<Untitled Chapter 1>

Aging

Just living in today's modern world puts Just living in today's modern world puts so much stress and strain on our body so much stress and strain on our body and could be keeping us in survival and could be keeping us in survival mode. That in turn can then create so mode. That in turn can then create so many health symptoms, so many hormonal many health symptoms, so many hormonal issues, infertility being one of them.

issues, infertility being one of them. And it really boils down to what our And it really boils down to what our body's perceiving as stress. That's why body's perceiving as stress. That's why I'm so honored to have Dr. Kavine I'm so honored to have Dr. Kavine Mystery on the podcast today. He is a Mystery on the podcast today. He is a board-certified neuroraiologist who has board-certified neuroraiologist who has been in the game for over 20 years, has been in the game for over 20 years, has read over 300,000 scans. And from his read over 300,000 scans. And from his experience of just looking at people's experience of just looking at people's scans all day, every day, and seeing the scans all day, every day, and seeing the changes that can be present, regardless changes that can be present, regardless of someone's age, meaning they can look of someone's age, meaning they can look so much older or so much younger than so much older or so much younger than their actual chronologic age, that he their actual chronologic age, that he started to wonder what more is impacting started to wonder what more is impacting our health. He our health. He fairly recently authored the book Primal fairly recently authored the book Primal Health Design and is the creator of the Health Design and is the creator of the Primal Reset Program.

Primal Reset Program. And he takes this blend of experience And he takes this blend of experience that he has and really brings such a that he has and really brings such a unique conversation to how we can get unique conversation to how we can get our body out of survival mode into our body out of survival mode into safety mode and what we can really do to safety mode and what we can really do to live a more primal life even in today's live a more primal life even in today's modern world. It's the tips he brings modern world. It's the tips he brings are very realistic. He's not expecting are very realistic. He's not expecting anyone to overhaul their whole life and anyone to overhaul their whole life and go live in a hut in Africa as he puts go live in a hut in Africa as he puts it, but really gives some really it, but really gives some really actionable tips that you can implement actionable tips that you can implement in your life and change the signaling in your life and change the signaling that your body is getting. I love that your body is getting. I love this this episode. He's really just such a this episode. He's really just such a pleasure to speak with and I know you're pleasure to speak with and I know you're going to enjoy this. Dr. Mystery, going to enjoy this. Dr. Mystery, thank you so much for being with me today.

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Dr Kavinu2019s background

>> Pleasure being here, Miranda. >> Pleasure being here, Miranda. To start, I'd love to hear a little bit To start, I'd love to hear a little bit of your backstory. I'm just curious. You of your backstory. I'm just curious. You know, by training, you're a nur know, by training, you're a nur neuroraiologist neuroraiologist neuroraiologist and what pushed you into the sort of and what pushed you into the sort of longevity ancestral space.

longevity ancestral space. >> You know, Miranda, when I started >> You know, Miranda, when I started radiology and I'm sure, you know, when radiology and I'm sure, you know, when you did your residency and in my first you did your residency and in my first day in radiology, you know, I I start, day in radiology, you know, I I start, you know, I've studied all these normal you know, I've studied all these normal models in the books, right? like this is models in the books, right? like this is what the body should look like.

what the body should look like. >> Mhm. And I remember first day in >> Mhm. And I remember first day in radiology

and I and I the the first radiology and I and I the the first study was like a spine of a 40 year old study was like a spine of a 40 year old that looked like the person was like 60 that looked like the person was like 60 and my first thought was good god you and my first thought was good god you know like what happened here and this know like what happened here and this does not look like anything that I does not look like anything that I studied and my first question to my studied and my first question to my senior resident was I said you know senior resident was I said you know what's going on you know how come this what's going on you know how come this 40year-old looks like this I mean and 40year-old looks like this I mean and you It's interesting. We use this phrase you It's interesting. We use this phrase in our report that's called no acute in our report that's called no acute disease. I'm sure you've seen a lot of disease. I'm sure you've seen a lot of reports, no acute disease, right? But I reports, no acute disease, right? But I I dictated it as such because that's I dictated it as such because that's what I was trained to do. But I said, what I was trained to do. But I said, yes, there is no acute disease, but why yes, there is no acute disease, but why is this 40year-old looking like a 60 is this 40year-old looking like a 60 year old? And and so that qu question year old? And and so that qu question stayed with me even though my stayed with me even though my attendings, my senior residents said, attendings, my senior residents said, you know, like don't worry about this.

you know, like don't worry about this. Just read the damn film and move on, you Just read the damn film and move on, you know. know. know. So 20 years later, I kept I've looked So 20 years later, I kept I've looked through about 300,000 I would say plus through about 300,000 I would say plus scans and I've seen people age faster scans and I've seen people age faster biologically and physically on my screen biologically and physically on my screen than their chronological age, than their than their chronological age, than their birthdays.

birthdays. birthdays. And what I've studied is what makes And what I've studied is what makes people age. But more interesting than people age. But more interesting than that, I do see exceptions where I see 80 that, I do see exceptions where I see 80 year olds, 90 year olds whose brains and year olds, 90 year olds whose brains and bodies look like they're 40 and 50. And bodies look like they're 40 and 50. And those are my uh rare exceptions where I those are my uh rare exceptions where I want to study them. And I said, what are want to study them.

7 key paradigms that influence aging

And I said, what are what is that guy doing, right? And so what is that guy doing, right? And so over the past 20 years, I've it's boiled over the past 20 years, I've it's boiled down to about seven key paradigms that down to about seven key paradigms that I've created that I believe really alter I've created that I believe really alter the course of how we age. It led to a the course of how we age. It led to a book which was published about a year book which was published about a year and a half ago. It's called Primal and a half ago. It's called Primal Health Design and um I just uh I feel Health Design and um I just uh I feel that uh this information needs to be that uh this information needs to be shared and so here we are.

shared and so here we are. >> Incredible. Well, you have such a unique >> Incredible. Well, you have such a unique perspective from that angle of being perspective from that angle of being able to see physically inside people's able to see physically inside people's bodies to see how they are aging and bodies to see how they are aging and those effects of it and then being able those effects of it and then being able to to share that in a way that yeah, we to to share that in a way that yeah, we could really I think it's so empowering could really I think it's so empowering to know that we can change our aging to know that we can change our aging process no matter how old we actually process no matter how old we actually are chronologically. So, well, you know, are chronologically. So, well, you know, today we're kind of focusing a little today we're kind of focusing a little bit on the brain hormone connection. So bit on the brain hormone connection. So to take it there, maybe we can start to take it there, maybe we can start with explaining kind of what is the HBO with explaining kind of what is the HBO access? What does that even mean to access? What does that even mean to someone who's maybe never heard that someone who's maybe never heard that before, before, before, >> right? And without getting too technical >> right? And without getting too technical or academic for people, okay? Um, or academic for people, okay? Um, >> one thing I I would say, you know, in my >> one thing I I would say, you know, in my work studying neuroscience and studying work studying neuroscience and studying longevity, longevity, longevity, you know, I I believe females, you know, I I believe females, if you look at just the uh the biology if you look at just the uh the biology uh are more evolved in a sense because uh are more evolved in a sense because you guys are given the privilege uh of you guys are given the privilege uh of of carrying a baby, right? And and which of carrying a baby, right? And and which is which is if

you look at um is which is if you look at um evolutionary uh perspective evolutionary uh perspective um you have to be more evolved to have um you have to be more evolved to have that mechanism built in place, right?

that mechanism built in place, right? Males don't have that. Okay, we don't Males don't have that. Okay, we don't have a cycle. We don't we don't have all have a cycle. We don't we don't have all these all these other things that is these all these other things that is required to carry a baby.

required to carry a baby. But it's a blessing and a curse at the But it's a blessing and a curse at the same time for people. Okay, for women, same time for people. Okay, for women, blessing in the obvious sense we just blessing in the obvious sense we just talked about, but a curse in a sense talked about, but a curse in a sense that you have to deal with the all the that you have to deal with the all the hormone fluctuations that goes with the hormone fluctuations that goes with the menstrual cycle. Um, and then at the menstrual cycle. Um, and then at the same time, females same time, females are more in tune with emotional are more in tune with emotional triggers, um, mental stresses and triggers, um, mental stresses and whatnot. And we'll talk about that. And whatnot. And we'll talk about that.

Women being more sensitive to environmental and emotional stress

And so what that leads to is a system, a so what that leads to is a system, a biology that the women have that is very biology that the women have that is very tuned to the environment.

tuned to the environment. And with that said, what that means is And with that said, what that means is that your whole biology is very much in that your whole biology is very much in sync with your environment in and with sync with your environment in and with the emotional the emotional and the um um mental conditions that are and the um um mental conditions that are surrounding you. And so that that leads surrounding you. And so that that leads us to the fact that what is this HP us to the fact that what is this HP Axis?

Axis? Axis? Okay. And uh that is hypothalamus Okay. And uh that is hypothalamus pituitary adrenal. Right. So our pituitary adrenal. Right. So our hypothalamus hypothalamus hypothalamus um um um secretes certain what we call is secretes certain what we call is releasing hormones. Okay. Particularly releasing hormones. Okay. Particularly in one of them is called a in one of them is called a corticotroping corticotropen releasing corticotroping corticotropen releasing hormone CR. Okay. That's your hormone CR. Okay. That's your hypothalamus.

hypothalamus. hypothalamus. So your CR secretion has a lot to do So your CR secretion has a lot to do with how your brain and your body is with how your brain and your body is sensing all these emotional and mental sensing all these emotional and mental triggers around you. Okay. So that's one triggers around you. Okay. So that's one thing to get right. Okay. Now that CR thing to get right. Okay. Now that CR once it's released it it impacts your once it's released it it impacts your pituitary gland. Okay. your pituitary pituitary gland. Okay. your pituitary gland secretes a a hormone called act or gland secretes a a hormone called act or adrenoccortic tropic hormone. Okay, we adrenoccortic tropic hormone. Okay, we won't repeat that. We'll just call it won't repeat that. We'll just call it act. Right? So your pituitary secretes act. Right? So your pituitary secretes that and it's an intermediary which is that and it's an intermediary which is released into the system and that goes released into the system and that goes to your adrenal glands and in the cortex to your adrenal glands and in the cortex of the adrenal gland which is kind of of the adrenal gland which is kind of like the outer layer of the adrenal like the outer layer of the adrenal gland that is where the hormone cortisol gland that is where the hormone cortisol is produced. So the act from the is produced. So the act from the pituitary pituitary pituitary dictates how much cortisol is in your dictates how much cortisol is in your body. And the cortisol I think most body. And the cortisol I think most people have heard of that hormone.

people have heard of that hormone. People are familiar with that in terms People are familiar with that in terms of the stress response and everything of the stress response and everything like that. But what this axis means, like that. But what this axis means, this HPA axis, hypothalamus, pituitary, this HPA axis, hypothalamus, pituitary, adrenal axis, means that your body is adrenal axis, means that your body is constantly reading your emotional constantly reading your emotional environment, your mental environment, environment, your mental environment, and then dictating the cortisol release.

and then dictating the cortisol release. Okay, if that's true and particularly Okay, if that's true and particularly with women being more sensitive to these with women being more sensitive to these factors, factors, factors, then we have to figure out that how do then we have to figure out that how do we improve women's health by optimizing we improve women's health by optimizing this access because for a lot of people this access because for a lot of people that are struggling with health, women's that are struggling with health, women's health particularly struggling with health particularly struggling with fertility issues, we're seeing that fertility issues, we're seeing that there is a dysfunctional HPA axis. Mhm.

there is a dysfunctional HPA axis. Mhm. Yeah. And I love that you call us Yeah. And I love that you call us evolved. I think every woman will evolved. I think every woman will appreciate you saying that. Um, but it appreciate you saying that. Um, but it is such a good point to to bring up that is such a good point to to bring up that women are more sensitive to our women are more sensitive to our environment, to the stressors, and it environment, to the stressors, and it isn't just that, oh, you know, we it's isn't just that, oh, you know, we it's our job to be in charge of the household our job to be in charge of the household or our children's needs, but it's also or our children's needs, but it's also our wiring that we are just more aware our wiring that we are just more aware maybe of the environment and more maybe of the environment and more sensitive to the environment. So, that's sensitive to the environment. So, that's a good point to to remind. And Miranda, a good point to to remind. And Miranda, I I would uh I would add one more thing I I would uh I would add one more thing to that. Um you know, with my to that.

Survival mode vs safety mode

Um you know, with my background, um you know, growing up u in background, um you know, growing up u in Africa and with with sort of like tribal Africa and with with sort of like tribal cultures, cultures, cultures, one of the things you see is that there one of the things you see is that there is this constant you're whether you want is this constant you're whether you want to buy into it or not, we are primal to buy into it or not, we are primal beings, right? Biologically our body and beings, right? Biologically our body and brain is constantly evaluating brain is constantly evaluating the the environment and saying are we in the the environment and saying are we in safety mode or are we in survival mode.

safety mode or are we in survival mode. Okay. And if your brain or your body Okay. And if your brain or your body senses that it is in survival mode, senses that it is in survival mode, okay, then it is going to conserve all okay, then it is going to conserve all the resources.

the resources. And you know, fertility is is something And you know, fertility is is something that takes up a lot of resources. It's that takes up a lot of resources. It's it's a very energy depleting process, it's a very energy depleting process, right? to go through this process of right? to go through this process of implanting the egg and and going through implanting the egg and and going through ovulation, implanting the egg, then ovulation, implanting the egg, then going through that whole process of going through that whole process of building a baby, right? Making a baby.

building a baby, right? Making a baby. So, you will not take on this task So, you will not take on this task unless you are in safety mode. If you're unless you are in safety mode. If you're in survival mode, you're going to shut in survival mode, you're going to shut down your fertility. So if if you think down your fertility. So if if you think about it, everything in terms of women's about it, everything in terms of women's health boils down to this central health boils down to this central fundamental principle is are you in a fundamental principle is are you in a are you giving your body a signal of are you giving your body a signal of safety or survival?

safety or survival? >> And I guess if we kind of use that as a >> And I guess if we kind of use that as a driver for this conversation, I think driver for this conversation, I think it'll make a lot of sense to women.

it'll make a lot of sense to women. >> Yeah, definitely. And that's that's >> Yeah, definitely. And that's that's exactly the same you description I exactly the same you description I usually give women especially when it usually give women especially when it comes to fertility that our bodies are comes to fertility that our bodies are very smart. This is a very smart system very smart. This is a very smart system that is you know primally wired like you that is you know primally wired like you said. Um with that you know how maybe said. Um with that you know how maybe how

sensitive is it? So you know how sensitive is it? So you know especially nowadays our stressors are especially nowadays our stressors are you know it's not the tiger that we're you know it's not the tiger that we're running away from anymore. It's, you running away from anymore. It's, you know, getting to an appointment on time.

know, getting to an appointment on time. It's, you know, getting things done for It's, you know, getting things done for a work deadline. So, you know, is there a work deadline. So, you know, is there an answer as far as how sensitive that an answer as far as how sensitive that system is or is it just dependent on system is or is it just dependent on each woman?

each woman? >> So, as we mentioned that women overall >> So, as we mentioned that women overall are more sensitive to these cues than are more sensitive to these cues than men, you know, that that's granted, men, you know, that that's granted, right?

right? right? And I would say that is an advantage for And I would say that is an advantage for women that you are more sensitive. um women that you are more sensitive. um which makes you better at many things in which makes you better at many things in terms of connection in terms of even terms of connection in terms of even sometimes I leadership because you're sometimes I leadership because you're able to read people better than men are able to read people better than men are >> at the same time you're also stressed >> at the same time you're also stressed out about things that maybe does not out about things that maybe does not bother a man you know uh you know and my bother a man you know uh you know and my wife will come off like talk you know wife will come off like talk you know we'll speak with somebody and and um you we'll speak with somebody and and um you know I'll be like and I to me I wouldn't know I'll be like and I to me I wouldn't even cross my mind like I was like oh even cross my mind like I was like oh nice guy and my wife would go, "No, he nice guy and my wife would go, "No, he he just like he he had this weird, you he just like he he had this weird, you know, I I got a I got a bad feeling from know, I I got a I got a bad feeling from him, you know, and I was like, really?" him, you know, and I was like, really?" You know, and and and but she's just You know, and and and but she's just more tuned to that. Okay.

more tuned to that. Okay. >> Um >> Um >> Um >> so with that said, >> so with that said, >> to answer your question, what are in in >> to answer your question, what are in in the modern age, what what is what are the modern age, what what is what are those triggers for women? Okay. And and those triggers for women? Okay.

Circadian rhythm and modern stress

And and again we can talk about many things but again we can talk about many things but if we break it down into some if we break it down into some fundamental things okay fundamental things okay and the way I walk people through um I I and the way I walk people through um I I have a program um it's called a primal have a program um it's called a primal reset program um it's a 21day um course reset program um it's a 21day um course uh like a master class I take people uh like a master class I take people through and what I what I help people do through and what I what I help people do is I work towards developing a certain is I work towards developing a certain area. So from a physical health aspect area. So from a physical health aspect okay u and this is probably okay u and this is probably uh concepts you teach your patients um uh concepts you teach your patients um as you know that alignment of our primal as you know that alignment of our primal alignment with the circadian rhythm is alignment with the circadian rhythm is very very important right even though very very important right even though you may think that you can stay up till you may think that you can stay up till 2 a.m. without a problem and you're but 2 a.m. without a problem and you're but your body is keeping time. Okay? And and your body is keeping time. Okay? And and so we know that when people are out of so we know that when people are out of alignment with the circadian rhythm, alignment with the circadian rhythm, it's a it's a stressor. Whether you it's a it's a stressor. Whether you don't p whether you perceive it as a don't p whether you perceive it as a stressor or not, you're stressing out stressor or not, you're stressing out your body. Okay. Um same thing with uh your body. Okay. Um same thing with uh physical and talk about still physical physical and talk about still physical health uh is um how we move and and how health uh is um how we move and and how we are carrying ourselves during the day we are carrying ourselves during the day in terms of of our alignment with how we in terms of of our alignment with how we uh are are doing our work. Are we uh are are doing our work. Are we sitting too much all day? You know, so sitting too much all day? You know, so so just from our physical body. And the so just from our physical body. And the last piece from the physical aspect is last piece from the physical aspect is the metabolic uh component, you know, is

the metabolic uh component, you know, is that you know what how you know in terms that you know what how you know in terms of the food and how it is impacting our of the food and how it is impacting our metabolic health particularly like metabolic health particularly like glucose levels and whatnot. um are we glucose levels and whatnot. um are we are is our metabolic health stressing us are is our metabolic health stressing us out or kind of taking us towards that out or kind of taking us towards that more of a safety and and relaxation more of a safety and and relaxation mode. Um so similarly you know I I help mode. Um so similarly you know I I help people kind of build that alignment in people kind of build that alignment in the mental space, emotional space and the mental space, emotional space and more of that existential space as well.

more of that existential space as well. >> Beautiful. I I you know I think we could >> Beautiful. I I you know I think we could I mean we could talked for days about I mean we could talked for days about how these different lifestyle aspects how these different lifestyle aspects impact our hormones directly, but I impact our hormones directly, but I think it's amazing how you simplify it think it's amazing how you simplify it down to is it stressing us out? Is it down to is it stressing us out? Is it making us feel safe? I think that is making us feel safe? I think that is such a great uh very simple way for such a great uh very simple way for women people in general, but women women people in general, but women especially to determine, you know, what especially to determine, you know, what their body is needing and what they're their body is needing and what they're kind of putting in their system.

kind of putting in their system. Um, from there, I mean, can you speak Um, from there, I mean, can you speak maybe directly since we're talking about maybe directly since we're talking about the circadian rhythm and sleep, can you the circadian rhythm and sleep, can you speak a little bit more to that of just speak a little bit more to that of just how our circadian rhythm impacts that how our circadian rhythm impacts that maybe our hormonal production? Um, and maybe our hormonal production? Um, and you were speaking specifically about you were speaking specifically about fertility as well.

fertility as well. >> Sure. So we know that >> Sure. So we know that the female cycle as well as when you the female cycle as well as when you talk about fertility and uh the talk about fertility and uh the different hormones required for different hormones required for fertility right uh particularly so we fertility right uh particularly so we you know we mentioned the HPA axis we you know we mentioned the HPA axis we talked about the hypothalamus right so talked about the hypothalamus right so the hypothalamus is also producing the hypothalamus is also producing releasing hormones that impact the releasing hormones that impact the release of uh FSH and LH the uh follical release of uh FSH and LH the uh follical stimulating hormone luteinizing hormone stimulating hormone luteinizing hormone uh which directly impacts fertility.

uh which directly impacts fertility. Okay. So this whole so just as the Okay. So this whole so just as the hypothalamus is very susceptible to hypothalamus is very susceptible to stressors um and impacts that release of stressors um and impacts that release of cortisol. It is also impacting the uh cortisol. It is also impacting the uh releasing hormones that uh impact this releasing hormones that uh impact this FSH and LH levels which play a big role FSH and LH levels which play a big role in fertility. Okay. So that whole axis in fertility. Okay.

Sleep

So that whole axis is also impacting that fertility aspect. is also impacting that fertility aspect. Now, as far as sleep, we know that when Now, as far as sleep, we know that when you get less than six hours of sleep, you get less than six hours of sleep, you are you are stressing your system out on multiple stressing your system out on multiple levels. One is that your body has not levels. One is that your body has not had a chance to reset or detox. You had a chance to reset or detox. You know, we know that let's say you sleep know, we know that let's say you sleep for six hours, the first three hours of for six hours, the first three hours of your sleep are essentially a detox or a your sleep are essentially a detox or a where a cleaning crew comes up for your where a cleaning crew comes up for your body body body >> as well as for your brain. We know >> as well as for your brain. We know there's a lymphatic system for our body there's a lymphatic system for our body as well as for our brain. We have a as well as for our brain. We have a glimpmphatic system which clears out a glimpmphatic system which clears out a lot of the uh proteins from our brain lot of the uh proteins from our brain particularly like beta amalloid which we particularly like beta amalloid which we know now it's related to Alzheimer's and know now it's related to Alzheimer's and whatnot and so when that aspect is not whatnot and so when that aspect is not there or your

quality of sleep is not there or your quality of sleep is not there now people say oh okay I slept for there now people say oh okay I slept for 6 hours but it may uh you may have slept 6 hours but it may uh you may have slept for eight hours but if your quality of for eight hours but if your quality of sleep is not there then the cleaning sleep is not there then the cleaning crew doesn't come in also okay. So if crew doesn't come in also okay. So if you don't get into deep sleep that you you don't get into deep sleep that you will not have that detox effect and if will not have that detox effect and if you don't have that detox then you you don't have that detox then you maintain all those toxins or or those maintain all those toxins or or those products in your system causes products in your system causes inflammation now your system still inflammation now your system still senses it as a threat. So it puts it senses it as a threat. So it puts it into survival mode. And again, it brings into survival mode. And again, it brings us back back down to that central us back back down to that central premise. Is is your body sensing premise. Is is your body sensing survival mode or is it safety mode?

survival mode or is it safety mode? Right? And if your body senses that it Right? And if your body senses that it needs to be in survival mode, again the needs to be in survival mode, again the level of uh u releasing hormones from level of uh u releasing hormones from your hypothalamus will be impacted, your hypothalamus will be impacted, pituitary hormones will be impacted, pituitary hormones will be impacted, fertility goes down and and so on and so fertility goes down and and so on and so forth. Okay.

forth. Okay. >> So sleep is a key key player here. Yeah, >> So sleep is a key key player here. Yeah, and I I appreciate that you mentioned and I I appreciate that you mentioned even the environment in our brain which even the environment in our brain which I think a lot of people again don't I think a lot of people again don't really think about that we our brain really think about that we our brain needs to detox also. So that goes into a needs to detox also. So that goes into a lot of other areas but also into like lot of other areas but also into like you said that basic premise of just what you said that basic premise of just what is our body perceiving as stress. So is our body perceiving as stress. So that's a that's a huge one. And with that's a that's a huge one. And with that too, you know, our our cellular that too, you know, our our cellular health and mitochondrial health in all health and mitochondrial health in all of our body can impact this as well. Is of our body can impact this as well. Is that something that you've seen too in that something that you've seen too in you know even our brains ability to you know even our brains ability to produce energy and have the you know the produce energy and have the you know the safety versus survival signals?

safety versus survival signals? >> So we know that our energy production is >> So we know that our energy production is best when we are in safety mode best when we are in safety mode >> and um we know that when we're in >> and um we know that when we're in survival mode if we have any sort of a survival mode if we have any sort of a stressor. Okay. So the remember the stressor. Okay. So the remember the stressors could be on many different stressors could be on many different levels. We talked about sleeping less levels. We talked about sleeping less than 6 hours. Physical stressors could than 6 hours. Physical stressors could be not moving enough or sitting all day.

be not moving enough or sitting all day. That's also a stressor even though it That's also a stressor even though it looks like I'm not stressing myself out.

looks like I'm not stressing myself out. I'm just like sitting around all day. I'm just like sitting around all day. Well, Well, Well, >> but your body needs the movement because >> but your body needs the movement because that's its primal design. When you don't that's its primal design. When you don't give it its primal alignment and primal give it its primal alignment and primal design, it's stressing the body out.

design, it's stressing the body out. even though you feel like you're sitting even though you feel like you're sitting around all day. Okay, same thing from a around all day. Okay, same thing from a metabolic aspect, right? So, um so all metabolic aspect, right? So, um so all of these things of these things directly impact our energy production as directly impact our energy production as well. So when when we stress our body well.

Cortisol and mitochondrial dysfunction

So when when we stress our body out whether from any of these parameters out whether from any of these

parameters that we talked about our cortisol level that we talked about our cortisol level goes up again that's you we talked about goes up again that's you we talked about the HPI axis reading leading to that the HPI axis reading leading to that cortisol release from the from the cortisol release from the from the adrenal gland when cortisol levels are adrenal gland when cortisol levels are up our it impacts our mitochondrial up our it impacts our mitochondrial function function function >> and our mitochondria >> and our mitochondria are not optimized when cortisol is up.

are not optimized when cortisol is up. Okay. And uh and so that again we switch Okay. And uh and so that again we switch into survival mode rather than safety into survival mode rather than safety mode. And uh and that impacts energy mode. And uh and that impacts energy production. And so people feel that production. And so people feel that they're dragging. Um people feel that uh they're dragging. Um people feel that uh you know again they're just kind of in you know again they're just kind of in third g third gear instead of that fifth third g third gear instead of that fifth gear that that they could be in. And and gear that that they could be in. And and a lot of times people don't know what is a lot of times people don't know what is stressing them out. And it may not be a stressing them out. And it may not be a direct mental stress that most people direct mental stress that most people think about. When I when I say stress, think about. When I when I say stress, people always think, "Oh, I'm not people always think, "Oh, I'm not stressed." stressed." stressed." >> Yes, but are you sleeping, you know, six >> Yes, but are you sleeping, you know, six plus hours? Are you, you know, is your plus hours? Are you, you know, is your metabolic health optimized? You know, do metabolic health optimized? You know, do you have the proper movement? If you you have the proper movement? If you don't, you are stressing yourself out.

don't, you are stressing yourself out. >> Yeah. Yeah. That's a great distinction >> Yeah. Yeah. That's a great distinction to make because I I hear that from to make because I I hear that from everyone else. So like stress, we think everyone else. So like stress, we think of stress as that mental emotional of stress as that mental emotional stress. So yeah, what is our body stress. So yeah, what is our body perceiving as stress? And with that too, perceiving as stress? And with that too, I mean in our modern world, there are so I mean in our modern world, there are so many things then taking us away from our many things then taking us away from our primal design as you put it and what our primal design as you put it and what our body is really wanting. So maybe we can body is really wanting.

Factors that cause more strain to your system

So maybe we can go a little bit more into that of like go a little bit more into that of like what are those things what are those what are those things what are those pieces that are maybe causing more pieces that are maybe causing more strain on our system and what can we do strain on our system and what can we do to then bring it back to that balance to then bring it back to that balance that our body's looking for.

that our body's looking for. >> Miranda, so >> Miranda, so people ask me what do I do now? Okay, people ask me what do I do now? Okay, here here we are in the modern world you here here we are in the modern world you know obviously I can't escape and uh know obviously I can't escape and uh live live in a hut in Africa and and live live in a hut in Africa and and give all this up. uh you have to survive give all this up. uh you have to survive here. You have kids and you have a here. You have kids and you have a family. You have a job. And family. You have a job. And so again, the solution is not to escape, so again, the solution is not to escape, but the solution is that how can we but the solution is that how can we realign with our primal self, realign with our primal self, >> right? That's the solution. And so how >> right? That's the solution. And so how do we do that? And what I tell people is do we do that? And what I tell people is that if you look at that if you look at your day, what part of the day do you your day, what part of the day do you have most control over?

have most control over? And for most people, And for most people, it's usually the beginning of the day it's usually the beginning of the day and the end of the day.

and the end of the day. >> I call it sort of the book ends of your >> I call it sort of the book ends of your day, right? day, right? Which sort of hold the whole mechanism Which sort of hold the whole mechanism up. Uh another way of looking at this is up. Uh another way of looking at this is um in my book I talk about the um um in my book I talk about the um suspension bridge. If you look at like a suspension bridge. If you look at like a uh the golden gate

bridge you know you uh the golden gate bridge you know you have the the the first pillar and the have the the the first pillar and the second pillar and that's all the whole second pillar and that's all the whole bridge is supported by the the the bridge is supported by the the the beginning and the end pillars. And I beginning and the end pillars. And I look at the your morning routine and look at the your morning routine and your evening routine as those pillars.

your evening routine as those pillars. And if those two things are dialed in And if those two things are dialed in properly, which is really the only thing properly, which is really the only thing you have control over because in the you have control over because in the middle of the day, all hell can break middle of the day, all hell can break loose as you know, right? like when loose as you know, right? like when you're when you're at work and when you're when you're at work and when you're doing you know it's not like you you're doing you know it's not like you can really implement anything can really implement anything consequential or you know uh in terms of consequential or you know uh in terms of your lifestyle during the day because your lifestyle during the day because you're just called to do so many things you're just called to do so many things and and you have to constantly check and and you have to constantly check your phone and everything like that. So your phone and everything like that. So before all that madness begins, you got before all that madness begins, you got to find out that what is it, you know, to find out that what is it, you know, what is the time period I have in the what is the time period I have in the morning that is mine that I have control morning that is mine that I have control over and what is the time period in the over and what is the time period in the evening that is that you you can really evening that is that you you can really um impact. And with those two areas um impact. And with those two areas identified, I tell people now let's identified, I tell people now let's build practices build practices that now you can use to align with your that now you can use to align with your primal self.

primal self. And And And just to touch upon few things, one of just to touch upon few things, one of the things is that we talked about is the things is that we talked about is like aligning with your circadian like aligning with your circadian rhythm. Mhm.

rhythm. Mhm. >> So depending on the time of the day that >> So depending on the time of the day that you wake up and if it's if it's light you wake up and if it's if it's light outside, okay, and that get some get outside, okay, and that get some get some daylight, okay? Even if it's not some daylight, okay? Even if it's not direct sunlight, get some daylight direct sunlight, get some daylight within that first half an hour that you within that first half an hour that you wake up. So it tells when a certain wake up. So it tells when a certain frequency or certain lux level of light frequency or certain lux level of light hits the back of your retina, there's a hits the back of your retina, there's a direct connection. And people don't we direct connection. And people don't we uh most people don't know that your back uh most people don't know that your back of your retina is still part of your of your retina is still part of your brain. Okay? It is still that is your brain. Okay? It is still that is your nervous system. So when that light hits nervous system. So when that light hits the back of your retina, it's the back of your retina, it's essentially light hitting your brain and essentially light hitting your brain and signaling that it's daytime. Now your signaling that it's daytime. Now your circadian rhythm starts aligning. So circadian rhythm starts aligning. So that morning light triggers when in the that morning light triggers when in the evening that melatonin will be released.

evening that melatonin will be released. So the time clock starts when that light So the time clock starts when that light hits. hits. hits. >> So most people say who have trouble >> So most people say who have trouble sleeping in the evening can benefit by sleeping in the evening can benefit by getting morning light which is sort of getting morning light which is sort of counterintuitive but that's how it works counterintuitive but that's how it works because your body has an internal clock.

because your body has an internal clock. >> So first I tell people is one align with >> So first I tell people is one align with with the circadian rhythm. Morning light with the circadian rhythm. Morning light is important.

is important.

Aligning your body

I uh the other thing that I have people I uh the other thing that I have people work on is in terms of aligning their

work on is in terms of aligning their body and making sure that um so one of body and making sure that um so one of the things I have people do is work on the things I have people do is work on neck exercises so that you are don't neck exercises so that you are don't spend your whole day in this forward spend your whole day in this forward head posture. When I say forward head head posture. When I say forward head posture, if right now people are posture, if right now people are listening to this, if you look at the listening to this, if you look at the position of your ears relative to your position of your ears relative to your shoulders, I would say 99% of the people shoulders, I would say 99% of the people listening to this, your ears are going listening to this, your ears are going to be uh anterior to your shoulders, to be uh anterior to your shoulders, right? That's called a forward head right? That's called a forward head posture. The degree of which depends on posture. The degree of which depends on how much you look down at your phone and how much you look down at your phone and what you're doing. But what that does is what you're doing. But what that does is they for every inch that your ears are they for every inch that your ears are in front of your shoulder level, you put in front of your shoulder level, you put 10 pounds of stress in the back of your 10 pounds of stress in the back of your neck muscles. And you can see two inches neck muscles. And you can see two inches will be 20 pounds and so on and so will be 20 pounds and so on and so forth, that stresses your system out.

forth, that stresses your system out. Okay? And when that alignment is off and Okay? And when that alignment is off and you spend your whole day with this you spend your whole day with this forward head posture, it stresses out forward head posture, it stresses out your system. Okay? And it introduces the your system. Okay? And it introduces the stress. So, one of the things I do with stress. So, one of the things I do with people is align their body. We align the people is align their body. We align the neck. We align the midback. We align the neck. We align the midback. We align the hips and and get them in a in a hips and and get them in a in a in a type of alignment that destresses in a type of alignment that destresses your body and gives you a sense of ease your body and gives you a sense of ease throughout the day. Okay. So that's in throughout the day. Okay. So that's in terms of so aligning with the earth, terms of so aligning with the earth, aligning with the body and the third aligning with the body and the third part uh that you begin your day in a way part uh that you begin your day in a way that metabolically uh you are aligned that metabolically uh you are aligned with your natural rhythm and what for with your natural rhythm and what for most people your body most people your body most people look at food and say okay most people look at food and say okay well your my body must be really happy well your my body must be really happy when I eat.

when I eat. >> It's actually the reverse because >> It's actually the reverse because digestion is very energyintensive. I'm digestion is very energyintensive. I'm sure you you know Miranda from your work sure you you know Miranda from your work right when you eat the body has to right when you eat the body has to respond to it on so many levels in terms respond to it on so many levels in terms of digestive enzymes in terms of of digestive enzymes in terms of hormones in terms of many different hormones in terms of many different things. So it almost has to break out of things. So it almost has to break out of safety mode into survival mode to digest safety mode into survival mode to digest that meal. And what I tell people is that meal. And what I tell people is that your morning time, that your morning time, you don't want to just shock your body you don't want to just shock your body with a heavy meal. for most people and with a heavy meal. for most people and I'm a big fan of intermittent fasting I'm a big fan of intermittent fasting that what it allows people to do if you that what it allows people to do if you can go without breakfast or go with go can go without breakfast or go with go with minimal meal that uh that keeps you with minimal meal that uh that keeps you in that uh fasting state your body can in that uh fasting state your body can actually actually actually heal itself you know in that morning heal itself you know in that morning hours you know um and and for most hours you know um and and for most people that's a better way to start okay people that's a better way to start okay again there are many different layers to again there are many different layers to this we can talk about mental space, uh, this we can talk about mental space, uh, emotional space and existential space.

emotional space and existential space. But that's how I start people off with But that's how I start people off with their morning routine. their morning routine.

>> Beautiful. I love that you even go into >> Beautiful. I love that you even go into body alignment because, you know, that's body alignment because, you know, that's something that no one really talks about something that no one really talks about in my opinion in terms of our alignment in my opinion in terms of our alignment with our body

and how that's stressing with our body and how that's stressing our body out and something like you our body out and something like you mentioned, you know, we're all looking mentioned, you know, we're all looking at our phones, we're all looking down at our phones, we're all looking down nowadays and we all h, you know, tend to nowadays and we all h, you know, tend to have that forward head position. Is that have that forward head position. Is that something that you've also, you know, something that you've also, you know, with your experience in radiology that with your experience in radiology that in particular you kind of have a a keen in particular you kind of have a a keen eye for or is it just from your, you eye for or is it just from your, you know, experience with primal health?

know, experience with primal health? >> I would say both. I see I see that >> I would say both. I see I see that forward head posture on my screen in forward head posture on my screen in terms of advanced uh degeneration in the terms of advanced uh degeneration in the spine.

spine. spine. >> And remember I told you when I first >> And remember I told you when I first started I started seeing these changes started I started seeing these changes in people's spines and I and then I did in people's spines and I and then I did the research and and my question was the research and and my question was this. I said, "Why are people's spines this. I said, "Why are people's spines aging faster?" aging faster?" >> And I started to dug deeper. And then I >> And I started to dug deeper. And then I as I dug deeper, I said and I found out as I dug deeper, I said and I found out that, oh, okay, it's this whole issue that, oh, okay, it's this whole issue with forward head posture. I was like, with forward head posture. I was like, what is causing forward head posture?

what is causing forward head posture? Well, one is looking down at your phone, Well, one is looking down at your phone, which 99% of the people are doing. Uh which 99% of the people are doing. Uh but also even at work, you know, you're but also even at work, you know, you're you're really not people are looking you're really not people are looking down at their laptop, looking down at down at their laptop, looking down at their screen and and rather than keeping their screen and and rather than keeping a neutral spine where your ears all a neutral spine where your ears all align with your with your shoulders.

align with your with your shoulders. >> So you got to really restructure and >> So you got to really restructure and redesign your day and and um you know um redesign your day and and um you know um redesign the ergonomics of your uh you redesign the ergonomics of your uh you know space.

know space. >> Um so I see these changes and Miranda on >> Um so I see these changes and Miranda on my screen in the spines. One of the my screen in the spines. One of the interesting things we see um is this um interesting things we see um is this um so in the back of our skull where the so in the back of our skull where the muscles attach um this the the occipital muscles attach um this the the occipital area that's really the occipital bone is area that's really the occipital bone is the back of our skull because people are the back of our skull because people are looking down so much and then the looking down so much and then the muscles there are kind of tugging on muscles there are kind of tugging on that area to keep your head up.

that area to keep your head up. >> People are developing what we call is >> People are developing what we call is like this occipital spur. It's like this like this occipital spur. It's like this little horn people are forming. Okay.

little horn people are forming. Okay. Uh, and if you're listening to this, Uh, and if you're listening to this, just Google occipital spur and you'll just Google occipital spur and you'll see that the modern man is the only man see that the modern man is the only man that has grown a little horn or are that has grown a little horn or are growing these little horns in the back growing these little horns in the back of their skull. I believe like many many of their skull. I believe like many many hundreds of years later when they start hundreds of years later when they start looking at modern society and they said looking at modern society and they said oh okay back in these years when oh okay back in these years when internet was intr introduced and these internet was intr introduced and these modern cell phones were introduced modern cell phones were introduced people's skulls started changing because people's skulls started changing because they started growing this occipital they started growing this occipital horn. It's a scary thing that to think horn. It's a scary thing that to think that we're changing our skull that we're changing our skull by the way we're interacting with by the way we're interacting with technology and in the modern world. So technology and in the modern world. So anyway, these are all the changes that I anyway, these are all the changes

that I see.

see. see. >> Yeah. Oh, that that's a little >> Yeah. Oh, that that's a little terrifying to me as you describe that. terrifying to me as you describe that.

I'm just oh my gosh, we're literally I'm just oh my gosh, we're literally growing a horn from all this technology growing a horn from all this technology use. And in a way, I mean, it's sort of use. And in a way, I mean, it's sort of it's interesting then that it's almost it's interesting then that it's almost turning us back into primates in a way.

turning us back into primates in a way. Not obviously on, you know, every level, Not obviously on, you know, every level, but that we're, you know, it was a big but that we're, you know, it was a big accomplishment for humans to be upright, accomplishment for humans to be upright, and now the fact that we're reversing and now the fact that we're reversing that at this point is just a little bit that at this point is just a little bit sad and terrifying.

sad and terrifying. Um, with that too, I mean you we Um, with that too, I mean you we mentioned stress on the more global mentioned stress on the more global level as our body is perceiving it, but level as our body is perceiving it, but also to take it back to mental emotional also to take it back to mental emotional stress, you know, is that is that a big stress, you know, is that is that a big factor that people have to deal with as factor that people have to deal with as well in your experience and how can well in your experience and how can people sort of tackle that a little bit?

people sort of tackle that a little bit? So when I work people work with people So when I work people work with people in terms of a primal reset. Okay. Um and in terms of a primal reset. Okay. Um and um the the the master class I have it's um the the the master class I have it's called a primal reset program. And I called a primal reset program. And I tell people that let's let's work on the tell people that let's let's work on the the basics first. Let's get your the basics first. Let's get your physical health right. Right. Let's physical health right. Right. Let's let's dial in your morning routine with let's dial in your morning routine with with the sort of the way we connect with with the sort of the way we connect with the earth and the circadian rhythm and the earth and the circadian rhythm and the body and the food and everything we the body and the food and everything we just talked about. After just talked about. After I think people can get that aspect down I think people can get that aspect down then you can move on to addressing sort then you can move on to addressing sort of the emotional and mental aspects and of the emotional and mental aspects and when when we get to that space I you when when we get to that space I you know for example people want to people know for example people want to people want to meditate right and and I and I want to meditate right and and I and I usually don't even use the word usually don't even use the word meditation because for most people it's meditation because for most people it's like a turnoff because like oh most like a turnoff because like oh most people have like I can't meditate that's people have like I can't meditate that's not for me and and so I I don't even use not for me and and so I I don't even use the word meditation but I tell people the word meditation but I tell people that before you even and meditate, that before you even and meditate, you have to first correct all the kind you have to first correct all the kind of physical aspects that we just talked of physical aspects that we just talked about, right? Getting your sleep right, about, right? Getting your sleep right, getting your kind of morning routine getting your kind of morning routine right. But if you've graduated out of right. But if you've graduated out of that, then we can up the game a little that, then we can up the game a little bit. Okay? And when I talk about the bit. Okay? And when I talk about the mental space, and most people think, oh, mental space, and most people think, oh, I got to get rid of stress. I got I got I got to get rid of stress.

Multitasking

I got I got to be, you know, get get rid of my to be, you know, get get rid of my stress. For most people, I think the stress. For most people, I think the main issue that I see from neuroscience, main issue that I see from neuroscience, me being in neuroraiology, as I see me being in neuroraiology, as I see brains aging and everything like that, brains aging and everything like that, there is no such thing as multitasking.

there is no such thing as multitasking. >> We're just monotasking poorly. That >> We're just monotasking poorly. That that's what it is. Okay. They say right that's what it is. Okay. They say right now with all the social media and and now with all the social media and and Slack and every everything like that, Slack and every everything like

that, people at work, they're task switching people at work, they're task switching every 47 seconds. That's the average every 47 seconds. That's the average industry average. I mean, think about industry average. I mean, think about that. Our brain is designed for that. Our brain is designed for monotasking, right? And we're asking it monotasking, right? And we're asking it to switch tasks every 47 seconds. That to switch tasks every 47 seconds. That means you're checking your email, you're means you're checking your email, you're checking your your text messages, you're checking your your text messages, you're checking your social media feed, and checking your social media feed, and then you're checking your work uh text then you're checking your work uh text and your work platform and your work platform every 47 seconds, which is ridiculous, every 47 seconds, which is ridiculous, right? So right? So your primal design you we have this your primal design you we have this fabulous brain which if you can if you fabulous brain which if you can if you can give it a mono task and you can let can give it a mono task and you can let it focus on one area it can it starts it focus on one area it can it starts developing proficiency in one area and developing proficiency in one area and it starts forming those connections. It it starts forming those connections. It starts mileinating those pathways and starts mileinating those pathways and you start developing what we call is you start developing what we call is that space of deep work and mastery.

that space of deep work and mastery. It's a beautiful system. When done It's a beautiful system. When done right, you can craft yourself into this right, you can craft yourself into this phenomenal expert if you wanted to. You phenomenal expert if you wanted to. You can become a master of anything, right?

can become a master of anything, right? You know, all this research on mastery You know, all this research on mastery says that, you know, that's where the says that, you know, that's where the 10,000 hour rule, you know, came out and 10,000 hour rule, you know, came out and all that. You know all it said was that all that. You know all it said was that your brain is phenomenal if you can if your brain is phenomenal if you can if you can focus on few things but right you can focus on few things but right now we just have poor monotaskers. We now we just have poor monotaskers. We just have people switching tasks. So just have people switching tasks. So that's a big stress for people that's a big stress for people >> and is that you you're just doing too >> and is that you you're just doing too many things rather than splitting things many things rather than splitting things up where you say you know what I'm going up where you say you know what I'm going to give this one thing 20 minutes start to give this one thing 20 minutes start with that and I'm just going to do this with that and I'm just going to do this one thing well for 20 minutes okay and one thing well for 20 minutes okay and and if you really want to up your game and if you really want to up your game and you'll read a work uh there's a book and you'll read a work uh there's a book called deep work uh by Cal Newport and called deep work uh by Cal Newport and he talks about if you look at the he talks about if you look at the science When you actually give something science When you actually give something 90 minutes of your time, you brain 90 minutes of your time, you brain changes. Your brain actually relaxes changes. Your brain actually relaxes gets into that space and you can do that gets into that space and you can do that one job so well you will start one job so well you will start developing mastery. Okay. So one of the developing mastery. Okay. So one of the things is that I I talk about training things is that I I talk about training people from that mental aspect getting people from that mental aspect getting rid of this whole idea of multitasking.

rid of this whole idea of multitasking. And the second aspect is And the second aspect is is from an emotional aspect and not not is from an emotional aspect and not not I'm not just talk about relationships.

I'm not just talk about relationships. Okay, that's a whole whole different Okay, that's a whole whole different topic. But one aspect is is the work topic. But one aspect is is the work you're doing you're doing aligned with who you are. I think it's a aligned with who you are. I think it's a big thing for people and most people big thing for people and most people don't talk about it as being a stressor.

don't talk about it as being a stressor. And what I what the fundamental premise And what I what the fundamental premise here Miranda is that I believe all of us here Miranda is that I believe all of us have a unique constitution.

have a unique constitution. Some of us are thinkers, thought Some of us are thinkers, thought leaders. Maybe I fall in that category. leaders. Maybe I fall in that category.

Some of us are creatives like my wife. Some of us are creatives like my wife. Her her artwork is behind me. Um and um Her her artwork is behind me. Um and um she's an artist and and she when she she's an artist and and she

when she creates and when she does her art she's creates and when she does her art she's in her space and that gives her it just in her space and that gives her it just opens up. It's a very relaxing thing opens up. It's a very relaxing thing because she's doing what she's created because she's doing what she's created for. Right? So some of us are creative, for. Right? So some of us are creative, some of us are thinkers, some of us are some of us are thinkers, some of us are connectors. We like to communicate with connectors. We like to communicate with people. We like to be around people and people. We like to be around people and some of us are what I call our seekers some of us are what I call our seekers or we seek bigger meaning. We we like to or we seek bigger meaning. We we like to talk about bigger concepts. If we're talk about bigger concepts. If we're doing work that aligns with our inner doing work that aligns with our inner constitution, inner drive, it's very constitution, inner drive, it's very relaxing because we're doing what we're relaxing because we're doing what we're created for. Sadly, in this day and age, created for. Sadly, in this day and age, most of us, a lot of us do work just most of us, a lot of us do work just because it's work, but it's not aligned because it's work, but it's not aligned to who we are.

to who we are. and and so part of it is finding what is and and so part of it is finding what is your that drive, what is your inner your that drive, what is your inner constitution and doing things that are constitution and doing things that are aligned with that. So when people kind aligned with that. So when people kind of of of fix those two areas, it it really fix those two areas, it it really reduces all those stressors in their reduces all those stressors in their life.

life. life. >> Oh, I love that. I I completely agree >> Oh, I love that. I I completely agree with you with how important that is to with you with how important that is to be in alignment with what's truly our be in alignment with what's truly our purpose in life. what fe really purpose in life. what fe really resonates with us, what really lights us resonates with us, what really lights us up. And I love that you bring that up up. And I love that you bring that up because you're right. I think most because you're right. I think most people just think I've got to get all people just think I've got to get all rid of all this stress, but I can't quit rid of all this stress, but I can't quit my job and I can't, you know, it just my job and I can't, you know, it just feels very disempowering. So to be able feels very disempowering. So to be able to say, you know, for one, just focus on to say, you know, for one, just focus on one task at a time. Most of us can do a one task at a time. Most of us can do a little bit better at that at least, you little bit better at that at least, you know, checking the email first, maybe know, checking the email first, maybe giving ourselves an hour to do some work giving ourselves an hour to do some work and then recheck it, something like and then recheck it, something like that. But then also that reminder for that. But then also that reminder for people to just maybe, you know, think people to just maybe, you know, think about what they actually love doing. And about what they actually love doing. And if they're not doing that, then maybe if they're not doing that, then maybe switching careers, you know, that really switching careers, you know, that really could make such a big difference in could make such a big difference in someone's health and life overall. Of someone's health and life overall. Of course, I love it. I mean, you've given course, I love it. I mean, you've given so many incredible insights here and so many incredible insights here and tips. Anything else that you'd like to tips. Anything else that you'd like to leave the listener, final thoughts or leave the listener, final thoughts or tips?

tips? tips?

Primal alignment and healthy aging

Miranda, what I would say is that um Miranda, what I would say is that um again I I'll will repeat this is that again I I'll will repeat this is that the the the the closer we are to our primal design, the closer we are to our primal design, the better we we will age, you know, and the better we we will age, you know, and uh uh we will age more slowly and and uh uh uh we will age more slowly and and uh our health will improve. And so it all our health will improve. And so it all boils down to primal alignment. You boils down to primal alignment. You know, how how close we are to our primal know, how how close we are to our primal design. And we talked about the physical design. And we talked about the physical aspects. We talked about a little bit aspects. We talked about a little bit about the mental aspects, emotional about the mental aspects, emotional aspects.

aspects. aspects.

Fear of mortality and living intentionally

One of the last things I I leave people One of the last things I I leave people with um and it's very few physicians with um and it's very few physicians talk about this and but I think I think talk about this and but I think I think it's worth mentioning uh just just for it's worth mentioning uh just just for for completeness sake of this con uh um for completeness sake of this con uh um conversation here. Um conversation here. Um the biggest fear we all have is fear of the biggest fear we all have is fear of dying. Underneath all fears, if you look dying. Underneath all fears, if you look at anxiety, if you look at fear of at anxiety, if you look at fear of heights, if you look at fear of public heights, if you look at fear of public speaking, underneath all fears is this speaking, underneath all fears is this one fear of dying, right? And so this one fear of dying, right? And so this concept of mortality, I think that you concept of mortality, I think that you can either run away from it, but you'll can either run away from it, but you'll never be able to run away from it never be able to run away from it because it's just part of your biology, because it's just part of your biology, right? Um, everyone has an expiration right? Um, everyone has an expiration date for sure. Uh, whether you can date for sure. Uh, whether you can extend it, let's say you live 120 years, extend it, let's say you live 120 years, uh, you'll still have an expiration uh, you'll still have an expiration date. So, either you can run away from date. So, either you can run away from it or you kind of come to terms with it.

it or you kind of come to terms with it. And I think when you when you And I think when you when you embrace the fact that you are mortal, embrace the fact that you are mortal, it raises a very interesting paradox.

it raises a very interesting paradox. And what I what I what I what I would And what I what I what I what I would like to leave people with this is that like to leave people with this is that most of us today live as if we have most of us today live as if we have endless tomorrows.

endless tomorrows. >> And because we think we have endless >> And because we think we have endless tomorrows, tomorrows, tomorrows, we spend our time in frivolous we spend our time in frivolous activities. We'll, you know, doom activities. We'll, you know, doom scroll, we'll watch these Netflix uh uh scroll, we'll watch these Netflix uh uh you know, late into the night because you know, late into the night because hey, there's always tomorrow. you know I hey, there's always tomorrow. you know I if I waste today watching the whole if I waste today watching the whole series and everything like that what's series and everything like that what's the what what's the big deal right the what what's the big deal right >> so that's because you think you have >> so that's because you think you have this false this false understanding this this kind of like understanding this this kind of like this false belief that there are endless this false belief that there are endless tomorrows but if you really put things tomorrows but if you really put things into context and say let's say even if into context and say let's say even if you live 120 years I'm I'm blessing you you live 120 years I'm I'm blessing you with like a tremendous life lifespan with like a tremendous life lifespan okay let's say you that's longer than okay let's say you that's longer than any man has lived Okay, put it that way.

any man has lived Okay, put it that way. But let's say you are the one and you're But let's say you are the one and you're going to live 120. That's still a very going to live 120. That's still a very short time. Okay. Um, in the grand short time. Okay. Um, in the grand scheme of things, right? And when you scheme of things, right? And when you make come to terms with that, you make come to terms with that, you realize that when you realize you have a realize that when you realize you have a finite life, finite life, you start making infinite decisions.

you start making infinite decisions. Then you start chasing legacy. You start Then you start chasing legacy. You start chasing larger vision. You start chasing chasing larger vision. You start chasing more of an infinite mindset. you start more of an infinite mindset. you start asking yourself what can I do today that asking yourself what can I do today that counts that's going to make a difference counts that's going to make a difference right so that's the paradox when you right so that's the paradox when you have a finite when you understand you have a finite when you understand you have a finite life you make infinite have a finite life you make infinite decisions but when you think you have an decisions but when you think you have an infinite life you think you're going to infinite life you think you're going to live forever you you make very finite live forever you you make very finite decisions you just kind of you fitter decisions you just kind of you fitter away your time away your time >> and so one of the things that I think >> and so one of the things that I think that helps a lot of people and that helps a lot of people and particularly I think for women's health particularly I think for women's health women struggling with this is that if women struggling with this is that if you come to terms with this and you have you come to terms with this and you have a larger create this larger vision for a larger create this larger vision for your life it's going to relax your body

your life it's going to relax your body when your body comes to the terms that when your body comes to the terms that okay we're mortal but let me make today okay we're mortal but let me make today count it's going to relax you it's going count it's going to relax you it's going to give you a level of health which will to give you a level of health which will be incomparable to even everything we be incomparable to even everything we talked about in terms of emotional talked about in terms of emotional health mental health and physical health mental health and physical physical health.

physical health. >> I I appreciate you sharing that. That is >> I I appreciate you sharing that. That is such a great reminder that I think we such a great reminder that I think we all need and honestly something that all need and honestly something that I've sort of I I've truly actually been I've sort of I I've truly actually been thinking about that more recently too of thinking about that more recently too of how are we spending this one wild and how are we spending this one wild and precious life that we have. I can't precious life that we have. I can't remember who wrote that, but um you remember who wrote that, but um you know, how are we using that time? I know, how are we using that time?

Where to find Dr Kavin

I think that's such a great reminder and I think that's such a great reminder and I think it does allow us to actually be think it does allow us to actually be more present in each beautiful tiny more present in each beautiful tiny little moment and also just make so much little moment and also just make so much more out of our lives and and truly too more out of our lives and and truly too physiologically that does so positively physiologically that does so positively impact our health too when we just feel impact our health too when we just feel more connected to oursel more connected more connected to oursel more connected to our our life and we don't care nearly to our our life and we don't care nearly as much about the little stressors like as much about the little stressors like you said too. So I appreciate that so you said too. So I appreciate that so much. Thank you so much for taking the much. Thank you so much for taking the time to talk with me today, for sharing time to talk with me today, for sharing all these insights. We'll absolutely all these insights. We'll absolutely link your book and your reset program in link your book and your reset program in the show notes. Um, thank you so much the show notes. Um, thank you so much for being here, for being here, >> Miranda. It's been a pleasure. Um, one >> Miranda. It's been a pleasure. Um, one free resource I would leave uh your free resource I would leave uh your listeners um is um on my website, it's listeners um is um on my website, it's cavine mysterymd, ka v i n mi s ymd.com.

cavine mysterymd, ka v i n mi s ymd.com. If you go on, there's a free resource. If you go on, there's a free resource. People, you know, always ask me People, you know, always ask me questions like, "How aligned do you questions like, "How aligned do you think I am? How where do you think I think I am? How where do you think I stand with my primal alignment?" So, I stand with my primal alignment?" So, I took all the questions I could think of took all the questions I could think of and I and I just I had the team create and I and I just I had the team create this primal alignment index. It will this primal alignment index. It will take a few minutes like two or three take a few minutes like two or three minutes of your time couple of questions minutes of your time couple of questions but it will tell you where you stand in but it will tell you where you stand in terms of your primal alignment with your terms of your primal alignment with your physical health, mental health, physical health, mental health, emotional health and even this last emotional health and even this last piece we talked about your existential piece we talked about your existential health. Um so it's two two to three health. Um so it's two two to three minutes of your time but it will give minutes of your time but it will give you a very good insight and it will you a very good insight and it will actually the the results will tell you actually the the results will tell you where you are deficient and and and what where you are deficient and and and what areas you can work on. Okay. And then areas you can work on. Okay. And then you can you know fix those gaps on your you can you know fix those gaps on your own if you want to do it while reading own if you want to do it while reading my book taking the course whatever my book taking the course whatever whatever it takes but it will help you whatever it takes but it will help you fill fill those gaps for yourself.

fill fill those gaps for yourself. >> Amazing. What a great resource. Thank >> Amazing. What a great resource. Thank