



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello, everyone. Welcome to the Healthy Traveler's Summit. We are so excited to introduce another fabulous speaker to you today. But first, I want to introduce myself. My name is Robyn Benson. I'm a Doctor of Oriental Medicine for 23 years. I'm the founder of Santa Fe Soul Center for Optimal Health and I happen to be a world traveler. I ventured over 70 countries. And I have to say, I treat so many amazing people who travel the globe as well and they come to me looking for their best ... the best of what I have to offer so they could do what they love to do and many people speak around the globe and there are so many amazing speakers that are bringing their best tips too. And I'm joined with the co-host of the Self-Care Revolution that I've been running along with Kevin for the last two and half years. Mr. Kevin Snow. How are you today?

Kevin Snow: Great. I'm having fun with this new Google ...

Dr. Robyn Benson: You're loving it, right? We love technology.

Kevin Snow: You can see everyone now after ... absolutely. We're definitely ... after spending two years talking to people on the phone and really having amazing connections there and amazing information that we've gathered, this has been an incredible opportunity. And this summit in particular is really exciting. I think some of the information that we've gathered, it's certainly about self-care and we totally get that. And so it's really just focusing people in on the fact that they are ... that we are all travelers, we're all in this journey together and we really appreciate being a profound part of this summit and sharing this information out. Again, my name is Kevin Snow and I am The Desert Shaman.

This traveling affects people on a ... not only on a mental level and a spiritual level how being bombarded by all of this toxicity create ... we're definitely going to find more about that ... so I'm happy to be here.

Dr. Robyn Benson: Okay. Well, let me introduce Dr. Gala to all of you. So, Dr. Gala and his team helped clients reverse chronic health issues in one to eight months while concurrently reducing or completely eliminating all prescription medications. I have to stop and say right now that's a wow. He has helped over 2,500 clients including published research on reversing endocrine disorders. He has been featured on NBC CBS and asked to be

the key note speaker at hospitals and medical teaching facilities. He's worked with airline pilots, flight attendants, as well as many first class travelers on increasing productivity and health while traveling. Dr. Gala is the founder and medical director of Complete Care. He's on zero medications and is a top 25% Iron Man Finisher. Awesome.

And so, today, his topic is 'Why Traveling Is Often Worse Than Smoking.' So, welcome, Thaddeus.

Dr. Thaddeus Gala: Thank you. It's great to be here.

Dr. Robyn Benson: Oh, we love that you're here and I'm glad that I met you and I know you and just learning more about you just in this ... as we've been preparing for this summit. Not only are you a chiropractor but the fact that you have studied extensively functional medicine and that's a great message that working with somebody from one to eight months, you could help reverse chronic illness. And let me tell you, in my experience in treating patients every day, there's a lot of chronic illness in the world right now. I mean amazing like 30,000 known diseases. Well, let's hear about your background. How did you get into your medicine?

Dr. Thaddeus Gala: Well, that's a great question. I got into my practice when I ... it started when I was 10 years old and I was actually remodeling the kitchen, getting ready for a wheelchair for my mom. And my mom ... my parents moved up from Southern California. They bought a piece of property in Rule, Southern Oregon, with no running water, no electricity, no phone, no amenities and they put a tent out in the middle of the field, out in the middle of the woods and bought a chainsaw and started building a life.

So, I grew up on a ranch, my mom working sunup to sundown and she was teaching fulltime, my parents raising myself and my brother. And when I was about 10 years old, my mother became afflicted with fibromyalgia. And for those people that are listening that don't know fibromyalgia, I'll touch on it briefly. There's more benign type issues where it's more just kind of lethargy and fatigue and then more severe cases, such as in her case to where she was on fulltime disability in about four short months, short from ... again, I say working sunup to sundown to fulltime disability and the doctor said, "Sorry, there's nothing we can do. You're going to be spending the rest of your life in a wheelchair," and, "Sorry, that's just the way it goes because we don't know what the deal is with you."

And at one point, they said, "Well, we think we may have it narrowed down. You have either Lupus or bone cancer and we'll let you know in a week." And thankfully, those tests came back negative but she still kept

searching and searching. Finally, she found a chiropractor that was versed enough to start helping her naturally. And so I went from helping remodel the kitchen for a wheelchair to watching my mom. Now, if you would fast forward, now she's 67 years old. She's one of our lead health coaches. She's on zero medication and she just started running 5K races and winning them in her age about two or three years ago. And it's just absolutely blown away her doctors all of their expectations.

So, my journey started when I was 10 which prompted me to go on in natural health and now here we are today, we help our clients and patients reverse their chronic disease in one to eight months, so they can reduce or completely eliminate all medications and that's what we published our research on. That's why we're on the ... NBC comes out and does stories on us and so forth. So, that's to remind you when we started and that's sort of fast forward. That's where we are and that's how we got to where we are today.

Dr. Robyn Benson: That's fantastic. I definitely want to hear more about your methodology here because a lot of people with chronic illness are afraid to travel and maybe you can give them some insight into that. But first of all, your topic, "Why Traveling Is Often Worse Than Smoking," can you tell us about that?

Dr. Thaddeus Gala: Well, the topic ... yes. So, why is traveling often coined as being worse than smoking? Well, we know now that the driver of chronic disease can be distilled down into a single topic and we start looking at kind of the blanket, the parent of chronic disease, there is a fundamental underlying common etiology or common cause if you will and we know now that there's this trend called in-subclinical inflammation that's the driver of many of these chronic disease process, including diabetes, heart disease, fatigue, low energy, memory cognition, things like that that are all linked to low grade subclinical inflammation. We're finding now that people who have a traveling lifestyle tend to have higher levels of this subclinical inflammation that then turns on cancer genes, turns on diabetes, turns on fatigue, neurodegenerative diseases. All of these processes are governed by this low grade inflammatory process that is often acquainted with the traveling lifestyle, which I'm hoping we can have some time and we can talk about some of the causes of the inflammation, and what people can do to reduce the inflammation, and on different easy fronts in their life, they can make changes to have huge impacts of their health, in their productivity. So, when they land, they're ready to go, they're rocking, their health hasn't suffered, and they're ready to make a huge impact in their world and in their profession or whatever life takes them.

Dr. Robyn Benson: I happen to mention too before we went live that I met a pilot that's been flying for like the last 17 years and he's read a lot of research too on how people in the travel industries, especially for him, he's very vulnerable in that cockpit, that are more predisposed to as you mentioned, chronic disease but also as you mentioned also, cancer. So, why don't you just mention because again, we have listeners from all walks of life that work in the travel industry, people who love to travel, it's a hobby, but they know that it's a toxic industry? So, why don't you speak to this inflammation and what people can do.

Dr. Thaddeus Gala: Well, the first thing I would say in speaking inflammation is that there's ... we know now that there's actually a certain lab test that can show you your inflammation. And even though the American Heart Association and the CDC issued a statement about, gosh, I think it's about 13 years ago now, they issued, even though they issued a joint statement saying that inflammation is a better predictor of disease and aging process than cholesterol, still, many people haven't even heard of HSCRIP which is the lab test that you want to have done.

Now, there's many tests that can measure your inflammation, fibrinogen, homocysteine, HSCRIP, et cetera. But one of the best indicators is HSCRIP. What we find is that when your HSCRIP is elevated, and that can be elevated by many different things, then that's when your expression for chronic disease and things like the cancer genes and different things start to get turned on and expressed such as what we're talking about, the fatigue, the low energy, et cetera. So, measuring your inflammation and keeping track of that throughout your life really can be the best predictor in the monitoring of your health. Now, most people have heard of inflammation such as when they sprain their ankle, it swells up, that's acute or clinical inflammation. But what most people don't realize is there's also this baseline or this subclinical information. And I encourage people think of it like this low grade smoldering irritant like this, like the lava below the surface and if that pressure builds up slowly enough long enough, eventually it'll erupt and then you'll have a major health issue and that's why most people don't realize that but the first symptom of a heart attack is a heart attack.

So, there is no warning sign but we know now that these markers of inflammation can start to show you where your relative risk is. And there was a great study that came out in Australia that it showed that equated sitting time and we know that there is a correlation between the longer that you sit, of course for our travelers, the longer that you sit, the higher your markers of inflammation including fibrinogen and HSCRIP goes up. But interestingly, what the researchers found is that even moving and

getting up and moving, even as frequent as 20 minutes attenuates the inflammatory markers dramatically. So, one of the big keys I would suggest to travelers, whether you're waiting for your flight or you're waiting for your cab or your transportation, even when you're on the plane of course, or even at your desks, you want to limit to about 20 to 30 minutes your stagnation. And it doesn't have to be anything huge. It really can be getting up and doing several stretches and doing real general type movements.

One of the stretches that I give to my patients, of course, being a chiropractor is, most of us, and I will kind of exaggerate but most of us have this kind of dinosaur posture when we're at our computers, we're typing, we're hunched over and that accelerates the degeneration in your spine. Now, your spine should have several curves. You have your cervical curve which is a nice C shape curve. You have your thoracic curve which is a curve the other way. And then your lumbar curve which is kind of a J curve but you should have your spine, if you look from the side, should be an S. But now when you sit or when you look at your computer and you're hunched, you start to lose those curves. Those curves, of course are very important for several things. Number one, they need to be maintained so your spine doesn't slowly degenerate and build up bone spurs and run your risk for disc herniation, et cetera.

But also, the longer that ... there's more stress you put in your spine, the higher your rate of inflammation from the fatigue of the muscles and the joints that starts to build up over time.

Kevin Snow: So this, what we're going to call a myth at this point that traveling is just automatically unhealthy, can you bust that myth for us? And you're sharing some things here now that, just simple things we can do.

Dr. Thaddeus Gala: Yes. Well, one of the things that I encourage you to do is take this test. And when you first do it, it's going to drive you crazy because you'll realize how sedentary we all are. Anyone that works out of a computer now at our clinic, we have the majority of our desks and work stations, even our front desk are standing height. So, people will have to look down. And there's some evidence in research that suggest that just standing will actually lengthen some of your telomeres and can actually prolong aging and reverse the aging disease process. So, of course, standing as much as you can, so, if you're waiting for your flight, of course, getting up, walking around, moving but here's the test and that is set your timer on your phone or whatever for about 20, or if that's too short for you, 30 minutes. And in 30 minutes, get up and move.

If you do that, two things will happen. Number one is you're going to be amazed at how long you're sitting without moving. And number two, you're going to greatly attenuate and modulate the inflammatory response and you're going to put yourself from a high risk category into a much lower risk category for future chronic disease and aging process by reducing your inflammation. And research shows that again, moving every 20, 30 minutes will actually reduce that dramatically. So, I would say take the test, you'll drive yourself crazy the first day you do this but every 20 minutes, get up, move and stretch. And then the other thing is try to figure out ways throughout your day when you're in or maybe when you're in your unusual environment such as traveling. Try to get an aisle seat so you can get up and move and stretch and do a few full body stretches.

So, we know that ideally, you want to move your entire body, all of your joints through its full range of motion at least three times a day. Now, you can do it all at once but if you can spread it out throughout the day, that's great. So that would be, "I got some room here so I'll try to do a little bit." But even doing full arm circles forwards, backwards, all the way up to the sides, and back, and over, one of the stretches that I give people from again the dinosaur typewriter person which we've all seen those older people that sadly they have that flexed forward posture and they can't even bring their head up anymore because their bones, when we look at their x-rays, their spines have actually started to grow and the bones actually remodel and it holds their neck and their head forward which is why, I'm not trying to use a derogatory term but we see these people that look kind of like hunchbacks in the older generation because they spent so much of their life forward.

So, that ... and do that is you'd want to do the standing. I think I'd go out of the picture if I stood up here but you want to stand up. So, pretend you're standing while you do this and you bring your shoulders back. I tell people as though you're squishing an orange between your shoulder blades. So, shoulders back and your arms and wrists and hands back, so all the way back, and squeeze your head back for about one to two seconds and you should feel a nice good squeeze and stretch, then relax, shake it out. Do it again for about two seconds and I'm going to go through a full series. You can really get the feel for this. There's three, and then let's do four, back, wrist back as well, arms, shoulders, everything back and that's five. So, give yourself that much time right there and that's all it takes. And if you do that a couple of times throughout the day, you'll find that ... if you're at risk for headaches, even migraines, upper back problems, lower back problems, your risk for inflammation, all of that can go great ... can go down greatly just by doing

that simply easy stretch and it may even help most of the travelers start to get rid of that feeling of always needing a massage because their neck and their upper back is so tight.

That's one of the biggest things that I get when people come in. I say, "Does it feel like you always need a massage in your neck and back?" And usually I get an exasperated look, "Yes. Finally someone's speaking my language. I feel like that all the time." We go through these stretches, a few other tips and it changes their life and their day dramatically and productivity, having that tension way down and they're much more mentally aware and can be much more focused because they don't have that draining on them as often.

Dr. Robyn Benson: This is fantastic information for ... as we say that the metaphor of the everyday traveler, we're always traveling through life and it's super important because I know in my practice, I see people with problems with parts of their body every day. So, we have reached out to the whole travel industry for this summit so we have people from all walks of travel here present with us. So, a big group that we reached out to happen to be truck drivers, Thaddeus, so Dr. Thaddeus, why don't you share with our people because on average, a truck driver drives 15 hours a day. That's tough. I mean to be sitting in one place and other drivers that travel and commute on a regular basis, can you speak to what they can do?

Dr. Thaddeus Gala: Right. Well, of course for patients that are in our clinic locally, we know that there's actually two great research papers that come to mind when you say that and number one is, remember earlier when we're talking about the ... your spine should have certain curves in it. Your lumbar spine should have kind of a C but more of a kind of J type curve. Now, these curves develop naturally through a development. So, for instance, your cervical curve which should be a nice C develops when you're a baby. When you start crawling and you lift your head up to look where you're going for mom and dad, your bones actually grow differently and your muscles grow and they have that memory. So, your neck should be a nice C shape curve, so when you walk or you sit or you're in a car, your head, think of your head up here, it should have kind of a spring effect. What we find is ... and I even took some x-rays on a gal, 25 years old yesterday.

She's 25 years old and she works at one of the local healthcare department. She works in procedures and systems development and I asked her what that meant and she said, "It means I sit at the computer a lot." We took x-rays and her neck, not only was her curve not here, but she's gone from normal but she's went to phase one degeneration, meaning her neck is straight. So, her head which weighs about ... most

people, their head weighs about that of a bowling ball, it's straight. So, you don't ... so you think every step you take or every vibration in the road or when you walk, that is slowly putting that pressure on your joints which leads to, we know degeneration and can accelerate the bone spurs, risk for disc herniations of neck surgery down the road because it's wearing the bones in the spine. So, what happens is we want to make sure we get that curve back so the vibration from the road or when you walk or wherever life takes you, that your neck should be a C shape curve.

Doing that stretch I was talking about will help but we also know for truck drivers, they should have that J curve. So, their curve in their lumbar spine should look kind of like that. I don't know if you can see it in the video there but what happens is when you sit, it starts to eliminate that J curve. So, the same thing we find. There are studies that show that truck drivers especially, the constant flexed position, meaning because when you sit, your legs and your heads are flexed, so that flexed position with the constant vibration of the weight of just driving, it doesn't matter how good your seat is but those thousands and millions of vibrations over the hours and years will start, again, you don't have that spring. So, you should have that J for the spring and the give but when you straighten it out, the wear accelerates. So we know that that can further perpetuate the risks of not only overall body inflammation but the risk of disc herniation in the lumbar spine which can lead to sciatica, pain in the leg, numbness, tingling, all those symptoms that a lot of truck drivers have and people that drive a lot. Even people that travel for businesses, they have the numbness or tingling in the feet, pain down the leg, sciatica, and back issues because again, they're starting to lose that curve.

Now, a solution to that would be putting in a good lumbar or low back brace or support cushion or a support brace. So having that good lumbar support can help and I know it makes for a long travel but I tell my patients, "You want to stop," and then yes, I know some people are going to cringe at this but you want to stop at every rest stop and get out and do ... even if it's 30 seconds to a minute stretch, that will save you ... I would predict literally thousands of dollars in health expenses down the road by stopping for even 30 seconds to a minute every rest stop from how it will help you avoid your risk for surgeries, chronic disease and like I said, the other study that show the increase risk of inflammation will be huge just by doing those few stretches. Now, and the other thing be that ... the second thing, of course, being a chiropractor is we know that there's another great study that came out that show that people ... let's say if you have back pain and you're a traveler, they found that typically if you have an issue that's never been addressed before, if you work on that for a

month solid with your chiropractor, physical therapist and massage therapy, whoever that is, you get some heavy-duty work done for a month. Typically it's three times a week for a month and we find that there were three control groups and they followed these people for a year.

People that didn't do anything of course, their pain actually got worse over the year. People that came in for a month of heavy-duty treatment and then stopped after that, they slowly got worse again over the year. Not as bad as the control group where they did nothing. But they did still maintain benefits over a year but the biggest thing that the research found and it was absolute ... it's just amazing when this research come out was that people's ... their pain and their overall activities of daily living which measures how functional you are throughout the day, you're sitting, your interactions with your spouse, your friends and all of those things that when you did that first month of treatment but then you did some type of treatment typically twice a month over the next ten months, that those people not only maintain but they continued to improve, even with a greatly reduced frequency.

So, I tell people, "Go and get adjusted once or twice a month even if you feel good," because we know that over the year that you'll continue to not only maintain but you'll actually continue to improve your activities of daily living, meaning I can sit longer, I can stand longer, I can travel easier. All of those things improved over the following years. So, those would be some of the biggest tips for travelers. I think I kind of went on a little bit of those. I'll let you see if they have questions or follow up to that.

Kevin Snow: Definitely. We want you to. That's what we want you to do because we want this information. We really want, as you're doing with us, to have simple solutions that we can do and maybe just, we keep on track and see, now I've got my timer set. We got 10 minutes before I do ...

Dr. Thaddeus Gala: Before we do our first stretch.

Kevin Snow: That's right. And so, there is this idea about this kind of what you're saying, taking years off of your life or a slow death. Just share a little bit more about that concept.

Dr. Thaddeus Gala: Yes. Well, the other thing is that you got to think that ... I was at, I'm not sure if you're familiar with that, with the Genius Network but it was like a group of high achieving entrepreneurs and they asked me to come in and speak. And one of the things that I was sharing with them is that one of the most simple action steps they can do to reverse chronic pain, disease and reduce the risk of cancer by 70% for as little as 67 cents a day. Well, what do I mean by that? Well, it's something that's very simple. It's very

easy to do. Most people are already doing this but not at the appropriate levels. And what I mean by that is that there's a vitamin, it's actually a hormone that we're very deficient and that would be ... you probably could guess it or you've probably done it with many of your patients.

Dr. Robyn Benson: Vitamin D.

Dr. Thaddeus Gala: There you go. Vitamin D. And what we find is that the average person thinks, "Oh, I'm in the sun," or they say, "Oh, I live in Florida," or, "I live in California." But we know that if you live ... I say if you live above the Mexico border, you need to be supplementing with vitamin D year round. And what we find is that typically that by just having your vitamin D levels in the appropriate range, they can't just take vitamin D and say, "Oh, I take it and this is good." But by getting it into your appropriate range, which we'll talk about in a second, you can reduce your risk of chronic pain, of multiple sclerosis, autoimmune issues, and you can reduce your risk of your first heart attack by 50% in addition to, of course, reducing your risk of all cancers combined by 70%. And you can reduce your risk of all-cause mortality, which ... this is huge. You can reduce your risk of all-cause mortality by 25 to 33% just by having your vitamin D in the optimal range.

Now again, it's not enough just to take vitamin D and say, "Oh, yes. It's in my multivitamin," or, "I go in the sun once a weekend." You need to be ... supplement a year round. And I'm not a big fan on the prescription where you take 50,000 once a week because then you have the spike and valley. I'm a big fan of supplementing daily after you had two things. Of course, you can start supplementing now but you want to ... I suggest getting your labs, your vitamin D tested and your HSCRP tested but your vitamin tested at least twice a year, once at the end of summer, so like beginning fall maybe September, October-ish. And then again, kind of around March and April so that when you get your maximum coming out of the summer months and you hit your minimum coming out of the winter months because most people that live in the U.S. or pretty much anywhere in the world need, they follow a season.

Now, unless you live on the equator, you can pretty much stay the same but even some of our patients in Hawaii and then actually we have some airline flight attendants that are stationed in Hawaii, even then we found people that are not only below optimum but they're actually far deficient. And what happens is most people don't realize is that you wake ... I mean think about what happens. You wake up in the morning in your house, so you're not getting any sun. You put on clothes. Again, I'm not advocating we disband our clothes or houses but I'm telling this to illustrate what the problems are so we can make solutions. You wake up in a house, no sun.

Put on clothes, no sun. You get in your car, no sun. You drive to work, you go into a building, no sun. You stay inside during the hottest times of the day. Most people don't sit on their back patio at work because it's too much sun or they put up an umbrella in the middle of the day if they want to have lunch outside, so they're out of the sun. They get in the car after the sun's went down. They drive home and they go in their house.

So, we're devoid of receiving any sun virtually all day long. And we know that vitamin D, you should be getting every single day. And an average person, if you go out in the sun in that day, in about 20 or 30 minutes of peak hours, peak hours typically mean if your shadow is shorter than you because if your shadow is longer than you, you can't make vitamin D, so your shadow has to be shorter than you without any sun block for the first 20 to 30 minutes, you'll make all the vitamin D that you need for the day. But very few people ever achieve that with any regularity, which is why I typically recommend supplementing with anywhere between 5 all the way up to 20,000 IUs a day, depending on the individual, depending on the lab test, to maintain appropriate vitamin D levels. Because again, when you travel, you think that you're ... same kind of thing, if you're in your vehicle, in your car, you're in your hotel or you're at a bed and breakfast, wherever you're at, or you're in the airplane, you're not getting the exposure to that natural sunlight so you absolutely have to be supplementing. And I'm a big fan of a daily supplementing with vitamin D to make sure that you're getting your body healthy and you're getting that range.

So, you think about your risk of smoking goes up dramatically obviously ... or your risk of lung cancer goes up dramatically when you smoke, just like your risk of heart disease and many other issues. But the same thing, thinking that you can reduce your risk of all cancers combined by 70%, just by having your vitamin D levels in the right range, reduce your risk of heart disease by 50% for your first attack and all-cause mortality by 20 to 30%. And most vitamin D you can get for ... by taking it, you can get it for 60 cents to a dollar a day for those types of benefits to me is huge. And to the people I have done that, the results that you will see has been paramount.

Dr. Robyn Benson: Wait, you're recommending 2,000, 5,000. What is the normal range that you think is good for people? What do you take every day? I take 5,000.

Dr. Thaddeus Gala: Sure. So, again...

Dr. Robyn Benson: I'm home a lot too and I'm not outdoors as much as I'd like even. Even people and you see this too. I treat a lot of big time athletes. They might ... and I ask them still over a week time, see how many hours you're really outside. And most of them are not out, even people who run are not

outside more than three or four hours a full week. And so, people are just ... and then we're wearing sun block. Many people are wearing sun block that we don't ... we need 20 minutes of just sun without any sun block, so.

Dr. Thaddeus Gala: Well, maybe ... and one thing, maybe I misspoke but to clarify, I recommend 5,000 up to 20,000 a day. And what I mean by that is because when you go out into the sun, if you have your full arms and chest and face in the sun for about 20 to 30 minutes, you'll make about 20,000 a day by that. So that's the way our bodies are designed. And then you have your vitamin D production naturally will actually turn off or drop dramatically. So, because if you think of that, even like you're saying athletes, even athletes that are out in the sun, baseball players, their jerseys are pretty much full jerseys, football players, full jerseys, obviously basketball players are indoor. So, even athletes, even runners, typically runners aren't out during the peak hot hours of the day getting that. They usually go either in the morning when it's cooler or in the afternoon. And again, if your shadow is longer than you, you typically can't make vitamin D. So, for the most people in the U.S., about six months out of the year, it's impossible to make vitamin D anyways unless you're living above, I think it's 5,000 foot elevation because of the ozone.

But I personally take about 20 to 25,000 units a day for a couple of reasons. Number one, there are some days that I'm traveling and I forget, so what I encourage you to do is get one of those little pill containers that you can take with you. And I have it just mapped out. So if I'm going to be gone for a week, I get one of those big pill containers because I take ... gosh, I take a lot of supplements but I have my vitamin D in there. So if there's a day ... well, let's say I go out with colleagues and I'm maybe at lunch and I forgot to take my supplements with me and maybe dinner of the same thing, I know that the next day, even if I'm taking 20 to 25,000, it doesn't matter because it'll even out over time. Some people are afraid of toxicity. Usually toxicity doesn't happen until we're getting blood levels about 150 to above but typically people that live on the equator, in the natural environment, people that are still natives in their natural setting, their blood levels typically are between 80 and 120. So, we know that optimal levels are typically about 70 or 80 and above.

And the most people that I've done in my career over the thousands of patients that I've worked with and the hundreds of hundreds of lab test that I've reviewed and issued, I would say that in my career, I'd say there's only probably have been about three, four, or five people that I wasn't already working with, of course, that were even close to being in the optimal range. The average person that I've tested, I haven't compiled this data but my gut would tell me based on the labs that come across my

desk, the average number that I see is anywhere from 10 to about 30 is the average person, which we know is far below. You need to be about at 70 to reduce your risk of cancer.

So, most people are far, far too deficient in their vitamin D and of course, even having low vitamin D in some cases has been linked to elevating inflammation which obviously can lead to other health issues as well. So, I typically ... I personally take about 20 to 25,000 a day. If I'm out in the sun a lot then I'll dose it back a little bit because some days I forget, I'm traveling and I'm not in my normal routine which I try to make as routine as I can when I can.

Dr. Robyn Benson: Yes. In my Healthy Traveler's Guide Book, I definitely recommend that people like a week before just to boost your immune system to take higher levels, really excellent. Also, Dr. Norman Shealy, one of our speakers on this summit, he too ... he says, "When you're feeling a flu or you're feeling like you're getting sick, even think about 50,000, and not the prescription type." I don't like the prescription kind. You can get really good quality from your practitioners, also at the health food store but this is a very important message that you're sharing. Since the inflammation...

Kevin Snow: That's 20 minutes. Robyn, that's 20 minutes so we got to get up and...

Dr. Thaddeus Gala: We're going to do our stretch. We're going to do our...

Dr. Robyn Benson: Let's do our stretches.

Dr. Thaddeus Gala: Pull back. That's the thing all it takes is ... it really doesn't take much but if you straighten, there we go. Two more stretches and then we're good. Here we go. Obviously of course, you want to get up. If you can walk around and do that, it'll be that much better.

Dr. Robyn Benson: Yes. I like ... just going back to what you said about taking breaks when you're doing long trips, certainly truck drivers, just to start your day earlier. The idea of preparation has been mentioned quite a few times here but just leave on a trip an hour before. You can put breaks into your travel. This is a whole new mindset on how to travel healthy to again, don't drive an hour or two without stopping and stretching. A lot more accidents will be prevented that way because people do get narcoleptic and I know I do sometimes. I get out and I literally ... if I'm tired, even if it's in the middle of the night coming back from the airport, I will do jumping jacks. I can get so exhausted driving because of all the electromagnetic pollution in the car but we've learned some great hacks for that too. We're learning so much here. Kevin, I know you got a burning question and then I'm going to have another one.

Kevin Snow: I think that there's ... I've heard that there's a diabetic solution and that might be something we could chat about a little but here today too.

Dr. Thaddeus Gala: Yes. Did you have a specific question about that or is that more open-ended?

Kevin Snow: Well, let's leave it open-ended. Just talk a little bit about this epidemic really that's occurring in our culture. And you've shared some about it but really specifically about blood sugar levels and...

Dr. Thaddeus Gala: Yes. So, I mean, can you think about this? You think about people with high inflammation have about twice the risk of developing diabetes and about twice the risk of developing Alzheimer's which now Alzheimer's they're starting to relate to calling type 3 diabetes. So we know that ... according to the American Diabetes Association that, and most people don't realize this but diabetes kills more people than breast cancer and AIDS combined each year and accounts for about 25% of our overall healthcare expenditure in the U.S. So, you think about diabetes as an epidemic, that is absolutely astronomical. If you think of every dollar, now of course I'm distilling this down but think about every dollar that you spend on your health insurance premium or that you spend ... every dollar you spend, 25% of that, a quarter of that is going directly to fight diabetes. And unfortunately, there's a term ... I love it with Dr. Rosedale and Dr. Mercola, they coin called DIE Diabetes which means Doctor Induced Exasperated Diabetes, meaning that their traditional treatment of diabetes with drugs and medication leads to progression and worsening of the disease.

So like I said with ... when we do our health classes, one of the things that we work with people is how to reverse diabetes in one to eight months, completely reduce and completely eliminate all medications. And when we ... our patients, we're reviewing the results that they were, they actually came and interviewed us, NBC came and interviewed us and did a whole report, a whole story. I mean, we have patients that 35 plus years diabetic and 2,000 milligrams of Metformin and insulin, 24 units insulin. And after 35 years of being diabetic, they're able to completely eliminate their diabetic medications and they feel great and they get their life back because they get their inflammation down, so their pancreas can start re-healing and their body starts getting back into balance.

So, when you do these things that we're talking about, which of course another big thing is getting rid of the inflammatory foods which we can talk about, but that will ... your body will start to heal and you can start to reverse diabetes, chronic illnesses and all these other issues. I'm a big fan of ... so many people, sadly, they spend their health to gain wealth

and then in the retirement years, typically a third of retirement most people spend doing what they want and the other two thirds of retirement, they spend just battling chronic health issues. So, what happens is people work their whole life, they work so hard to gain wealth and then the last two-thirds of their retirement, they're spending all of their savings just to try to maintain their health and it's not getting them better.

So if you can start doing some of these things now ... I think about this. If we're able to take 65 year olds and completely reverse diabetes, chronic pain, et cetera, imagine if you start earlier, if you start doing these changes that we're talking about, how dramatic that can be. I'm a big fan ... I know Peter D'Amato says, I think his thing is that, "Soon 100 will be the new 65." I'm a big fan. I think Audrey Degrey says that 2,000 will be the new 65 in our generation. Maybe not but people that are alive today. And I really believe that the first people to live to 150 or 200 is already alive today because if you take the way technology is advancing and you look at the way that how well we know this research, if you do all these things we're talking about and you keep your bodies healthy as possible, I really believe that the first people, again, to live 150 or even 200 are already alive today because of how exponential we're going into society. And of course, you can't be average or you can't be mainstream. You can't go to ... you can't do average things and expect extraordinary results.

So that's why, of course, the people ... even the listener, you listening to this right now as a listener, you're already in a higher group of people that are being proactive. So, just the fact that you're listening to this conversation puts you in a higher bracket and you're naturally already you're going to be on the outside of that doll shape curve for a long healthy, high quality life.

Dr. Robyn Benson: This is really great information, Dr. Gala. Thank you so much. But what's really true is that the travel industry is certainly pro inflammatory in every which way. So, speak to that a little bit more because look at ... everywhere you go, convenience stores as you're driving, the airports are getting better. I'd have to say, I've been researching this extensively too. I love to see that there's better choices in airports but still, travel seems to be an opportunity for lots of people just to say ... to ditch their good healthy habits but maybe you can talk to ... when you think about those diabetics that have been ... your patients that have reversed it after 35 years and for people who are listening, they're kind of on the edge, they know they're not making good choices, what has been the determining factor that has allowed these people to make the change? What in terms

of mindset, because we want everybody listening to be part of the 150. I know you and I will be there, right? And Kevin, welcome to 150.

Dr. Thaddeus Gala: That's right. That's right. Well, I mean, yes, I would say so the biggest thing for the mindset is knowing that every single day and every single action that you do is either making you healthier or it's making you sicker. You're never ever static. You're never static. You're either getting healthier or you're getting sicker. So, when it comes to like our patients that help, you know, we're helping them reverse diabetes, fibromyalgia, chronic fatigue, one of the biggest things, I like to start with the biggest leverage first. So, I don't even tell people to exercise. Everyone knows exercise is healthy for us. I won't even start there because the average person will come up with a thousand excuses or reasons why they don't exercise and most people can go a month without exercising and then come up with all the reasons why not to exercise. But the average person will not starve themselves for a month. They will always find and make time to eat.

I start with the biggest leverage first. I say, "Don't do exercise. If you're just starting out, don't do exercise because you're going to feel like a failure because it's overwhelming." Exercise is hard. Start with the easiest win first. So, if you want to start losing ... if you need to lose ... if you're going to just want to lose that first five to ten pounds in a week or two, and yes, I know that that maybe a lot to a lot of people but we ... I've seen people ... one guy, he lost a pound a day for 47 days. So in 47 days, he lost 47 pounds and at 30 days in a month isn't unheard of in our patients that we work with. But the mindset is that every single day, you're either getting healthier or you're getting sicker. So, keep this in mind that average person, 72% of their calories that they consume is pro inflammatory. Now that's huge. Seventy-two percent of what we're putting in our mouths is pro inflammatory, meaning it's been linked to promoting and causing disease.

Now, some people might just be falling back in their chairs saying, "Oh, I just give up then. Where do I even start?" But there's a few key elements that if people make these subtle, few changes, it'll have paramount transformation in their life because if 72% of what we're doing is linked to inflammation, well, you look at that and that's broken down into two or three key categories. So if you're able to focus on these key categories, you can immediately transform your health, lose 5, 10, 20 pounds in the next week to a month or so, experience increased energy, better able to travel without the fatigue, wake up feeling vibrant and so forth. So the next question naturally will be what are those main foods and these are the same things that we use with our diabetics.

So number one and the biggest myth is most people heard that grains are good for us. Well, it's not enough to just go gluten-free because you know that grains as a whole have many other things with them. They contain phytic acid, wheat germa gluten, they're indigestible in the raw form, they're high in omega-6s, they have [inaudible 00:44:24.1] there's all these other things in grains and seeds that promote inflammation on a real slow, low grade level. It also spikes insulin which we know now that even for people that aren't diabetic, you don't want to be eating and consuming things that are spiking your insulin readily throughout your life, so you want to have as minimal or as few insulin spikes throughout the day and throughout your life. So getting rid of the grains ... and again, grains are a rather poor source of micronutrients. They're indigestible in the raw form, and they spike your insulin and they lead to weight gain. So I'm a big fan of reducing and eliminating grains and seeds. That would be oats, barley, wheat, corn?

Dr. Robyn Benson: All seeds?

Dr. Thaddeus Gala: What's that?

Dr. Robyn Benson: Not all seeds though, right? Some seeds are good? Chia seeds? What do you think about flax seeds?

Dr. Thaddeus Gala: Great question. A lot of people have said about chia and flax seeds. I used to be a huge chia seed and flax seed person. Actually, when I was doing my triathlons in the Ironman, I actually did chia seeds quite a bit for energy and because of the omega-3s and so forth.

Dr. Robyn Benson: And the fiber, yes.

Dr. Thaddeus Gala: But the more that I started researching it and the research on chia seeds is still coming out but there's a couple of things that ... I've actually reversed my position on chia seeds. I actually wrote a whole article on the benefits of chia seeds and Raincoats and I forget the other author that wrote a lot about the chia seeds in Arizona that I actually reversed my position over the years on chia and flax seeds for that matter and that is that typically seeds are meant to resist digestion and I default to the standpoint of similar to a Paleo type approach but going back to ... the chia seeds have this kind of mucus, gelatinous type buffer when they get wet that can actually resist digestion. And we know that if you don't have the digestive enzymes that chia seeds can actually ... even though if you break it down, and you look at it in the lab, it can be very high in omega-3s and very high in certain amino acids and all these other benefits, your body may not actually be absorbing them because of the gelatinous barrier and because our bodies aren't great at digesting seeds.

So what happens is when you grind it and you mill it, you potentially release different anti-nutrients. Just like gluten and grains, seeds will have ... most seeds will have protective enzymes. And that's why I've went back to ... if you do want to have chia seeds, think of it like a condiment. So if you are going to do it and you really like chia seeds and you really want to do it, first of all, I would recommend not doing it. I don't do chia seeds anymore. I don't typically recommend them as a staple or even as a condiment. If you do, don't do it as a meal like I used to do. I used to have a bowl of chia seeds with fruit before I go on my 10, 20-mile runs but I no longer do that largely because of some of that research that I believe in the next 10, 20 years will come out and have more supporting evidence for that which the only example I use of ... most of us ... I'll get a little graphic here. Some of your viewers may not like this but you think about it, how many of us have eaten corn and see it the next morning? Because corn resist digestion.

Seeds are meant to resist digestion. You're supposed to eat an apple, consume it and the seeds get deposited with fertilizer and grow next season. So when you take things like chia seeds, flax seeds, wheat, and all these things, typically you're releasing different chemicals or different things that our bodies aren't naturally designed to be exposed to. So over the long run, if you do it once a month or so forth, you'll probably be fine. You'll probably be okay. But over the long run, I'm in the mindset with myself and other researchers agreed that over the long run, that can have detrimental health effects and consequences in the long run. And what happens is if you do chia one day and you do oats the other day and corn the other day, then you start adding up, you realize you just did a whole month and you ate seeds almost every day of that month.

So that's why I'm not a big fan anymore of chia or flax seeds. And certainly not I'm not sure, some viewers have some different takes on that and other researchers as well but my position in it for right now.

Dr. Robyn Benson: No, I agree with you. And also I think with nuts. We overdo nuts. We're not meant to have like handfuls of almonds, on a regular basis. Six a day is really all that we need but we're doing way too many of those as well. So I think it's great that you're bringing this message. So what is your ... go ahead, Kevin.

Kevin Snow: If we had to do all the work that is required from getting the nuts too actually, we probably would only be eating six.

Dr. Thaddeus Gala: Yes. I mean you think about it. If you're to collect all your walnuts throughout the day or if you had to go out and hand pick all of the wheat kernels to make a loaf of bread, you deserve it because you'd be so fit

from spending all day. And the Food Guide Pyramid tells us or the MyPlate tells us that now we're supposed to have, I think, 6 to 11 servings so you should have a loaf of bread a day which is completely unreasonable. And actually it was interesting because I was talking with one of our last classes, I had someone come up to one of our last seminars and she talked to me and she used to work in the Department of Ag before the Food Guide Pyramid was created and she actually let me on an inside secret and she said, "You know, Dr. Gala, I worked in the Department of Ag and I was in that part of the industry and we found that when they were developing the food guide pyramid, we're looking at revising it." It wasn't based off of health. It was ... she said, "Because I was in the industry and I saw what was going on. It was based off of the largest corporate interest."

So where our food subsidy, we're told to eat grains and dairy, two of the biggest inflammatory foods, are largely governed by big business and now we've just been indoctrinating that from cradle to grave, we should have a loaf of bread and a glass of milk everyday but we know that it has a lot of health consequences. But one of the things that I get excited on is that it doesn't have to be hard because a lot of people think, "Oh, if I give up my grains and dairy, oh my gosh, what am I going to do? I'm just going to starve." One of my colleagues, he's a nurse practitioner and he worked at the emergency department for a while and he called me up. He said, "All right." He said, "Well, I've been doing what you told me to do," but I didn't really give him all the information. He's just kind of ... he's like, "Well, just tell me a little bit of what to do." And so I was educating him but we know that information doesn't always lead to implementation and so I gave him all the information but he didn't know how to implement it which of course is why we do our coaching programs like we do now.

We work nationwide with our health coaching because again, the biggest thing is implementation which is why I failed in my first two years in practice because everyone ... no one was getting off their meds or do anything because they didn't have the support they needed. But when he called me up, he said, "Well, I've been doing what you told me to for the last two weeks and, well, I've pretty much just been fasting for the last two weeks," because he didn't know what to do. But one of the things I get excited about is it doesn't have to be hard. And what I do is plan ahead. And there's two things I found in my life that make a huge, huge difference. Number one is on Sunday, I set aside about an hour and a half, two hours and what I do is I make my food for the next days and I prep. Now, I've been living this lifestyle a long time so I know when I go to a restaurant, I know the few secrets and tips to tell the waiter or waitress

so my meal comes out very anti-inflammatory. Whenever I travel, I know what to bring and I know what travels well, what doesn't.

So, the things that I suggest would be two things. Number one, when you're at home, prep your food for the week because that way, you won't feel like every day you're having to re-invent the wheel. Make it, put it ... like I say barbecue a bunch of chicken breast or a bunch of steaks and dice them up. On a Sunday, put them in freezer bags. And then if you're traveling, if you take them out frozen, throw them into a little container of salad, veggies, different mix, by the time you're ready to eat it, it's thawed out and you have a nice chicken or steak salad that you can eat on the go which is awesome and great. The other thing would be ... the other thing that I would suggest is get a dehydrator. Get a dehydrator. It is huge. What I do is I call up the local butcher shop and I say, "I want 10, 20 pounds of whatever roast," typically it's like a pectoral meat or a rump roast and I want it ideally you want to get the grass-fed or grass-finished and if that's outside of your budget of course then just get the leanest one there is.

Have him say, "I want it precut into jerky strips." This is what I do. I precut the jerky strips which saves me a ton of time. It costs me an extra dollar a pound but it's a huge time saver. So what I do is I literally call up. If I'm at work, I say, "I'm going to come by after work and I pick this up." So I literally walk in. It's ready to go. I pay. I walk out. It's a seamless transaction. I go home. I put it in a big silver bowl. I throw a bunch of no salt seasoning, spices, herbs, a little bit of salt substitute like potassium chloride as opposed to regular salt, just a little bit of that, maybe even just a dash of balsamic vinegar, maybe a little mustard, mix it all up, put in dehydrator, and I will have literally bags and bags of jerky that then I can grab. I have the little baggies that I just grab when I'm ready to go and travel, whether I'm flying or I'm driving, I'll just grab it. And one little Ziploc bag and that'll be a great snack to eat when I'm on the plane or when I'm driving or when I'm traveling, waiting for my transportation or if I'm in an seminar or event. And it is awesome to have just have jerky bag without the preservatives and everything else. All the other junk, the sugar, and the store bought.

And that will last, even without any preservatives or moisture and protection, when you dehydrator it right, that'll last you about four to seven days, depending on where you're at. So you can have a great jerky for four to seven days, that's awesome. And then when you start getting into dehydrating other things, you can have chip substitutes and we can go on and on. We can do a whole segment just on how to travel and dehydrating your food ahead of time and making it easy and actionable

so you win and you succeed and you start losing weight and getting your energy back and reversing your disease and getting off your meds and having a great high quality life.

Kevin Snow: I want to do that. All right. [inaudible]

Dr. Thaddeus Gala: And that's the same that we use with our patients, help them reverse fibromyalgia, chronic pain, diabetes, et cetera.

Kevin Snow: Excellent.

Dr. Robyn Benson: What an amazing time it has been with you. My goodness. We have learned so much. A lot of the research that you've done that you've shared with us, the importance of vitamin D, all the great exercise, tips, and how to move your body, and the importance. The big message of this self-care lifestyle and get your chiropractic treatments, get massages, get your acupuncture, do your meditation on a regular basis so you're not finding yourself with this diagnosis that you certainly don't want. Again, this is a time of lots of chronic disease as mentioned and it doesn't have to be that way. So this message in the Healthy Traveler's Summit is the best information you get ... can get to age gracefully, to enjoy your life each and every day because we don't have to be in this position.

So, Dr. Gala, wow. I knew when I met you that not only do you look like the picture of health but I just ... I don't know you as well as I know all my other speakers and I just have to say what a great ... you've really brought some information that we have not heard yet, so really, thank you. And you're reminding me that at some point, we'll have to do season two of this because it's just been [inaudible]

Dr. Thaddeus Gala: Do we have one minute? We can just distill down the bullet points for everyone?

Dr. Robyn Benson: Sure. Let's do that. And also what your doctors don't tell you about traveling in a slow death, I mean, why don't you reiterate that point, because I think you've done it quite well.

Dr. Thaddeus Gala: What your doctors aren't telling you, a slow death is that number one, have your HSCRIP and your vitamin D tested.

Dr. Robyn Benson: Your highly sensitive C reactive protein, okay.

Dr. Thaddeus Gala: Right. And of course, you viewers want ... we have actually a whole lab slip of self-directed labs that I can even email you the PDF. I don't know if that's available for your views but...

Dr. Robyn Benson: No, that would be great. So you could give that as a gift too, we would love that. We would put that in...

Dr. Thaddeus Gala: Yes, because what we've done is there's actually a place you can call in, wherever you are in the nation, you can call in and we've simplified the codes. You call in, you just read them the codes, and you pay over the phone, they give you ... I'm not affiliated with them or anything. It's just a resource we found and researched. You pay over the phone, they email you your lab slip and they tell you where the local lab is near you and you just walk in and you have it done. It's all self-directed, so you can have your labs done yourself. But I would say HSCR, vitamin D test, you want to get up and move and do the stretch and move all your joints at least three times a day but every 20 minutes. So HSCR, vitamin D, move every 20 minutes.

The other things that we said is trying to decrease your grains and your dairy and try to boost up your vegetables. The other thing would be planning and prepping ahead for not only when you're at home but also when you're traveling and get a food dehydrator and get an awesome ... I think that's the next thing that our team is working on is a dehydrator book but we don't have them right now but find a good dehydrator book or of course you can reach out to our team. We can piece what we've done so far and give you some tips. But doing that will I think set the stage, see some amazing differences.

Also with vitamin D, I'm another big fan of fish oil. And fish oil typically I recommend 2 to 3,000 milligrams of EPA and DHA combined daily as well as magnesium and a multivitamin. I can go on and on about supplements. We can do a whole new section just on that and then of course, getting adjusted by your chiropractor ideally twice a month, if you can't do that then at least once a month. And what I encourage you is as soon as you leave, make your next appointment. And if you need to cancel or reschedule, do it but you need to be having some type of body work whether it's chiropractic, massage, physical therapy on some regular basis to give you a full once over so you don't slowly over the years have that slow death of your body getting tighter, less flexible and developing the degeneration in your back, spine, and your body overall.

Dr. Robyn Benson: Well, I'm excited to try your jerky next time I see you, okay?

Dr. Thaddeus Gala: That's right.

Dr. Robyn Benson: That sounds like a great recipe. And also for all ... you're in Oregon, correct? For all of you listening from the State of Oregon or if you need to fly in and work with this doctor extraordinaire, I mean, that's pretty exciting

to hear that what you're doing with chronic illness because again, I can't tell you how many people don't travel because they have a chronic illness. And so if you're listening, just know that it is possible and we had worked with ... many of us, we have a whole center here in Santa Fe. We worked together with our patients to help them realize that you can reverse very often, like what your mother experienced too, Thaddeus. That's great that you opened up with that story of your own mother. Gosh, you're only 10 years old and she has fibromyalgia and her course of, I mean, her life was completely shifted by a chiropractor, so thanks for opening with that story again, wealth of information, everything you said so people can apply to our lives right now.

So until we see you next, thank you, Dr. Gala and to all of you, continue to travel healthy.

Dr. Thaddeus Gala: Thank you.

Kevin Snow: Thank you.