

BRAIN DEGENERATION SUMMIT



Leaky Brain & Neurodegeneration Connection

Guest: Dr. Ryan Wohlfert

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Dr. Eckel: All right, well, welcome, everyone. I've got Dr. Ryan Wohlfert, our expert on brain health here. And we're going to talk about leaky brain and the neurodegeneration connection. Welcome aboard, today, Dr. Ryan.

Dr. Ryan: Greg, thanks for having me.

Dr. Eckel: So I wanted to know, on this particular topic, how did you arrive at it just for your own personal stake in this for brain health?

Dr. Ryan: It's been quite a long journey. I've been in practice for 20, geez, almost 20 years now, and it's been a journey of finding out how I can best help my brain health, my patients' brain health, their longevity, their energy. And I guess it started probably about 12 years ago if I want to put a date on it to when I saw how my grandparents, like how their health diminished, and how like one of them was diagnosed with cancer, and within three months was gone, and is wasting away.

And then, I saw how another of my grandparents had heart disease, pacemaker, endless doctors' visits for the last 10 to 15 years of his life. And then the biggest one, as far as brain health goes, one of my other grandmas, seeing how dementia affected her, how she lost her memory, lost her sight, just couldn't remember, obviously, with dementia, that neurodegeneration of the brain, wasting away in a nursing home, my parents taking care of her, visiting her non-stop, and just basically losing her independence, losing her life.

And it was during that time where I thought to myself, “I don’t want...It’s just like learn from their mistakes.” Obviously, it’s not a mistake that was their journey and now this is mine is learning from them how I want to take care of myself so I can have my independence, so I can have my freedom, so I can have my mobility and my brain, and everything that goes along with health, and longevity, and energy, and so, basically, my kids and my family don’t have to take care of me. I want to be there with them and for them.

So that’s how I, if I put a date on it or a timeframe, that’s, I think, when it all started. And that led me down this path of leaky brain, which is a relatively new concept, but I saw it in an article somewhere, a research article, and through some other summits. And I just looked more into that. And it gives a good description of what can happen and how the brain works. When I first gave that leaky brain or talk to somebody about it, it was like, “What is it like brain leaking out of your head or something?”

Dr. Eckel: Yeah, it sounds pretty gross, actually.

Dr. Ryan: But it catches your attention, right?

Dr. Eckel: Yes.

Dr. Ryan: It’s not as that dramatic like you can see it. And that is good and bad. With your health, sometimes we don’t know things are happening until we feel them or see them, even though, and you know with brain disorders, Parkinson’s, MS, dementia, Alzheimer’s, those are years in the making. Ten, twenty, thirty, forty years, they’re developing. And they can start with brain fog, they can start with just losing your memory here and there, losing your energy, maybe headaches, even stomach issues, those are all signs that, “Okay, maybe there’s something not completely functioning with the brain.”

Dr. Eckel: So what is the leaky brain? So it’s now that gross picture of this ooze coming out your ear, but it is these more subtle, longer-term symptoms. But sometimes, it can be very dramatic for folks. Yeah?

Dr. Ryan: Well, exactly. So, I think, the listener is, I don’t want to generalize, but, I think, they’ve probably heard of leaky gut by now, especially if they’ve been watching these summits, and docuseries, and filmmakers. And leaky gut has been the vernacular for years now. And it’s very similar to that.

Just like the gut has a protective barrier, protective lining, all the way from your mouth, all the way down the other end through the intestines, through the esophagus, stomach, everywhere in between, it allows certain things through into the bloodstream. And it doesn’t allow other things. Like, by

things, I mean substances, chemicals, undigested proteins, amino acids. So some should be let through and then some shouldn't.

The brain has a very similar protective barrier, it's called the blood-brain barrier. And that's even tighter than what the gut lining is. So think about like the gut lining. The way I like to describe it is, think about a laced-up shoe, and normally, those laces should be really tight so only the smallest of particles should be let through, or like little grains of sand, or water. If you step in a puddle, yeah, it's probably going to get through. And that's normal. That's how it should happen.

But with our lifestyle—and then we'll talk about what causes leaky brain. It's very similar to what causes leaky gut. But we can talk about that in a minute after I explain what actually that is—but now with these lifestyles, these causes that we'll talk about, it loosens up their shoelaces so now, bigger pebbles, bigger stones can get through. Things that shouldn't be allowed in are in.

And when they get through that shoe, so now let's say that it gets through the gut, it gets into the bloodstream, and those same things can go up to the brain and attack the brain. So the brain, again like I said is very similar to the blood-brain barrier, they attack. If they attack, they're bombarded with these toxins and chemicals.

And we might, as well, get into that right now, is what causes it. So what causes these disruptions, causes these interferences, causes the damage to that blood-brain barrier, and in turn that's essentially what it's called is leaky brain, is when these unwanted chemicals and substances can get in, now it attacks the brain cells, you can get symptoms like brain fog, low energy, fatigue, tiredness, chronic fatigue, fibromyalgia, all the way up to, if it's left unchecked and we don't get rid of it, and heal and upgrade the brain, well now, it can lead to dementia, it could lead to Parkinson's, basically these brain neurodegeneration disorders and diseases.

So what causes it? What causes leaky brain? What causes this like attack on it? Well, there's a few things. One, there's toxins. In other words, let's separate it into a couple of different things, actually three. There're toxins. And by toxins and toxicities that could be biotoxins. So it's viruses, parasites, mold, bacteria, fungus, and candida. And so these like living things that we're exposed to, they attack the gut, they attack the brain.

And now, on the other unliving side, the environmental toxins that we're bombarded and exposed to on a daily basis. Eighty to one hundred thousand new chemicals have been introduced since World War II, I think, that our

bodies haven't been completely designed—well, they are and they aren't—their designed to get rid of toxins, but not at the level that we are exposing our body to. Our liver, our brain, our kidneys, they're just overtasked and overworked so they completely attack our system, our brain cells, our body cells. And then they accumulate, accumulate, accumulate.

So environmental toxins, glyphosate, herbicides, pesticides. Heavy metals, that's a huge one, right. Heavy metals, they love the brain. A lot of those metals loves the brain. And what I like to equate it to is they gunk up the system.

Dr. Eckel: I like that technical term.

Dr. Ryan: Gunk, I use it all the time because, again it's like, it's just like this sludge. And if those cells, which are supposed to be nice, and functioning, and working, and giving you great memories, and thinking ability, and cognitive abilities, if they're loaded with things that aren't conducive to creating that, it's like filling up a bucket with a bunch of trash, there's no room for the good stuff, there's no room for the vitamins, and the minerals, and the micronutrients, the enzymes, the antioxidants to help nourish the brain, nourish the body so it can thrive and fulfill its purpose.

Dr. Eckel: That's really well put. And we have different facets of each point of the topics we have as part of this summit with some of the world's experts on those topics so I'm glad you put it really well put on putting that together on, well, what causes this leaky brain scenario? And we're like swimming in it. So that's the environmental component.

We had the other toxin component on the bioaccumulation of other gunk, for lack of a better term. But I use that same technical term in my practice, as well, because that's what it is. Well, so then, what in the world do we do about it?

Dr. Ryan: Well, it's what I call and what I use is called the six pack. I create a six pack of energy and longevity in these cells. And it's six things. I'll list them out and then I'll explain them a little bit as we go, focus and mindset, your food, nutrition, and fuel, fitness, exercise, and movement, refresh and sleep, refreshing sleep, function, spine, and posture, and then there's faith, purpose contribution, and I also put family in that one, as well. And I like to keep it simple. That's why I created *F*s for all of them. So it's focus, food, fitness, function, refresh, and faith. I couldn't find a *F* word for sleep. So that's why it's refresh, small *R* big *S*.

Dr. Eckel: Perfect, that's great. So the five *F*s of your longevity, your six pack, right. So you start with the focus as the first *F*. What do you got there?

Dr. Ryan: So focus is your mindset. This is not our conscious thoughts, our conscious being, this is the subconscious thoughts, beliefs, actions, I'm sorry, our habits, actions, and behaviors on a conscious level are, for the most part, controlled by our unconscious thoughts, beliefs, perceptions.

And I don't want to get too woo-woo in this, but every thought we have, whether you know it's there or not, and most of the times we're numb to it because our lives are so busy and creating this business that we wear it like a badge of honor, we don't identify and recognize, we aren't aware of these thoughts and beliefs that we have. In every thought, every belief we have, it causes a chemical reaction. And those chemical reactions can boost or lower neurotransmitters that we need that are helpful to us or hinder us.

So the first step is our brains are designed...And I want to make it clear with this, mindset is not just positive thinking, the first step is actually becoming aware. Well, actually, the first step is accepting that our lives, the circumstances of our lives, the situations, how we perceive them, that's our story because, Greg, and you know, you could see an event happen and I could see an event happen, and we have two totally different takeaways from it, the exact same thing. So your world is different than my world because of how we perceive it.

Dr. Eckel: Yeah.

Dr. Ryan: So that's the first step is just becoming aware of what your beliefs are. And let's narrow it down to what are your beliefs as they center around your health? Do you believe that you are destined to get diseased, to get a brain issue, to get degeneration because your mom or dad did? Do you believe that everybody's going to get cancer?

See these are all like limiting beliefs that you say, maybe not out loud, but to yourselves when somebody gets Alzheimer's, or when somebody gets cancer, especially, where they, it's like, "Well, it's going to get everybody eventually. Well, yeah, I would rather, I guess, it get me when I'm 110 years old, than when I'm 50 years old. That's a big difference there.

So one is accepting and then two becoming aware of what you are telling yourself about your health. And I want to give you a quick tip here to reverse that. And again, this isn't again just the positive thinking because there are certain things that block us from this positive thinking. And it's our beliefs that lead to our actions and behaviors.

And I want you to just start counting your wins, which I know it sounds like, “Well, that’s positive thinking.” Yes and no. I’m talking positive thinking isn’t just this you’re Positive Patty, and everything’s great, and no matter what bad things happen or you’re always just positive, counting your wins is more of okay picking out just little things in a situation.

Or let’s say you are an overeater. I don’t know, let’s say you eat until the point to where you just can’t eat anymore and you feel bad about yourself, you self-medicate with food, and then you feel about yourself. So maybe the win is you didn’t beat yourself up for that. I know, again, it sounds different, but every time you beat yourself up for that moment of indiscretion, it leads to more and more of these reactions within your body. And it becomes a self-fulfilling prophecy that you’re going to do it again, “See, I told you,” but the next time you do it say, “Yep, I knew I couldn’t stop doing that. I knew I was going to do that.” It’s all these always--

Dr. Eckel: Yeah, pile it on. Yeah.

Dr. Ryan: you pile it on. And then even more, because that, the more you do that, the more it builds up. So now, maybe the next time a week goes by, you overeat, overeat, overeat. And then you stop before that point of overeating. And then you really, you’re like, “Sweet, I didn’t like completely bust a gut. I stopped. You know, I stopped.”

And hopefully, that makes a little bit of sense. I know it sounds just like positive thinking. But I’m talking like if you’re in the pit and you just try to think positively, you still have all that, like the physical gunk that we talked about, you still have all that mental gunk taking up that bucket to where you can’t fit any of that positivity in there. So we have to slowly unravel it.

Dr. Eckel: Yeah, you see now that’s a huge piece, that mindset on really watching the negative self-talk and just that those limiting beliefs are huge, right, because if you’ve got that toxic mind, it doesn’t matter what you lay on top of that, it could be the best nutrient in the world, it’s just there’s no room for it to go in there. So that’s great that you start with that.

Dr. Ryan: Exactly. And that’s the first part of all the programs that I run, either my Done with You program or my one-on-one coaching that I do with clients, that’s because we’ve got to set that foundation. And then we go, because everybody wants, “What foods do I eat? What supplements do I take? Obviously, that’s huge. That’s why it’s part of the six pack, but yes, we do these all concurrently.

It's not like, "Okay, we're just doing this one. We're going to get perfect at this and move on to the next." That's not how life works, but yes, obviously, food, nutrition, supplements, and even put essential oils in this realm because it's a fuel for your body, we need that to seal up.

One, get the gunk out, detoxify and then also to help upgrade what I call the brain and the cellular function to make sure it functions at a high level, to make sure it has the nutrients because that's another cause is when we have these toxins that are loaded in our system, there's no room for those nutrients and micronutrients so then that leads to deficiencies. And it creates this cycle to where, "Well, now I don't have enough magnesium. Now I'm deficient in B12 or my B vitamins."

And it's not just about supplementing with what you're deficient in—I know that sounds weird—but we have to find out what is the cause of why you're deficient in that. That deficiency could also be deficient in oxygen. Deficient because you're not breathing, which comes with the third part of it, which is our fitness, and exercise, and movement. And that's also focus and your breathing is just everything. That's also about the function aspect of the six pack.

Yeah, so food, nutrition, supplements, if you're so far down the road where your body is toxic and your brain is toxic with heavy metals, with biotoxins, we have to bind those safely. Again, I'm not going to dive into that, the detoxification. I'm sure you have other experts on here that will go over that, but that is huge. And that's why it's on here because that's what's going to help leaky gut, that's going to help get those shoelaces tied really tight again, cut off the immune system so it's not attacking itself, so it's not attacking the cells that it's not supposed to be attacking.

Dr. Eckel: Awesome! Do you recommend any specific testing for folks on food or is it more of a guideline? I'm guessing it depends on what level they interface with you, but--

Dr. Ryan: Exactly, right, exactly. Yes, there is testing. There is urine tests, heavy metal toxicity tests, the organic acids test from Great Plains Labs, we've done that one quite a bit. And that gives a great overview of the metabolites that come from different biotoxins, different bacteria, viruses, but then also test certain neurotransmitters, and it tests certain vitamins and minerals, as well.

Dr. Eckel: Interesting. All right, so that's food. Now, you've got fitness. And we were talking about oxygen as being a big food for the brain. And now, we've got the fitness piece here.

Dr. Ryan: Well, fitness, it was probably my first love growing up as a kid. Three brothers, but an older brother, we would just always play basketball and just always outside with the ball in the backyard, sports. And I was just doing it because it was fun, I didn't realize it was good for brain, but now, I do.

But no, fitness is huge because it supplies oxygen to the brain, it boosts serotonin, it boosts brain-derived neurotrophic factor, which is just as it sounds. Brain-derived neurotrophic factor, it stimulates this chemical that helps to promote our brain cell activation, promote new, it's called genesis creation of new brain cells and protects the brain.

Serotonin helps mood, helps thinking, executive function, helps just decrease the inflammation throughout the body, decrease insulin resistance. Fitness, that's why it's got to be a part of repairing, healing, and upgrading your brain. And there are some cultures where that is the most important thing. I don't like saying, okay, this one is most important or this part of the six pack is because I believe they're all equally important. But certain people might only be able to do...They might be able to put more attention on a couple of the six pack, rather than all of them.

So as we get into function, which we'll go into that next, so function means this, all function comes from the brain. It does that by sending energy, and signals, and communication down to the spinal cord which is inside your spine, through the nerves to every cell organ and tissue. So your posture directly affects your function because if we're interfering with those signals getting to wherever they need to go, well, now that's an interference as to deficiency in the nervous system function. And now, your body isn't going to live as long.

Actually, studies have shown that where it can take up to 15 years off your life because it puts so much stress on your spinal cord. You're not going to have the energy. You just waste your energy. And I'm not going to get into the full like what type of postures, but when we think of posture and spine, we think, okay--

Dr. Eckel: Yeah, the hunched--

Dr. Ryan: the hunched over posture. But we could get into like where I'm shifted to the side and bent down one way. And that creates irritation on the nerves, as well. So think about it in this way, if we put a kink in the hose, so let's say your brain is the main faucet, you've got the hose going right down through the spine, and all these little other hoses going all throughout everywhere to water your lawn.

Now, if we put the kinks in the hose going to a certain area of the lawn, it doesn't matter, again, what food that we use, it doesn't matter a whole lot what type of positive mindset we have, it's not going to thrive and be optimally functioning because it doesn't have that brain signal telling it what to do or that water coming up telling it to grow. Okay, does that make sense?

Dr. Eckel: Right. Yeah, totally.

Dr. Ryan: I combined analogies there, but yeah.

Dr. Eckel: It's good. It worked. Dr. Ryan, it worked. So that's on the function and posture. One, I want to go back to fitness. Do you have specific recommendations on fitness for folks? You mentioned, depending on what the individual has, what's the best lever to push on for them at this specific moment and time?

But, in general, a guideline on the fitness front because fitness and exercise is a loaded term and immediately people, they're going to say, "Ah, you know, I heard that back in gym class in high school or whatever." And that's been 30, 40, 50 years ago". So I'm guessing any movement is better than no movement.

Dr. Ryan: Yes, movement, you said that word right there. And that's why it's fitness, movement, and exercise, because you're right, exercise and fitness. And it doesn't mean you have to run a marathon, it doesn't mean you have to do a bunch of burpees, or high-intensity intervals, it's simply going for a walk. And that could be it right there to start off and then working your way up.

What I like to tell people to do or have people do is make a list of your favorite activities, whether it's like different cardio activities, different strength training activities. And again, strength training gets this connotation of lifting heavy weights. No, it's not lifting heavy weights, strength training is important to help keep your muscle mass because that helps to support your body, as well as support your brain. So make a list of even stretching activities. What are your favorite active activities that you like to do?

The second thing I love having people do, my clients, my patients, is incorporating it into their day, rather than trying to carve out 30 or 45 minutes of—from one minute to forty-five minutes—so instead of doing 45 minutes all in a row, split it up into like three 15-minute sessions. Or let's say your goal is a half hour. So let's do three 10-minute sessions to where every minute on the minute, you're doing like five pushups for 10 minutes.

And then later in the day, maybe every minute on the minute, and I'll explain what that means in a second, you do 10 squats with no weights, you just squat up and down to your level of ability for 10 minutes. So what that means is every minute on the minute, it's a great technique to use.

So you start a timer. You do five pushups. However long it takes you, you wait until it gets to that first minute. And then you do that five pushups again. And then you wait until the next minute and you do that for 10 minutes. So if you're doing let's say five, even if it's one pushup, then you're doing 10 pushups in 10 minutes, you start off with that. So I like people incorporating it into their day.

So what do I got? I'm in Michigan so it's winter time or during the winter time, there's usually snow. I don't have a snow blower so I shovel. And that's part of my activity. I also fold laundry, believe it or not. So what I'll do sometimes is I'll put the basket on the floor. I'll squat down. Pick up the item of clothing. Fold it. Put it on the couch. And I do that over and over again.

Dr. Eckel: Brilliant! Yeah, built right into the schedule and plus your wife probably loves you for that, too. Yeah, lovely. Well, okay, so thank you for that clarity on the fitness because it could be as simple as that like folding the laundry and just putting a squat in there, that's great. So you don't have to go out to the gym. There's none of those self-limiting beliefs of I don't have time. You're already moving your body. So just to emphasize and maximize that time. Refresh was another of the *Fs*. So what do you got?

Dr. Ryan: That is sleep. That is for the most part sleep. Sleep is where the brain drains. That sounds like it's leaky brain, but no, in a good way. Your brain, when you sleep, it detoxifies. And that's when it helps to get the gunk out, and drain it in from the glymphatic into the lymphatic into the bloodstream to get rid of it, and, yeah, into the bloodstream to get it out of your body.

And in our society today, there's too little sleep going on, not just quantity, but, also, the quality of sleep because we're looking at our cellphones up until we go to bed. It's sitting by our nightstand. We use it as an alarm clock. It's got EMFs, which I'm assuming you'll have some EMF experts talking about that on this summit, as well, where it can interrupt this normal process of the brain draining.

Draining the brain to get it healthy, to get rid of the toxins as much as possible, to get rid of, whether it's biotoxins or whether it's heavy metals. And when we talk about heavy metals, a lot of times we need something a little bit

extra to get that out if we've gone down the neurodegeneration route. But yeah, that's why sleep is so important.

And sometimes people feel they don't have seven or eight hours continuously for them to sleep. They might have young children, babies and toddlers, where they get up. I get it. So that's why we want to maximize the quality of sleep during those times when you can't get seven or eight hours. So we want to make sure we're in a dark room. We want to make sure we don't have blue light emitting LEDs in our room.

So we could get blackout curtains or even just get a bunch of like towels. I've used that before. Get bath towels and put them over the window. Night lights, you want to not have any night lights in your room because our body has sensors, our eyes have sensors to where if it senses this light, it's going to trick your brain into thinking it's time to be awake.

Now, the hormones and the neurotransmitters are going to get all out of whack. And it's going to lead down this cycle of hurting your circadian rhythm of when your brain and body knows it's time to sleep and then when it knows it's time to be awake. That's what the circadian rhythm is. So every day when you wake up, your circadian rhythm starts and says, "All right, whatever it is, 16 hours from now is when I'm going to be sleeping again." It starts it over. And if we are constantly like, "You know, I've got a bunch of light shining on me right now and after this I'm going to put some blue light blocking glasses on because I've been in front of the computer all day with these lights. So I already want to start winding my body down as I get towards dinner time. So then my body knows, "Okay, it's time to start to relax. So I'm preparing my body and my brain that it's going to be time for bed here in about three, four, five hours.

Dr. Eckel: Is there an optimum amount of sleep? Or like when you're talking about the quality of the sleep are you talking about deep sleep to REM sleep, along those lines?

Dr. Ryan: Yes, there is. And typically, seven to eight hours of quantity will get you through the cycles of sleep. So each cycle, where it's going from light sleep to REM, to light to non-REM, to deep sleep is at 90 minutes long. And there is a great book and study done by Dr. Michael Breus, I believe, and he talks about, for optimal sleep, so take a week period of time, seven days, you want to have 35 sleep cycles so 90-minute sleep cycles. So that equates to, I think it's seven. No, let's do the math.

So you want at least 30 of those sleep cycles. So that equates to about seven to eight hours of sleep a night, 30 to 35. And he also says that if you can't get

that full 30 to 35, you can make it up with naps. So naps are different. He theorizes that it's like 30 to 45 minutes equated to a full 90 minute sleep cycle that you get at night. It's not like you have to take a 90-minute nap to catch up on those sleep cycles.

Dr. Eckel: Got it. Naps are more efficient.

Dr. Ryan: Hopefully, that makes sense.

Dr. Eckel: Yeah.

Dr. Ryan: Yeah, yeah, yep.

Dr. Eckel: But we'd rather you have better sleep at night.

Dr. Ryan: Yes, oh, yeah, definitely.

Dr. Eckel: Yeah. Excellent. All right so the sixth *F*, which is the faith, and purpose, and family.

Dr. Ryan: Yes, that's an important one. And when I say faith, it's not necessarily religion, it is for me. That's part of it for me. But it's also the contribution that you make in this world, the purpose that you have because that leads to more energy in your life. That leads to more focus. And even focus and faith are very intertwined. Faith is a belief in something that you just haven't seen yet.

So yes, focus and faith are very similar. And family comes with that. Your social interactions, your purpose, your contributions, your community, it's all lumped into one. And we're, I think again, we're trained to believe that we're to play small, for lack of a better way to do it is who am I? Who am I to be great? Well, one of my favorite quotes is from Marianne Williamson and it's, "Who am I not to be great?" That's the way we were made. That's why we were brought into this world. We have a purpose.

Sometimes, hey, I'd be honest with you, I lose it sometimes, but there are techniques and strategies that I use to remind myself of that every day. And when I get out of the habit of doing that, I notice a difference in my mood, I notice a difference in my interaction with my family. I need to make sure that I'm conscious of that because I want to show up for them, I want to show up for the listener here, too.

Dr. Eckel: Yeah. And that is so great. I love that poem by her, as well. I actually read it every day. It's on my mirror in my bathroom. So I'm totally in

align there. And it is that purpose component, it really does get us going. And when you look at the longevity research, and I'm guessing that's where you put that in there around purpose, it really can get you through some dark periods of life and really get you playing at a much bigger game because who are you not to be great, and big, and bold, and shine that light bright?

That's a component of why I'm doing this summit is to help people. And I think a lot of times we feel very isolated and alone out there, especially with some of these diagnoses that go with a neurodegenerative condition. And this is a big one when you look at longevity. So I'm really glad you put that like as your sixth in the six pack. And it is one of the biggest punches, so to speak, that you can pull out. It's a great one to drive the whole ship.

In closing, any other big components that you want to share with our listeners?

Dr. Ryan: Oh, geez, that's simple and consistent with all of these. Too many times we want to wait until...I don't want to say we want to wait, but we wait and we take care of other things, then our health, our energy takes a back seat. And we don't realize how important our health is until it's gone. We don't realize how important our money is until it's gone.

But a quote that I like is actually, I think there's a component of it, but, "If your life doesn't have time for our health now, our health won't have time for our life later." And we're going to be just constantly going to doctor appointments. And my goal is to help people eliminate their dependence on drugs, and medications, and even insurance. So many times we think that's going to save us is insurance, and these drugs, and these medications.

And yes, we want them there to save us. We don't want them there to maintain and sustain us for our life because it won't create a nice, long, active healthy life, but by incorporating these tips that you're bringing to the world now, these strategies, taking little ones, simple, consistently, step-by-step.

That's why I talked about counting your wins. It doesn't have to be these big "aha experiences," every time, it's these little things you do day after day after day after day. Make your health boring because when we start getting distracted by the new, shiny objects, the new food, the new exercises, that's when we're like, "Oh, it doesn't work," because we didn't do it consistently enough and we moved on too soon.

Dr. Eckel: Awesome! Thank you so much, Dr. Ryan, for coming on and sharing your information. This is awesome! Thanks.

