and they go to practitioners they have no idea.

that why they're suffering, or they have no idea how to treat themselves if they do figure out what they doing. What's remarkable is that you've kind of done this with no background other than just kind looking and studying and just opening doors and using AI and to figure what's going to be kind the best way for you to intervene.

So go ahead, dive into what works for, you, I guess. You know, just I want to touch on something. I am not a doctor, but since 98, I spent about three to four hours a day to educate myself.

So in a way it's a curse because it takes me longer to understand reports and studies and everything, But it is also a blessing because I'm not stuck in dogmas.

Like I can accept that dairy is not great for skeleton when generations of doctors learned that you need dairy for a strong skeleton. I can accept that breakfast is not the most important meal of the day because that's not what I learned at school.

And I made a discovery two weeks ago, which is even more mind-blowing, that still doctors learn today and 99% of doctors propagate that dogma which was created in the 70s and piloted by Kellogg's.

I was like, wow, the fact that I'm not a doctor, again, curse and blessing. But what did for myself for the mycotoxin, it really worked well. It was a pretty aggressive detox plan, but I used binders, always fasted, obviously, or two hours away from food and supplements.

I use five grams of zeolite plus one gram of activated charcoal every other day. And the other I replace zeolate with bentonite clay, like two tablespoon and no charcoal, and I kind of alternate.

If in the afternoon it's possible where I am, whatever, I repeat it. you know, two hours away from meals and supplements and whatever. And that was for the binding side of it.

Then I added more glutathione. I don't use the liposomal version, I use a transdermal to take less pills and less things and also I used a transgender version which I really like.

So I did NAC and glycine to that to support my liver. Yes, this I can never pronounce it. And then for the mitochondrial function and protection, I added CoQ10, PQQ, and acetyl-L-carnitine.

Then for my neuroinflammation support, curcumin, EG, CG, I think, or bean, I don't know how to pronounce it. And then I also have an infrared sauna at home, which I try to do pretty much every day for 30 minutes.

I tested my house. There is no mold, the first thing to test is where is the mold coming from? And I do have a hyperbolic chamber at house, so I spend an hour, hour and a half in it every.

day. All of that, you don t think you need the hyperboleic chamber, that's just a little spice I add to my life, but with the basic phase of the binders plus a few supplements, that's how I got in four months.

So let me revisit the binder formulation because I think our, so the bacteria that reside with us, they create bactericins, which is tremendously immune boosting and fight not only bacteria, but a mycotoxic load as well.

And then bile certainly that we synthesize will help bind and eliminate toxins. Now the nasal component obviously becomes relevant here. So when you were doing binders orally, it doesn't sound like you are doing anything nasal, correct?

Oh, yeah. No, sorry. I forgot to add this. So nasal. of course neti pot with grapefruit seed extract, and also some nasal sprays with xylitol and grape fruit seed.

I have been begging my doctor to prescribe it's an allopathic nasal spread that really targets fungal colonies. He refuses. So maybe next week in Salvador I might be able to get it.

Cause I know that this will really help to kind of jumpstart getting rid of these fungual colonies, they are so protected with a strong biofilm, I think.

My only way would be to, for a week or two, use that strong nasal spray. What do you think about that? So there's two that I really like, both that are over the counter.

One is a Bland called Clear with an X. That's the one I have. Yeah. Do you thing it's great?

Mycotoxin Discovery and Detox Protocol

I just started a weak ago. Yes, I see great benefits. There's another one that the practitioner just suggested to me, which is a citrus one, Which I haven't used yet, but I think in terms of yes, anything with great free-suit, extra exile, tall, EDTA, colloidal silver.

I'm forgetting the name offhand. Yeah, so there is one with silver, But I am kind of always on the fence with Silver. I read so many contradictory reports on what it does to your body that I'm kind of staying away from it.

And maybe I am wrong. To me, it's nature's medicine. So the one probably that, and like I said, I will rotate, cycle things. It's called biofilm clear.

Yes. I've seen this one. Uh, and I started using and started seeing black come out of my nose. Talking about talking about fungal load. I just like using what works.

Um, And certainly this is one that is very inexpensive over the counter because other ones we compound as well. Like very common within, you know, Cirrus protocol, the BEG spray, I like more BEI and less of the G, but needless to say is rotating.

Now, in terms of the, going back to the binder treatment plan, so you were doing five grams of zeolite plus activated charcoal on day one. And then day two, you would rotate to bentonite clay, two tablespoons.

Yeah. So you're just flipping back one day one, the other day, for months, four months. Except to be honest, when I was in Tanzania climbing, I couldn't bring my powder.

So I moved to only a gram of charcoal a day. It's kind of, cycle my supplements and my protocols as I travel. I don't do peptides when i travel, so it's my desensitization rest or whatever.

so I'm not perfect, but the first three months I did a good job. The last month in tanzania, i was just doing charcoal. I didn't want to go too much. Some people take it two or three times a day, but there is such a thing as a detox that goes too fast and I did not want that either.

So I wanted to kind of not be too violent on my body. And when I got the results, I'm like, hey, you know what? It worked, even though it was not perfect.

Well, progress over perfection. The good part you were mindful for not overdoing it because not only is it binding bad, it also binds minerals. I see with our patients who are chronically ill, there's a mineral deficiency.

And so then you can't activate or there's precursors critical for phase one, phase two detoxification. And if you don't have some of those minerals on board or cofactors, you're not going to be due then as adequately.

What happens when phase 1 evolves into phase 2, these intermittent Intermediary metabolites are extremely toxic. And if you're not clearing that out, especially if your constipated, as so many people are unfortunately these days, or you are not moving, you aren't sweating, and you don't eliminate, unfortunately, sometimes people get worse.

You said it well, people can get stuck and it can be worse, but you did it very mindfully. In terms of the binders, I presume those were all just oral, like you just kind of put it in a glass, drink it down with some water and that's it just

once a day.

You know, I don't find it to be too bad. I enjoy the, they're almost like an earthy taste, right? I enjoyed the fact that it's not, for me, absolutely not tasty because I love cooking, but I visualize what it does to my body and it kind of makes it, it becomes almost an addiction to the taste because, you know how good it is for, me I dunno if it makes sense.

It does make sense. And what makes sense even more is you're kind of checking out all the other boxes with NAC, precursor for glutathione, glycine. Critically important, often if our pesticide culture and glyphosate spread culture, the glycein is very displaced.

We see within our athletes a lot of tendon, ligament, connective tissue issue. That's what gets displaced, unfortunately, with exposure to just a modern era of pesticide-ridden crop culture.

Glutathione, you mentioned the topical. Is it Aura were you using or at the time? I like that brand actually. I liked that a lot because I find it very practical.

Spent about half of the year away from home. So I'm always looking for the most practical supplement. And I really liked the brand. Maybe you have a better brand to recommend, but.

No, in terms of topical, the studies are unequivocal. I think it's highly, highly absorbable. It's just the sulfur that smells and the stickiness I'm a little averse to in some of our patients.

So we'll do oral or IV approach. Like the earthy taste of zeolite. And kind of it makes me happy. Okay, it stinks, but it is going to do good to me. You're certainly right.

What is very, very remarkable is PC because you're addressing now the membrane health, cell membranes. So instead of cells being rigid, like brazens, this enables the cell to get rid of toxins and nutrients to usher in.

And so that's a very critical component often overlooked. Obviously mitochondrial health was just severely damaged with mycotoxic exposure and why people feel like absolute garbage and same thing with the neuro inflammation, you're adding in the catechins from green tea, curcumin, and IR sauna daily, like I've mentioned, sweating, obviously hyperbaric, your taking it to the next level, hyperoxygen, the body allows the bodies to, well, absence of oxygen is driving disease and so we have to make sure that we are adequately oxygenated.

Something as simple as taking a pulse ox will kind of indicate… I forgot to tell you, I also drink about six cups a day of hydrogen enriched water, but not with an Alibaba bottle, with the clinical level AxiomH2 big machine.

So I drink that and I breathe when I have a minute. I breath about half an hour of it as well. Which machine do you use? Axiom, let me check axioma. I use their, um.

HW 600 premium cellular optimization machine. It's okay. People will tell me, oh, it's pricey, but I don't drink alcohol. I didn't go to bars to drink things.

So I tell people, if you really want something in biohacking, look at everything you spend on, which is not required or necessary, or which it just a waste.

At the end of the year, you can get a machine like that. You can find 500 bucks a month on stupid things, Just look at it. So in terms of health, this is an interesting discourse because we're price sensitive and it's unfair for us to pass judgment.

If someone feels good by buying a handbag or they buy a hydrogen machine, obviously those are two very different extremes, but I'm not price-sensitive when it comes to health and I'll never cut corners in term of nutrients, supplements.

peptides which we'll get into yeah in a minute here because at the end of the day all we have is our health and that is the epitome of wealth and if your health is compromised you are smart don't forget a lot of people have been I would say their smart brain has been removed by marketing and by societal values.

And a lot of people don't realize that your health is your wealth, and they spend all their health building wealth. But then at the same time, they waste it by, I give Starbucks as an example, it's $6 or $7 for a drink times 20. Do you see how much you spend every month or 30? So when I say to people, even if you can't seem to be able to afford it, very often you CAN afford even it looks expensive.

Now, a lot of people don't have that problem, but I like to touch on it to show that it's more affordable than we think. A hydrogen machine to me is actually foundational.

And I've been adding in hydrogen tabs into my water years ago, before it was popularized, because we recognize the benefits of its antioxidant capacity, small molecule.

Very, very potent in helping regulate reduced inflammation as well. So when I started doing inhalation as, well, and both intranasal And even in the eyes and ears, I felt a genuine difference equal to that of when I started doing that with ozone to help kind of get rid of some of the toxic burden that was plagued me even since my youth.

And so that certainly is a very, very smart addition, which I know You're a self-proclaimed biohacker. Maybe not, I don't know. You've kind of been a spokesperson for this bio hacking community in the street.

I didn't like the term bio-hacking. It gets a negative connotation in terms of what it's like. That's because of one single guy that it has a bad connotations today.

Eliminate this guy from the conversation and keep bio hack in a positive light. I'm not suggesting anyone. There is one guy on the planet which is giving a very bad rep to biohacking.

And I think the power of all of us together against this one or two guys should be able to keep this whole concept pure. No, well, I agree. I think what really intrigues me is that people are asking questions and they're looking for answers where traditional or conventional approaches fail, right?

You said you've been to so many, much like myself, i lived it. i struggled much, like my patients said, that's why i can empathize, and super compassionate.

decades. I went to the Mayo Clinic. They diagnosed me with lymphocytic colitis. Their treatment plan for me when I was in my younger years was pepto abysmal three times a day for 12 weeks.

So I had to abstain after four from severe abdominal cramming. And again, it didn't discern what was the problem, right? Now things have evolved. Traditional medicine I see has gotten a little bit better.

But when you said like, You're not even doing a comprehensive stool analysis that's looking at all the possibilities of periocytes and various factors and bad bacteria and the ratios and decoding the gut microbiome, which we can now do with shotgun genomics or even PCR testing to look at diagnostics.

So the premise is that we have so many tools at our disposal, which continue to evolve. And what you're doing is just, you are an advocate for your own health.

You decided to take it into your hands. I find a patient's journey is so profound because often they will find answers where practitioners unfortunately won't.

They don't have the time anymore. Yeah. What did you say? It's like seven minutes, 12 minutes. You said when you were going to see these doctors. I think Stanford published something about 12 minute per patient.

By the time you said, hi, how are you? Oh my God. Did you see the weather today? You had down to 10 minutes? I

had a patient that was referred to me and she said that she, she went to her PCP and, and he gave her like a list of 10 symptoms.

And the doctor's reply was just give me your number one, because that's all I have time to focus with. What? We're not one symptom. We are not disconnected.

Connect all the dots. You have to focus on one. Let's segue obviously into peptides, the power of peptide. I think you wanted to dispel a myth early on.

What peptids that are you excited about that have worked for you or things maybe certain myths or are things that haven't worked? Go ahead, explain your journey into peptides.

So, peptides. First, people have to realize that 90% of them have be injected. When you find peptide in a tablet form, be very critical and make sure you do your homework before taking a GHKCU tablet or even a BPC.

You really have to check what is in the tablet and if it can actually work and go to the target. People are scared. Oh, that's funny. people are not scared of these injections when it's a GLP one that makes you magically lose weight, but they're scared about injecting themselves for something else.

So that always is, I find very interesting, Peptides, I have a lot of amazing stories about peptides. Four years ago, a dislocated shoulder and I had torn ligaments and everything.

And the only answer from the orthopedic surgeon was surgery, which was supposed to be done I think three years in October. As I'm looking at what I can do, somehow I hadn't thought about the peptide.

Sometimes it's right in front of you and you don't think about it.

Peptides, Injury Recovery, and Sourcing

But eight months prior to that, I had skied to the South Pole. And when you ski to South pole, you do get frostbite and other terrible things. One of my friends had gotten three fingers completely frost-bitten, and they were planning on amputating him of these three finger.

They were black as possible. You cannot be more black. I saw him six months later, his fingers were all pink except the tip of the middle one, which was cut a little bit.

I was like, what did you do? He said, oh, I injected BPC 157 in the fingers directly. Wow. So I'm like, why didn't I think about it earlier? Start injecting BP and TB, you know, the famous Wolverine stack, directly in the shoulder, not in muscle, obviously, like subcute, but in area around the shoulders.

And after two weeks, that was super fast. I could already move my shoulder a bit. Wow, after a year of PT that didn' do anything. And then early October I go and see the doctor.

I'm like, listen, I can move my shoulder. Look, can go up and down and it's doing fine. And he says, strange, you don't need surgery after all. It was like why doesn't we do, why don's more people do that?

I mean, it works. Of course I am an A1. You need more studies. But it is way cheaper than surgery. Even if you take into account that you have an insurance, your copay would still be something.

B, you don't have any downtime. You couldn't go right away. We don' have like months of PT and rehab and all these things. It's so powerful. And my dad, again, 84 now, he was supposed to get a hip replacement last year in October again.

For the year prior, we did Wolverine stack injections. I have a special protocol on how I cycle them. But long story short, He didn't get his surgery last October.

He kept his hip in place and the surgeon was really impressed. I have clients or patients, whatever you want to call them, with whom I do biohacking coaching, who were about to get surgery of the knees and after doing peptide injections localized, not systemic in the abdomen fat, did not need surgery anymore.

And I had yet to find one person who had an issue like that for whom peptides didn't work. So here we go. Now, peptides, we have to be super careful. Lots of scams in this market.

So if you find a reconstituted peptide on Amazon, don't buy it. Just moving is going to kill the peptid obviously. But you have a lot of influencers who have white labeled peptids today.

Be careful because I know the company behind it, they did approach me and when I tried to find their process, it was very vague and blurry with no lab certificates whatsoever.

You have brands who also pay a lot of money for influencers to talk about their brands on social media. Make sure you find on their website. A certificate, a lab certificate for each peptide.

Where is it made? Where's it assembled? The purity level. And to that day, I only found one. I have changed several times. Only found on in the States with which I am comfortable working.

That's. The pharmacy or the lab or which? Yeah. No. Is it over the counter or is it through a pharmacy? No, it's the website. I buy my, you know, not for human consumption peptides on a…

Oh, okay. Are you able to disclose that? I can give you the brand. Yeah, yeah. It's called Soma, Somma peptide. And frankly, I met the founder, her name is, oh, can't remember the last name, first name was Whitney, but she's a sucker for documenting processes.

Oh, by the way, you can even get, I don't know if it's 10% off if you use ValBioHacker, because I always negotiate percent off. I'm like, come on, if I talk about your brand, give us something.

But yeah, Valbiohacker you get 10%. I used to work with other brands. One of them is very famous, but they had no certificates, so I stopped working with them.

And the second one I use to worked with, also again, When I was sending emails asking, hey, where do you get them? Where do assemble them, it was very vague.

So Soma has all the peptides I need except FOXO4, but they're apparently getting it. Once they have my FOxO 4, I'll be happy. But from them I get SS31 for mitochondrial support and the Wolverine stack, GHKCU, ipamoreline, all these nice peptide.

You mentioned previously the cycling for the Wolverine stack. How do you cycle that you found to be most effective? Yeah. So I created my own cycle plan.

I don't know what it's worth for you guys, but I do one and again, I travel a lot. It's nice on paper, then it is disrupted by travels. But I have a full month of one milligram a day of itch, so BP and TB.

Then one month of only TB, one of month only BPC, and one months off and I start again. Based on what I've read about desensitization of receptors and how the body works, that's what i thought makes the most sense.

We might not agree and we can talk about it, but that is what im doing right now. Listen, regardless of what we can agree on, when someone feels good, you can't disprove that, right?

You have certainly taken matters into your own hand and you've been able to demonstrate that just with prying deep, looking at the literature, leveraging AI, let's say not 100% reverse, we still live in a toxic area and we're constantly exposing, constantly traveling.

So what you've been able to achieve in terms of climbing mountains, author of 55 books, if I was reading that correctly. Without Chajipiti, it was before.

I mean, you are remarkable to me. You are the epitome of, of what it means to be an advocate for your own health. Because often as we put this God-like notion in physicians, right, for the, all the answers, when, as you said, it's, in our modern era, unfortunately, just like a pill for an L onto the next patient and go on your way.

I have patients come into me every single day that say, well, my doc said I had to on this medication and I asked them, do you want to beat? And they go, I have to be.

And I go do you want to? I HAVE to. It's almost like your diagnosis becomes your identity. Right? As if it's what you said earlier on in the conversation, incurable or irreversible.

I don't subscribe to that. Kant is not my vernacular. Certainly there are genetic components. Incurable means we don' know the cause yet. That's pretty much what I think.

We don"t know cause but we've labeled it. Yeah. But we have label everything in our culture. We over label but needless to say is obviously you found what works and doesn't mean it's going to work for someone else.

It's worked for you, but you've been very myopic and be able to achieve that. I'm going look into Soma. There's one that I use that is another one. That kind of stays on the cutting edge that provides the certificates of analysis that does require reconstitution.

which is rare because sometimes I need to fill in the gaps with what the pharmacies don't offer. And so similar like you is 10 years ago, I used to buy BPC, not for human consumption, the label.

What I will say in last 10, years when I've bought it through compounding pharmaces for injectional purposes, The results are astronomically better to what I was sourcing 10 years ago.

So I know that not everything is equal. When you said most of oral caps, you have to be concerned because there's limited efficacy. If it's not acetylated and amidated, so the caps of the proteins are not tied off at the end, these are very fragile molecules and they're very quick to degrade.

So you're right, most of the orals that you are going to find, if it's not from a reputable source, is just money down the drain. And often enough, that's what patients are doing.

So they're not seeing the degree of efficacy. They don't have the same compliance or adherence or buy-in because they haven't gotten the results in the past.

I can speak to that because 10 years ago when I was doing this, I had a knee injury from soccer. This doesn't really work, this BPC. But now it is remarkable how well it works.

So when you said shoulder injuries or any injuries, we do BPCTB 500 locally. people walk in with crutches, walk out pain free. I have a patient, I'm coming to see me just after that.

She came in and she told me, Daniel, i have 178 level pain out of 10. i was like, i don't even know how that exists, but i don' know. Her pain was severe and granted going through autoimmune issues and some other things, stroke patient which i'm going to help her reverse her paralysis on one side with with peptide injections, she's already seen the progress, which is astounding to her, but she left with a zero level pain.

She's like, this is crazy, I don't feel it. Now, it was short-lived because her inflammatory burn was high, so after two days she came back and she was like I'm not at 178, But I am at a six level of pain, and I was just like wow, that's a whatever.

whatever percent is better, but you even saw after one injection how much pain you can improve, how quickly this

works. So when you change the environment internally, so BPC, TB5, GHK, copper, as you said, lorazetide is another big one, especially we use it in our pediatric population because it heals the tight junctions immediately.

So you mentioned zonulin, I think maybe offline that it was so high. Zonuline is called the site I've seen to kind of open up the type junction so that we can eliminate poison.

And so it's indicative and very correlative of a break in those adhesion proteins. So the wall of your fence is broken, lorazotide comes in there and boom, ties that back together.

So BPC for the mucosal barrier, KPV to reduce the TNF alpha expression. You decreased inflammatory load and now you're recreating an environment where the body can heal as nature intended.

That is the, I think that the point of this whole story is here is how can we change our internal chemistry, how can we track our eternal chemistry which you've done so elegantly.

I remember the story when you were showing it first and you alluded here when, when use, you put like everything into, to Claude and it found out that you are exposed to the cow tongue and that was, or the, whatever the animal tongue, that it was kind of the missing link of a specific, yeah, high exposure.

No physician is ever going to be able to discern something like that, right? But the premise is, okay, now that you know what's the action plan and you've formulated a very, very detailed and thorough action, which has enabled you to heal.

And that's, the point of the story is we can get better. We are not just one diagnosis. To me, it's an unrelenting mission to pursue change, to pursuit progress.

Now with peptides or stem cells or some of these other very potent signaling molecules, pain is a choice. Either you want to heal or you choose to stay stuck.

I agree so much. Uh, I don't know if we have time, but last year, 3rd of July, 7 PM. I'm going on a little hike around Lake Tahoe with friends, and I was like, such an easy hike.

I am just going to wear my little romper for town with little sneakers. It's too easy, so I look at my phone. Obviously, I don't see there's a big hole on the trail.

My right ankle gets its 13th fracture with avulsion. Left foot has a clean break, fifth metatarsal. And so it's the weekend of the 4th of July, so I'm going there.

And then the surgeon looks at me and says, oh boy, that's your 13th. Left, right. You're going to have boots for weeks. I am like, hold on a minute. In two weeks, I'll be flying to Turks and Caicos for a scuba diving trip.

There's no way I will be in a boot for six weeks! And he says there is no you can do this move with your ankle in two week. So I was like watch me. Listen, in five days I went all biohacker on my ankles and foot.

Five days later, I could walk with no crutches, no boots, and I have a video that proves it. It almost sounds like a Bible. I'm actually at my doctor's office.

She's a biohacker lady. And she filmed me because she says, stand up and walk, kind of like in the Bible, you know, standing up or whatever. But I can't.

You can see my face. I'm scared. Even though I know we did everything. And I start walking and I'm like this, and she says, no, you can be straight. And she said, why are you walking straight like a robot?

You can walk normally. I realized I couldn't run a marathon, obviously, I was still fragile, but I could walk with no boots, after five days. I tore several ligaments in my ankle a month ago.

And the efficacy of these peptides, I wish I can say it's my intellect, but it hits the power of theses little molecules. I torn several lignans in the ankle.

It's like, okay, i'm curious to see, and I haven't self injected in some time because I'm doing different cycles all the time. But in terms of BPC and TBOs, like I am curious how this works.

Because I literally had a patient walk in on crushes and two days later he was completely off crush and pain free. And I asked his wife, I said, was that actually real?

And she goes, Daniel, i was shocked. Absolutely real. So this happened to me. Tore several ligaments. I was on crutches, debilitating pain to put any pressure on my foot.

After two days, 50% better. After 2 days no crutches, no boot necessary. Then stupid me, as men are, and the ego is like, I'm running around on it, very active, exercising, heavy weight, leg press, squats, everything.

And then clearly I inflame it again. But a month later, i'm walking a 100% pain free, which I had several torn ligaments less than a months ago. I mean, it is remarkable, again, how fast we can heal when you can change the environment.

We just named a few, obviously there's a plethora and as science continues to evolve, we're only synthesizing more. So I'm super excited about the future.

Anything on the horizon that excites you. For me, it's more like if we could find a way to better analyze inflammation and pathogen and have a one-touch elimination magic, I don't know, peel or peptide would be for me very exciting.

Future of Biohacking and Final Takeaways

Right now, what really excites me the most is the fact that a lot of these modalities are becoming more available to more people. I mean, owning an infrared sona used to be very hard, now pretty much everyone can have one.

Even hyperbaric chambers remain still cutting edge, but are becoming more affordable, peptides as well. So I think it's the affordability of a lot of these modalities, as a well as supplements, which to me will change the way we think about health.

Well, I know we're approaching time here and I genuinely appreciate everything that you shared. Your story is absolutely remarkable. I generally would love to be your friend in real life, meaning go on these expeditions, these dives, and these climbs.

If there is a way for our community to collaborate with your community, or if you're looking for a climbing buddy, as they call it, then I will be the first one to volunteer.

So if there's anything upcoming, obviously if can keep our in tune with what you're doing. Where can people obviously learn more about you and stay in tuned with your work and you are constantly upgrading your biohacking labs?

Where people can keep up to date? So they can come to valbiohacker.com, which is my sub stack where I share not only my own journey and protocols, but also everything I learned around, you know, biohacking.

And of course on social media, at Valerie or Sony, I keep it kind of short, just these two platforms to make it easy. No TikTok, YouTube or whatever, everything is there.

It's enough. That's a lot of work already. I write everything myself. But really don't hesitate to come on ValBioHacker It's membership based, but a lot of content is free.

So you can also, you don't have to pay anything. And on Instagram, I like to share a whole lot content as well.

Sometimes, right now I just made a crazy discovery two weeks ago, like the dogma I told you, which is like, so I'm going to start teasing a bit on social media.

Make sure you follow me to see what it is about. No, that's awesome. If you can provide one takeaway or top tips, because obviously this has been structured on your personal story and biohacking and your evolution, whether in terms of bio hacking or otherwise, if you could tie kind of everything full circle here, any takeaways for people to live healthier, wealthier lives, what would it be?

If it's one takeaway, I would say if you are told it is incurable or irreversible, 99% of the time it' wrong. It's just that traditional medicine hasn't found the root cause.

That's the one take away. And then the other thing I love to say, and I repeat and repeat, I repeated, is like, you cannot out supplement a poor night of sleep, a per diet and a sedentary lifestyle.

You can only start using supplements, peptides, all the rest, if you work on your fundamentals, on the pillars of your health. Otherwise it doesn't work.

And definitely find a practitioner, someone knowledgeable or obviously follow your work Yeah, for sure. Find someone like you who is going to spend the time, who knows as well, you know, the market or the subject of biohacking.

And for me, bio hacking means pushing the limit of the body and mind. So it's longevity, health spanning, lifespaning, all of it together in a very good way, in positive way.

Yeah. And what I was alluding to is that the foundations matter. So my foundation five is you've got to eat right, sleep right. Move right talk right poop right sleep is our human superpower and often neglected.

I asked people what time do you set your alarm? They go, Oh, you know, 6 AM, 5.30 AM 4 AM. And so to optimize our circadian biology, we're missing that link.

Nothing good I always say happens after sunset. We try to prolong our days to be more effective, but it's at the consequence of our own health. People call me boring because I go to bed at nine and I turn off at 930. You and I are identical in that respect.

It's a cave after a certain time in my residence. But the reality is that if your sleep is compromised because your high mycotoxic load, high fungal exposure, you're dealing with an illness where your nervous system is compromise.

It's not necessarily for lack of trying it sometimes is you just need certain measures to help get you unstuck. And you've said it so best as Kant is not in my vernacular, right?

If you're, if you were said to have a specific disease or illness or cancer or immunity is to me is we have to change that environment and getting on the right treatment plan.

You did it very, very well for yourself. So I applaud you. connecting kind of all the dots and making sure most pathways were not overlooked, which speaks to kind where you're at in terms of your biological age.

As you spoke about at the beginning of the show, this constant pursuit of sometimes more isn't better. I always think less is more, but we have to master the foundation.

So I appreciate everything that you shared with us today. Last question we ask every guest is if you could have any superpower, what would it be? I think it will be a cellular time manipulation, like, you know, to have the ability to speed up or slow down cellular processes at will.

So I can run a 90-day detox protocol like in 90 minutes, for instance. That would be amazing. You know, in the

future, my thought process is we're already walking data points.

At some point, everything's going to be in real time. You're going see hormonal fluctuations in, real-time you're gonna see microbiome changes in. Real time, you are going be seeing blood chemistry changes.

In realtime. So we are gonna be just these walking datapoints where we can adjust and pull on specific levers. It's interesting. Last night, unfortunately, I was, scrolling as I do sometimes with certain platforms or blogs that I follow, but there is a new technology that's becoming ubiquitous in China where you pee into a urinal and it looks like it's evaluating your microbes.

in real time. I know they have that with similar with stool in Japan. It's remarkable with where science can continue to evolve. So I'm super excited.

This conversation has been very, very exciting for me, so I appreciate it again. Your time, I encourage everyone to follow you. One of our patients here has become a very close friend of mine.

I consider him a professional climber. He does some crazy climbs and he sends me these videos on top of all these mountains, which when you were saying that it's kind of similar, I would love to connect you two.

Maybe you're past my cross as well. But again, this has been a genuine pleasure. I appreciate your time today. For everyone that has tuned in, thank you.

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