

**KPFK Aware Show with Lisa Garr
1/18/12 Guest David Wolfe**

Lisa: Good afternoon. Welcome to the Aware Show. This is Lisa Garr. Great to be with you guys today. So we are talking today about wellness, which we usually talk about on The Aware Show but from a perspective that goes cutting edge, ground breaking, scientifically evidence wellness. Does that sound like wellness on steroids, except there are no steroids involved. Joining me is David Wolfe. Thanks for joining me.

David: Hey, how you doing? Great to hear your voice again. I had a great time in Colorado at Boulder.

Lisa: We did, we did. My listeners might not know that I am on www.gaiamtv.com. Every Wednesday we do a live show out of Boulder, Colorado for Gaiam and David was my guest and it was so much fun. He did live elixir demos. Oh my goodness, it was amazing. We had such a good time. To spend a day with you was really the highlight of it for me because I have known you for so long and I have been talking with you for so long on the radio. We had met in studio before, but I really got into your day which was so neat for me. I got to see what you take in the morning and how you do all of this. So, let's get people started on many of the different topics that David talks about. I want to start really quickly, if we can, on the Women's Wellness Weekend that you have coming up. That is coming up, what are the dates on that? Come join us at <http://www.womenswellnessconference.com/aware-show>

David: It is February 10th. So it is coming up very soon. It is February 10th through February 12th right in Costa Mesa, California. So, up from Los Angeles about an hour and we will be at the Orange County Hilton. That is probably my favorite hotel in Southern California. What an amazing venue. We have an incredible thing lined up. We have people coming in from all over the world. Our speakers are coming in from all over the country. Dr. Sangeeta Pati from Florida, best selling author, Judith Orloff, Dr. Christy Westen is coming in from New York, and Dr. Hyla Cass is going to be coming. You know she is our local Los Angeles super doctor. Great, great person. I love Dr. Cass <http://www.womenswellnessconference.com/aware-show>

Lisa: Wealth of information. She is a very cool cat. We have done a lot of fun things together. She has helped me a lot too, with female hormone balancing and all sorts of great things. Yeah, she is terrific and also cutting edge. So this is just not wellness for the light and fluffy edge of this. This is really deep into the wellness path. Explain to people what cutting edge wellness is.

David: Well, we cut into every topic and it is not fluffy, you are right. It is not like we go, well you need to eat more fruits and vegetables, which is great, but we go into detoxification, fasting, colonics, sweating, infrared saunas, fitness, the latest research on fitness grounding, specifics on herbs, you know like we are going to take something, what should we take. We are going to knee deep, probably neck deep actually, into medicinal mushrooms. We are going to go into some of the great Chinese herbs like Astragalus, Asparagus root, and Schizandra berry. We are going to talk about different really super herb teas, like instead of green tea, what else you can do including Pau D' Arco and cats claw teas. Chaga tea is what I am drinking right now with some Brazilian honey in it. This is unbelievable actually.

Lisa: So I learned a little about this. Tell the people what the Chaga and the medicinal mushrooms are.

David: So, mushrooms are one of the dominate life forms on the earth. So there is basically plants, animals, and mushrooms on the earth.

Lisa: Okay.

David: Out of all of those mushrooms, some of them are like the very advanced life forms and representatives of their entire kingdom or queendom as the case may be. For example, we are kind of the representative of the mammals, right? That is kind of our position. Of the mushrooms, the great representatives are actually tree mushrooms which have been identified for 5000 years as actually being medicinal mushrooms.

Lisa: Now, these are not things that you can go pick off the trees and eat, because we don't know exactly what we are doing. These are things that have been curated, are in powder form, that have been qualified.

David: Right, that's where you want to start. You want to start off with what we call "techno-mushrooms". Where they have been prepared for you and they are already in a powder. It is easy to digest; you can add it to everything. Kids can eat these things. They are very safe. It is one of the safest food classes of all, of anything in the world. The only people that have trouble with it are some people who have mushrooms allergies, but even then, Chaga, the one that I am talking about here, the king of the mushrooms, that one is very unlikely to trigger an allergy even if you are allergic to mushrooms.

Lisa: Now do they have anything to do with the funguses in that state by any chance?

David: Well, our overlay of all of these mushrooms are fungi, and saying all fungi are bad is very juvenile. It is actually not the opinion of thousands of years of research nor thousands, its actually like hundreds of thousands of studies on the subject, which have indicated, actually that the medicinal mushrooms, especially the two, Chaga and Reishi, those two, are very, very important immunologic substances. They are the most important that have ever been discovered.

Lisa: Chaga and Reishi...and they have also been around for what, thousands of years?

David: Thousands of years. The original first book on herbalism ever published, which is the Chenoong Pharmacopeia which comes out of China that is well over 2000 years old named Reishi, named Chaga, it names medicinal mushrooms back then. That was the summation already at that time after thousands of years of research. So we are looking at a system here that has been looked at, eaten, enjoyed, helped people with their live for thousands of years.

Lisa: What are their main functions? I know that one balances blood sugar which is just amazing because that is something that diabetics look to do through a medication.

David: Right. All medicinal mushrooms are very good for diabetics because they contain long chain medicinal sugars instead of short chain sweet sugars. So they help to normalize sugar metabolism.

Lisa: So they do that because, exactly what you said, this is the low glycemic index food that helps you balance the blood sugar but it goes beyond that. It actually has medicinal properties to it. Right?

David: Right. It is food for the immune system. I want to specify this, because if we have really been paying attention to all the whole field of nutrition, all the whole field of medicine over the last 20 years, especially in regards to cancer, it is all about the immune system. It is all we have been hearing. If our immune system is smart enough, clever enough, has the weapons, it can deactivate the cancer. That is actually known to be what happens all throughout our lives. Cancer comes and goes. It is just when our immune system gets overwhelmed that we can no

longer get back on top of the cancer and then all of a sudden the tumor becomes a billion cells and the next thing you know we have a problem.

Lisa: So we have cancer cells in our bodies all of the time, they come they go, they come they go, and it's the immune system at work that basically fights them off and keeps them from replicating. When that immune system breaks down, is that what happens when the cancer grows?

David: Right. Well said. You summarized exactly what the research is indicating. Not only that with cancer, but also now the research. I am into arthritis, heart disease, and these are the things we are going to be getting into, especially woman's bone density issues and joint health.

Lisa: Very important. Is that why you chose this weekend having the Women's Wellness Weekend? I know that you do these once a year, but you never specifically have focused on women before.

David: No. This is our first one. Basically, when I do an event, it is about 70% women.

Lisa: Yeah, it is. I was laughing about that the other day. You are going to laugh too. Most of the people in the personal development space are male speakers. I was looking at this top 100 most inspirational spiritual leaders and the Watkins list and 87% of them are men, but the most people that read, listen to, and apply these products are women.

David: That is interesting.

Lisa: It is interesting isn't it?

David: That is one of the reasons why, by the way that we chose to have a line up of women speakers at our event at <http://www.womenswellnessconference.com/aware-show>

Lisa: Thank you.

David: Yeah. Bring Dr. Pati up, Dr. Cass up. Donna Gates is going to be there, who is a good friend of yours.

Lisa: Thank you. Yes.

David: Mimi Kirk is going to be there. I have to tell you about Mimi. I don't know if you know Mimi.

Lisa: No. Tell me.

David: She is 72 and she is probably the best looking 72 year old looking woman in the world.

Lisa: Oh my goodness. What does she talk about?

David: I do not know what she will be talking about. I would imagine youth and longevity, that is my guess. Every time I see an ambulance go by I think heart disease. It usually is a heart attack or something like that or somebody fell and broke their hip. These are the issues, by the way, that can be addressed in part, immunologically. Strangely enough. That is where we are going to bring that connection together about longevity, bone density, joint health, heart disease, and the immunological component of all of those things which we don't necessarily connect. In our main media, we have connected cancer in our immune system but we have not connected heart disease in the immune system. Arthritis though, we have started to see a little bit of that in the media. The connection between arthritis and the immunity.

Lisa: Well now, arthritis and immunity. So, arthritis is a disease of inflammation, right?

David: Yeah, partially. But in my research, it is an infection. Definitely rheumatoid arthritis is an infection. We were always told osteoarthritis was not an infection it was an inflammatory process. I am not convinced of that. I actually think that it is an infection. I think that all arthritis is an infection.

Lisa: Caused by a virus?

David: It is viral. It is also nano bacteria. Which is calcium forming microorganisms. There is a nutritional component. If you have good nutrition then your joint sheath is shielded but if you have poor nutrition then it is not and you are susceptible to these kinds of infections.

Lisa: Well that would make sense. If you are treating RA, most people are recommended a specific diet. You are able to decrease the inflammation with a diet. It does make sense that it is caused by some type of a bacteria. I am actually asking you, I don't really know that.

David: This is my feeling about it. It is a number of organisms all together. For example, rheumatoid is definitely viral and I definitely feel that it has calcium forming organism components. Which has been called a nano bacteria, which is really a poor name. It is more like viruses that form shells.

Lisa: Calcium forming what?

David: Calcium forming microorganisms. What that is like is like comparing a slug to a snail. Snails form a shell. You see what I am saying. What we have found through the research is that when somebody has a condition and they are treated with antibiotics and the condition, lets say it is staph, and the staph becomes resistant to the antibiotic. It was found in the 1980's if you put something into that person's body like EDTA, which is a bad calcium dissolver; it dissolves plaques out of your body that the antibiotics suddenly work.

Lisa: Interesting. So these viruses actually form a shell around themselves.

David: And bacteria too. That makes sense to me from my perspective on the research. It also makes sense because as above and below you look into an ocean and you see all sorts of clams, barnacles, oysters, and things that form shells, so why would that not happen at the micro level, especially based on the research when you x-ray people who have rheumatoid you see all kinds of deposits of calcium all through the tissue, but the bone underneath is perfectly fine.

Lisa: And that again is worth an alarming statistic there.

David: There goes an alarm on that one again.

Lisa: This is very interesting. By, the way, blessings to the person that the ambulance is going towards. The whole concept around rheumatoid arthritis has yet to be discovered. There are so many incurables out there that people who go through these types of illnesses go through doctors and doctors and study and try to figure how to try to regain the life that they knew it. So if something like this that is as simple as trying something that is not going to counteract with a medication that you are on and trying a safe herb, now some herbs do counteract but the Reishi mushroom and Chaga mushrooms do not.

David: No, no these things are foods. We identify them because we are still in a very juvenile understanding, generally as a culture, about what we call the "super herbs" or "tonic herbs". We

identify them as something that we take when you are sick or something like that. My work is about eradicating that idea. Its like, no, we start this with kids. Kids get on this stuff right from the beginning so we never develop the immunological problems including the arthritis, including the cancers that show up later. We are already on top of it from the time we are a child on. Most of us have never had those kinds of “foods”. We have eaten chicken, rice, bread, or cheese, the normal stuff that people eat. Those have no immunological components. Therefore, we are susceptible and that is why we have so many immunocompromised conditions today that we never had when we lived on farms. At least when we lived on farms, we had foods that had natural medicines in it. Kind of like original broccoli, original vegetables, original medicinal mushrooms from the local forest, or whatever.

Lisa: So, this is not an herb, this is a medicinal food that you are taking about?

David: Yes, it is actually a food category. So, I think of things, for example like not just the medicinal mushrooms but the great Chinese herbs like Astragalus and Schizandra berry, and Goji berry. Those are foods.

Lisa: This is one other thing; you are going to be going through this during your weekend, right?

David: Yes. Basically, I am giving you a teaser of what we are going to be doing.

Lisa: I want people to really understand the entire value of this. So, first of all, I will give you the website real quick which is <http://www.womenswellnessconference.com/aware-show>. Now, are you going to do any of your fantastic drink elixir demos there?

David: Yes. We are going to create all kinds of food. We were talking today about how we are going to serve drinks and how all that is going to happen.

Lisa: Okay, I just want to share with you all. This is the one of the most fun things that I have done and I am so excited about it because it has changed the way that I operate. David was with me and we did these elixir demos. One was for balancing blood sugar, the other one was for brain function and clarity of thinking, and the other one was for increasing energy. Each one of these drink demos, and David is a master blender chef, he but in about 14 different ingredients. Folks, you can do this stuff at home. It is so amazingly cool. Just the blood drink that we are talking about that has the Chaga powder and the Reishi powder in it also had like coconut powder and cacao, Lucuma, all these great things in it that when blended, it balances out the blood sugar and you can put these in a blender and you can have this as a meal if you want too because it cuts down on cravings, it balances your blood sugar so you don't have the highs and lows, it is beautiful food. It is a pure food. These are some of the things that you are going to be doing at the weekend?

David: That is right. We are going to get into those things and we are also going to give out a lot of free prizes. Probably ten thousand dollars worth of free prizes.

Lisa: What do you mean? What are you giving away? What are you doing?

David: Well, we are going to be giving away something to everybody. I think pretty much all of the participants there are going to receive a free copy of my Longevity Now program manual and CD set. Everybody is getting that.

Lisa: That is huge.

David: That is huge, right? We have given that away on your show a lot of times and that is huge. It is almost a 500 page book. It is basically a reference book. And the CD's. We will be giving away all different types of super foods, herbs, and probably some equipment. At our big show, our longevity conference last year, we gave away a sauna. That thing was like a five thousand dollar product.

Lisa: Really?

David: Yeah. The guy that won it, his wife was in the other room in the sauna trying it out because she was so into it and she missed the actual raffle at the end of the whole show, and the husband won it.

Lisa: Oh my god! That is intentionality if I have ever heard it before. All right.

David: We give away all sorts of goodies. There is so much stuff. We are able to that because we have great sponsors.

Lisa: I love the attention that you are spending on women. I absolutely love it. I think that it is great and refreshing. Women are what, 50% of the planet? Is that right?

David: More. No there are more women on the planet than men. Women are dealing with the pollution of our environment more than men are because women's hormones are more sensitive. Women have more hormones in action than men do. For example, they have much more complicated progesterone/estrogen system than men have. Men don't have progesterone, except for a split second. It turns immediately into testosterone. It is the chemicals of our environment are estrogen mimickers or their zenoestrogens or fake estrogens, many of them are. There are hundreds of them actually. So women have actually fallen pray more than men, but women have fallen pray to these types of hormonal conditions more than men and this is really an area where I had to just take it on and learn it inside out and go to the very top of my field in that area. That is what I am going to be sharing. I had to go through all of Dr. John Lee's books. He is the guy that coined the term "estrogen dominance" and really rocked the material, like know it inside out, upside down and then go further. I had to call all of my friends like Dr. Cass and Dr. Pati and find out what their take was on all of this stuff and I have been reviewing this with some of the longevity doctors from all over the world. Now I think we have a very advanced understanding of how to deal with hormonal health that was never possible before. It is actually going to the crux of a book that I am going to write within the next two years, but this is what we are going to be sharing during the

<http://www.womenswellnessconference.com/aware-show>

Lisa: See, now that is where you get the information before it is even out there. You get it from a place of not just bioidentical hormones and those types of things. If you have questions about being on any type of hormone replacement therapy, this is something you want to go and empower yourself with because the information that you find at David's conferences are the most cutting edge information out there. I love it and that is why I am so excited about it.

David: I want to break it down to this thing. This is so important to me for everybody listening. It is chunked down to what you can do at home. The most advanced knowledge about hormones is chunked down to the simplest steps that you can do at home to activate your own self healing. If we can't get to that point, we are still in outer space, having to deal with going to this doctor, get that opinion, we take this and we don't know what it is doing to do. No. We want to do it at home with stuff that is available to all of us.

Lisa: Okay. I just want to make clear about the website because I have given the wrong website a couple of times. Just go to theawareshow.com the link is going to be right there on the home page for David's Women's Wellness Conference. If so if you are driving right now and you are wondering which website I just gave out go to the theawareshow.com. We will make it really easy for you and put a link on the home page so that you will be able to see. We have a new website that we are developing which is great. It has all sorts of new things and reasons for you to visit right now and you can get to David's conference there. It is happening February 10th through the 12th at <http://www.womenswellnessconference.com/aware-show>

David: Yes. February 10, 11, and 12th and then I think what we are going to do is that we are adding a luncheon and lecture to the Monday, which is the 13th. So if you are interested in staying the whole weekend that is a possibility and we can get going on the whole new you for the New Year.

Lisa: Very, very cool. Hey, you know what, I wanted to share with the listeners, if we can, and I will go through these ingredients. Just one of the drink demos that we did on that Gaiam show because I think the one that most people can have access to and that they need a lot of is the brain booster. It was not a lot of ingredients, so it is pretty easy for people to be able to do. But this something that will give you, well of course energy is one of the things, but it stabilizes blood sugar and it allows you to think a little bit clearer because of the different ingredients in it. What other things would people benefit from with the brain drink that we are going to talk about?

David: There is so much to be said for just Brahmi. Brahmi was one of the ingredients which is purslane. If you remember Lisa, when we had that moment, I said that the purslane is the 8th most abundant plant on earth.

Lisa: Purslane. Yeah.

David: In India they call it Brahmi. It is a little succulent plant. We have all seen it. It is one of those things that grows in the corner of your yard and it is like a weird kind of a plant. It has a very powerful brain enhancing effect and it is literally an ayurvedic medicine. It is in the top five of all foods and herbs.

Lisa: So this is something that is a brain tonic, so it helps you have more mental alertness, better memory, these types of things.

David: Everything. It is a super brain tonic, super brain substance. I did a lot of research on purslane and I found out a couple of things about it. One is, it does actually contain EPA, which is what is in fish oil.

Lisa: Oh, interesting. The actual plant does.

David: Yeah. It is very weird. It is a plant that grows in the land and has the same component as what is in fish oil. Not that much, but it is there. Another thing that is really interesting about purslane and Brahmi is that it is one of the top plants in the world that is being researched for being a telomerase activator, like Astragalus, which basically means a longevity substance.

Lisa: So the telomere is located at the end of the DNA strand that is responsible for anti-aging, if we can keep them long enough. I think that we have talked about this on The Aware Show before.

David: Basically, if you can keep your chromosomes from being decayed by oxygen, basically free radicals. When you have that damage it is called telomere damage. If you can protect your DNA from that kind of damage, then it has an anti-aging effect. That was proven in 2009, actually before that, but the Nobel Prize was awarded for that research on 2009.

Lisa: So, if we can actually increase or regrow the length of the telomeres and this in turn reverses the aging process. It's the only thing that is really known to do this, right?

David: That is correct. Astragalus is actually that extract of Astragalus known as TA65 that we have talked about, is the only thing proven to actually do that. I am sure that there are other things out there but they just have not been proven to work.

Lisa: I was just talking to Dr. Norm Shealy, and he has this tank that is like a dome which is made out of copper and there is some sapphire. There is like a dome. You could just take the Astragalus. That is the only other thing that I have heard of that grows DNA telomeres. Okay, so now in the drink, the brain booster is almond milk. So you want to go for obviously raw almonds if you can. Make it yourself if you can. If not you can buy something from the store, right?

David: Right. Because the oils are sensitive and the fresher they are the better.

Lisa: Okay. Why almond milk? I know you use coconut milk in other things. But why specifically do you love almond milk?

David: I like hemp seed milk better, but it is not available in the US so that is why we kind of went to almond milk. If you are in Canada, hemp seed milk is probably more available. It is available in the US but just not as widely present as almond milk is.

Lisa: Then there is mesquite powder that you have in there. What is that work for?

David: That is like a blood sugar balancer. This is important when we are dealing with cognition, memory, or wit. This has a lot to do with stable blood sugar. So if someone is up and down and up and down, their brain is out of whack and they can become moody, angry, foggy, cannot think clearly. So mesquite is a very good blood sugar stabilizer. It is like cinnamon in that regard. They are very similar in the way that they work.

Lisa: Interesting. So we had two cups of almond milk, two tablespoons of mesquite powder, and then a tablespoon of honey, NoniLand honey.

David: Yeah. The research on honey has concluded that the children that eat honey are smarter and by an IQ differential of about ten points which is very substantial. That is a very big up tick in a child's cognition and memory.

Lisa: In what age?

David: Let me just clarify something about honey. We hear sometimes that honey is not good for kids. It is not good for kids below that age of one on very, very rare occasions. The rare occasion is if there is botulism in the honey, which is possible but highly unlikely. But once you are over one year old, if there is a tiny little bit of one of those organisms in there, your body can just eradicate it. Your immune system is strong enough. That is why children over the age of one are recommended to eat honey, but not before that time.

Lisa: Okay. So after that, it is higher in the glycemic index, but it somehow creates a balancing effect in the blood sugar, doesn't it?

David: Depending on the quality. Let's talk about quality for a second. NoniLand honey is basically a wild honey. It is from an incredible, intact, rain forest environment in Hawaii. That is what you want really. You want an intact forested environment or a non farmed or chemical environment to get your honey from. Then you will get more balance in the honey. It is going to be darker, richer; it will have more long chain sugar and not just glucose. It is going to have more depth to the flavor. It is going to have topical healing qualities, for example on burns. That is what you want. When you have that type of thing that is the honey of old, the way it was always done a hundred years ago and before. That is the stuff that has the brain enhancing qualities.

Lisa: Now you have a farm in Kauai, right? Is that where you grow some of that honey?

David: That is right. We have about 35 to 40 hives going there. We have worked it from the soil all the way up. Our feeling is that the plant itself is going to represent different pollens or better quality pollen based on the quality of its own nutrition. So we have worked very assiduously for years, it has been close to seven years, to really enhance the quality of the soil there so that the plants are healthier and produce better pollens. The bees go and get that pollen and then they make honey out of it. So it has been thought out to that distance.

Lisa: Do you remember a long time ago; I think it was probably 20 years ago, where they were doing Malathion spraying here in the United States. Do you remember that?

David: Yes.

Lisa: Where I am going with this is, are you aware that they still do that type of spraying? Is there a reason that you chose Kauai because that is zoned basically as a no spray zone?

David: That is part of the reason. Another reason is that it is free of the varroa mite, which is a problem for bee keepers all over North America and even on other Hawaiian islands. So that is another condition that we wanted to make sure was present, that there were no bee parasites. Other thing is that the entire area, the ecosystem that we are in, is organic. We don't have chemical farmers next door. We do not have any kind of pesticide spraying going on in our whole ecosystem, in our watershed basically.

Lisa: Wow. So it really is pure from the ground up in terms of the bees and the other things that you grow there.

David: I just want to mention this for anyone who is interested in honey. I found out from being a beekeeper that most of the bee industry feeds bees protein in the form of whey. Like whey protein from a cow.

Lisa: Really?

David: I was like, wait a second. That is unnatural. I did not know that. I thought that bees got all of their protein from pollen. But they do not. They get it from algae and other sources in the local ecosystem. So a lot of farmers will feed their bees whey in order to give them the protein that they need. What we do actually is feed our bees' Spirulina and Goji berries on top of the pollen. We supplement their diet. We sometime we use a little bit of maca. We supplement their diet with that instead of using whey. Oh my god, I don't even know what else goes on in the bee industry, but I did find out that that goes on.

Lisa: How do you feed bees?

David: Well, you leave a high protein drink, basically near the front of the hive. What they would normally do would be go to a local creek and they would pick up algae and they would consume algae or bring it back to the hive. I did not know any of this. You'll see it. If you are at a creek, sometimes there will be bees inside the algae at a creek. You will be like, what are they doing there? Why is a bee there? Because they eat that.

Lisa: Interesting. They bring it back and then they feed it to the colony.

David: Yeah. To the colony. Exactly.

Lisa: Fascinating. Beekeeping must be incredible. I am sure there are people listening that have done it before, but it sounds like such an interesting thing to do. There is a lot you can learn about our ecosystem.

David: Another thing too, the whole relationship with bees is going to add about ten years to your life.

Lisa: What do you mean?

David: Meaning that the research indicates that if you are a beekeeper, if you like honey, or you are a bee pollen person, or you in to royal jelly that you are going to live longer. That is Russian research. They figured out that people, who ate honey in fact, lived on average more than ten years longer than people who don't.

Lisa: Wow. Isn't that interesting. But we have heard so much about our bee population declining. What do you attribute the reason for that happening?

David: I think that it is nicotine based pesticides. That is my guess to be the number one cause. I think that there is something to be said for the way that that bee's are treated too. There is a huge amount of stealing from the bees. they produce about 60% more than then need but we are going in there and taking out 80% and then giving the sugar water to cover that 20% that they still need. We are taking 80% so we are digging into their reserves.

Lisa: Because of the mass production of honey?

David: Yes. We use sugar water to feed them to make up the deficit. I think that is part of it. There is something to be said for the cell phone towers and how they confuse bees and the cell phone signals. I think when you put all those factors together and then the introduction of verroa mite and the other bee parasites into the colony, when you put all that together then we are into a colony collapse disorder and we understand what is going on now.

Lisa: It is becoming the bee show here now. How do the cell phone towers affect the bees? Is it the actual waves?

David: It is the signals. It's apparently the EMF signals that are given off by cell phone towers and it confuses the bees. Somehow they pick up on it or they are in a range where they hear it. The EMF fields that we are engulfed in, Wi-Fi, cell phone, radio signals are actually electromagnetic frequencies that we cannot see but it is possible to see them if we had the right kind of eyesight. Bees can see into the ultraviolet.

Lisa: With all the pixels.

David: They have a little bit higher frequency that they actually pick up on that they are tuned into and that is just with their eyes. There cilia on their bodies, on their limbs, may be picking up signals as well. That is the research that I have been doing as indicated. Insects can actually feel their environment through the little hairs on their legs and their body.

Lisa: That would make sense, though. Perfect sense. So they pick up on that and then it just confuses them and interrupts their pattern.

David: Right. That is contributing to it as well. there has been a lot of research that has been done about this that was on the web about two years ago so anybody can kind of look into this, but one of the things that we really want to do know is encourage healthy beekeeping and healthy bee products for our future and that is why I am involved in beekeeping. I think that it is just an amazing vocation and hobby.

Lisa: You always want to buy local honey when you can or the honey where you know, like the NoniLand honey, that David Wolfe has. All of this stuff is going to be available and samples and so forth at the conference. Once again you can find out that information at the website, <http://www.womenswellnessconference.com/aware-show> to connect to David's Women's Wellness Conference that is coming up February 10-12th. Okay, we were in the middle of the ingredients for the brain booster. Sorry about that. I total diverted to that conversation. It was fascinating though. Thank you. Two cups almond milk, two tablespoons mesquite powder, one tablespoon NoniLand honey, and they we have the two tablespoons of Reishi mushroom.

David: Reishi mushroom is very important for people who have been on drugs. Both legal and illegal drugs. It is very important to repair the brain and create a sense of wellness and repair the system that forms neurotransmitters for our brain and even for our gut.

Lisa: This is the powder form, right?

David: I like powder form for newbie's, people that are new to this. People that are like, what is this Reishi mushroom. When you go to a health food store you see them in capsules. That powder that is inside of there is actually edible. You can actually open up the capsule and eat it and it taste pretty good.

Lisa: And that is actually better. You would have to consume how many pills to get the two tablespoons?

David: Right. The dosage that you want would have to be 20 to 30 pills. So that is why we are kind of going past what the health food industry has as its norm, which is doing it in capsules and doing it as bulk powder now.

Lisa: So that is what you guys do at the Longevity Warehouse? That is great. I saw these in our demo. It looks like something that you would see a bag of nuts in. It is an incredible amount of Reishi mushroom powder.

David: Exactly. It's so that you can get enough. Let's say that a bottle of the Reishi mushroom power is \$80. If you paid for that in the health food store you would be talking about \$400 because it is all encapsulated and individually bottled and a half a dozen bottles or how ever many it is. So we just saw that there was an opportunity right there to jump ahead of the crowd and really give the people what they need and what they want.

Lisa: This is how these things are effective. That's how they really do help the brain because you have a very large dose here of what is actually needed. Although it boils down to one small drink.

David: One of my favorite lines, I think you have heard me say this before, is take two and call me in the morning. It is like old news. That is a pharmaceutical model of consciousness and we need to get out of that. When you are dealing with healing with food or healing with herbs you have to take like 2000 and email me next month.

Lisa: That makes sense. That absolutely makes sense. My plan is to get the powders from her company and then I am putting them in small containers so that I make a tea out of it at the radio station, or I can just pour all of my ingredients into a blender and then blend it up really quickly with the almond milk for a meal before I have to leave the house. Those types of things. It is very, very convenient for people and I love the way that you have put all of the ingredients together, made them easy to buy in bulk so that you can make these on like a dollar or two dollars a day, which is very economical as well.

David: Yes. It is actually much more economically to do it in the bulk way. I was just at my house and I just spent three weeks after I was with you in Boulder and then I was home for three weeks and then it was great to just be there in my kitchen because everything is in big mason jars or glass containers on the counter and then I can just pick if I want Reishi mushroom powder, I want Lucuma, or vanilla bean powder, lets throw in there cacao beans. It is all there so that you can see it all. That is kind of my wish for everybody. To have that choice and to also have those skills.

Lisa: Yes, yes. I love that you are educating people and these are things, balanced blood sugar, increase brain function, and also give you energy that you don't need to reach for other different type of stimulants because these balance your energy, they give you the amount of energy that you need. So then the other thing that goes in there is a ¼ tsp of Gotu Kola powder.

David: Gotu Kola powder is a topical ayurvedic super herb that basically dilates your capillaries in your brain so it increases cognition. Very similar to the way Ginkgo works.

Lisa: So it is Gotu Kola and this is great if you have headache or anything like that too. It also increases circulation to the brain. And then ¼ teaspoon of what we talked about Bacopa.

David: Brahmi.

Lisa: Brahmi. Is it also called Bacopa?

David: It is called Bacopa and it is also called purslane. All of that is the same.

Lisa: It is an ayurvedic, adaptogenic herb full of antioxidants and lots of great things. Then a ¼ teaspoon of cinnamon, because it is great for blood sugar.

David: Right. So then again cognition and blood sugar are related to each other.

Lisa: It is great for attention, memory, visual motor response, and all sorts of great things. Cinnamon is a terrific thing. If you every find it out there, put it on whatever you have.

David: It is awesome. I love cinnamon.

Lisa: So you just blend this all up in a blender and it is a wonderful brain boosting drink which I probably need right now. But these types of things you will be demonstrating at the conference anyway. If you want to see this and get the recipes and all of that live in action, you can go to theawareshow.com and click on the link there for the Women's Wellness Conference that David

Wolfe is doing. This is just one of the many drink, elixir demonstrations that you will be doing, right? Come visit us at <http://www.womenswellnessconference.com/aware-show>

David: That is right. I love doing this kind of stuff. It is my favorite thing. Just showing people how to make these elixirs and smoothies. It is a whole new area of cuisine.

Lisa: It is. You just did like a bunch of these, didn't you?

David: Yes. I do these every day. Right before I saw you, actually, I did 37 different ones, just stuff we are using on YouTube and put out there into the world as free stuff but that is the depth, as how far this goes. Just in one weekend, I did 37 different recipes that are all like these incredible super herb, super food combinations and just walking people through step by step. Again, what we are doing is showing people a whole new type of cuisine but it is not like, what is for dinner; it is like what I need to save my life. It is more like that kind of idea.

Lisa: Did someone call you a Master blender chef?

David: Well, I was on one of these shows like E-Entertainment Tonight or one of these big Hollywood shows. They said like what do you do? I said I am a blender chef. I am not really a chef, I am a blender chef. I thought, yeah, blender chef, that works. I just made that up on the spot.

Lisa: That totally stuck with me and I am a media person. I love that. I called you a Master Blender Chef.

David: It stuck all of these years and it was one of those things, like on the spot that I made up but it really is true. It is what I do all day. I make blended drinks for anywhere from 2 to 500 people.

Lisa: Yeah, that is what is awesome about it. The other thing is the tea that you can make. That is something that you don't necessarily need a blender for. It is a warm drink and it is great for energy as a matter of fact. If you like that feeling of drinking something that is warm and also gives you great energy. That is right; you have the Spring Dragon Gynostemma tea. Is that also something that you are going to be featuring at the conference?

David: Absolutely. To me Gynostemma is really a female type of super herb and the Chinese Academy of Sciences have crunched the numbers on their herbs over the last 100 years and they found out that based strictly on the research that Gynostemma is actually the #1 Chinese herb.

Lisa: It is not Astragalus?

David: Just strictly based on the research, meaning that it has the most unique medicinal functions, it is the most correlated with longevity, even more than Astragalus. This is just Chinese Academy of Sciences. Other people have different opinions. But it went to #100 on the list all of the sudden to #1 over the last 100 years based on the analytical research on it. So, we like Spring Dragon Longevity tea. The Gynostemma tea is the best base for almost any drink that you want to make. It lends itself to that activity. It lends itself to being a smoothie based underneath whatever you are going to throw in there. Let's say you are going to throw in berries or you wanted to throw in almond milk, or you wanted to put in all of these other herbs or you wanted to throw in some super foods like cacao or spirulina or something. Gynostemma as the base, the Spring Dragon Tea is really the way to go.

Lisa: Or you can just drink it on its own and it is great for balancing energy, right?

David: Exactly. By itself, it can, if everything goes the way that we want it to go, I can see Gynostemma eclipsing green tea in ten years.

Lisa: Interesting. So does it have caffeine in it? No it doesn't.

David: It has no stimulant. What a concept.

Lisa: No stimulants, though it increases energy?

David: Right.

Lisa: How does that work.

David: The reason why it works is because it actually contains a huge amount of what are called saponins. Saponins are modulatory. They are completely adaptogenic. If you need energy, it will give you more energy. However, let's say it is at night. You have been working super hard. You need to calm yourself down. That dual directional saponin property will then calm you down instead of bring you up. So it is intelligent medicine.

Lisa: Interesting.

David: That to me, just what I just said, is one of the biggest discoveries that the Chinese Academy of Sciences has made in the last 50 years.

Lisa: That it is intelligent medicine. Yes, that whole term right there is the whole basis of what you are talking about.

David: It is a true adaptogen. It actually adapts to what you need. Like you're in a crunch, you need the energy. Boom. It will be there for you and give you the energy. Again, if it is late at night and you need to bring everything down, close it down, close the shop up, boom, it will do that for you.

Lisa: Now does it also have any cleansing properties to it?

David: Absolutely. Gynostemma has more than 120 saponins which is the most pharmacologically active Chinese herb of all. Those saponins work on our immune system just like what we see with Reishi mushroom and Chaga. That means if we can get that dual directional activity, for example, to go up to bring our immune system up, we detoxify better. 50% of detoxification is the immune system. 50%.

Lisa: Wow. So you want to start the process before you go to sleep. So this would be a nice tea before you go to bed.

David: Absolutely amazing. It is amazing at all hours.

Lisa: Interesting. That is very interesting. This tea is Gynostemma tea and it is made by Ron Teegarden, right?

David: Right. Basically, Ron is the guy who brought it to the west and said, hey check this out, check out this research, look what this thing is all about. He did not originate Gynostemma tea, it comes from China and it is very popular over there. Its spelled Gyno, like gynecologist and stemma which means stem, so it's like female stem. It has a lot of female energy in it. It is

very similar to the way that Ginseng works. In the original research that was done on Gynostemma but then the later research indicated that it is much broader acting than Ginseng, which is crazy and amazing.

Lisa: The Ginseng has always confused me because there are so many different types and they have kind of similar properties. Some are calming, some are stimulating, and I never can figure out what the difference is between the American and Siberian.

David: I know for a fact that you are not the only one. That is for sure. That is a whole conversation. That is a whole interview on Ginseng basically, for most people out there, unless you are an expert on Ginseng. Probably you are best off just talk to someone who is an expert like Ron Teegaarden and saying what do I need for me. If you don't have that, you are better off going with something like Gynostemma where you don't have to deal with all of those variables.

Lisa: Some of the questions coming in from the audience are: What do you recommend for estrogen dominance and maybe specifically checking levels of estrogen and progesterone and so forth. Do you recommend checking those levels before taking something?

David: Well it is great to get a baseline. XRT labs, we work with them and they do a great job of sending you a kit, you prick the end of your finger, you do a capillary test, you send it back to them, and then they will give you your levels of estrone, estradiol, estriol, progesterone, testosterone, cortisol, vitamin D3, and DHEA. I think testosterone, I don't know if I mentioned that but it is another one. And then let's just get clear about what estrogen dominance is. Estrogen dominance is elevated levels of estrone when you are over the age of 40, where all of a sudden you have huge amounts of estrone, and you don't need that you are not 13 and estradiol. When those are elevated at very high levels, when you are 65 and your estriol, which is your good estrogen, is low, and your progesterone is low or zero, and testosterone is low or maybe moderate, that is pretty much a recipe for trouble right there. Guaranteed trouble if you are in that particular blueprint of that particular display of hormones. What we are really working on is all the research that brings all that stuff out. You have to bring the estrone down, you have to bring the estradiol down, and you have to bring the progesterone up.

Lisa: Now are you taking about a propensity for cancer or something.

David: Yes. That is a propensity for breast cancer. It is also any kind of ovarian cancer or cervical cancer. Like hormonal related cancers.

Lisa: Because of the high levels of estrogen, of course. They feed on those.

David: Estrogen dominance is problematic when you are 65 for sure.

Lisa: Another listener is asking about tinnitus. What is tinnitus?

David: Tinnitus is ringing in the ear. This is a bigger problem than I ever anticipated. It is an epidemic actually.

Lisa: I have heard. There are several people on here asking about tinnitus.

David: So this is my take on what causes most tinnitus, most not all. It is a deeper problem than I actually have a grasp on as I have been finding out. I have been looking at it for about 15 years and I am going deeper and deeper finding out more and more. But basically, my feeling is that most tinnitus is caused by an inner ear infection. What happened is somebody had a really bad flu for ten days then the infection got into their inner ear, it went up the Eustachian

tube into their inner ear, and they did not have the immunologic response in their inner ear to drive it off and somehow the immune response or the organism itself damaged in the inner ear.

Lisa: Oh my goodness. Ok so ...

David: Actually a lot of times there is calcification in the inner ear that is a result of some type of infection. Usually people tell me when I ask them, how did the tinnitus start, they say I had a really bad cold for ten days and then it started up after that. That is how I came to that opinion. Now this is super important to everybody listening. This is the reason why I recommend the tonic herbs of the super herbs as a food, so that you have an immune system that does not ever get you to a point where you get this type of stuff. Lisa, this is the thing that people do not get. They think, I don't need to take herbs, I am perfectly fine.

Lisa: Right.

David: You're not actually.

Lisa: With the viruses floating out there.

David: There is so much, for lack of a better word, crap out there. Viruses, fungus, all kinds of candidas, infections, food poisoning all the time. I would recommend in this particular area, you have to be proactive. This is what I have learned in my 20 years of research. This has what it has taught me. Herbs as food. Remember Hippocrates. Hippocrates said "let food be your medicine". Interestingly the second part, "let medicine be your food".

Lisa: Oh interesting.

David: Interesting isn't it. That second part. Reishi and Chaga, that's medicine as food.

Lisa: So it is all about being proactive with your immune system in this day and time. Don't wait until you get a cold, flu, or an infection in order to go after some of these foods and some of these medicinal foods. Because at that point your body is overloaded in terms of toxins. Give it a fighting chance and give it some support. Give your immune system a lot of support. This is why I say this type of information is cutting edge and that is why I love that fact that you support us all with the workshops that you do because the information is not as available out there as I would like it to be and you have a lot to do with making it available. So the Women's Wellness weekend that is coming, not only for women by the way, men have heart disease as well and I am sure there is a lot of information for men in here as well and especially if you live with a women or if you know one. <http://www.womenswellnessconference.com/aware-show>

David: Which most men do.

Lisa: I would hope so. So is it February 10-12th and also on the 13th. It is in Orange County at the Orange County Hilton on Costa Mesa. If you want to get tickets it is on our website. You can go to thewareshow.com. It makes it easier for you guys to access the Women's Wellness Conference website and all the information you are going to want is on there. David is going to be doing drink demos. There is going to be how many different speakers, David?

David: Oh geez, there is over a dozen.

Lisa: Over a dozen speakers. They all have great cutting edge information. There is going to be free samples, some great ideas on how to boost energy, how to have clearer brain function, balance your blood sugar, weight management, metabolic function, and of course the skin care

and anti aging aspects are part of this entire thing. Donna Gates, Hyla Cass, Truth Calkins, Judith Orloff is the keynote speaker, and of course our wonderful David Wolfe.

David: It is going to be great. I am doing three talks over the weekend

Lisa: Oh great. What are your three? What are the titles?

David: I am going to do one on bone density and joint health, that's a big one. Another one on supra immunity, and then other one is anti-aging and longevity. I am basically going to focus on the top five anti-aging foods that have been uncovered.

Lisa: You have made such a big difference in my health over my years and it was so great to spend time with you in Boulder. Thank you so much David. You have the best energy ever.

David: Thank you so much and so do you. I absolutely loved being on the show with you and sending lots of love out there to all of your listeners. You have the best group of listeners ever.

Lisa: Thanks David you are great. I will talk to you soon and I will see you on the weekend.

David: Thanks so much everybody and have the best day ever.

Lisa: The best day ever! Thanks David. He has a whole concept about the best day every. It is the best campaign. He is so positive too in the way that he brings up the best day ever, the best food ever. He is really a positive guy. You can go to The Aware Show website which is theawareshow.com, check out our new site there and also you can get the link to the Women's Wellness Conference right on there. Thank you so much for listening to Your Health and until next time I invite you to stay aware <http://www.womenswellnessconference.com/aware-show>