Why Your Body Is Smarter Than Medicine Thinks Transcript

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Introduction and Guest Background

For every thousand hacking at the branches of evil, there's one hacking it the root. Be that dude. When you figure it out, you see all these conditions that are expressing various pathologies, but the causation is the same.

Everybody has genetic weak points, so the expression is going to appear different. It's like shining the light through a different colored lens. Some people, their lens is red, and some people their lenses green or blue.

It expresses differently based on whatever their predisposition is for some sort of genetic weakness. The way that I figured out how to knock that out was you have to do two things with total simultaneity.

You knock down the cytokine expression and you ramp up mitochondrial output. And if you do those two thing at the same time, you break the system. What if aging isn't about slowing down, but leveling up?

I'm Dr. Isaac Jones. This is the Longevity Leaders Podcast. Welcome to the longevity leaders podcast. I am your host, Dr Isaac jones. And I have a really special guest today.

Ian Mitchell, who I met through a friend who had a. Really close person to them dealing with stage four cancer and. As they met all the top people in the industry because money wasn't necessarily a problem for these, this family, they bumped into, everyone was kind of pointing towards this Ian Mitchell individual.

And you've got to talk to Ian, you got a talk with Ian because he's helping people. reverse all kinds of different metabolic and physiological abnormalities and challenges and diseases.

And so, you know, they got to connect with him. They started to realize, wow, this is the real deal. He's getting really unbelievable results with a lot of people that he's working with.

And then when they started to understand the science behind what Ion has developed, it's brilliant. And so ION is an inventor. He has worked with NASA, with the DoD, the Dow, and he's also been nominated to be the head of the National Cancer Institute.

in the United States of America. But of course they went with somebody more pharma oriented, unfortunately. So Ian, I am so happy to have you here today and we're really looking forward to diving into all the juicy details of what we can do as doctors, as healthcare providers and as individuals to maximize our health in long run.

Yeah. Thanks for having me, Isaac. I'm super psyched to be here. Absolutely. Well, I would love to know a little bit about your background in respect to how you became the person that you are today and why so many people in the industry are saying that, you're the man.

And I'd love, love love. Love to understand the backstory here. Yeah. Somebody said recently in this cracked me up. They were like, You're like the band that all the good bands listen to.

I was like what? Okay. That's kind of cool. Right on. You know? Sweet, if I'm like the scientist that all the cool scientists work with and talk to, I can't argue with that.

I think that's epic. Honestly, my upbringing was a little peculiar in that my dad is a freakishly brilliant man. The way I was raised probably really helped with things.

Just case in point, he's one of those guys that literally like a 180 IQ, just one the top minds on the planet. which was always painfully daunting as a kid because I was a bright kid, but I couldn't keep up.

And that leaves a mark because when you're in that position, you really have kind of, I think, two options. You basically wilt or you try and step up and wilting wasn't really much of an option.

So I just kind kept pushing myself to try to be able to pace up, and eventually I hit the mark and paced up but it was the process. But because he was so different, You know, one of the things that he did that I think in retrospect I thought was truly brilliant was he'd asked me all these kind of just abstract problems about things.

And one them, you know when I couldn't hit something and couldn' solve it, he would go, on this specific problem, let's just take this one problem. Project yourself and your imagination forward 500 years.

Can you solve that? I'm like, no, and he goes, okay, project yourself forward a thousand years. Is that problem solved? And I go, yeah, OK. And he go OK, imagine yourself in the future, look at how it's been solved and pull that idea back and then explain it to me.

That was kind of this consistent procedural thing. When you're a little kid in kind a formative stage, you don't realize that that's not something we're supposed to be able to do.

This is, I think, that whole Einstein bit about What's more important, you know, imagination or knowledge? And he said, Imagination, because knowledge tells you what is imagination tells, what can be.

And so in the process of trying to. work through those sorts of things. It just, it just developed kind of a, a core idea in me that if I'm really curious and I am really intently focused on solving something and, and work it, um, I don't let normalcy be the, the confines and constraints whereby I actually have to present, then I'll probably do well.

One of the exercises that I did, this sounds kind crazy, but it was really, almost sort of a stoic ideal in a sense. I went into a Barnes and Noble and in very crowded place in Westlake in Austin, Texas, and it was the one that was by my house.

And I walked in and I stood there and then I made loud animal noises for a minute, you know, quite literally like… You know, that kind of stuff. And of course, everyone looks at you like, who is this jackass making all these wild animals?

And then at the end of the minute I stopped and it was an exercise from this book on kind, of how to enhance your genius that my dad had sent me. If you're truly going to be shooting at targets that other people don't even realize are targets, right?

You're not in the fray. You are so outside of the Overton window that you are like north of Overston County. Trying to do things that people are going think have kind of all the hallmarks of idiocy.

So they are gonna think you just a complete fool because you trying things, that don´t logically make sense. But just de facto, if you really trying to operate at the cutting edge of things.

You're going to be alone and you're gonna be laughed at a lot because the ideas haven't congealed enough for kind of the people who are, you know, confined by normalcy to grasp on and go, yeah, okay, get it.

So I just got used to being kind thought of as like an absolute crazy person with a of different approaches I take, whether it was for you know, oncology stuff or whether it was material science stuff, or any of those things, it just, that's okay.

You know? People can think what they think. And I always tell my staff, you now, I will make more mistakes literally in a given day than all of you combined.

and that is entirely true. But I don't mind. It's fail fast, fail often, figure it out, keep moving. I think what you're sharing is brilliant. My mom got me a course on how to think like Einstein as a kid.

And she got mega memory course that taught you how to develop a photographic memory where you, you kind of like just listen and turn, You know, concepts that are abstract into pictures, and then you bring them through this kind like visual movie.

You turn them into like a visual movies. So, I was always struggling in school. I got F's and C's, D's. And then when I started to, develop this photograph memory that was, always there.

I just learned differently than everyone else. I was starting to get straight A's, I would go into class, wouldn't take notes, would just play back movies in my head during the finals.

Ended up graduating summa cum laude and got on the national deans list. But it was crazy because you've got somebody that has been diagnosed with ADHD dyslexia and put into special needs.

That is now my mom was like, my son's not an idiot. You know, let me maybe get some, like some different courses. And I think she probably was listening to some telemarketer or TV salesman about how to develop your kids.

brain or something. And so I went through those courses and they've impacted me all the way to this day. So I think it's interesting what you are talking about because it, you know, everyone does things in the world a certain way.

even in fitness, the concept of novelty of like, you know, a lot of people, they go to the gym, do bicep curls and chest press, and then they do squats and that's what they.

And when you talk to real functional fitness experts, They talk about novelty training and, walking up the stairs backwards at your house and dancing with your child and balancing on different boards that will help you optimize your cerebellar function and things of that nature.

You know, these are things that really are true fitness that will help you prevent what really causes aging in the elderly, which is a slip in a fall, breaking of the bone, and then it leads to a downward spiral from there.

you know, there's some real brilliance in what your dad did for you. And it sounds like you've developed this kind of creative mind that thinks outside the box.

It's probably one of the reasons why you're helping people with cancer at the level that you are in autoimmune disease and Alzheimer's. What are some of other things that have helped people?

Type one diabetes is a biggie because I actually, I have to say, really like it when someone says that's incurable. For me, that's kind of like the bellwether statement of, okay, I need to focus on this because I just really do enjoy, because nothing's really solvable.

It's just not solvable for us at the present time. Actually, one component about what we were just addressing, for me personally, the thing that, kind like you were doing the memory course, did pretty well and I was always very creative and an honor student and all that stuff.

The thing that really kind of put it over the top was in my mid-30s, something profoundly shifted. And it was about 14 or 15 years after I had started meditating really heavily.

I did a ton of neurofeedback as a kid, which was kind an anomaly back then. But I have really horrific migraines, like four days a week, three, four, days, a, week I would come home from school, sometimes throw up, go into my room, put an ice pack on my head.

And they did CAT scans and PET scans, and couldn't find anything structurally wrong with me. So on a whim, my dad said, look, there's this new neurofeedback thing.

Let's try that. And so in the matter of a couple of weeks, I was able to gain complete control of my supposedly

autonomous nervous system functions and change my heart rate, blood pressure, body temperature to the point where I can pick a spot on my skin and changed the temperature at that one single spot.

But when you're hooked up to like the old school colander on the head with all the leads coming off, it's pretty easy because you get an instant feedback.

And so that for me was kind of like lead into meditation because I did that a long time. And then when I started meditating, that's when really kind of took off.

And after about 14, 15 years of that, things really profoundly shifted. That's what I kind got access to, much better acuity, better memory. It was like I went from using an abacus to a Pentium 5 quad core.

Talk to us about how we can accelerate, I don't want to have to do 15 years of meditation to get there. Is there any way to accelerate that process to create, you know, neurological breakthrough like that?

Yeah, absolutely. I mean, there are programs like my friend, Dr. Drew Pearson, Drew developed a thing called 40 Years of Zen that was, popularized by Dave Asprey.

And that's a really good program. The one thing I would say, that does a lot of entrainment and balancing. through the corpus callosum of the left and right hemispheres of brain.

So you actually end up with a more robust processing network compared with the more, robust creative system. And when you use those two things harmoniously, you end with better function.

You can solve problems more creatively. Your working fluid memory goes up. you can do, I do quad in back training, which is basically like where you have to remember a color, a letter, shape, and a position on a board.

that you know that moves and you remember it multiple steps back and that kind of stuff is that's handy because it increases your working fluid memory.

Those are all tools but truly there's actually there is not really much of a shortcut at least that I've found for the rigor of actually putting in the work.

Meditation, Neurofeedback, and Cognitive Training

And, you know, one of the policies is you don't have to, even though I used to do, like hours and hours a day of straight meditation, You don' have have do that.

It's actually more beneficial if you do say 15 minutes, three times a or two times today, than if do 45 minutes in one shot. No way. Why is that? Oh, yeah.

Well, so, neurally, it's you're training your system to dip back in and back out. It's kind of like dyeing cloth is the analogy I was always given, where you put the cloth in the dye, you take it out, and you dry it.

And that's dipping yourself into a larger network, the transcendent field, when you tap into this space. Wow. It sounds a little kind of esoteric, but the reality is, for me at least, everything is connected.

And in my experience, like looking at quantum biological systems, we've done enough experiments that are really bizarre. A lot of them that just now getting published, with Lila Quantum, I'm the chief science officer at Lilla Quantum.

We just published a paper on quantum-biological effects where we were showing that at a distance of, there you go, right on. I put my water on here. That's great.

It actually profoundly changes it, right? Faster than just about anything. So with that, we just published this data

showing that we got beautiful cellular output of ATP would jump between 20 and 29% instantaneously, irrespective of distance.

We did it 300 miles and 7,000 miles apart, randomized, double-blind, placebo-controlled. When we looked at the data, There's no just random stochastic distribution.

It just happens on the specific cells that one person picked that nobody else knew about, that the guys with the blocks in the other countries didn't have access to.

They just got a static photo with no definitive markings. And still at that distance, 20 to 29% instantaneous jumps in ATP production. Unbelievable. Isn't that, isn't, that amazing?

Like the power of the mind and, and meditation, prayer, intention, you know, my friend, Hemal Patel is a PhD from university of Southern California, Berkeley.

He takes all of that stool samples, blood samples hair analysis of people going into meditation retreats with Joe Dispenza and then coming out. And the data sets are insane because you're starting to see just people through meditation, you know, completely shift their genetic, epigenetic expression.

And then you've got people that have walked in with Parkinson's disease, that reverse their Parkinson disease. It's just amazing why. you know, what, you can do.

And I mean, I grew up in a church environment where I saw people like get up at a wheelchair. So I was like, What? Like this guy's been in the wheelchair for 15 years and he's just, and it wasn't like uncommon to see people heal, have like spontaneous healing in just such a powerful way.

But I just I think there's so much more that, to what we're able to what we're capable of achieving than what a lot of people right now are aware of. I 100% believe that, you know, it's been my personal experience, not just something I've read, but my own personal experiences.

Well, tell that Ian, we need to hear that story. That's okay. The clinic that I work out of, it's an orthopedic surgical clinic in Miami and I'm down there every month and we do stem cell procedures and V cell, very small embryonic like stem cells.

And I developed some tech and use that in we see pretty much what you would say are miraculous healings all the time. And the kind of the physics of that I would is that anytime you're dealing with a coherent system, whether it's laser light, focus sound, chanting is basically coherent sound.

you know, coherent light from lasers, they allow fluidity and plasticity in systems that people think are static. I mean, your body, and this is a little hard for people to grasp, but everyone thinks of themselves as, you now, a solid, meaty creature.

The reality is, You're not. You express solidity, But really, when you touch something, it's an electron cloud repelling against another electron and you're in…

interpolating that data set as pressure, but you're not actually connecting. And when you break it down farther beyond the molecular and you go to the atomic and then you got to subatomic and the you get to Laquanah.

When you are looking at that, it's all discrete packets of vibrating things that are holding themselves together in some sort of integrity, right? Like you hold yourself together as Isaac, I hold myself together Zion.

But in truth, really it is our consciousness in my experience that's actually holding our form. And so when you have a system where you can express coherence, whether that's a person whose consciousness is expanded profoundly, you know, and that when go to the people that are the saints and the healers where they can literally put their hands.

And I've seen that, personally, where it defies what we are taught and trained in science, right? Science and medicine are somewhat lagging behind the reality of things.

Yeah. And oftentimes, you know, we're taught, I used to teach senior biochemistry and more than half of my kids were going off to med school, right? And the reality there is we are lagging desperately behind what is possible, Right?

We teach a mechanistic approach as if everybody is a thing, when in fact, were far more a thought than a think, the dynamics of us as a being is more then just a meat suit and the expression of that allows for healing, right?

Like fluidity and healing. Cause I really have, I've seen things that you would not think are possible and we are certainly not trained to believe are possibly, but it's like you're seeing somebody get out of a wheelchair.

I had a patient a couple of months ago that came in with Parkinson's dementia, orthostatic hypertension, who was tone deaf and colorblind, or not tone-deaf, he was rather going deaf, and was color blind.

When he left. None of those things applied. And literally all the nurses were crying. He came in in a wheelchair, walked himself out and it was the same thing.

It was a profound shift for everybody there because we were witnessing what for all intents and purposes, you would say is kind of miraculous. I mean, for me, luckily, I understand the physics behind it.

So it's still miraculous, the takeaway is not like, how does it mechanistically work? The takeaway, is that someone's life just got profoundly richer.

Exactly. So yeah, that's been my experiences. I'm lucky enough to see those things. And so like a Joe Dispenza workshop, I actually have an MD that is a good friend of mine.

She went in, she had just gotten a cancer diagnosis, decided she wouldn't cancel. It was like the day before she was supposed to go to one of those retreats.

she decided, She wouldn' cancel, went to the retreat, left the Retreat, it was gone. Right? We're gone. But that's the kind of thing. The universe, nature, God, whatever you want to call it, is very efficient.

In my experience, there's a very specific tapestry that is woven at a layer that far beyond what we can perceive. Anytime somebody says, oh, it's all random, I ask them about the fine structure constant of matter, which basically discerns how discrete particles are going to aggregate to become everything in the material universe.

And, you know, for sake of argument, it's so specific that if you have a zero point and then go 14 zeros and put a two at the end of it, that's the fine structure constant.

If that became a three, 15 digits past, the universe explodes at speed of light. It's kind of like, you remember the movie speed, where they have the bus and if it goes over 55, imagine if they were like if you go over 49.9999999 you're going to explode.

I'd be like done. All right, kill me. Right. And I've heard even like if the earth was a mile closer to the sun or like even half a miles closer the Sun, it would like scorch the Earth or whatever, you know, like there's all these crazy little infinitesimally small minute details that would literally kill us if we knew, Yeah.

Well, that's the thing is people think, you know, we have all this free will and the ability to do all these things. And I actually, I think my take of it isn't really like Calvinist, but it's kind of that, if you were going to design a video game for the benefit of the people who are playing the video games, right?

You put them in this environment. And they think they're expressing all of these choices, but at the kind of the normal part of game, you've built the confines, You've build the room, the walls, set up all the things they are going

to see.

Their expression initially is very profoundly limited. You limit the amount of choices that they can express. They only have a few degrees of freedom.

Not because you don't love them or care about them, primarily because they'll fuck it up. And you don't want them to get hurt. And, you know, because of that, it's the same way that we would deal with children in a school, right?

You have a fence on the playground. You don' take it away. you Don't, leave weapons on th playground, in my opinion, God's not an idiot. He doesn't give toddlers pistols.

It's kind of like, things are pretty programmatic, and again, not to digress into too esoteric a term because it is all And off putting when you hear, you know, research science guys talk about, the universe and God and things like that.

But that's actually been my personal experience. I started out as a very profound agnostic. And over the course of many decades, 30 plus years of. really hardcore meditation, the latter part of it being the most intense part.

Everything shifted and I was left with a profoundly different awareness and a very different experience. And you can go two ways and you go, well, you had a psychotic break and everything is completely wrong.

Or you could go all right, fair enough. I missed it. You know, there was a lot more happening behind the scenes. Who was capable of picking up. The fact that you're as intellectual as you are and you also as humble as are in the respect of, look, I make more mistakes than my team does in a day.

I was an agnostic and I've talked to atheists that my grandfather tells me the story of this profound, strong atheist that he was in World War II with, that when their plane got shot down off the coast of France, he all of a sudden started screaming out to Jesus and started to, you know, I believe in you, God, please.

You know there's just such a design of glory and awe just the eyeball, the brain, how we taste, How we hear. And what I love that you do is you're working with the innate intelligence of the body that I believe got put inside of our bodies.

I agree. And we're not working against it, right? It's like the traditional model works against this unbelievable, you know, healing system and they don't even acknowledge it.

It just take this pill and it'll cover the symptom. It's versus, hey, let's look at whatever the interferences are, what nutrients, What kind of factors, secretomes or whatever that we can utilize inside the body, very small embryonic like stem cells, like you said, V cells to like help optimize the vitality of the And I was in LA the other day and there's a guy who's been studying V cells and it's kind of sad the story he had.

He was a plastic surgeon, an MD. I launched his practice, it went under and his wife and kids have been dealing with some health challenges. he just started researching V-cells and he like reversed his daughter and you know, challenges and use some sort of laser as well, like you was talking about a laser.

I mean, it's amazing what is happening right now and what what, what's going on. It's a revolution. That's true. So kind of in the history of that particular segment, the things that I've been tinkering with, So, back in the early 2000s, there was a hematologist who was doing a ton of research on what became V cells, a fellow named John Wong out in California.

Really, we're friends and he's a really sharp guy. And John was going all this research and then he trained a guy named Todd Ovokaitis, who's also in california.

Todd had been working on the V-cells with John and, then, he had this laser system. Now, John Wang's system was different in terms of how he manipulated them, activated them and moved them.

Todd's system was using like a single channel very, very like 0.65 milliwatts, a very very light laser to maneuver them I bumped into him at a conference one time and I had already read those patents and i thought they were pretty cool but you know I work in laser optics and photonics a lot and so I figured you guys a doctor he probably There are only three ways to do what he was talking about, the patents.

It's probably like the low hanging fruit way. So I just asked him when we were at a table and I said, hey, so you're doing this counter nodal interference thing based on dichroic beam splitters in the interface.

And he's a little taken aback. He was like, yeah, that's how that works. Cool, right on. And so I was back in my lab and I kind of was trying to address some challenges and was like, yeah, that's kind an easy system to do.

So I rigged up the system and thought, you could do this really a lot better, this is kind like the way that was set up. like dealing with a body like Milton Bradley's operation, right?

Like this very two-dimensional thing where you have to hold the low wattage laser and do this stuff. So I developed a system that I used four different channels of light, so 635, 810, 980, and 1064, because the body is, you know, it's very heterogeneous, or heterogenous depending on who you talk to.

So it's layered. And so if you're trying to work on different pathologies, you need to be able to address different things, right? And then I did a thing called Pulse Width Modulation, so I could get it to fire at different rates with all of those different channels.

So I can adjust the intensity, the depth, and the focal time, then move things to different regions.

Quantum Biology and Coherence

If I'm going to treat somebody with you know, like type 1 diabetes, very simple, you pull their blood, separate it to PRP, activate it through cryo-shocking and then photonic activation with all these near infrared and red channels and quantize it into a specific set of those at a pulse rate, then I can move it though whatever tissue I'm trying to move through to get stratification.

If I am going through the brain, then it's you know or to the brain like somebody has ALS right I'm going to work on the substantia nigra in the center of the Brain so I've got to get all the way through to that so i've gotta move the light through the skull through The brain and target this very specific region.

How do you do that? You actually, you set up all the frequencies. This is, this is what actually took the tremendous amount of time. And I've got a very obnoxiously complicated mathematical formula that does this, but you look at all of the varying tissue densities.

So you at and skeletal structure. You look the thickness of bones, look where you have to penetrate, then you the tissue density. Is it muscle, is it brain, like what you're going through?

Then you adjust all those various components so that you can figure out and calculate how many joules per cubic centimeter do I excite in this particular region to leave a signal that draws all the V cells to that specific point, right?

So what you're effectively doing is you quantize the using multiple, or I do, multiple channels of light at specific frequencies and pulse rates. And then when you put that laser back on a body, it sets up a homing network at a specific point inside the body and you pull all of the cells to that region.

You know, and it sounds a little froofy, but when do it and knock out like type 1 diabetes multiple times, You know that if you're pulling them to the isolates of Langerhans and then they, you know, propagate in that area and differentiate and become beta cells, suddenly, a couple hours later a person is off insulin permanently.

Well, it worked. Oh my gosh, wow. We did about, I don't know, closing in on two years of research at UCLA, looking at KI67, CD33, you know CD45 or CD34 negative CD133s.

We looked at all the different assays so we could actually assess like, what are we doing? How are doing it? And the humor is part of that. Actually, the paper just went in for publication literally today.

But what's funny is at the end of all of Basically, my assessment is, yeah, we need more data, right? Because we can isolate all these different factors and we run the assays and show that yeah we have this, but even though it's clinically significant, We haven't hit a point of statistical significance.

And my suspicion is it is because we were looking for too many different things and didn't have enough of a targeted approach in terms of our assessment.

academically of what we were trying to pare down because I really wanted to know what the hell was going on. And, you know, for me, science is this kind of beautiful thing because it's no different than spirituality and its true essence, right?

They're both a search for the truth. You have to be totally agnostic, right? There are a lot of times, like I said, where you're going to look like an idiot, but if you pull the thread and you get all this data back and go, awesome, it doesn't tell me anything.

Okay, keep pulling the threat, you know, and then you go. Oh, this is wild, But it's not at all what I thought. okay, fair enough. Go that direction. It's so cool.

Like after literally two years in, just going out for publication today, my basic assessment at the end of it was, okay, we need to redo all these experiments.

Which kind of is, it's a bummer because like, I'd really hoped that with two-years of data, We would have had something that was like super ironclad, locked down.

But really at end the day I had more questions because even though I can show activation and all of these different factors, i still don't have a causal link between, you know, how do it do?

You know? And that's kind what I'm trying to figure out is like. Okay, well, that's great and all, you know, the numbers are there, but how are we actually eliciting these like crazy clinical responses?

So, on that front, literally back to the classroom and do more assays, more testing, hit the clinic and just do blood work. So a lot of what you shared, I just wanna break it down for the listener.

Cause I think it might be, maybe it's the first time that you've heard of very small embryonic like stem cells, these cells they're found in the blood.

They're your own dormant cells that have had since birth. And they can be activated in a way that Ian is talking about where you take them out of the body and you activate them.

put them back in the body. And then with this, this powerful laser that Ion is talking about, it's not necessarily powerful, but it is the technology, right?

It's actually kind of powerful. That's one of the big changes I made. It is a class four laser. So it was a FDA class 4 laser and the rationale for that was you can either spend a lot of time moving a very small signal or you could spend the small time using a large signal.

And for clinical practice, people need to be able to get in and get treated, not in three to four hours, but in an hour. Right. And so soup and nuts, like the type one diabetes thing, that's like a one and done.

It's a, one hour procedure and out. Oh my gosh. Yeah. And so that's, you know, it's… I was just trying to approach the reality of the situation because when a doctor's working, they can't typically take four hours to work on one patient.

You know? There's got to be a flow. Otherwise, It's untenable. Just into… I mean, everybody has to eat and doctors are no exception, right? Like everybody's gotta provide for a living.

If you have two patients in a day, You're not going to able to do that. Not with the way the system is structured. So it was kind of a… It was thinking through and, you know, to your point, Isaac, kind of like one of the reasons I used to be a huge proponent of mesenchymal stem cells, right?

Like back in the day, I thought that was the jam, and so for your audience, most of them, given the topics that you cover, we'll probably all know this, but mesenchymel stem cell is 15 to 20 microns in size, so pretty chunky.

They're multipotent, they can become a lot of things, not everything. And they're also mature stem cells. So if you pull stem cell from a 42 year old guy, you're going to get 42-year-old stem-cells.

Then you've got the mu cells, and those are a little smaller, they are 10 to 12 microns. They're pluripotent, so they can become anything, but they also are mature in that if your 42, then you get the 42 years old stemcell.

Then you've got the V cells. And the reason I'm such a fan of these is because most people aren't actually, you know, like burrowing into their iliac crest and pulling out their own stem cells, they're getting stem cell, umbilically derived from somebody else.

I think that's a mistake. And the reason I that it's mistake, and I know this is not terribly popular, is because when you do that, there are a lot of things that people aren't really hitting on yet because the technology isn't there to discern where the problems lie.

But I would be inclined to say, I will formally posit that there's lot information codified in subtle spin states, not just genetic expression, epigenetic expression and methylation, but literally spin states that have a huge amount of relevant data that we're not accounting for and it's data.

Now explain spin States to us. So if you're looking at data storage, right, there's different methods of data, storage. Right. And you can, you know, You can record something, but if You really want to do very compact data You don't measure things in, you know, like we're going to mark out a zero or one.

We're gonna look at, how many electrons are flowing across this? Did one come across or did zero come cross? A more efficient way to do it is to look it spintronics.

And you can get a thorough explanation if you just Google spentronics and look up Wikipedia. But it's literally, does the electron spin to the left or to right, up or down?

And I would posit that nature has a lot of these things figured out far more eloquently and elegantly than we do. Right. It's, you know, that's why we're perpetually discovering things.

And to your point, a lotta what I do is I try and take what is missing in nature that people have naturally and provide them with the resources. then get the hell out of the way.

Because literally we do not have the technology. Like with the Leela stuff, we did a whole round of experiments where I would take one compound and I'd put it in a spectrostopic analyzer where there was gas chromatography like GCMS or LCMS-MS, or UV-Vis spectroscopy where we look at what it is and it says, this is the molecule that you're dealing with.

Then we'd take the same batch and we put one of them in the quantum block. and you run the spec on it, it says, oh, same molecule. But then we take those two molecules and we run them through a redox potential assay.

And they literally perform as if they're two entirely different molecules. GCMS and LCMSMS still says it's this molecule, but the way that they function is entirely.

Like they have literally orders of magnitudes, different potential in terms of redux potential. For me, that's kind of like saying, where are we scientifically?

We can tell you that you've got a blue box, right? That's the molecule. We cannot tell what's inside it, like we don't know how the molecules are conveying that information, nothing changed as far as our best data analysis goes right now.

Spectroscopically, it says it's same thing, but then when you actually look at how it functions, its an entirely different molecule, well what it counts is that something in the way, confirmationally, that those things are moving, right?

The confirmation, which is just, you know, the fancy chemical way of saying that the organization of the structure and how it's, turned and rotated positionally.

The conformation is the same in a molecule. So we know it hasn't moved, but what else can account for that? Well, if you're looking at oxidation, That's a function of electrons flowing.

So we've changed spin states and electrons. We've polarized them, or more likely, we have made all the spin-states coherent, right? Because coherent systems, the difference between a laser and a light bulb, a laser is coherent.

A lightbulb is incoherent. Lightbulbs, you maybe warm a hot dog. Same amount of emissive photons coming out of a lazer, punch a hole through steel. because they're all moving in the same direction with the focus at the rate with same intensity.

It is true that a healthy cell is incoherence and a cancer cell, is not incoeherent. One of the hallmarks of aging that I've launched to my community is that of coherent field medicine and coherence is being one of the things that we should actually measure.

And the way that, we've been measuring it is through phase angle. We've measuring coherency in the cell through what was the other There's a couple other things that we're measuring coherence through, but is that accurate around the cancer cell?

And then how do you measure it? The voltage potential, when you have incoherence, effectively you, have a dissonant system, right? So everything moves as waveforms.

And when those waveform's clash, there's destructive interference pattern that forms. When wave structures are coherent, there's an additive system that happens, right?

So you end up with additive resonant harmonics. The amplitude increases, the energy goes up. If it's a destructive interference as opposed to a constructive interference, The phasing of that conflicts, and so the energetics dip.

And when that happened, you ended up a drop in cellular voltage potential. So cancer cells, like a healthy cell is negative 70 to negative 90 milloelectron volts.

cancer cells usually, you know, negative 40 and negative 15. So they're really horribly marginalized because if they are above that threshold and they were coherent and have proper energetics and then they in a person who's metabolically balanced, the cancer can't take, right?

It's not going to stick because their immune function is going overcome it. One of the things like with my typical approach to cancer is through a metabolic approach, right?

You put somebody in ketosis, because most cancers, the primary fuel is glycolytic in nature, they're eating sugars. So you put someone in Ketosis. You box that out.

Then you block the glutamate pathway because the second line is to do degradation of amino acids or

gluconeogenesis where you make sugars from proteins.

And then the third line- What do you do to block that gluconate pathways? Well, so there's a couple of ways you can do it. There's professor over at Boston College, Tom Seyfried, who does it using a thing called Dons, which is 6-Diazo-5-L-Norleucine.

And that works. The problem is if you don't pulse it the right way, it kills the patient. That's not ideal. Yeah. You know, everything was going great until they died.

But, you know the, the other way you can do it is you, can use green tea extract and curcumin. They have yet to see somebody OD with a green or bright orange ring around their nose from doing too much green, tea, extract or cur cumin.

Those are my preferred methods to do that. Same net effect, but you don't risk anything. A lot of times, the signal that we use pharmacologically is too heavy.

It's a heavy-handed approach. Pharmacology is really hardcore. We really just hit stuff with a sledgehammer when all we need is a little tack hammer. If you can find something that provides a signal, because Cancer is not eating all the time.

It functions just like everything else. You know, with the exception, I will say that it expresses nutrient primacy. So when you eat something, it eats first.

Right? So you can't take a break, right? It's like a ratchet strap. you have to know full well that if you consume sugars, It is going directly to that.

it's going to pull it out of your bloodstream and you're going provide fuel for the cancer right out the gate. so you unfortunately painfully rigorous when your contending with that kind of stuff.

You know, and then the third approach after amino acid breakdown is lipolysis. You'll start to break down fats and they'll use fats as fuel. And so I developed a serum that kind of negates the capacity for it to do that.

In order for to work, a person has to be in ketosis. Because it's kind of like the way I set it up was basically, if you go in for a PET scan, you usually get administered a contrast agent, 18-FDG, and that's fluroxy deglucose.

And the fluoro part, the F, is because you use a fluoroscope and it lights up and you can see it, with the positrons you actually see the movement, so you know what the affinity is for the cancer, like how much sugar is it pulling in.

The sugar, it is the deglucoze part of the 18F-Dg. And you use a D-glucose because your body can't process D glucose, that specific racemic configuration you can take.

So you could process an L, but you cannot process a d. And so I came up with this serum that does fundamentally the same thing in terms of targeting, But I use 2-deoxy-D-Glucos, because again, it's a non-metabolizable sugar.

And then I just run it through this kind of oddball thermal catalysis with 2-deoxy-D-glue to make the compound look like it's, you know, the guys in the lab call it the Cupcake of Doom.

You know it looks like a sugar so the cancer wants to pull it in and eat it. But when it does, it effectively delocalizes nanoparticles, which then bind into the genome of the cancers cells.

And cancer, cancer's different than most things. Cancer cells, if they can't replicate, they process out differently. One of the things as a longevity doc, right, one of things you always worry about is senescent cells.

Right? Because if you've got 5% senescents cells that's going to have like an 8x factor in terms of paracrine signaling to the proximate organ and tissue systems where it's gonna dysregulate 40% of this stuff.

So it is a very outsized detrimental effect. Cancer cells they don't hang out like senuscent zombie cells If they can't replicate, they literally trigger apoptosis and blow themselves apart.

So what I did is just figured out a way to get something to wedge into the genome and the minor groove of the genomes, which is basically you've got this little 1.2 nanometer wide cleft and you wedge this 1,1 nanometers wide spheroid into that that's ionically bound.

And so it can wiggle out. When a cell replicates, it does this thing called mitotic spindle formation where it tries to separate out and read up its code so that it can then separate.

And when this happens, It kind of reads up and goes, ATG soccer ball, and it cant process this inorganic fraction of carbon that its hitting.

Stem Cells, Photobiomodulation, and Regeneration

So it just triggers apoptosis and blows itself apart. That's good. Normally at that rate though, like if a person goes in for standard chemo, they do the chemoe, the get mass apoptosis, a lot of necrotic debris is floating around and they end up feeling horrible because they have tumor lysis syndrome or best case a Herxheimer reaction where your body can't process out the amount of debris that you have.

So my setup is a little bit more elegant because you these nanospheres of carbonaceous material. When the thing blows apart, all this necrotic material hits all the binding sites on the carbon.

So you're renally and hepatically buffered, so your liver and kidney can process it out. And it just goes out and you don't get hurt. Wow. It's kind of like chemo, but it's a natural form.

Yes. You said nanospheres of carbon, is that right? Yeah. Yep. Wow. Yeah. So actually the first time after I made this thing, I brought it to the pathology lab at OSU, which is close by where I'm at and where my lab is based.

And I bought it through the head of pathologist over there and I gave it him to test. When I came in the, the 1st day, brought to him on a Monday. Dave Wallace's name, I brought it to him on a Monday.

And I came back, he said, come back on Wednesday. So I had came on back Wednesday and said hey man, you know, how's it look? And he's said I don't know.

Let's go check it out. We walked back. He pulled the plates, put them on the scope and he zooms in and goes, holy shit. Then he goes I must have screwed something up.

Come back Friday. I was like, okay, cool. and I legitimately didn't think anything of it because I really didn' know how it was going to work. Right. so I bounce out, and comeback on Friday I go up to his office and I said, Hey, you know, do you, uh, did you pull the slides?

And he goes, yeah, I pulled the plates. And I says, all right, how's it looking? He shoved the piece of paper across the table and it was all the cellular data and had 97.2 circled in red ink.

I say, well, what's the 97 point two. He said that's your 24 48 hour kill rate. Wow. That's like. That seems crazy high. And I said, you ever seen something like that?

And he goes, oh yeah, all the time. I was like, Oh, okay. At that point, this was, 2012, 2013, something that I didn't really have enough of a basis to know what I really was looking at.

and I say, All right, fair enough. He goes yeah. Straight mercury, glyphosate, lead, hydrochloric acid, sulfuric, acid. I said, wait a second. So what about something that you could ingest that would actually biologically make you stronger and up-regulate mitochondrial function?

And he laughed and he goes, dude, that's not a thing. Like he said we found something, something had a 2% inhibition and we spent an entire semester working on it.

He was like, That doesn't exist. And I was, like I suppose it does now. You know, the thing is, and that particular thing, it sounds like think that research guy goes out and figures out all this stuff.

I have to be fully transparent because that kind of came through me like very, and this sounds odd, but the truth of the matter is I literally asked the question, went to sleep and woke up and knew how to do it.

And I, I'm a smart guy. I'm not that smart, right? There were like seven different components that all had to go together at a very specific rate with very, specific thermal curves and all this kind of crazy stuff.

And after I knew that it worked, I went back and tried to isolate, like, what factors can I change that'll make it more efficient? Nothing. If I changed one factor, it didn't work.

Wow. That was one of those moments where- It's like a God thing, you know? One of the supernatural. Yeah. 100% man, because again, like I'm a bright guy, I get that.

I know chemistry, biochemistry, physics, all that stuff. Like I just couldn't, could not synthesize that I did not have the wherewithal or the prowess to come up with that and it literally.

woke up and knew how to do it. And so it was just, you know, that truly was kind of a godsend. So I figure my take on this is because I've seen this now that I have researched it a lot more.

I think when an idea's time is ripe, it gets disseminated not just to one person, but to multiple people based on who can actually execute on it because, literally like with Einstein, there was another guy who literally came up with E equals MC squared on another part of the world at the same time.

That's, you've got Tesla and Marconi doing radio. It's not random. My experience is that all of those things, when the idea is meant to come forward, it gets pushed out to the people who can actually catch the ideas and execute on it.

I don't think of humanity's progression through time the way I used to. My experience now is not that we're, I use to think about like this very militaristic, like we are charging up the hill.

We're making things better. Figuring out all this bad ass technology. I actually think now we were being pulled very delicately into the future. You know, because that's how nature works, right?

Like everybody thinks the wind blows. Actually, it doesn't. It gets drawn past you into a low pressure center on the other side of you. Its pulled very gently past or very aggressively past.

You it's not pushing, its being pulled. And much like I used to think that we were pushing into the future, I don't anymore. I think we're very beautifully and gently drawn into future as we can process it and handle it.

As much as this interview has been more like scientific, it's also philosophical, I think. It's, you know, at the core it is really beautiful because there's an element of spirituality to what we're talking about.

And this is where I feel like a lot of people, they think that their body is physical and then they have their spirit over here and their soul over there and they're this and that.

And it's like, there's this inner holistic interconnectivity. And if people would recognize that politics is spiritual, that, you know, our science is It's, it's so powerful and you communicating the way that you do makes you even more excited about how we're almost being, like you said, pulled into the future.

Like there are doors that are opening for me in ways I don't even understand. Right. And, but it, just like I'm at the

right place at, the time, I am thinking the, right thoughts.

I, you know, interacting with the people the. Yeah. And like you said, there's certain ahas that I'm getting that create breakthroughs and I don't even know how to explain it.

You know what I am saying? So I want to go back real quick and close the loop on and also the mesenchymal stem cells, and then some of the pluripotent stem cell.

So the mu cells are pluri-potent. The mesenchymel stemcells, you know, they're stem-cell you get from your body, that can do a lot of good. But a of this like Wharton's jelly and placental cells unfortunately, And I didn't know this until I spent a lot of time with Dr.

Anthony Attala, who leads the research division at Wake Forest University's Institute for Regenerative Medicine. And one of the things that he shared is he's like, look, all the research shows that these stem cells, they get injected into the body and they leave within 24 hours.

They get flushed out and don't actually take into tissue. And so he is like there are stem cell that do that and he has figured some out, right? Mu cells being one the ones that people are very excited about.

But V cells as well, can do Yeah, they do. And that's actually the reason I like them is because they are autologous, right? It's from you. So I think kind of what I was saying about really not understanding, you know, how information is codified.

There's a lot more going on. This is why when genetics first started out, Craig Venter was breaking everything down back in the day. You know there was like, oh, it's 10% is really useful and then there's 90% junk DNA.

Then you fast forward five years and it is like 55% is useful, 45 is junk DNA. I'm going to take a guess that there's probably not any junk in there. It's just our lack of, you know, understanding about it.

And so similarly, when you're looking at something from your body, if you, a doctor, because I know a Doctor who did this, he went out, went to another country and had stem cells done.

Great effects first go around. Then he did it again. Not as good an effect. Went back and did a third time, ended up in the hospital. Right? I would posit that there's probably something akin to tissue and organ rejection happening because if you put so much of something that's oscillating at a different rate inside what is a very tuned and precise system, that decoherence of the system that, you know, cacophony that you're bringing in is going to tend towards decoeherance of cellular function, which is gonna tend toward a drop in energetics.

that'll tend towards metabolic dysregulation, kind of this cascade of lame biologically speaking. So for me, the idea of doing things autologously where I can take someone's own cells as they were intended to be put in that person and just tool them up, use some sort of hormetic stressor, whether it's vibration or acoustic stress, or whether it's cryo shocks, Or whether its photonic stress.

Activate all those things, watch the happy little calcium channels plume out and open up, and get them where they need to be in the body. All I have to do is get out of the way and let the, body heal itself.

There's enough, you know, chemokines systemically where there's some tag in areas of dysregulation, right? If a person's pancreas is broken, there are going to, be cytokine expressing dys regulation there, Right?

And a lot of that, can get fixed by the body without us ever knowing what happens. You know, quite frankly, even the best science I've ever read about or seen, we just, at this point, don't have the tooling to understand exactly what's happening mechanistically, right?

You can do the most advanced fMRI, you can use the contrast tracers, and we still don t have a degree of granularity yet. We're not there. And that's okay.

It's not a bad thing. I mean, it keeps guys like me in a job because we can We can go out and try and figure out what the next level of tooling is and how do we figure how to move forward, but we're just not there yet.

So for me, the best idea is give the body the resources it needs that it can process primarily autologously from, you know, from the self and just get out of the way.

Let it do its thing. It's interesting. There are people now that are getting autoimmune reactions to other people's stem cells. And there's people that doing just such high levels of Wharton's jelly stem cell in every joint and tissue of their body.

I look at them one or two months after they do these treatments. And these people look like they've aged three or four years and these are like the quote unquote top biohackers, right?

And I'm sure they can go and get, you know, their skin worked on and they, they get all this plastic surgery. But like internally, I've already seen the damage that's been caused by the things that they'd done, Right?

Yeah, so if you look at a lot of the things that I've kind of been able to knock out, a a of autoimmune conditions, things, that again, people are like, oh, it's an auto immune response.

I actually don't believe that, right? You always hear type 1 diabetes, It's a auto-immune condition. Maybe I don't actually buy that. You know, in my experience, there's always a precipitating event.

Like when you really do a deep dive and you talk to the patient, you find out, well, it turns out that they had a really harsh viral load before this, or they.

Had some familial problem and they were under a mass amount of stress and their adrenal system was cratering. You know, there's always something that precipitates those events because to me, like the idea of autoimmunity is a little bit of a misnomer.

Like if you look at a mitochondrion, right, you take one packet and it's kind of like this little squiggly thing with all the compartmentalization in the interior, then it has got an inner membrane and an outer membrane.

And both of those are fundamentally like… an electric dog fence, right? They're keeping everything in situ held inside there. And what they're holding on the interior is, you know, it's genetic media from bacteria, Right?

It's ancient bacterial DNA. So there are quite literally 16,569 of bacterial origin in every single mitochondrion, So all of the mitochondria have these systemically.

and when you have some sort of viral incursion or bacterial incusion or chemical incision, or even just stress, It creates a dip in the gating on the inner and outer membranes and you end up with genetic spillage.

Well, what does your body do if you have a bacterial incursion? It attacks it. Unfortunately, when you send a bunch of white blood cells and macrophages in to attack, it triggers paracrine signaling, right?

There's a deep in-the-gating potential of all the proximate mitochondria. Then those spill out more, then that damages the cell, and that causes more and it's this kind of So the actual DNA in the mitochondria is spilling because of the dip in that, in, the, actual, you know, energetic components of that.

Yeah. And then the body then thinks that that's, then there's an antibody antigen reaction almost. Exactly. That's exactly it. And that unfortunately sets into motion this really negative feedback loop that cascades.

The only way that I've figured out how to stop it, and I routinely stopped it and knocked out a lot of autoimmune conditions, Hashimoto's, rheumatoid arthritis, all sorts of things.

because fundamentally, you know, I always joke that Henry David Thoreau said this thing. He said, for every

thousand hacking at the branches of evil, there's one hacking it the root, right?

Be that dude. Like that's what you want is you to figure out what's really going on here. And when you figure it out, You see all these conditions that are expressing various pathologies, but the causation is the same, right?

Everybody has genetic weak points, so the expression is going to appear different. It's like shining the light through a different colored lens. You know, in some people, their lens is red and some other people their lenses green or blue.

it expresses differently based on whatever their predisposition is for some sort of genetic weakness. But when you look at the causation there, the way that I figured out how to knock that out was you have to do two things with total simultaneity.

You knock down the cytokine expression and you will ramp up mitochondrial output. And if you do those two thing at same time, you break the system. It's kind of like you wouldn't try and remodel a house if the house were on fire.

And unfortunately, a lot of things that we do in medicine are just truly palliative. They're just to take away the symptomology, right? Like you're like, oh, hey, you know, it's not hurting anymore.

It's fixed. Maybe that's probably not accurate. Just going to say, and so for me, A lot those things are like okay, figure out how to do it and just get it done.

And that was with most of the autoimmune conditions. That's what I kept saying is just. This aberrant dips in mitochondrial potential in the inner and outer membranes allowing for genetic spillage of bacterial DNA.

You resolve that, you knock the cytokines, and you bump up the problem solved. What do you do to bump the energetics of the mitochondria? One of my companies that I started was so, because I was working on inflammatory response and a bunch of stuff.

And what I ended up doing was I, in the process of this, ended having a cohort of mice live longer than, you know, I think it's still the record for longest extension of mammalian lifespan.

So I bumped out the entire cohort mice 93% over what they were supposed to be. Gosh. And yeah, which is crazy, right? Like that's the equivalent of us living to be 147 to 151, like men to women respectively.

And I remember when that happened, I was like, holy shit, this is easy. This cannot be the right approach, but it worked and it was the whole cohort of mice.

And so I built an entire company and a framework around that. It was all using nanoparticles bound to lipids to actually get into the mitochondrial membrane, negate oxidative stress and up-regulate the electron transport chain.

That was so cool. I did a huge clinical trial with like 50 dogs so that I could look at the cytokine expression urofins do a bazillion assays where we showed that all the cytokines, specifically all of the pro-inflammatory cytakines were suppressed within two hours.

And then the ATP bumped up 18.3 to 58%. And again, what did you use? So I used one of the nanoparticle serums. So the wizard sciences, it's this whole host of things that are based around nanopodical expression in systems.

And so it just, you know, different ways to modulate a system that's broken. It's funny because I always tell people like, if this were 1200 AD and we were living in like this pristine environment where we weren't besieged by EMFs and, all kinds of crazy glyphosate and damn near everything we eat.

I wouldn't have had to do any of it. Like it wouldn' have been necessary, but the fact that we're living in like a damn near toxic environment made it requisite.

Let's quickly just share, you know, what, What are the things that create dysregulation, right? You've got heavy metals. Yeah. You got biotoxins like mold and fungus and viruses and things of that nature.

And do you believe viruses actually exist? I do believe viruses exist. I met some very smart people that for some reason… I can see an argument for it.

Yeah. And I mean, I've probably met of the same people. But I have an inclination that they do in fact exist I think actually the thing that's maybe different about my interpretation of viruses is I don't think they exist as discrete packets.

I it is more of a macroscopic organism, kind of like a nodal mesh network where the individual portions of it convey information, and this is going to sound a little odd, but I they convey the information photonically, right?

Like we know that the mitochondria communicate with little femtosecond pulses of light. To me, it seems logical that something that would infect a cell would have to have a communicative system that is probably better than we do.

So it can look at, you know, everything wants to live, viruses included. Like if you're standing next to someone and they're infected, You don't need to expend the energy to infect that person.

They're already infected. Well, how do you communicate that if You're not in a body? Well I would communicate it by oscillating the light in their field a little differently, setting up a pulse rate that Is specific to that virus.

A lot of what you see is, I can see a lot evidentiary things that would actually point me in the direction of saying, okay, these are individual packets of a much larger organism that just communicates over a diasporic, you know, kind of decentralized network.

And so it's not acting as just one thing in body, it is acting a nodal point of much a larger system. Wow. Wow, wow. Well, I mean, that's, brilliant. And you know, you've got electromagnetic frequencies.

You've, got volatile organic compounds. A lot of people are putting toxins on their bodies and personal care products and shampoos and deodorants and things of that nature.

Cancer, Autoimmunity, and Mitochondrial Repair

Let's really quickly double click into PMF. And then I want to talk about some of the details of cancer and how you've developed some these unique formulas to help with people.

But I lifted up this thing to the screen. What do you call this? An EMF blocker? I don't actually. I wouldn't say it's blocking, right? Like an EMF blocker is a Faraday cage, you want to block EMS, move inside a faradAY cage.

Like if you were small enough to fit inside that you could maybe remodel a little bit and work. It's actually the term that gets thrown around is harmonization.

You're harmonizing things. The analogy that I typically tell people is if go into a room and you're cold, You can do two things, Right? You could adjust the thermostat or you can put on a coat.

That block is effectively putting on a coat, right? You're not changing the entire world. You are not blocking the EMFs. you're just mitigating the way that they interact with your physiology.

And that's it. So you take out some of the detriment, but you are certainly not block the EMS, you just negating some the detriments. We've got so many studies showing that.

What is the difference between like, I've got this thing under my desk, which is like an ARIES card or something like that. Yeah, Aries tech. Ares tech, yeah.

What's the different between an ARES tech and, you know, a Leela quantum tech? This will sound somewhat esoteric, but one is affecting just a mechanical process and harmonizing waves in a mechanically way.

The other is enhancing your entire physiological system, right? The block, the reason I've worked with those guys and I have worked them for seven years now and have never taken a penny is because, and the reasons I did that is they sent this stuff to me seven year ago and said, hey, we heard that you were one of the top guys, you could test this kind of stuff.

And they said, you know, it does all of these things. And I thought, bullshit. I was totally, I, It was a little bit asinine of me, but I like completely incredulous at the time and didn't really think it was going to work.

Then I tested it and went, well, damn I'm wrong. Okay. This actually does work and so I reached out to Philip, the guy who started Leela and said. Okay, I'm, you know, consider me impressed.

Like, how did you do it? And so he went off on this very spiritual explanation of how they had done this and that. I said, time out. You got anybody that speaks science?

We did this through all of these different things. And he said that's awesome. That's great. Said, but you're never going to get like really formal adoption if you can't codify this, and deal with it scientifically, right?

opted to be that person to try and help because I love Philip. He's a genuinely good man with a great heart and a big vision for how to help people. And I would follow that guy into the fire because he's genuinely trying to do it for the betterment of humanity.

The difference is one thing is changing things mechanistically. The other is adjusting consciousness, right? And it's enhancing a person's level of awareness, which in turn, the stronger the signal, more coherent you are as a being, and the more you can handle an external load without it affecting you.

And that, that's really the big differences. Like one is a mechanical approach, an approach on multiple levels, you know, and you could say it's spiritual or you can say its consciousness.

Same difference in my book. The net effect is you become a better person on the other side of it. And you're not just tooled up to handle the EMS. You're more tool up the handle, the stresses of life and to the stress of the food you eat.

There's a video of myself at a biohacking conference years ago and Todd Shipman, who, you know, anaphylaxis to shellfish. And Philip called me before that conference and said, Hey, we're doing this conference.

Can you come up with an experiment to show people that this is real and not just some BS thing? I said. Yeah, that sounds awesome. So what I did is. This is Lila Quantum.

Yeah, so I brought Todd up on stage with Philip and I, took a can of crab meat, cracked open the can crabmeat, take a derma roller, punched a bunch of holes in his arm and put the crab juice on it, and instant hives blows up your reaction on the arm.

Then I put can in the block, just like where you have the holder there, I started talking about waveform dynamics and how people think of waveforms as kind of like the image of a wave, when in fact, in my take on it, it's a little different.

It's more like this spherical thing where you have a chirality and a rotation and pressure gradient and it is undulating. And you don't have to modulate all of it.

As best I can tell, there are 21 different factors that I've been able to isolate. You don' have change all 21, you can just change one and you could formalize it And so after I blathered on about that, I took the crab meat out and I take a new derma roller, rolled up his other arm, put the juice on it and nothing happened.

Literally like, and you can watch the video. It's funny because all the people in the audience were like biohackers and doctors and health professionals.

And it was like bro, you know, like a dog that had just heard a news. The idea, it's basically what I was doing is mimicking a dermal stamp test from an allergist and, You're not supposed to be able to eliminate somebody's allergic response via no contact in real time.

And that's exactly what we did. So the difference is his entire being was stronger by virtue of the expression of that, not just negating, you know, the EMF.

Do you have to have it off stage and then you brought it on stage afterwards? Or did you just put the crab meat in? I just the put crabmeat in the block for about three minutes while I blathered on about waveform dynamics and took it out and did it.

Wow. And because the waveform dynamics shifted in the crab meat, it didn't react to… Yeah. Because the thing is you think of, you know, histology, right?

We think like we're having some reaction, and it's all these histamines and things like that. Not really. That's a tertiary function. The primary function is a clash in wave forms of those molecules, With your body's physiology, right?

You're a collection of molecules that are emissive in wavelengths, you propagate a field. The compounds that you ingest similarly propagate the field, sometimes they don't jive.

They're not congruous, they're disharmonious. And if you change that and you make them harmonious or negate the components that aren't disharmony, then suddenly there's no destructive interference.

How long do you have to put it in there for? Three minutes. Unbelievable. Try it with something that you know that will have a reaction to. Like ice cream or something like that.

Just put it in for three minutes. I'll be eating ice-cream again every day. Todd also has an allergic reaction of honey and he can put honey in a block and then eat honey.

It's one of those things that defies logic a little bit until you understand what the mechanism is. Explain the mechanisms real quick. Cole's notes, everybody thinks of themselves as a solid thing and you're not.

You're just a collection of vibrations. And the more coherent you are with what your expression is intended to be, the stronger you. Wow. If you can increase your own strength.

Then, you know, it's like lifting weights. The weight never changes, right? 300 pounds on a bar is 300 lbs on bar. If you had dropped that on me when I was 20, It would have busted my sternum, but over time you develop the capacity to move that.

Never changes. Right? The mass is consistent. What changes is our ability to process based on our inherent strength. Similarly, as your consciousness gets enhanced, you become more coherent as a being, an individual, and as an expression of who you were supposed to be.

And you can handle more load. That's it in a nutshell. You know, it's interesting that Carleton university in Ottawa, Canada, did it a unique study on hedonic happiness versus eugenomic happiness.

Hedonic. Happiness is essentially people just doing things for their own good and at the expense of others. Sure. And eudenomic, happiness is when you're essentially serving others and, and impacting others in a positive way and getting happiness that way.

What they found was physiologically people would be completely, they would have a completely different genetic

expression and even complete different neurochemistry, et cetera.

Both people created happiness. One again was through doing things that were out of integrity with maybe the social structure and the kind of relational dynamics they may had with their wife or whoever.

And the other was doing it in alignment. So I think it's interesting that you say this about, you know, coherence and just the importance of cellular coherency and tissue coherences and body coherencies.

energetic being, but it also like impacts people in the way that they act. And so the more aligned you are with what you believe and you act in alignment with, what, you, believe the more almost you can, create a higher level of vibration and coherence for yourself and, and be in a much greater state of vitality.

A thousand percent. Yes. I completely believe that is entirely true and accurate. Yeah. Again, that's my personal experience, you know. Isn't that interesting.

So really, really cool. And we did close the loop on V cells that they are pluripotent and that you can utilize them through this technology that your talking about.

Is that something that like if somebody wants to get done, they just come to you or? Yeah, Yeah, and, you know, they can come to my clinic in Oklahoma.

They can to the clinic and Florida, California, just outside of LA. Sure. And they just reach out. I'm sure I am not that hard to find. You can write in on the support line at Wizard Sciences or Inhale Hydration or one of the companies.

Relatively easy to find. The only downside is don't ever try and hit me up on Instagram. I used to tell people like, if you have a question, just reach out to me and I will get back to you.

And I did. a little bit insurmountable because there was so much. There were just so many questions and it became kind of this intractable thing where I couldn't do that and fulfill all of the other obligations I had.

You know, like some things are just, you know I have to do them and then I wasn't able to keep up. So sadly no longer am I able actually really like deal with that kind stuff one on one.

It's just the scope of impact is getting better. But it's, you know, like everything else you have to adjust and expand. We need to hit three more points that I feel like is important.

The first is, you know, wizard science and, what you've done there to help people with different, challenges. the second is I want to talk about your water and I'd love for you to also comment on bio-photomodulation.

I've got this, essentially LED helmet on my head right now. And I use it throughout the day and it's got a red light. and then this one goes into near.

or excuse me, far infrared and this is near infrared or near red light. What are your thoughts on biophotomodulation? So PBM, literally the paper that's getting published today or that just went in for publication today is about the V cell.

It's called PPT, it's photobiomidulation plasma therapy. So there are very easily over 3000 very good papers in PubMed, you know, via NIH and other groups on photobiomodulation.

And it's profoundly efficient just in and of itself, without using the B cells, which the one other thing that we should say about the V cells is they are day zero, right?

So there's zero telomeric degradation. So it as if you had your own stem cells the day you were born. Wow. Which is incredibly beneficial because if you're working on say somebody's brain, right?

I'm literally photobiomodulating their brain but I am also lacing it and perfusing it with a ton of day zero nascent stem cells that are going to differentiate and become glial cells, astrocytes, you know, neurons, whatever.

And you do that just by putting it into their bloodstream. Yeah. But the laser brings it to the area that you're pointing to. Yeah, pretty much. What I typically will do is I'll start a procedure and I will work on someone's thymus first.

And then I move from the thimus through the glandular system and then move up to brain. Then I do adrenal function because I have yet to meet somebody who's not adrenally compromised.

I then do a little bit of work with specificity that I'm actually trying to adjust whether it's their heart or their liver, their kidneys or their pancreas, whatever is, you know, or joints or the spine or whatever's damaged.

And, and I'm sure, You know you've probably worked with Greg Fahey at some point or come across Greg fahy with the, the Tremex protocol for the thymic regeneration.

So, yeah, so Greg is a, he's a colleague, a cryobiologist and a really sharp one at that. He, figured out how to freeze organs and then thaw them and reuse them.

Like really very, very cool stuff. But he stumbled upon this research years ago. and it was veterinary research where they were doing thymectomies or thimusectamies, I suppose, and they would take out the thimas and replace it with a thimasu from a younger dog and then the dog would recover and would show all the hallmarks of regression of aging.

So, Greg figured out a way to mimic that in people and its in, you know, FDA phase two clinicals right now, it's TRIIMX because they've done it a second time and what they found was using a combination of I think it's zinc, metformin, DHEA, human growth hormone and vitamin D.

Zinc, vitamin, d, DHEa, Metformine and human Growth Hormone, four days a week. And the human-growth hormone, if memory serves is 0.015 Migs per Kg in terms of like the actual amount.

It's a very, very low amount, but just four Days a Week, it triggers a de-involution of the thymus and basically for, you know, people who weren't you know, nerdy medical people, the thymus is in charge of your T-cell differentiation and your immune function.

So it's fully active until you hit puberty. When you had puberty, it starts to involute and basically it loses function and fills with fat. And by the time you're in your forties, It's about 50% gone.

By the you get your sixties it is kaputsky. So when I work on that, I kind of using Greg's idea of if you can regenerate the thymus, so I thought, okay, well I've got all these new stem cells.

I'm going to pump a ton of them into the Thymis, bump up people's immune function and effectively de-age them in the process. You know, because when you're working on some certain pathology, the biggest thing you could do is kind like my friend David Sinclair's ideas of aging is a disease.

You basically, you address it as something that you can fix, right? So, if I know that there's a lot of correlation between thymic function and aging, I'll fix the thimus, see if it actually de-ages.

And, another colleague, Steve Horvath, developed this methylation test. Yeah, I've met him as well. Very nice guy. Yeah. He really is. The data is the data.

Super, super on point about that. So when he did all the testing for Greg and showed across every metric he could test that if you increase thymic function, you show reversal of aging.

That's one of the key things I always work on for people is try and adjust the thimus. to effectively de-age them and bolster their system because if you have a stronger biology, you're going to be able to handle the load more.

And so that's, yeah, one of the key components. So a digression, but I thought it was important to put out there so people get kind of a more, holistic view of what it is exactly that we do.

No, it's amazing. My biological age, when I did my omic tests through the methylation biomarkers within the body, a year and a half ago came back where I was 32 years of age.

And then that's like 10 years younger than my actual age and then last, or I guess just a little while ago, I ended up getting my Omic age back and it was 27. And so, you know, like by reverse five years in a year, which is not bad, but you're only as young as your, your your oldest biological age, right?

So my blood age I think is, is 37. So that's where like my, my my. father or grandfather have all had like hematoma Croesus and really high levels of iron.

And my, I don't have as high as them, but my iron has been a little elevated. But, um, you know, what, would you do to, uh, You know to optimize just overall blood health.

Anisphoresis or therapeutic plasma exchange. Yeah, so like, you know, my PPT system, I think it's probably the best additive therapy, at least right now, anywhere.

And I try and keep up with everything, but it combines all the rest of photobiomodulation and stem cells and kind of systemic approaches with peptides.

That's great. But it's great if you have a deficiency and you need something fixed or rebuilt. I can pretty much fix or rebuild anything systemically.

What I cant do is reductive things. You know, I, can't take out spike proteins. And if, you're having some hematological issue, then for me, the best thing to do, is something like.

Ozone dialysis or therapeutic plasma exchange, or I think the best is Enysphoresis out of Switzerland. You pull the blood, separate the whole blood and the plasma, then you cleanse both of them and then it isostatically goes back in.

So you don't lose any volume and you're putting all of your own components back and recombining them into your system. That's brilliant. And it's been used.

Yeah, it's been used over there for I think going on 20 years now. It's a very robust system that's really well thought through and unfortunately- Is it better in TPE, therapeutic plasma?

Here's the thing, if you're doing TPe and you just pumping back in albumin, I there's lot of benefits because it is absolutely pristine. Again, a kind of tend towards the idea that Your body is better than most things you're going to replace your body with, right?

I mean, there's artificial blood and all kinds of things that you could replace, your blood with. But I don't think I'd really recommend it. And just like you can pump in pure albumin and your bodies is going fill in the gaps over a span of about four days.

Yeah, it's doable. I've seen the results, I have seen a lot of clinical data on it and it is brilliant. It's a great system. Personally, still tend to think that nature is probably a little ahead of the curve in terms of what our bodies are designed for and how they're working.

So if I can use something from someone, I'm going to tend towards that. Yeah. No, that's great. What do you think about the new M filters that are coming out where they are the micro plastic filters?

Yeah, think that that is awesome actually. I am really excited about that because that the kind of stuff.

Water, Deuterium, and Final Takeaways

If you can get both sides, the additive side of wave and the reductive side You really, you end up with this huge robust biological profile where you've got all the junk out and all of the good stuff back in.

That's where it's at, right? Like you, can't just address one side like, oh, I did the best detox ever. Awesome. But you're still deficient in a lot of things that you need.

And then you can, kind of conversely, doing all this additive stuff and putting all these great stuff in, but you are still filled with a ton of toxic junk.

You have to address both sides of that curve. And I think if you do that, you're golden. I really do think that we're going to see a huge shift in how people age and how function goes over the next decade.

We're already seeing it. It's pretty phenomenal in terms of just the things that I've seen, but 50 is no longer 50, 60 is certainly no larger 60. I used to think of 70 as old, now I'm kind of like, Nah, I know a lot of 70 year olds that are kind of bad-ass, you know.

I had a friend who turned 70 and his biological clocks were all in his forties and fifties. And it's like, and the guy's biking, surfing, like doing all the things.

It's the Loma Linda community. There was a cardiologist that turned a hundred. And I was on his hundredth birthday. He ended up having to go in for, for surgery on this heart or excuse me, our car heart surgery.

And, and so there's this really interesting story about it, you know, where he turns a hundred and then goes into heart. So, so, You know you're, your reading the story and you were like, Oh, that's so sad he had to get heart, but the nuance was that he was the one that was doing the heart at a 100. Absolutely brilliant.

Yeah. Yeah, so, no, I love it. And, and so let, let's again, talk about some of the unique formulations. Let's talk, about inhale as well. I'd love to hear a little bit more about, um, some, of, the things that you've done there.

What I, what I know is that I've got a, you know, cold plasma ozone generator next to me, that, That I'm doing like ozone insufflation in my ears and, uh, in, my water, ozonate the water.

Um, but, you know, I, have, You probably know Dr. Lorenzen from the university of Southern California, Berkeley, who did a bunch of research on like structured water.

And he and he, and I became really good, good friends. He would just like share with me, like how water's in printable. There's all these like interesting things about water that I'm like mind blown around.

I mean, here he is researching it for so long. So. You know, I guess I'm more kind of going down the path of talking about water right now, but, you know I have a UHM unit on my house.

It's like a water restructuring unit. I, have, a unit that is a full house like carbon filter that then goes through the UHm then gets remineralized. And, But I've, been told like by some people like.

filtration systems and reverse osmosis isn't enough. You've got to distill the water and then you've gotta, because there's nanoparticles, there are pharmaceuticals and all this other stuff that's within them.

So you got distill water, and you gotta remineralize it afterwards. Right now, this water right here is hydrogen water that I put then 40,000 volts electrolytes in it.

And I, and I've put it in this bottle from Lila Quantum Tech that has this like restructuring thing. But if I could oxygenate my own water, that would be amazing.

Yeah. It's, it would be great actually. So like water normally has five to eight parts per million oxygen. And so this stuff, my inhale water, we can it at 180 parts-per-million.

Right. Like when you get a can and you've had them, you know, if you grab a, can, It is solid. it feels like you're squeezing a pipe. because there's so much pressure on the interior.

But like anything else, when you crack the lid, Boyle's gas law takes effect and everything starts to randomly spread out and the pressure drops and you start to normalize and equilibrate and get down to standard room temperature pressure kind of a thing.

Still, even after that, An hour later, it's still roughly 58 to 59 or 60 ppm oxygen. It's really high, but the best bang for your buck. The therapeutic way to do this is to crack a can and shotgun it down real fast.

That's actually, funny, how did you get the oxygen to stabilize? Basically, what you have to do is you to break them down in a nanoscopic form. And just so you guys know what we're talking about, if you're listening just on audio, Iain has built this company called Inhale, which is a water company that is hyper oxygenated water.

Do you want to just explain what it is real quick, Ian? Sure. So again, water normally has five to eight parts per million oxygen. This stuff starts out at 180 parts-per-million oxygen when you crack the can, usually because it's been jostled and bumped around and gotten hot or whatever via shipping.

It's about 100 ppm. And then after about an hour, it drops to about 60, 58 to 60 ppms. When you drink it, you get this big rush of oxygen in your system.

That, sounds like that would be the big thing, right? If you're wearing a pulse oximeter, And you can go to, you know, I think clinical trials.gov. We did a full IRB clinical trial to validate all this stuff.

You can see that it almost instantly changes your blood oxygenation rates and decreases your heart rate and cardiac loading. And that's cool. But the thing that really does is most people, because we're all exposed to EMFs and toxins, our blood forms these little clusters called rouleaux formations where it's long chains.

of red blood cells and isn't designed to be exposed to all those fields and all of those toxins. So those low formations are, you know, let's say 15 to 55 microns long.

And our body and our microvasculature, which is a very large portion of our bodies blood system. is designed to receive little eight micron wide red blood cells.

Well, if you've got packets at 15 to 55 microns, even though they're in there, you can't get access to them. And so I always joke that it's like starving to death because you're locked in your seat at a buffet table, right?

There's a preponderance of food around you, but you cant get to it. So if have oxygen. but you can't delocalize it and pull it apart from the hemoglobin because you cannot get it where it's supposed to go, you may as well not have it.

You're going to end up in a state where you feel tired and fatigued and fundamentally you're just oxygen-deprived just because of the field effect of things we're exposed to.

So this negates that effect. It delocalizes those rouleaux formations and separates the clusters out so you could actually get perfusion through all of your microvasculature and you actually can get fully oxygenated.

And it makes a huge difference. I mean, we showed it very statistically significant in the clinical trials formally, but the best, I always tell people this is like eating chocolate cake and writing a book about it.

You can write about chocolate, cake all day long. It means nothing until you actually have a piece. Like I can tell you, it does this, just eat the piece of cake, right?

So for this, like it sounds cool and all, but just drink a can, feel what it does to your body. That's the, yeah, it's funny. Cause they, the box came, I didn't realize that it was from you.

I don't know who it came from and, and but my kids pounded it and they were like, this is the best water I've ever had. And I'm like. Did you leave any for me for crying out loud?

They did it. So I haven't even tried it yet. Awesome. But, but I, and I love it. I'm going to have to get some more from you. The internal surface of like pop cans are plastic when you, when, you know, kind of break it down.

What is it on the inside of yours? And are you concerned that there's like a nanoplastics in the water? Yeah, I am actually. But, you know, the thing is we're not really in an environment where you're going to be able to get, in a perfect world I'd be shipping it all out in glass, but the economics don't work.

I'm not going be to able get it to the people who need it, right? They wouldn't be afforded. Not everybody is like, You know I drink deuterium depleted water and glass bottles and it's stupidly expensive, But I understand the benefit of that.

And even on that front. What is that? Pause real quick. So deuterium depleted water, when you talk about H2O, right, you're talking about rhodium. That's just hydrogen in its form where it's one orbital electron around a proton.

Deuterion is where you have a photon and a neutron and then the one-orbital electron. So in water, historically, for millions of years, the rates of deuterium around the world were pretty much static at about 120 parts per million, right?

You'd have that many molecules of Deuteria. So it's either D2O or HDO. It's two deutereum and an oxygen, or one hydrogen and one oxygen. But that rate was only like 120 ppm.

In the past, I don't know, 80ish years, it's gone up to 105ish parts per million. So now, far be it for me to say why that is. What if I had to hazard a guess?

I'd say there's an odd correlation between when the Atomic Energy Commission said that nuclear reactors could dump all of their heavy water into the oceans of the world because it wasn't radioactive.

And you literally use sulfonate water and go through this process to make heavywater to use it to cool reactor cores. It's not radioactive, but it's just a ton of deuterium rich water that's then just dumped back into the ocean.

And so, oddly, the rates have gone up since now they're at 155 parts per million. The problem is, your mitochondria actually have these little nanoscopic rotors that process.

When you drink water, you're not actually utilizing that water. the water goes into your system, it is processed through your And at the end of the, the electron transport chain, you know, You go through the whole process and everybody says the output is adenosine triphosphate, right?

You've got ATP. And then they say the by-product is water. I would actually say that that's human hubris, Right? What's really going on there is ATP is a phospholated storage battery.

It's not the energy currency. The energy, currency of a cell in my opinion is the water, And that sounds a little heretical given what we know, but if you give a system billions of years and limitless amounts of trial and error, at the end of the chain, it's going to produce what it wants, which is water.

And the ATP is simply the phospholated storage battery for the energy that comes through the water, how does it come through water? Quantum fluctuations in water molecules.

That's what actually provides the motive force for a human and for most animals is quantum fluctuations. Basically, it's a wireless charging system that uses water as the medium, and then it translates that energy into the storage

battery.

I mean, quite literally, if people said, this is power, no, that's not, dude. That is a battery, you know, they're like, power. No, it's not. You have to plug it in or you can wirelessly charge it.

Nature and kind of its infinite wisdom has already figured out how to do that. It provides energy via quantum fluctuations in a field and the tuning is water, which is why if you deprive somebody of water they get weak.

They'll die. If you take too much water out of the system, their system dysregulates. it is a very critically necessary component. And again, you could correlate AT&T to things, but it isn't causal.

What does deuterium water do? So in that process where you've got these nanoscopic rotors, imagine if you were playing tennis and somebody, you know, got one of those tennis ball cannons and it's lobbing tennis balls and you're swatting those ball.

So those are like water molecules. They come across, they have a certain mass, right? You know the atomic mass of one. You're just popping them back. No problem.

Well, then one comes across the line that's filled with lead. When it hits your shoulder, it's going to create a problem. And so when something is attuned to literally rotating at eight to 9,000 RPMs with something that has an atomic mass of one, and then you double that atomic mask, It literally breaks the rotors or impinges the flow and the veins on those little nanoscopic rotars actually either break or roll down.

So you end up with profoundly decreased energetics. For anybody who's curious about this, You can look on PubMed and there's probably at this point over 800 papers on the effects of deuterium depletion and how it's beneficial for cancer because it decreases cellular energetics.

And if you… You drink deutereum depleted water. Yeah. Deuteria depletive. How do you deplete water of Deutereum? So I actually have a special process to do it.

There's typically there's a thing called a Peltier cooling tower. That's like this ridiculous tech. And I, and I got into a bit of a tussle academically with some guys who have company that makes deuterium depleted water, because the method they're using is these, you know, these 80 to a hundred foot tall Pelletier, cooling towers where you, decrease the temperature because there is a slight variation in the freezing point of about a 10th of the degree between normal water and deuterium and heavy water, and you can parse it out and separate the deutereum out.

But that's literally tech that the Nazis developed to make heavy-water bombs, right, for a nuclear bomb for the Nazi's. And nobody bothered to reinvent the tech or come up with something better since the 90s, which I thought was Comically stupid.

So I came up with three different ways to do it. And so I actually, I still buy it, but I have all this stuff at the lab to make it it's just, it'd be easier for me to just buy.

Then to. It's expensive, But that's one of the things that we're going to release at some point in the near future is, and it will too be in cans, because that the easiest way to get it out to people.

Yeah, of course. Ethereum depleted water that. The nanoparticles of plastic in water is not high. The thing is, you've got to pick your battles. If you wanted perfectly pristine water, fine, grow a beard, move into the Alps, and live off a stream high from the alps or something like that.

It's not really practical. You've gotta pick you battles and go like, okay, I'm going to do carbon filtration in an RO system, then I am going vortex my water and pump in some minerals and I will drink it.

That's basically what we do to this with the exception of the minerals, because I found that depending on where you put them in the cycle, it decreased the carrying capacity of, of water for oxygen.

So I always tell people, if you hammer these back, you've got to take minerals. Like I had a guy in clinic that had been on a fast for five days and literally he came in and we were going to draw blood.

He drank a can of inhale and it knocked him out. because he was already so mineral deficient that the dilution systemically triggered vasovagal syncope, and he out like a light.

You have to be aware of what you're dealing with, so I always tell people, have some minerals. Make sure you remineralize your water. So good. Well, Ian, you know what?

I want another three days with you just to interview you. This has been awesome. I really have had a great time. I've had a great time with you. You're brilliant.

I can see why, you know, Todd and Josh were like, You got to get on with Ian. Like you will geek out with him. And Ian, like honestly, from this interview alone, I, can't wait to hang out more and get to know you more.

Yeah, likewise. Luckily I get see you in literally a week. Yeah, I know it's great. Yeah. Ian's coming out to one of our events that's actually sold out.

So we're excited to have you and you guys will be able to hear Ian from stage at this event and hopefully at future events as well. Where can they find more about your companies?

And we'd love for you to share where they can follow you. Just go to wizardsciences.com or inhalehydration. com or mdbiophysics..com, any of those, you know.

I think actually the MD biophysic site goes live, actually maybe today. We've been doing it. You know, with that, I literally did like hundreds of procedures just pro bono.

to kind of really figure it out and dial it in. And now we're finally kind going live with everything. But any of those places, just, you know, reach out to have support and everybody, I'm lucky in that all the people I get to work with, everybody's really a gem.

So if you reach to anybody and need to go somewhere, they'll direct you to where you need get or me or whomever. I am still just a normal dude and very accessible.

Kind of sadly over-scheduled, but it's, uh, happy to do it. Thank you, Ian. I appreciate you. Yeah, it was a pleasure. Please go to Ian's website. And if you want to meet him in person, come to one of our events.

Thanks, Ian. Appreciate you Isaac. Peace out, man. Yeah. I'll have a great one. Thanks for listening to the longevity leaders podcast. A longevity leader's community is on mission to transform a hundred million lives by 2040. If you enjoyed the show, please share this with somebody that you know, especially another doctor or physician, but also click that follow button until next time.

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