



Ray Edwards Show, Episode 391

How To Get Healthy Without Going Crazy

Speaker 1: [00:00:00](#) Ray Edwards show, episode three 391 how to get healthy without going crazy.

The Ray Edwards Show. This is the podcast for prosperity with purpose.

This week's episode is such a long conversation, yet such a valuable one that I'm going to skip all the other segments and go straight to my conversation with Dr Gus Vickery. I'll tell you a little bit about this remarkable person. He's the founder and director of Vickery family medicine in Asheville, North Carolina. He established his practice with a commitment to delivering holistic, compassionate and evidence based care, but when he realized that many of his patients were suffering from a complicated set of symptoms that were the result of underlying habits and could not be treated with conventional medical approaches, Dr Vickery set out to develop a comprehensive program for treating his patients ailments so that they could finally feel the good health and vitality that all of us deserve, but find so hard. We drive ourselves crazy with all kinds of fad diets and fad health trends, biohacking and pushing out to the outer edges of what's science and what's pseudoscience.

Speaker 1: [00:01:05](#) Dr Vickery is a board certified family physician. He's a graduate of the Medical College of Georgia. He was an honor medical student and received a scholarship and awards during his medical training. He knows his stuff. In 2005 doctor Vickery founded Vickery family medicine, which has grown to 11 medical providers serving in three locations, including the clinic at Biltmore and innovative direct to employer clinic for the Biltmore company. That's the owners of the Biltmore House, if you've ever been there or heard of it in Asheville, North Carolina. Vickery family medicine has received numerous awards for customer service and quality. In addition to his full time medical practice, though Doctor Vickery has spent countless hours studying cognitive behavioral science, motivational interviewing, neuroplasticity and brain training, meditation, biomechanical health and movement, nutrition and the science of sleep. His holistic

health curriculum has been used very successfully by the Biltmore company for its health styles initiative, uh, health improvement program for employees.

- Speaker 1: [00:02:02](#) Dr Vickery also studied healthcare delivery and founded synergy health solutions and innovative direct to consumer organization, helping improve access and reduce costs while providing effective care. Doctor Vickery is still passionate and committed to doing whatever is necessary to advance the cause of equipping everyone with the resources needed to experience his or her best health. A huge component of that is his book, authentic health, the definitive guide to losing weight, feeling better, mastering stress, sleeping well every night and enjoying a sense of purpose. And that sounds like a tall order, but Dr Gus Vickery fulfills that order at every level. And I also count him as my personal health optimization specialist and my good friend. During this conversation, you're going to learn what got him started in medicine, which I think is important to know what his criteria are for what he chooses to do and his professional career and how he can make promises like being able to lose weight, feel better, master stress, sleep well every night, enjoy a sense of purpose and do all that without driving yourself crazy. Doctor Gus Vickery. Think back to the first time it occurred to you that you might want to be a physician. What prompted that idea?
- Speaker 2: [00:03:14](#) That's a great question. You know, I, uh, with my history of having kind of been an academic dropout and traveling and then returning to school and just picking the topic that I thought was interesting, which was biology, chemistry, science, I never envisioned at that time that I'd become a physician because in my mind that was a, you know, a specific role in society with a lot of the steam and you know, other aspects to it. And actually as I began to study biology and chemistry and how, and you know, kind of the organization of life itself and my fascination with it and my fascination with how life is constructed and also how that applies to humans, it began to dawn on me that maybe I could consider medicine at the same time. Some good things happen for me. I had performed well when I returned to school.
- Speaker 2: [00:04:04](#) Some test scores went really well. And honestly with the, when I first began to think that the doors of medicine could open for me, my, uh, my thoughts were, you know, is it really true? Could that be possible? Could that be a role I could play? And if so, how exciting would that be? Uh, to get, to go become a doctor, to get, to become someone who could be so useful to others. And again, a little hesitant to believe that could happen for me, that I would be able to get accepted to medical school and proceed from there. But I remember that feeling of just

intense excitement of what could be and the thought of what it would mean to have a set of skills that for the rest of my life would be so useful to my community and to those around me. But I was still, until I got that acceptance letter, I remained a bit doubtful that it could happen.

Speaker 1: [00:05:00](#)

Did you find the education process difficult?

Speaker 2: [00:05:05](#)

I did not. When I did go back to school. I mean like many young people and young people need to know this. Our executive functions, our neocortex don't really finish developing until about age 24, little earlier over there a little later. Um, now obviously we continue to develop them through the rest of our lives. We can keep strengthening that function. But what that means is we really don't know who we are. If we don't know how to kind of process our own emotions and feelings. We haven't began to really form our own self determined belief systems until we really reached that stage of life. And so, uh, you know, someone like myself, what happened was the, the lack of academic progress, which at the time at that, in that era, eighties and nineties, it was sort of a fixed mindset. It's a, you know, you're, you're just not a high performer in this area.

Speaker 2: [00:05:51](#)

It really wasn't attributed to that. It was that I hadn't found my stride. I hadn't found my set of strengths. And when returned to school, a couple of things happen. One, as I was paying for my own education at that point, wow. Working 20 to 30 hours a week and a restaurant in the evenings to earn a living and managing apartment and all of that kind of stuff. Uh, but when I walked into a classroom with an intent to learn and to, and with the fascination with the process, it was something clicked on in my brain. And honestly, ray academics became very easy for me. Uh, but it became easy because I followed a process. I actually went to class, found out that, that that is helpful as sat near the front, I listened to everything that professor said. I wrote it all down. I've reviewed my notes after the test.

Speaker 2: [00:06:33](#)

I mean, after the class. And I just did that with math. I begin to do the practice problems with organic chemistry, worked through the, uh, the basic understanding of how these compounds work. You know, it's kind of amazing when you go to class, you listen, you take notes, you review your notes, and you show up to take the test if it becomes a lot easier and so revolutionary. Yeah. So, well, you know what, it turned out I became a very good student and I was able to perform at a high level academically, thankfully because of the way God created my brain and allowed it to work that way. And from there it just flowed naturally into medical school. And I was

able to do the same thing in medical school. Uh, and you know, so that, that just kind of became natural and it's been a lifelong. But what I've learned about myself is I'm just a learner. It's what I'm going to do. It's my hobby. I think you share that with me, that you give us a Saturday a wages to ourselves. We're just, we can't wait to get into the research and learning and the development of our mind. And then so we can take that and process it and then come back and present it back to the world. Is something potentially useful to them?

Speaker 1: [00:07:31](#) Oh, you're so right now I'm going to, I want to take a sidetrack. There's probably won't be the first row, the last rabbit trail I take on this conversation. But you made a comment about the way God had designed your, your brain, I think is what you were talking about. Um, so in a, in a world where there's lots of discussion about the lizard brain and the three brains and the evolution of the human biology, and how do you, how do you reckon, if you don't mind my asking this, how do you reconcile your faith with those kinds of thoughts? Dreams?

Speaker 2: [00:08:03](#) I love that question because as I present, um, recently I had a presentation in a local boarding school to the entire, uh, group. And these are high schoolers. They asked me to come present because of an issue of vaping, you know, vaping's back on the rise of the use of nicotine. And the perception is that it's safe because it's not smoking. And in order to help young people make decisions about vaping, you can't just say, hey, it's good or it's bad because it's really not. It's just, it's use of a substance, this legal that produces a dopamine response in the brain. Among other things, you have to really teach them about their mind and that their minds are developing. And that once you introduce a substance into the brain, that triggers a deeper, more primal part of the brain. The mammalian brain, the reward system that essentially you've given control over your brain, uh, to a substance and potentially to a, a, you know, a corporate entity that wants to control your brain so it can make money off you for the rest of your life.

Speaker 2: [00:08:54](#) I know that's also side track is I did it, I had to present this try human model of the brain, right? This reptilian Mammalian, uh, prayer, rain and then the Neocortex, the most evolved or developed pace. I like that model because I like it as a way of looking at how God ordered creation and that when he differentiated mankind and said, you're going to be in my likeness and placed within us. You know, he states his spirit and I believe that's true, but that there was a part of our brain that is so differentiated from all the other brains that we have this ability to look at our own selves, to look at our thoughts, feelings, and emotions, to examine our beliefs, to

become self determining in some way if we take that responsibility, if we're willing to take ownership of our own mind. So I look at a reptilian brain model of purely reactive, new emotion, survival based.

Speaker 2: [00:09:40](#) And I say yes, that makes sense. There's a part of creation order to that and that's in me. And if I, if my brain were allowed to regress, if I didn't care for it then I could, I could diminish to that level. Nothing against reptiles. Beautiful, amazing, fascinating creatures but you know, don't have the potential human being has. Then I look at the Mammalian brain and that area really fascinates me because we share that with dogs and primates and people think we're in charge. But you know that Mammalian brain with this reward system in its fight or flight system, it's in charge cause it's really organized towards survival and when it's brightly aligned with creative order and what is being exposed to are the right inputs than it will make the right decisions for us. We will reproduce behaviors that feel rewarding and that are promoting of our survival and the survival of our species species and will react and have threat responses in fear when we're truly under threat.

Speaker 2: [00:10:32](#) And when, when we were living in a period where the environment properly honored that part of the design, it promoted the survival and thriving our species. Why human beings are what we are on this planet for better or for worse than the neocortex. The part that developed that allowed every amazing thing that human beings have done and now it's regressing. It's shrinking because we're not the environment were being born into and from the time that were, uh, you know, we are conceived their epigenetic changes that have already occurred that if diminish our neo cortex development, the foods that manipulate us, the nicotine, the alcohol, the opiates, the drugs, the porn, the gambling, everything that keeps us from discovering the full potential of our mind and shrinks us back down into a reactive creature. I'm not sure. I just answered your question, but my point is out love how that modeling of the brain and how God ordered creation and how we can look at that third level and see it in humans and even see it in some other animals like dogs and like primates and recognize our connection to this and how we replaced as the stewards over this great creation above it to redeem it, to honor it, to make it better, not to pollute it into pollute ourselves.

Speaker 2: [00:11:48](#) So again, I think I just gave the probably tangential answer to a tangential question.

Speaker 1: [00:11:54](#) I, I love, I love the answer because one of the things I'm fond of saying is it seems like everybody wants simple answers to complex questions and there's no such thing.

And so I, I love the answer that you gave and I, I want to, I just read, you reminded me of something that Saint Augustine said, I'm going to misquote him, I'm paraphrasing, but he said something like, uh, in his writings, because I wasn't around when he was actually speaking. So it had to be through his writings. He's, he said, if we find a conflict between scripture and reality, we have merely misunderstood one of them. That's exactly right. So you, you, you made some statement that I want to explore this a little bit before we get into the, the rest of our discussion. Um, I've taught for quite some time that there's a cycle of shaping our behavior and the results we experienced in life that goes like this.

Speaker 1: [00:12:45](#) We have a thought that creates a feeling and our feelings create actions and our actions create results which created a circumstance which creative thought. And so lately I've been sort of debating with, um, well I'll just tell you with Sean about which is really in control our thoughts or our feelings and he is on the side of, it's your thoughts that are in control. If you say your feelings are in control, that's wrong and it's a weakness, I may be misquoting him, but that's the way I interpret what he said. And I'm not sure that's true. Are you made a statement that sounded a little bit like our feelings can control our behavior?

Speaker 2: [00:13:23](#) Yeah. So that's where we were talking about this development of the brain and our thought life are this ability, this higher level function that resides in this neocortex area. And I'm simplifying obviously that there's global processing that takes place in the brain, but it helps to use this simplified model that is a skill that is as stated, w not just a skill, but that that whole area of the brain develops and doesn't fully finished developing until about 24 and then it's still not finished. And then it continues to develop their own life. If we, if we allow that to happen now, wow, that system is developing. Absolutely. It is our feelings that are determining our actions. And then we're just telling a story about that. And you know, there's a lot of great science, Daniel Conaman and others where they talk about that, that we're really not making decisions.

Speaker 2: [00:14:07](#) We're just simply reacting. And then we tell a story about whatever we did. And it's really both. Uh, both answers are right now up to a certain point in life. We don't know. We don't yet know how to manage those feelings. We don't know how to interpret them correctly. And so we end up telling stories about our feelings. And you know, that's human drama. Now there is a point in time where we mature and where if we really cultivate this higher mind that I believe God gave us, we begin to develop the ability to use our thought, I f to actually redirect our

feelings. So feelings will still be spontaneous. And also part of why this is challenging. And if you looked at it from an evolutionary model, a biological evolutionary model, what they would suggest is early on feelings, impulse is developed as a way of reinforcing behavior.

Speaker 2: [00:14:55](#) And they were just spontaneous in response to environmental stimuli. And that, that the area of the brain where these feelings developed is actually slightly disconnected in some way from the area where thought wife developed. So it's kind of interesting because you had this whole developing brain model where, you know, feelings and emotions developed and they gave us the ability to, uh, um, have a greater level of response and some learning, uh, because they were tied into the hippocampus with our memory. But then this other skill develops, but it develops in a different area of the brain. And so it's kind of disconnected and it doesn't really know how to handle the feelings. They're not really an integrated processing, uh, centers. So we're real, we are driven by our feelings, our emotions, by what we want, what we crave, what you know, what we desire, which is manipulated by the modern marketplace.

Speaker 2: [00:15:43](#) But yet there is a point in time if we're willing to take ownership of it. And that is very important because it's hard work to cultivate the higher mind. It's heavy processing. It requires energy. It requires intent. It requires stepping outside of the flow of things and truly examining things and contemplating things. But if we do it, we get to a point where yes, we have these spontaneous feelings, we get angry, we get jealous, we get whatever we get craving for this. But yet we have the Abele ability to see it, interpret it, recognize that isn't connected perhaps to our greater purpose, and then redirect ourselves. And so if we take ownership of our brain, we can begin to use the beliefs. We can create the belief structure and then create the thought life where we take control of our feelings and our feelings no longer become then to no longer own us and bed that.

Speaker 2: [00:16:40](#) And that's what I write about in the book. It's what I keep teaching people about. Only you can do this for you. There is no heck for it. There is no device that will give you this capacity. There are things that can help it help you build a better brain. But at the end of the day, it's upon you to stop and to take ownership of your own mind. And to the extent you do, you become a cocreator with God. Have a better world of greater humanity. If you don't, you regress and you become basically on by the marketplace. It will absolutely take control of your brain because it's, it's so in our faces with all of its goods and services all expertly designed to manipulate your brain,

manipulate your feelings, and make your preferences as preferences.

Speaker 1: [00:17:19](#) And I, so I think that's so important because I, in my company, we work very hard to steward the power that we have through marketing to manipulate people's behavior. We don't want to do that to their detriment. And yet I will assure you that there are, that is not the norm. And in the marketplace there are actually people who are employed in their actual companies who specialize in and make millions of dollars by figuring out better ways to manipulate your behavior in a way that's not in your best interest so that you buy products and

Speaker 2: [00:17:50](#) as it, yeah, absolutely. And they're not shy about it. They're very straight up with what they're doing. We're going to give you what you want, cause we know you want this. And at this point, you know, it's not even good for you, but we know you want it. And the thing is, yeah, we do want it because it's manipulating a lower portion of our brain that is stronger than the higher mind when it's fully activated because it is a survival based system and the survival instinct is greater than the Oh, uh, you know, the, the, you know, the big picture goal instinct, you know, that w one is more primal and stronger. But if you strengthen the other one, the big picture, goal oriented, who am I and what am I about? What am I here to do? Then you are no longer nearly as susceptible to the other.

Speaker 2: [00:18:35](#) We always remained susceptible. If you let down your guard, you'll give in very quickly to your addictive patterns, um, and the longer you give in, then the stronger they get and the harder it is to find an exit ramp from that. And then your behavior is controlled. But you can of course build the other, and I believe that's a spiritual process. Yes. Now there's one other word that you spoke that I want to get a definition of it. Then I want to move in this very specific direction. What is epigenetics? Yeah, so genetics and epigenetics and this is an emerging area of medicine that is going to continue to just grow and be foundational to us understanding our potential genetics of course as your DNA. It's the code that makes you up. It's all the information, all the potential versions of you and we do have a set code.

Speaker 2: [00:19:19](#) It can be changed over time, but it's basically a set code. The thing is the is that information is vast. There's far more and there are so many different versions of you coated in your DNA. Epigenetics is a simple answer is it's the version of you being expressed right now in response to the information that your code has received. So at any given moment we're expressing a particular version of ourselves and that's based on our genetics and that can

be a leaner version or a heavier version, a sicker version or a healthier version. It can be. It has to do with our temperament or personality. It has to do with the best diet that we should be eating, how we manage body composition. It has to do with our circadian rhythm functions. So many, everything is influenced by this code and that code, the variations in that code and how they express themselves are determined by environmental inputs and those inputs are vast, right?

Speaker 2:

[00:20:13](#)

So it has to do with the air you breathe, the water you drink, the people you surround yourself with, your thoughts and the words you speak influence how your genetics are expressing yourselves, uh, expressing itself. And so there's all of these potential use. Those are all these epigenetic versions of use co coded in the foundation's foundational genetics. And once you understand that, if you can get that information and you begin to then create, give your body the information that will support the epigenetic expression of the highest version of you, then you will get to move towards goal. If you're giving your genes the wrong information to the information that will actually cause it to express a lesser version of you than that's what you will get.

Speaker 1:

[00:20:58](#)

Amazing. I started my journey into investigating at a deep level, health and wellness and healing and recovery because I was diagnosed with Parkinson's disease. That's no secret and that's not exactly how you and I met though. You came to be part of a mastermind group here in Spokane. We ended up having dinner. We talked about this in our last interview. We ended up having dinner with Ben Greenfield who lives here in the Spokane area and that really Gus opened up the this whole world to me in a way that became, I'd heard many of these things, but it became very real to me because I met the two of you and both of you in different ways have revolutionized my life and I'm fascinated by the fact that I know so many physicians who are getting out of the medicine business, and I say that very intentionally, the medicine business because they are so disillusioned with the bureaucracy and the the ways that big corporations and big government have interfered with their work, that they just want to do something else or they've become jaded or just tired or exhausted. And yet you're one of the few physicians that I've met through this work that I do. Who you said to me, I don't, I don't want to get out of this business. I, I'm doubling down. You didn't say exactly those words, but you've written a book. You've very intentionally focused your practice on certain methodologies and ways of thinking. And I wonder if you could talk a little bit about that, like what you feel your mission is and why you're doing this and then we can get into some of the specifics, some of these specifics.

Speaker 2: [00:22:26](#) Absolutely. Um, healthcare, we know it's dysfunctional. Healthcare delivery in America right now is, is very dysfunctional and there are a lot of potential reasons for it. And none of that is because of poor intent. I mean, everybody is wishing that we could have a healthy population. Insurance companies want people to be healthy because they make more money when people are healthy and everybody, you know, in a sense that's the way that we would, we would all say that's our desire. Yet at the same time, we're getting something very different. We're getting dissatisfied. Consumers, they don't like the healthcare they experienced the actual prep. Those who are providing to healthcare don't enjoy providing it. It's costing more money and we're getting more sick and I could spend hours on that one discussion breaking down why and get back into some of the manipulation of the brain we discussed and how the marketplace is working, uh, in that, in that particular area.

Speaker 2: [00:23:13](#) But we're right now if people are thinking that the insurance companies that the policy makers at the bureaucracy of healthcare is about to finally come and present them and affordable, effective product that's going to optimize their own individual human health and their family's health. Forget about it. It's not about to happen. No time. Soon there will be continued effort to try and figure it out and I can tell you they're nowhere close to the effective solution. You cannot wait on your insurance company to give you a product that facilitates your health. Yes, it can give you access to a system and yes, it can give you some protection from catastrophic financial loss in the event that something unexpected happens to you, but it will not give you access to the truth of human health. Part of that has to do with its mission of managing population health.

Speaker 2: [00:23:58](#) When you are doing that, you look at the biggest drivers of sickness and disease and the biggest drivers of cost, and you began to try and identify strategies to mitigate those. Well that's actually a small percent of people. And so when your strategy is to mitigate the issues occurring among a small percent of people, but yet you broad brush it against across everybody, you can find people's experience in such a way that they're not getting from healthcare what they need. They're simply getting screened for these high risk issues and the insurance companies are making sure that they're not a financial risk to them. And so you don't get any closer to your health even though that's what you were looking to. And that's again, not going to change anytime soon. So you have to look at yourself as an individual, not a population. You have to look at your health is your responsibility, not your insurance company's responsibility.

Speaker 2: [00:24:46](#) I can tell you that if you honor the truth of human design and there is a truth that wrote it into that book, I talk about it all the time and it's simpler than people think. We are infinitely complex, but the truth of health as far simpler than people understand, and when you began began to honor that truth for yourself, you won't need the healthcare system. Not Often. You can have conditions like Parkinson's you didn't ask for that happened to you, but you'll still not need it nearly as often if you honor this truth of human health. So it is my mission to continue to stay part of this system from the inside, not the outside and fight fight for this information to get to people, fight for people to have a sense of outrage over what the system is doing because it has taken a lot of money out of their pocket.

Speaker 2: [00:25:28](#) It's taken it through taxes, it's taken it through their employment payments into the system and you could say, well, let's stop giving that money to the system and invested in our health. I would actually think that that would have been a smart strategy. But the problem is now that the system itself, and I know this is inflammatory, it's like the healthcare mafia that's \$2 trillion. They're controlling and it's a lot of fingers in that money pot and very powerful entities or or or controlling that money pot, pharmaceutical number one lobby or the federal government, strong influence on public policy, right? They are a major player in this true trillion dollar money pot. Who's next in line insurance? Second biggest lobby or the federal government. Insurance companies are now being built. But Bob that pharmaceutical companies, right? So what their incentives aren't your individual health. I'm not saying they're bad that they're malicious or anything else.

Speaker 2: [00:26:15](#) I'm just telling you that's the way the system is working and it's not going to move in a different direction because of the circumstances. You know, this \$2 trillion money, part pot, many people have tried to disrupt it and they found out you're not disrupting it. It's deeply entrenched. And so in order to navigate life now, like if you have a kid and they break their arm and it requires a small 30 minute surgery to fix that used to be maybe a \$2,000 procedure, you could manage that risk. But now it's a 25 or \$50,000 procedure. And if what you've managed to put together about 30,000 of home equity and a little bit of money in a 401k, you'll have to declare bankruptcy just to protect that if your kid breaks their arm. So you have to buy protection from the system itself because it will financially bankrupt you if something happens to you that you couldn't control.

Speaker 2: [00:27:05](#) So now people are stuck spending an enormous amount of their, of their finances to basically buy protection from a

system that's giving them back very little help and becoming healthy. And yet they need to focus on their health because if they don't, then they're going to be just stuck with that system. So my mission is to continue to help people understand the nature of this problem and how to begin to create counter pressure against the system that we have to have a different way of approaching it. And I do it within my practice and I do it by developing direct care programs and had to do it by writing a book. I'm about to publish on healthcare delivery, a manifesto of sorts about this and I, and I'll make that for you. It'll be a pdf download and I do it by writing blogs that illustrate the points, that perversities of the system simultaneously.

Speaker 2: [00:27:51](#) My other mission is to focus with individuals and helping them understand their biological and biochemical blueprint for health so that they can have the information they need to become the highest version of themselves from a health standpoint so they can likewise go serve some worthy mission in life and live to their highest potential because they're always, or almost always able to give their mind and body the information it needs to optimize and thrive and to explore the full potential of human health. And then dissembled Tanny. Take those principles, write them into books, write them into bogs, produced them into youtube videos so that everybody out there that can't afford such a console will actually know what are these foundational principles and how to optimize themselves. I probably spoke too long with that answer. No, no you did not. This is exactly what I want to share with my listeners and I want to point out to everybody that you have written a book already that's called authentic health, the definitive guide to losing weight, feeling better, mastering stress, sleeping well every night and enjoying a sense of purpose, which is like one of the greatest subtitles I've ever heard.

Speaker 2: [00:28:58](#) And um, this book, it has become my goto answer when anybody talks to me about health problems because when you develop health problem that everybody knows about and you are proactive at trying to remedy that problem, you become a person people ask questions of. And so I always point them to this book or give them a copy of this book and I want to say something that you may or may not agree with. We have not scripted any of this conversation beforehand while you talk about losing weight, feeling better, mastering stress, sleeping well. This book is about so much more than just those surface things that all sounded appealing to us. Would you agree with that? Yes, absolutely. You know, I, uh, I, I, the book is primarily about the, you know, that the spirit of a human being, the potential of a human being, you know,

the truth of human design and what can happen when you begin to honor that design.

Speaker 2: [00:29:50](#) And so the, you know, when I was, I couldn't come up with a title. That's what the publisher helps with, but authentic health was my contribution because I thought, what does it mean to be authentically healthy and how many misconceptions there are out there? How many myths about what it means to be healthy, that you look a particular way that you have a certain appearance to yourself in your bathing suit or the, you complete certain amazing feats with your body and that that's the modern or you have a good cholesterol score or something like that. And I wanted people to understand that's not health. It can be, it can be part of health, but it's not. It's something so much more than that. And also that this health care system isn't going to give that give you authentic health that'll, you know, it can be helpful, but it's not going to get that to you.

Speaker 2: [00:30:31](#) But then what people are looking for when they come to see me, they're like, how do I lose weight? How do I feel better? You know, how do I get sleep? These are, this is what they come to me and say, I got to lose weight and they probably need to lose weight, but what they need to do is get healthy and then the weight will come off. Right. How do I start to get sleep because I'm feeling terrible? Well yet they need to normalize circadian rhythm function so that their body can optimize and then they'll feel good, but mastering a sense of purpose. I know you talk about this all the time. Ultimately it's up to an individual to stop and say, I'm here for a reason. I have some great contribution to this world. Now it might not be great in the sense of public acclaim, but in your community, among your family, among the people you move in, it could.

Speaker 2: [00:31:11](#) It probably is great. You know, we all have something unique to present to this world. And when we know that when we, when we get our mind around that, then we become very protective of that. We wake up with it on our mind, what's my mission, how am I going to serve my mission? And then anything that gets in the way of serving that mission, you recognize and you quickly discard them. And that can be relationships. It could be unfruitful business endeavors. And it certainly is poor health because if you're sick mentally, physically, emotionally, you can't fulfill your mission to the degree that you would be capable of if you're healthy. And so being able to identify that once, once people have that, then our, you know, our internal conferences really do work well. We are designed to recognize when particular behaviors and thought patterns and exposures are taking our health

from us are taking our lifespan and health span from us and then to reorient to the orient to the true north.

- Speaker 2: [00:32:08](#) We are receiving this information constantly from our body and deepen our mind and all kinds of ways we can't fathom, but we've lost total touch with that. So now our campus is completely broken and it's the, the will is just spinning and we think we're moving closer and we're actually walking further away and then we go to seek advice from Google and we say, Oh, here's the path to true north of health and then we'll actually, we ended up further lost when all along God designed it so that that compas, that ability to stay on the path to true north was already in us. And this book was meant to help people reorient the compas so that it can stop guessing and stop having to chase after fads and go after their authentic health so that they can live life to the highest potential. That's why I wrote the book and I think why it's actually working powerfully for people. That's the feedback I'm getting. I haven't sought publicity for this book. I'm too busy with my other endeavors. I wrote for my patients, but I, as I'm getting the feedback and discerning, what are people saying about this book? What I realized it was, it was kind of the way that I put my heart into it. Not My knowledge of health, but my heart for people to be healthy. And I think that's why I was having such an impact.
- Speaker 1: [00:33:21](#) Well, it's like that Dale Carnegie phrase, people don't care how much you know until they know how much you care and you obviously care.
- Speaker 2: [00:33:29](#) I do care deeply. I've got my issues. Well, we all have our, our other sides that we have to manage, but when it comes to this issue, I can say, I can feel that. I can say with good on it. Good, good integrity. 20 years into this career I've got my scars, my financial scars, my physical scars from what it takes to try and do this in healthcare right now. And I can say that my intentions are pure when it comes to this.
- Speaker 1: [00:33:52](#) Well, and I can say that for sure. You're, you're the only guest I can say this with a clear conscience. You're the only guest with a book that I've ever had to drag the book into the conversation to get you to talk about it because you're, so, I'll use this word humble, I mean in the best way. Um, and uh, I think you're a careful steward of the, um, the opportunities you're granted to be on someone else's platform. And that's a beautiful thing. So before you feel compelled to deflect those compliments, I just paid you, I'm going to move onto the next question, which is, well, first I'll make a statement. I wish I had read this book when I was 25 when I was healthy. Um, it came when I had an issue that I'm dealing with that is by the

wisdom of modern medical science. They're official prognosis is this is incurable, it's progressive and there's nothing you can do about it. It's only gonna get worse. I don't accept that I'm working against that idea. But I think so many people are coming to your book and to this podcast looking for an answer to a problem they now have. So can you in a mere 10 or 15 minutes spell out the pathway for them to get from where they are to a more authentic, healthy state?

Speaker 2: [00:35:09](#) Sure. The first thing is to stop and recognize the truth about you. And again, everybody has a context of health. Ray, you have Parkinson's disease, there are genetics for that. You didn't ask for that to happen. You have to deal with that. People can have had, had, could have had traumatic injuries, people could have had a pattern of life that they didn't mean to, but it was dishonoring their design and it's left them with some conditions that need more intensive management. This is not about being perfectly healthy, you know, 100% in every single category. This is about whatever your current context of health is or isn't that you can begin to optimize within that context and go far beyond what you think is possible. So step one is you have to stop and examine yourself and say, what is all the potential inside of me?

Speaker 2: [00:35:52](#) What would it be like if all of my cells and organ systems and tissues and the way that they communicate, we're working in, uh, in an optimized fashion and beyond that in an enhanced fashion to give me the greatest possible experience of life, the greatest potential. And you know, I always ask people to stop and think about this for a moment because we tend to look at ourselves and we, we set the bar too low. Where we are in society right now is working towards that. All the Facebook stuff and little things we do and ways of distracting us. And it's not all that. Some people were putting some great inspirational, you know, works on the social media platforms that do in fact enhance our thinking. So I'm not saying it's all bad, it's not a, but a human being is the only complex organism on this planet.

Speaker 2: [00:36:38](#) The only complex organism, and I think we're far more than an organism, but I'm using that term. They could actually train something called the Mammalian dive reflex and dive into the sea and go a hundred feet down and spend five minutes and then study what's down there and look at it and contemplate it. Then come up, dry themselves off and walk up the 20,000 foot mountain without oxygen support and study what's up there and contemplate it and then come back down and write about it and communicate it to other human beings and marvel at it and break it. I mean, you think about that, that potential is in every single one of us. And you think about

what we can do and then the, our cognitive capabilities, the ability to go into space, the ability to build bridges, to ability to traverse this earth and navigate it and map it and understand it and to, you know, study beauty and create art and music.

Speaker 2: [00:37:32](#) Like all of that potential is in every single one of us to varying degrees based on, you know, variations in our genetics, etc. But I, I'm not saying that everybody's going to dive a hundred feet under the ocean. They'd go climb 20,000 foot mountain. Most of us are not. But we should all start with the recognition that that potential is inside of us. Don't set the bar too low. Expect more of what your body and mind are capable of giving you. Explore those potentials and never stop exploring them till the day you die. So if you're getting old and your biomechanical frame is broken down and it can't take you up that mountain anymore, go deeper into what the mind can teach you because your mind can just keep increasing in its ability to process complex things and create and synthesize new thoughts, new understandings that could be communicated to those around you.

Speaker 2: [00:38:23](#) And they can improve this world that we live in an improved though life of other human beings. So step one is recognize the potential. Start with a high bar or high level of expectation. Now you've got to do step two, which is examine yourself. Are you? Where are you on this map of health? You know? And when you begin to understand yourself and what is it in typically the, you know, you're, you already know whether you're not sleeping well. You know, if you wake up tired, you know if you tune to allow a negative emotional loops to run continuously in your brain. You know, if your body composition isn't what it should be that you're carrying extra weight, that's unhealthy weight, like visceral fat. You know which habits are probably not helping you feel better. So you have to do that inventory. But in a non judging way, this is not about you're good or you're bad.

Speaker 2: [00:39:08](#) You make good choices, you make bad choices. This is all stuff that just happened, right? Most of it you didn't intentionally choose. If you've got a persistent pattern behavior that's creating harm for you, that self destructive, perhaps disruptive beyond just you, that's Griff acting your health. It's doubtful that you intentionally chose that for the real you. You stepped out of out of life and you examine yourself and you said, you know what I desire is to actually become addicted to this thing and then to really pollute myself and become sick. And De energized and then also have it negatively harm those around me. Nobody set out with that desire. It was, it was probably a product of non intention, actions, exposures, etc. So, and I know that some people say,

well, what about personal responsibility? Well, that's next step. Once you've identified where you are, you've done your inventory, you've gained self knowledge, you've examined where the patterns came from, you've examined where the habits came from, and you see they're completely inconsistent with the ability to develop your full potential.

Speaker 2: [00:40:04](#) And you've let go of all judgment, all blame of yourself and others, right? Because you can't blame others for this situation. You now take full personal responsibility. You absolutely take ownership. There is no further blame. There is no, oh my circumstances don't permit. There's none of that. You say, nothing's going to keep me from realizing my potential, my health potential. So I can realize other potentials. I will take full responsibility from now on, for what I need to do to get there. But I do it from a sense of, I'm not blaming myself, I'm not beat down emotionally. I do it from a sense of I'm really excited now because now I see what can be. Now once you've identified that, then you have to know some basic truths. Okay, you're ready now to begin this journey. Now you can start a course, the journey of honoring these truths.

Speaker 2: [00:40:55](#) Why while you work through that process, because that can be kind of lengthy acid, just people journal. I discuss it in the chapter on purpose and mindset, some self discovery exercises, ways of better understanding yourself, your strengths, where these patterns came from and how you can begin to break those down so you can begin to identify the limiting beliefs and the patterns that are disruptive. And then you can begin to create the new pad, you know, then you patterns and walk this out with your goals, etc. But all right, so now you've got to get the next bit of information, right? And when you look at the hierarchy of health, I used to say that stress and nutrition where at the top, those two work hand in hand, and that's the number one driver. But it's not after this recent intensive course I've done on genetics, um, I recognize now is circadian rhythm function and uh, your ability, your management, if you're awake, sleep cycles and your biological clocks, that trumps everything else.

Speaker 2: [00:41:45](#) So the number one first habit to examine that can actually give you the greatest gains immediately is your wake sleep patterns. Are you honoring your body's need for rest and recovery? Are you prioritizing the role of sleep and optimizing your health? And if you're not, then you do have to retrain your brain. You have to retrain these patterns. And if you won't do that, you're never going to arrive. I'm just going to be very clear about this. Each of these truths I'm about to present in just a few minutes. If you want on or this information that your

body needs, you will not arrive at your goal, which means you don't really desire it. And you need to go back to step one and say, what do I desire? Because only you can want this for yourself. Your spouse kit wanted your health plan. Can't want to, only you can want it and you need to want it because I'm telling you, if you can experience it, you'll never go back.

Speaker 2: [00:42:33](#) If you're on this journey, once you begin to experience what's your body and mind can give you every day, you will not go back. You will not trade it for cheap habits that sabotage that experience. But so go back to step one if you can't do this, but you better honor circadian rhythm function, and I wrote that chapter in the book. I've read it written into blogs. You can find it for free and information. You can find it for free online. But the bottom line is we have to begin to get exposure to natural eye. You've got to get away from your screens in the evening. You have to set up healthy routines that support your brains to ability to rest and you have to give your mind the time of rest that it needs and measure it. Follow it, fix it. If you don't do that, you'll never arrive.

Speaker 2: [00:43:12](#) And then you move to step two and three which is looking at your stress from an intentional standpoint. In your nutrition, there is no one diet that's a fit for everybody. There are diets that might be best for us individually. There is no evil macronutrient. Carbohydrates aren't evil. In fact, they help human beings thrive. It's the quality of the food. You got to get the information right. Modern processed, GMO foods grown. An unhealthy soil covered in chemicals and pesticides are incorrect information to your body. Your DNA did not evolve. Adapt to everyone will look at it to that information. That information causes you to express a lesser version of you. You have to eat real natural food, which is the information that your DNA is adapted to you. Give your body natural foods. It'll begin to get healthy for you. You will correct weight without being on a diet.

Speaker 2: [00:43:59](#) It also means honoring the processes of fasting versus feeding. We're not supposed to feed all the time. Fasting is integral to our health, so you become mindful about your eating. You choose healthy whole foods. You get rid of a nutritional stressors, junk foods, food equivalent, cigarettes, and you balance feeding and fasting. That's it. So all you have to do, and then you begin to with stress, recognize we're not meant to stay in a chronically stressed state all the time. It's not how our body is designed. We're designed for acute stress and then recovery. Now all of the fear mongering, all the anger, all of this person's screwing you. This political party is screwing you. You're losing control of your life, blah, blah, blah, blah. All it's doing is provoking your

brain, creating a reactive state and taking in de
energizing your neocortex and making you a product of
whatever the marketplace is trying to make you be.

Speaker 2: [00:44:50](#) You have to begin to recognize stress. You have to take ownership of your responses. You have to rightly interpret it. You have to reexamine how you're emotionally responding to it. You have to begin to create quiet spaces for yourself and you have to begin to use processes like proper breathing, adequate sleep, exercise, positive relationships so that you diffuse the stress that's influencing you. You have to do that, right? So sleep, circadian rhythm, natural food feasting and fasting, mindfulness about nutrition, stress management of it, proper breathing. And then essentially once you've done that, you've ordered your life, structured your life in such a way that you get your rest, you wake up, you start with positive information for your mind through meditation, devotional work, positive conversations with people you enjoy, time outside in the sun, maybe with a good pet that you love being with, you know, taking your responsibility for your day all day long.

Speaker 2: [00:45:47](#) Hydration, breathing, natural ice, stretching, movement, physical activity, proper nutrition. And then evening routines that support sleep. You'll become, well, oh I left the one another out. Physical activity. You don't have to go to a gym, although you can. It can be great. You don't have to become super powerful and fit and ripped up. But what you do have to do is use your body properly. You have to move as much as possible to the extent that you can. You squat, you know, you hang, you push, you pull you, you embrace every opportunity to move your body in a different way. And then at least once a week you push heavy stuff around so that you keep your lean body mass. So once a week, at least once a week, something for strength, something that takes your muscles to failure, that gives your DNA the information that you still want, your muscles that you still want, your burns, that you still want.

Speaker 2: [00:46:32](#) Connective tissues that work that you want your body to continue to perform for you. If you don't give it the information that it needs to work for you, it won't. It will atrophy and shrink away. So at least once a week, push heavy stuff around. Do something for strength. You can do it more if you like, but if you're just trying to maintain, that's good and at least once a week sprint, you know, walk up a hill, breathe heavy, cycle the bike faster, take a, you know, a brisk or swim, whatever it is, stress your cardiovascular systems and energy production systems so they optimize for you and then just keep moving. But then also rest. It's okay, we'll find a nice stream in the woods. Lay down beside it and sit there for an hour and

do nothing but listen to the water robot. Alright, at Pr, I don't, I don't know if I did 15 minutes or not, but that's it. That's, that's, that's the blueprint. You can read the book and it'll explain that in detail and give you action steps or you could just take what I just told you and begin to implement it and your body will begin to return to you the healthier version of you. That's beautiful. And I recommend reading the book because it's, I want to reassure everybody listening. It's

Speaker 1: [00:47:29](#) not a difficult to understand book, but it is based in, it's evidenced based science, which I believe just proves out. Let me remove the just, it proves ancient wisdom, things we've known as a species for all of our existence through whatever source you may believe. I believe through the wisdom of God, he designed us to innately know the things that we need to know to live well. And I think we've forgotten because he's gotten crowded out with messages from other sources. But, uh, the book to me is a great reinforcer of these principles that helps me remember, this is why this is true and I just want to underline one thing you said. I know that all the things you mentioned are important. I've, I've known that they're important for quite some time. I did not understand the importance of sleep until recently when I actually started getting good sleep again.

Speaker 1: [00:48:22](#) And it's almost miraculous when I have a good, I was sleeping Gus three to four hours a night for years really. And that was poor quality sleep cause I was doing everything wrong and I had an underlying condition I didn't understand from for most of that time. But now that I've been proactively working on it using the methods that you described in your book and things that we've discussed personally, um, I'm getting six to seven hours of sleep per night. Now I'm getting good rem sleep and good deep sleep. We don't need to go into all that. But I was sharing with you before we started this conversation that, um, now if, if I have a poor night's sleep, I wake up in the symptoms of Parkinson's disease manifest very clearly. I have tremor, I have difficulty moving, I have trouble with balance. Um, I have trouble initiating movement.

Speaker 1: [00:49:12](#) All the things that you are the hallmarks of Parkinson's disease show up immediately when I get out of bed, before I get into bed. When I have a good night's sleep, often I wake up, symptom free and remain that way for an hour or two before they begin to onset again. And then I have medication and exercise and breathing a, uh, many other things that you mentioned that are helping to mitigate those, those symptoms. But it's just proven to me is I stopped traveling. So I stopped messing with time zones temporarily for, and I'm not, I'm never going to go back to the intense travel schedule I was on before, but I

stopped screwing with my circadian rhythms and started honoring the things that allow me to sleep better. And it's, it's miraculous and it improves my attitude. And My, my, uh, internal emotional state, which improves my ability to adhere to the things you've just been talking about. And it's, it is foundational. It is so important. I'm so glad you brought that up.

Speaker 2: [00:50:01](#)

Yeah, absolutely. It's the number one thing to correct. And what's amazing about it is when you correct it, you can, you can get some of the other stuff wrong. You know, I mean, I'm all about the purity of the information cause I'm about, I'm, I'm on this journey of what, how, how much potential is in there in May. I want to, I want to know that while I'm on this earth, I think there's far greater potential for us beyond our lives on this earth, but at liked it, I find out what's, what's possible here and now and um, you know his eye. Yeah. I forgot where I'm going with my train of thought. Just ran out. But, uh, nonetheless. Yeah. Oh No, I know what I was going to say. The circadian rhythm. Like when you study those Cox, yeah, the Cox and you're a, that had the clock in the brain, organizes and synchronizes with the cocky pancreas, liver and stomach and everywhere else.

Speaker 2: [00:50:47](#)

And when that synchrony happens in, it all lines up and you begin to create a rhythm of life that runs with that rhythm. You think you're giving up stuff because you have to, you have to sometimes leave the party to go to bed. You have to turn off the engaging TV series to, to go to bed. And you know, maintaining, uh, you know, staying true to those rhythms can feel very confining because you travel less because you want to disturb your circadian rhythm less. But when you synchronize that, the rhythm of life and what begins to happen for you, it gives us sense of wellbeing that is just so pure and you know, you're on the right path. And so if there's a day that you get the other information wrong, it's still okay because your body will just true that up. That'll take care of that. But if you're Cox or d not synchronized and that's out of a word that's in the disorder, then fixing everything else still won't fix you. We are fearfully and wonderfully made. Yeah, it's amazing. It really is.

Speaker 1: [00:51:41](#)

So the book, um, I'm linking to all this stuff. I'm going to link to your website and to your book and, um, any place else you tell me I should link to so people can get in contact with you and start getting good information from you as opposed to the noise that they're going to get if they're already getting from almost everywhere else. But you're part of some, a remarkable thing. It's about to happen. Can you talk about that?

- Speaker 2: [00:52:05](#) Uh, yeah. Oh yeah, that's right. The summit that tells you about it. I know. That's really cool. Uh, I was contacted this person, read my book and uh, and, and it wasn't somebody that was connected to, so it would just somehow found it, which again, I was like, wow, it's getting out there a little bit. Uh, and he has rev, you know, he's revolutionized his health by following the true principles of health. And not something faddish and he's over 50 and he'll, I think he lost about 80 pounds and it's made a major difference in his health and he contacted me and said, hey, he's putting together an online summit. I know there are a lot of online summits, we talked about that earlier. We all get invited to tons of them. There's, it seems like a missed too many of them but nonetheless he's putting together a cool online summit.
- Speaker 2: [00:52:43](#) Each lecture is relatively short, less than 30 minutes so it's not going to be you know, hours and hours of time and it's called getting fit over 50 and he is a, he asked, invited me to be one of the speakers, he wanted me to speak about a couple of topics. One was this area of how you begin to change habits slowly and in a way that doesn't feel onerous to this kind of understanding of the brain and eating behaviors so that people can begin to really demystify that. And three, the fast team cause he used fasting very effectively for his weight loss program. And it's a topic that I feel like I'm an expert in and teach a lot about. So I'm going to be giving a short less than 30 minute discussion where I break down and simplify each of those processes and be part the online part of this series of speakers for this particular online summit.
- Speaker 2: [00:53:29](#) So I will provide you ray with the link to that so that when it begins to get promoted, if your listeners would like to hear more about it, uh, I think it's going to be really good. I, I, based on my conversation with this individual, I know the people who put together or teaching the truth about this, not the fads so that people can become healthy. Oh, one last thing. I just finished the audible recording. I did my own audible recording from my book. I read it myself and I think it will be available in the next week or two on audible's who for those who prefer audible for getting their information, you'll be able to get my book on audible.
- Speaker 1: [00:54:00](#) That's fantastic. The first trip I'm taking in over, I think it'll be over 12 weeks, is actually to go to New York to do the same thing for my book. So congratulations.
- Speaker 2: [00:54:09](#) Excellent. Yeah, thank you. I know it's intensive reading your own book, boy, mentally mental fatigue after the way you have to, you know, you're speaking it, you're being very careful how you articulate it. Uh, the other thing that happens is after all of the editing and editing,

editing, you keep finding clumsy sentences, areas, little, little tiny fish. You're like, how did that happen after all the different editing versions, but you get to get past it.

Speaker 1: [00:54:32](#) I've been reading my book to myself out loud in preparation for this and I've had that experience already. I'm like, oh my gosh, this is going to be hard for me not to want to fix everything

Speaker 2: [00:54:40](#) it is. I know. And given that I wrote my book really about two and a half years ago, even though at published this past year am already like, gosh, I need to rewrite that.

Speaker 1: [00:54:48](#) So I just, I just want to underscore the importance of this online summit because for those, if you don't know what an online summit is, it's a gathering. I imagine that you went to like a three day a symposium where there's all these different experts from all over the world who come in and speak on their area of expertise and they give you the most condensed, concise summary of their most profound knowledge. And they do it in short bursts so that you can get the benefit of it. And, and no other circumstance can you assemble together all these different experts in one place. And the beauty of technology means we don't have to travel to Switzerland to go to something like this. Now we can do it from the comfort of our own home or office and we don't even have to be there live if we, if we can't do that, we can get the recordings.

Speaker 1: [00:55:34](#) So that's what an online summit is and Gus is part of it. And when Gus tells me he's part of it, that means I know it's worthwhile. And so I really encourage you to register for this and take part in, in gleaning the information and learning from these people who've devoted their lives to learning this information. It'll help you, I'm sure. Thank you ray. I really appreciate that. So any, any last thoughts for people who maybe, maybe I wonder if you could speak to somebody who's maybe just discovered they have a condition or the, maybe they've been living with something for a while. Maybe it's diabetes or heart disease and they, they're feeling like it's hopeless because they'd been told that by their doctor. Um, or by the medical establishment or by whomever. I don't want to demonize anybody, but just that person who feels like there's nothing I can do. I'm just, I'm sick and I'm old and that's it. What would you say to that person?

Speaker 2: [00:56:24](#) I would say first and foremost that uh, there's always something you can do. Being sick doesn't mean that you can't still have good experiences in life. There are good things around us. There's beauty everyday that we can appreciate. There's a deep internal well within us that we can mind and explore. So never assume because you've

been diagnosed with the condition, even a condition that's taking your energy and really changing your function. That means you're, you have no life to live. You're here for a reason. There are still things to contribute, ways that you can grow. Now, I never assumed that all conditions will just be progressive in. That's it. It's, yeah. I mean I think if you've been checked in to hospice because you have diffused metastatic cancer and you've said, yes, it's my time, I'm ready to tie, then yeah, that's probably, it's about to happen in you.

Speaker 2: [00:57:07](#) Hopefully you've made peace with that, but generally speaking, unless that's the case, you'll always have a say in it. Your body has an ability to heal itself when it gets the right information and so you can still use the concepts we're discussing to give your body good information and perhaps help your condition to improve, help your body to give you more energy to slow the rate of progression of whatever the condition may be. Don't settle for what the health care system gives you. Yes, use it. I'm not against the health care system. I work in it right now as we record this, which we're doing on a weekend. There are healthcare centers open saving people's lives because of the hard work and commitment of the, of this system to be there for people. Absolutely. It has great value, but don't let it be the final word on anything for you.

Speaker 2: [00:57:58](#) You need to be your own advocate. You have to go get more information for yourself. Um, you know, ray ray knows this. We talked about on the last podcast, we walked through the console that we did together as much as ray had been attentive to his health, when we began to dig deeper into data, they were blind spots and they were blind spots that ray wouldn't have figured out on his own. And once he had that information and could address it, he has, he's giving his body a greater opportunity to serve him. And so ask for more information, look around and pay attention. If you're curious about this, you can come to my website@drgusvickery.com and I'm not, it's not, it's being flushed out. So don't look for it today. But there's information about my own personalized health program. I can help people get more information.

Speaker 2: [00:58:38](#) I can work with them virtually and to help them understand their biological blueprint and the action steps you need to take. And I'm happy to do that. It's not cheap because it takes a lot of time and there's a lot of data that I'm happy to do that for anybody that you know, that would like that, that we can find time to get together. But what I'm also trying to do is collect the case studies as I do these and, and produce those as narratives so people can understand the information and they can go ask their doctors or at least find local clinicians who

could help them get that information so they can find out their biological blueprint for health and began to correct that information. So don't settle, don't ever become hopeless and don't, don't allow your emotions and feelings about things to take from you the life you have today. S

- Speaker 1: [00:59:22](#) beautifully said. And just to, I want to underline the, uh, the power of that individualized health approach. We went through that together, gas and then I believe in the process so much that we have you doing that for all of our full time people on our team. So I can't say enough good things about that. Um, and I want to share one thing with you about the ripple effect of your work because you're, you're so modest about the effects of your work and how you're surprised by your book and your message spreading. I don't think I've told you this, but on my last visit with my neurologist, he asked me how I was doing. I told him, I said, I'm actually doing better. And he said, you know, I've noticed, I think we need to reduce the amount of Levadopa you're taking. And he kind of shook his head and he said, you know, I've been treating people with these kinds of conditions for decades conditions that just don't get better or so I've told them, and yet here you are getting better. I guess I have to change the way I think.
- Speaker 2: [01:00:18](#) Wow. Wow. That's great. Well, Kudos to him
- Speaker 1: [01:00:21](#) and Kudos to you because you played a huge role in my conveying the message of what I'm doing to affect my health to him. And it's become a discussion, not not a nutty patient telling the doctor about this weird thing he's trying, but a well informed patient discussing the well informed decisions that he's making and it's having an impact. And that's the ripple effect that I believe your work is having.
- Speaker 2: [01:00:43](#) Thank you. It's very affirming to me and it gives me that affirmation, really feeds my soul and that gets me ready to wake up and do it again and again and again.
- Speaker 1: [01:01:01](#) Now don't forget, we have a worksheet from today's episode. We turned the key ideas from my conversation with Dr Gus into a worksheet that helps you turn his ideas into actions. Get your free worksheet today@rayedwards.com slash three 91 and by the way, if you haven't subscribed to the show, you should do that. It's free and it's convenient for simple instructions about how to get subscribed and never miss an episode. Go to [inaudible] dot com slash subscribe so tell me your biggest takeaway from today's show on Twitter at Ray Edwards, Instagram at Ray Edwards, Facebook, Ray Edwards, all the socials. Ray Edwards. Today's show was

produced by Chris Edwards, show notes and worksheets by Douglas Pew and Juan Lopez. And until we meet again, may you prosper in all things, health, wealth, and wisdom. Now go on out there and live your most prosperous, most healthy life.

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