

The link between toxic lifestyle, mitochondria and heart health

Laura Frontiero, FNP-BC interviewing
Jack Wolfson, D.O., F.A.C.C.



Laura Frontiero, FNP-BC

Welcome back to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura Frontiero. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love. Today my guest is Dr. Jack Wolfson. Hi Dr. Wolfson. Welcome to the summit.

Jack Wolfson, D.O., F.A.C.C.

Oh, Laura, it's a pleasure to be on and to speak with you as always. And what a great time to get this information out to the world about health and wellness. That's the only way we're gonna survive. That's the only way we're gonna make it to 100 years and beyond is what we're talking about here. We know the medical model is broken. It doesn't offer people longevity. Life expectancy I think in the United States, is around 80 years of age for men, under that, women a little bit over that. And that's just not good enough.

Laura Frontiero, FNP-BC

Not good enough. And I wanted to bring you on here. We've collaborated before. You're a wonderful interviewee. You share so much terrific information, and we can't really have a talk or a summit about mitochondria without bringing on a cardiologist and talking about heart health because your heart is packed with mitochondria. So we'll get into that too. I wanna introduce you to those who don't know you yet. Dr. Wolfson, you're a board certified cardiologist. You use nutrition, lifestyle and supplements to prevent and treat heart disease. You've walked away basically from the pharmaceutical industry and you actually worked in the largest cardiology

group in the State of Arizona. You spent 10 years as a hospital-based cardiologist. You did angiograms, pacemakers, cardiac procedures. You were even the chairman of medicine, director of cardiology and director of cardiac rehab in that medical group. And then in 2012, you founded Natural Heart Doctor and you offer patients holistic heart care. And now people worldwide consult with you either by traveling to Arizona where your clinic's at or seeing you virtually for natural heart care. So thank you so much for being here. Let's dig in and talk to me about the impact of cardiovascular disease worldwide. Why are we having this conversation?

Jack Wolfson, D.O., F.A.C.C.

Well, it's the number one killer worldwide, it's ahead of cancer, cardiovascular disease, heart attacks, strokes, atrial fibrillation, congestive heart failure, the tens of millions of people who take pharmaceuticals for blood pressure, for cholesterol. It really hits everybody and everybody, they talk about their family history. And they'll say I've got a family history of heart attacks and strokes. Well, so does everybody, because again, cardiovascular disease touches everyone and I'll use this as a great opportunity to say that, it's not a genetic issue. Our genetics are just about perfect. We are designed perfectly, we've evolved perfectly, whatever version of the story you wanna believe.

We are built perfectly until manmade poisons and the manmade unhealthy lifestyle influences our genes in the process called epigenetics. And that's what ultimately leads to disease. But I'm here to put an end to cardiovascular disease, Natural Heart Doctors to home with a 100 year hearts. I believe everyone deserves that and beyond, and we can do that while we're reducing and eliminating pharmaceuticals and unnecessary procedures. So big thing to tackle, but I'm up to the challenge. There's other doctors like myself, of course, healthcare practitioners like yourself that are really trying to make a difference in this world because mainstream is not the answer. Certainly not the answer for prevention. They're very good in the midst of a heart attack, or if you need urgent bypass surgery, but for prevention, they have nada.

Laura Frontiero, FNP-BC

Yeah, so what was it that really kind of shifted what happened in your career, where you just took a look at what you were doing and said, I'm not doing this anymore?

Jack Wolfson, D.O., F.A.C.C.

Well, my story really, again, I became a cardiologist because my father was a cardiologist and he was my hero. I wanted to emulate everything that he did. And I did that. And then unfortunately, as I was becoming a cardiologist and finishing up my training and entering into the practice in Arizona, my father was becoming more and more ill from a disease called PSP, progressive supranuclear palsy. It's a condition similar to Parkinson's. So ultimately he gets that official diagnosis, if you will, at the Mayo clinic. And then simultaneously, I was introduced to a young woman who is a doctor of chiropractic. And she told me all the reasons why my father was sick and dying. She said, he eats like crap, lives like crap, toxic hospital lifestyle, all the radiation basic procedures. I told her that he was on a pharmaceutical Lipitor, which is statin drug, which undoubtedly liquified his brain.

And unfortunately my father enjoyed too much alcohol in his life. And there's no sad part of the alcohol story except for he died. Like that's the sad part of the alcohol story for my father and the woman who would become my life, she said, "You need to become a DC like her." And I said, "DC, doctor of chiropractic?" I just finished up all my training to become a cardiologist. And she said, "No, not DC doctor of chiropractic, "DC, doctor of cause." You have to get to the cause of why people get sick. And when you do that, you will realize all the dreams and all the reasons why you became a cardiologist. And again, it made perfect sense what she had to say. I quickly changed my life 'cause I was following exactly in my father's footsteps except for the Lipitor, the statin drug.

Following in his footsteps, but I would quickly change, change my practice, had all kind of ups and mostly downs inside of the practice from getting in trouble and reprimanded by the conventional medicine world, which is a whole nother, lot of stories. But then ultimately I would just leave the group in 2012, as we said and do what I do. But there's been, it is been a rocky road, but there are other cardiologists like me. I wrote my Amazon best selling book, "The Paleo Cardiologist" came out in 2015. I have a new book coming out in February, 2023. I collaborated on an integrative cardiology textbook, which is nice to see that cardiology in a natural holistic form is really more so coming into the mainstream. And I've spoke at places like the Texas Heart Institute, which is the home of coronary bypass surgery. Michael DeBakey Center the most famous cardiovascular surgeon in the world. Second to maybe Christiaan Barnard who did the

first cardiac transplant out of South Africa. But the DeBakey Center, like it's the home of cardiovascular medicine. And I spoke there at an integrative cardiology conference, which was exciting. So I think there is hope for mainstream, but it's hope. I'm not overly confident as of this interview. We'll see.

Laura Frontiero, FNP-BC

I'll carry that torch with you, there is hope, especially if you are speaking to conventional cardiologists. And I think though, if anything, I think that the consumers of healthcare are waking up, the consumers are asking for alternatives and I've heard it in my career, what else can I do besides this pharmaceutical? I get asked that all the time. So can you tell us why is this medical model broken? Why don't conventional doctors understand that there's more to treating than procedures and pharmaceuticals. What's happening?

Jack Wolfson, D.O., F.A.C.C.

Well, I mean, listen, obviously you've been in the medical industry for not quite as many years as I have, but close. So that being said, again, one of the quotes from my book is from the book, "The Jungle" by Upton Sinclair, "It's hard to get a man to understand something "when his job depends on him not understanding that "and not understanding it." So what that means is again, is that the medical doctors are trained from day one in the pharmaceutical model. It's all controlled by the pharmaceutical industry. It's all sponsored by the pharmaceutical industry. All the guidelines are written by the pharmaceutical industry. And the postgraduate education of a physician, really because the doctors these days are so busy.

So what happens, you're seeing patients all morning long, and then now it's lunchtime. And at lunchtime here comes in this pharmaceutical wrap and they've got all the food, they've got free pens and t-shirts and coffee mugs and stuff like that. And then they teach you or detail you about their pharmaceutical. And they come in with these beautiful advertisements and graphs and charts and all kinds of stuff. So basically that becomes the educational process. And then ultimately, should you decide to veer from that model, well, again, you can be ostracized from your medical group or from your medical community. You can be reprimanded by your medical board, which is one of those things, as you know, that's going on in California right now, where they're actually putting forth, they're trying to push legislation the same Richard Pan behind

mandatory vaccines in 2015, they're trying to push forth the conversation that doctors can be found guilty of misinformation, disinformation, and have their medical license revoked if they are found guilty by this kangaroo court or of what it would be to pull someone's license. And then ultimately, Laura, let me say this again. The more majority of people, the cardiologists, the doctors in general, they've got a lot of loans. They've got money to pay back and should they decide to step out of the insurance based model or whatever they're doing, again, it's a major, major financial risk. So ultimately other doctors will not pay attention to this message because they feel it will damage their career. So they won't even entertain the conversation. Most of the holistic doctors like myself are people who have suffered health issues and they had to go outside of the mainstream to find solutions to their own health problems or that of someone that they love. And that's how they found holistic or integrative medicine. So, yeah, that's the story.

Laura Frontiero, FNP-BC

It's so true. I can't tell you how many people I know in the space who defended the Western medical model to the point that all of a sudden it didn't work anymore. And either they were sick or a loved one was sick and they had to go searching for more answers. And the door was opened at that point. It's really unfortunate that that's what it takes to really open it up for people. Now, people watching this summit, I mean, these are people whose eyes are open. These are people who already understand what the importance of integrative care and functional medicine is. So now people are showing up nowadays even to your clinic in Arizona and virtually sick with cardiovascular disease, you are treating cardiovascular disease still. So how does the 21st century nutrition and lifestyle lead to cardiovascular disease? And can you talk about how people think they're doing things right, or they think they're being healthy, but they might not be.

Jack Wolfson, D.O., F.A.C.C.

Yeah, that's a classic scenario where you hear the story about, he was 52 years old, he was super healthy. He ate well and he exercised and he had a massive heart attack and he died. And I look at that when I hear that story and I say, let me take the history on that person. Let's see exactly how healthy did he eat? How did he drink? How did he sleep? How was his sunshine exposure? How was his environmental chemicals and toxin exposure? What was his stress levels? And

ultimately, what were his test results? Did we do the most advanced testing in the world to see what his chemical exposure was? His toxin exposure was, his mold mycotoxicity, his toxic metals? And the answer invariably in those cases is obviously no. So just because they think that, well, look at this marathon runner, he exercises all the time and he eats Cheerios and he eats his oatmeal and he dropped dead. So there's clearly a lot more into it. And really what our model is in Natural Heart Doctor is we follow the philosophy of eat well, live well and think well. And when you violate those principles of eat well, live well, think well, you're gonna wind up with cardiovascular disease or you'll wind up with cancer, or you'll wind up with autoimmune or and thyroid or diabetes, or whatever, whatever us medical doctors who are really good at giving people labels. And that's what my wife's point was when she said, you gotta be a doctor of cause, you gotta get rid of the labels because the medical doctors, again, we're so good at, you have diabetes, you have cancer of the prostate, you've got breast cancer, you've got this, you got this. I mean, again, we're so good at thousands and thousands of medical diagnoses, but really the causes are the violations of the eat well, live well, think well paradigm.

Laura Frontiero, FNP-BC

So what is it about nutrition and lifestyle that's causing CBD? How are people getting all this? I heard you mention a bunch of toxins, mycotoxins, heavy metals, what's happening there?

Jack Wolfson, D.O., F.A.C.C.

Well, as far as the nutrition side, obviously there's so much debate going on in the nutrition world and I'm not gonna pretend to change anyone's mind necessarily by saying, well, I'm the ultimate authority. I think mother nature is the ultimate authority. Mother nature tells us that we're hunter gatherers, paleontologists, archeologists, anthropologists, all support the hunter gatherer lifestyle for humans in our existence where we've been eating animal products for three and a half million years, according to again, modern day paleontologists. So that being said, I hope if everyone takes out of this conversation one thing about nutrition, it's eat organic food, get chemicals out of your food, get the pesticides out of your food, get the artificial flavors, artificial sweeteners, artificial colors, get the poison out of your food. And that's a great place to start. If you love ice cream, eat organic ice cream. If you love chocolate, eat organic chocolate. If pizza's your thing, I mean again and again, and again. Now me personally, I'm always organic. I'm always gluten free. I eat a ton of seafood. I try and eat seafood every single day. We eat nose to

tail animal foods. Of course, ethically raise free range grass fed animal products. So again, we eat the muscle meats, but we also eat the liver, the heart, et cetera. And that's just, the liver is the most nutrient dense food in the world. So when someone says, oh, they eat so healthy, how much seafood do they eat? People with the highest levels of omega-3 have the lowest risk of everything. This is the Mitochondrial Summit. The mitochondria are loaded with omega-3 fatty acids, the outer membrane, the inner membrane, the membrane space, it is loaded with omega-3 fats that are only obtained from seafood, not walnuts, not chia seeds, but eating seafood. And that is one of our super keys to mitochondria. And of course, a lot of people, a lot of the other practitioners, including yourself on the summit, we're talking about how just about all disease starts in the mitochondria. My father with his diagnosis, people with Parkinson's, it's a mitochondrial failure. And again, one of the best ways to support the health of the mitochondria is to eat seafood. And then we're all talking about all the vitamins and all the minerals. There is no better source for vitamins and minerals than free range grass fed liver.

Laura Frontiero, FNP-BC

And if you can't stomach that, you can take it in a capsule.

Jack Wolfson, D.O., F.A.C.C.

Okay, fine. So we'll let people off the hook a little bit. Taking fish oil is not eating fish. It's taking fish oil. It's not the same. I don't recommend taking fish oil except for a few cases. I recommend eating the seafood. Regarding, like you said, the capsules of organ products we do have that capability to do that. And there are some fantastic sources and the freeze dried liver and heart and other organs, that's just the organ minus the water. So it really is just a pure source to be able to do that. And truth be told, I do both. I mean, I'll eat organs once or twice a week, but otherwise I take that capsules.

Laura Frontiero, FNP-BC

Yeah, yeah. Fish oil, a lot of it's rancid. Would you agree? I mean, you're not adding a high quality product. So when you say you eat a lot of seafood, give our audience some tips on which seafoods are gonna be the best source for omegas, and also not high in toxic metals.

Jack Wolfson, D.O., F.A.C.C.

You got it. So wild salmon, sardines, anchovies, anchovies, again, you'd put them in like into the blender with your salad dressing stuff. That's a great way to get anchovies into people who won't eat them. We eat a lot of shellfish, clams, oysters, shrimp, crab, lobster, muscles, squid. I mean, so on. So we love fish row, salmon row. We're big on that as well. And then tuna has always been something that we know is high in omega-3, but we stayed away from it because it concerns for mercury, but there are some brands including one called safe catch that professes that each of their tunas are tested for mercury, and that they've got one 10th of the mercury content of conventional tuna. So I think that's an allowable source as well. We don't have to eat tuna, but if you love tuna, I think there are some decent options.

And after doing this for all these years, I don't think that the mercury that's in tuna is really much of a problem, I don't. I think the benefits from eating the omega-3 in that tuna far outweigh the risks of mercury and other toxins. But it's, I mean, it's a problem. I mean, again, like people talk about, well, what about Fukushima? What about microplastics? I mean, again, the whole planet's destroyed. I mean, there's pesticides all over organic cabbage in California and again, plants, unfortunately we need to do our best to upgrade our detoxification systems. And one of those ways of course, is by eating the nose detail, nutrition, eating seafood, I'm okay with doing dairy preferably raw. If you can find raw dairy, I'm okay with that. Obviously it's gotta be organic, but really not, we don't do much pasteurized dairy in our household.

Laura Frontiero, FNP-BC

What are you doing in your household for produce? What kinds of things does your family eat?

Jack Wolfson, D.O., F.A.C.C.

In the summertime, we'll go to farmer's markets, in the wintertime we'll go pretty heavy on more of that Carnivorous style of eating. But in the summertime, again, different lettuces, we got backyard gardens where we're growing stuff and broccoli and kale and chard and all the conventional stuff. But when you eat nose to tail animal products and you eat the seafood and you eat eggs, and you consume some raw dairy, there's really not a lot of room and a lot of necessity for all the vegetables that they tell us that we should be eating. And I think vegetables again, can be a double edged sword, as far as, vegetables are not there to support us, right?

Broccoli's not growing in the ground saying, oh, I want to help Laura Frontiero be healthy. So broccoli and all vegetables and all plants, they wanna survive. So they produce things that, again, try and ward off predators like humans. But that being said, we do a fair amount of avocado. We eat a lot of olives. We'll do a fair amount of nuts and seeds. We'll make sure to soak them first to try and get out some of the antinutrients that are in there and sprout them a little bit. We'll do seasonal fruits, but again, always organic, always gluten free and pushing the seafood and animal products.

Laura Frontiero, FNP-BC

Yeah, so you're really eating a true paleo style and you've got four kids and I'm sure they have incredible eating habits.

Jack Wolfson, D.O., F.A.C.C.

They're amazing. 'Cause a lot of people ask us that, what do I do about our kids? Well, the number one thing is you start them early, you start them very early. Our four children, some of their first foods, again, liver, like we'll take the powder liver and organs. And we'll give that as vita... I mean, all of our kids were breastfed for over three years. But again, as time goes on, we start feeding them some of those animal foods we'll do fish eggs, which is fantastic, spooning salmon and a lot of egg yolk, but also avocado, coconuts, olives, and we'll do fruits, but not really like a ton of vegetables outside of that. But again, my 15 year old, my 10 year old, they were born and raised to eat this way. And I do think this for whoever's listening, if your children will not eat this way, buy the liver capsules and have them swallow those because they will gain an infinite amount of nutrition by doing so, that's a great strategy.

Laura Frontiero, FNP-BC

Yeah, and a tip to get your kids to swallow capsules 'cause I've gone round around with my child about this. She can swallow capsules with a bite of food. So she'll put a bite of food, chew it, put the capsule in and swallow, and it's not a problem. Some kids can just naturally do it, others gag.

Jack Wolfson, D.O., F.A.C.C.

Yeah, I mean our four kids, I mean it maybe again, just 'cause they saw us and we were doing it early. Like they think it's like, I mean to another, it's like an M&M to another kid. Like they'll put it

in their mouth and like swallow it like it's nothing. So again, they did that when they're young. So yeah.

Laura Frontiero, FNP-BC

Yeah, now I wanna talk to you about your optimal longevity strategy. You mentioned something, you said Parkinson's disease, heart disease, cancer, all of these at the root of that, of course there's toxins, there's pesticides, there's stress toxins, there's mycotoxins, but there's also at the root of that mitochondrial dysfunction. And that's the reason that I created this summit because if you don't address mitochondrial health, if we don't support mitochondria, you are not going to get well. And so you have an optimal longevity strategy. Let's give people some hope right now. What do you do with your patients and your clinics and your virtual practice? How do you help people get better?

Jack Wolfson, D.O., F.A.C.C.

Well, outside of the the nutrition story that we just belabored pretty well, is nutrition the most important thing? I would say that it probably is not. To me, the most important thing when it comes to health and wellness is sleep. Quality sleep is just penultimate. Our ancestors went to sleep with the sun down. They woke before the sunrise, they watched the sunrise and they spent the day in and out of the sun and they were naked. What's the purpose of our skin? Our skin is a solar panel. Our skin is a solar panel. Our eyeballs are a solar panel built to absorb the power of the sun. So again, that sleep sun strategy is critical. And for a lot of people it's difficult. I mean, again, most people go to sleep after midnight, they spend so much time in the artificial technology, which is a whole nother thing on how to destroy your mitochondria by staying awake in the artificial light.

If you want to heal your mitochondria live as you would in nature, you go to sleep shortly after the sun down, you wake up before the sunrise, you watch the sunrise because the red light, the infrared energy that's coming from the sun is pure medicine to help your body heal. Preferably you're doing it outside, you're barefoot, and again, getting your solar panel outside in the sun. And we were naked doing it. So take off the sunglasses, take off your glasses. Understand that there's benefits to the morning sun noontime sun, of course in the production of UVB rays that increase of vitamin D levels. And then as the day goes on, ideally you would watch the sunset.

But we're the only species that live inside all life is outside in the light and plants and animals, everything is all outdoors. But what is this person we're talking to right now? And she's listening, he's listening to us and they're from North Dakota, they're from Seattle, Portland, Canada. I see these people all the time as my patients. And they're like, what do I do when I say move, move, move to the Southern Caribbean, move to the South of Mexico, Costa Rica, move to the equator. And they're like, oh no, I can't do that. I have my job, my family. And I actually believe it or not like Seattle. Okay, fine. Then take a lot of vacations where you can get down into the sun. Ultimately, if you can't do that, then get a vitamin D lamp. That's a phenomenal strategy to obviously increase vitamin D levels.

It's not the same as the sun, but it's better than taking a capsule or a squeeze bottle, a liquid vitamin D product. And then of course, animal foods are loaded with vitamin D, plant foods have zero vitamin D. So if you eat a lot of animal foods, then you can do it that way. So those are super important, but Laura, I don't want to miss how critical mental health is. And that was chapter five of my book called "One Nation Under Prozac." And the answer certainly is not Prozac, but we need to recognize that stress, anger, anxiety, depression, social isolation, which during COVID of course was at, of course at an all time high, where people were isolated. I know you've worked in the hospital systems for years and you see these people again, they're dying alone, dying in nursing homes alone. I mean, it's just absolutely cruel how people would go. But we have to identify and tell people really, you have to find your happy.

I was not happy in my medical career at the end. Certainly I had to leave. If you're not happy with your job, if you're not happy in your relationship, you gotta find a resolution to that, or it's going to kill you. It's going to kill you. Every time I take a history on someone and we're talking about what happened just before a heart attack, which the conventional cardiologist in the hospital, no one asked them what happened. No one said what was going on before that? How did you eat, how did you sleep? And what was your stress level like? And when I ask people, it's always high. And let me tell you about two conditions that are much more specific to women. One is called SCAD, spontaneous coronary artery dissection, where a woman under stress has a massive heart attack because her artery basically tears open. The other is called Takotsubo cardiomyopathy. It's congestive heart failure, more commonly in young to middle-aged women, again, after a stressful situation, fight with your boss, fight with your spouse, fighting with a child, and even

geopolitical things that are going on in the world, our bodies were not designed for 24/7 stress and it shows up in cardiovascular disease. So again, all those things, food is not more important than stress. Food is not more important than sleep and sun. Food is not more important than physical activity, or food is not more important than avoiding environmental chemicals and toxins. So we need to really focus on these other areas too.

Laura Frontiero, FNP-BC

Yep, it's not a one strategy. It's not a one size fits all. And it definitely takes some time. This isn't a magic bullet. So I'm so glad that you talked about sun and sleep so critical for mitochondrial health and for healing any aspect of inflammation in your body or chronic disease, you must get that dialed in. I can't tell you how often I work with people who say you don't understand, I'm really busy. I have a busy business. I am responsible for a lot of things and I am just not going to be able to sleep. And it's like, well, you're cutting yourself off at the knees then because your body needs that time.

Jack Wolfson, D.O., F.A.C.C.

Yeah, a friend of mine who is a holistic cardiologist who pushes vegan nutrition. He's my friend Joel Kahn. So I'll drop his name here. And Joel wrote a book called "Dead Executives Don't Get Bonuses." So you work yourself into the grave, and we've all got people in our lives who've done that. And again, I understand that most of us need to work to pay our bills. And a lot of us work because we love what we do. But if you don't take the time for physical activity and all these things that we talk about, you better make time to be sick because it will coming soon. You and I have both seen it for many, many, many years.

Laura Frontiero, FNP-BC

We have, we have. Okay, Dr. Wolfson, this has been incredible. I always love it when we get your perspective. Any final words for our audience and tell us where we can find you, get connected with you.

Jack Wolfson, D.O., F.A.C.C.

Well, you can find me at naturalheartdoctor.com. If you want a copy of my current book, it's at freeheartbook.com. You can check that out as well. And again, I'm very big into, you eat well, live

well, think well, and then the tests don't guess as well. So you do the most advanced testing in the world to see what people need. And as you know, the health of the mitochondria relies on so many different factors. We often talk for example, about CoQ10. Well, what is your level of CoQ10? You can actually measure that inside of the cells. Glutathione is one of the most important molecules made by the liver as a detoxifier and anti-inflammatory. In fact, data shows people with the highest levels of glutathione, lowest risk of hospitalization and mortality from COVID. People with the highest levels of glutathione, lowest risk of cardiovascular disease. What are your levels? Let's figure it out. So many things, again, as it pertains to mitochondrial health and nothing, again is important.

Again, the seafood, the sleep, the sunshine, avoiding the toxic lights that are there. And then please, everybody make sure you get tested from mold mycotoxins mold mycotoxins are a 21st, they've been around since the dawn of certainly human existence. Mold mycotoxins are a 21st century health crisis. I recently did a presentation to over 2000 healthcare practitioners. It was called mold mycotoxins and cardiovascular disease. And it was 45 minutes of PowerPoint slide after slide, after slide, after slide about the ravages of mold. Do not assume that you don't have it, get tested to make sure you do not have mold mycotoxins. And if you do have them, you gotta remediate it, you gotta find them. It will be, whatever your health issue right now is, please consider mold mycotoxins as a cause.

Laura Frontiero, FNP-BC

I'm glad you brought that up. We actually have mold specialists talking on this summit and a mold remediation specialist as well. So find those interviews and listen, because this is a big deal. I mean, if we had a lot of time, I could share my mold story, but I was definitely exposed as a teenager, didn't realize it and carried it in my body for the next 30 years until I realized what was going on and got rid of it.

Jack Wolfson, D.O., F.A.C.C.

Yeah, I mean, there are people who believe that like all disease is mold mycotoxins that ultimately lead to the disease. And I can't say that I can argue with that. I can't say that I can argue with that. So, I mean, again, if we eat well, live well, think well, we can do our best to get

the mold mycotoxins out of our body and to survive in that kind of environment. If we're not doing eat well, live well, think well, and we're in mold, we're done.

Laura Frontiero, FNP-BC

We're done, right. Right, most of us can get through it because we've got some area dialed in. Maybe you're a really good sleeper or maybe you're really good at exercise, or maybe you always eat organic, but you don't have other stuff dialed in. You can hack your way through it for a while, but it'll catch up to you.

Jack Wolfson, D.O., F.A.C.C.

Yeah, yeah, fantastic. Hey, listen, I appreciate you having me on, letting me share my story and some of my solutions, and I wish everybody the best in health and wellness as always.

Laura Frontiero, FNP-BC

Appreciate you too, Jack. Thanks for being on and take good care now.