



Hormone Health

David Wolfe at The Longevity Now Conference: Costa Mesa, California

Good stuff is happening here at The Longevity Now Conference! Are we having the best time ever? Time flies when the information goes in. As synchronicity would have it, I met with one of the leading hormone doctors in the country right before coming up here. I asked him all the things I didn't know, so I'm going to pass what he told me right along to you. That is what we are going to be talking about here: hormones.

We are electrical creatures way before we are chemical creatures. Electricity affects us immediately. We don't know how long we can load up on electricity as a reservoir and hold it, but we are learning more about that. That is the subject.

Now, what is interesting about this grounding business is that you hold the electricity in the Chinese meridian points, and the number one reservoir of this electricity in your whole body is actually your thyroid.

If you are exposed to a very strong oxidant that sucks out your negatively charged electricity to neutralize it – because an oxidant like depleted uranium is very positively charged and it will suck out the negative charge – then you can actually get into thyroid trouble. What is the number one symptom of radiation sickness? Thyroid disease.

This spot right here [points to throat at thyroid] is where the tree comes out of the ground, because our head is our roots. If we flip me upside down, these are the twigs and the leaves and the branches. I'll let you figure out where the fruits and flowers are. We are a plant that walks around upside down. That's Rudolph Steiner. That spot where we come out of the ground, where the trunk of the tree is, that's where the electricity is localized. That's your thyroid – or your shield. If you recall what Truth said, he said thyroid in most languages is called your shield gland. What does that mean? It means it shields you from the world.

As we get broken down by oxidants, our thyroid suffers; but we can reverse it by grounding. Grounding cuts your thyroid medication needs in half, by the way, if you are on thyroid medication. Only grounding will do that. Imagine that. Now we are starting to see what the real issue is.



Isn't it interesting how we go through all this trouble?

From the 1960s: the rubber-soled and the plastic-soled shoe. Fifty years of that business, and we realize the whole thing was a dud.

We are going to get into a subject matter that is really important. It is on the fringe perimeter of anti-aging medicine right now. It is available to all of you. All of the strategies that we are going to be talking about are available right in this very building. All the ideas that we are going to be touching on here are ideas you can act on today, right away.

The importance of this area of anti-aging medicine is so great that it's affecting everybody in this room right now. If you are over the age of 50, you are being very strongly affected by it. If you have insomnia. If you have hot flashes. If you are a guy and things just aren't going right – you know what I mean? If you can't get things going. How many of you are out there? How many wives are going to admit that for their husbands? Anyway, don't raise your hand. We don't want any trouble in the room.

This area of anti-aging medicine is where the master switches are – the hormones. These are the master switches of longevity. These are the signals that turn on and turn off the big switches – the anabolic steroid-muscle-building proteins that will turn it on, will strip off the fat, will ramp up your immune system, will get your energy up – so you have a topped up level of energy every afternoon, that will protect you from oxidation, that will protect you from carcinogens. If your hormones are high, you are protected.

In the nutrition world, I get kind of dulled-down, thinking, 'Oh God, I've got to talk about vitamin C again. I've got to talk about zinc'. These are way down the chain. You turn adrenaline on, and you automatically have vitamin C. It's automatically available to you – even if you have no vitamin C. Where is it coming from? I don't know. Nobody knows. You remember the Incredible Hulk? Remember that? That sudden burst of energy, that adrenaline. Where is this energy coming from? Adrenaline is a hormone. We are going to touch on that.

Before we do that, though, I want to mention an organization that is very near and dear to my heart, which is our nonprofit organization – The Fruit Tree Planting Foundation. Juliana is here, working our booth. She has moved to Pittsburgh where our organization is now based – Pittsburgh, Pennsylvania of all places. Can we give it up for Pittsburgh? The guy who runs our organization has not missed a Pittsburgh Steelers football game in 23 years. He watches it on TV or on location, either way. He's a fanatic about that. He replaced drugs and alcohol with the Steelers, so that became his good time. That became his high – or low.

We have been doing plantings all over the world. We just got back from India where we did 18 different villages. We have been doing plantings all over North America; we have been doing plantings in Brazil and in Kenya. Eventually, we are going to move our world headquarters to the big island of Hawaii. It's an amazing organization, and we would love for you to support that organization.

Fruit Tree Planting Foundation

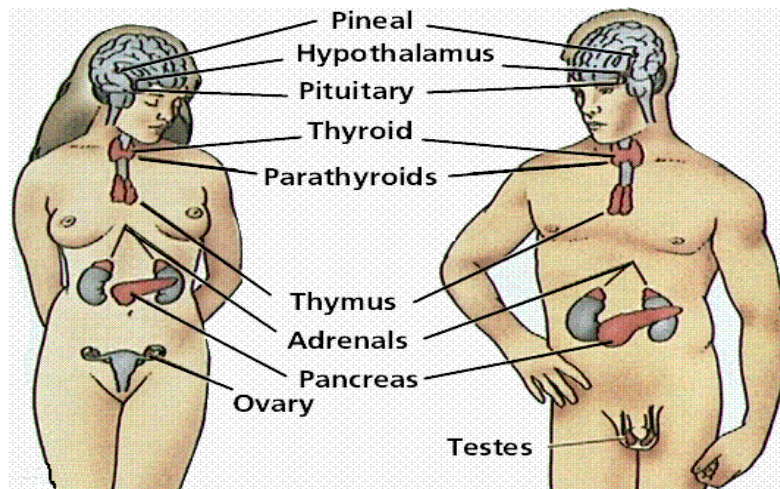


www.ftpf.org

Actually, a lot of the proceeds of anything that I sell always end up at The Fruit Tree Planting Foundation. I have, literally, put in probably half a million dollars, personally, into this foundation. I will say this about FTPF: we have fewer administrative costs in this organization than any nonprofit in the whole world. Almost all the money goes into trees. Thank you. The idea is, hey, if we are going to plant something, let's plant something we can eat. Eighteen billion fruit trees is the goal. We are in the tens of thousands. We are probably approaching over 100,000 at this point. If you set a goal, you might as well aim high.

Let's jump right into it, because we've got a long way to go. Hormone health has to do with our chakra system, endocrine system, the glandular system, our bone marrow, the pineal, and the hypothalamus. We want to know what the pituitary is doing in relationship to the ovaries. We can get a test and figure out, "Oh, wait a second, there is too much estrogen." If there is no communication happening between the glands, then we might be suffering from estrogen dominance, even if we are a man. This appears to be the trigger of breast cancer and prostate cancer. This is the trigger. If estrogen goes unopposed — when estrogen dominance hits, then we've got trouble.

Estrogen is a very important hormone — absolutely important. It is vital for every organ system. It's a metabolism balancer. Generally, as time goes on, estrogen will go low; but progesterone tanks out, disappears completely. We'll look at this over and over, and I'll repeat it a number of times so we can really kind of get it deep. If estrogen is unopposed by progesterone in a woman, there's trouble — big trouble — in almost every case. We are going to be talking about how you can be having symptoms of that — insomnia, for example. You might have leakage happening here and not understand what is going on.



That's a quick rundown of the hormone glands, and here is the basic description of what a hormone is: it's a compound that is secreted into your lymphatic system, into your blood system, into your saliva, into all the fluids in your body. And it's a trigger for cells. Cells pick it up, and then they know what to do.

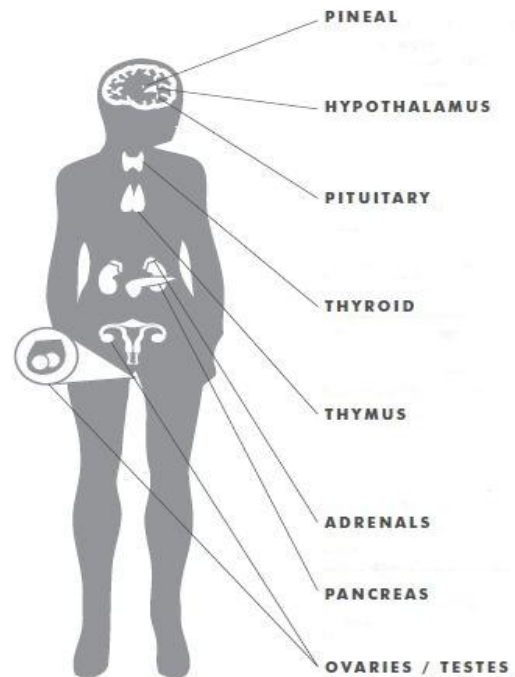
This is what is important: there are 10 seats, and there are 15 players. With 10 seats and 15

players, if estrogen has got 8 of the seats, the good guys — the DHEA, the progesterone, the testosterone — can't get in. It's like musical chairs. Those master switches may not be flipping the cells on properly. We know now that this is the main trigger for weight regulation, immunity, definitely anti-aging, body fat composition and energy.

I love the superfoods, I love the superherbs, and they do modulate hormones. But when we really hit the hot buttons – pun intended – then we flip the whole thing on. And if you have been studying people like Suzanne Somers and her last five or eight years of research, it's all about hormones, first. These are the big switches.

Here's the endocrine system again, another diagram kind of simplifying it for you.

Here are the major hormones. **Insulin**, number one – major, huge. **Thyroid hormone**. Huge. These are so major that if insulin is wacko and thyroid is wacko, we are wacko. Has that ever happened to anybody? **Progesterone, testosterone, the estrogens** (there are about 30 estrogens), **DHEA**, and **growth hormones**. Vitamin D is a hormone. It is one of the major hormones.



I am not going to go into **norepinephrine**, but norepinephrine is what causes you to be able to stand upright. The thing that makes us different from the other mammals is that we can stand upright, and our **adrenaline** and our norepinephrine, or our adrenaline/epinephrine – it's the same word, it's the same meaning – they are different. We have three to four times the norepinephrine of other mammals because we stand upright. We are actually standing up against gravity.

What is the levitational substance that allows us to stand up? It's actually adrenaline and noradrenaline. Those things very likely contain very interesting mineral compounds, levitational mineral compounds, mineral compounds that are found in saps, levitational compounds that are found in spring water that actually naturally comes out of the Earth, if you know what I mean – hint, hint. Levitational compounds that are found in medicinal mushrooms. Levitational compounds that are found in aloe vera and noni have something to do with this. When we are dealing with adrenaline and norepinephrine, we are dealing with the jing energy.

These guys have been talking about jing, but we never really have defined it, have we? Shen is your aura. That's a treasure you build up in your life. That's a treasure. This is the Taoist tonic herbal approach to health. We want to build up treasures. It's not like, "I am going to try to be healthy. I am taking vitamin C and I'm being healthy. I exercise and I'm healthy." In the Taoist tonic herbal approach, thousands of years old, you *build up* treasures. You nourish treasures.

One of them is shen, your aura. Another treasure is your qi, your firepower. Americans are actually very good – and Canadians as well – with qi and shen. But where we tank out: we are out of jing, the container that holds it all together – which is kidney adrenal meridian K1,

bottom of the foot. Remember K1? That spot right there, between your big toe and your second toe on the ball of your foot, is what nourishes your jing energy. That is why I want to be grounded, so I can bring that electricity right into my jing. That is the container that holds the whole thing together.

Shen is like the aura of the candle. The flame itself is your qi. The actual wax is your jing. So when we talk about jing, we are really talking about adrenaline, noradrenaline – kidney power and adrenaline power. When you have that, you have everything. If you can turn adrenaline on you can move a car, can't you? Instant strength!

Cortisol is actually a major hormone. We hear about elevated cortisol, but what we don't hear is that you actually need cortisol. You need cortisol to function. It helps you adapt to stress. When it goes way wacko, that is when we are getting into trouble. We are going to talk about how to deal with that, and we are going to list every single hormone individually. We are going to go through them all, except norepinephrine, and we are going to talk about how things get wonky; and then, we are going to talk about how to correct it. You guys ready?

This is where the rubber hits the road. If we are out of balance, we are going to have all of that stuff. Who wants aging? Mood swings? You guys into infertility? Is that the new thing? Most forms of cancer are hormone-related in this way, as we will discover. Depression, obesity, and all of the age-related syndromes are hormonal. They are hormonal. When our hormones go down, everything goes down. When our hormones go up, everything is better. We get our soul back. This is much more prevalent, by the way, in women than men. Men go, "It's not like when I was 16, in high school, if you know what I mean." But women are like, "Oh man, 60. I'm doomed. This sucks." But there are immediate solutions that you can act on, right now.

Let's look at insulin first. We are going to go through the basics. Very important. Insulin metabolizes glucose. It controls your blood sugar level, so it controls your mood. It's very important to connect that. Blood sugar and mood go right together. Somebody eats a Snickers bar, a Milky Way, a Marathon bar – remember Marathon bars? – wheeeee, up and down. When we hit that insulin button over and over and over again, we irritate our insulin system; so our body overreacts and overproduces insulin – called hypoglycemia – and eventually that cascades into a mineral deficiency syndrome, a toxicology syndrome, a fatty acid omega-6, toxic omega-6, rancid omega-6 trans fatty acid syndrome which we call diabetes type 2.

Causes of insulin imbalance are not only poor quality fats and oils, and mineral deficiencies, and toxic diet, but also viruses. I bet you most diabetes type 1 is dairy product viruses. Dairy product viruses. I have polled people who have told me, "Oh, my kids developed diabetes type 1 when they were 5 or 6," I was like, "What are you feeding them?" Milk, milk, milk, milk.

Conventional milk is notoriously contaminated with viruses. It is notoriously contaminated with pus. If you go to www.NotMilk.com, my friend Robert Cohen's site, he has the pus numbers there – what amount of pus is allowed. I think it is per cubic centiliter or deciliter. Hundreds and hundreds of thousands of pus cells are allowed per cubic deciliter. Viruses contaminate many of

the dairy products that we are dealing with. That is why I would always want to culture; because the cultures themselves – the *acidophilus*, the *bifidus*, the *Enterococcus faecium*, the *thermophilus*, the *L. bulgaricus*, the *salivarius*, the *rharnosus* – all the great cultures of bacteria actually kill viruses. That is one of their actual active properties – especially *bulgaricus*.

We want to knock that thing out so that we don't accidentally expose a child. If that child gets exposed, the virus dominates their pancreas and they develop insulin problems. That's diabetes type 1, in many cases. Diabetes type 1 is actually about 20 diseases. We lump it all into one and say "It's this." But it's not that. It's about 20 diseases lumped into one category.

Now, what do we do about it? Well, we know from work that I have done with Dr. Gabriel Cousens, 13 years out at the Tree of Life in Arizona: raw food diet, enzymes, MSM is very effective, and definitely the superherbs and the superfoods – primarily for the reason that the superfoods and the superherbs actually have real nourishment in them. What herbalism really is is just an organization of wild food – intuitive and instinctive behavior. That's all herbalism is. It's not like, "I take this because I have that."

The tonic system of herbalism in its understanding worldwide is just an organization of wild food – intuition and instinct that we all have, but lost when we started living in cities. We had to institutionalize wild food eating so we could get reishi into our body, so we could get astragalus into our body, so we could get ginseng into our body, so we could get schizandra berries into our body – things that are not lettuce and cheeseburgers – so that we can get real minerals and real nutrition, which will have a very strong effect on diabetes type 2 and restoring insulin.

Okay, let's keep going. Thyroid. In the thyroid program that Truth and I put together, we really dig into it from an herbal perspective. Thyroid is huge. Look at all the factors that your thyroid hormones control: the amount of oxygen that each cell uses, the rate at which your body burns calories, your heart rate. Fertility is affected. Digestion is affected. Body temperature is affected. That's a big one. When your body temperature swings wildly, that probably means thyroid trouble.

Memory is affected. This is a big deal, because as you get your hormones topped up, guess what happens? Boom, your memory works. You can start remembering things. Things click. You can take Jim Kwik's learning accelerated process and turn that over on top of its head, because your memory will work.

We will talk about some of the specific hormones that activate improvement of memory. These are the master switches, folks. You have got vitamin C, you have got all the superfoods, you have got all the great aloe veras and the nonis and the cacaos and goji berries and all those goodies; but when you have hormones, they all get activated. Hormones are responsible for the up-take. Hormones are the great catalyst.

What causes thyroid imbalance? We talked about how the thyroid is a reservoir for electricity. But there are a lot of factors that beat down the thyroid: toxic environment, toxic pollution,

toxic diet, lack of iodine, presence of heavy metals, plastics, pesticides. Goitrogens are what are found in wild mustard or cruciferous vegetables and some wild plants. In general, the reason why we domesticated broccoli, the reason why we domesticated cauliflower, is so that we wouldn't get any goitrogens. When you eat broccoli, you don't have to worry about this; when you eat kale, you don't have to worry about this. Now, if you eat 16 heads of kale in a day, you might have to worry about it. As strange as it sounds, I know some raw food people who have done that.

If you have questions, write them down. We are going to have time to do that.

One of the things about the thyroid that comes up for me that I really like to touch on is that the thyroid is heavily vascularized. It has the most blood flow of any gland in your body. It is also – if you recall what I was just saying – the most negatively charged. Therefore, it will attract to itself all the positively charged garbage: the pesticides, the herbicides, the heavy metals, the plastics and the petroleum byproducts. That is why we have an epidemic of thyroid problems. We know that it is actually attracting radioactive material. This is that thing again with radiation sickness and thyroid disease.

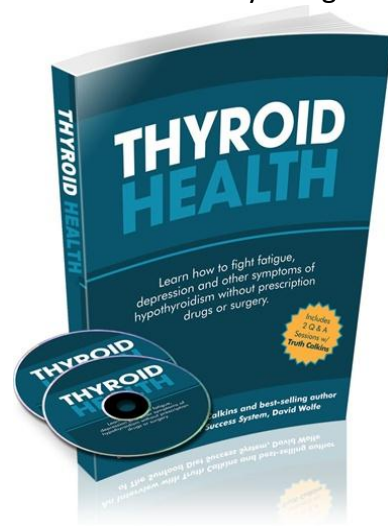
You can protect yourself, and here is how we do that naturally. We want to detoxify using designer detox products. This is a phrase that I bring into the world. Does anybody in this room have a thyroid issue? I like the front row. There is our thyroid program. That's for you. There you go. You're welcome.

What are the designer detox products? Those are things like MSM. Those are things like DMSO. Those are substances like fulvic acid, substances like zeolites – which can actually get depleted uranium out of your body. I mentioned that yesterday when we were talking about HealthForce's product.

HealthForce Nutritionals has some great products, by the way. I have mentioned Dr. Jameth Sheridan, whom I have known for 16 years. I met him at a raw food potluck, of all places.

What a great company, what amazing stuff they are doing to get you the best stuff ever! Dr. Sheridan is a fanatic about quality. There is only so much that you can handle with fanatics; but when it comes to food, I want fanatics. Don't you? I want somebody who will climb over everything to get to the best ever – and that is how Jameth Sheridan is.

Black Mica Extract. I used to call it Adya Clarity, but now it's called Black Mica Extract. This is another designer detox product. When there is a problem, is there a solution? Always. They are always created together. They are married to each other. As soon as we got into the Radiation Age and the Nuclear Age, guess what we got into at the same time? The Zeolite Age.



Real quick aside on that: the foam that they sprayed on Chernobyl – that is zeolite. Here is what I want you to do. Get on YouTube. I want you to punch up Chernobyl and see what really happened, because the story that we got from Dan Rather on the Nightly News isn't what really happened. And it is still happening there today. This was such an unbelievable disaster of such mega-proportions. I actually had no idea. When I went back on YouTube and started watching the videos, it blew my mind.

All of us need to become very active in stopping this nuclear business – whether it is depleted uranium munitions, or whether it is nuclear power plants and nuclear weapons. They are using nuclear weapons right now in Iraq. Today they are being used. They are called depleted uranium weapons. I have been around people who have been in the military who handled depleted uranium weapons, who never saw a second a combat, and they have thyroid disease – because the actual uranium itself is radioactive. But the U.S. military says it is safe. It is not safe. No uranium is safe.

A very, very important aspect of cleaning up our thyroid is some of these designer detox products. Nascent iodine. This is a product that Truth turned me on to. This is very powerful, not only for thyroid. It also has an affinity for breast tissue and has an affinity for prostate tissue. And it drives off “you know what” – the big C word, which I can't say because it's illegal. Because we're free. Issue with the tissue.

Clean diet is very important. We have got to get off this “everything chemicalized” habit. You know the story – the soy business, the GMO nonsense. This is eventually going to lead all of us to having our own garden. You have got to get to a place in your life. You set a goal, you get a goal. Somebody says, “Look. I live in downtown LA. What do I do?” Hey, set a goal; you get a goal. In New York City what do they do? They got smart in New York City. They have a place out in the Hamptons, they got a place Upstate, they got a place outside of the city where they are outside of the matrix where you can actually have apple trees, you can have plum trees, you can have apricots, you can have whatever you want. The clean diet is eventually going to take us to that place of gardening – and that's the best form of meditation.

By the way, my Mom is right here in the front row. My Mom used to demand that I water the plants; so I would always water the plants. Now, this is fascinating. Years later, I realized that one of the plants, my favorite plant that I never told anybody about that was growing in the backyard – and it wasn't that kind of plant – it was actually wild asparagus. We had wild asparagus growing in our backyard and years later I realized, “Whoa! That plant was wild asparagus!” And if you remember Euell Gibbons, the great wild foodist from the '50s, '60s and '70s; he had his book *Stalking the Wild Asparagus*, because asparagus has the magic. Asparagus root. By the way, you should Google asparagus versus cancer. It's amazing what is online, isn't it?

Seaweeds. Very powerful. When they analyzed how many of the people who survived Hiroshima and Nagasaki survived, how they beat back radiation disease, it was seaweed, and in

particular, kelp. Kelp iodine seems to be more bio-available. Kelp in general seems to be a better radioactive preventative and seems to be best for your thyroid out of all the seaweeds.

Coconut products stimulate the thyroid, so they get us out of this dulled-down thyroid, or hypothyroid. That is what we are dealing with mostly when our thyroid gets toxic. The coconut goes, "Oh, okay," and things are good again. All kinds of coconut products. You guys want coconut products? This is coconut butter. This is a "hormonal precursor" type of food. Everything has been opened up by the stone grinding. It has been broken down to a molecular size of 17 microns. The oil comes out slowly instead of being ground by those hot machines which produce raw nut butters – but they are not raw. You can tell: because if the oil separates, it is not raw. Now, with coconut, you can just tell. If it tastes like Philadelphia cream cheese, you're on it. Anyway, here you go.

I am going to embarrass the nut butter industry right now. My friend Steve Adler, who creates Sacred Chocolate – you guys like Sacred Chocolate? We have been talking for years about doing nut butters because there is nobody in the world who has had more experience eating nut butters than the two of us. Twenty years of eating nut butter? I mean, damn. That's a lot of experience. Stone ground, low heat (under 115°F) nut butters. We have been doing that on the side for fun, and I'll let you decide the flavor of that. Okay?

Superherbs have a thyroid-stimulating effect, of course. One of my favorites is ashwagandha. I grew ashwagandha. The legend and lore about ashwagandha is that it looks like a man, just like ginseng. You dig out the root and it looks like a man. And it does! We dug it up. I was with my friend Nathalien. Nathaniel Finkelstein is his name, but we call him Nathalien Mangosteen. We dug the damned thing up and it looked like a man. I was like, "Dude, this is crazy."

Anyway, those types of products, ashwagandha and many others that are listed in Truth's thyroid program, are very important for rebuilding the thyroid, and that is something I really encourage you to do. If you can get access to that info and really dig into that thyroid program, it is going to take you a long way.

Truth educated me in a big way about what the thyroid is really all about, and how to tell if you really have hypothyroid – because a lot of hypothyroid isn't hypothyroid; it's just that the metabolism is out of whack. And they are prescribing Synthroid, just because it's easy. That's what you do, right? You deal drugs. That's where the money is, isn't it? It's keeping California afloat.

Let's jump on to progesterone, because now we've got to talk about the sex hormones and the anabolic hormones. Progesterone – or "pro-gestation" – is a dominant female hormone. It opposes estrogen. This is what allows for the gestation of a child. It's part of the fluctuation each month. Every woman's estrogen and progesterone levels fluctuate, and that's very powerfully cancer protective. Progesterone protects against cancer. There is no question about that. The research is in. We know that for a fact. Progesterone, when it is topped up, seems to

knock out all the estrogen dominance types of symptoms. There are lots of those symptoms: excessive weight, belly fat – that's a horrible one, isn't it? You guys like belly fat?

What causes progesterone to go out of balance? A big one is soy products. If you were raised on soy products, we can help you, I hope. Soy is very, very unbalancing to the sex organs. More than two servings of soy a week can influence your sex hormones. I think it was Dr. Mark Merriman yesterday who said that one soy drink is equivalent to three birth control pills. Two bottles of baby formula is equivalent to three birth control pills. So these kids are growing up, and they are all screwed up because of this formula business.

Rancid fats and oils also damage our ability to produce cholesterol, and damage our ability to produce progesterone or steroid hormones. Excessive estrogens, phytoestrogens and xenoestrogens play a role. Daniel Vitalis and I have this thing about flax crackers, because flax is very phytoestrogenic. There is this whole controversy now in the raw food scene, should you have chia or flax. The evidence is now saying chia. I mean, if you are a guy and you have a little flax here and there, you are not going to turn into a girl. However, with some of these great and powerful things we have, like indole-3-carbinol, you can actually eat more flax crackers now. I'll explain that later what that means.

Xenoestrogens, plastics and pesticides. Plastics and pesticides cause your progesterone to either not form properly, or create so much estrogen dominance that your progesterone is down here and your estrogen is up here – and it should be 200 to 1, according to what Dr. Yu told me today. Progesterone should be two hundred times the estrogen. 200. And we are down to nothing. This is really a problem, especially when we are going through puberty. It's also a very big problem when we go through menopause. And as time ticks on, it gets worse and worse.

Lack of wholesome saturated fats and oils in the diet. Are saturated fats good or bad? Thin is in, but fat is where it's at – saturated fat. Coconut oil is a pretty good source of saturated fat. There is another bottle right here, isn't there? Now, if you are going to get this as a gift from me, you are going to have to tell me which three rooms in your house you use this product in. This is a really good coconut oil. For those of you who missed it: bedroom, bathroom, kitchen. You are going to have to fill in the blanks. If you can't figure it out, I can't take you the rest of the way.

Coconut oil changes the whole game – really changes it. If you put coconut oil on topically, can that affect hormone production? Yes or no? The answer is absolutely, yes. It improves hormones and actually makes you younger, so when you put coconut oil on topically it's a great anti-aging strategy; because you are making more saturated fat available to your cells and to your system. A really important strategy. If you are able to get coconut oil internally – you could eat it, or in other ways – that helps.

Cholesterol medication causes problems with progesterone. Why is that? Because cholesterol is the precursor to progesterone. Progesterone is actually broken down from cholesterol you can build up into steroid hormones – so when we have cholesterol medication, which is lowering

our cholesterol, we actually get into trouble with hormone production. This is a big problem with vegans, by the way. They don't get enough saturated fat. They start not having enough hormone production – and that's why you see that kind of excessive thin, gaunt look and kind of pasty look. Not enough of the raw material to actually form the hormones to create health.

Miscarriage. If you have had a miscarriage, your progesterone can be screwed up for months, or even years. It can be out of whack. Sometimes it comes back quickly. If you have that kind of history, you really want to be paying attention to this. What do we do about it? We have got to get the wholesome saturated fats in our diet. Very critical. Absolutely important. Essential.

Cruciferous vegetables are good. Interesting combination: when you take a fat and oil – especially a saturated fat and oil and mix it with cruciferous vegetables like cauliflower, broccoli, kale, radish, cabbage, or Brussels sprouts. Cruciferous vegetables have been isolated to contain indole-3-carbinol, I3C, which can be converted into DIM; and then DIM breaks down bad estrone, 2 hydroxyestrone and 16 a-hydroxyestrone.

If those are high – if you recall what I said about cancer – if 2 hydroxyestrone and 16 a-hydroxyestrone are high, and estriol is low (those are the three major types of problematic estrogens), then we have cancer in every single case according to Dr. Jonathan Wright. If estriol is brought up and estradiol and estrone are brought into balance, then we are in good shape. The way we break down that extra estrone – the 2 hydroxyestrone and 16 a-hydroxyestrone – is cruciferous vegetables. One of the concentrates is I3C – indole-3-carbinol. That is a very powerful substance.

Chrysin is a compound in passion flower tea and passion flower powder that contains aromatase. That breaks down bad estrogen. There are actually pharmaceuticals out there – there is one called Arimidex that Dr. Yu is a fan of – that work along the same pathway as chrysin to break down bad estrogen. It may be needed in a very serious situation of breast cancer or prostate cancer when what is available naturally isn't strong enough to push the off button.

This is where we are in anti-aging medicine. I'm just, from the core of my being, really opposed to the synthetic medicine of Western medicine; but I actually know that the future is going to be a synthesis of the two approaches. And this is one of those areas where there is going to be a synthesis – where we are going to have bad estrogen dissolvers like Arimidex that will actually be used cleverly and intelligently, in combination with I3C, in combination with cruciferous vegetables, in combination with a healthy diet, in combination with other bad estrogen dissolvers – like citrus peel.

Peels of lemon, peels of lime. You will see in Chinese medicine, they include citrus peel in a lot of their formulas. It breaks down bad estrogen in combination with unique substances coming out of the grain world.

Oats. I have surveyed people in my audiences. People show up in my audience 100 years old. I had a woman come who was 104. I said, "What are you eating? I should have what you have." This is what I have been able to ascertain from that kind of cursory research asking these folks that are 80, 90 years old and they show up at the lecture. What are they eating? Oatmeal comes up a lot. Oatmeal has two characteristics of very high interest. One is oats break down bad estrogen. Two, oats contain silica for your bones. Oatmeal.

Oats. Sow your wild oats? There is a deep truth. There is always a deep truth. When you look at this folklore and mythology and our language – like, "He's gone bananas" or "sow your wild oats" – there is a deep truth to it, somewhere in there, because oats have a lot to do with actual sexuality, big-time. This is something that we are going to be getting into deeper and deeper in future Longevity Conferences, because a lot of this is new to us. Right? I mean, how many people here have been studying aromatase? Aromatase is what is in passion flower that breaks down bad estrogen. When we start compounding these types of formulas, we get some interesting results.

Let's keep going. In order to build up and get the raw materials in, I really strongly recommend deer and elk antler. This has been an amazing product for me, personally. What a product. These are growth factors from the mammalian kingdom, and can be procured without killing the animal – and the animals regrow their antlers. It's one of those things: it's not vegan, but it's not killing either – and that's where the dance is being played. Like colostrum. It's not vegan but it's not killing, so we are playing a dance now where it's like, "Okay, now we can get what we really want," which is the stuff we have been missing if we have been a vegan. But we don't involve ourselves in killing. That's where the dance is going.

If you have ethics about this and you feel like, "Hey, I don't want to be involved in killing," no problem. We can easily do the dance. But I have to say that if you have some animal substances in your body, you are going to be better off. You heard Dr. Mark Merriman up here talking about the omega-3s – the DHA, the EPA – from krill, from fish, that kind of thing. We can go all the way now to sourcing that and concentrating that out of marine phytoplankton.

I have seen the system. Just like Steve Jobs walked into Xerox Corporation and "saw" the graphic user interface, he "saw" the mouse and he "saw" email and he went, "Whoa. They don't know, but I see how big that goes." I have seen how big this goes. Are you ready for this? I have seen the system, the prototype of a system where you can hang a bag made out of plastics that are concentrated out of algae – algae plastic – that you hang in your window. It runs on solar power, and the water flows down like that to the bottom, and there is a little solar pump that brings it back up to the top and it flows down again, and you inoculate it with the omega-3-carrying phytoplankton that is perfect for your metabolism so that you can start growing your own omega-3 at home for yourself using marine phytoplankton. You hang it in your window. That's coming.

This is where we are going here. If we can't get that – if that is not available to us right now – krill oil is probably the way to go, because krill is one up from phytoplankton. All these

vegetarian whales are not vegetarian; they eat krill every day. It's mixed in with the phytoplankton. They are both together. Also, krill is an excellent source of astaxanthin. Did you hear Dr. Mercola yesterday talking about astaxanthin, 2 mg a day of astaxanthin? It's a red pigment that is in phytoplankton and fish. As it goes up the chain, it can be concentrated. It can also be concentrated chemically, or in a laboratory, so we can get more and more of that stuff. That stuff is going to protect your eyes all the years of your life. The research is conclusive on that. Astaxanthin is in krill oil.

Maca is a big one for the hormone precursors – so we can get the hormones that we need. We will be revisiting maca all the time. Hormones themselves are fat and amino acids mixed together. Human growth hormone is 191 amino acid chains wrapped in saturated fat. Hormones in general – not in every case, but in general – are amino acid chains wrapped in fats. They're fat and protein put together, and we have got to get the right protein.

Are we going to get the right protein from baloney? Are we going to get the right protein from super-meaner-wiener-whey-protein-flexo-fuel-amino-flexo-wiener fuel? Yes? No? Probably not. That stuff was invented in the 1960s. They were sweeping it off the floor of these dairy industries, and they were like, "Look, we can just sell this to health food freaks. They'll eat anything. We'll say it's whey protein. We'll say it's protein, and they'll eat it." And they sold it to you. That's why you even know about it – it's so marketable. That's why it's so cheap. It doesn't cost anything. They were paying people to cart it out of there – until the '60s, when they got smart, a bunch of dudes in suits. You know what? All those dudes in suits? Now they are going, "Maybe we should go to this Longevity Conference."

Anyway, superfood protein is the place to get protein. That's the marine phytoplankton, that's the goji berry, that's the Incan berry, that is the bee pollen, that is the royal jelly, that is the maca, that is the spirulina, the bluegreen algae, the chlorella. That's real protein. That's the hempseed protein. Have we got any hemp fans here?

Let's talk about progesterone creams for a little bit. Progesterone cream is a game, because you have got 10 seats, and you've got 15 players. You keep hitting the cream, and eventually your body goes, "Wait a second," boom, and pushes it off – it won't allow it to get in. You have got to keep tricking your body to get the progesterone in. It can be done orally, but then that stops working. Then you can go to cream and that stops working. Then you can switch to suppository. It may work very well, but eventually what we want to do is we want to kick-start our own progesterone metabolism so that the whole thing kicks off – so we don't have to keep using all these things on top. But with the 10 seats, 15 players, we have got to keep tricking ourselves on how to get this stuff in.

If we just did, for example, deer antler only all the time – just that specific thing only, all the time, every time – does it work? No. We start creating a resistance. The same with maca. If we just do maca every day, 5 tablespoons a day, 20 years in a row, we start creating resistance. So we have to surprise our system by the way that these things are introduced. It is critical to

understand this. Sometimes I can take something like tongkat ali – what an aphrodisiac. But sometimes, it bounces right off. I'm like, "What the heck's going on?"

One more thing about progesterone. The number one specific herb for progesterone is actually Vitex, or chaste tree berry. Vitex. You can get that as an herb. It's widely available, it's in every health food store, and it appears to be a very good precursor. And you would switch it around. In this dance of these steroid hormones that we are getting into – progesterone, DHEA, testosterone – it's a dance. Meaning: you don't do it the same way every time. You change it up so that it gets in. You trick yourself so that you can bump somebody out of a seat and get in. Musical chairs.

Testosterone, dominant male hormone, is also present in women. Testosterone is a very important hormone in women. Testosterone opposes estrogen like progesterone does. It's an anabolic steroid – you know those muscle dudes and gals? Anabolic steroid. It protects against cancer, very cancer protective. All that business about how prostate cancer is caused by testosterone has been overturned. That's all been flushed down the toilet of history. Testosterone is associated with willpower and physical strength, which is jing.

But when jing is married to shen, our aura – when both are together, when the testosterone is on, then boom – you have willpower. If you have done any research on the most successful male entrepreneurs in the world, one of the things you have found out about them is that they have elevated testosterone. And generally, they look good. They've got a little bit of shine, a little bit of radiance, got good charisma. This is all a characteristic of testosterone.

And they are strong. They work out or they play sports, even into their sixties, seventies. There are genetic factors here, by the way. Some people just produce more progesterone; some people just produce more testosterone. And if you got the lucky card, you kind of skate through this, like, "What's wrong with all these people?" But those people are few and far between.

Cause of testosterone imbalance? Very similar to what we saw with progesterone: soy products, rancid fats and oils, taking synthetic steroids. Dyna Ball – that was popular when I was in high school – can throw your testosterone system out of whack. If you are on steroids, this can be a problem.

Excessive estrogen, phytoestrogens and xenoestrogens. An excessive estrogen might come in from, for example, bad metabolism, improper breakdown of estrogens, lack of cruciferous vegetables. That can cause estrogen to rise. Another way we can get this is from the phytoestrogens. There are lots of phytoestrogens in plants. I mentioned flax. There are other plants with phytoestrogens. What's the big one? Soy. This can throw everything wacko.

And then we have got xenoestrogens – pesticides, plastics, and petroleum byproducts that are now mimicking estrogens in the environment and are causing frogs to have five legs, or they are male for a while, then they are female, then they flip back and forth again.

Lack of wholesome saturated fats and oils in the diet; and then cholesterol medication. The same types of things that we've seen before.

What to do about it. We have got to get the saturated fat and cruciferous vegetables in, I3C, deer and elk antler. You see, it's very similar to what women would do for progesterone. One of the things here, though, is we bring in a couple of other herbs that I really like a lot: tongkat ali and tribulus.



Tongkat ali has been shown to increase your testosterone when you get it in correctly; when you surprise your body and bring it in. If you have never done this before, if you have never taken tongkat ali before – do I have that up here? Tongkat ali is an Indonesian root and it can increase your testosterone by three or four times. Tongkat ali is a super-powerful aphrodisiac, but it has other derivative effects. Because what these steroid androgen hormones are really doing is they are providing fuel to your entire endocrine system. They are affecting your brain. They affect your memory. They affect your coordination; they affect your muscle tone; they affect the fat in your whole body. I mean, everything is affected by these things. So if we can get that up, that's that whole idea.

This is like \$50 or \$60. Sixty dollars. Look at you guys. Now this has got to go to a man. Women can take it and it's good, but men need it more. Okay? Tongkat ali is not a vegan product. It's got ants in it. Ants. Somebody asked me, "I need something that is really good for my system, that's really male, rejuvenative, but it's not an aphrodisiac." The ant. Ant is really good, because the ant is like a workhorse. If you study this whole thing on ants – remember Jane Goodall with the ants, poking in there and eating the ants and all that? – it ain't nothing new. In Chinese medicine, it's old news. It ain't nothing new in Native American herbalism. It has always been known in herbal systems that ants are the best animal food. That has always been known.

Chocolate-covered ants. We've been working on that. It has always been known that ants and insects are the best source of vitamin B12. For everybody who is freaked out about vitamin B12 – meat is not a good source of vitamin B12. Neither is dairy. But insects are an excellent source of vitamin B12. Now, are you going to go eat a cockroach? I say that because lunch break is coming. You're like, "Okay, we can hang in here longer."

Grasshoppers represent your unconscious mind. Those things are so cool! In fact I don't mow the lawn in my front yard. Everybody else mows the lawn in the neighborhood, so all the grasshoppers are at my house. They're great. I love grasshoppers, but I'm not eating those things. I'm not going to go and eat an ant either; however, if the ants get into my honey, they drown. They got greedy. They had a good death. I'm not throwing them away. Am I going to

pour the honey out? We run a honey farm. I'm not going to pour it out. So they get poured in with everything else, and it's good.

Anyway, ant is the best natural source of zinc. Zinc. What does zinc work on? Male productive fluids. All right. Here we go. Somebody back there got lucky. Where did it go? Who got it? You know, this is karma. It must mean that you need it. Is everything okay over there?

Tribulus is another one. I first ran into tribulus when I was a kid because it grows in the deserts right here in California and it's one of those things that, when you walk around barefoot as a kid, it puts a poke right in your foot. It's spiky. It's a caltrop. Tribulus is very hormonal and is particularly for testosterone, so those are a couple things you can add on. There are other ones which we will talk about later. There are a whole bunch of herbs and superfoods which I am going to present at the end of all this, which will kind of bring it all back again – so we have a lot of different options.

Superfood protein is very important for developing appropriate hormones, because when we are eating fried chicken, it ain't gettin' in. Max Planck Institute did a study on protein and they found out 50 percent of protein is wiped out immediately when you cook your food. I bet you the other 50 percent isn't exactly like a goji berry protein. I bet you. It's just my guess. I could be wrong.

Estrogens are important and valuable, and even though they are maligned in our world, you actually must have a good, solid level of estrogen in your system to have heavy metabolism. They oppose progesterone and testosterone – so it's not like the Third Reich, right? A little bit of estrogen can do good. They increase cell growth rates, which is appropriate for some stages of the life cycle, inappropriate for other stages. When is it inappropriate? Cancer. And there is a link between the estrogens – there are 30 of them, but in particular, estrones and estradiol in an elevated state – and cancer. No question about it. And low estriol. When estriol comes up, it's protective. Estriol is super-important for female reproductive health. If things get dried out, it's estriol, and an estriol cream can work. It goes right in, if you know what I mean.

Estrogens are great for bringing weight on, for increasing fat – which is appropriate in some cases. In other cases it's not appropriate. Most of the time it's not appropriate. Most of the time we're like, "No, I don't want that." Causes of estrogen imbalance: pesticides and plastics are two big ones.

Daniel Vitalis came up here and did a wonderful talk on water, didn't he? Wasn't that incredible? Because of the experience of actually going to the great springs of the world, like the one up here on Palomar Mountain, with glass bottles, and doing that for years; and only collecting my own water, not buying water anywhere I am in the world; because of that experience, I now know how bad plastics are in water. If you have got plastic bottled water, it's just trouble. There is just nothing good that can be said about it.

One of my best friends is a chemist. He told me that if you are going to stabilize a plastic, you have to blow the plastic and let it sit there for a year, then fill it up with water, if you are going to even have a remotely stable plastic for your water bottle. But you know what they do? They blow it and fill it up with water immediately at the bottling plant. At the Fiji Water bottling plant, they blow the plastic, it comes down the line, the water goes in, it's capped, and it gets shipped off.

Lack of progesterone can cause estrogen imbalance. It can cause estrogen to keep rising and rising and rising. It doesn't get opposed. Estrogen replacement therapy – Premarin, these types of things – these are unnatural. This is pregnant mare's urine. I mean, it's a horse's urine. It's horse pee. Who knows that? Who doesn't know that? Premarin and Prevost and Prempro and progestins. It's not even natural, and these are estrogen replacement therapy strategies. Coming off that stuff is really trouble. I was talking to Dr. Yu about that, and he said that if he is going to bring a woman off that stuff, he tells the husband, "Hey, you are going to have to deal with hell for a while."

Estrogenic foods and herbs. Phytoestrogens in the diet. Excessive amounts of phytoestrogens in the diet. That is something you want to start looking into. We have talked about soy, we have talked about flax. There are many others. There are phytoestrogens in pomegranate, for example. There is a lot to say that it is good; and there is a lot to say that too much is not good. I have never eaten too much pomegranate. I love pomegranate. You'd have to eat a lot of pomegranate to get too much, but there is a point of too much. Isn't there? People say, "Okay. Is this good for me? How much can I have? I can have a ton of it. Right?" Is that right?

All of these hormones and everything that we are talking about here exists in balance in a dynamic ratio with every other hormone. Generally, we are whacked out on estrogen, we are out of DHEA, we are out of testosterone, we are out of progesterone. But when we get them all back into balance, they need to be in a certain zone. That zone can be tested through a saliva test, or it can be tested through a capillary test – not a blood test. Not a blood test, because the blood test doesn't really give the free hormone reading. You can do a saliva test. I think it's salivatest.com. Go check that out, get that. It doesn't give you the data about estrone and estrinol and estradiol, but it will tell you where estrogen is and where the progesterone is. And then, if you have a really good doctor, you want to ask for a capillary test where they get the tip of your finger, and that gives you more clear data.

What can we do about it? To rejuvenate, we want to get those cruciferous vegetables in. To get the ratios of the estrogens correct, I3C. We can also take DIM supplements. I3C will cover it, but DIM works. There are DIM maca supplements that are out there right now which are very good. We can do a whole detoxification. We've got to sweat out. We do the infrared sauna and movement. We can sweat out some of the toxic plastics and the toxics mimicking phytoestrogens.

And then, enzymes are also very effective to strip down the fat – in particular, I really recommend lipase. Lipase is one of those things that when you look at the enzyme

supplements – do you ever go to these stores and you look at the enzyme supplements? Here is what you are going to find. It's like, "Okay. It's got protease in it; okay, it's got this, all right, cool, it's got amylase and bromelain and papain." And let's say you are doing the pancreatic enzymes, it's got those. Then all of a sudden you go, "Wait. There's no lipase!" Check it out. I found out why: because lipase is hard to make. The Japanese make it. They do a very good job. Look for enzyme supplements with lipase in them for help in that area.

DHEA. This is the memory hormone. Very closely related to testosterone. Cancer protective. All of the progesterones, the testosterone and DHEA are very strongly immune system supportive. What Dr. Yu was telling me back there is that you get the 3-hour melatonin cycle, and then you get the 3-hour prolactin cycle; and if you get that six hours during your sleep – and you're grounded, and the noise is brought down, and you have the right nourishment, and you are detoxified to a significant degree – your immune system will never crash. But if we are off in any of those areas, then our immune system becomes susceptible.

Hormones play a major key role in our immune system. Just like testosterone, DHEA lowers body fat and increases lean muscle mass. Because of this activity with memory, DHEA protects our brain from neurodegenerative conditions. What are those? Parkinson's, MS, Alzheimer's, nerve degeneration, nerve damage. What causes them? The same things we have been seeing over and over. This is kind of like a broken record: soy products.

Somebody said to me the other day "soy boobs," and I was like, "eww." Rancid fats and oils, trans fats, just general oxidized fats that are in clear bottles that you see in health food stores, for example, or even regular grocery stores – like olive oil in a clear bottle, and cottonseed oil and linseed oil and safflower oil, and all this stuff that has been oxidized, that was once good but is now broken down. Taking synthetic steroids cause DHEA to go wacko. Lack of wholesome saturated fats. We have seen that over and over again. Cholesterol medication, that's another one.

Now let's talk about what to do about it. You can actually take DHEA supplements, but how do you do it? Sporadically, randomly, in ways where, all of a sudden, the dude's out of the chair and you're like, "Got in there." Right? That's how you have to do it in order for it to work long-term. And then you want to get your DHEA dialed in to that particular special zone where it is supposed to be. I don't know the exact deciliters per blood plasma unit, but doctors know it, and any anti-aging medicine doctor will know exactly where your DHEA has to be. That is one of the things that we know now; we know exactly where these things have to be.

The best anti-aging medicine doctors in the world are in Los Angeles, and if you want a resource there, you can go to Suzanne Somers' book *Breakthrough*. There is a whole listing of them in the back of her book. Just go to a Barnes and Noble or something and open it up and go, "Oh, okay, here they are." Call them up on your cell phone or program them in. Or just buy the book, either or.

What else? Deer and elk antler, very important. Maca and superfood protein, so we actually really get protein and it becomes available to us. In general, we are not getting protein. Most of the protein is coagulated; we are not really absorbing it. It's junk. If you eat meat, it's too fatty; it doesn't really have good protein in it. It's off. So now we can get it on with superfood protein. Of course, wholesome saturated fats and oils should be raw. Those are raw nuts and seeds, but in particular, coconut products. And some of the people in this room really love raw butter. That does fit in there. Raw cream also fits in there as a very good saturated fatty acid source.

Okay. Let's keep going. Growth hormones. These are very interesting hormones. They increase lean muscle mass, decrease fat. We've seen that. That's a broken record. They promote strong bones. That's a big one. Progesterone promotes strong bones. Estrogen doesn't; progesterone does. Growth hormones promote immunity, speed up healing time. Just like the other hormones, over time our growth hormones will decrease. We can do some interesting things and novel things to improve growth hormones. HGH is one that was very famous, but there are many growth hormones and growth factors that are available in metabolism. Under my research, there are at least 23. There are probably 100, but that's just 23 that I personally know about – insulin-like growth factor, for example.

Causes of growth hormone imbalance: aging of course, not enough fasting, too much eating. You ever hear of this? The less you eat the longer you live, so the more you get to eat. Fasting turns on growth factors. Poor diet can damage your growth hormone. Another big one is improper forms of exercise: too much aerobic exercise. Too much exercise can actually knock out your growth factors, your growth hormone. Dr. Mercola is going to come up here after me, and is going to show us exactly the system that increases growth hormone naturally through exercise. It's been figured out.

If you were here last night, you will remember that he is a student of Kenneth Cooper, who gave us the word *aerobics*. Back then, the idea was tons of aerobic exercise, tons of aerobic exercise. What did we find out? Some anaerobic and some aerobic exercise; but too much exercise is a problem. There is a curve where it starts peeling off, and so we want to be right in that special zone where we exercise but it's not overwhelming, we're not tearing our tissue apart, we're not damaging ourself.

What is the strategy here? Deer and elk antler. Goji berry contains growth factors and human growth hormone – actually, it instigates the production of human growth hormone. It contains growth factors that are converted over to human growth hormone. Same with deer and elk antler. It contains growth factors that are converted over into growth hormones.

Chlorella contains growth factors. If you look at this list and you pay close attention you might go, "Okay. If my kid isn't growing properly, I might want to start thinking about this." Look at the list. Coconut products contain growth factors. Coconut contains growth factors. That's why the Hawaiians and the Samoans are huge. It's coconut. If I started eating coconut I'd put on 10 pounds immediately. People would think I'm a Hawaiian.

Marine phytoplankton. What's eating marine phytoplankton? Whales. How big are they? How big is their nervous system? Pretty damn big. Their heart is as big as a Volkswagen Beetle. It's pretty big. A blue whale can live over 100 years. A humpback whale can live over 100 years. That's pretty darn good. Marine phytoplankton and maca contain growth factors, hormone precursors; so these things can be given to kids.

Now you think, "Okay, deer or elk antler," you wouldn't really give that to the child unless the kid wasn't growing. Then you start to look into that, and you get some coaching from someone like George Lamoureux so you know exactly how to approach that. In Korea, 10% of the deer and elk antler is consumed by kids, so it has actually been consumed at all stages of life. I did a lot of research on this, found this out.

Let's keep going. Adrenaline. The fight or flight response. Allows us to stand upright. We talked about that. Increases strength and focus. Adrenaline is important. Requires salt to function properly. Do you ever get cottonmouth because you become nervous? Your adrenaline sucked it all up, sucked up all your salt, all your water. In bodies, it's the jing energy. That is where your jing is really concentrated. Increases blood flow to your muscles.

I am going to have to go quickly because time's-a-tickin'. We'll get there. Stimulant abuse. Stress. Coffee, cigarettes, drugs, alcohol, boom, causes an adrenaline imbalance. Dietary toxicity is a real big issue. Lack of healthy dietary salt is a very, very big issue for adrenal exhaustion. Viruses can get into your adrenal cortex and damage your adrenaline. Very interesting area of research, very interesting subject. You could put a zapper right on your adrenals, by the way. Try it out while you are driving – because you are not doing anything else, anyway.

By the way, that's it. [Holds up new zapper.] That's a new one. I showed a picture of it yesterday, but then the prototype showed up here just after that. Now, that's space age. You turn that on, you put it right on the skin. You are driving along, and just put it right on your adrenal, then put it on your other adrenal. I think a lot of problems like Epstein-Barr and Chronic Fatigue Syndrome are viruses in the adrenal cortex. That's where the problem is, so we are not producing enough adrenaline. We are not able to get things going. We can't stand up in the morning. We can't get up and get going. That's adrenaline and noradrenaline, or norepinephrine.

Lack of B and C vitamins have been implicated in this area. Lack of grounding definitely is affecting this area. It's affecting kidney 1, it's affecting our ability to produce adrenaline, it's affecting our ability to have enough power to gain the strength and focus that an adrenaline turn-on will give us.

What do we do about it? Sea salt and water. Sea salt and water. Sea salt and water. I love those two combos, because it ain't just water; and it ain't just salt. It's sea salt and water. In Dr. Batmanghelidj's book, *Your Body's Many Cries for Water*, what does he say? Water and salt. Now we upgrade it: the best spring water ever, the best salt ever.

We had this guy here with Miracle Salt. I don't know if he is here this time, but that is a good salt. I always love the Hawaiian sea salts. I love going and collecting sea salt from the ocean. Hanging off rocks, it comes down like a stalagmite and you just get your cup underneath it and you just tap it and it falls in. Like, "Whoa! Got it." You can do this stuff yourself. Become your own doctor. Water and salt. That is adrenaline. That is your adrenal power.

B and C vitamins are helpful. Your adrenals concentrate B and C. The jing herbs. All the jing herbs work on this area. They work on your kidney adrenaline core genetic power. Tomorrow, Truth Calkins is going to get into the yin jing, which is an area of amazing research. Yang jing is a lot of what we are talking about here – hormone power. This is yang jing. But yin jing is stem cell power. As we go into the future and we upgrade, we are going to start upgrading into super-hormone power on one end – yang jing – and on the other end, yin jing, super-stem-cell power. The technologies in those areas are going out of the sky. That is an awesome area of research. And then of course, grounding.

Let's talk about cortisol real quickly. Cortisol is a mood hormone. It helps us adapt to stress, it stimulates appetite, it improves digestion, stimulates the brain, muscles, circulatory system and lungs, it fights leukemia and lymphoma – so what's all this business about elevated cortisol? You need cortisol. Cortisol is a major hormone. If you don't have cortisol you are actually dead. Cortisol is critical. It's only bad when it goes out of balance, when it's unopposed, when we don't have progesterone and we don't have testosterone and it's just cortisol going wacko with estrogen. Estrogen and cortisol are having a dance, but there is nobody there to dance with them. Right? So they start breaking the furniture, breaking the chandeliers, cracking the glass.

Causes? Type A personality. The workaholic. Lack of grounding. Chronic stress. We know this. We have heard about this before. This has gotten in to the media. What do we do? Meditate, ground, exercise, remove the stress. And to some degree, as we bring progesterone and testosterone up and DHEA up, it will help to alleviate the cortisol going wildly out of balance. Clint Ober in his book, *Earthing*, shows a study over 8 weeks, where they took women who were grounded and showed that the cortisol cascade normalizes – just from grounding. I have had people say, "That didn't happen for me." It is because there are other factors involved, but definitely that is a factor. Grounding is a factor, for sure.

Now we have got to run through a few other things. Vitamin D. At the last Longevity Now Conference we hit this hard. This was so much fun. Vitamin D turns on more anti-aging genes than anything we know. There are something like 40,000 genes that can be flipped on; vitamin D turns on 10 percent of them, more than any substance that is out there, and it is a hormone. It increases bone density.

You know these calcium supplements? "It's got vitamin D3, so that's what makes the calcium work." That doesn't make the calcium work. The vitamin D3 causes the mineralization of magnesium and silica and *turns it into calcium*. That's when everybody goes, "No, please don't say that," and it's like, to you at home, I'm saying it! If you're a doctor at home, I'm telling you: that is what is actually happening.

The calcium never gets into your bones. What gets into your bones is the silica that gets biologically transmuted into calcium. The magnesium gets molecularly atomically changed into the mineral calcium. That's the no-no that nobody wants me to ever say, because it violates our law of physics; but our law of physics has gotten us into this mess.

Bone density. Real quick rundown on bone density. Vitamin D, weight-bearing exercise, silica, magnesium and phosphorus. When you have a nut butter like this almond butter right here, that's phosphorus. That's bioavailable; that stuff works. This is glass. I can't throw this very far. Okay, you come over here, man. This is our ganja farmer. Here we go, brotha. All right. You can soak that stuff in almond butter. It works. Some people are like, [makes sound like toking a reefer] "What? Dude. Bones? All right."

Bone density is a big deal, isn't it? As we go on. With these hormones, we aren't worrying anymore. The worry goes away. We get the right minerals, the right hormones, we get the weight-bearing exercise, we get the inversions, we do some of these games in terms of our athletics and our fitness program. It all goes together. We then go past it, and we're not worried about it anymore.

And this also applies to teeth, because bone density equals teeth density. Improves immunity, fights cancer – is a hormone, let's keep that in mind – and then, of course, it elevates our mood. It's Sun energy; it's a solar energy. Vitamin D is on that same octave as serotonin; it's on the same octave as the Sun; it's on the same octave as a smile; it's on the same octave as gold. Those are all the same thing; they're just in a different metaphor.

Cause of vitamin D imbalance? We mentioned this last night. Quick review: lack of sunlight, use of suntan lotions, use of abrasive soaps. To some degree, low cholesterol will also play a role; or lacking the precursors – the oils necessary to even form vitamin D in the first place. What do you do? Seek out that direct Sun-to-skin contact, take vitamin D3 supplements. If you live in the far north – if you live in Massachusetts or Maine, or if you live in Canada – in the winter you may have to take vitamin D3 supplements. It has been found that even if you try to get it from food, it's not enough to really give you what you need to top up. And then, you want to switch to less abrasive soaps and only use that under your arms, groin area, but not over your whole body.

I just want to run down a couple of interesting products. Estroblock is I3C – indole-3-carbinol. You guys want this? This breaks down the bad estrogen, if you recall. Remember? Here we go. Okay. Way in the back there.

Now, if you get real clever with this stuff, you take the Estroblock because it breaks down all the bad estrogen – so it gets the dude out of the seat, then you bring the tongkat ali in. You get the dude out of the seat, then you bring the progesterone cream in. That's how we get clever. You take



your passion flower powder, and then you bring in your maca. Boom. So it bumps, and then you can get the dude right in there into the seat. Clever strategies for the future.

All right. Let's look at a few other things. Deer and elk antler. Love that picture. The magic of a wild animal and a creature that Rudolf Steiner said is associated with the stars. A cow is like, "unh!" Native Americans were deer eaters, not cow eaters. They had a completely different

consciousness. Deer eaters have a different consciousness than cow eaters. A deer eater is actually more into consciousness, in the stars and the heavens, more in the ethereal realms; a cow eater is like, "Unh! We're here."



Look at maca. That's what maca looks like in its fresh state. It's a radish. It's a type of radish. It's the highest altitude crop in the whole world. It increases oxygenation by as much as 50 percent. So you go into the high altitudes of the Andes – which we are going to be doing when we go to Peru – it's coca, it's maca and it's San Pedro cactus, just to adapt to that 10,000-foot elevation or 3,500-meter elevation. It's pretty high up there.

Goji berry. This is a critical support food for healthy hormones, healthy hormone production, healthy protein. And what I love about goji berry and the reason why it's ranked so high in Chinese medicine is because you can give it to a little kid, and they'll eat it. You can take somebody who is going, "I ain't gonna eat that," and they'll eat it. One of the guys who helps us with TheBestDayEver is Lucien Gauthier. Are you in the room, Lucien? Okay, anyway, this is how Lou started out: goji berry. It was the only thing. He was like, "Okay. I think I can eat that." And step-by-step-by-step, he got all the way into it, lost all the weight. You should see his driver's license picture. 320 pounds; and now he's probably 180, 190. He's in the Earthing booth. Check him out.





Coconut. We talked about coconut products. Real quick mention about pregnenolone. When you take a coconut product and you begin to break it down, it turns into pregnenolone. Pregnenolone is the specific precursor for the steroid hormones: progesterone, testosterone, DHEA. You can actually buy pregnenolone supplements that are very good and they are very effective, made out of coconut. Because some people, for some metabolic reason, can't convert the raw saturated fat over to pregnenolone. That is a product that is out there that can help you along with that process.

There is tongkat ali. It's an Indonesian super root. That is the one that raises testosterone three to four times.

Ginseng has to be put in here, because ginseng can modulate your endocrine system. Let's say you are forming the hormone, but it's not getting out of the gland—that's where ginseng comes in.

Ginseng opens a little squeaky valve in the gland, and the hormone can get out. Did you guys get that over here? There's a little cap on your gland. It's got a little lid on it. But that can get rusty. And ginseng lubricates it and makes it go "eeeeehhh!" The ginseng allows the hormone to get out. Because you might be forming the hormone, but it doesn't get out.



Another modulator of estrogen and progesterone, an excellent female tonic, is dong quai. We were in Iceland this summer. There are some folks here from Iceland. Let's give it up for Iceland. Best place ever. And dong quai grows wildly there. Angelica root. A very, very important herb. It looks a lot like hemlock, which is what killed Socrates – so if you don't know what you're doing, be careful.

Now we're just going right to it. These are aphrodisiacs. Muira puama, cistanche – this is what you are going to get at the Tonic Bar. And these, what do they do? They bring it up. They start bringing the testosterone up, they bring the progesterone up; they make it all work. Muira puama, epimedium (horny goat weed), cistanche.

Oh, I've got to throw some of these out there. Okay. What have we got? Here's ginseng you guys. Right here. Ginseng. And then over here, cistanche in your pants! Who got that one? I want to see who got that one. Okay, how about ginseng over here! These are modulators that help the whole process. Now that we've got the fundamentals in, now we know the basics, now we can tweak it. And if we are working with the teachings of the kundalini and yoga, we want to bring that energy, that sexual energy up so we can activate genius. You guys ready to activate genius?



Cuscuta seed is a great one, and cnidium seed. These are all things that can activate and amplify all the things that we have been talking about so far. Tribulus I mentioned earlier. Damiana is a very important one, again, another modulator. It's how you decorate all the things we have talked about so far and present it a little bit differently. And when you present it a little bit differently, then you might get that dude out of the seat and it's like, "Oh! Got it." Musical chairs.



And a couple more images. Colostrum is another very interesting one, because it's a great source of growth factors. It's one of those things I didn't slip in when we were talking about growth factors – along with chlorella and maca. Colostrum is another great source of growth factors.

And then the last one, of course: chocolate is hormonal. It can help modulate your hormones. Thank you very much!



For more information, please visit the following websites:

www.longevitywarehouse.com

www.longevitynowprogram2.com

www.davidwolfe.com

www.thelongevitynowconference.com

www.thebestdayever.com

www.ftpf.org

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