



Dr. Daniel Kalish

Boost Your Immune System Naturally And Get Sick Less

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Hello, welcome back to the optimal performance summit. I'm your host, Dr. Patrick Porter. I have a very special guest today. He's been 28 years in practice. He's served over 10,000 patients. He's trained thousands of doctors and his methods of functional medicine. He's actually spent two years in monastic training in Japan and Thailand. So I want to welcome to the summit today, Daniel Kalish. Hello, Daniel. Dr. Daniel.

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Thank you. Thanks for having me. Appreciate it.

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Yeah. Today we're going to talk a little bit about I know you're a functional medicine practitioner, so you've seen it all. So we might get, we might get a little off topic here a little bit, because I'm going to ask you some questions. But we're going to talk about boosting your immune system naturally, and get sick lasting with what's just happened. I think this is very important for people to know, how do you boost your immune system? What are your keys for that?

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Yeah, you know, it's interesting, because we think

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most of the answers to that question are so obvious that they seem like they wouldn't work, you know, and, and yet they're the most powerful Tools. That's the strange thing about functional medicine. So we had his, I do this training program, we had his doctor in class like two weeks ago, and this guy named James and he was so excited, because he completely reversed this one patient's insomnia. By getting them to wake up in the morning, around six or seven, go outside for five minutes. And make sure that they went outside again, at noon for five minutes. And at the end of the day, just sunlight exposure, right, and this lifelong insomnia case had resolved. And so, you know, it's really cool to see new doctors realize, hey, that's a treatment. That's not just like kind of a nice thing to do. And if you're thinking about immune function, most of which happens at night, if you're not sleeping well and sleeping deeply, then your immune system is not gonna be able to repair tissues and so something as simple as getting outside, two to five minutes in the morning, two to five minutes in the evening. Doesn't matter if it's cloudy or not. You still get the same exposure to the sunrise sun's rays. can reset your circadian clock and help you sleep better, right? And those, that's kind of where I think functional medicine is profound. And yet so simple, you know that it's a little misleading. So the four basics right sleep, exercise, diet and meditation. And if you can start to dial those in, then that's sort of the foundation on which the immune system functions.

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That's great. Now I have to ask, how did you go from monastic training to being a doctor? What was the what was the transition there? What was happening in your life that caused that to happen?

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Yeah, it is always a woman involved, right. So I was, I was in this monastery for two years. And this young French woman started to Anyway, she pulled me away from the monastery. They say that and so I ended up coming back to United States and, you know, looking around and deciding, you know, what, what do I as a former monastic training person do in this capitalist and materialist culture that's not going to, to completely degrade my morality and spirituality. I thought, hey, functional medicine that looks pretty decent. And the idea of being able to help people with a healing process without drugs and surgery was very appealing to me. And it fit with what I learned in the monastery in terms of, you know, trying to be on a on a righteous path and trying to really, you know, in a somewhat idealistic way, make the world a better place, you know, it really fit and resonated. And now, look at the field. It's just exploding. It's really great.



And this was like 30 years ago. So this is pretty obscure back then. Yeah, a lot of people were looking at

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solutions. We're just diagnosing problems and prescribing pills. So you're right on your right on there. So tell me a little bit about when what happens when the body gets sick? Well, as a functional medicine practitioner, what are you looking at when somebody comes in and says, This body is sick or I'm sick or whatever? How, how's the evaluation process go?

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Yeah, so I think there's, you know, there's a it's probably like two answers to that. There's the short term sick like I have a flu bug I'm worried about getting COVID I have, you know, a short term sickness where it's acute. And then there's the chronic sicknesses which, you know, is the bulk of functional medicine. So I think the, and some of the answers overlap, but the, the short answer for, you know, the person who's feeling poorly on either side, whether it's something that you just acquired something that you've had for 10 or 20 years, is we see stress as the biggest variable. And it's not like stress.

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It's a very specific kind of stress.

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It's a stress it's a result of death in the family loss, really intense mourning periods of time divorce, loss of a child loss of a parent, those kinds of things, really pull the person's immune system down. And then to a lesser degree, they'd be the other stresses of life, like, you know, having your second or third child or having a financial catastrophe or being in graduate school or, you know, sometimes the stresses are even Good, you can have someone win the Nobel Prize in Medicine and they have a really stressful year and they can't get sick from that. And the linkage there is because when we're under stress, there's this hormone called cortisol that it gets out of balance. And cortisol regulates this stuff called Secretary IGA, which is the thin mucus layer that protects all the lining tissues of the body. And so these lining tissues become weak because our immune system becomes weak. There's just not enough immune cells, you know, around to do things, then you get exposed to a virus, bacteria, some kind of bug, and you're going to pick it up. And that could happen in your gut that could happen in your respiratory tract. It can happen in a lot different areas, but those kind of low grade chronic infections, just you know, absolutely wear people out. And in the current era, you know, stress is also going to contribute to your weakness of the immune system and making you more susceptible to things like respiratory viruses as well.



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When you're when you talked about sleep a little bit, so give me your if you're talking to somebody We know it Brain Tap Here that? Sometimes it's not the length of time in bed, it's the the cycles of sleep that you get. Are you getting enough Delta? Are you getting? What is your philosophy on sleep so that we understand when you're talking to a patient?

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Well, I'm not saying anyone follows this advice, but this is what I am. My ideal is that you're in bed before 9pm. You wake up whenever you want to, hopefully around four, maybe five, the latest, and you get that really good quality sleep that you can get before midnight, which is much harder to achieve later. So like in other words, if you go to bed at midnight and sleep to seven, you get seven hours. That's a lot different in terms of rest and recovery than if you go to bed at 9pm and sleep until 3am. And then the general rule of thumb is some Sufi guy told me this, but I think it's true science to a certain sense scientifically to is that every hour of sleep you get before midnight counts double.

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Yeah, well, I go on the we go. We do a lot of research. In India, we're partners with gems in Ames and Nimmons. So we do a lot of research over there. And one of the things I learned in the ancient scriptures was the reason they get up at 3:30 And do yoga is actually in their scriptures. It's because of the light from the sun, you get infrared rays. And they said that as long as they would fill up those receptors in the morning, whether they're doing yoga or Tai Chi or any of these things, they don't get burned. So there's actually it was like their sudden it was like their sunscreen Of course there's a lot of other healing benefits we know to infrared now so sleepy for your saying if we go to sleep at nine o'clock we can actually get six hours sleep before before midnight, and I've heard it said that if you don't get to sleep by 10 o'clock you there's a hard chance a hard time creating melatonin. Have you ever heard that?

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Yeah, yeah, cuz Melatonin is gonna peak, you know, as it gets dark. And so the problem with artificial light and televisions and computers and stuff like that is that we're able to keep ourselves stimulated long after dark but if you've ever gone on a camping trip, or backpacking trip You know that you know, within an hour after it gets dark outside, we're just, you're just gonna be asleep, just the way it is in the natural environment. I think our, our entire circadian clock has certain rhythms are formatted around that reality. And you can feel it too. I mean, if you're a parent, anyone who's ever been around child, you can tell, they get, you know, tired at a certain time. And if you allow them to stay up for an extra hour past, when they really should be out, then they go into hyperdrive mode. Right? And they they had to so I don't want I'm not



tired. I'm not tired at all. I'm not tired thing. And you see the same exact behavioral pattern in adults, who are like, Oh, no, no, I go to bed at 11:30 or 12 or one every morning. I don't need that much sleep. You know, I'm different than every other human that ever existed. Like, that's some unique, you know, thing and it's just not the case. We just, you know, just like when we were little kids, you just got to get in bed on time, but it's one of the more difficult behavioral patterns to change. Honestly, it's interesting.

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You tell us what is the what's the function of food as it relates To boosting the immune system or helping us to not get so sick. I know food. They used to say food is your medicine. But I don't know today what, what to do on that area. So maybe you can fill us in?

09:12

Yeah, I guess I think there's like two major answers to that question. One is a surprising answer, which is it revolves around the microbiome. And so we have these healthy bacteria in our digestive tract. gazillions of them, you know, there's like more of them than there are of us. There's more like, DNA from these organisms. And we have our own DNA. This is a very substantial thing that's happening in your gut. And a lot of these bacteria the most famous one is called defragilist this directly regulate and control your immune system. It's like defragilist. If you look at diagrams as these little tentacles and it sticks itself into your gut lining and it gets in and directly tells it tells your immune cells what to do, which is phenomenal. And if you don't have that healthy bacteria present in the microbiome, then your immune system gets a little confused. And goes into some sort of disarray and most of these bacteria not all but most of these bacteria feed on and live on dietary fiber. That's their food supply. That's what we call plants, right eating plants doesn't come from meat not gonna come from refined flour so much but you know, whole plants, vegetables, fruit, you know whole grains, beans, those kinds of things that have fiber and so that's one simple answer just increase your fiber intake be fragile this and these other bacteria proliferate and then you get an immune response there. And then the other part is that the key nutrients I think, we have been studying this a lot in the last few months even more than usual. vitamin A, vitamin D, selenium, zinc, you know, which hopefully you're getting from going outside and eating vegetables basically for the most part, most of the the most nutrient dense food that you can get, is really going to be what prevents people from getting sick and I'm not against eating meat. You know, I some meat myself. Fish, but you really have to be majority plant based in order for this to all work.

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So when he when he, I've heard that you could eat like you could do like hydrochloric acid if you can handle meat or something like that if you have to eat it. Is there any other like things you



can do through functional medicine? If I mean some people just think that they can't live without me. You know, of course, the kind of environment I, I was brought up, pretty much vegetarian. So fish we do, we do eat fish, but those, you know, pretty much we very rarely eat anything else. Of course, if somebody feeds it to me, I'm not a snob about it, but there's, I try to stay very healthy, but what do you what do you say to somebody because a lot of times this, they have indigestion, which is a precursor to a lot of different illnesses. What's your viewpoint on that?

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Yeah, so like, I mean, I think there's two things here. One is that there's this sort of plague of special diets now. Like there's gaps diets, there's SCD diets, there's like no lectin diets. There's gluten free diet. is like a gazillion diets out there, where people are people who have major digestive problems are just narrowing the spectrum of food that they can eat. And oftentimes, they cut out really healthy food, like they may cut out beans and grains and only eat meat and vegetables, which is crazytown, right? Because that's not a normal, healthy human diet. But a lot of patients coming into functional medicine offices will tell you that I can't eat these otherwise healthy foods. And that just goes right back to a damaged microbiome, or problems with the digestive organs that secrete stuff right? So your stomach makes acid, your pancreas makes enzymes and your gallbladder makes bile. And if you're not making enough of those, then you're going to have some pretty serious indigestion and digestive problems. And to make those This is the simplest solution. This is another one of those things where when you train the new doctors on it, they teach their this actually happened recently too. So it's a nurse practice. And she works in a community that is really poor. And people don't have money for supplements or labs which is 99% way teach, right? So we're just having her do lifestyle changes in regards to food. So these are folks that can't even buy organic food because they don't have the financial wherewithal to do that. So all she was able to do not even healthier foods, but just to get people to eat differently. That would mean sitting down for your meal, not eating on the run, taking a few minutes to chew your food. And I mean, you want to count 30 bites for each, you know, bite you take or choose or whatever. But you know, just taking some time to thoughtfully eat your food. And then critically spending two or three minutes after you eat, just sitting there and relaxing for a moment to allow your pancreas to make enzymes your stomach to make acid your gallbladder to make bile. And by you know, lo and behold, certain percentage of people with indigestion in her practice, like more than half of them felt better just by doing that just from I don't know what you want to call conscious eating or just you know, slowing down a little bit. And you know, not doing what I do, which is, you know, grabbing a bite of healthy food on a plate and then reading CNN or something, and getting all stressed out, you know, trying to cram in more stuff into my brain while I'm having lunch. I mean, that's a really bad strategy.



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I know that Virginia hung with, she was at Cal Berkeley, she did a study that showed people that pray actually digested foods better. And then Assad scientists came behind them and said, they don't really have to pray what they have to do is relax. And in what they were saying was it turned on the parasympathetic system, that's the rest and relax, digest. But so many people are so stressed out, right? They're so stressed out even when they're eating, like you're saying, you're saying about CNN or any news for that matter. I tell people, if you're feeling too happy, just turn on the news. You know, that's, that's a good thing. So what do you recommend people do to prepare their body for eating? I mean, when you say conscious eating, is there a Do you have a system you teach people you just tell people take a breath before each bite or I mean, some people have some different strategies for eating.

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Yeah, I mean, I work with a lot of different people from different religious backgrounds. So sometimes they'll have something within their religion, like saying grace before a meal that maybe they did all during their childhood, but they haven't done recently. So I'll have them kind of re invoke that. And if they don't have that, you know, historic thing in their in their past, then it really is a matter of 10 or 20 seconds closing your eyes, take a few breaths, not more than that. We don't want people to like, make a big deal out of this, but just enough time to hit the reset button. And, and be making this realize letting your body know you're making this transition to this other activity, where you're going to be forcing it to break down food, which is a strange thing to do when you think about it, putting these things in Sarabhai. It's amazing that it works. All

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right, yeah. So the body you also mentioned, I think you mentioned something about exercise being important and working the body what what forms of exercise do you recommend for people that so they can You know, be well and boost their immune system or just function as they were intended.

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Yeah. So when I look at, and we and you know, many decades of analyzing patients, lab tests, and then looking at the patient saying, okay, you exercise really well. And here's the set of labs for your immune function and whatnot, or conversely, you eat really well. And here's your set of labs and some people believe it or not just do one but not the other. So some people just eat pack impeccably, but never exercise. And a lot of people exercise really well and properly, but eat horribly. The exercise properly, people went out. I hate to say it, but that was my old joke in my practice years ago was the most important thing in in your health is is your diet except for



exercise, because I wanted it to be food that made a difference. But all these years if you're really, really physically fit, you can eat kind of junky food and get away with it more so than if you never actually exercise and eat really healthy. So obviously we want people to do both. But the working out part seems to really take a priority. And so I guess there's three areas one is, you know, cardiovascular so you're getting some high density cardiovascular for not that long, like 10 minutes a couple times a week, you know, is enough. And then some sort of low intensity cardio usually that's walking for an hour a day. And then some you have to do some kind of strength training or your muscles will just go away. So again a couple times a week have a little bit of strength training. And then I try to get it to people are doing things that they enjoy, physically enjoy, whether it's playing tennis or working on the gym, or if you get somebody who hates going to the gym and you force him to go gym second work for a while, right. So we have some people who live in rural areas and their exercise is throwing around hay bales and gardening and digging up stuff, you know, whatever that physical activity might be.

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Yeah, I know that they say that now that everybody's timing their, their walks or steps and things like that, that the Amish want 20,000 steps a day where the average American walks less than 5000. You know, so there's something to be said. Also, I read something recently that showed it 20 minute walk keeps you fat burning for 24 hours. So that would be a good, you know, good when people are wanting to lose weight, we find that a lot of people are nutritionally starving. What have you found? I mean, they're there, they have weight on them, but they're not eating the healthy, nutrient dense foods. So what advice do you give them? Because they they might, they might be eating? Like you said they removed the wrong kind of foods from their diet. So is there any kind of food you recommend that actually gets the metabolism going that specific foods or no fruits and vegetables you're talking about earlier live foods?

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Well, yeah, I think the one of the bummers about our bodies it's not a bad mechanism, but that when you start to exercise more intensely, your metabolic rate can drop 20 to 30%. So and anyone who's tried to do this is probably realized is true, if you just all of a sudden start working out like crazy and eat the same, you're not going to lose a whole lot of weight, and not as much as you think you would based on the calories you're burning, because your metabolism just slows down. And so the key to gaining fat to burn is to speed up your metabolism so that you're burning fat. And you got to kind of in some ways trick your body to make that happen. I think that's where the high intensity exercise comes where you just doing two or three times a week 10 or 12 minutes of exercise, that's super high intensity, but not a whole lot more than that, that usually gets metabolism going super fast. And then if you combine that with the right way of eating, and there's a couple of different ways that people can do that. I think the most important



thing is to think about it from a metabolic standpoint and eat in a way that keeps your metabolism going on a regular basis and that you know, centers around controlling your blood sugar for the most part and not overly starving yourself. The microbiome health part that's essential for fat burning also requires the have at least a 12 hour break every day from food. So if you eat dinner at seven at night, you should not eat again until at least seven in the morning, you need that 12 hour break and then eating in a way that's going to help your metabolism repair. That is difficult and it's a little bit different than eating for weight loss because you need a certain amount of fat to prepare your metabolism you need a certain amount of carbohydrate and if you starve yourself then the metabolism gets more damaged and it sends to backfire so but there's plenty of books out there that kind of step people through that you know any kind of a sane blood sugar control diet that doesn't have any kind of super you know, the one that I think is the best one right now this is so a little embarrassing, but if you don't remember and Louise gittleman fat flesh diet. It's kind of embarrassing that I like that one but it's really it's all oriented around foods that are good for your liver. You know, and it keeps her health amount of carbohydrate and fat in the diet that is such an old one but still works for people if they're really wanting to get a strict a book to follow, you know?

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Well, I know that wouldn't we are used on a weight loss franchises. And the first thing we put people on is liver detox because in order to process the fat, the livers clogged up, it's like having an oil filter that needs to be changed or something, but we can't take it out and change it. You got to change it from the inside. I have a question because we had one other speaker talk about like roundup or glyphosate. glyphosate, I think it's called right how does that affect the gut? I mean, do you have any way to fix that or do you because a lot of people are saying that that's a one of the big problems are you bringing up gut biome a lot and I'm just wondering if you had any? Yeah,

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well, I've been to so many seminars in this so you know, roundup along with other chemicals, and for that matter, heavy metals have a lot of create what a lot of what we call oxidative stress, which means that they do damaged tissues really easily. And they can just rip apart the gut lining and tread the gut lining and cause nutrient absorption problems. And perhaps even more importantly, they can damage very easily damage the mitochondria, which are the portions of your cell that make energy. And so there's a lot of research on this. There's this pretty famous scientist from MIT that goes around the country talking about this all the time, about mitochondrial damage from from chemicals like Roundup. And the problem with that is the mitochondria are how you're burning fat and burning and making energy in general. So if the mitochondria are damaged, is the equivalent of a damaged metabolism. And so this is where it



goes back to what you're saying earlier about liver support, we find that most people that use need to lose weight pretty much everybody has some liver detox issue, and we need to correct for that as part of their overall treatment and a large part of that perhaps most of that is getting chemicals and heavy metals that are stored in the tissue out. That makes it much easier to burn fat. Livers consumed with these other activities like dealing with chemicals and heavy metals, it can't really do a whole lot in terms of fat burning.

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Yeah, we had one speaker talk about dandelion tea for creaming off the liver. Have you ever heard of that before?

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Yeah, dandelion is classic turmeric. artichoke, there's a whole bunch of different herbal supports you can use. And a lot of the companies will have, I guess you can do them in teas, if you have the time and energy to do that, where you can get them in powdered form, you know, and put in capsules for liver support. And I'm also really into the lab based stuff. So in the lab testing, we measure all these detox pathways, and we use a lot of compounds like glutathione, and acetylcysteine. It's kind of a little fancier way of doing it. And they own an infrared saunas to forget about that. Right? That is like a key to get chemical toxins out. And if that's really like you were saying earlier, the first step to weight loss. So the first step to getting your energy back to if you're just tired all the time is to get the toxins out of the system.

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So, so when we think about the immune system, I don't think most people understand that if we have a circulating immune system, they think it's like an organ that's just in one place. Can you talk a little bit about that? And how that affects why we might get sick?

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Yeah, so you can think of it as

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there's there's two basic sections to the immune system. Right? There's a section that is protective. And I think of it like a castle that has walls and a moat around it. And that would revolve around things like I mentioned earlier, like Secretory IGA, these are immunoglobulins or immunes, you know, portions of the immune system that are directly up front, to just prevent bad things from getting in period, you know, to prevent them getting in at all. And so that's the most important system to have, be strong. I was out with a hike with one of my good friends is medical doc and he was so simple. It's so profound. We were talking about this virus thing and



he's Well, the key was treating viruses Dan, I was waiting for him to say like some magic drug, he's like, it's not to get it in the first place. Oh, okay. But the key to that is to have strong mucosal immunity. So your, your barriers are really intense. So then if you're around a virus or some kind of bug, your immune system doesn't let it get into your tissues. So that's part one is that external immune system, and then on the inside, once you get an infection, then you have this antibody response, right? You have this ability to make all these different kinds of cells that fight off the immune that fight off whatever the invader is, now, that is a production problem, right you antibodies are basically proteins, all the immune cells are made up of proteins. So you have to be sure that your body is capable of assembling proteins for that portion of the immune system to work right. And that comes down to some basic things like you know, simple stuff like B vitamins and amino acids and things like that.

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So in in your in your History of working with people. What have you seen over this time? Where we're all because you're doing a lot of telemarketing? I mean, I'm sorry, tell them medicine. In working with people from home during this this time, what are you seeing is happening when people are confined to their homes, or they're not able to function around people that they usually are?

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Yeah, you know, the interesting thing is we've done a whole bunch of marketing campaigns to in the last four months, because I have access to COVID testing, you know. And so we've got, we've got I've got a large number of more than I could count new patients in the last four months that came in originally because they were really concerned about the virus outbreak. But you know, the interesting thing is that once we started talking to them on the phone and kind of figuring out what's really going on, they had an interest in just strengthening the immune system. But the more stronger interest was really in handling stress and dealing with the gut problems and fixing their hormones. And so I think there is This, at least from what I've seen with patients is there is a, you know, strong external concern about the virus outbreak. But when you really get down to what people want to work on, it's the same things that have been impacting our daily lives even before COVID which is things like you know, family relationships, good or bad diet good or bad exercise good or bad. And, and sorting through those issues, is really what seems to be what people want, even if that's a way to strengthen the immune system. You know, this is more than, I don't know, maybe the virus outbreak is sort of a trigger for deeper exacerbations of stuff that's already been there. And that maybe is a way of saying it too, because I would have thought it'd be a lot different. In fact, I'd say 80% of these patients decided to not even test for covid antibodies. You know, they're like, well, that's not really what I'm worried about when she started to talk about you know, the deeper level.



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Yeah, yeah. Most of times is going to go through the system as long as they're healthy, right? I mean, if you're compromised, they should get tested maybe within the structure of what you have going on in the in the future, your future, what's happening. Tell us a little bit about what your plans are, as we get back to whatever the new normal is, what are you? What are you going to be doing?

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Yeah, well, workwise You know, my whole practice for 15 years has been online and just talking to people on the phone. So our practices stayed the same. And then I didn't have a brick and mortar clinic that I had to shut down. So the emphasis has changed. We're a lot busier than we usually are, because people are more worried about their health now. So that's kind of chugging along. I'm also, I had a really interesting conversation last week, with a fellow who has deep insight, let's say to you know, how all this epidemiology stuff really can play out. And he said, best case scenario, you know, got at least 18 months of this kind of stuff. Best case scenario, and so really got to be prepared through the end of 2021 to have an alteration in our life and you know, also thinking on a personal and professional level, about what that means, you know, because I think when the outbreak first occurred, I was just thinking, Oh, two months, you know, it'll be fine. And then this isn't really how these things work. It's a couple years, you know, from when it first started. And so I'm just kind of taking that in, I guess, and letting my life plans, you know, revolve around that kind of new normal, and just it's a big recalibration for what our expectations are.

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So one other thing I want to bring up, you you had mentioned, of course, with our system Brain Tap we're really big into meditation, we teach people how to do it, when they don't know how or they can't, maybe they're physically they just can't do it. So we teach them how to do that. But you mentioned meditation is one of your things. So tell us a little bit about what you train your people to do. As far as meditation, how do you get them trained? Or do you send them somewhere? What is your method?

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Yeah, so I have Personally I did was living in these Buddhist monasteries for several years and did mostly Zen meditation and Tera vaada Buddhist meditation. And now, the last 10 or 12 years, I've been doing a Taoist meditation practice, which I absolutely love. And I devote three, four hours a day to that now. But I found in general that I try to match the patient's personality and background and religious understanding to whatever may make the most sense in terms of what they'd be open to trying, you know, and it can really take on any manifestation



reconnecting them with their religion if they have a religious tradition or something if they're maybe they're very religious, and they don't want to do even yoga because it feels like it's, you know, violates their principles. I'll do something like mindful fitness space stressors reduction by Kabat Zinn some is kind of religious, neutral, you know, and then some People are looking for that connection and would suggest with some more specific Buddhist tradition or a yogic tradition that might match their personality and their and their physical ability to write. For some people, the yoga groups can be great in terms of getting both the physical and meditative aspects all together in one package.

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Yeah, Yoga has become more exercise than it used to be when it was designed for in the first place. I spent a month over in Wu Tang mountain with the Dallas priest, martial artists. So we went over there basically to train with them and I found out these martial artists, these kids, they get dropped off at the monastery or whatever and they get brought up they either they either have to train in martial arts or I have to learn the Dow and by the time they're 18 they all know the Dow because of the rain or shine or snow or whatever, but they either want to open up a tight a shop a karate shop where they want to go into the movies or they The default is to become the priest. But but they they all learn it because it's all part of it. I mean, to be centered and focused. Even though my background I was brought up Catholic but there, I'm, when I went over there and learn from it, I thought that they did something very similar. They were teaching us their meditation as well, you know, after you get done doing your workout or whatever, they were working out for eight hours a day, we didn't do that as a group, we would work out for four hours. And then that was enough, it was pretty sore after that. But when you go over there, and you get into these practices, and you do this, how quickly do you see do people adapting to these meditations? And what do you tell them is the benefit of meditation? Because I think they did. A lot of people don't understand what the benefits are.

32:36

Yeah, I think there's two answers to that. You know, I think there's the it's a lot of work and suffering, and it's going to take years answer. And that's kind of what I got in the monasteries, honestly, was you just sit on this cushion over there? full lotus 12 hours, and there's a guy walking around with a stick that whacks you in Japan and the guy with the big sticks like okay, he advised it. So there's a kind of a suffering version of it. And I tried that really seriously. For many years, I didn't get too far. And then the other version is it's kind of instant, not easy, but instant. And it has to do not with physical deprivation, but with physical health, which in my mind, and you may know more about this, too, is like it was the Taoist way of doing it really clean eating, not just meditation, but martial arts and Qigong, and a big focus on the energy systems of the body, but not trying to destroy them or conquer them more trying to work with



them, and what do they call it, like, cultivate them. And to me, that seems much more positive and we see people, people that visit my meditation teacher get instant results, because they're, like their life force is being activated. And it's not like this journey of intensity like I tried in the monasteries. It's more an easier journey. I don't know How to see it exactly. But even if you mean but it's like, it's almost instant if you can get that realization experience

34:07

and,

34:09

and get in touch with that part of yourself without having to go through all the suffering aspect, which I know it's a little counterproductive when I look back on it now, you know?

34:20

Yeah, there's the there's a lot of confusion out there about meditation still, I think mindfulness has made it simple for people and they can just start wherever they're at and don't worry about if they're doing it right because the science shows you can be doing it totally wrong and you're still getting a physical benefit, physiological benefit anyway, just by disengaging that sympathetic overdrive that people have going on so they can they can start to relax. And and breathe, I think breathing works. I know you have a special gift for our our summit. VIP members. Can you tell us a little bit about your your special gift, your

34:54

Yeah, so it's a program that we put together called brain restore and four and it goes into a little bit to detail on the physiological functional medicine ways of looking at brain function. It's an online curriculum I put together, which hopefully will help people kind of get oriented to some of the things that we do in functional medicine.

35:14

Okay, so they can head over to the VIP section, click on the link, go join and get the it's called what again, I'm sorry,

35:21

brain restoring four

35:23

brain restoring for so you can going that is there anything you want to leave our summit viewers with before we end the call today?



35:32

Yeah, I think I mean, maybe along the lines of where we were just going with the meditation, which is that you know, you want to it is absolutely necessary to do something like meditation as necessary as it is to clean your car or wash the dishes. And that doesn't have to be more special than that. You don't have to go to a special place in the Himalayas or go to Nepal and Thailand like I did you know, it came be just like a regular routine thing that you do that just cleanses your mind and gets you out of that sympathetic state. Again, just like washing the dishes, something you do every day, you don't even think about it. That is sort of a reset, so that you don't have this buildup of craziness that most of us are going through now. That's essential.

36:18

No, that's great. Well, Dr. Daniel, thanks for being here. Thanks for sharing your wisdom. Hopefully, people will take advantage of your free gift. I appreciate your wisdom here and helping to boost the immune system and help people get sick less. So I'm very happy that you're here on the summit sharing that with people so thanks for being here. Appreciate it. Thank you. Yes. And now if you're waiting for the next summit speaker please hold on or click below you'll get generate the next speaker that's up there now if you know anybody out there that's right now worried about their immune system that's get chronically sick, maybe those kind of people please share with them this video, share with them the summit because for 24 hours this video is free. So Just share with them they can tune in, they can listen to Dr. Daniel and then get that free that the brainstem restore program and see what we can do to help them get out of there maybe sickness thinking and get them in touch with a functional doctor that can help them maybe one of the doctors that he's trained if he can't help you himself. So there you go. So again, thank you for being part of the summit. Stay tuned for the next speaker and God bless you.

