



Dr. Brady Wirick

Your Missing Supplement And The Gut Brain Connection

Fri, 7/17 5:24PM • 39:15

SUMMARY KEYWORDS

enzymes, people, eat, brain, gut, summit, cholesterol, brain gut connection, diet, food, meals, helping, happening, glucose, disrupts, talk, vitamins, gut brain connection, gluten, energy

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Hello, welcome back to the optimum performance summit. I'm your host, Dr. Patrick Porter. I have a very special guest today, someone who's been really connected and knows quite a lot about the brain and the gut connection, which some of you out there that are brain tappers know that we are very adamant about that connection. There's more neuron connections in the gut than there are actually in the brain. So we're going to learn a lot about that I'm going to bring on he's a chiropractor by trade. He's been in private practice in Idaho since 26th 2006. He's currently serving as the director of integrative medicine. So he's been he's had a real focus, but he's also really big into using not only the functional neurology part of it all, but he also is an expert at using supplementation such as enzyme so hopefully we'll get some insights into that, too. So, Dr. Brady, welcome to summit

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Patrick. I appreciate it, man. It's really an honor to be here and to be invited as a guest this summit. This is gonna be cool. I'm really excited about it.

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Yeah, so We're gonna have both doctors and laypeople on on the summit here. So I know

some of our doctors know a lot about this brain gut connection. But most people don't know that they don't know. They know they have gut instincts and they know they have gut feelings or they have intuition from the gut or whatever. But tell us what's the connection between the brain and the gut?

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Well, the connection is just that it is the connection, they are inseparably connected. So if you stress the gut, you're going to stress the brain or if you stress the brain, you're going to you're going to stress the gut, you just can't get away from that they're one of them is going to affect the other 100% and we can't do anything about that.

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Okay, so, Dr. Wirick when you're working with people, and you see they have something wrong with their gut, what are the most common things you see what what's going on that stops them from functioning at their peak performance.

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So the most common thing, believe it or not, is stomach acid, issues with stomach acid. Hey, it's people come into the office and they've got a wide variety Have symptomatology, disease processes, etc. And then you start asking them questions about their digestion and you look at their medication lists. And the first thing you notice is they're on something like a mek, Rizal or a proton pump inhibitor, because they're feeling that feeling of heartburn. And they don't think that heartburn has anything to do with their disease process, but when in reality, that's the first one that's actually the second step. So if I take back another step, the digestive process happens when you smell and or think about food. So if I tell you right now, Patrick, are the people that are listening, if I say, okay, bacon, what comes to your mind? I smell bacon. Yeah, smell bacon and you start to salivate Well, your saliva has enzymes in it, that heart start breaking down your food, the moment that it touches your palate. Then you start the mechanical process, then it goes down into your socks. esophagus your gut actually starts here in your mouth. But once it hits your stomach, then you start secreting all these enzymes and stomach acid to start breaking that food down. And when you start talking about heartburn issues, people actually are experiencing too much stomach acid rather, excuse me too little stomach acid rather than too much stomach acid. So that food just kind of sits there as a bolus. And the stuff that you feel coming up causing the heartburn is actually lactic acid. Not hydrochloric acid, but we're treating it as hydrochloric acid. So that's really where the process begins. And from there as we get into the small intestine, we can talk about things like leaky gut syndrome. Sit dysbiosis is basically what I call it, where just abnormal gut bugs are going everywhere. And you combine that those those three things together, you got this perfect storm that can create an inflammatory process in your gut. That's going to affect your brain period.



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What What is the major cause Like for our viewers out there that are on the summit they might not even know they're doing something that's causing this leaky gut or this indigestion problem. I know that most people don't even realize the biggest reason people miss work is irritable bowel syndrome. And it's a lot of times misdiagnosed. So what is happening in the what is happening in the guide is with their foods is the thoughts What is the reason for this? So

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number one is going to be the standard American diet.

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We are well not we but

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the general public is wrong when it comes to health and nutrition what is actually good for you. So it you should go we should get together. Patrick go to the grocery store to illustrate this because you walk through the grocery store. And the first thing you do when you walk in is they've got a they've got a pallet full of crap sitting right in front of the doorway that they have on sale for you know, buy one, get one for free, whatever it is, and that pile is usually like you know something that It's really not good for you, but they put some label on there to make you think that it is good for you. And the example that comes to mind without thinking about this as Twizzlers, right, licorice. It says right on the package. It's cholesterol free. So you and your brain think, oh, Twizzlers doesn't have any cholesterol. It must be good for me. Right. When in reality, Twizzlers is full of wheat, which is, you know, people make the argument that wheats been around for thousands of years. How can we be bad for me? Well, that's true. But we just started spraying a bunch of crap on this not too long ago, that affects disrupts our gut microbiota, and just causes all sorts of problems. It's full of sugar which disrupts your hormone, hormone regulation, we know that sugar is inflammatory for the brain. And when you start consuming those things, you're shifting. You're just putting your body under stress. Right? And that stress is what's ultimately going to adversely affect the brainwaves for you brain tappers.

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And that's that's where this whole process begins.

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Yeah. So I think that one thing I want to make sure the listeners know is that we are our body needs cholesterol. The biggest problem is they're they're giving people drugs that strip out



cholesterol. Think of cholesterol, like fire retardant in the brain. I mean, our brain is made up a lot of cholesterol. So in that might be why you're seeing so many people with neuropathy issues. 100%

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Look, statistically, if you drop your cholesterol levels below 150 in the standard American thought processes, the lower the better, right? But if we drop that below 150 we're going to triple our chances of chronic disease. You hit it right on the head, Patrick, the the nerve sheath, the protective coat that goes around those nerves, guess what it's made out of? It's made out of fat. Yeah. And so there's the neuropathy side of side apart the neuropathy side of that. Then we can also talk about the sexual part of it because no one wants to talk about that, right? No one wants to talk about erectile dysfunction are these Guess what? Their hormone problems and those are cholesterol based hormones. So if you throw that off by eating the standard American diet, it's gonna disrupt all these downstream effects. And I'll throw some of this stuff in there when we do the summit. So I can show you some slides is what this looks like. But it's just, you can't affect one without affecting the other.

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Right? So in the I know that you work closely with a company that we endorse and really like called us enzymes, what is they have? I mean, because people aren't going to most people aren't going to eat the perfect diet because we really can't anymore. There's not there's not enough out there, but what role do enzymes play in repairing the gut or helping with digestive

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issues? There, they have everything to do with it. It's first off enzymes are proteins that reduce The amount of energy that it takes for a chemical reaction to happen. Okay? Without enzymes we cannot survive, just taking glucose. So let's just talk about just basic metabolism. You take glucose, you add oxygen, you get energy, right? Without enzymes, that would require way more energy than you would actually get out of glucose and oxygen, then you start losing energy you couldn't survive. So when we first when we first started this video, Patrick talked about the digestive enzymes in your in your, in your saliva, that's amylase, and there's a couple others that start breaking down the carbohydrates import so forth, right from the beginning. Well, as we're under stress, and as we age, those enzymes get less and less and so if we can replace those with a good quality digestive enzyme, and I'm not talking about the ones you go buy at the grocery store, they're usually dead and dying, but with a good With a good digestive enzyme like light digestion, you can actually start to replace some of those digestive enzymes so you can get the nutrients out of your food. So people ask me all the time, what's the best multivitamin I can take? It's not a multivitamin all it's a digestive enzyme. Let's get the get the



vitamins and minerals out of our food by taking digestive enzymes. So that's one example. Another example is we have a product called HCl zine, which actually helps to balance out seeing get proper stomach acid. And that's why we talked a little bit about that before we started. From there, we get into systemic enzymes, and we could eat up hours talking about the systemic enzymes and what they do. But we have everything from stuff that will actually help help break down atherosclerosis or those buildups in your arteries. We should talk about that. I don't know if we want to know. Okay, so think of it this way. All right. We've talked about cholesterol. Hey, cholesterol, what happens is your fat, your body can use cholesterol as a patch. And here's what I mean by this. So if you were to take a like, I wish I had a tissue in here, but I'm asked to take a tissue on my forearm, and I start rubbing my forearm like this with the tissue. At first, it doesn't hurt, it doesn't bother me. But the more I do this, the more irritated that skin is going to get. So if you look at the inside of an artery, and you're eating an inflammatory diet, you're basically doing this to the inside of your artery, over and over again, you're going to get breakdown here, while your body will send cholesterol there is a patch to cover that up and to start to start to heal that issue. Well, you keep eating the same thing, and you're gonna keep saying cholesterol and cholesterol down eventually it's going to plaque and harden. Well, we have a tendency of break of blaming cholesterol, when in fact the problem was your diet in the first place, but we still have this plaque. And we have a product called Nana's NAD a zine that is contains natto kinase, which will actually eat that plaque up and improve blood flow.

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That's great. So that show that the more enzymes a person has, like they, they studied centenarians, you know, people live over 100. And they found out they still have a enzyme bank account, they just won the genetic lottery, you know, or they're, you know, some people, you know, it's nothing they did, it's just they have it, but people don't, I mean, these babies are being born with no gut flora, when they're born because of the mother's diet. So, you know, tell us about the cradle to grave kind of thing that happens with enzyme so people understand that.

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Oh, sure. Yeah.

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I think he said it perfectly. The bank account. Hey, if you you're either born with a large amount of them, and they're gonna stay without you throughout your entire life, no matter what you do, and we'll use George Burns as an example. Hey, the guys diet sock smoked cigars for who knows how long and he lived to be like 100 and something right? Right. So the dude had a bit very, very full enzyme bank account versus the rest of us who are born with a medium bank account. But the stressful environment that we're around quickly diminishes that bank account



to the point that we age quicker than we should we get chronic disease faster. We should. All that stuff's well, Aging's not preventable but all that chronic stuff chronic disease stuff is preventable if you know how to do it.

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Like there was a study that now it's kind of in the lore of but they say they kept a chicken heart alive at Harvard for over 35 years. All they do is feed it in make sure the toxins were out of it. And they stopped the experiment because they figured they could keep that chicken heart alive forever.

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I don't know how valid that is. But it's it's out there circulating in the reality is that it's either thoughts traumas or toxins, right that are causing the issue. So you enzymes do something with our mitochondria, which is the power plant of the cell. So maybe Can you touch a little bit about that and how it engages the cell, the cells, energy source, of course. So you said appropriately, mitochondria is the powerhouse of the cell name. And the powerhouse is, you know what I will draw this out for patients where I will draw a factory, hey, with glucose and oxygen going into the factory, and with energy coming out the other side of the factory. So the first way it's going to the direct way that it's going to affect that is breaking glucose down into its usable form so that you get pure glucose into the cell. The second way it's going to do that is by allowing proper blood flow going to the cell so it can get the glucose in the first place. And the third way is directly affecting the mitochondria because you better believe that mitochondria is full of enzymes that help convert that glucose and oxygen into energy.

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Right, in the energy that we use, he talks about as ATP because that's what light does. But I know that enzymes are light, really, enzymes are energy sources. And when they are live, like you were saying, the difference between a Walmart brand and a, you know something that's a professional brand, maybe you can talk a little bit about that because people think I'm gonna go take Centrum, and that's going to give me all of my vitamins that I need. I don't need anything else. But maybe you can talk a little bit about that.

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Yeah, so gosh,

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this is what I love about Troy, Oprea the guy that founded us enzymes. He was packaging enzymes for everybody else, basically. And he kept trying to tell them, no, you need to do this,



you need to do this. You need to do this to make sure that you're getting a viable enzyme. And their concern was keeping cost down. Because you can put, you know if natto kinase is in your product, Nana kinases in your product well No, not necessarily. Because heat, moisture, and light are the enemies of enzyme, if they're exposed to those while sitting on a shelf, they're going to be adversely affected. It's going to kill the enzyme and you're basically taking dead enzymes. So if you look at us enzymes, products, they're all in cobalt blue bottles for a reason. I've been to their factory and the steps that they go through to make sure that you're getting live enzymes is amazing. Hey, but when it comes down to it, though, anything in a capsule, like Centrum silver, for example, it may have the best nutrients in it on the planet, which it doesn't. But once you push it into a capsule, which means you take all this product and you put it under heat and pressure to shrink it down into this capsule, you're killing everything that's in there, including the enzymes you need to absorb it. So you're really not getting anything out of that except for fun color in your urine. And that's

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about it. I love the videos online with YouTube where you can go there and you can see one a day vitamins in the digestive tract, you know, you can see if they took them for 30 days, you can count, you know, 30, 30 pills in there. So tell me when when we're taking these enzymes, or we're breaking them down, how quickly should our body assimilate them and give us the energy or the output from that.

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So some limitations is an interesting beast like, I know, you can take an enzyme today and take two pills and not feel a thing. And that's pretty normal. And it will take 30 days for it to build up. But if they're in the right capsule, and if they're in the right delivery mode, they can survive the acidic environment. And suddenly, you'll start absorbing those immediately. But it just takes a while for that bank account to build up for you to notice a big difference. So you, I tell my patients when I start them on something, I'm like, you got to give this six to eight weeks. And then you got to measure the right things like blood pressure. It's a great way to measure things because if it starts coming down, you know We're making an effect when you know, don't necessarily feel that but it's just something you can cheaply and easily monitor.

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I know in our franchise company, we had enzymes that were professionally created. Unfortunately, we didn't know of using enzymes back then. Well, what we what we found was that people that were taking the little purple pill or you know, they're in after they took them for about three weeks, we couldn't get them off the enzymes because they felt so much energy and they didn't have that acid reflux, like you're talking about. But there's also enzymes that you can



take if you're, nobody should be eating gluten, right. But we have we have to really, I mean, it's kind of hard to avoid, especially if you're traveling when we get back to doing that again, but you have an enzyme with us enzymes that breaks down gluten. So why is that so important? Like you have specific ones for different experience,

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right? So

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let's let's loop this back to the glute the gut brain connection, okay. When you 80% of whatever we put into our mouth 20% of our fuel, my nose, this is excuse me, 20% of our fuel is going to be consumed by eight pounds of our body, which is our brain. So it makes up to, you know, 20% of our body, but it's consuming most or, excuse me, I'm all over the place. It's in our body, but it's continuing 20% of our fuel has a huge metabolic demand. So, when we eat gluten, and we're deficient in a particular enzyme called BPP4, we can't break down those proteins appropriately in our body flags them as a foreign invader, if you will, and the inflammatory process begins. This is especially important in the brain because of that metabolic demand. So the thought process with glue design and with other companies, the research has been done that deep increasing your level of DPP4 can actually help you prevent those cute those acute incidents. We use like my wife Carry glue design in her purse, because she's one of those ones that if she gets it if she gets exposed to gluten or dairy, she's going to know it the next day. Hey through headaches through ankle swelling through gastrointestinal issues, she knows it so if we go out to eat, we purposely order things that are not you know, that are that are more on paleo side of things. But in the event that she gets cross contaminated, she still takes those to make sure that if she does then that reactions not as severe. Right, so

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I know I take them when we travel. I don't have a big doctor said I don't have gout, but I can't eat anything with gluten, because I get like, I think I have gout but they're just not picking it up because it immediately goes to my ankles or my wrist and it goes right there like within an hour if I don't take the gluten inside

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this is it swelling.

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It does a little bit but it hurts like it's painful. But if I take I don't have any discussion



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So you probably don't have gout, what you have is an autoimmune attack that's set on by consumption of one or more of the gluten proteins that's causing that to happen and it falls into that subclinical thing where you don't fit into this little, you know, your, your, your square peg, and here's a round hole and you just don't fit into that round hole. So they're not going to diagnose it with for you. You got to figure it out yourself. And it sounds like you have. So if you eat gluten, those inflammatory markers get revved up. This is just the symptomatology part of it. We don't know or you can't really tell what's happening up here until it's too late.

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Well, I know there's a direct connection, right? People are really big into or at least it's out in the media, leaky gut. So we know that if you have a leaky gut, you also have a leaky brain. Right. Tell me a little bit about how that connection works

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or so what really solidified it for me were some studies that were done on the gut blood barrier and the blood brain barrier, where they took a bunch of mice and, for lack of better terms, they were whacked him on the head. And within minutes of doing so that would obviously would disrupt the blood brain barrier. But within minutes of doing that it was disrupting their gut blood barrier, which they never touched. So they, these mice would have a head injury, and they develop leaky gut syndrome from the head injury, which was fascinating and scary all at the same time. Right. So that connection is there.

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We've talked before about

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neurotransmitter production, most of your neurotransmitters are made in the gut. So you know, you want to get into depression, anxiety, and all these others.

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We really need to look at gut function in these people.

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Because that's where these, these these marker these neurotransmitters are made.

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When a client or a patient comes into your clinic, and they say, Hey, I'm having this issue. How do you know that it's a gut issue? What's the symptom that they're having the symptoms,



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it can cause literally anything.

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Hey, so how I know is they've been to every other doctor, they've had every other test under the sun done and they cannot find answers. That's the number one thing is like, okay, no one else has helped you. Here's why. change your diet. And, you know, we'll throw a little thing in there for brain tap. Let's look at your brainwaves. What are they doing? Right? Your brain is severely stressed, because your gut function stinks because you're eating McDonald's.

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Right, so they people don't understand that the food today doesn't have number one, it doesn't have the enzyme. So let's talk about live foods in the if this was 100 years ago, and we were to have a live food, right, it would already have the enzymes, right. I mean, it would have everything needed to break it down.

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Yes, absolutely. So you can get it today. Alright, let's use Organic grass fed beef versus, you know, grocery store beef. Organic grass fed beef is out there eating what God intended the cow to eat, which is grass. It's out there grazing, finding what it can, versus these other cows that are literally given grains to fatten them up, which is high in inflammatory oils, which pretty much you're getting 100% beef, but that's not really food. And the way it's processed and so forth is not they're just not going to have the same enzyme content as the other side. Okay? The other the flip side of that is when you cook food, you kill the enzyme, so it's important to have a good, steady helping of organic vegetables that are either undercooked or raw. Even the best broccoli in the world, you can cook the enzymes right out of it. Did we'll use dairy because it's a popular example, right? Everything's packed pasteurized the problem with pasteurization is when you heat the temperature of that milk up to kill off all the bacteria, you're also killing off all the enzymes that your body needs to absorb it and use it.

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What are some tips for non inflammation or an inflammation free diet or however you would say that because of what are the some of the common foods that I mean, I know that there's they could follow a very regimented diet but what are some foods that are like the the danger ones?

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So the biggest mistake people make is sugar



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and fake sugar. Don't even think for a second that sugar free and diets any better for you because it's not. Okay. So, and oils, you know, vegetable oil, that's not oil. or, excuse me, that's not vegetable that's coming from the soybean and it's loaded with inflammatory stuff. That's just Bad News Bears. So those two things are pretty well sugar is not easy to cut out because we're also being addicted to it. But oil, that's just a simple simple thing that you can change. And can I put a plug in here for my cooking show?

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Sure, yeah,

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no, my wife and my wife and I met at a gym. And she was talking to some of our fellow gym, people, gym mates, what we call those all these others lupus symptoms that she was having. And I'm like, Hey, I can help you with that. She's like, whatever, dude, you're a chiropractor. You can help me with that. And I kind of persisted. And I gave her a challenge. And she eliminated gluten, soy and dairy from her diet and a basically a paleo diet and it worked wonders for her. And we kept Kevin all these people like asking us well, how do you do it? Where do you start? How do you do it? We're in. instead of answering 10,000 text messages. We just started a channel on YouTube and Facebook. That's Kim and Brady's mostly paleo kitchen. We teach this stuff on videos all the time.

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So

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you started share that if we can have the link, we'll get into the summit notes. For those of you in the summit did want some tips on how to cook an inflammation free diet

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here. That'd be awesome. I'd love that.

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Yeah. So that's super. So when when somebody's thinking about this brain gut connection, besides changing their diet and getting enzymes into their system, what else do you tell what are some other tips they can use to boost their enzyme bank account?

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Well, I'll put another plug in there for brain tab. I think what you guys are onto is



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awesome. Because it takes, you know,

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brain tap is very affordable versus a lot of the other companies and systems that are out there. You've got to get those brainwaves under control. You've got to figure out how to control stress in your life. They because any form of stress, whether it be financial food, physiologic, you know, stuff from your past, whatever all of that stress is going to culminate an adverse disrupts the gut. So that's not good. Meditation I'm big on, find a meditation program that works for you and do it consistently because you can change the way your brainwaves work. Brain tap it, to me, that's a no brainer, no pun intended. Know that can help balance out those brain waves as well. I mean, that's those are two things that can really make a huge difference for you.

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Right? When you when you talk about regenerative medicine, because people are looking at our medical system is really a sickness care model. We're trying to shift that right. We're trying to shift it to when you talk about regenerative medicine, can you kind of explain what you mean by that when people

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so I'm in my clinic right now, hey, this is a biomechanic Clinic meaning there are people right now that are getting stem cell exosome injections put into arthritic joints that are helping them to grow new cartilage and completely avoid having To have a knee replacement, or a shoulder replacement or some other invasive surgery, they so the reason why this fits into what we're talking about is these people are going to grow new cartilage. They're going to grow new ligaments and tendons, etc. Well, do we want those new tendons grown out of Fritos and McDonald's? Or do we want those grown out of Whole Foods? So that's where the integrative part of it comes in is, hey, let's, let's look at this. And let's look at getting 25 pounds off of you. Let's look at getting normal gut function. Because what they don't realize it's not just helping their knee but it's helping their brain tremendously.

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So when you're when you're working with them, and I'm a big believer in stem cell, I had a, an ankle problem that they were thinking about going in and I said no, because I have connections with doctors that do that. So I just went and had an injection and boom, I couldn't stand at the booths because we were just we're doing trade shows. And I jumped off the table and it must have been psychosomatic because it helped me right away, and it hasn't come back. So It was



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I saw that today. I before I got on this call with you, we did an injection with a guy stood up off the table. He's like, Whoa, this feels better. It's not psychosomatic. Did we see that in 10 to 15% of our cases, we'll get off the table feeling better.

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Yeah. So we're having we're having this renaissance in wellness care, right? We're talking about we can do these these functional neuropathy programs where you can do some testing, figure out what's happening before what's happening after you can start taking enzymes. In the difference between just let's reinforce what's the difference between taking vitamins and taking enzymes, so people understand the difference.

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So most vitamins are out there. There are good ones don't get me wrong, okay. But most of them that you're going to buy off the shelf, you're buying a chemical that was produced in a lab that they slap a vitamin label on, and it's perfectly legal to do that. And if you know what you're looking for in the labeling, you can actually start to pick it out. But you're taking a vitamin versus when you're taking an enzyme. Let's use vitamin C, for example. You can take straight ascorbic acid or you can actually eat an orange and get the vitamin C out of an orange if you have the digestive enzymes to do that.

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Right. So when you're when we're talking about people wake up in the morning with something called sour stomach. They weren't able to digest their meal before so it sat there all night long, like a car and idle in the driveway. And they wonder why they don't have any energy. What's going on here in case there's something that can be done about that because that's a big thing that clients have right now.

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Right? So just to be you know, hundred percent transparent, I am a believer intermittent fasting, I do not eat breakfast. Right. And that's just for me personally, I function better that way. By just not even eating into while I wake up, I take a handful of supplements, and then excuse me a handful of enzymes, make sure I set correctly and then I won't eat anything until 11 or 12 o'clock in the afternoon or you know, even into the afternoon. But with what you're saying is typically what will happen is people will eat the wrong foods before they go to bed, and it doesn't digest. So it just kind of sits there and rots all night for lack of a better term. So when they wake up, that process is still happening. So they've got a sour stomach, their blood sugar levels are crappy because they can't get their nutrients out of their food and they just don't feel well. To



those folks. What I would say is let's cut the Let's close the kitchen at about seven o'clock at night. And before you go to bed loaded up on some digestive enzymes, and let's see what happens in the morning.

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Yeah, I've I've heard that it said that. You should just forget repair just for maintenance. We should go at least 12 hours from our last meal to our other meal and just for the record to for everyone. I've lost 30 pounds during this shuttin because I've been doing intermittent fasting, because I don't have to worry about travel. I don't have to worry about trade shows. I can exercise I can be at home and I've been doing the same thing as you I try to eat my last meal by sundown Then I don't eat again until 12, one o'clock the next day, and it's been great for me. So in. So I think it's important that we give our bodies a break. And in Indian culture, they actually say three meals a day, get sick, ie two meals a day, you'll be well eat one meal a day, and you'll be an excellent health, you know, so as we get older, it's like, you know, we feed our animals once a day, maybe twice a day, but we're, we're most people on average, they don't think they need seven or eight meals. But anytime there's a sugar hit, right, their body has to go into digestion mode. So what is it about? B, since you brought it up? What is it about giving the body a break for the gut repair? What's what, why is that? Well,

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first off, my I got to put out a small fire here by sending one text to my staff.

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We're almost done here too. So we can we can edit this.

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Okay, sorry about that. So there's a couple things I want to hit on right there about what you said. Okay, let's face the facts here. The food pyramid the food plate. Whatever the crap you want to look at, sorry, I'm trying to find a way to excited about this stuff. And the idea of breakfast is the most important meal of the day, eat three meals a day. All of that stuff was brought to you by people that want to sell you food. It's an adverse way of thinking and it is killing us from the inside out. There is a reason why heart disease and cancer are still the number one number two killers in the United States is because we just eat too much period.

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Can I get off my soapbox now?

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That's why I agree with you. Yeah,



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hey, so here's what happens. A, if you go into intermittent fasting,

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you're going to push yourself into more of a ketosis state so your blood sugar's low, but your body will start producing ketones from your fat. And it turns out that your brain really thrives on ketones. It does better on ketones than it does on blood glucose. So when you put glucose ketones in there instead of oxygen instead of glucose, You're going to get more energy. And that's great, great news for your brain. Right? The second thing that it does is it actually helps your body to, to release more growth factors and more of your own stem cells so that you can repair and regenerate. So there's an anti aging component to it, there's a brain health component to us. Lastly, you know, if you would have asked me three years ago, if the calorie model was, you know, calorie and calorie out, I would have told you, it's a bunch of garbage and you eat good calories, but now I'm stepping back and saying, okay, I was wrong. You do need to watch your caloric intake because even if you eat, you know, 10,000 calories of the right stuff, it's still going to have an adverse effect so it does reduce your caloric intake.

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Lastly, it's awesome on your budget.

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I can't tell you how much easier it is to come to work with a handful of nuts in a grass fed beef stick versus having to worry about having lunch. You know, on our cooking show, we did it. We just did a video from where my wife and I live in southern Utah on a camping trip. And we took meals, we took two meals, two dinners and a bunch of snacks. And it was amazing how much energy we had. It's just, it's just makes life so much simpler. That's

35:21

great. So we're gonna, we're gonna make sure we get that link so that you are interested in seeing these meals. So, yeah, so you've given us a lot to think about in the brain gut connection. Good. I think it's very timely. But is there anything I forgot to ask you or you forgot to share with the summit or something you want to reinforce before we end the call today?

35:42

You know, I think we could just leave it but right back to brain tap Patrick. You know, the way I put it into my patients is this. You basically have five main frequencies of electricity that your brain communicates with itself. When those five frequencies are in harmony with each other Like a CT, it's like a chorus or standing in front of an orchestra and he's like professionally



leading the music and you make beautiful music. When your body is under stress, and I'm talking about your gut, your brain, whatever, when your body's under stress, those five brainwaves get disrupted. And you're you sound instead of telling like a beautiful Symphony, Symphony, Symphony, you sound like a seventh grade band that just got their instruments and it's a nasty cacophony. They and the whole idea behind biohacking behind taking care of yourself and your brain is getting those brain waves back in line with each other. And one of the ways that you can do that is by taking care of that gut brain connection.

36:39

Yeah, so we're very big proponents on doing the mind body spirit kind of thing. So yes, we've moved that totally. And so I want to thank you for being on the summit. This is great. We're, we're we're hopefully gonna have you back for a masterclass on enzymes where we can teach our doctors little bit more, maybe show them and, and have a presentation where they can ask you questions. So Dr. Wirick I really enjoyed having this conversation. Georgia being on the show here today. And I know that our summit, people will go over to the gift basket and find the free gift that's being offered by you. And also by us enzymes, they can go ahead and get something there to start learning about enzymes. I think it's most under educated part. When I when I first heard about it, when I when I met with Jason, I mean, we've always been big, big on enzymes. But we didn't know that there wasn't just the multifaceted enzyme you took with meals, you know. So there's a lot more to that in a lot of we didn't even get into it today. But we'll get into in the master class. There's a lot of sports athletes, I mean, world class athletes biohackers. I know that our Olympic athletes and things like that they get into these enzymes, because we want to get that ATP production just fired up. So we have all the energy we needed that mind muscle connection, and get get our body performing at peak performance. So again, thanks for being part of the summit. We look forward to sharing the message and having you on again for one of our master classes.

37:58

Oh man, I would love that. That's great time.

38:01

All right, if you're here, if you're on the summit today watching remember, this video is available for the next 24 hours free to anyone you share the link with. So share this with people you know that have that maybe they take a digestive enzyme already, or maybe they're taking a little blue pill and trying to cover up you know, like, that's like taking black tape over your engine light and thinking you've repaired your engine, you know, we need to get the mechanism of digestion completed. So we can start feeding our brain in a way that is most necessary to do that. So get that out to them. Remember, it's totally free for the next 24 hours. So get them on the call, have



them tuned in to Dr. Wirick conversation here. And we can all learn how to feed our brain and body our gut brain connection, which is so important. If this is the first time you've ever heard about the brain, the brain gut connection and stay tuned in the summit because a lot of our brain doctors are talking about it. We think this is the only brain but they call the gut now the second brain and we have our heart brain to that we talked about a breakup all the time. So these 3 have to communicate and be in coherence or be working together to really get our body in optimum health. So if you're waiting for the next speaker tune in, click the button the next speaker will be right with you. Thank you for being part of the summit and God bless you.

