You're Not Broken—You're Unbalanced: Fixing Root Causes with Lifestyle Medicine Transcript

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Podcast Introduction and Guest Overview

My thoughts about, you know, fasting for 18 hours, 20 hours online. Now what I want you to have. 30 40g protein first thing in the morning that's going to it's gonna help.

Of course, all it's going to help, insulin sensitivity and then, you know, working out, 2 or 3 days a week or resistance training. Not necessarily cardio.

Implementing that. And, you know, 45 minutes, three days a week and then making sure your meal timings. Right. So meal timing is huge, especially when it comes to insulin sensitivity and stuff like that.

And then, you know, after the the resistance trains in place, making sure that, you're supplementing your protein post-meal, in that 30, 60 minute window, which is the most important window, that's when you glute force most active and, make sure you cause no small essence by feeding the muscles with the protein and then having, you know, your, your sleep cycle in place, it's that that's the lifestyle that I'm going after.

You're listening to the Lifestyle Medicine podcast with Doctor Ivan Russell Post, brought to you by Access Lab, where we explore new perspectives at the forefront of personalized health care.

How's it going? My name is Doctor Ivan Rasco and welcome to the Lifestyle Medicine podcast powered by Access Medical Labs. If your doctor's not checking labs, he's not a doctor.

Today we have a very, very, very cool guest. His name is Travis Woodlake. He's a nurse practitioner, and he's got a book out right now that I absolutely love the title.

You're not broken, you're unbalanced. And we're going to dive right into that one. So Travis does a lot of really cool things in life. One of his big thing is that he's focuses on basically found the foundation of who you are and built into very unique lifestyle protocols, whether it's for better sleep, better energy, better body composition, pretty much everything that makes you you, which is one of the most important things we're going to see today.

And again, his focus is on not just building health capacity. Man is. And it's not just, you know, getting you healthier and not managing symptoms. It's making you feel right through the right way possible.

So Travis, thank you so much for being here. It's an honor to have you. Where did you get the name for that book? I'm jealous.

Why Travis Wrote 'You're Not Broken, You're Unbalanced'

Well, first of all, doctor, thank you for having me on here. I was very pumped, when when you sent me the invite. So thank you very much. Oh, my pleasure, man.

Thank you for taking the time. Well, the title came from conversations that I have with my patients every day. So, you know, one of the most common questions I have, especially from females who come to the clinic, is am I broken?

And my answer was always, no, you're not broken, you're unbalanced. So we're going to fix that so that that is just literally an opening conversation that I have probably about ten times a day now. That's great.

So so when you say you're on balance, what would you say that the top three things that you find on balance and

in the majority of your populations are no different ages, different sex is different.

All that kind of stuff will factor in. But as a whole, what are the top three most imbalanced things you find in your practice? So labs for one is, is you're always you're almost always, you know, unbalanced.

But lifestyle measures I mean it's the lifestyle that we live now. We could go through several different lifestyle measures that I'm going to, you know, pick apart and point to where they're unbalanced, far as you know, their, their the rhythm, their sleep or something like that is getting getting their, their lifestyle back into an order that is going to put everything else in balance.

Oh, I love that, I love that. So again, let's go back to labs because again, I am a I'm a lab hound. You know, I mean, that's my favorite thing in the world.

Naturally. Exactly. I mean, like and again, like everybody sits there and they, they always think about, oh these peptides are it cost me so much money and this, that and the other.

I think the most important thing you should be spending money on is the precision aspect of what your labs tell you. I mean, you can sit there and put every peptide in the world into your system, but if you've been tested yourself for heavy metals, for nutrient deficiencies, for chronic infections, you know, even though you had hormone imbalances, you're kind of just pissing in the wind, you know what I mean?

So the most important part of what I think being a regenerative wellness, anti-aging, whatever you want to call the flavor of medicine that's so popular right now, I think labs are the most foundationally important thing that us as health care practitioners, wellness based, not traditional, should be focusing on so.

Well when it comes to your your your actual testing, what are the top six things you, you usually look for in your patient demographic?

Core Lab Testing and Gut Health

So, I do, I do a full hormone panel on them, and that's going to be, you know, six hormone therapy hormones, full in-depth, panels with them. And then I go into the, the vitamin deficiencies because that's where a lot of your, your signaling problems will land, is within the vitamin deficiencies.

And then focusing on the gut, because if the gut's not assuring, right, then nothing's going to land, right. So that's going to be my main focus. But, I mean, it is, you know, it's a, it's pace this long, of labs that I, that I look at and, you know, there's no, I can't tell you how many times that, you know, someone's coming from traditional medicine.

They brought in the labs, say, hey, I had my last. I don't need labs. Oh, I said, let me take a look at them. And I'm like, well, this is just, there's a portion of what I actually need to look at dropping an OSHA right? Yeah.

No, I always love hearing that. Well, can I just bring my own blood work and just like you can. And then I'm gonna have a little, you know, a small little laugh about it, and then we will have to redraw more labs. Right.

So what's the situation? I love what you brought up. Gut health testing. You know, that's one of the thing I think people don't understand. Your gut is the.

You know, it's your first brain. Everybody says there's a two brain system in your body. And, you know, we forget if the whole evolutionary aspect is true to form.

We started out with nothing but a mouth and an anus, you know, I mean, like and so that was that was our true, our true brain at the time. And then we evolved the whole neuro and a whole neurologic system out for that.

So the whole, the whole theory about your first brain is actually in your gut is extremely important because what else is there? Your immune system. And I always tell my patients the most expensive system of running your body

is your neurologic followed by your immune system.

So when you have gut dysbiosis, you have Candida issues, you have a leaky gut, food sensitivities, whatever it could be. You're wearing out your biological bank in the middle of you.

You know, I mean, all this stuff is just getting wasted. And that's why you start to run down. You start to see hormones just start to tank. You start to see neurodegenerative.

Issues. You start to see issues when it comes, your immune system going haywire. So when it comes to the gut, when when you find something off, what is your kind of go to to how to actually help people treat their guts?

So I have actually a, gut reset protocol that I do, and I use, a formula that I have in my clients called you complete. Then I'll use an IgG to help bind to the bad bacteria to get that out.

One of my favorite things to use is silver. Colloidal silver. And I'll have them drink, you know, a couple times month of that daily. And then using, you know, digestive enzymes and probiotics and probiotics and stuff like that.

But, you know, it's a stage process and, you know, going back to the, the immune system is I mean, that's just huge, on the whole thing. And I love it when somebody comes in and says, well, you know, I've got this autoimmune disease that you're you're not going to work around.

They've been trying to do it for years. And I'm like, give me six weeks, and I guarantee we're going to have a different conversation about it. But yeah, so I work on, you know, healing the gut lining, closing the leaky gut or restoring the microbiome.

And then once you do that, then everything's starts moving, right? Your signals will start landing, right? Your autoimmune system or symptoms are to start decreasing significantly.

Jobs are going to go away. CTOs are going to decrease. You know, it's just I always start with the gut pretty much with with everything with it. I think that's going to be my my driving problem.

Now know for sure I see you you go you say you use a lot of peptides are using something like an oral BPC for that or you're using. So yeah. So BPC with Cfpb I love it and I don't I don't pull it out immediately if I have a if I have a patient that comes in and I know it's going to be a pretty severe gut issue that we're going to go after, I may pull the trigger immediately on that, but I will try the gut reset protocol first.

And then if we're not having the results for the six weeks that we're hoping for, that's when I pull that peptide out. Okay. Great. Great. And you also said use other probiotics and things like that or you match in probiotics.

Are you just going through seeing like if they have a Candida infestation, you think there's going to be a dysbiosis as well. So so yeah you know I use 50 billion blend.

But the candy I do a candy a cleanse, I do a parasite cleanse, I do a little detox. And that's all driven with the labs that, you know, access labs from the know for sure.

And again, I always find a good lab partner. Access is. It's definitely key in. I've run through a lot of different labs and again it's it's it's, you know, turnaround time.

It's it's it's not testing certain things. It's giving me answers to different questions. But I've been very, very fortunate to actually, you know, find the correct one.

And that's why I'm here today. So that's very, very good. So after the after you you feel the gut. How do you attack things like energy and focus and mood.

Because that, you know, that's the second part when it comes to your neurologic system. So yeah. So let's back up

a little bit. If I don't go after the gut first and I don't always go after that first, now it is the first brain.

A lot of people call it the second brain, but it definitely is the first brain. But you know, I want to set the rhythms right. You know, I want to make sure, you know, what's your sleep schedule?

A lot. Sleep schedule is going to drive everything most important. Yeah. But you know, if if their guts bad and it's on fire, I'll go after their sleep. Rhythm.

Gut Reset Protocols and Peptides

You know how many hours a day they sleep in or having a consistent sleep time? Are they having a consistent wake time? You know, what's their their morning light.

What like so morning lights. Huge. Grounding is huge. And people look at me like I'm crazy when I talk to them about grounding in clinic and getting the first morning light.

But I tell you, if you wake up in the morning and you you're outside ten 15 minutes, first day in the morning, you keep that morning light in your eyes and you're out there barefoot and grounded at the same time.

If you do that consistently for two weeks, you're going to have a big difference in your energy level. No. Fantastic. And again, I always sit there and say, the most complex thing we do in life isn't sex.

It is and it is isn't, you know, getting our phone, it's actually sleep. And a lot of people understand the different stages of sleep, the different types of frequencies.

They actually go along with sleep. So perfecting how sleep actually is as a whole, all 4 to 6 cycles that we get throughout the night, I think is probably the best form of medicine.

And if I'm pretty good at guessing which I am, I'm thinking 20, 26, 27. The big focus is going to be sleep, health and sleep hygiene. I agree with 100%.

Now I think hormones are going to come into sex, hormones are going to come into a big play in 20 states as well, especially since the FDA just took the bad news off.

Yeah, I mean, that's huge. And I mean, that's a big step for those that are listed not aware that they took the white box warning off of, menopause drugs for women, which is been a battle for a long time.

But yeah, sleep, sleep health is going to be huge. 2026 and 27 for sure. Yeah, I know big time. And again I try to counsel everybody. No I talked about 41 years old.

I've thought about 13.5 years of my life. So it's got to be for some kind of reason, you know what I mean? So actually, when it comes to sleep, did you treat sleep at all?

Do you focus on different peptides, different sleep hygiene, different nutrition? So. So I do, well, first of all, I gonna start with the rhythms like we talked about.

You know, I'm gonna work on their their sleep time. I want them to develop a sleep schedule where they're, you know, whether it's, you know, 8:00 at night, 9:00 to nine, 10:00 at night, but is consistent.

And then I want, you know, the the screens off TVs off 90 minutes before bed. And that way, they're, they're having, you know, just that alone time, they can read a book of whatever, and then I work on caffeine, making sure the caffeine is pulled, technically, you know, by lunch, but it's never going to happen, so good luck.

Yeah. Early afternoon, something like that. Then pull in anything that's going to, you know, cause inflammation, or disrupt or sleep out at least 2 to 3 hours ahead.

So that'd be like carbs and sugar or something like that. I want to have a at least, I say three hours before bed. And then, you know, so then just working on the quality of sleep, and then making sure that they're getting seven, eight hours of sleep.

I prefer eight hours. And it's not going to happen every day, but long as they're pretty consistent with it. And then hit that more like, because, you know, my ultimate goal right there is slipping the cortisol levels, you know, is, of course, all out of whack.

You know, getting that getting that set is going to set everything is will set the tone for everything else, you know, very, very true. And again, like so I mean how about peptides.

Are you use any peptides for sleep or nutraceutical specifically. So yeah. Well I do an obstacle called sleep time.

Sleep, Rhythms, and Morning Light

And it's a combination of several things, but it's got, you know, melatonin in there is gonna help you get sleep, which anybody this day melatonin is not going to keep you asleep.

And then other things around that is going to, help keep your sleep. I don't really, use peptides too much for sleep. I try to, stick to the nutraceutical side.

If I'm having issues, I will do the peptides, but, I really don't have to. Once. That means I fix everything else. Oh, fantastic. That's really good. What's your eye?

So, in that product, what? Besides melatonin, is there anything else on there? Like magnesium? Zinc. So, yes, actually all that. And I know you're going to ask me that I should pull it up, but it's, it's called it's called sleep time.

I have it in the book. And that's another thing in the book. In the back of the book, I have graphs and charts that have, you know, what nutraceutical to take at what time.

And what for what reason. Okay. Fantastic. No, I love that, I love that, and what would you say would be a healthy, I guess, time schedule for somebody to come in who sees you day one.

Are we talking before you start to see results? Three weeks, two weeks a day, six weeks. What's your kind of goal when a patient comes in to say, let's, let's aim for this.

That's conservative yet very, very effective. So let's let's take patient. You know not every patient is the same. So you know number one you need patience by it.

And so fortunately for me the patients that come into my clinics, are fed up with not having answers. And so they pretty much bought in before they walked in the door.

So I don't have to really, get there by it too much. Now, when I start talking about grounding and morning life stuff, I actually get to buy in. But, the time frame.

So, you know, they walk in the door. That's what I'm start working on. I'm gonna start analyzing. Is this, you know, a signaling issues, a gut issue. And that is just just I don't have the symptoms, but I'm going to before they leave on that first appointment, I'm.

I'm going to have them on a sleep schedule. I'm going to draw the labs. And by the time they come back and see me to go over their labs, if they bought in and they've they've adjusted their sleep schedule, they've started doing their workouts, they're already having results.

And that's before I even pinpoint the lab issues. They're not going to be addressing results. But then when once they come back in, we're going to, go after the labs that are wrong or, you know, not optimized.

And so after a week two, week three, we're going to have some results there. But ultimately, to answer the question, I like to have a pretty significant difference after week six.

And week six is where my my 12, week six and week eight. And that's what I normally bring them back in and go over everything and maybe recheck labs or replace hormones or something.

Yeah, that's a big one. I think a lot of physicians don't understand when they should be rechecking labs. You know, there's certain things, like you said, every patient is different.

I'm in my practice alone. You know, we we have a gigantic initial panel, which kind of, you know, I always tell people lab testing is like a picture to a puzzle, and every part of your body is the actual puzzle.

So it's kind of difficult to put a puzzle together if you don't have the full picture, which also a lot of physicians are basically handicap because also there and the test is the basics.

And then expect to like, you know, and then they'll promise the world, which is kind of nonsensical. So I think that the aspect is, you know, you test hard and heavy upfront and then if you find specific things, heavy metals, okay, test that.

And you know, and in four weeks to see if you've made a dent in it, if you find something immune system based test that in two months if you find something red blood cell anemia base test that in two months as well.

Hormone based maybe four months, whatever it could be. And I think one of the biggest things that we find with any type of health care practitioner is that the actual timing of the follow up testing is so muddled, and there's no real, real doctor and on on to help give patients or, doctors guidance on when they should be checking up, you know, getting their report card back.

I tell everybody, right. Your first your first lab results or your report card, your follow up lab neuro tests or my report card. So, yeah, I think that that that's a very good point that, you know, I think, you know, the follow up lab testing, like, you, like you were you were speaking on there.

I it's probably one of the most important things when it comes to lab testing as a whole. Yeah. And you know, a lot of people, they don't understand when we talk about doing labs that oftentimes have to come back into the labs, I'm like, absolutely, we've got to it's our that's our report code.

We've got to see the progress that we're making. And you know, sometimes you need to make adjustments as per week six. And so if you're not checking labs you have no idea if those are just has been right.

Especially if you if you damage the thyroid. You know, everybody says you check thyroid, you know, 4 or 5 months down the road, I'm checking it and, you know, 8 to 12 weeks easily, especially if I'm if I'm attacking that to no, no.

Yeah. Yeah.

Lifestyle Foundations: Protein, Training, and Meal Timing

If thyroid and your adrenals I mean your two biggest stress and the biggest thing is to go hand in hand. You know, I tell people to my, my best, my best back door gauge of sleep is IGF cortisol and, DHEA, because those kind of give you an idea of how the sleep's the sleep cycles.

God, are you getting to Delta sleep and the whole aura ring and all the other stuff, you know, I mean, that's that's got to kind of, you know, hit or miss on, on, on if it's actually doing what it's doing.

But when you see the IGF one, I think it's part of the most I'd say the most important factor when it comes to kind of help me, help me gauge sleep, because you're seeing if that patient gets into that actual delta sleep cycle where they're they're having that gigantic pulse of growth hormone.

We all know the first cycle of your overall night, the first four hours, the delta sleep is much more prevalent. And that kind of trails off. And your RTM picks up at the at the last four hours.

And so I think it's always unique to sit there and see how the lab testing can kind of really give you an idea of where the patient's actually going lifestyle wise.

So when it comes to lifestyle, you know, modalities and lifestyle medicine, what's, what are kind of your go tos when it comes to fitness, diet, sleep, sex and overall stress reduction.

Well, I'm glad you mentioned IGF. There's not a lot of people that follow that too much. And so most of my big one I don't get it is not a part that's more important than menopause or andro pores. I don't get it.

Yeah it is. And you know one of my favorite peptides is the CDC with the IGF. I couldn't agree more. It is fantastic. And, you know, I love it, but, as far as lifestyle, so, you know, eight hours sleep, I want you to have, you know, 30 40g of protein first thing in the morning.

Everybody talks about, you know, fasting for 18 hours, 20 hours a month. Now, what I want you to have 30, 40g protein first thing in the morning. That's going to help.

Of course. All it's going to help, insulin sensitivity. And then, you know, working out, 2 or 3 days a week or it's resistance training, but not necessarily cardio implementing that.

And, you know, 45 minutes, three days a week. And then making sure your meal timings. Right. So meal timing is huge, disposable incomes, your insulin sensitivity and stuff like that.

And then, you know, after the resistance training is in place, making sure that, you're supplementing your protein post-meal, in that 30, 60 minute window, which is the most important window.

That's when you glute force most active and, make sure you cause no small essence by feeding the muscles with the protein and then having, you know, your, your sleep cycle in place, it's that that's the lifestyle that I'm going after.

It's the best medicine. You know, I mean, I think I'm glad you picked up on that one, because a lot of people don't understand how to actually supplement protein around exercise.

And again, back in the day, I had one Mr.. USA I did the bodybuilding for, I don't know how long, and that was probably the most important part of my actual journey.

The the exercise was maybe 10% of it. The actual supplementation, as in, you know, when to eat, how to eat, and what to eat, were probably the most important parts of that cycle.

And the aspect of meal timing is huge. It's huge. I mean, what type of protein eat beforehand, what type of carbohydrate, what to eat immediately after, what you eat an hour after you exercise.

I mean, it dictates how your body is and everything's a play on insulin. And so so people don't understand how important insulin actually is when it comes to building muscle, building bone, building strength, everything under the sun.

So being able is a muscle anabolic steroid in your body. It is. And got again when you couple with what IGF one and the like growth factor I mean you get a double whammy there.

You know what I mean. Yeah. But when you start to like boil down the basics, and I think a lot of physicians, a lot of health care practitioners and a lot of health gurus these days don't, don't really look at the basics of what nutrition is, the amount of counseling, the amount of teaching, the amount of consulting that I do, when it comes to like, learn, learn what anemia is and how to fix it, learn what protein is, what's the thermic effect of food, what's the

thermic effect of exercise.

And you have all these doctors looking at you being like, I don't even know there's a thermic effect of food, you know? I mean, like that's one of that's 15% of your metabolism.

So it's a situation where I think, like health care practitioners have kind of, you know, they were I mean, again, with with the influx of traditional practitioners that came over.

And then you sit there and see, now there's so many people gravitating towards this field. I just want to get into it because it's profitable and it's the buzzword, and everybody on Instagram is talking about it.

But they lost the ideology of understanding what the basics of nutrition is, what the basics of sleep are and what the, well, what the basics of even hydration.

What what are your hydration protocols for your patients? So a gallon a day is minimal for me. Minimal. There you go. Yeah. So it's it's and people look at me like I'm crazy.

But I mean, you know, every cell in your body requires water. And you dehydrated cells, you're just you're shooting yourself in the foot. Nothing's going to work. Right.

So unless they, you know, have, you know, a kidney issue or something like that, but a lot of times, you know, you create new levels up, you end up. I mean, that's a hydration issue.

And so you just think you're drinking it up but you're not it out. So, you know, I really encourage my patients that I struggle with getting them to, fully buy into that, gallon jug of water.

I want that done by better. Good to know if you're super active. I'm going for a gallon a half to two gallons, but gallons minimum for me? No. Yeah. For sure.

And again, like, a lot of people don't don't really understand that. I always try to bring up the whole analogy that, you know, if you take a look at a fish tank and you and you never put that filter with the fresh water turns of that green gooey, you know, collaboration of just bacteria and, you know, and the aspect is the more water you put into it, the cleaner it gets, the more it filters out, the more oxygen you actually produce for the system.

Exactly. Therefore, you have a much more smoothly running, ecosystem because again, we are just a gigantic machine based ecosystem. So you have to you definitely have to hydrate it.

And then it comes with the actual types of water versus osmosis mineral water, purified water, upside down water inside out water. I mean, there's so many different aspects that kind of, you know, just sit there and people get confused with and then you're going on buying bottled water.

That's just basically tap water that was marketed well. So the whole hydration industry is also just just a crazy, crazy marketing play. But I think, you know, I think physicians should at first, you know, be be nutritionist and sleep specialist before they're anything else.

And it sounds like that's one thing that your focus on on. Yeah I that I really I really stress that. And he knows there's a lot of physicians out there.

You know practitioners out there that you know have no idea, you know, what nutrition truly is and how to seal the body appropriately with it. And, you know, one of the things that frustrates me the most is patient comes in and said, well, I was told eat 1200 calories a day, and that's what I'm doing.

I'm like, yeah, but what are those 1200 calories look like? And when are you eating them?

Hydration, Fasting, and Amino Acid Strategies

That, that is that is I mean, there's just ki no guru. It's try to get a raise now wants to do this intermittent fasting. It's just like, yeah, okay, I'm not against it, but I'm not for it the way you're doing it, you know, I feel like you're good at it.

You know? Hey, no, you mentioned, you know, with the fast, you know, my favorite fast is a 12 hour fast daily. That's how your body's going to, It's going to burn everything that you actually fuel it with.

You go into an 18 hour fast day or 20 hour fast day, it's going to start store stuff because it doesn't always get better. So when I tell my patients that the easiest thing to do is 12 hour fast and that's no stop time and start time.

So your last meals at 6 p.m., you're eating A6M, last meals are napping, you're eating 9 a.m.. And of course the right to know for sure a guy. I think one of the most important things that we do here, I, you know, I've developed a little product as well is called Doctor Amino.

And what we do is if you sit there and again, personally, I'll sit there and I usually do about a 12 hour fast. But it's, it's not a, it's not a total fast.

I'm always having my amino acids throughout it. And it is kind of unique before bed. It helps you build a muscle. It doesn't get you a deeper sleep in the morning when I'm doing a fasted cardio, it's not really a fasted cardio because we all know breakfast is breaking fast, which I don't think you put that together, you know what I mean?

And you know, it's a whole big, ketogenic was type play. We're breaking muscle. We're breaking fat to create the ketone body for the brain. So when you wake up, you don't want to risk all that hard earned muscle you've been trying to build. Throw some.

So I throw I throw some essential amino acids, make sure you're losing in there. And all of a sudden now you're burning straight fat and sparing your muscle.

So you're still doing the fast, theoretically. And, and you're actually able to still get that burn and burn and everything going. So it's just those, those little things that, you know, that, that that can really change a patient's mentality, physicality and emotionality when it comes to how they eat and how they actually properly, take a nutrition that I think can change an entire program.

Oh, absolutely. And thank you for saving essential amino acids, because there's so many people out there that bonded to the the hype of the bcaas or branched chain.

And I'm like, no essential. And it's all that you need. You need the essentials. That's what that's where the benefits are. You know for sure. For sure.

So I tell you what, it's been great. Now we have I have two questions. I ask all of my all my guests. Okay. And I want you to shoot from the hip here. Okay.

So anybody who's number one, anybody who's a health care practitioner who's looking to get into this industry or is already in this industry, which is the wellness regenerative functional medicine industry, what is the best piece of advice as an established practitioner that you can give to them?

That's going to help them kind of make the best move only for them business wise, but also for the patients they start to see. I'm a plug my book here.

Good dude, I love it, get it, get get my book and read it. So I wrote this book for practitioners that are, you know, starting to get in the space that that don't really have the background behind them, but that still have a lot of questions out there.

Also wrote it for the patients out there to get really educated. But for the the practitioners getting into this space, you can't learn enough. Listen to every podcast you go listen to, read every book you can read.

If you have spare time, you drive and you should be listening to audio book on, you know, wellness or vitamins. There's, there's great books out there.

I mean, there's not a time in this day that I have a spare moment that I'm not listen to something learning because it's, you know, and as you know, this, this, this space is evolving, right?

And it is just there's somebody out there that knows something you don't. And so you need to find that person, listen to them and just listen to everything and read everything that you can educate.

You need to eat it. You got to eat that education. I mean, the more, the more you learn, the better you are and the better your patients will. Amen to that one.

Advice for Practitioners and Patients

So number two is as a patient or as an somebody who's sitting there and said, maybe I need to jump into this wellness market. What's something they should look out for?

That's something that they should either gravitate away from or gravitates towards when it comes to this industry. Going to a clinic that does not have licensed practitioners.

Good policy that I see that often, especially with a lot of places trying to get into the CLP ones and stuff like that, because they're profitable. They're not managing the patient correctly because I can't tell you how many, you know, news articles I've read on patients suffering because they went to a place that did not have a licensed practitioner that is troubled by number one.

Number two is if you're getting into the, the wellness and going into peptides, making sure that the peptides are a reputable source, they are tested.

I prefer my peptides coming directly from a pharmacy. Now, I do use some research. Great. But I do deep dives into the who I get this from. Okay, well good man.

Well, hey, I appreciate two great answers. Really really fun talking to you man. And again, the book I love the name. Make sure you've copyrighted it.

If not I may steal it. But again, good luck. You know, one of the things that I was going to, we never really had time to mention it, but I have several clinics that, that buy my book directly from me and actually sell it in there.

Oh, great. Or give it away to the patients in the clinic. So I don't know if there's a way to put that in the show notes or something like that. Okay.

Yeah. No, we'll make sure we include it in and all of our media for this podcast. And again, lifestyle medicine podcast powered by Access Medical. My name is Doctor Ivan Roscoe, your host.

And sir, it's been an absolute pleasure having you on here. You can check this out because a lot of it will be on YouTube. Anybody on anywhere podcast or features.

If you want to get Ahold of us, email, text, send us a carrier pigeon. We are there to rock and roll. So thank you so much my man. And again it was great having you on.

Hey, thank you very much for having me. It was a blessing. See you guys. Thanks for joining us today on the Lifestyle Medicine podcast at Access Labs.

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