Opening on hormones and root-cause health

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You dealt with 99, you're missing 99.9999% of the body. So I'm looking for tools that help increase that, help improve the pattern, not for something that's high lower or something low higher.

Welcome everybody to the Longevity Leaders podcast. I'm your co-host, Dr. Rudy Mueller, and today with me we have Dr Tim Harrigan from Tucson, Arizona.

Doc, pleasure. Thank you for coming, man, I appreciate it. Yeah, so tell me a little bit about your practice and some of the things that you're up to.

So my practice is really, I tell people it's a natural healthcare office because I'm trained in chiropractic, but we do functional medicine.

Dr. Harriganu2019s practice and personal health journey

We use lasers, advanced fat loss programs. So I created our practice based on the problem that I just heard you speaking about on stage, which is, really the healthcare system is a crisis acute care system.

I don't want to rely on that system, some sources say that medical intervention is the third leading cause of death, just below heart disease and cancer.

And the medications, which is the main tool that system uses, is a fourth leading cause of death. So I had some bad experiences in childhood. I got a tetanus vaccine at three years old.

And I remember how I felt to this day for two weeks. I got some weird dental advice. This dentist wanted to cut my jaw, realign it to give me just an Invisalign.

It was just a wacky thing. And then I had two years of allergy shots in college, chronic asthma allergies as I was younger. My allergies were worse after getting two shots every week for two year.

So I've always had this kind of gut feeling that there's a better way. Yeah, that's awesome. Yeah. I mean, it's, and I think nothing resonates or hits home more than we've gone through it personally, or witnessed a close family member, loved one go through that struggle.

So, I, mean from going through, to now where you are today, like what was that kind of launching point for you to kind, of kick you into this direction?

obsession and dealing with problems as they came up. So I have four children, 10 to 14 years old, two competitive gymnasts, a competitive dancer. My wife actually is really my first story.

She had PCOS, endometriosis. Now she had a marriage previous to us that didn't work out, but they went through all these tasks and they told her, you can't have children.

In vitro, it might be one to 5% effective in your situation. We met. They got divorced, of course. First, let me make that clear. We met, we got serious fairly quickly, and that discussion came up fairly soon.

And so, she tells me that, my comment after she told me, that was, well that's easy, let's start working on your health.

Family health turnaround and natural fertility approach

So we just started doing liver cleanses, really basic stuff, chiropractic, balancing the nervous system, balance the sympathetic, the insulin response of PCOS, hormones naturally.

We didn't use any injections, nothing at all, all natural stuff. and we get pregnant six months later. Oh my gosh, that's amazing, dude. I kid you not.

It was silent for two weeks after we found that out because I was like, you can't have kids. Yeah, right, six months. Six months time period. So we did common sense things to get an individual healthier.

We didn't treat her infertility issues. Spent $10,000 on IVF. So then we're like, you know, we are in our 30s now. And I'm like well, how many kids do we want?

Because we need to do it because we were in 30, right? So now we have four amazing kids that are, my daughter just scored number one in Arizona for team gymnastics.

So they haven't had a NyQuil, Tylenol. I got through pneumonia without antibiotics, which I don't recommend people try. However, I've just been experimenting with myself and looking for solutions with that obsession to avoid those top four killers in the US.

you get creative when you have to figure things out over time. Yeah, absolutely. And I'll tell you, from my own personal experience with my mother and my father, I've watched them deteriorate until they ended up passing because they were in that system.

So good on you man. I'm so grateful to hear that your wife and you were able to have a baby, not one, but four babies after doing that. That's awesome.

What's interesting here is also I'm assuming that PCOS story led you into what you've developed and what your bringing into the states now. So you want to share a little bit of information on that?

Yeah. I think chiropractors get a lot of crazy. They think Chiropractic cures everything. Yeah I Think peptide people think peptides cure everything your physical personal trainer will think exercise cures everything.

It's never the case. We know the synergy of all of these variables. The human body is pretty freaking awesome. Call it God, Mother Nature, innate intelligence, whatever you want, or whatever your beliefs are.

But we can all agree, if there's a dead body in front of us, we all have the same organs, pieces, and physics structure. What's the difference, though?

They're missing something, obviously, right? And so when you understand each second in our body, there's 37 billion trillion chemical reactions per second, in every human walking around right now.

That's in one second. If it were one million chemical actions per seconds, the smartest people in the world would have no idea what's going on. So, we've simplified it, you know, with really advanced lab testing.

I like facts, I liked diagnostics, not symptom-based, right?

Why lab testing and sustainable prevention matter

You could have no symptoms and have a heart attack tomorrow or whatever it is. Yeah, first sign of a hard… First sign often, yeah. Exactly. So we need to dig in deeper.

One of my pet peeves is yearly lab work with a medical doctor, to be honest. I stopped doing that 30 years ago. Getting 20 or 30 labs out of 10,000 labs that I can measure in you tomorrow.

It's insane to me. We're not looking in those windows as to why diseases is changing or those root causes are leading to those issues 10, 20, 30 years later.

So it's really just using that blueprint. But testing is one thing, as you know. What labs? What tests do we need to do? The next challenge for practitioners, what do we use to now fix these things?

So my question is always, What's the most sustainable thing? First of all, exercise is sustainable. We should do it forever. That should be part of everybody's healthcare plan, right?

Nutrition, we all need essential nutrients. I don't think we can now get our essential nutrient, optimal amounts through food, even organic, because our farming has changed.

So it's like, how do you create sustainable root cause, non-invasive, ways to correct these things now that we would usually be prescribed a medication for.

So every time that comes up, I get creative. I come to these conferences, learn from people like you, other practitioners, lots of research, and just playing around.

And so we've fine-tuned and dialed in most of that stuff now to this point. That's awesome, man. And so you're offering this type of approach in your clinic and then also virtually, et cetera, right?

Absolutely. What's the website that's just out of curiosity? Synwellness.com is one of them. I have so many though. SynWellness dot com, S-Y-N wellness.

Wellness, okay, nice, all right. So what types of products or things that you are finding to be really useful at this point, maybe over the last six months to a year that really have attracted you and why, I'm really curious.

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Hormone balance, fenugreek-based molecules, and TRT alternatives

I love this question and I hate this questions because we all have this vitamin salesman. This product does all of this, cures everything. With 37 billion trillion chemical reactions, that's impossible, right?

So I have learned though that our hormones are the feel-good molecules. So that has been a big thing in our practice, especially with my wife, and it's the feels- good molecules, so if you have low testosterone or imbalanced testosterone, or DHT conversion, all these different things that lead to, you know, they really came from adrenal stress and all those variables for 10 or 20 years.

It's not as simple, we can all agree, with 37 billion trillion chemical reactions, it's as not simple as you have high cholesterol, let me force it down.

What about the rest of the body, right? You're missing 99.9999% of body. So I'm looking for tools that help increase that, help improve the pattern, not for something that's high lower or something low higher, so a balance.

One of tools I use for hormones, which is weird for a lot of people, we're told testosterone for men, estrogen for women. I've learned that testosterone in women is actually more dominant every stage of her life than estrogen.

When I'd been working on that for the past 10 years with women, It's a game changer. Thank you for saying that. They start getting the foggy brain going away, they start losing body fat easier, and they just start functioning, hanging out with their kids better.

So we fix that naturally, without the TRTs, we change people's lives by just changing that one molecule. But that molecule has a lot of things that go around it.

If you have too much, which is common with PCOS, you get a dihydrotestosterone conversion. Well, that leads to maybe prostate issues or the fibroids or whatever.

And so we don't want a high number of testosterone in men or women. They're side effects. It's a balance. So I've created, I'm actually bringing to the US a molecule that's fenugreek based from the seeds, which are very powerful.

We've isolated these molecules, very specific molecules that help with a steroidogenic effect on the body. Just like exercise can be steroidogenic. That word scares people sometimes, right?

But it helps your body produce more of its lacking, but it also naturally is a PDE-5 inhibitor. We're learning now through research. PD-E5 is not just for men and erections, right?

It's throughout all our body. There's more research coming out showing it really affects all of our organs. So, having too much PD E5 isn't a good thing necessarily for the rest of the body as well.

But, it's also an aromatase inhibiter, natural one, we're not treating or claiming anything. Those are the studies we've done, as well as DHT inhibition.

So when we balance those molecules, especially the testosterone molecule, we see an amazing outcome. I want to help people feel better. As we dig into their six or 12-month game plan to fix their systems, I wanted them to start feeling better, that gives them hope, they start getting more energy, more motivation that they can get better because the human body can't get any better right?

We've all seen transformation shows where 12 months later, this person that's 300 pounds overweight, They lose whatever, 150, 200 pounds. And if you see that person when they start, then they go through this process for 12 months, and then you a picture of them 12 month later, you can't recognize them.

So I tell that story because this is what the body's capable of. But when we dabble with take a zinc, take vitamin D, taking aspirin, whatever it is, we're not going to get these transformations, but that's what body is capable since 98% of our cells are regenerated every year.

That's awesome, man. And so with the fenugreek molecule, does it have a specific name? I'm curious about you. Yeah, so the product I am creating with these molecules, it's a blend of other things as well.

It's synergy. I've gotten people off of their TRT with this product without side effects, without that weaning phase of them dropping into the gutter for a few months or whatever.

That has just been so powerful and natural, zero side-effects. I've helped shrink fibroids, I have been told, right? I'm not claiming anything, but when patients go get an ultrasound on a follow-up and their fibroid are smaller by doing one thing, it's been miraculous.

That's awesome. I mean, and it really ties to the fact that we, as you mentioned through the molecules, or excuse me, through molecules we're addressing the different mechanisms that drive these presenting signs, symptoms and diagnosis.

And once we get to those root causes, you know, addressing a lifestyle factors, et cetera, like you mention, we really make those changes and changes happen quickly.

And really the synergy of those mechanisms is so important, right? Not just blocking all my D's. Not pushing cholesterol. Yeah, not just focusing on one thing.

It's the balance. The orchestra of this 37 billion trillion molecules and trying to get them just to function better.

Product development, certifications, and bringing the formula to market

That's awesome, man. You're doing one amazing thing, I'm curious as a practitioner, where do I come across this? Where can I get it? Is there something up and running or is this in the process still of the research phase and bringing it Yeah, so I'm currently getting trademarks and kind of all the legal stuff behind it, but we have a batch in manufacturing.

So our goal is to find a manufacturer that can get us NSF certified because the raws are NSS certified, informed ingredient. Any certification you could ever want from a supplement company, we haven't.

DNA authenticated. It's the same batch every single time. We're the leader in fenugreek farming. Uh, it's a biotech company that I've partnered with out of India.

And so I'm bringing some of these, you know, the founder's really just been obsessed for 30 years with what you and I have been obsess with. He wanted to create plant-based drugs that do not have the hepatotoxicity and the side effects like they do.

And he set out to do that. For five years, he battled with the FDA and all these companies. It's very expensive, as you all know to run these studies.

Ayurvedics are raw ingredients to help people make supplements or whatever with our raws. And so we actually have 10 of the best in-class raw-ingredients in the world.

I'm helping bring those to the U. S. so that we can help amplify all these things that were all trying to do. That's awesome, man. Well, I look forward to learning more as you continue to progress here.

You're doing a wonderful thing and then be able to figure out how I can integrate it into kind of my pattern matching and thinking about especially the atrophic degenerative circadian hormone kind-of balance.

So, awesome man, thank you. be lit up when you went over all your sides up there because you know when You look at nature and some of these molecules that exist, then we just have to concentrate, right?

We have a purified concentrate. It's impossible to get optimal amounts of any nutrient almost from organic food now. So how do we fill that void? I don't want just the RDA, we're gonna get sick.

I mean, I guess scurvy or rickets, however. it's not optimal what my body needs to really fight disease and do all these things. And so getting that optimal amount, it is impossible now.

Closing thoughts on supplementation and the podcast outro

So supplementation with the right supplements without all the garbage added to them from nature, yeah, It's powerful and minimizing the side effects that come with it.

Like you mentioned with medications, whether it was because it impacting another mechanism or another system like cholesterol lowering medication statins, impacting CoQ10, and impacting cholesterol levels in the brain.

Yeah, we might have less than 200, but With this, with the natural herbs, the national supplements, we're able to

now, you know, address all of these different mechanisms as a whole.

And we have this nice synergistic effect. Absolutely. I mean, I got chills listening to you man talking to us. So I greatly appreciate you, Tim. Yeah, look forward to it.

All right, man. Appreciate you. Thanks for coming. Thanks for listening to the Longevity Leaders podcast. A Lungevity Leader's community is on a mission to transform 100 million lives by 2040. If you enjoyed this show, please share this with somebody that you know, especially another doctor or physician, but also click that follow button.

Until next time, stay strong and live long.