

Genomics and Longevity: Part 2

MERYL: Hey, everyone. This is your Rebel Nutritionist with part two of the fascinating chat I had with our client David step in case you miss last week's amazing episode, we covered David's discovering that he had a significant stomach infection or GI infection.

That he actually thought was a heart attack. And at age 62, he really started to then begin asking himself, more questions about his body and ultimately led him to us, which led him to his genomic testing. And so we talked about the steps he has taken to understand his own personal risks to heal his body from the things that he has been dealing with for so many years to learn about why supplements that he was taking for so long, were making little difference to his health and how we learn more about his genomics to give him the tools he needed to reduce the risks of his own genetic, let's call it missteps because they're really not, you know, we confuse genomics with genetics. We're not talking about something that we're predicting some terrible disease. We are giving him and we were able to give him information on how to really help his wellness and longevity and make a difference in his health so that he was able and is able to live a longer, healthier, and subsequently happier life.

If you haven't listened to last week's episode, I encourage you to do that first and then check out part two where we cover energy methylation and more things genomic. And we learn and you get to learn how to take better control over your health. Take a listen.

MERYL: that's a thing, right? It's, it's looking at the genetics and we can sort of segue so that right now, but it is looking at the genetics gives us the roadmap, right. It gives us your individual

blueprint. So right. If your cholesterol is high and your lipids and your subfractions right LP, little a, but B all of these ones that we know have a genetic tie-in and.

We can see. So we do that on a blood test and we just say a time we do all of these things that maybe help mitigate it. But then when we have your genetics to back into that, and we say, oh, well, no, look, your body doesn't transport cholesterol properly. Or it doesn't handle LDLs. Like now **we're getting into the specific nuances, genetically of how we can mitigate it.**

And rather than just guessing and throwing a whole bunch of supplements that may not work because they're not the right supplements for that particular target gene. Right now we can say, oh no, David, here's this gene, this is why you don't handle cholesterol. Well, let's use garlic instead of Cokuten.

Right? And now we can be much more specific on the kinds of things and the ways and the treatments that we look to mitigate and offset this. And ultimately it ends up and look, do you have to be on these things forever? No, absolutely. But, but as long as we're paying attention to following up with that, right, it's, it's the preventative side of things.

So I would say you want to come back to your nutritionist, which you have done, right? As a nutrition checkup, **like you would go for your annual physical, you come for your nutrition checkup as prevention.** I would say the best part of prevention of this is that we can prevent all of this and, and we have your your blueprint and that never changes.

So David was just sharing with me. He's like, well I, I was looking at my genomics and I saw it. It highlights, let's say the first three things that are, that are, are particularly of a priority. Because they're the highest let's call it genetic impact and it may have the most potential risk genetically.

So we've looked at those things with you. We've kind of gotten those in line and you said interestingly enough, I went back to my report and I saw now there's like six or seven other things that I can look at. So, so why don't you speak to that a second?

DAVID: No, but it's interesting it sounds confusing DNA analysis and genomics and all this, but the **tests are very simple and the results come back in a clear format.**

Not only to sit down here with you to speak about the results, but it's easy to take home and to look at, cause it's, it's highlighted and they break it down to different categories. So I don't remember all three of the top. There's three items we focused on for the first review. One of them had to do with the methylation process.

One of them had to do with exercise and it may have been the lipids in the fast we might have to look, but so those were the first three to, to address. And then then there's about five or six other categories one had to do with brain function and your serotonin. That was my, one of my little snips, I guess it is, or alphabet change.

Does indicate that I'm prone to depression. And some brain issues and low and behold, I do have an issue with that. And, but there that comes up, that's another little issue. And so that's your mental aspects of life and and then how well, what exercise, this goes pretty deep in your design and your small variations of your genetic code and how you're built, what exercise.

Most could be most beneficial for you on it. It turns out to coincide with some of the things that I like to do. I'm not I try and do some endurance work and I'm sort of a middle distance person, but maybe that's endurance stuff, I'm not designed best for that. Maybe I could have been a good sprinter.

I don't know, because **I had a potential ability to develop a good, strong burst of energy and run and swim faster than anyone. If I had developed myself**, that stuff is like, that is very interesting to know. And then you can put that into your mindset when you're working out as a very positive way, all this stuff in a very positive way to know these things.

MERYL: Exactly. And it makes it much more effective and efficient at what you're doing, you know?

DAVID: And so not such a guess, like I do have a friend who. Well, I would never do that. I don't want to know and I, I understand those feelings, but when I, when I do needs and when I did review some things and **the results even do give suggestions on what foods would be good**, leafy feed were brought in, brought up the, the the broccoli and cauliflower and all those types of vegetables come up.

And they sort of when they show the, **this is what you have as a trait, this may be a good way to nourish your body and to keep things operating well for you**. And that's, what's really unique. And then it coincides with any diet plan you want or advice you can get and how to set up your
life.

MERYL: Exactly. And that's what we do, right? Those are the things, I mean, we have the meal planners set up for. How to methylate better. Right. And so I will tell you, I have been doing this work. I don't know, more there 15 years, and I'm still learning about methylation. So don't feel so bad

courses. And and it's amazing. I'm doing one now. I'm working with my colleague. Who's amazing. Amanda Archibald and you've read her book. And so every week it's so funny because like we're all in this class and we're all like, oh, look, something else in the methylation cycle we did not know.

You know? And so it is it is the never ending learning process of, of that. To your point, we want to be able to, and **we know how to use food, not just to nourish us, but how to speak to our DNA. We can really use food to mitigate and offset some of these things** because it totally speaks to the DNA in our body.

And so it's just a beautiful thing to be able to do that. And and, and I always say to people, I had, I've had a couple of clients come back to me and say, oh, well, I really didn't get much out of the genetic report. And I looked at them and I said, well, that's a shame. I said, you need to use more of your sessions and come back because this is something we continuously unpack.

And we consistently use to your advantage. And if you are not taking advantage of that and that, and, and me as a resource to be able to learn how to really make the substantial changes and not be so myopic about our health, then there's tremendous potential and value in consistently unpacking that report.

You know, I did mine many years ago. I did it. I, and I've done many different kinds of tests because new genes come out and we learn new things. And there's always something I'm always going back to it. I'm always learning something new. I'm always looking at the nuances and trying to figure out how do I consistently.

The thing is in my life. And the thing is in my diet and lifestyle and exercise and all of that kind of stuff. And I when I do video recordings and I say, know what your individual blueprint is, because that is, it's just so beneficial and useful. And I think you found that out and yeah, so we do have to consistently go back to that report and say, what else can I learn about myself?

What, what else do I need to know to keep myself healthy and well and preventing these diseases and look, God willing, we can prevent a lot of things. And you know, there's a lot of genes, the

nuances we talk about cancer, right? There's a lot of genes. Again, it's not like getting a BRCA gene result is saying, oh, well, you're going to get cancer because you have this genetic mutation.

We're talking about genetic missteps, that if there's some cancer in your family or, or not, or even in your own health, right? Like, is there any predisposition to inflammation and subsequent issues that could come about as, as a result of some of these genes. And if we see that we can work on

DAVID: yes, it's, it's, it's amazing.

I mean, it's just fast. It's just fantastic that science has been turned towards this aspect of nutrition towards your DNA and who would've thought. So what, one thing that has helped me and it was sort of got me on board is I studied biology and undergraduate school. And so all of these ideas make biological sense to me.

I may not be able to explain, but I see the cycles and I see the pathways and the reports and things that presented here in that arena. And I'd like to go back and we have to run these things for exams it way back when, in my day, And DNA was being talked about back in the seventies when I was in school.

So this, these are not new ideas, but boy have they evolved. Right? And that's what attracted me to all the books out there that this functional medicine makes biological sense to me. So I encourage people who are not trained in the life sciences. It's hard to learn new things and to take the time. But if you do, you may be.

Easier to come along with some of this information that's up there. Right? And so that's what attracts me to that to this whole field of functional medicine and **fine tuning your lifestyle to be your best person**. And that's sort of one of my mottos that I adopted a few years ago. What are you doing these days?

I'm going to be my best me and I got this phrase from a woman. I was working out within the gym and I think that was rehabbing a knee or a shoulder. And I turned to the woman and said, what are you working on? She like, she was doing a set. She said, well, I'm working on being my best me. And it wasn't like I'm working on my leg because I have an injury or my back is sore.

It was just being a better. Version, version of yourself. And so that's sort of ties in with some of the things that you see here, but all of these things that happened in the last few years, including the 2016 issue in the hospital, with the fake heart attack and my working out in conversations with friends and my reading all comes down to doing these tests.

And I'm, I'm really amazed at where I'm at. And I did review them a little bit yesterday and today. Cause I didn't want to come in there. Totally.

wasn't quite sure what he did, but there was a lot of it and it is true about every time I look at it, I see something. More that we've talked about it or else it's already there and it's revealing. And so I planned it, I keep it, I have a notebook, which the tests we've done tests twice. And then also I **have a lot of the meal plans from your rebel kitchen and living plate**, which I, I subscribed to.

I'm pretty that, wasn't my issue of getting in the kitchen, but you need, **I liked variation and to see new ideas and you can adapt ingredients to what you think, what you know is good from your testing, but also what your preference is**. You don't have to be so strict. And so that's why I have a little notebook, cause I wanted to have these things at my fingertips.

It's easier for me to work that way and I will continue to review these things. And I am actually looking forward to subsequent tests maybe in three or four months. I want to see. How well did we do what have I done? Because you know, I've been on track mostly there's times when I'm not, but and these things take time to, to heal your body.

And so did I heal my leaky gut? What's going to be, the measurement is not silent. That's my main marker. I know I came in to say to you, I may not understand all this stuff, but if I can heal my leaky gut, I think we've got to address a lot of these issues and that's a simplistic way to look at it, but I also take.

You know, thought and comfort in like, okay, even if I don't understand this as well as you do or other top nutritionists, **I do have a plan. I know if I take these steps this is going to help me improve.** Yes,

well, it's we had one marker, but it's declined, but actually my, even now in between the time I say the first time, and we did the test, I came back to you last year, last summer,, last fall. And I had another health issue, which wiped me out. I ended up getting sepsis shock not to scare everyone, but I had a.

Unique experience where I had a a small, fairly large splinter go onto my thumb. And you know, I washed and vanished and off I went, but lo and behold, that bacteria got into me and it really hurt me. And so once I get my feet under me again my treatment for that was again, massive dose doses of antibiotics and other medicines, cardiac medicines, just to calm you down medicine because it was pretty traumatic.

And so that's when I came back, once I started doing. My feet out from back under me again. And **we did these tests against, and lo and behold, I actually have some improvements** that I thought there'd be a big zero with my gut microbiome, but you know, when things happen to you, you do it does grab your attention and you're going to take any steps.

You and I am a healthy person. And I think being healthy did help. It saved me. And so my body was strong and needed help. I needed professional medical help, but. Once you get back home,

you start following the, the practices and, and, and things you do to be a healthy person. And that's taking care of yourself, which again was my goal.

When I unplugged from work in 2018 and it was the best decision I made from my health. And

MERYL: absolutely, yeah. Kudos to you for that. I think there's not enough people who really take a step back and say, you know what, I'm going to get off of this hamster wheel. **I am going to reassess what's going on because I need to invest in myself.**

If we are not, people always say, well, it takes so much work. I don't want to cook because it takes so much time or, oh, I don't have time to exercise in my life and I don't have time to do this. And, oh, I can't stop and meditate because I can't turn my head off. Like all of these are signs. Hello. **If you don't take the time to be healthy, if you don't take the time to invest in yourself, at some point, your body will force you because you'll end up being sick.**

And you know, **this body of ours does not just keep going and going.** It's not the Energizer bunny that keeps going and going. If you don't refuel it the right way if you are going to beat your body up and you were going to abuse your body, it at some point, it's going to fight.

DAVID: Yeah. And I'm glad I unplugged when I did.

And like when you look back at it, everyone has to make their decision. And when it's, as they get later in the life and you're able to financially is when do you stop? And that's a personal decision when I chose, I knew it was time for me. I just had, I had that conversation with myself. I'm like, I can't do this anymore.

And I left money on the table, you know? I short tracked a few of your goals that you want to carry through. It's still the are age 65, 67, but I decided I'd rather do that, then continue things that

weren't working for me. And I'm glad I did. Because then I did like I said earlier on, I focused on my health, gave me time to do that, and it is different.

It can seem to be difficult. Even when you have an open schedule, it's still, you still have to, you still have to plan on actually, I think it's maybe easier to do when you are a busy person and you have more structuring, you have to be efficient. And so you do. And that's one thing that we do talk about here is

all the tools and things we've talked about is you do need

MERYL: a plan. Yeah. Yes. **You do need a plan and you need to be committed and consistent.** Right. But it's

DAVID: not as hard. It's not as hard as people think.

MERYL: Ah, I'm so glad you said that. Speak to that. People always

DAVID: say it's hard. It's not, if you just have to, there's a learning curve in anything.

Okay. And so the first time, two times, maybe three times, it's a little, but **each time you progress and you add another process, you add another menu, you add another activity.** And so, and then all of a sudden the main thing about food is like shopping. Now you have to read labels and you do have to learn how to go in the shop.

And then you, **the great thing about some of the menu plans that's presented is then you have a list.** And so you can sort of start shopping for better food to stay away from the processed food. Stay away. If you, if you got to restaurants, that's what you don't know. It just, maybe it's delicious, but what is it?

That's most likely processed. Okay. So, but. That's what happened to me is **I thought always just to take this first step, let me do this, do this first menu.** And then lo and behold, you'd have a new routine and a new habit. And after two or three months, you feel good, you feel better and that's mostly forward to do more.

Absolutely. And I've discovered some new foods. So I've incorporated tonight. I put that on my salad that a trader Joe's a lot of different roots. Yuca plantains you can get into the Latin America stores

they

got them along to hear all kinds of kinds of

staff that were in a lucky to be in a large dynamic, relatively urban area where we have a lot of these products. Right. So it's it's yeah. It can be a little tricky, but it's not hard. Well, and that's

MERYL: what we're here for, right. To support you and to help you and that's and, and to, to move at your pace.

DAVID: Yeah. And that's the other thing about this, this, and this is what is attracting tracking spot this because there's more to life than just eating your. Good salad or your power food. That's good for you. And it's going to help your body and your DNA function properly and not get , you sick and appropriately, but there's other things in it, like a movement exercise.

You can do what you want walking. I like to swim and bike. But now you have two branches of things that are important in your life, but then the other thing is your personal life and **your personal wellbeing in your mind.** And that's one thing that I'm still moving more to. There was a time in my lifetime where I had a yoga doing it four to five times a day.

And if I looked back at that period of my life, I was not an in line to buy some of this diet things, but I was exercising and I had yoga and things functioned better for me because it's centered me to use the overturn, but it brought me within. And where I fall down and some of this is the meditation

I have a meditation app

you know, but I know it's there and I'll get to it. And that's the thing that I'm trying to affect. Last time I was in here speaking to the person, and I said, put a note in my records, It's just setting up time.

MERYL: Yes. You'll look, I absolutely I take the mornings to do my meditation. I've put on my sound, healing, and I do it do I do it every single morning? Now there's some mornings. I'm like, ah, I'm just I can't, but I do. And, and I really find the mornings that I do it.

It's really it. **Meditation is all about the breath. That's what it is. It's doing the breathing and the deliberate, long, deep breathing is what shunts cortisol. It calms cortisol**, which is that stress and that fight or flight hormone, which is why the people always say to me, when I can't shut my mind off.

Well, you are the people exactly that need to be doing meditation. I always say that you are exactly why, or you're exactly the the group that should be doing it because we need to get that mind resting a little bit and not so overactive and all of that. But yeah, so it is it's, **it is not just about the food.**

And I always say that the work that we do in functional medicine is, and functional nutrition and functional wellness is all about. **How is your life balance? All of it, mind, body, soul, spirit, physical, and energetic. It all matters.** And so we've managed to take up like a lot of time today.

Great. So, yeah, I'm sure we could have, we could talk more, but any last parting thoughts that you want to share with us?

DAVID: I'm just glad that I took the stuff to speak to a certified nutritionist. And so wherever you are in your community and wherever you hear these podcasts, **find a functional medicine practitioner and it's worth your investment and time and money**. And I think you'd also find that some people may be concerned about both the time and money is it's a good investment and it can be handled through insurance and your health spending account.

So it hasn't been an inconvenience to me. It's actually been a benefit to my life. And I was, I recommended I don't go. I'm not the type of person to go out. And I keep some of this stuff to myself because I not everyone has read these books or thought about these things. And some of it may sound.

A little different. And so I've learned to just tell people that's not my preference, these food items upset at me. Or sometimes I'll say I'm allergic to that. Just, just, just not to go into, like, I'm doing this. My tuition is you can't take, don't do it because it's not how you come along and it's better to you know, take care of your own self, to to show people what you're doing.

Not that you're doing it for that reason, I'm doing it for myself. And so I would say look into it. give it a try. Absolutely.

MERYL: Great. Well, thank you so much. And yeah, **we work virtually everywhere, literally virtually everywhere. So you know, anybody who's listening who wants more information we are happy to do that and help wherever you are.**

And yeah. Look into the genomics. We really, I, I can't say enough about it. This is the trend of where things are going. Health is going because we always want to know what is best for our

individuality and that is the best way to do it. So definitely keep that in mind. And David, thank you so much for being here and as always, it's a great conversation and yeah, until next time everybody, this is your Rebel Nutritionist signing off make it a great day.