# Why Humans May Stop Existing in 50 Years (Nobody's Talking About This). | Dr. Austin Lake | Ep. 103 Transcript

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## Intro and Dr. Austin Lakeu2019s background

Dr. Lake, we're going to talk a little dirty here. Okay. Wow. How do you evaluate your stool and why is that important? A healthy stool should sink. It should be a nice brown color and it should become like a longer snake in consistency.

So if it's not that. Are there any kind of supplements or any products that you take specific to gut health? I'll give you an example. Like a lot of people do a different type of probiotics.

Most probiotics, they don't get as far as they need to in your gut. They don' really make it past your stomach typically. And then also they're not usually enough live activated cultures to actually have a really positive impact.

Today we have Dr. Austin Lake. Dr. Austin Lake is a functional medicine expert and founder of Theophilus Health. He believes true health isn't about quick fixes.

It's about understanding the body, restoring balance, and living with purpose. About 80% of your immune system is housed in your gut. And so if you start having gut dysfunction, you're more likely to have illnesses and sicknesses.

But if constantly bring in these foods that are damaging to your while you are trying to heal, then if don't detox, your just not going to be able to get out the stuff that your bringing in that's toxic to you system.

What is that true threat to humanity? We're not making up babies. Our infertility rates are skyrocketing and also people are having culturally a crisis and they don't even want to have kids.

That's the greatest threat humanity in my opinion. What are some non-negotiables on a daily basis that you do for good health? A big one is try to eat like in a calm environment chewing your food like 20-30 times per bite.

Eating foods that were life-giving rather than life taking. Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

Today's episode, We're going to be talking about the greatest threat to humanity. Hmm, what is that? We have our guests who flew in all the way from Tulsa, Oklahoma.

I usually know that show from watching First 48, but he's on the good side of that city. So today we have Dr. Austin Lake. Hey, guys, all right. Dang, man, I was not expecting this.

There we go. Caught me off guard there. Welcome to Healthy Point of View podcast. Yeah, thanks for having me, Man. Appreciate it. Amazing. So the greatest threat to humanity, before we start on that topic, I want the listeners and viewers to get to know who Dr.

Austin Lake is. And forget about the doctor part. I wanted them to understand, what was your upbringing? Yeah, I grew up in Iowa, a small town of like 800 people.

In a very 90s childhood, you know, we rode bikes around and we just had a pretty good life. We then moved to Salt Lake City when I was like 12 years old.

Had my bike stolen from me the first couple weeks that I there. You know I used to leave all my stuff outside and nobody taking it and first thing we realized is that these people are Functional different, you know in the big city and

so I had that kind of exposure But at the same time we're out there my brother got diagnosed with cancer Leukemia and he was like 14 years old.

I was about 12 and Yeah, kind, of kind. Of shook our whole family You know at that time. We didn't fully realize kind of what was going on, why God had kind brought us to that moment.

But thankfully, you know, without us realizing it, the doctor that actually took care of my brother was like the top specialist in this type of leukemia for children in the nation.

And so, we didn't fully know why we were moving from Iowa to Utah at that point, but it became more clear that God kind had his provisional plan in place and that he had this guy ready to take care of my brother.

And so that was kind of the initial send off into my interest in the health field, about 12, 13 years old, and kind made me grow up a little bit. So I think that that kind was the big kickoff.

But through all that, my mom, she had a bunch of health issues. She had an on-amine condition from a lot of different stressors and lifestyle factors that were contributing to her problems.

A lot of it was just, I think, lack of knowledge in some things. Other things were just survival mode, kind of being in that state all the time, just having to kind to keep things afloat as a mom.

Dad ended up having a few heart attacks when he was in his 40s. Again, there's a lot stress. He was working 80, 90-hour weeks just trying to pay the bills because of All things that we're going through.

And so I was just really exposed to a lot of the negative side effects of what poor health can do to your family. At the time, I didn't really think much about it.

I just kind of surviving with the family and so ended up having my own chronic health problems. chronic fatigue, chronic pain, had a bunch of stomach ulcers, H.

pylori, back pain all the time. A lot of these things that a young 20-something year old kid shouldn't be having at that point in life. Again, just thought this is the cross I had to bear.

This is just what it is to live in this world and you just have to deal with it. without realizing that there are things that you can actually do to fix these things and you don't have to be suffering all the time.

Like there things you could do, to kind of fix your health and improve your life. So that kind kicked me off in that whole healthcare journey. Did you dabble in traditional, like the allopathic medicine with your health conditions that you had?

Oh yeah, I mean I went to, yeah I had a bunch of antibiotics, you know, they put me on a lot of stuff and had ibuprofen that was given to me and it created actually more stomach issues and stomach ulcers and chronic pain.

Believe it or not nobody actually figured that out except for for me as a I was like 22 years old Figured out that oh wow like too much ibuprofen can damage your gut and create stomach ulcers and that can cause referral pain to your spine right and so nobody told me that I just had to figure it out on my own and Yeah, there's just several things like that to where I was trained originally as a physical therapist.

That was what my doctorate was in. So that was enough knowledge to kind of help me figure out how the body works from a baseline perspective. And that is an allopathic profession.

some indoctrination to a certain extent. And it wasn't until, again, I was having more and more issues with my own health that I like, this isn't working, right?

Like what I'm doing when I being told is not working. You know, what happened to my parents, happened with like

my dad. This stuff isn' making things better.

Like we're not fixing any problems. So that's when started to figure out that there's this whole field of functional medicine. and holistic health that was just different enough that it made me kind of want to pursue it and ask enough questions that, you know, made you think twice.

And I think, the way that we're trained is just like, if you don't know it, then nobody else knows it. It's kind a way you're training in a conventional mindset.

And I think it's really just a pride and arrogance kind of thing that you have when you're thinking about health problems. And so I had to break a lot of that for myself and for, you know, this way I operated and it started with me.

From that point of view, like it really, it forced me to change my mindset on this whole topic. So I spent another three years studying functional medicine after that, getting my doctorate and that's kind what's led me where I am now.

So it seems like that was the tipping point for you to switch from the traditional conventional medicine to functional medicine. What was, was there like a particular video or book or someone in the functional medicines space that you got exposed to and that your like, this is the route that I need to go?

It was a collection of people. The first guy was Dr. Richard Morse. He's not even someone I tend to follow now. I still think he has some interesting perspectives, but it was pretty radical from what I had been told.

It made me ask these questions. What is wrong without what I know and like maybe there's some areas that I could I can improve upon. But Dr. Richard Morris is one guy and then obviously there are people like Dr Mark Hyman who has been kind of a pioneer of the function medicine movement for the last 30, 35 years.

And then from there it's just been sprinkling other people. I think those two are the primary guys that got me looking into it. Where did you get your training for functional medicine?

Did you give a fellowship? Yeah, so there's the Institute of Functional Medicine, which is a big one, and there is also the School of Applied Function Medicine.

I did training in both, but I ended up getting board certified in the school of applied functional. Nice. Yeah, you know that a lot of people They don't understand that there is actual formal training and functional medicine And you there's other platforms that do fellowships like the American Academy of Anti-Agent Medicine There's the a MMG IFM all of these other ones.

So now when you started taking that training It's almost like you had to kind of like re what rewire your thought process, right? Oh, yeah every every minute all the time it's like I still have to rewire my thought processes sometimes like, I think Until you like actually put it to work on yourself and you see the fruit of your labor.

You just aren't fully convinced of it right because it just seems like. Well, why are so many people suffering if they don't have to? That was the question I had to face is, well, if we have all this cancer research and all these top professionals in the world, and they can't fix these people, this is just the result of living in this world.

This is what we're left with. And you have people come over here saying that they CAN fix it and can reverse diabetes and reverse autoimmune disorders and you can get your life back.

And yet there's so many people saying that that's not possible and you just have to take these pills. You really have have some solid evidence to go counter what you've been told, especially as mainstream society tells you.

And so for me, I just had to put it to work on myself. When I started seeing it work, i was like, wow, that does work. I do feel better. This has been here for 10 years and now it's gone.

It's just kind of like my faith. When you are exposed to something that's so radically different from what you're used to, and it's like a shocking difference, it just makes you ask these questions like, well, what else am I missing?

## From conventional medicine to functional medicine

I think the reason so many people that are in functional medicine or in holistic health space are so passionate Is because it is similar like your your testimony of your salvation.

It's like it's so it so life giving that you just want to tell people about it. And so that's what's gotten me into this whole industry is just because like, I know it can change lives and I've seen it happen thousands of times.

Like, why would I not keep talking about. I agree. Yeah, agree with that. So so what was it? Part of your treatments that you did with with yourself in your healing process.

What were some of the initial things that really worked for you once you actually switched over to that? Yeah, I mean, it started with just eating like actual real food, right?

Like eating foods that were life giving rather than life taking, you know, and it was it wasn't that complicated because when I was in college, Cans of Hormel chili for like my meal, right?

Like and I would eat these like these protein bars that were basically candy bars And I think a Gatorade like that was like me all right And so it wasn't too hard to go from that to then getting married and have my wife like no This is a home-cooked meal and like this is actually real food to them being like oh like I Turns out I have this genetic condition, you know mtho far genetic variant here that doesn't help me to detoxify very well I don't make energy very.

Well So if I take a B complex, it's methylated, I feel tremendously better. Or hey, you've had a long standing history of antibiotics, maybe you should look at fixing your gut and actually healing your got and going and addressing leaky gut, which is essentially what I had.

And then next thing you know, your having less inflammation, and your joints hurt less and you have more energy without really taking any caffeine or stimulants or anything like that.

Little things like you start doing, start seeing the fruit of that, again it is pretty convincing when you feel that Yeah, so you know, you touched up on the gut.

And I want to stick there for a second, because the guy is such a powerful system in your body that needs to be focused on. They call it the first brain, right?

He's the connection of the gun and brain access. So let's talk to the listeners and viewers a bit of. The importance of when you had your gut issues, how that helped the trickle effect of how to help fix a lot of other things that were going on?

Yeah, I mean, the first thing that came in mind when you're talking about or asking that question was, you know, just addiction. You know addiction is something that a lot of people deal with and it stems oftentimes from a, this sounds weird, but like an unhealthy gut.

When you start having issues with this gut-brain connection you're referring to, the enteric nervous system is that nervous that connects those two. A lot of people that have issues with their gut also have issue with dopamine.

They also issues of serotonin and sleep and melatonin. And so you start having this like pleasure seeking desires for more dopamine and you starting having issues just finding peace and rest in your own psyche.

I think a lot of people that are having gut issues often have a high propensity for anxiety and depression just because the gut is speaking directly to the mind.

And there's also like a leaky brain, you know, kind of similar mechanism that can happen. Like your, your membrane can become more permeable to these things that shouldn't be there.

So you're more likely to have issues with like long-term Alzheimer's and dementia and brain fog and anxiety, depression. And also just your immune system.

About 80% of your system is housed in your gut. And so if you start having that gut dysfunction, you're more likely to have illnesses and sicknesses. All those other kind of things.

So it is really such a critical part of healing that you have to kind to get after. And again, it's not overly complicated. It's like if you eat real foods, identify which foods kind trigger your specific immune system.

Do like an elimination diet to figure out what foods trigger you. Unfortunately, food sensitivity tests aren't maybe that accurate enough to rely on. You really do need to do like elimination diets.

Kind of start with the core foods that, you know, like nightshades, grains, dairy. You know, some legumes can be issues for some people and you walk through that eggs is not a big one.

I forgot you walked through. That you start to figure out like, hey, I feel better. And having some progress here and then you can kind of one by one at a back end to see how you're doing with how your body responds.

But while you are doing that, you. Can also take, You. Know, L glutamine and zinc and Zinc carnosine, like all these things that help your gut start. To heal faster.

But if you constantly bring in these foods that are damaging to your gut or taking a bunch of ibuprofen or aspirin, the things that could damage your got while you're trying to heal.

Your gut can heal within three to five days, but if your constantly bombarding it with toxins and things are disrupting the healing, it just takes a long time.

So I always say, if it's like if broke your wrist and your doctor says wear a cast and you are like, OK, I'm going to wear a cast like half the week and the other half I go play basketball and do push ups and pull ups or whatever else.

And then, you know, two two months go by and you're like, my wrist hasn't healed. Like, well, yeah, of course not. You didn't follow the protocol. But if you follow a healing protocol rather than just doing like healthy things, You'll likely see like true progression to where you can then move beyond where we currently were.

Right. Well, what are some non-negotiables on a daily basis that you do for your health? Big one is try to eat like in a calm environment. Try to practice good eating hygiene.

So again, such a simple thing that most people don't. What do you mean by that? So if you think about going sitting down for a meal, a lot of people will put like, you know, have a big glass of water at their table.

They'll chug a bunch of Water while they're eating their food. There'll be chewing while there may be standing up or maybe they are like watching TV or Maybe they were like In a high, higher stress situation where their sympathetic sympathetic nervous systems more wound up.

Eating on the go in the car like all these things that are not calm right see a lot of that Yeah, I see lot. It's risky too. I mean, it's your own life, but do what you want But those are kind of things are that would be considered bad eating hygiene So you're eating in an environment where your body is not expecting you to be eating, right?

And that's where your nervous system, again, you talk about your sympathetic nervous, which is this fight or flight, and then your parasympathetic nervous which rest and digest.

If you're eating in that state of non-rest and digests, your digestive enzymes are not going to be secreted as sufficiently as they probably should be.

And then also your stomach acid, responsible for breaking these things down and getting them into your bloodstream via your small intestine. You're not gonna be able to do that very effectively, so you'll be more likely to have dysbiosis or imbalanced bacteria in your gut.

Or just undigested food or lack of energy because you're not breaking things down very well and so eating in a calm environment Chewing your food like 20 30 times per bite You know putting your fork down not drinking a bunch of water during your meal like all those are considered eating hygiene Principles that a lot of people don't follow so I try to follow that as well as I can But that that's a big one for me Otherwise just eating foods that are you know that I know are not good for Me like I want to make sure like i don' t do well with hybridized wheat, like nobody really does well hybridize wheat.

It's a modified gluten protein that our bodies aren't all that used to our immune systems respond negatively to that. And so I always want to make sure that I try to avoid, you know, folic acid, fortified foods, bromated foods.

Usually if you're thinking about So the reason that carnivore is so popular, in my opinion, is that they're cutting out a lot of these foods that are spreading glyphosate, and they are also cutting all these grains that, are spraying glyphasate and also, you know, fortified.

And so when you cut those things out, it really does, It really helps your immune system not be so irritated. Oh yeah, yeah. It reduces inflammation too.

Yeah. Tremendously. Yeah, are there any kind of supplements or any products that you take specific to gut health like I'll give you an example like a lot of people do apple cider vinegar Yeah or you know, they'll do a different type of probiotics like kombucha or sauerkraut So anything like that?

Yeah. I mean I so I will do I'm not a huge fan. Most probiotics don't get as far as they need to in your gut. They don t really make it past your stomach typically.

And then also they're not usually enough live activated cultures to actually have a really positive impact. There are some out there that can be helpful.

Most of the time you need the terrain to allow the, you know, the soil to then be producing good microbes, right? And so I try to focus on that. And that's where, again, if you eat good foods that aren't damaging your gut, and then eating foods, that are also going to be naturally promoting good beneficial bacteria, um, And then having good eating hygiene, uh, That's, where I tend to land, unless somebody has like a stool test and they have a confirmation of their low and something specifically, then I don't always push probiotics too much.

Kombucha, you know, a lot of kombucha that people are buying off the shelves, again, doesn't have the live activated cultures that they would expect to get unless they're making it themselves at home and it's fresh.

Um, seeing the sauerkraut, like, it depends on what your gut is having issues with. If it's having issue with fermentation or if it has issues like SIBO, which is small intestinal bacterial overgrowth, then it is not always a good idea to be giving a bunch of fermented foods to people.

So, for me, those are things that I I take on a week-by-week basis to see where I'm at and evaluate where my stools are and how I am feeling. If I have bloating, indigestion, then I evaluate for myself what I think I should be doing.

It's very dynamic in how go about it. Even for me, it's not a one-size-fits-all. The big thing for ensuring that regular bowel movements, digesting food well, and then I do a parasite cleanse every so often to make sure we're addressing that, because that's a big one for people.

That's becoming a lot more popular, the whole parasite. And man, I've seen some stuff on social media that look like borderline little aliens. Yeah, they're crazy.

A lot of things you see online are or like digestive waste products, they're not necessarily like a big worm. They're usually like the intestinal sludge on the inside of your intestina wall, so like ropeworms and things like that.

But yeah, a lot of people have parasites, don't even know it, because undercooked food or water sanitation issues or just the soil or having pets in your beds or pets your house, all those things can increase your likelihood of parasites.

## Gut health, digestion, and stool evaluation

So most people will have parasites. And parasites aren't necessarily The main problem, it's more about, again, the balance of some parasites versus too many, because parasites do help in, you know, with like heavy metals and things like that.

You don't necessarily want to have no parasites. I don' know if that's the right thing to say or not, but it is not about having a sterile, no-parasitic environment.

It's about a balance to that with good bacteria and also ensuring that you do an occasional parasite cleanse and ensuring if you have heavy metal, make sure you are detoxing those out so that parasites aren't feeding off them as much as they.

Yeah, yeah, and you know, it's like, people that are always like oh, we gotta have something that gets rid of all bacteria. No, you still need some bacteria, that keeps you healthy, keeps your immune system strong.

So, Dr. Lake. We're going to talk a little dirty here. You just said that you have to evaluate your stool, right? So I know a lot of people don't want to.

Talk about stool. But you know, hey, this is a healthy point of view. So we're gonna talk about dirty and we'll go talk. How do you evaluate? Your stool and why is that important?

Well, if you want to look up you can go to the Bristol stool chart it's just a picture of different like how your poop looks and You can kind of get an idea obviously based on the images for yourself and just comparing it to your own stool, but You know most people know that a healthy stool.

You should sink. It should be a nice brown color and it should Be kind like a longer snake in consistency, right? So if it is not that Occasionally having a little bit of running loose stools or maybe occasional constipation, it's fine.

It doesn't mean you have a good disease or anything, but it is a telling picture of kind of where you are on the health spectrum. So if you're having consistent issues with loose tools, my first thing is you got to figure out what foods are triggering that.

Usually it'll probably be dairy for a lot of people, or if your having night shades like tomatoes, potatoes, things like that. So sometimes can trigger your immune system in that way.

Other times it could be a fiber issue, not getting a Fiber. But for a lot of people, they have more of like a constipation issue because they've slow gastric motility.

They don't move their stool through quickly enough. And again, it's because whenever your nervous system is in a wound up sympathetic state, or you have a thyroid disorder, you're likely to have slower stools.

and so you don' move your stool quickly enoug and or they hav dehydration. There's things li that I think that's a bigger issue in my opinion than having Loose stools, but it's both are not good either way like you want to be on that, you know number four on the chart I think is what it is.

Yeah That definitely important and I mean listen, I'll say how it I look at my stool every single time I go. Oh, yeah I want see what It looks like how It is, because I know that has a direct impact on my overall health, right?

So very important. So You know, when we started the podcast, we talked about the true threat to humanity. So we just started talking about a lot of different things health-wise and how it affects people's overall health.

But now we got to get into the meat and potatoes. What is that true thread to Humanity? I mean, we're not making enough babies is really what it is. Our infertility rates are skyrocketing and also people are having culturally a crisis, I think, where they're desiring children, like they don't even want to have kids.

There's also a ton of financial issues that people always use as a reason as to not having kids, but you know, our replacement rate is well below where it should be to just replace our population.

As it currently stands, we have probably as many people as we've ever had on the planet, but in 10, 20, 30 years from now, the people that we currently have here we can't support.

And so as you and I get older and the generation coming up behind us or after us is supposed to take care of us and support us, and drive the cars and work at the restaurants and do all the things, we're having less and less people to actually do those things.

So now the whole population is at risk. That's the greatest stretch of humanity in my opinion beyond the fact of not to mention more of a spiritual side of things, but from a true practical implication for where we're at as a society, I think that's the greatest threat.

And the unfortunate thing is just about 90% of the women that are of childbearing age, they want to have children, But they're not able to find a partner that can provide for them or that views things the same way as them, and they are not synchronized.

There's a lack of synchronization here that is happening with the younger generation. And then there's just a, I think culture, they were encouraging this like dual income or what is it?

Dual income with no kids mentality, the dinks mentality of just like. Live for yourself and it's all about me and just live for the moment, grow my career, all those things that can be good sometimes, but I think our society has overemphasized that.

If you haven't had kids, it is hard to explain, I have four kids and I've been gone for just a couple of days and they're all back at home. I was golfing in paradise, having the best time.

And it wasn't that great, to be honest. I just was wishing that I were at home with my family. It kind of hit me pretty hard. Just realizing the value of a family, like having a wife, and having household that is glorifying God, that you're investing in for the future, and that are also gonna be investing you when you get older.

There's just nothing compares to that, you know? And I think it's hard to explain to people when they haven't gone through it, just the importance of family and people in general.

I really think that's what makes life. And, I was reading before I came in here, in Ecclesiastes, King Solomon, the wisest and most wealthiest person ever, who had it all, is just saying that everything's meeting this under the sun.

And I just think about that. Again, I was out golfing in this paradise place and should be as happy as I ever could be because I had everything that I want.

I love golf and all these things, but it just didn't even compare to. the people that matter to me, right? And so I think that's what I really want to convey to people is, you know, I know it can be hard.

My wife and I struggled financially when we first started our family. We committed to doing one income and

committing to raising a family and raising the home and homeschooling them and just like doing the conventional nerdy thing that people kind of make fun of.

Like we saw the value in that. And, you know, it was hard. Like, we struggled financially for a long, long time. We could barely pay the bills. But we knew that if we could set ourselves up well and lay the foundation for our family, that it would pay dividends for the long term.

And we've been married for 12 years now, and we're already reaping what we sowed in that. You can make a bunch of money in life, but it doesn't really add up to much at the end if you don't have people.

So having your own kids, having a family to me is just the best. That's amazing, man, and one of the things that you said is like… You know, you invest in them now, but they also invest and you down the line if you do it right, right?

And a lot of people forget that. And I'll tell you, 12 years being out on the road in the fire department, we would get called out to these nursing homes.

You just see how lonely some of these people were, and it was just they had no family. They had kids. So so myself coming from, I come from a family of four kids, the youngest out of.

But my mother on her side, there's 17 of them. And man, I tell you, when my grandmother was on her deathbed, she was very well taken care of. She had all her kids that loved on heard, you know, and she took very good care.

Of all of them. They all went to college. You know that we're talking about in the Dominican Republic. This is a family that was raised in a third world country.

So, um, to get all your kids, 17 kids to go to college and get educated, become architects, engineers, doctors, et cetera. That was a lot of work on her end.

But people have to really consider the investment that your kid's are gonna make in you. Because eventually when you get to that certain age, You don't want to be lonely.

Part of not being lonely in your faith driven, which I strongly appreciate that because I think that's important. That's part of the process, especially when we're talking about people healing.

If you don't have faith, I can assure you that you're going to feel lonely, regardless who else is around you. That is a gap that always has to be fulfilled.

God lives within us. I want you to talk about the importance of having some kind of spiritual belief. Being, you know, health also has to be faith-driven, right?

I mean, it specifically says in the Bible, your body's the temple of God. And I always tell people, like, there's a lot of different sins that you do, but there is one sin that do within your own body, and that's when you don't take care of your other body.

Because you're actually, that one's sin, versus all the other ones that are outside of the body that is the one that sin is within. Which I think that, That's the that's one of the worst ones in my opinion, you know when you don't take care of that body Well, yeah, it's it the interesting thing about you.

Know first Corinthians 6 9. I think is what it is That you're referencing it that you Know that that our bodies are not our own Right like that at this body that we're even referring to this temple is not even mine, right?

And so it could simply a vessel again that God has given us and he's given Us the spirit that lives within it and He also gives us his spirit and so its Yeah, from that perspective, it's like I wouldn't borrow somebody's car and just trash it.

I would return it with gas and clean it out, all this stuff. Yeah. It's just having the wrong mentality. And you mentioned having faith to heal. Kind of like you asked me about like how did you make this transition from where the conventional allopathic?

Mindset to holistic and say well I had I have a certain level of faith that spurred me on you know like I Had some signs and evidence for it, and so I think you Know spirituality is important You know they they showed the study that you people that were a part of church on a regular basis like lived 33% longer or died 33 percent less than like the average and all this stuff.

And so obviously there's an important factor there. The differentiation I like to make though within the holistic health field is that For me, it's not just about being spiritual.

It's about it being biblical and then being led by the Holy Spirit. And so, for me it is a much bigger difference in saying I want to be a spiritual being than saying, I wanna identify who I am and my identity as a son of God.

an heir of of christ and like being centered in that is so much more important to me than than anything else because I can very easily make an idol of my health Just like I could very, easily say it's all meaningless not and just completely trash my, health but like either one of those options are good But for us who are christians and for people who, are like on this journey to realize that it is kind of like It's kind of like if you're building a sand castle and you start building it, you know, early in the morning.

And you make this thing amazing. It got multiple levels to it and whatever. Got little aqueducts and all these things go into it. If you build this amazing castle, and then at the end of the day, it gets washed away.

Building it wasn't a waste, but that's essentially what happens to our life. We wake up, we're born. We build something throughout the whole course of our life, and at the end of that day, at end our of life it all gets washed away, but it's not meaningless.

And the word meaningless, I think, in Ecclesiastes, the root of the that word is more like a vapor. It's something that you can kind of see in the wind, you but can't grasp it.

So it has no meaning to it, it just that we can fully comprehend what our lives is. We don't know what happens on the other side of when we do die, but I do know that I would rather live for that knowing that while I'm here doing these things in my life that if they have eternal value that it's not meaningless.

And so I think taking care of your temple allows you to fulfill what God has The the mission that he's placed in your life that allows you to do that more effectively But he can do it with somebody that has poor health, too You know he could do if somebody can't walk or can see can hear like he'll do no matter what?

It's just the blessing that we get to receive while we're here. I think that's that the big benefit of being healthy Love that. What is your God-given purpose?

I mean, according to the Bible, it's to love God as my Lord and Savior and to others as myself. Those are the two greatest commandments. What does it mean to love God?

It means to understand who he is and understand the reverence and just the magnitude of truly who He is in my life. And then from there, it allows me to go out and love other people because I know what the example of love looks like.

I mean, granted, doesn't mean we get it right every time. Mean I think about this when I'm making traffic or I mean the grocery store like when people interrupt my day You know, it's like how quickly I can just flip a switch and be like and screw you Get out my way like I I am on a mission right now I gotta get this thing done and then forgetting like who that person is in front of you I Think we like separate people at least I do for sure but like what I meant in Communion with somebody or like talking to somebody like a view them as a child of God I just wish that you know I could do that all the time, but I think that's, those are the two greatest commandments, at least biblically speaking,

that I try to stick to.

Yeah, and that something that, you know, I, think we're all kind of guilty of, these are things that you have to work towards, right? And atleast be conscientious of when you do want, are in that traffic or whatever, your ready to say, well screw that person, yeah, Right?

That's where it kind that light bulb turns out, it's like, ah, no, hold on, let me take a step back, because that not the route that should be going. Because ultimately, most of us know when we're going to do something bad or we are doing something that's not right.

We're making that decision to continue to doing it, knowing that it's wrong. So it is really where we have to just kind of like… be dialed in and really understand like, okay, you know what?

Let me make sure I do it the right way. But that's important to bring it up. So I wanna talk about, going back to the topic about infertility and talking about also the importance of actually creating, right?

Creating life. And one of the things that we're experiencing a lot in today's world is this huge uptick in infertility. And I can tell you, people around my age have experienced a lotta that.

I mean, IVF is just out the roof right now. Talk about a business to be in, these people are making a heck of a lot of money off of people's infertility.

But you're not just seeing the infertility with women which I know you you have a hyper focus on women But yeah, you've seen a lot of infertilty with men as well.

What do you think is causing this with the young generation? Well, I mean, it's yeah. I'm in it. Yeah women always get blamed for the Infertility issues, but yeah men playing almost equal role in that, You know, i think There's a Lot of things right like there's It's just kind of hard to know where to begin like I think Besides the obvious ones like the food, lack of activity, you know, a lack exposure outside, the lack just like doing doing stuff, like chopping wood and carrying wood, and doing all these things that just require you to use your body to survive.

We don't have to do really anymore. It's like you can go work out to kind of replace what we were doing 50, 60 years ago naturally or 100 years go naturally.

just because we had to survive, like those things are not required anymore. So I think those are the obvious ones. You know, our vaccine schedule has ramped up in our, in my generation, or our generation.

When I was a kid, it was like eight, 12 vaccines is what we would get. And now it's like 78. Again, if anyone's, well, you don't know you can't say that for sure.

It's well yeah, I can say it with absolute certainty that that's what's causing it. But I can pretty confidently say that it's definitely not helping it, you know, like when you can see that these vaccines are triggering immune system responses by design and then using different chemical, excuse me, different, take some water here.

you're injecting different chemicals that aren't natural to the body and that are then making detoxification worse or causing more inflammation or, causing other deficiencies of other key micronutrients.

If you understand how hormones are produced, you can very quickly see that If you're blocking a pathway that would produce something like testosterone and then prioritizing a different hormone, you are not going to be as fertile just because of that pathway being blocked.

And that's what happens to a lot of women is that they are inducing because of the high stress and chronic toxic load that they're exposed to, whether it's vaccines or food or makeup or air fresheners or candles or whatever, like there's a whole host of different endocrine disrupting chemicals that we're constantly exposed.

And if you don't detox because maybe you have MTHFR, which is what I explained before, where you. Don't methylate very well, about 60 percent of females have that problem.

You're just not going to be able to get out the stuff that you're bringing in that's toxic to your system. you know, maybe they're taking on more work than they can handle.

Maybe they are preparing their or taking care of their home and working a job and running the kids to practice and all these things. You're just, you're inducing a stress response that literally creates more of this like male characteristics.

Like you are having more testosterone, having these androgens, more these metabolic issues that then contribute to things like PCOS to where now you can't you can't make babies as easily, right?

And so that's where a lot of infertility is coming from because PCOS is running rampant. Whether it's due to a genetic issue or primarily it is related to insulin resistance, you're just not going to be able to prioritize making life when you're trying to protect your own.

And so a lot of people are in this state of survival, whether they realize it or not, from a physiological perspective, they're in a state survival and that's just not going to prioritise making babies.

That's as simple as I can put it. There's a lotta reasons for it Yeah, and one of the things too, it's like couples have to start really hitting each other again as well.

People are so stuck on their phones and separated. They're living this very busy life. Everything's… And the immediate moment is like now, now now. Now, you know, I remember growing up and you probably remember this, too.

It's like when cell phones weren't around, it's, like, people would actually enjoy themselves. We'd go outside and play. Yeah. Right. My parents, they're business owners and.

You know, after a certain time, you kind of get a hold of them, unless you're calling the actual house phone, which, house phones were kind respected in a sort of way.

You're not just going to call someone after certain times of the day. So I feel like people have to kind go back to that mentality and start enjoying life and bring that intimacy back and connecting with each other.

## Infertility, family, and the threat to humanity

Yeah, I think life is very simple when it really comes down to it. You know, like, health is really simple, honestly. People don't hear me say that. It's not to minimize what people are going through, but it's kind of understanding why and how they got where they are.

Because it happens to all of us like we're so exposed to convenience and exposed too quick cheap dopamine hits By design it's designed to to trap us, you know, it says I had to make us a slave to it and I think The simple life is the good life, You know like I was thinking about this today again when I golfing I just like and i would I Just you think you want all these things in life and then when you finally have it you're just Like is this is it?

You? Know like is just is all it can give me and the reality is Yeah, like if you can put a roof over your kid's head and your family's had and you feed them, you know, You can spend time with them and like enjoy their company.

And then like, in my opinion, do that while you're telling people about your creator and how I changed your life. That's really all life is about. Everything else is it's meaningless.

Yeah, you know, yeah, but I think health comes with that like I mean health follows the practice of the simple life and again It's not that you have to start a commune which I'm definitely all for I've told my friends like, I want to

Start a Commune because I Think it is a good way of doing it to where you're not isolating like a pagan but you are still like separating yourself from the rat race a little bit and then bringing the people around with you that you value and love the most.

And again, you can you, can do it. It makes for a really good life. Yeah. Love that. So one of the things that I've heard you say before, specifically to like medical providers, going from conventional and then looking at more of a medical provider like yourself, the difference, you talk about learning to listen and not just prescribe, right?

Why is that important as a, as medical practitioner like your self? I mean, again, for myself, when I learned to listen, it became so abundantly clear what my clients or patients needed to do.

You know, like it become obvious to me what the problem was. If you just ask like what are they write down like, what they're having issues with as far as symptoms like if I see joint pain, fatigue, brain fog, thinning hair, you know, low energy, whatever, like I'm, it could be a million different things.

But if i ask, well, What does your day look like? What challenges do you face? Like, what does your bedtime routine look like? What do eat for breakfast?

Don't you eat lunch? You know, What kind of activity do do? And they start telling me these things, and I'm like, oh, well, these are the obvious things that we need to fix first.

And then it makes it much easier for them to be empowered to know that, okay, I do have to face the reality that there are things I know I am doing that are wrong, but I doing them anyway.

Like why is that? Why am I not Why am I not taking care of this body that God's given me? I don't need to have a PhD or a doctorate in anything to be able to know that I'm not doing things that know I can be doing.

When I first talk with a client, the first thing I say is, there's two reasons, in my opinion, why we don' get healthy. One is there's an ignorance problem like there are things that we don't know that can harm us and again, God says in Hosea 4 chapter 6 that my people were destroyed for lack of knowledge.

So like, not knowing certain things can kill you. If some kid didn't he can't drink gasoline, like it would kill him, right? So yes, there is things you have to know.

And then the other thing is, iniquities, and inequities are things that we do knowing that they're not good for us and we're doing them anyway. And so, I think that's a spiritual issue.

Really, it's not valuing your temple. I always want to make sure we kind of understand that. If I can listen to their story and figure out what true challenges they are facing each day, their plan of care becomes super easy because it is like, these are the obvious things you need to do.

You know that half these things are wrong. These are the things you don't know so much or maybe wrong or not, but I'm going to help to show you and create that plan for you.

And that's why I think it's so important to listen. A lot of people are always looking for that easy route. They want that magic pill. That they want the GOP one drug injection.

Yeah. The weight loss surgery or like the weight lost surgery. So so but you're right. You know, health is actually actually pretty simple. There's other things.

We just got to stay away from. Yeah, you know in one of the things that and you can comment on this but when I was getting interviewed when i've launched my book and I Was going to interview down the news all the time like one other things they would always ask is like well a lot of things you guys do a functional medicine it's expensive a Lot of people can't afford it and the way I would respond back.

It's like Actually, the most important things are not expensive. Move your body, sleep, nutrition, understand the things to say no to. Just understand what to no say to, right?

So what can you comment when it comes to people saying, hey, all this stuff is too expensive? Yeah, I don't know. First of all, thing I'll say is it's very expensive to be unhealthy.

You know, and so I think a lot of it just comes back to having a plan and prioritizing what matters. I. Think we don' have enough foresight to think long term, so we're always responding and reacting.

Whereas, if you work with somebody, which maybe that is an investment, or if I can't afford to work for somebody I'm going to commit my time to this instead of watching Netflix or be on my phone.

I am going commit some time learning this and understanding where my ignorance lies. So I can then create a plan that will help me to Create new habits new patterns that would then help Me to ward off and fight the iniquities things that I mentioned before like doing things That I know aren't good for me in doing them.

Anyway, um, I think you just have to kind of either you got to invest your time or you're gonna invest Your money, but either way you gotta make an investment for yourself and um It's well worth it.

But yeah the free stuff. I mean, it's like you get to breathe clean air. It"s like It depends on where you live. If you're living in an apartment in the city, it might be harder to get cleaner air.

So getting a home air filter or something like that may be a good investment. That's a couple hundred bucks, which I know it's not nothing to some people, but it'd still be worthwhile investment, drinking clean water, making sure you are not drinking tap water.

Even water from your refrigerator filter is often not good, and they don't usually meet quality standards in those filters. getting like a Berkey or reverse osmosis filtration system like under your sink again can cost money but well worth it once you make the purchase of a couple hundred bucks it'll last you for a long time and at least you know you're drinking clean water.

Having a consistent sleep schedule not very sexy but super helpful probably the most important thing I can think about that would help reset your health is having good circadian rhythm What means that you're going to bed at a consistent time, you know, having good sleep hygiene principles or practices, not being on your phone, eating too, too soon before bed, and maybe taking like magnesium before a bed like Magnesium Glycinate about an hour before you sleep.

And having like an alarm clock for your bedtime is probably the most critical thing so that when you wake up, within reason, you know, if you have a job you had to get to, but you can at least allow your body to wake you up via its natural rhythm.

And then you'll wake up more energized. You'll be more likely to have good appetite. So you'd be wanting to eat breakfast that will break your fast and reset your circadian rhythm for the next day.

Then you could have energy throughout the day and not have to crash around two, three o'clock. All that stuff is free. And then I think beyond that, it's like buying healthy food.

If you really look at the numbers, if you look out what most people spend their money on, its like convenience, fast foods, which are cheaper initially, but over the course of a month compared to cooking your own meals and buying health food, It really kind of levels out.

It levels up. Yeah, I mean, especially when you start feeling better and you're more productive and can get more done and just feel better, Its totally worth it.

Its a no brainer. But again, you have to have a plan. Most people don't make a planning because they don t think it

really makes a difference. So you said something, and I want to make sure I heard it correctly.

Set an alarm clock for you to go to sleep. Yeah. I like that. That's most critical. And I don't think I've actually met anyone who does that as of yet.

Really? Yeah, it's one of my staples. But I can see that, that's very powerful. You know, when I worked at the fire department, man, we worked these 24-hour shifts and you get called out in the middle of the night.

and you wake up to the tones, which for me, you know, and all of a sudden, a few minutes later, your heart rate is the highest it's ever been, right? You're fighting a fire, the middle of the interstate extricating someone out of vehicle.

And I told myself the day that I retired from the fire department, I said I'm never waking up an alarm clock. And I have it. So I do prepare myself to go to sleep.

You know, I don't eat too close to going to see about three hours before is the last time I'll eat. Um, you know what? I make sure that I won't have too much blue light exposure before going asleep.

And, um, wake up naturally. I only sleep about five hours. Really? Yeah. Yeah, and I'm big into this data, right? My aura ring, my aura wing, And i don' have a midnight crash.

Now, the one thing I Don't do is to set the alarm to goto sleep, which I think I want to start doing something like that. But what I do is I go to sleep when my body is ready to go sleep.

I don't have trouble falling asleep. And then I wake up when body tells me to wake. You know, I won't wake until 11 o'clock. So I'm well rested, my sleep data is good, and I have a midday crash.

Nice. What time do you go bed? Usually it's like about midnight. Yeah, you wake up at five about five. You have 435 o'clock I'm up so around 1130 midnight I'll go to sleep and then naturally I just wake out nothing wakes me up I Just like I am ready to go.

I have one cup of coffee about couple hours after I've already woken up my red light, I can go out and get natural sunlight I will do that as well, but I'm good.

And it wasn't like this before. Before, when I was at the fire department, the days I'd be off duty, I'll sleep for freaking 12 hours. Really? Yeah, and then still be tired.

Yeah. But then once I retired from the Fire Department, that was almost like seven years ago, so I told myself, you know what? I want to really start taking care of my health.

I started taking, obviously, all my different supplements, my peptides, everything personalized to myself. A lot of people want I mentioned that, like, hey, only get like five hours of sleep.

That's not good, you're unhealthy. I can't sleep longer. My body tells me, I'm more rested, my sleep data's good. Well, what else do you want me to do?

But the alarm clock going to sleep, You mentioned that and I think that's something that more people have to exercise. Yeah, with the sleep stuff, there is an individual component to this.

You're more of a unicorn in this and one thing that I would want to know is, have you ever done a Dutch test? The urine that yes, I haven't done it personally.

We've done another patients. Yeah, you know Yeah I would want to see where you are with your with her adrenal glands to C because I think at 38 with everything else You're doing to yourself.

It's like you're you doing yourself a lot of favors, right? and so I Think what I Would what? I? Would tell somebody that is listening to this is they're like, oh well, You know Sam does it like?

You? Know I'm sure I could do it, too Most people probably aren't as intentional through health as you are. Oh, yeah. That's and yeah, you're right. But and I want to put emphasis on like, Yeah, like I'm doing it.

I have all my different supplements laid out. You know, I've been doing a lot of biohacking modalities, red light, a PMF. Yeah. Like I am dialed in. I think if you're dialed in like that, then it's, yeah, you listen to your circadian clock and it'll tell you.

I thing for a lot of people that I work with, they try to live off five, six hours and then they're not doing hardly anything else. And I'm like, You gotta pick and choose here.

You can't be adding that level of stressor to you body. But the problem with less than six-hours, at least according to the sleep studies is, and Matthew Walker's a big I'm not sure if you listen to him.

I am sure you probably have a little bit, but he's kind of like the sleep expert. And he said that in his book, you know, if get less than six hours of sleep on a regular basis, your natural killer T cells can be significantly dropped by like 30, 38% just from like a couple of nights of not sleeping.

you know, response is gonna be dampened a little bit, so you're gonna more likely to have sicknesses and things like that. So there is that factor there.

The other important thing for people to understand is the hours between like 10 and midnight are more effective than the ours of like 12 to two, right?

And so like, again, because basically when the sun goes down and when your body's getting these signals via the light, hitting your pineal gland, your circadian rhythm isn't starting to respond.

And for a people who blunt that response and say like yeah, but not yet, I'm gonna go to bed in a couple more hours, you'll likely get like a bit of a spike in cortisol at the wrong time and the melatonin could drop.

And so if you're getting good sufficient sleep and your data is supporting that and you are subjectively feeling that as well, you may have created a new rhythm that works well for you.

But for people that are inconsistent with that rhythm, they would have like, a spiked cortisol and then a drop in melotonin and they'd be a light sleeper.

Then they'll wake up feeling tired. They'll have to wake with an alarm that they use stimmons to kind of get going. There's also this thing called a glymphatic system where you' re draining, it's like detox mechanism that happens in those hours of sleep as well.

And so your glimpse system is also very queued up at that time. So there's different benefits to sleeping there. Also, you're making hormones at night.

You're make white blood cells at nights. The timing of when you are in bed versus how long you in in does make a slight difference. Those are just things to kind of consider for people listening because I think people kind get that confused.

Like I'm in the bed from 12 to 8 or at least I am in a bed for 8 hours but it kind matters when your sleeping aswell. The doctor like we have a lot of doctors, you know, we haven't network of over 5,000 doctors that turn into the podcast.

A lot functional medicine doctors and doctors in MedSpot businesses trying to get into wellness side. You mentioned the Dutch test. Are you looking at cortisol levels in that test?

Yeah, it looks at all sex hormones. I mean, primarily, progesterone, metabolites, androgens, testosterone, estrogen, all three estrogenes. It's going to look at your methylation detox pathways.

Looks at some organic acids and then, yeah, your adrenal glands. Okay, do you prefer utilizing that then doing like saliva you know the Throughout the first thing in the morning throughout the day Yeah, so the Dutch the dutch will use urine and for your for you're sex hormones and only use saliva for Your adrenal glands okay?

Yeah? So it's a combination and typically what do You see with your patients when you put them through that that when we receive that data like what does it tell?

I mean, it's usually, I don't recommend they get it upfront anymore, depending on subjectively what they're telling me. I'm just like, hey, like we can kind of assume that these aren't gonna be great, right?

## Faith, purpose, and practical health habits

And so I like to do them, if we're ever gonna have a client do, then would be, you know, three to four months into the process of working with them and kind of making sure they've gone through the full gamut of what we would have them do.

So we like to make sure their diets get up, circadian rhythms queued up. Their basic foundational supplements are dialed in, you know, omega-3s, B vitamins, magnesium, vitamin D, those essential ones.

And then from there, we then get them on a detox protocol to open their detox pathways to ensure that they're prepared to detox from other things like parasites or heavy metals or mold or whatever.

we feel is necessary for them to kind of go through. And then once we've gone through that, that's when I start to look at them metabolically and say, hey, how do you want to optimize from here long term?

And that when we start focus on maybe the Dutch test or things like that as a long-term strategy. Yeah, and I like it. I liked the fact that you're using that because you'll start seeing a lot of these doctors that get into the wellness industry.

in what they're doing, they do these basic blood panels, right? And going based off of the cortisol levels on a blood draw that you did maybe at five o'clock in the afternoon, you're not gonna really get the information that's you need when it comes to adrenal fatigue or whatever.

Yeah, it's definitely a big, and for me, again, I, Think that that's one of the issues I have with functional medicine is that we make a lot and again I think testing is amazing but getting back to the practicality for the everyday person It's like well, I don't only have so much money I can spend worship up my money for me It' like I would way rather us put our emphasis on healthy food and some foundational supplements Maybe getting on initial detox stuff before we ever go and like if you had basic labs from your primary care doctor Look at a cbc cmp or whatever like we'll start to see the writing on the wall pretty quick Like we know things like liver's not detoxing.

Well, you have a thyroid issue, You know, your your lipids are all out of whack like your blood sugar is out a whack your minerals are out Of whack, like all those things are like those are that's good information, right?

And it's pretty inexpensive Especially if you're going like and paying for it cash on your own like you can get some pretty an expensive test But then once they've done that stuff and then we've kind of figured out like hey now where you at with your health Doing like a total toxin test through vibrant labs or something like that can be useful just to kind Of get an idea of where they are their markers with heavy metals and mold and all that and I think that's where I like to do testing if we're gonna do it at all But I I've made a big switch about four years ago We would test every person right off the bat and i just kind, of found that I was doing the same things whether I had the testing information or not, it's like, well, we're gonna get you on this diet, or we can get in the circadian rhythm, and we gonna detox you in this, open these basic pathways, then we'll start getting in other fun stuff, but I think for a lot of people, they always want the test up front, again, you know what those foundational things are, that you need to

change, let's start focusing on those things first.

You have to do it anyway. Right, yeah, start doing it. Minus we just do. Let's do, so to go back on, You know, you work with a lot of women. And I want you to talk about one of your most powerful women transformation stories.

So the women that are listening can understand some of the things that you've been able to witness and be part of as well. I mean, I kind of like have these in the categories of types of women that I've seen transformations with.

And so there's been a lot of infertility that we've been able to be a part of and that like reversal of that where women were not able A lot of women who were on birth control for years who just had terrible menstrual cycle issues that no longer did after a few months.

A lotta women that had type 2 diabetes that got reversed within a couple months, even I had this woman I'm working with right now, I think she's in her 70s.

You know seven years old people kind of write you off a little bit and she's like no I'm i'm here committed to like want to fix these things and She's been on tons of insulin for so long.

Her a1c was like at eight When we started and even just a couple months in she she was almost off her insulin all together her a 1c is now like 6.4 And she lost like 40 pounds and you know like and he's got her life back as a grandma who was 70 kind Of got written off like you know, pretty cool.

And that's just more of a recent story. But I think all in all, it's women that come to the program who are just tired, they just don't feel themselves anymore.

They just can't take care of their kids as well as they want to. They're just not being the mom and the wife that they want to be, the friend that want be.

And they know that there used to this person just 10 years ago or so, and now they don't even know who they are when they look in the mirror. It's not a lack of effort with our clients.

They always try really hard. Like, they're doing all the things, cutting calories, working out, taking a basic multivitamin, trying to do what they think is right.

But then, you know, they don't get anywhere by doing it. And then they start feeling worse and they started gaining more weight. They started having more menstrual cycle issues and more infertility.

It's like, well, why even bother, at that point? Why even put effort into something if it's not going to produce an outcome? And so then you start doing more of what's convenient.

I think that's the biggest issue that we always try to… kind of reset is just say like, no, like there's a reason that, you know, cutting your calories and not eating enough protein and drinking too much caffeine and over exercising and having poor circadian rhythm and being deficient and, being, having issues with detoxification, there is a more survival mechanisms kicking in and you gaining weight because holding on to fat is a survival mechanism, right?

Like you want to hold on the fat if you're surviving because you don't know when you are going to go without food, and so women who hold onto fat and more women are more likely to have fattier body composition than men so you will be more like to store these toxins in your fat so when start to lose the fact when your exercising and if don t detox well you release these toxins out into your bloodstream and then they get recirculated and it has like this big yo-yo effect and You have to understand it's not just exercise and cutting calories.

Like you have figure out what foods trigger your immune system. You need to have a good circadian rhythm. Make sure you're prioritizing your metabolic health.

I'm a huge fan of eating breakfast and eating about 80% of your calories before 2 o'clock. That's a rule in my

program. Eat most of the food. Breakfast and lunch.

You know coffee with creamer in it for breakfast like that's not going to work like it's metabolic bomb Like you can't do that. So if you get those things dialed in then you Can start to focus on well, do you have a history of antibiotics and parasites?

Like do have history? You Know mono or EBV or do You have you know, like have been exposed to mold in your past like where'd you grow up? like all these things start kind of Add to the narrative as to why they're struggling.

And once they can see it clearly, they are like, oh, like it's not 100 things I'm doing wrong. It's only like four. You know, it was four things that I missing out that are that a huge catalyst to my progress.

I think once I start seeing that, then they feel empowered to be like. Oh, when I do these, I feel better and I get the results that. Of course, want to feel.

Better, of course. Want to do. These things. Like rewards them for the effort. But if you do the things and you don't get rewarded for it, why would you keep doing the same thing and not get results?

Like, that's crazy. Yeah. Dr. Lake I Want you to take the next minute or two and just let it come from the heart Tell the audience what you want the world to know about dr.

Awesome. Oh I mean, I'll tell you right now. I shouldn't be here. Like I will tell that like I I Really don't when people say like an expert or whatever I don' concern myself being expert in anything I think the fact that I'm here It's just a testament that this is where God wants me to be.

And I've just tried to put my faith in him and his plan for me, because I have made plans for myself and they have not gone well. But when I give it up to him, and have that conviction that he wants good things from me and that's he's a good father and he is not just like this ruler in heaven just spiting me for doing wrong.

He is grace, he has mercy. That's what's transformed my life, you know, and. I'm just very blessed and honored that I get to be able to share that with with your audience and other audiences, because if I die today or I died whenever, like I want people to think that, I mean, he shared the gospel with people and like, yeah, the health stuff is cool and the biohacking stuff's cool.

But like he. He believed he had a conviction enough and an often authenticity enough to like just share his story and Yeah, it's all about it. It's about Jesus, man.

Like, that's really all it about. I love that. Yeah. Amazing. Amen. All right. We're gonna have a little fun here. OK, so I'm going to name a biohacker.

And with one word, you're going say what? What's what first comes to mind? We'll see how this goes. Right. Dave Asprey, I knew you were going. To say, Dave, as the godfather of bio hacking.

No, and I didn't mention him when I first you asked me that first question. Oh, this is Dave. I don't I. Don't know if he even knows who I am, but I would say Dave is conflicted.

Mm hmm. OK, Gary Brekka. Gary, I love Gary. Oh. Dave, too. Um. How would Gary passionate? OK. Andrew Huberman. Uh, solid. Let's say solid Brian Johnson.

I would say, adulterous. That's a big, big one. But yeah, I'd say adultery is the word that comes to mind. Interesting. Ben Greenfield. Man, again, i've met Ben once.

I saw him at another event. Um, I don't know him personally. So this is just based on my interactions with him. but I Would say Ben is eclectic. Now you know he's faith-driven.

He lost a lot of followers because of that. I do, and that's why I want to hang out with him, but it just hasn't really happened. You gotta pursue me a little bit, Ben.

Mark Hyman. Uh… I would say Mark… Um… I would see…… I'd say mark Hymen is….. I'll say he is bold. Okay. Yeah. And last one here, Peter Attia.

Peter Atia, man. I don't even know if I can call him a biohacker. He kinda is. Yeah, he's Mr. Science. That's what's great about Peter Tia is he has enough of a conventional threat in him that it's so thick that I think he tries to peel off from it, but he always comes back to it.

So I I'll just say he's honest like you know to himself about what he believes and I appreciate that about him I like that. Yeah, that was good. All right.

I'm gonna get in trouble You know the funny thing is is that I posted the first video that it did with Mark Young On it and Dave Asprey commented right away.

He was like the person to comment on it All right. Great. So sorry. Sorry, Dave. No, we get I don't know him yet either. I haven't met him, but I've done.

Yeah, you guys look connect. Yes. Oh, so one of my favorite podcast is the guy, Steven Barlet, the diary of a CEO. And he came out with these conversation cards.

OK, So I'm going to go ahead and have you grab that. Open it. You're going grab two cards out of the middle. Okay. Are you going read the question and answer it?

Do I, okay, do I do the front? Okay. What topic is no one talking about now that historians will study in the future? That's for me to answer? Yeah. Oh, man.

I think, I mean, we're talking about AI, but I thing we are going to be talking, well, if we were even around to talk about it, or if were just being, you know, trans humans, like part machine, part human, and if you even have the ability to talking it.

That's a big conspiracy right there. But I that will be something that's writing the course of history. We're just starting to get a little bit of an idea, But we have no idea what that is going look like.

It could be crazy. Probably not in a good way either. What is your proudest moment? Probably, I don't know, like probably being a dad, just in general.

Why is that? I mean, it's just like. Your kids are the only ones in life, in your wife, that you want to do better than yourself. And I think as a dad, yeah, it just makes you so proud when you see your kids, like, just figuring stuff out.

Like when they're asking these questions, my kids will ask me these question, I'm just like golly, how did you? I'd even think to ask that except for the fact that you were created by God and like you you are You have like the DNA of your creator inside of you and that's why you have this inherent wisdom You know, I think that would definitely be my proudest moment overall you can dad Awesome.

They did good. Yeah, so, you know for their innovations that are faith-driven Have families have a spouse level of importance. And I don't want anyone to take this the wrong way.

Who comes first, who comes second, and who come last? So there's this analogy that my wife hates, but I think it's important if you're on a ship that's sinking And you have your kids and your wife and you can only choose one your kid's or your life would you choose?

You got to go with your. Wife. You can always have more kids which Sorry kids I hate saying that but like it just shows the significance of your, wife yeah, you know like like you two are bound like spiritually and eternally and I

think I don't know about eternality but like definitely spiritually in some capacity and i think uh yeah you just definitely ask for your wife Well, you got God wife and kid Oh God, wife, and kids.

Oh, wow. Well. Okay. Uh, yeah, I mean it has to be God. I'm yeah. Yeah Yeah, obviously good. But we know yeah the other two the others better I think is like God is the obvious answer, but I don't think the one is a little bit more Yeah like and I haven't heard that one, But I want to use it.

No more. You can you can use. It's not mine I stole from somebody else but yeah stealing it from you. Amazing. So dr. Lake You know, if someone as we wrap up here, someone's listening to this podcast and really, you know engages with today's conversation and they feel like it's talking to them.

What's that one thing you can leave them off with? Yeah, I mean, a few. I think the pursuit of truth is why we're all here.

## Audience questions, biohackers, and closing thoughts

You like we always trying to figure out. The why behind everything, which is which was great, think. For me, it. getting back to my faith, it's I want God to reveal himself to me.

Like I wanted him to prove to be that he is who he says he or who the Bible says. He is. So when I was in school, you know, I wasn't school for like 10 plus years in higher ed.

I always getting told that like. You know God isn't real and like this all happened by chance and you like we're always trying to like figure out like science and God never mix, but As somebody who's trained in all these things and trained on the scientific method, I wanted God to show me who he was.

So I prayed, had enough faith to say, God, if you're real, prove it to me. And so I would just tell people, like, If you don't have that faith in God already, just ask him to, show up.

ask him to prove it. And like, you know, he'll show you in a very convincing way that is without a shadow of doubt from him. You always want to make sure that it aligns with Scripture, though.

Like, it needs to align back with what the Bible is saying, because a lot of people get into this stuff like ayahuasca and these things that are opening yourself up to these other spiritual beings that I think maybe that's a different topic for a day, but you got to be sure it's from God and it is from the Scripture and align well.

That's what I would say. That's important that you touch up on that man because right now you're seeing an uptick on this new age spirituality Yeah, you know people walking around with rocks and stones and I'm not saying that there isn't benefits to that But those are tools that God has given you right?

It's not what you going to praise and worship. You know, right. It is not the God whatsoever at all, it's like praising a scalpel in the hospital, that's not your God.

That's a tool. So it's important that you mention that, because a lot of these different, not just vices that are out there, but some of the things like ayahuasca and things of this nature, and I've interviewed some people that have some the biggest ayahwasca retreat campuses, They look at it like it's almost like the God, but really, when you're having that experience, if you decide to go do ayahuasca, go in there with your faith, going there believing the word of God of Jesus Christ, because I think that whatever connection you have or eye-opening, it is going to be based off of that.

But if go and you are thinking that that is the god, you might have some other weird stuff popping up. Yeah, I mean I've never done it myself, you know, it's I like to listen to the story Yeah kind of little crazy and creepy.

Yeah. But um, just uh, You know it it talks to a lot of my brothers that I do like Bible study and stuff that the first thing that they'll say is like, yeah That's a little witchcraft each.

Yep Well, I think the Bible says to be sober-minded, and I that's when you look at, even though DMT is, you're basically opening up a receptor site that is available within our body from God, but it's being covered for a reason.

There's a reasons that that has been blocked. It may be utilized for a different point in our existence, you know, who knows kind of what that was originally there for, but I do think, when you look at the studies where about one in 10 people walk out of Ayahuasca, like becoming possessed, that to me is not worth the risk.

Well, heck, it's a poison, too. I mean, yeah. You're Persian for reason, not right. Yeah. You know some people say oh, it's mother ayahuasca talking to you, but in all reality It's your body like trying to detox this poison, and that's why you're shooting your brains out.

Yeah, you know so yeah That's kind of something people have to recognize. You. Know I interviewed a dr. Chris Christopher shade You, know who's big into Toxins and everything else he said he says listen I created the molecule that can give you a the out-of-body experience of ayahuasca, but you don't get all the other crap of Persian, and he's straight upset.

He says, your body's just trying to get rid of a poison. That's why you're doing it. Other people say, oh, Mother Ayahuaska's talking to you. No, he just.

It's like when you get drunk. You have this experience. Some people would say you look possessed, it's your liver and everything else is detoxing all that out, because it is such a poisoned.

Yeah. No, I appreciate the great message doc, you know, this is important information for people to understand and really understand how to live a better healthier life.

That's faith driven. So I. Appreciate you and nothing. Where can people find you if they're looking at? Yeah, then go to dr.austin.lake on Instagram. You can Google my name, find a bunch of stuff.

Um, you can go holy.health. It's W H O L O O W, H, O, L, Y dot health. If you want to become a client, it can look at booking there. I have a ebook where I kind of go through all the stuff that we've talked about and just get more detail.

a guide, you know, has protocols and meal plans, all that stuff, and it's only 14 bucks, so that's kind of an option if you can't afford working with me directly, but that, I'm sure, ways you could find me.

Awesome. Thank you, brother. Appreciate you coming here. Yeah, that was fun. Guys, guys, heard Dr. Lake, number one, if your not faith driven into your health and wellness, That's probably one of the first steps that you have to take, right?

Bring God into your life, bring God in to your family. If you're thinking about having kids and you contemplating because you wanna just work, work work and be successful, reevaluate that.

Think about having a family, make it a priority, don't get too old. So guys, this is a lot of great information that you know that not just you can benefit from it, but a lotta other friends and family.

Make sure you share this episode. Like, comment, do all that fun stuff. Don't forget to subscribe, and we'll see you for the next one.