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Speaker: Dr. Ben Johnson
Episode 44: Insights to Aging Pt1

Hello, and welcome to the #ASKDRBEN Podcast. I'm your host, Ben Johnson. As a holistic-minded physician, I've spent the last 20 years looking outside the box and conducting research to find the true causes of skin conditions and other diseases. And while the focus of my work has been on aesthetic medicine and unlocking the secrets to reversing skin damage, this podcast will also include many other exciting revelations pertaining to you and your family's health and wellbeing. So let's get started.

Oh man, guess what we're doing today? We are doing our first video podcast edition. Today's a special one, usually, one of the most popular topics that I can discuss is aging and today will be no exception. Now, will I fit it all into one slightly extended version or am I going to have to divide into two? It remains to be seen. I'm a bit free floating today. Sometimes I like to take notes and follow a little bit of a script, but I'm going to see where my intuition takes me as we dive into aging.

So, let's start off by identifying why I should know something about this, you know? Yes, I'm an MD. I was trained at Creighton Medical School and most of what I'm going to say today has little to do with any of the education I received through that process because I don't feel like we're taught exactly what we need to know in medical school and so it's been a real blessing for me to branch out, to realize that there's wisdom in so many different aspects of the varying philosophies out there. The medical, you know, whether or not we're talking about Eastern medicine, Ayurvedic medicine, and Western medicine, you know, naturopathy, looking at all the variety of therapeutic herbs that we find on the planet. And of course, analyzing the medicines and the supplements of today to determine is there a proper road to travel in order to really master... master's not the right word, but to really understand how to navigate the challenges of today. So let me start there. Let's start with the challenges of today.

What's it like for those of you that might be in your 20s or 30s, lucky you by the way, or I guess maybe not lucky you because the world's looking awfully nasty out there, but I will say lucky you in the sense that you have a pretty clean slate to work with and you have a real opportunity to make changes. And so, I want to help you navigate those decisions because bad advice is being given out there. Let me give you a good example. Preventative Botox, that's straight up bad advice. Any Botox is bad advice, but preventative Botox is, well, without, you know, let's just say batshit crazy. I guess that's PC enough. And then the other things that, by the way, wearing my readers today so that you will think I know more than I do. I've got to try to look smart if we're going to turn these podcasts into videos. But the thing about aging and the number one source of aging that I've identified is emotional stress. Emotional stress is the number one source of aging. Let me take a sip of water on that. This is something that becomes increasingly challenging because as we age, one of the other things I've learned is hormonal imbalances create emotional triggers in our experience. In other words, it's hard to manage stress well when your hormones are imbalanced. It actually causes anxiety and depression in a lot of people. And I don't know the exact ratio, like if it has something to do with the fact that, you know, progesterone might be relatively high to estrogen in the body, or it might be testosterone and estrogen, or it might be testosterone and progesterone. Like it's really hard to know. I have heard from several women that when they went on progesterone it seemed to help their anxiety so it probably does have something to do with progesterone but as a lot of people are finding when you go in to get your hormones checked you're which I

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don't necessarily advise just for the record because it doesn't really matter what the snapshot of my hormones are at any given moment, as much as it matters, what are my symptoms and what are the reasons why my hormones are out of whack. You see, your body's not just misbehaving because it's getting old and it's getting forgetful. It's unbelievable. Your body is the most brilliant machinery you could ever imagine. I mean, there's still to this day trying to figure out how to make billions if not trillions of dollars of servers behave in a way that can somehow match the amazing ability for the brain to grasp concepts to collate data in rapid fashion and to make decisions based on that. So that's your brain which is the dumbest part. of you. The smart part of you is the cells, and you've heard me talk before about how your body does run on divine consciousness, like literally there is a, your cells are able to tap in to, let's just say, you know, you can describe it a lot of different ways, but your cells are tapping into a universal knowledge grid that has to exist out there because the world doesn't make sense any other way.

The human body doesn't make sense any other way. You know, the best way to put it is, let's just look at your heart. Your heart just keeps beating. Why does it keep beating? Why does it stop beating? These are above our pay grade. The breaths you take automatically while you're awake, while you're asleep, never thinking about it. Those are being told to do that. There is no cell in your body that is like, I will always make sure that that I can trigger a heartbeat, you know X amount of seconds after the last one. None of that exists So there has to be some intelligence that drives the human body and all of the amazing things it does You know, if you sprain your knee A million different things happen in the first five minutes. A million different intelligent perfectly timed things happen to respond to that injury in the first five minutes. How could that possibly be? And you know it's the same thing, you know you could look to animals and say how do the animals know to run to the hills before a huge tsunami shows up. Again there is this divine universal knowledge grid that somehow that we tap into and you've heard me say that I believe that my intuition is derived in great part from inspiration from the Holy Spirit and that's my definition of divine consciousness that's my definition of the intelligence grid But I'm not so sure that that is the exact definition of what powers the innate intelligence of the cells of our body.

But just know they are. They're operating at your highest and best at all times to repair things as best as possible, to kill the infections as best as possible, to defend you from the next event by training the immune cells to be smarter for the next exposure, by immediately figuring out from something new that comes into your environment, immediately figuring out all the different pathways that can use to protect and just to defend the body from further harm.

So that's happening at all times. And so, when I talk to you about how hormones are distorted, I'm here to tell you that your body is tracking at a pico level, a tiny little amount in your system. It is tracking exactly how much estrogen, estriol, estradiol, progesterin, testosterone you have. And it's also tracking how much estrogenic or testosterone mimicking chemicals you have in your system and the danger of those and where they're at and how well they're isolated in your fat cells or where they're sitting that could potentially cause cancer. So like, for example, a lot of times pesticides are found in a breast tissue and they're estrogenic, I believe, or they're carcinogenic, right? That means they're cancer -causing. And so, the body has to navigate that and decide the best ways to protect it at all times. And one of the ways that it does that is it lowers the production of your hormones. And yes, sometimes it might just lower estrogen. Sometimes it might just lower estradiol or estriol. And as a result, depending on one of those three, and none of this is completely well understood in medicine yet, but depending on which one of those three may be suppressed in manufacturing, that can affect how much progesterone the body wants to have bioavailable and how much testosterone it wants to have bioavailable.

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But, you know, for some people, it'll shift your estrogen over into testosterone. For other people, it'll lower the testosterone because the estrogen's low and your progesterone. Some of this has to do with the precursors that stimulate hormone production, so sometimes taking a supplement like DHEA is what is needed for your body to be able to respond. But I digress as I often do in my podcast because what I'm really wanting to talk to you about is the idea that stress is the number one source of aging in your body. And we don't know exactly how thought patterns trigger actual damage to the system, but I don't want you to think of it as thought patterns trigger inflammation. As much as I want you to think of it as thought patterns cause damage to your body, and then a repair process ensues that Western medicine is defined as inflammation.

Okay? Really inflammation is completely misunderstood. Now that being said, one of the identifying number one causes of aging is chronic inflammation. And so, what that's trying to distract you from is the chronic damage that your body's facing. So, let's just say first and foremost in order to manage this world today you need to work on becoming an observer. What do I mean by that? You need to become less reactionary. Every event that happens to you I want you to look at it like you're standing away from your mind. You're standing outside of your mind. vision. So, you can watch something going on in front of you, but it doesn't trigger a significant emotional reaction because you're just observing. It's like it's not even happening to you. That is a really good practice and something I've actually become really good at myself and what it allows you to do is stay in control a lot of the time. So let's say you're driving on the highway and someone cuts you off in a really dangerous way. Instead of freaking out and screaming at them, you observe. Okay, I survived that near miss. Yelling at that person through the window of the car is only going to harm my body. It is not going to have any impact on the person who just drove away. And so being an observer in that, and you realize that a few minutes later, you've calmed down. Hopefully, some people do have trouble with even that, but you've calmed down and you realize, what did that serve me?

So I'm just here to tell you, the vast majority of anger outbursts that you're having are causing you harm, and not that there's not a place for anger, but they are causing you harm, and you should try to minimize that. All the times you're fearful, you're fearful of what's happening tomorrow, what's happening next week, fearful of potential like developing a health condition, fearful of what other people are thinking about you. Fear is a significant part of the stress induced inflammatory pathway.

Yep, I use the word even though I'm telling you not to think about that way. I might start just calling it the repair pathway. It just doesn't have the same impact on you, I think. So, you have, there's so much fear and anger going on right now in the world that it just has to be the first thing I discuss when I'm telling you how to protect yourself from aging. And it is the number one reason why you age, but certainly not the only reason. So, chalk that, write that down, make a mental note to take better care of your mental health.

But let's, I guess, you know, we're covering it, so I should speak on it, and I'll just tell you, we have two supplemental elixirs, one of them is called [Emotional Well-Being](#) and one of them is called [Relax & Unwind](#). Usually I start with [Emotional Well-Being](#), but people with significant anxiety, I put them on both. And boy, did they make a huge difference. Like I'm telling you, we've been able to get people off of the antidepressants, anxiety medicines, we're helping them get to sleep when stress is the reason they're not sleeping well. And so, huge, huge opportunity there. The caution for you is so many people right now are going on antidepressants and I'm not just...

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Hey listen, if you have severe depression, you work with your psychiatrist, you work with your psychologist, you figure out what's best for you. But generally I will say that most anti-depressants do very little to help you and many of them harm you. And so when you get on them, because they mess with your neurochemistry, it's hard to get off of them. And the longer you're on them, the harder it is to get off of them. And they're hurting your liver in a lot of cases. And they're hurting your brain neurochemistry in a lot of cases. And for many people, it's not really that they helped that much. It was more that when people tried to finally stop when they realized it wasn't helping them, that much that they really became depressed because then maybe their serotonin levels weren't able to produce like they were because of the effects of that drug.

So I'm not a big fan of that and I encourage you to consider holistic alternatives first and always remember if you have environmental depression if your spouse just died or your child just died or you just lost your job in your house, or bad things are happening in your world, depression is an understandable emotion. It doesn't mean you should be on medication for it. So the first thing you need to do is lift yourself up out of that of course, and I guess that's a video for another time. But I just want to tell you, don't reach for the chemistry, don't reach for the pharma first, especially when it's an environment event that really triggered your sadness.

Okay, when it comes to hormonal anxiety, I'm seeing a lot of people opting for magnesium, and of course, an antidepressant. So, magnesium is another big go-to for people, and there are definitely forms of magnesium that have more of an impact on your brain over your body, but it's not necessarily a positive impact. And almost always I find magnesium is toxic to the body. I've only found that magnesium chloride and magnesium chelate are the two. And I don't want the chelate to be bi-glycinate or glycinate. So, it's really hard to find a good magnesium, but at most people think I know I why am anxious because I have a shortage of magnesium, not the case, it's not the case.

By the way, 10 minutes in or whatever I'm in we're going to have to have two parts to this sorry about that oh my gosh I'm definitely going down a little few too many rabbit holes but uh is it really too many when I you know all I have to do is keep making you know series two and three of this podcast because aging is a really important one. It's probably the most important one to people, especially when I'm talking about aging as it relates to quality of life. Like it's not just about how do I look better as I get older. It's how do I feel better as I get older? How do I hit the 70s and 80s still active and sharp in my brain?

And so that's what we have to cover in this series. And it's really important. So, magnesium is another one for emotional unrest. Again, this is all basing on this idea that we've got to lower your stress-based inflammatory pathways, mainly the stress part. We don't have to lower the inflammation. That happens naturally when you are less stressed. Are there any other supplements I would bring up? No, I'll leave it there. I would just say, again, I can't emphasize enough how important it is that you make real efforts in the coming years to learn how to manage, become an observer of the world around you, be less engaged initially. You still have your emotional highs and lows. Emotions are a part of the beautiful part about being a human. You want to have emotions, but you want to be able to push them through, process them and release them and not let them simmer, not let them stay as like this little trigger thought that you constantly go back to. Like a lot of unfortunate people who went through severe trauma as a child, it's really hard to kind of release the impact of that memory or those memories. But again [Emotional Well-Being](#) elixir is amazing for that and I just would encourage you to do that.

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Okay we've covered problem number one which is try your best to find peace in whatever pathways and that could be yoga that could be meditation that could be prayer I honestly think prayer is the optimal answer In fact, it's proven in clinical trials that people that went and read the Bible actually lowered their anxiety depression better than any medication could. So, if you're open for that, I absolutely encourage that. But there are other pathways for those that haven't quite got to that point in their lives if they ever will. Let's hope they do.

Okay, number two. Number two in this, how do I manage and navigate this toxic world? You should know that the air around you is the number two cause of aging. And it's primarily the carbon monoxide from our vehicles. I know there's a lot of debate about electric and the conspiracies. And you know me, I love my conspiracies about electric cars and the problems, but it's a full slam dunk, of course, to move to electric cars, the number one reason being to eliminate the carbon monoxide poisoning that is killing, killing. I believe it's identified as the number two killer in the world and aging us along the way, of course, and so we know carbon monoxide is severely damaging. Of course, there's all kinds of other chemicals in the air that we're breathing in that are causing harm, that aren't as clearly identified, and so, my advice to you there is, I think the best advice that relates to this particular part of the aging process is oxygenation. CO, carbon monoxide, is a harsh dominator over oxygen when it comes to your cells, and so, the best battle you can have is to have more oxygen in your system to fight that exposure. And one of the ways we do that is at Osmosis, I have this product called [Immune Activator](#) that has a molecule known as ozonized ethyl oleate or trioxolane. It's our patented product. It's unbelievable at restoring deep oxygenation in your system and that may sound like a funny word. I guess that might even be the first time I've used that, but what it means is that there's the oxygen you breathe in and out that your body absorbs and utilizes for various processes in your system, you know, everything. I mean, all the billions of processes that go on, it's really, again, just amazing to see how intricate the pathways of the body are. So that oxygen is going towards that. But for some reason, there must be a... a threshold where if you don't get enough oxygen in a day, because remember, we're all shallow breathers by nature. One of the terrible habits of the human condition is that we tend to be shallow breathers and we miss out on that opportunity to get significant oxygenation. Also remember, you're never more oxygenated than when you're an infant, and that just diminishes through childhood, into adulthood. You get less and less capacity in your lungs, less and less capacity in just general oxygenation potential.

So exercise becomes an important component, and exercise should be part of your daily routine. I'd love it if you got 30 to 45 minutes. Some people believe in weightlifting. I think there's a place for that. But oxygenation, when it comes to aging, to me, cardio trumps the weightlifting.

Again, not necessarily to get the perfect ripped body, but for the health of your body oxygenation through these heavy breathing activities actually makes a big difference for the strength of your immune system, your ability to fight viruses, and all those things. So that's one of the pathways, [Immune Activator](#). I take it every day and I swear by it and it's really phenomenal for building immunity because your immune cells use oxygen to kill viruses to kill pathogens and so that's why your immune fighting capacity is better when you're young as opposed to when you're older so in order to fight that aspect of aging I like Immune Activator and I like exercise every day.

Second thing I would say on that is you really need to live and make good smart choices about your living environment. And I know economically, that's not always feasible, but I wouldn't live downtown in a busy city where there's a lot of cars driving back and forth, unless if I had a choice, I would not live downtown for the reason I just identified. I wouldn't live in a farming community where all around me pesticides are being sprayed

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into the air at all times and I can't sit outside on it on a spring morning without the fear of a thousand carcinogens being inhaled into my system through the air. So you know you really have to try to make the choice to get out of those communities if at all possible and of course you know the ultimate dream is that the whole world finally wakes up and we realize that that cancer is not something we have to try to figure out how to cure, it's something we have to figure out how to stop causing. And first thing you do is you remove carcinogens from our environment, hello pesticides, hello food preservatives, hello, I don't know if chlorine is a carcinogen to be honest. Maybe, maybe not. It's super harmful but probably not a carcinogen.

But no, you know the chemicals in our foods are many are carcinogenic and many in our tap water are carcinogenic and so we just need to be mindful of that and right now Cancers are going crazy I've talked about in my past pandemic podcast about why I think that is the case and it is a tragedy. Suffice it to say, if you've had to do things in the past to be able to travel or to see your mother that you may or may not have wanted to do, you might want to go through what I'll call the Osmosis jab detox program, especially if you have long COVID or lingering symptoms, just from being exposed to COVID, we treat that. And we treat it with unbelievable efficacy. And so don't let yourself and you'll let your body be beaten up by viruses that your immune system is no longer capable of shutting down. If you have long COVID or if you have a reaction to a jab or if you have any autoimmune disease, what your body's telling you is it's lost its ability to fight viruses in an effective way. And the number one way to do that is oxygen. So [Immune Activator](#)'s amazing. Of course, our protocols involve [Immune Defense](#), which is our antiviral. And you absolutely want to contact us for those if you're not aware of what we can do there. Again, I would say 100 % efficacy, but it's, probably impossible to do that. It's in the high 99s of efficacy, and I'm going to follow you. Like, you have a problem. If you don't get a result, you're contacting me. Please, please contact me, and I'm going to tell you why or why it didn't work, and I'm going to tell you what you need to do to make it work, and maybe you missed a dose, or maybe you waited more than 12 hours to take your second dose, or whatever the reason might have been. I'm going to get you figured out and that's my commitment to all my Osmosis users while I still have the time. I have to say it's what I do most of the time and it's a blessing, but it is getting a bit challenging.

Actually, setting little nugget that it may be released by the time this podcast is released, but my son built an AI engine that involves all my information from all the years. And it's pretty amazing. It's pretty accurate. We're still tweaking it. But I think you're going to find it really helpful. If you have a quick question to go to this chatbot and get that answer, it should again be on our website, publicly available here, hopefully within a week.

Okay, so the other thing to say on this aspect of this carbon monoxide poisoning is, what happens with lack of oxygenation, by the way, what happens as you slowly lose your oxygenation capacity is your metabolism slows. The production of those really important molecules in your body called the Adenosine triphosphate, or ATP, they're reduced. The production of those is reduced in the mitochondria, and that leads to a slowdown in hormone production, neurotransmitter production, cellular repair production, muscle performance. performance, cognitive performance, all of it. So, I want you to seriously consider to stop being so in love with your antioxidants. It's just, it's overwhelming. Your body does love the antioxidant here or there, but you were built, you know, many thousands of years ago. I know some believe it was billions of years ago. I'll just go with my take. You're bought many thousands of the human body was built thousands of years ago to manage itself without supplements. Right? I mean, supplements are a relatively new thing. Yes, you know, herbal medicine has been around, but you know what I mean by that? Like, the herbs that were used over the centuries were, they weren't going like, ooh, this, you're really going to want this king blankety blank, you're going to need that

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to help, you know, you're aging. Your body makes the most important antioxidants, and it makes them with high precision with the amounts that you need. And for that reason, you just don't need to supplement. And so, what I'm finding is people who have already have low pathogen and viral fighting capacity are putting high doses of resveratrol in their body, high doses of vitamin C or vitamin E into their body, or pick you know, antioxidant, the next antioxidant of popularity on the list and it's actually harming them they did clinical trials on this guy's extra vitamin C and extra vitamin E harmed the body full stop resveratrol studies they were doing them on cancer patients and they had to halt the study because it hastened death for the children with these cancers, why because they're cancers were caused by viruses and by taking the extra antioxidants their body couldn't fight the viruses as well. So I'm here to tell you and this again is supposed to fall under the umbrella of air pollution and carbon monoxide exposure and that is don't think you need antioxidants to grow old gracefully. That is a misconception. Again, not bad to do 250 milligrams of C a day. No more. No more. You will start to hurt your gut. Not bad to do a little bit of some other antioxidants. I'm a fan of alpha lipolic acid, you know, but never in the megadoses and don't feel like if you're not taking it on that day that you are in trouble.

I get it. Like, you know, you'll see people who go in, and they get IV glutathione, and it makes this dramatic change. let's say in their Parkinson's system symptoms for like a half hour. And so, what does that imply? That implies that there are certain pathways that could be benefited with more presence of antioxidant, but we don't know the full picture on that. And your body makes glutathione. And yes, it's possible that in Parkinson's, maybe they're, underproducing glutathione, although I don't have any indication of that. And so again, I just want to remind everybody less is more. When it comes to wellness, less is more. Your body doesn't need as much as you think. People live in different parts of the world with completely different diets, and their body accommodates to the things we have, because we were built that way. Okay. We're built to accommodate; we're built to rise up.

Okay, the next aspect of aging that I want to talk about are the environmental poisons that influence aging, and there's so many of them. We talked about the carcinogens and the ridiculous amount of carcinogens that the Western diet is allowed to put into our food.

So, first of all, you want to eat organic. When especially fruits and vegetables, you want to eat organic. But the truth is, is the way they spray a lot of fruits and vegetables, and of course certain fruits and vegetables have a higher propensity for this and that is it's still going to be pesticide laden inside the fruit or vegetable, even if they don't spray it on the outside if it was grown up in that situation and it's just hard I know it's just hard for farmers right now because the laws are in place to really prevent them from choosing organic even if they wanted to and they don't even know to the extent that they're putting their lives at risk by farming by living in a pesticide ridden environment.

So how do you avoid this? Well, my best recommendation and what I tell everybody is our [Skin Defense](#) product is one of the best detox supplements out there just by my analysis of what's out there. It contains, you know, what I try to do whenever I formulate anything is I try to give you something that addresses a category, and so every time I'm like, I just found a new ingredient to add to [Skin Defense](#) that I think works on forever chemicals I'll announce it once we add it but the general idea is we're being poisoned a lot by chlorine so I have the best chlorine remover in the world sodium thiosulfate in there, you know we're intact by estrogen chemo so I have the best chemical estrogen chemical remover in what's called dim or diindolylmethane we're being tackled by a host of different additives and colors and flavors that have damaging effects on the body and so you want things

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in you want things that accelerate the processing in the liver like glutathione as transferase you want things that accelerate the binding and removal of it in the gut. So things like activated charcoal, all these things are critical, critical in my opinion.

Again, you can live, I mean, I'm not going to lie. Because I am in email contact with so many of you with struggling with skin conditions, I am in awe of the dietary habits that many people that struggle with diseases like autoimmune conditions and /or digestive issues or skin issues, how clean their diets are. Boy, if you can live that clean. And I'm talking about only organic, no dairy, mostly plants, all cooked at home, almost never gets a processed. processed chemical in their body. Power to you, power to you people, I think that's amazing. So in those people, the use of this type of Skin Defense, this type of toxin removal system is unnecessary for the most part.

But that is, let's just call it 2 % of the population. And so for the other 98 % of us that either love dairy and just decide to live with the consequences and try to work around it, this guy, or who love sugar knowing that it is a harmful substance especially bleached sugar, which is the standard sugar used in almost every product you buy that has sugar you really just have to work through that you know obviously sugar we use a supplement called Sugar Detox to help with sugar cravings and also to help protect you from sugar chemicals like NutraSweet and sweet and low I'm not using their chemical names but you know I'm talking about. You know, I'm a fan of Stevia, but some people like some other choices. So, my point is to say that avoiding toxins in your dietary choices is a fantastic idea, and I hope you have the willpower and the financial means and the availability in your area to be able to do that.

It is limited in a lot of different states. The store options just don't have the selections you want. And even in the stores like Whole Foods, it's not as perfect as you'd like it to be. Let's just leave it at that. And so just know that the cleaner that you do that, the cleaner you live there, the more gracefully you will age and the less we're going to have to do to restore your immunity and restore your gut health. And so I encourage you to do that. I encourage you to be on skin defense if you're living a regular life, like the rest of us, like 98 % of us, because there's no way to avoid these toxins. You know, the more fast food you ingest, the worse off you're going to be, the more candy you ingest, the worse off you're going to be, the more, well, I'll just stop there.

So the next aspect of aging gracefully that I want to cover is sort of the malnutrition side and it kind of is a good segue to what we were just talking about because I just got done telling you that I believe that your body makes a vast majority of the antioxidants that it needs, unless it's being absolutely overwhelmed. Like if you're on chemotherapy, your antioxidants aren't going to be able to keep up with that. In fact, I just encourage people to finish that chemo and then let's start working on oxidative repair with [Immune Activator](#), which actually does an amazing job of that. But I would take Immune Activator during chemotherapy as well. It does not stop the free radicals from doing their thing. And I'm not telling you to get chemo, by the way. I'm just telling you if you opt for chemo, that Immune Activator is really helpful.

But, you know, malnutrition so and I just got done telling you that your diet can be a whole variety of things you know bread and water over here fish fat over there you know plants all raw meat over there like everyone's trying different diets and for the most part your body is going to adapt I'm still a believer in the 50% carbohydrates 25% protein, 25% fat model as a good strategy to try to employ. But I totally appreciate that the

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bleached carbohydrates that are being put out in the Western foods are some of the worst carbohydrates that we have to deal with in many centuries all by genetic modifications and different choices on how they bleach flour and you know all the all the terrible things all the bad choices that we at some point we just have to as a community stand up and say, hey, what was his name? Weston Price, Dr. Weston Price, who first analyzed the effects of sugar and bleach flour and its impact on our gums and our teeth malformation, but then it further analyzed the health and how all of a sudden diabetes became a thing and all kinds of like heart disease and new things developed in people because of the introduction of those foods.

So, malnutrition, however, is slightly different in the sense that while I believe that everybody can thrive on different diets, if you're eating what is essentially what is dead food, like it's been nutritionally deprived. Fast food is a classic example of this, where it's just mostly chemical or modified food, or it's been over-pasteurized, or it's been overcooked, or the good oils have been fried into oblivion. What ends up happening is your body becomes short of good fats. Your body becomes short of enough protein. Your body becomes short of The other vitamins and minerals that are needed now I'm a believer that if you just drink spring water you don't need to supplement minerals and So I'm not a proponent of minerals and electrolytes because I keep finding how often they harm the gut. They are bad for the microbiome, they promote candida, so if you're prone to candida, they're going to push you into either acne or eczema, so I don't propose that. But what I do want to say is with enough suppression from toxins and with enough bad food, and we know like the farming practices in a lot of our farms, they're over farmed, the soil is depleted of minerals and so everything is pushing us towards being short of things.

So I think just the summary I would tell you is it really is important in your aging process just to make sure that you try to eat a balanced diet that you try to eat whole foods real food you know raw milk is better than pasteurized milk but if you're going to get milk I always get grass-fed organic and you know that is going to be best if you can actually isolate it to grass-fed organic A2 cows even a bigger win. But raw milk's pretty good. I just personally didn't like it enough to decide to avoid pasteurization-related problems.

Okay, so when I talk about deficiencies in fats, I just recently had an interesting... email actually from somebody who said they started to take our [Recovery](#), which is the most amazing fats you can get from a nutritional source. Seabuckthorn has a long history of creating amazing health benefits by ingesting it, and they're a seabuckthorn berry, they're seabuckthorn fruit, and they're seabuckthorn seed oil, and all of these are different sources for different fats. So, it's really amazing [Recovery](#) because you can't get seed oil extracted when you ingest a seed. You don't get the advantages of all that seed oil. You might get a little bit of it, but not enough. And so, [Recovery](#) is amazing that way. And for those people who have just trouble swallowing oil And so it's really amazing that you can get seed oil or something like that. [Recovery](#) tastes funny, we have the gel cap coming out here in a couple of weeks, super exciting. So now you have no excuses to get these amazing omegas in your system. And that's three, six, seven, and nine are some of the bigger and more important omegas that you want to deal with or that you want in your system.

But I got this interesting email where a woman who had been struggling with Lyme disease found that by eliminating... pufas in her diet and through, I don't know what, I don't know all the things she excluded. I didn't hear her diet history specifically. I just knew that she was advised to eliminate polyunsaturated fatty acids at all costs because they cause inflammation. So, she wrote me because she got on [Recovery](#) and her Lyme symptoms started to appear and she wondered what that was and it's what I try to explain to people.

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Inflammation is misunderstood. Whenever, all the clinical trials that talk about and putting good oils in your body or should say putting pufas in your body are, you know, that Omega -6 is harmful and you're getting too much of it. And you need to avoid that because it's an inflammatory fatty acid and it's like, it's a misunderstanding of what's going on.

Again, the damage is whatever, in this case of this email, the damage is what Lyme and the spirochete from Lyme are doing to her body. What appeared to happen here is by eliminating good fats from her diet, she reduced her immunity, so she didn't have a lot of reactions because a lot of times reactions are related to repair. In other words, when I sprained my knee, the damage to the knee was that initial tear in the ligament. But what hurts me, well, that might have hurt a little bit, but what hurts me is the next several days where my knee is hot and swollen and when I walk, it hurts, right? It's all that pain. is not because of bad inflammation in your knee. Your knee is doing exactly what it's supposed to do to perfectly repair that ligament as best it can. So sometimes repair hurts. And so, I was explaining to her that that's what was going on in her system and that what she needed to do was treat her Lyme. And then when she's on Recovery, she'll just feel better and better every day. And so we have a protocol for Lyme and hopefully she follows that advice.

But again, my point is a lot of people avoid fat because they think it makes them fat. And yeah, I mean, if you eat like I did a lot of pizza last night, and yeah, a lot of pizza is going to make you fat. That kind of fat is going to go into your subcutaneous fat. And that does happen. But the - good fats, they get put into cells, they get put to use by your immune cells, they're used to repair damage. Remember, you have good fats all over your body that are being oxidized all the time that need to be replaced. And so if you're not allowing your body to replace the good stuff, then you have a problem.

It kind of reminds me too, it's just as quick tangent as I do, but one of the funny analyses of [Elevate](#) - is people notice when I go on [Elevate](#), it has CoQ10, super yellow ingredient, CoQ10, right? And they go on [Elevate](#) and they're like, my pee is yellow. I must be peeing out the CoQ10. Well, it just takes a little bit of analysis to realize that you put the CoQ10 in your gut and there's no way that it's going from your gut into your kidneys to pee out, into your bladder to pee out. It's not jumping from your gut. It has to go through your body to do that. So what you're actually doing when you see yellow being peed out by taking CoQ10 is your body is replacing CoQ10 in the system and the old CoQ10 is being dumped out of your kidneys and the new CoQ10 is replacing that. So that's the good news. But my point is to say your body's always replacing. So you need to be mindful of the good ingredients that you take in. That's why I make targeted supplements that address the ingredients in the body that might need some assistance in repair.

Okay, let's see. We've covered the oils. The other thing I want to say on the oils is a lot of times I'm seeing people who have significantly dry skin, like they just can't ever get their skin, doesn't matter what moisturizer they use their skin is dry or you have dry eyes, unbelievable number of people I would say 90% of people with dry eyes have a good fat shortage in their body a fat fatty acid deficiency that [Recovery](#) perfectly responds to. So you if you have chronic dry eyes, stop putting the drops in your eyes. That's not a solution, that's a temporary reprieve. The solution is go internal, replace your good fats and watch and see over a period of a couple, three months how that will improve. Same thing as with the dry skin. Get on [Recovery](#), don't be so scared. People are so scared of fat anymore because they think that all the oils are just going to just keep making the fat and if they just didn't ingest oils and fats then they're going to be healthy and lean and I'm here

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to tell you that is a huge mistake, huge mistake, [Recovery](#) is amazing that way such a powerful nutritional source so I hope you'll consider it.

Anywhere else where fats, so deficiencies, where else do I see deficiencies? There's a significant minority of cases where I find that with a chronic suppression of your hormones, sometimes you develop what I'll say is a deficiency in your hormone stimulators. And just to simplify that pathway, I'm going to tell you that is where a sub with a bit of DHEA makes sense. Now If your hormones are processing well, I don't believe in DHEA. It will push formation and it almost always leads to distortion. So it's a fine line between getting your system back up. By the way in most cases and again This is in the five to ten percent range of people who have severe menopause menopausal symptoms. I will put them on 250 milligrams of DHEA. We don't make that, so I just send them out to buy someone else's for three months. Three months and stop. Like I see a lot of people taking as little as 5 milligrams a day or 100 milligrams forever. Like I don't believe in that.

Alright let's see. Any other deficiencies I want to tell you about? Well let's speak to collagen manufacturing because a big theoretic bio hack today is the ingestion of collagen from various animal sources to theoretically have those collagen molecules deposit in your skin and make you younger overnight. It's amazing. But as usual, those stories aren't true. And collagen is a terrible source of amino acids. And collagen ingestion is not a source for collagen, and that's, I guess, the number one thing to tell you. We love collagen. We think collagen is the reason we all have wrinkles. As you've heard me say in other videos, and I'll probably say in this aging series, 80% of the wrinkle on the face is from volume loss, primarily from fat pads, structural fat pads in your face being lost.

So while collagen losses occur at about 1% a year starting at age 25, that is true, it takes a while for that collagen loss to show up as a fine line and it takes even longer for that collagen loss to show up as a deep wrinkle, because you have to remember, and what's nice here is now that we have a video podcast look what I can do. You know your collagen this is the thickness of your dermal collagen, like it is so thin compared to the depth that we might see in a wrinkle in your face that it's really the volume loss.

Okay, so volume loss there, what was my point is to say collagen supplements. So what's happening is you're taking an animal collagen, your body's attempting to break it down in your stomach into amino acids. It doesn't do a very good job of that. As a result, you have these what I'll call petrified, over-processed collagen molecules dropping into your gut, pure source of inflammation. They're distorting the gut, causing candida excess, causing mucus formation and some of them do different things. Some of them only cause candida formation. Some of them only cause mucus. And you're like, "Well, how do you know this, Dr. Johnson? Where's your evidence?" Because there's no study that says this, and all I see everywhere is collagen supplements, and some of them have even done clinical trials to show the success of their collagen supplement. I've drawn to question all those clinical trials. I've seen a lot of them. a few of them. Manipulation of data is a very common practice. And I know that same finger could be pointed back at me, but we used independent labs. We did double blind placebo controlled clinical trials for the most part. And so, there was no manipulation of data on our end, but big enough company with a big enough budget with a good intention will figure out a way to manipulate the data because I'm here to tell you it just... there causing so much harm out there and people don't even realize it like I used to have perfect skin and now I'm breaking out everywhere What happened? Oh, you started collagen about six months ago. Oh, and then and you started magnesium citrate about six months ago. Oh, and you take B12. Anyway, this is not the video to talk about all the things that cause gut harm all the supplements. But

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collagen is bad just because it's harming your gut when you take it and your body's not processing it well. And I don't know all the reasons and all the ways they... I don't know if they have to radiate the collagen, so it has some weird free radicals from having been radiated. I just don't know all the ways they separate this collagen out to make it into a supplement. I just know it's bad.

And so, it begs the question, does your skin actually need amino acids? And remember, again, your skin makes collagen from amino acids, your skin will never grab a collagen molecule that somehow managed to get into the gut, because your gut would not absorb a chunk of collagen. It doesn't do that, it absorbs amino acids, okay? So, yes, in some people, there can be a shortage of amino acids. I think this might be true for a vegan who's not really careful about making sure to ingest a variety of proteins. But it's overlooked that there's massive selections of amino acids in all the vegetables that we can ingest as well. So, it's not like amino acids are only present in proteins, it's just that there are certain things that are needed in proteins that the body needs to help with maintenance. So yes, there probably is a mild shortage in the skin, but you know what your skin does to accommodate that? Is it slows down. And that's what we know. Your metabolism, your skin metabolism slows down when you... as each year goes on because you have less circulation feeding the process and with less circulation feeding the process your collagen making slows down your wound healing slows down all the different processes end up becoming slower.

I'm just going to take a quick peek at my timeline here. Oh my goodness. All right, we're going to bring it to an end here shortly and this is going to be part one officially declared.

So I believe in [Regenerate](#). [Regenerate](#) is our supplement that is the alternative to a collagen supplement. I chose an amino acid option because those are completely bioavailable. Those will not harm your microbiome and they are readily absorbed. And then I chose rather than loading you up with vitamin C, which I just told you actually causes harm and is clinically proven not to uptick collagen manufacturing. They megadosed vitamin C and it did not increase collagen manufacturing but when they megadosed alpha ketoglutarate or AKG, it did increase collagen manufacturing and several other processes in the body. So that's a special bio hack, AKG. It's one of my secret favorite ingredients and it is in [Regenerate](#). It is in my topical [Catalyst](#) and it's a game changer.

So, when you combine that with the amino acids in that product, it personally, I want to tell you, my own personal testimony, it made my face peel. It was so active in its activation of collagen and elastin, although I think there was a liver component there too, but it is, it's really unbelievably active. And so, you take it, the first six months, you're getting your skin benefits along with other. organ benefits. And then the last two to three months, you take it at six caps a day, you're getting the completion of the organ repair. Most people for liver repair in their 40s and above need eight months of that. But again, the skin benefits, you're going to see in the first six months. And I know you might be like, "Well, I'd really like to see it in one month, Dr. Ben." Well, me too. But you will potentially see changes in that first month.

I remember being called from a friend of mine who had a liver spot on her face for years and I think it was in the first month of [Regenerate](#) the liver spot disappeared. Now, you know liver spots are really hard and sometimes they take a long time. Like you're seeing that little bit right there is the last of what was a large deep liver spot highly vascularized. But I'm what three years on [Regenerate](#) and pushing hard. All of these, there's like three guys there that are just about gone. Like you can see, liver spots they're tough, so I feel for you. I have clients who have been with me a long time especially redheaded clients very fair skinned and their liver spots are near

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impossible to repair and I just chalk it up to melanin helps you a lot in protecting you from being harmed in the liver. And so the fairer skinned you are, the more likely you are to have that problem.

Okay. So I just want to make sure I kind of end on sort of summarizing a category note.

We've talked about the things that we need to avoid to age well. We've talked about foods, we've talked about some of the, well, let me say just a couple more things. Medications, like at all costs, we need to figure this stuff out. I'm here to tell you, type one diabetes is its own thing, but type two diabetes, diabetes, adult-onset diabetes, is rapidly growing in our country, and it is absolutely caused by a distortion in the microbiome. Now, I am trying to perfect the process of figuring out what it takes to get diabetics or near diabetics or pre-diabetics back, and we're having some success, but just know that the focus needs to be on the microbiome. I also believe that cholesterol is related to the microbiome partially, but mainly cholesterol elevation is related to damaged blood vessels or other vessels that require cholesterol to be repaired. So when your body elevates cholesterol, it is attempting to repair blood vessels. And you're like, well, wait, wait, what about the blood, the plaques growing on the arteries? Yes, that does occur with chronic inflammation of an artery, it'll build up a plaque and cholesterol is responding to all that damage. So the pathway I'm currently doing on cholesterol is to take [Ageless Vitality](#) because it repairs blood vessel damage. I've actually had a handful of cases dramatically improve carotid artery stenosis or plaques on the big arteries in your neck by taking ageless fatality over seven months.

So if you're worried, if you've gone in and had a calcium scan or you have... had some heart problems and they've done and looked and you've got you know some blockage in your blood vessels, [Ageless Vitality](#), watch and see the magic that it does over a seven month period.

But I just you know cholesterol medications are so hard on the aging process because they do lower an aspect. Cholesterol is so important for your health that impacting that impacts hormone production. It has a huge impact on your brain, huge impact on your brain. So your brain's also being conically attacked. And so when you're on cholesterol medicine, I think the risk of dementia goes way up and should be a concern for everybody. So yeah, we do [Elevate](#) for cholesterol because that was clinically proven to be better than statins at lower in cholesterol. cholesterol. That's two pills twice a day. And then we do [Ageless Vitality](#).

I'm going to try to get your microbiome right. if you're pre-diabetic, metformin is being passed out like candy right now. In fact, there's a huge group of people who are currently taking metformin for anti-aging purposes. They think it's good for them. them. Holy, guacamole people. That is one of the worst bit. And I've seen the guy, doctor, I won't say his name. I've seen the guy from Harvard, swearing that metformin is age reversing because it makes new mitochondria, rejuvenates your mitochondria. But that same guy will tell you in one video that he doesn't take metformin every day 'cause it feels so awful on it. Yeah, let that be the first indicator for you. Bottom line is when you poison your mitochondria, you are poisoning one of the most important cellular components in your body. And you're going to poison it to death so that eventually you've poisoned it so badly, your body's like, "Yeah, I'm going to make a new one. That never works. It never works. That would be like, why don't we just take chemo every day? Let's all take chemo every day to poison ourselves because you know what, they're going to make new ones. No, this is so illogical and so outrageous. Here's what you should know about your body. This concept of apoptosis, this concept that starvation is the secret sauce to making the bad cells die, your body knows the exact precise health of every cell in your body. Every cell is talking with every other cell and that little information-sharing grid that we talked about at the outset of this

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podcast, your body knows what it's doing. It knows when to kill off a cell when it's no longer functioning properly. It'll do that. Apoptosis should be left to the AI engine that runs your body is what I'm saying. You don't want to accelerate apoptosis by harming yourself.

Yes, it's true that if I go on a three day fast, a three-day water fast, some of my weak cells may die off and new cells may come and that's a positive. But you don't want to go on a three day fast. To be taking chemicals like metformin to try to push that into action by poisoning them worse. Because remember, when you take metformin, yes, the worst of your mitochondria die off and get replaced. But the best of your mitochondria just get poisoned down to 50 % of their capacity from the metformin, right? You have to think of it on that line. Like, wait a minute, Doc. So a month in when, let's just say, a hundred new mitochondria have shown up and I start taking metformin the next day. Am I not poisoning my new mitochondria at the same time? Is my making the bad ones disappear? Yes, yes is the answer.

So let logic be your guide. Trust me, do not go and take metformin. metformin ever don't ever take metformin and try to stay off the statins if you can all help it and yes there's a host of other medications that interfere with your aging gracefully process and maybe we'll get into some of those in the next podcast hope you enjoy this one and we'll see you on round two.

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