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We are seeing an increasing burden of chronic diseases, mainly caused by our food and food system. It is perpetuated by agricultural, food and medical policies that do not support health. We need to rethink disease and rethink the food and health system that protects health, burdens the economy from obesity and chronic diseases, protects the environment, helps reverse climate change and creates a nation of healthy children and citizens. This podcast is a place for deep conversations about the critical issues of our time in health, wellness, food and politics. New episodes stick out every Wednesday morning. I hope you'll join me. You can [acast.com/privacy](https://acast.com/privacy) for privacy and non-participation information. Why Muscle, our forgotten organ, is the key to healthy aging with Dr Chris Rinsh and Dr Stuart Phillips Why Muscles, our neglected organ, is the key to healthy aging (en) This episode has brought you Paleovalley When it comes to longevity, the goal is not just to live as long as possible. The real goal is to live as vigorously and vigorously as possible for as long as possible. So how exactly do we do it? In this episode of Dr. Farneiki, I was happy to sit down and talk to the doctor. Chris Rinsh and Dr. Stuart Phillips on the role of mitochondria in aging, and how we can use the various compounds that are found in plants to upregulate our biology and increase not only our lives, but more importantly our healthspan. Dr. Chris Rinsh is co-founder and CEO of Amazentis, an innovative life science company dedicated to the use of breakthrough research and clinical science to bring advanced therapeutic nutrition. Dr. Rinsh is the author of original publications in leading scientific journals, including Nature Medicine, Gene Therapy and others, for his research on urolithin A, mitochondrial health, cellular and gene therapy. He is also the inventor of a number of international patents filed and granted. Dr. Rinsh holds an MBA from INSEAD, France, a PhD in Cell and Molecular Biology from the University of Lausanne, a Master of Science degree in Biomedical Engineering from southwestern U.T. Medical Center and a Bachelor of Science degree in Engineering from Harvey Mudd College. Dr. Stuart Phillips is a professor in the Department of Kinesiology and a member of the McMaster University School of Medicine. It is the Tier 1 Canada Research Chair in Skeletal Muscle Health. He is also Director of the Center for Physical Activity at McMaster University. Dr. Phillips is the author of more than 220 original scientific papers and 90 reviews. In 2018 and 2019, he was listed by Clarivate's highly cited researchers as one of the 1% of all nutrition researchers mentioned and Exercises. Dr. Phillips is a fellow at the American College of Sports Medicine and the Canadian Academy of Medical Sciences. This episode brought you Paleovalli. Right now, Paleovalli offers my my 15% of the total first order. Just go [paleovalley.com/hyman](https://paleovalley.com/hyman) to check out all your clean Paleo products and take advantage of this deal. Here's more information from our interview: The role of mitochondria and muscle function in healthy aging and longevity (4:20) Why skeletal muscles are somewhat neglected in medicine (6:37) Improving muscle mass and function, As we age (7:13) How mitochondrial function affects the heart, brain, and other tissues (10:48) Resuming mitochondria through mitochondria (15:33) Augrintis study of pomegranates and how this leads to an understanding of the effect of urolithin A on mitochondrial function (18:52) How the gut microflora interacts with compounds in the food we eat (23:57) Raising the energy level inside cells for optimal muscle function (27:16) Study, and development, Mitopure Urolithin, The Nonfree Product of Amazentis, and How It Affects Mitochondrial Function (29:24) Boosting Muscle Health and Function as We Age (41:26) Learn more about Amazentis on more about Timeline Nutrition and take advantage of their exclusive offer for a two-month Mitopure plan for \$200 on [www.timelinenutrition.com/dryman](https://www.timelinenutrition.com/dryman) Follow Timeline nutrition at IG @timelinenutrition, on Facebook @TimelineNutrition on FB, on Twitter @UrolithinA. You can [acast.com/privacy](https://acast.com/privacy) for privacy and non-participation information. How to activate the healing potential of nature with the zach bush MD How to activate the healing potential of nature (en) This episode brought you Joovv and ButcherBox The microbiome has now come to be seen as the basis for our overall health. The gut microbiome contributes to our digestive, immune and emotional health, so it plays a vital role in overall well-being. Soil, like our intestines, has its own microbiome, which supports the health of plants growing in it. And just as our consumption of highly processed foods and overuse of antibiotics have destroyed key microbes in the human gut, we have also carelessly damaged the soil microbiome due to the overuse of chemical herbicides, pesticides, fertilizers and fungicides, heavy plowing and processing, and the inability to add organic matter back to the soil. On this episode of Pharmacy Doctor, I was happy to sit and talk to Dr. Zack Bush about why the health of our soil microbiome is the most powerful factor determining how healthy or unhealthy we are. We discuss why we need to recognize the soil as a major influence on the food system and our health, and most importantly, what we can do to change the composition of the soil to better. Dr. zak is a physician specializing in internal medicine, endocrinology and hospice care. He is an internationally recognized educator and leader in the thought of the microbiome as it relates to health, disease and the food system. Dr. zak founded Seraphic and Farmer's Footprint, a non-profit organization to develop root causes for human health and the environment. His passion for education is achieved in many disciplines, disciplines, topics such as the role of soil and aquatic ecosystems in human genomics, immunity and gut health. His education highlighted the need for a radical shift away from chemical farming and pharmacy, and his ongoing efforts provide a pathway for consumers, farmers and the mega-industry to work together for a healthy future for people and the planet. This episode brought you Joovv and ButcherBox. Ever since I use Joovv on home red light therapy devices, I noticed I'm getting a deeper, more restyled sleep and I feel more energetic and focused throughout the day. Go [Joovv.com/farmacy](https://Joovv.com/farmacy) and use the FARMACY code for an exclusive discount on the latest Joovv devices. For a limited time, ButcherBox offers new members two lobster tails and two filet minions for free when you're registered on [ButcherBox.com/FARMACY](https://ButcherBox.com/FARMACY). Here more details from our interview (video/audio): The key point in which Zack came to realize that we have to work with nature to create health (6:10) Zack after the academy journey, to connect the dots between the microbiome, nutrition and soil (10:50) How studies of chemotherapy led to his understanding of how nutrition, microbiome and soil are interconnected (15:59) Disclosure of soil healing qualities (19:38) What studies on the lining of the intestines, and the increase in the use of glyphosate (Round-Up), illustrates the link between soil quality Depletion of 97% of our soil and its impact on human health (35:54) Regulatory resistance to looking at scientific demonstration of the harmful effects of glyphosate (Round-Up) (42:22) Designing the future that we want by catalysing the exponential pace of transformation (47:16) Surrender the principles of the healing of nature (52:36) Work with the non-profit coalition, Farmer Trail (54:16) Learn more about Zack Bush on [ZachBushMD.com](https://ZachBushMD.com) and follow him on Facebook @ZachBushMD, on Instagram @ZachBushMD, and on Twitter @drzackbush. Learn more about Farmer's Footprint on and watch the ION-Biome on . You can [acast.com/privacy](https://acast.com/privacy) for privacy and non-participation information. Cholesterol is not the cause of cardiovascular disease with Dr. Elizabeth Boham Cholesterol is not the cause of cardiovascular disease (en) This episode brought you Perfect Keto We all heard that the secret of living a long, healthy, heart-free life lowers cholesterol, but is it really true? The reality is that most of us have little understanding about our blood cholesterol levels, and the whole topic is much more complicated than we thought. In addition, standard testing for cholesterol is out of date because it does not check the size of particles and the number of particles, and this information is what needs to be said, what actually happens to cholesterol. In this episode, Dr. Elizabeth Boham to why cholesterol is cholesterol a factor in determining your overall health. They also discuss the factors that affect cholesterol levels and whether statins are the most effective way to prevent heart attacks. Elizabeth Boham is a physician and nutritionist who practices functional medicine at the UltraWellness Center in Lenox, Massachusetts. Through her practice and lectures, she has helped thousands of people achieve their goals of optimal health and well-being. She is a witness to the power of nutrition every day in her practice and is committed to teaching other doctors to use nutrition in healing. Dr. Boham has contributed to many articles and has written the last chapter on obesity for the Rinkel Family Medicine textbook. She is part of the Faculty of the Institute of Functional Medicine and has been featured on The Dr. Oz show and in various publications and media including the Huffington Post, Chalkboard Magazine, and Life Experience. Her DVD Breast Wellness: Tools to Prevent and Heal From Breast Cancer explores the functional approach of medicine to keeping your breasts and whole body well. For more information, please [dryman.com/uwc](https://dryman.com/uwc) This as the episode brought you Perfect Keto. Right now, Perfect Keto offers Dr. Farmacy listeners 20% off plus free shipping with the code DRMARK. Just go to [perfectketo.com/drmrk](https://perfectketo.com/drmrk), and make sure you try their nut butters and Keto Cookies. In this conversation, Dr. and Dr. Boham discuss: If elevated cholesterol is always a cholesterol test problem you should be getting (either the NMR Lipid Panel from LabCorp or a cardio intelligence test from quest Diagnostics), and why the size of cholesterol particles matters What is the diet, lifestyle, environmental impacts, and genetics that insulin resistance, prediabetes, diabetes, and metabolic health play into heart disease and overall health oxidative stress, free radicals, and their effects on heart health Benefits, side effects and risks of taking statins drugs Patient Why Cholesterol May Not Be the Cause of Cardiovascular Disease Mind-Blowing Science of Fat Burning and Insulin Resistance with Dr. Benjamin Beekman Ways to Healthy Cholesterol, or why you should stop statins now see [acast.com/privacy](https://acast.com/privacy) for privacy and denial of information. The fusion of the field of psychedelic research Reemerging field of psychedelic research (en) This episode brought you Perfect Keto Hallucinogens as lysergic acid diethylamide (LSD) and psilocybin (a compound derived from certain types of fungi) have been researched in medicine as therapeutic agents, than their recreational popularity boom in the 1960s. Unfortunately, this era has given them a negative negative and since then, research in medical psychedelics has declined dramatically. We are now seeing a resurgence of interest in these therapies, and studies point to some positive benefits. One of the most striking things about using different compounds like psilocybin as medicine is the long and powerful benefits of a single dose. Dr. sits down for a conversation with Dr. Anthony Bossis, where he shares his experience of conducting psychedelic research. Anthony, Anthony P. Bossis, Ph.D., conducts FDA-approved clinical trials in the field of psychedelic research mergers. He is a clinical psychologist and clinical assistant professor of psychiatry at New York University School of Medicine, researching the effects of psilocybin, a natural compound found in specific types of fungi. Dr. Bossis was director of palliative care research, co-principal investigator, co-author, and session guide to the 2016 landmark study showing a significant reduction in emotional stress along with increased existential well-being from a single psilocybin generated mystical experience in people with cancer. Dr. Bossis is head of psychotherapy at Bellevue Hospital and co-founder and former co-director of Bellevue Hospital. This episode brought you Perfect Keto. Right now, Perfect Keto offers Dr. Farmacy listeners 20% off plus free shipping with the code DRMARK. Just go to [perfectketo.com/drmrk](https://perfectketo.com/drmrk) and make sure you try their nut butters and Keto Cookies. Find Dr. Hyman's full-length conversation with Dr. Anthony Bossis, Are Psychedelics a New Miracle Drug for Mental Illness and Fear of Death? Here: See [acast.com/privacy](https://acast.com/privacy) for privacy and refuse information. How do ultra-processed foods affect our mental health? with Dr. Shebani Sethi Dalai Lama How do ultra-processed foods affect our mental health? This episode brought you Thrive Market, Bioprimizers, and Pegan Shake Currently, one in five Americans live with mental illness, and these indicators have been tracking along with an increase in metabolic disease. However, conventional psychiatric care usually does not include discussing food or assessing metabolic dysfunction, obesity or insulin resistance in assessing or treating mental illness. On this episode of Doctor Farmacy, I was happy to sit down and talk with Dr. Shebani Sethi Dalai about the relationship between mental health and metabolic disease, and how we are gradually coming to understand that inflammation, oxidative stress, and insulin resistance can represent important root causes of many chronic brain diseases, including many psychiatric disorders. Dr. Shebani Sethi Dalai Lama is a double physician in the field of obesity medicine and psychiatry. She is the founding director of Stanford University's Metabolic Psychiatry Program and Silicon Valley Valley Psychiatry, a new center in the San Francisco Bay Area focused on optimizing brain health by integrating low-carb nutrition, comprehensive psychiatric care and treating obesity with associated metabolic diseases. This episode brought you Thrive Market, Bioprimizers, and Pegan Shake. Right Now, Thrive offers all Farmacy Doctor listeners an amazing thing to do. Choose a free gift from Thrive Market when you sign up for a 1 year membership. And, every time you spend more than \$49 you get free carbon-neutral shipping. Just head to the [thrivemarket.com/Hyman](https://thrivemarket.com/Hyman). My new favorite magnesium from a company called Bioprimizers-their magnesium breakthrough formula contains 7 different shapes that all have different functions in the body. There is really nothing like it on the market. Right now you can try Bioprimizers Magnesium Breakthrough for a 10% discount, just go [bioprimizers.com/hyman](https://bioprimizers.com/hyman) and use the CODE HYMAN10 at checkout. Pegan Shake has a combination of collagen, pumpkin and pea protein with healthy fats from two of my favorites: MCT oil, which is great for burning fat and brain power, as well as avocado oil. I also included acacia fibers to help with bowel mobility and digestion. Check it out on [getfarmacy.com/peganshake](https://getfarmacy.com/peganshake). Here more details from our interview: How Dr. Sethi Dalai came to study and understand the need for metabolic psychiatry (7:02) The link between mental health and inflammation, and how ultra-processed foods affect the brain (11:44) The rising rate of binge eating, obesity, and addiction to eating coincide with the rise of ultra-processed foods (15:29) How diet drives hormonal reactions in the brain (22:21) Targeting inflammation to treat mental illness (31:02) Dr. Sethi Dalai experience eating disorders, infertility, schizoaffective disorder, and more with diet (35:15) Treatment of psychiatric problems using a ketogenic diet (47:59) Why American metabolic health is particularly problematic when it comes to COVID-19, and how to protect yourself (156 Effect of diet on attention deficit disorder (ADD) and autism (1:01:15) Prevalence of undiagnosed insulin resistance and how to check it (1:07:34) Learn more about Dr.

Shebani Sethi Dalai Lama , metabolic dysfunction and mental health, as well as a free online resource her group creates at metabolicpsychiatry.com.Follow Dr. Sethi Dalai on Twitter @ShebaniMD.Join the Metabolic Psychiatry Group on Facebook in . You can acast.com/privacy privacy and non-participation information. Michael Moss on salt, sugar, fat and the role of the food industry in creating food addiction It is an honor and pleasure to have Pulitzer Prize-winning journalist and New York Times bestselling author Michael Moss as my first guest. His book, Salt Sugar Fat: How giants hooked us, changed my trajectory of my own work. It woke me up to the shady practices of the food industry. In this episode, we talk about the dangers, the dangers, the meat industry as a food corporation design food to be more exciting, and more. Don't forget to leave a review and subscribe so you'll never miss an episode. For more information, find me everywhere: facebook.com/drmarkhymanyoutube.com/drhymaninstagram.com/markhymanmd See acast.com/privacy for privacy and denial of information. I have a bachelor's degree in human nutrition and diet and hope to go to become a doctor someday, so I can do what Dr. does- incorporating the deep value of food into how we prevent, treat and eradicate common Western diseases such as heart disease, neurological disease and cancer. Hey, Dr. Heimsn. I love your interviews and all the information you givelstened interview on psychedelics and want you to know that I was someone from the 60s who had a bad trip I had no history of mental illness but ended up in the hospital and there were three subsequent episodes. Im not against the current activation of this study, but I have had trouble with you minimizing these experiences from the sixties. I've had to work really hard my time of life to overcome this experience. Maybe it was a dosage, but I did it with friends in a safe sny environment as I felt it was important for you to get this feedbacThanks I love all the information and expert sharing tips on living healthier. It's nice to find an informative podcast I hope it's not a sales pitch. Step. dr hyman podcast youtube. dr hyman podcast cholesterol. house call with dr hyman podcast. dr hyman broken brain podcast. dr mark hyman podcast youtube. dr mark hyman farmacy podcast. dr hyman sleep podcast. dr mark hyman podcast sugar

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