

Speaker 1: You're listening to Bulletproof radio with Dave Asprey. Today is a live interview, so you might want to check us out on the Youtube channel. You can head on over to bulletproof.com/youtube and that will direct you to the right place to go.

I'm sitting here with someone who is a mystery guest until I introduce him, but you wouldn't be happy if you didn't get your cool fact of the day would you? Today's cool fact of the day is pretty interesting because it's about the bowhead whale which may hold the secret to anti-aging.

Dr. Bissoon: Oh wow!

Speaker 1: This probably is the longest lived mammal, it lives about 200 years.

Dr. Bissoon: Wow!

Speaker 1: I'm going to actually beat it, that's my plan. They found some genes in it that are related to dna repair that they think might be why it lives so long, so it actually has genes that we don't have. But I don't see why we couldn't borrow those genes. More or less.

Dr. Bissoon: There you go.

Speaker 1: So that means that it doesn't get cancer. That's extremely rare, even when they're swimming out in water that is full of this crazy stuff.

Dr. Bissoon: This toxic stuff.

Speaker 1: They found some of these spears that have 200-year-old ivory spear tips that's still embedded in them.

Dr. Bissoon: Wow! Jeez!

Speaker 1: I don't want to live to 200 with ivory spear tips inside me. That's outside my realm.

Dr. Bissoon: We can do without that part.

Speaker 1: Before I tell you who is sitting next to me in New York City, if you haven't seen the new lemon cookie bars, I can tell you, I just shared one with Dr ... Oh, I know who I'm talking to so I'll tell you in a minute. They are really good. It's a brand new product introduction. Tastes, in fact, what did you say Doctor?

Dr. Bissoon: It doesn't taste like a bar, it tastes like pastry.

Speaker 1: It's very pastry-like.

Dr. Bissoon: Bars, I really don't like bars, and it literally tasted like a pastry. What really sucked about this ... Sorry, I didn't mean to use that word.

Speaker 1: Nah. Sucked is okay.

Dr. Bissoon: You only gave me a small piece and I wanted more, that's all you had!

Speaker 1: I'll send you a case. That solves that problem. Now, Dr. Lionel Bissoon is a friend, and he's a physician right off of Central Park in New York. He treats a lot of successful Wall Street people, a lot of celebrities and does a very interesting type of anti-aging medicine, I don't know if anti-aging medicine is the right word for the overall part of what you do?

Dr. Bissoon: Right, yeah.

Speaker 1: You are also one of the pioneers for Mesotherapy.

Dr. Bissoon: Mesotherapy, yeah.

Speaker 1: I want to talk about your [inaudible 00:02:37] gene because it's different. And also, what is Mesotherapy? How did you come up with this stuff, and why are people doing it? It's considered a cosmetic procedure. We did an experiment on me about two years ago just to see what it would do and it was definitely not what I expected.

Dr. Bissoon: It was a little painful.

Speaker 1: Yeah. Let's get started on how you got into the kind of practice you're in, because there aren't a lot of guys that do what you do, and then a side, what specific cool techniques that you work with.

Dr. Bissoon: Okay, so I graduated from Mount Sinai and my residency in sports medicine rehab, and I was really excited to go into rehab medicine. One of the things I realized, people didn't seem to be getting the kind of results they wanted, and they realized, you know, maybe we should look into nutrition.

We need to talk to people about some exercise and about some lifestyle, and guys started coming in and back in the early 90s, if you were prescribing testosterone, most likely you were FDA rated R, their medical board, rated R, the DEA ... People were terrified to do it, so we kinda did some hormones underground and every time you would write a prescription, you were shaking, thinking, "Oh my God am I going to have the police knocking on my door for writing this prescription?"

Speaker 1: Right.

Dr. Bissoon: So that's kind of how that started, and so we started looking at whole body but to me anti-aging is not just giving hormones, not just doing nutrition. Look, you are big on gut health, and my approach to aging, the foremost important thing is, if you don't take care of your gut, you know, it doesn't matter how much botox you have, how much cosmetic surgery you have, how much testosterone you take, it's not going to work. It's a temporary fix, so you have to fix your whole body.

I'm an osteopath, and osteopathic medicine teaches you the whole body approach, and so my approach is to do everything, so we do some cosmetics, we do the stem cells, we do look at the gut health, we look at your hormones, we now are starting to look at genetics so we can look at your health from a genetic perspective. Look at the traditional labs, and that's my approach to anti-aging. We do everything. The whole body.

Speaker 1: So you definitely spend time on cosmetic stuff which is ... A lot of people they look at anti-aging medicine, and they think, "Oh, that's like botox," but that's actually maybe not how it works

Dr. Bissoon: Well you know that's interesting because the term anti-aging typically started off with medicine. And then the cosmetic companies sort of latched on to it, and then guys who were doing cosmetic procedures started saying we are doing anti-aging. Well question is, what is anti-aging?

So to me you have to start fixing things internally, because you can do all the face procedures, but if you don't eat healthy, if you don't fix the gut don't take a placebo, if you you have candida, and by the way if you don't live in New York, we can't test you for candida any more.

Speaker 1: Yeah.

Dr. Bissoon: Which is really a terrible thing.

Speaker 1: State regulatory stuff.

Dr. Bissoon: State regulatory stuff. There's ways to figure it out, so we look at TGF beta, and if we see a TGF beta elevated, then most likely I'll treat them.

Speaker 1: What that means if you're not in the inner circle of that TGF beta's an inflammatory marker, and if you read the bulletproof diet, you absolutely know. Look, inflammation matters more than cholesterol, which doesn't matter much at all, unless it's [crosstalk 00:06:08].

If you're inflamed, whatever the cause, you've got to figure out what it is. If the inflammation and you're saying is candida or systemic ease, it's going to raise this one inflammatory marker. Even though it's illegal on this side of the

[inaudible 00:06:21], you go to New Jersey and you can get a lab test, but you can't get it in New York.

Dr. Bissoon: You can't get it in New York, and if you write a prescription with a New York license, you can't get it done. We've found a way around now, so the Genova labs will allow us to do a urine test, and look at metabolites. Once they found out what we're doing there they'll probably shut it down too.

I'm not bashing the state of New York, so if you don't work here, but there are a lot of regulations, and it's how we influence by pharmaceutical companies, and insurance companies, so it makes it difficult to do this kind of medicine, but there's ways around it. At the end of the day, you have to do what's right for the patient.

Speaker 1: That's the most important thing. A lot of people listening, I don't want to talk about this too much, but before I started Bulletproof, we became known for starting Bulletproof coffee. I weighed 300 pounds on that. I also started a medical out testing company with my wife Dr. Elana, and we were testing nationwide. One of the first 'you can order your test without a doctor' kind of companies.

We were only testing for antibody responses to environmental toxins or infections. We could see if you were allergic to titanium, [inaudible 00:07:33], before you got a titanium. Turns out 10% of people were getting a reaction to things that were supposed to be hypoallergenic and not.

Dr. Bissoon: Right.

Speaker 1: We had some people who were dying of an allergic response to implants, [inaudible 00:07:46], especially if you had an implant. You can't just take a Benedryl shot for that, you've got to take the thing out. That goes through your body, so it becomes very toxic. We talk about inflammation as being an underlying thing, the problem is we could never sell that test in New York.

Dr. Bissoon: Right.

Speaker 1: Because the laws in the state are different than all the other states. All the lab companies are trying to do this. For people in New York, it's like there's weird legislation here that means you don't get access to the same data that everyone else in the country gets. It's actually not a level playing field. New York is at a disadvantage because of that.

Dr. Bissoon: We are. We try to find ways to work around it. Basically two plus two plus one's always going to be five. So you figure out, look at other markets, and basically extrapolate, and based on their symptoms and try to figure out, "Well you have a TGF beta's elevated which is an inflammatory marker. You don't have Lyme's disease, you don't have a cancer, you don't have [inaudible 00:08:40], so most

likely it's probably some sort of infection going on. If I have to guess, I'd usually guess it's a fungus.

Speaker 1: I love that you're talking about fungus in the context of anti-aging medicine. Because our fungal infections, if inflammation's one of the things that makes people sick, it also makes them age more quickly. Inflamed people-

Dr. Bissoon: It does.

Speaker 1: Get wrinkled, they get old, and it takes years off their life.

Dr. Bissoon: Also these fungi, eventually they'll live long enough that the fungus ... Sorry not the patients, but the patients, if it's been there in their intestines long enough, the toxins are being absorbed. The fungus actually leaves the intestines, so it becomes the stomach. So people, things with like Psoriasis, eczema, people with ... I even see with hair loss. Sometimes guys come in and they're losing their hair.

I examine their scalp, and I see these tiny little patches of red stuff. I say, "I think that's a fungus, let's give you a top anti-fungal." The hair starts growing back. It's interesting the Dermatologists say the anti-fungal's make hair grow, but they don't tell you, well maybe it's working to grow hair, because maybe it's a fungal infecting your scalp and causing hair to fall out, from the toxins that's being produced. Toxins, approximately 100 different estrogenic type toxins that produce from fungus.

Speaker 1: There you go. You know estrogens are a major problem. I just wrote a book about stretch marks, and it's not how you reverse stretch marks, in fact I'll ask you about that, you probably have some good ideas. It's what causes them, because I'm covered in stretch marks, from when I was obese. They started when I was 16.

Dr. Bissoon: Wow.

Speaker 1: So I just did the detective work, where are all the things that might have caused that? So what should you do if you have one stretch mark, to make sure you don't get any more? I just wish someone would have told me that. It's a buck on Amazon or something, not like my full on books. It's just like 80 or so pages with all that info. One of the things in there is inflammation from a fungal infection-

Dr. Bissoon: Can cause stretch marks.

Speaker 1: You can have stretch marks, do you buy that? It's okay to say no.

Dr. Bissoon: Well, it's possible if you can prove there's an infection. Look women who get, let's go back to a pregnancy.

Speaker 1: Yeah.

Dr. Bissoon: Your immune system is suppressed, otherwise you're going to reject the baby.

Speaker 1: Mm-hmm (affirmative)-

Dr. Bissoon: It's a [inaudible 00:11:03], so if you have another live infection, yes it's possible. Could I say no? Logically I would say no, but if you look at it from an immune perspective from a pregnant woman. We typically tend to commonly see stretch marks, but people who are overweight, they have infections in their intestines. They tend to be estrogen dominant. Well where's the estrogen coming from? They're not taking excessive estrogen. It's coming from a source, if the source is a fungus, then there you go.

Speaker 1: Yeah I wouldn't think that pregnant women are getting their estrogen from that, that's just normal body hormones. Why is that? A 16 year old, or a 22 year old with stretch marks. My hips, I've got zero stripes on my abdomen. Even though I have the six pack now, I still have a zebra six pack. Some of that was xeno estrogens. These are maybe 1,000 to 10,000 times stronger than your body's estrogen from the environment I was in. From an aging perspective, that's not good news, right?

Dr. Bissoon: No, but since your calcium D-glucarate helped take some of those estrogenic toxins out.

Speaker 1: That's a cool thing. I just launched Calcium D-glucarate. This is a new Bulletproof supplement. I've for a long time had a very powerful source of glutathione. The glutathione force. The secondary pathway for delivery to de tox things is calcium D-glucarate. I didn't even know that you were using glucarate, so what's your take on this stuff?

Dr. Bissoon: Well usually when I do weight loss, I assume that everybody's estrogen dominant. Then when we look at the levels and we do the math, they are estrogen dominant. If we assume the estrogen is coming from their gut, then I give them calcium D-glucarate to help pull that out and de toxify it.

Speaker 1: So what's going on there is-

Dr. Bissoon: Chelation and taking that out.

Speaker 1: That's a good picture, so Chelation is the idea of binding to a toxin so you can excrete it.

Dr. Bissoon: Grabbing it and pulling it out.

Speaker 1: What the calcium D-glucarate does, it helps the liver find extra estrogen and get rid of it.

Dr. Bissoon: Get rid of it.

Speaker 1: In my case, my testosterone, I think it was probably genetic, but because I was obese, I would always turn testosterone into estrogen more efficiently than average. I take this, I've taken it for years in order to help me keep my estrogen levels [crosstalk 00:13:14], because if they're too high, you're not going to like how you look.

Dr. Bissoon: No, so estrogen dominance, like most people overweight tend to be estrogen dominant. Those guys, they come to me, their belly is like this. We say, "Well most likely you're estrogen dominant." We take the total testosterone, and divide it by the estrogen. We get a number, that number should be between 40 and 50. The average guy tends to be less than 30.

Speaker 1: So they're just-

Dr. Bissoon: They're [inaudible 00:13:39] too much.

Speaker 1: Right. You see a lot of really successful people that have been on all [inaudible 00:13:41] right? [inaudible 00:13:44]?

Dr. Bissoon: Well, they may not be obese, but they are overweight. The thing is if the BMI's over 29.9. Most of the guys who come in that I see, literally they come here just because they have a [inaudible 00:14:04], or they have a low sex drive. They have problems with erections, or they're tired. When you come in with these three simple symptoms. You would expect, "Well we'll check your testosterone, and give you testosterone."

Which, that's done and I said, "Well now we're going to check your estrogens. Or we're going to look for fungal markers, or we're going to look for inflammatory makers. Or we're going to run the genetics and see if you have a gene that's making you convert more testosterone into estrogen, or maybe you just can't metabolize or break down the estrogen."

There's a gene called the COMT gene, which we were talking about earlier. People tend to be smart. People who tend to be motivated, people who are high function executives, tend to have a mutation in that gene. Which gives you more dopamine in your brain, but at the same time it slows down the metabolism of estrogen. You can't detoxify the estrogen, so you can be smart and fat, basically.

Speaker 1: That kind of described me to a T. So I've been re looking at my full human genome, but I bring the data with me. I see how the G scores are.

Dr. Bissoon: I like to see what that COMT gene on yours looked like.

Speaker 1: You don't get that through [inaudible 00:15:18], you need to do more extensive testing?

Dr. Bissoon: Well if you had full human genome done, they should have-

Speaker 1: I had everything. For the average listener, if they wanted to understand COMT.

Dr. Bissoon: For the average listener, your traditional doctor may do it, but your alternative medicine doctor will do it. It's called capital C, capital O, capital M, capital T gene. There are three possibilities.

One where there is a mutation where you have excessive activity at the COMT gene. Which means you're breaking on dopamine very quickly, which means you can also metabolize estrogen very quickly. Those people are going to so called considered normal, but those people also executive wise, they're not as a higher functional executive-

Speaker 1: The dopamine is a lot-

Dr. Bissoon: Getting used up. I tend to call them slackers. Doesn't mean they're lazy by any means, there are benefits. So people have the so called normal gene, tend to function great under stress. People who have the mutated version where they have less of the COMT, tend to be more executives.

Tend to be people who are in business. People who are running their own companies. People who just want to get up and go to work. They go to sleep at night, and they're thinking about all these business things. Which is great for them in their brain. Outside of the brain, what's it doing to your body? The same gene also metabolizes estrogen and adrenaline.

Speaker 1: They have more estrogen, and more adrenaline for stress.

Dr. Bissoon: Right.

Speaker 1: More dopamine for smarts.

Dr. Bissoon: Right. Sometimes these same people, if there is a crisis, they're just crazy. Because they become overwhelmed.

Speaker 1: I used to be like that for sure. I'm not anymore because I've done [inaudible 00:17:07], I've done all this narrow feedback. I'm wired neurologically much more [resiliently 00:17:11] than I was before.

Dr. Bissoon: I've got to tell you, since I last saw you, you look amazing.

Speaker 1: Thanks.

Dr. Bissoon: Not just your skin and your body, but it's almost like you look more Zen. There's a peace that I'm seeing in you that I haven't seen before.

Speaker 1: Oh.

Dr. Bissoon: It proves you're product, that you're doing-

Speaker 1: The training stuff.

Dr. Bissoon: The training stuff is working. When I saw you this morning, I said, "Gee, dang [inaudible 00:17:39]. There's something different about you." Yes, physically I could see the weight, but there's a different order about you.

Speaker 1: You have a meditation practice, you're willing to talk about your meditation stuff? It's part of anti-aging.

Dr. Bissoon: I have a guru from India, and he taught me privately, which I was very fortunate to meet him about 20 years ago. He was unknown at that time, so I was fortunate enough to get private instructions. He taught me a meditation technique that literally it almost feels like every cell in my body was in heaven.

Speaker 1: Wow. I want that.

Dr. Bissoon: It felt so good, sometimes I'll be in meditation for two, or three, or four hours. The office will be calling screaming, "Your patients at 10 o'clock, and you're still not here!" I just could not get out of that state. I didn't want to leave that state.

Speaker 1: Is there a name for that state?

Dr. Bissoon: I didn't have a name for it. I remember he said to me, he said, "Look, if you keep doing this, you will become enlightened. You'll see what nirvana feels like."

Speaker 1: Wow.

Dr. Bissoon: He says. So I explained to him what was happening. He said I should back off because you still have to function in the material world, you still have to go to work, you still have to pay your bills. I said to myself, "Yeah maybe I do need to back off, but I love meditation." The interesting thing is what I learned from meditation, it used to be that you go through this practice, and eventually get to a point where the mind is peaceful, and calm, and still. When you do this-

Speaker 1: Could you do it automatically? Could you be sitting behind your desk and just go into that state?

Dr. Bissoon: Now I think I'm at that point, where I could be studying, I could be reading. I'm sure that's what your training does also. It helps you get there, where you don't

have to say it, and chants, and do all these things, but you just go right into that state. You can bring instant peace and relaxation.

Speaker 1: A while ago, maybe 10 years ago, the Dali Llama announced a prize. I think it was probably for either a [inaudible 00:20:00], or [inaudible 00:20:00]. He basically said if someone can show me how to get into this state in less than four hours, there's a \$100,000 dollar prize. He's like use neuroscience, I don't care. It takes me too long, but I need this state. For the average person who maybe has a little meditation practice. It's a struggle to sit, and be calm and focused, and aware of what's going on. You as a long time meditator, and others I know have practiced earn of living.

One of the guys who really was CEO when [inaudible 00:20:29] used to work for has been doing yoga every morning for 35 years. With these breathing exercises. For guys at your level of learning, or his. You carry it with you always. Then you can turn it on when you need to. It sounds impossible for someone who's just started meditating. How long did it take you before you get there?

Dr. Bissoon: About 10 years.

Speaker 1: About 10 years? I'm a lazy guy, that's why I started the neuroscience thing in Seattle. I found that with a computer guiding me instead of just fumbling around, I could cut the time down now. I can always access the state of ... You feel it, it's a peace and a gratitude thing.

Dr. Bissoon: I bet you there's called instant access.

Speaker 1: It's not quite enlightenment, but it's closer than I was before to that.

Dr. Bissoon: I know you've always spoke, I said to you, "I'm intrigued by what you're doing with neuroscience." I would like to come.

Speaker 1: We'll do a trade, you can stick me with some stem cells, and some of your other amazingness.

Dr. Bissoon: Yeah. That'd be fun. I would like the [inaudible 00:21:32] to be conscious and be in delta state.

Speaker 1: Yeah.

Dr. Bissoon: That would be an amazing feat. Stem cells, yeah we'll hook you up to more.

Speaker 1: That sounds like a plan. Now let's see, there's so many cool things to talk about. Let's talk about your approach to stem cells, what you think about them, and then let's talk about Mesotherapy, because I think no one listening has heard of Mesotherapy, but you wrote a textbook on it, [crosstalk 00:21:52] textbook on it.

Dr. Bissoon: Well, it's more of an information book for prospective patients-

Speaker 1: Okay.

Dr. Bissoon: Teach them about it. Mesotherapy is a French medical specialty, I have to tell you a funny story. When I was in practice, we were doing something called Endomology [inaudible 00:22:08]. This woman, French woman walked into my office and said, "Doctor, I'm here for Mesotherapy." I thought she had lost her mind, because I never heard about Mesotherapy. She started taking her clothes off.

Speaker 1: Oh, that kind of patient.

Dr. Bissoon: I say in traditional western doc, I go, "What are you doing?" She goes, "What do you mean? I'm here for Mesotherapy." She starts taking her clothes off, so I said, "Oh I'm sorry you've got to leave my office right now." New York state is a very difficult state for doctors, so you don't know if you're being set up or something. I asked her to leave, she starts yelling and screaming at me, she wouldn't leave. We have to call 911.

Speaker 1: Oh my God.

Dr. Bissoon: Honestly today I wish I could find this woman. [crosstalk 00:22:58]. Because two weeks later, another woman came in and said, "Doctor Bissooon, do you do Mesotherapy?" I said, "No." She says, "Well you must learn it," so again I thought she was crazy and out of her mind. Because in traditional medicine, whenever you hear something new, I'll first think, antennas go up when we think, "This must be quackery." Because we're not trained to think outside the box.

Speaker 1: Right.

Dr. Bissoon: Think about things differently. So I said, "Okay I'm going to listen this time." So she called the place in Paris, and set up a course, and says, "I'll meet you there, I'll translate for you." I said, "Okay I'll go." Except I didn't go, because I thought it was quackery.

Speaker 1: How long ago was this, like 20 years ago?

Dr. Bissoon: Yeah it's about 20 years ago.

Speaker 1: Okay.

Dr. Bissoon: I went, shoot 18 years ago, in the end of 97, 98 I went. I studied and I said, "Oh my gosh this is really, really amazing." So Dr. [inaudible 00:24:03] discovered Mesotherapy. Basically what they discovered was a method of administering medicines other than doing it orally, or IV, or rectally through suppositories. The concept was injecting the medicine exactly at the site of pathology. You inject it

into the skin, so if you inject it into the skin, the skin has what's called a redundant circulation. Whatever you inject in the skin will stay there up to seven days, and slowly leech out.

Sometimes it could be up to two weeks. They were using it for pain, they were using it for weight loss, they were using it for [inaudible 00:24:39]. When I saw the technique, I said, "Wow this is pretty intriguing, so I'm going to go back home and do this stuff." They were using all homeopathic stuff, and they were taking 80 treatments to get [inaudible 00:24:54] treated. [inaudible 00:24:57] treatment is 80 treatments, 80 injections.

Speaker 1: Yeah.

Dr. Bissoon: 80 treatments. You go to the doctor 80 times.

Speaker 1: The injections are like 20 or 30 injections.

Dr. Bissoon: Well they were doing like eight to 10, so what I've done was modified it into a mix of homeopathic medicines with traditional medicines. Then we would do cellulite 100, 200, 300. I was getting results between three and 20 sessions. 20 sessions-

Speaker 1: The results you were getting was reduction in fat locally, and reduction to cellulite?

Dr. Bissoon: By definition, fat and cellulite are two different things.

Speaker 1: Yeah.

Dr. Bissoon: When people associate fat and cellulite, it's really a misnomer, because skinny women tend to have the worst cellulite, and fat women don't really care about cellulite, they care about losing weight.

Speaker 1: Right, okay.

Dr. Bissoon: It's important believe if you have cellulite, you're fat, but you're not. I examined cellulite [inaudible 00:25:50] I see skinny women tend to have the worst cellulite. Cellulites are just pockets of fat that for whatever reason, be it diet, whether it be genetics, whether it's too much estrogen, whether it be from pregnancy, it shows up and basically with cellulite the estrogen levels have gone up. The fat makes the fat cells grow, and they break through the connected tissue. They herniate out, so you create these little bumps in the skin.

I target those cellulite, the [inaudible 00:26:21] of well let's call them little bumps for the audience. With medicines that shrinks the fat, increase circulation, help repair collagen, and inject directly into the cellulite. Seven years

ago I did an interview for a magazine, and I said, "Five years from now, Mesotherapy's going to be in every corner."

It's not quite there yet, but there's now over probably two, three hundred doctors plus that are doing Mesotherapy. We were on 20/20 in 2003, national TV show on the Mesotherapy. Barbara Walters says, "Look it's the best thing since sliced bread." That was a great introduction from her.

Speaker 1: Yeah, I'll say.

Dr. Bissoon: The day that program aired, the next day there were like 20 Mesotherapy training courses around the country. Doctors were flocking to learn about it, obviously there were skeptics. Now, there's Kybella, which is a proof to inject underneath the neck to break down fat. It's FDA approved for that.

The Dermatologists who would not embrace Mesotherapy and not doing this procedure, were just exactly what Mesotherapy does. In fact the active ingredient that's been approved for shrinking fat underneath your neck, is the same thing I treated you with.

Speaker 1: No kidding, what was it? An herbal thing.

Dr. Bissoon: We call it acid, but yeah it has herbs in there too. Some herbal preparations.

Speaker 1: I was twitching quite a bit when you did that. It was about 10 injections. By the way, where I was treated, I've had the technical term is 'bitch tits' since I was a teenager. All the guys in my family have it. I made too much estrogen.

Dr. Bissoon: Right, your estrogen levels.

Speaker 1: Yeah. I was obese, which makes me more estrogen dominant. I always have a little bit of extra fat on my man boobs.

Dr. Bissoon: Right.

Speaker 1: I'm like, "All right, let's see what we can do with this." I don't know if when one treatment [inaudible 00:28:10], but I was shaking for a little while.

Dr. Bissoon: You were a little shaky. There's a little bit of Aminophylline in there.

Speaker 1: Okay.

Dr. Bissoon: Just to break down the fat.

Speaker 1: Mm-hmm (affirmative)-

Dr. Bissoon: There's some Phosphatidylcholine in there, and that causes psycho therapy increase. Also keeps [inaudible 00:28:24] longer in effect, so you get a longer term effect. We had some artichoke. Injectable artichoke.

Speaker 1: Nice.

Dr. Bissoon: Which we were talking about earlier. It's interestingly enough, in studies we conducted, artichoke makes you break down fat faster than anything else when injected.

Speaker 1: Because of the affects on ... Oh it was injected.

Dr. Bissoon: Yeah. We took fat cells, and we exposed it to all these different things that breaks down fat.

Speaker 1: Yeah.

Dr. Bissoon: The oxycholine kills all the fat cells, but when we look at the amount of fat in the jar when we give the cells artichoke, is more fat being released from the fat cells, but it has to be injected.

Speaker 1: Eating artichoke won't do anything with that, taking it orally won't do anything except taking it orally helps your liver basically.

Dr. Bissoon: Right. It also helps your liver detoxify. It makes smooth muscles work better. Except I'm allergic to it.

Speaker 1: Artichoke?

Dr. Bissoon: It's interesting because I inject myself, and I got shaky.

Speaker 1: Yeah.

Dr. Bissoon: For me it was probably the artichoke than anything else.

Speaker 1: So you got an adrenal response from an allergen.

Dr. Bissoon: Yeah. With Mesotherapy look, we use it to inject vitamins in the face, so it makes the skin look better. We do PRP in the scalp for hair loss. Now it's interesting, PRP is really hot right now, but back in 2000, we were injecting-

Speaker 1: Hold up.

Dr. Bissoon: Yeah. I was doing PRP in joints, and faces, and scalps. The last three years, somebody created the term 'vampire facelift', and that made PRP just go off the charts. There was one PRP company back then, there's probably about 20 or 30 PRP companies. Like anything else as you now, not all PRP kits are the same.

I still use the original product, because studies have shown they have the most PRP. We mix that with growth hormone. Again, people think Mesotherapy is just treating fat, and just treating cellulite, but if you put some growth hormone in the PRP and inject it into the scalp, we see the hair stop falling, we see the hair start growing. If we mix the bio factors, the embryonic factors that comes that prove legal to use. We mix it, we actually see the hair growing faster also.

Speaker 1: Wow. What about grey hair? My mom turned grey at like 20. There's a genetic. All of the guys in my family are bald, so I kept my hair. I've got a little bit of salt and pepper, I'm 44 though. Can you reverse back with this stuff? Or do I have to dye it like everyone else? I'm not going to by the way.

Dr. Bissoon: About three years ago there was a product in the UK that was looking to get approved. I think the website was called 'No more grey hair', something like that.

Speaker 1: Yeah.

Dr. Bissoon: It was a pill that you could take, but apparently it never got anywhere.

Speaker 1: Did it work?

Dr. Bissoon: It claimed it did. Obviously you haven't heard about it. Because if there was a way to fix grey hair, I'd be the first one in line. I'm going to knock you off the line.

Speaker 1: You're paying a lot of attention, so when you're looking at genetics and all.

Dr. Bissoon: The stem cells, though, one of the things ... You didn't mean to be [inaudible 00:31:39], like [inaudible 00:31:38] in this stage right?

Speaker 1: Yeah.

Dr. Bissoon: Talk to him about it, because he puts it on his website. This here, from your stem cells we inject using Mesotherapy in the scalp. His hair is so thick.

Speaker 1: He looks great. No one would guess how old he is.

Dr. Bissoon: Oh let's not tell anybody.

Speaker 1: Yeah, I'm not going to tell anyone, but he's told me. [inaudible 00:31:55] he's written some books on anti-aging, he's a mutual friend here in New York as well.

Dr. Bissoon: Yeah he's written four books. Look, he's responsible for me being in New York, because I was leaving Florida. I'm sorry leaving New York to go to Florida. He said, "Look, you're like the world's expert in Mesotherapy, why would you go to the boonies in Florida? Stay here." He convinced me to stay in New York.

The Mesotherapy, we use it for PRP, we use it for stem cells, we use it for cosmetically the facial treatments. We do hands with it. Inject it into aging skin. We inject cellulite, we break up fat. Let's say somebody had a love handle but they weren't happy. We could target that area of fat. People are dieting and exercising, they'll lose weight. Sometimes a little bit of salad back, a little muffin top. In your case you're pretty healthy. There are man boobs, so we could inject all of those things. Amplify whatever program you are.

Speaker 1: What age should people think about this? There's a lot of people in their mid 20's who have been obese, or are obese, or just have some things they don't like. There's also people who are 60.

Dr. Bissoon: Right.

Speaker 1: What's a typical use case for Mesotherapy?

Dr. Bissoon: Well if we're talking about [inaudible 00:33:11], the sooner you see it, the better you are. For instance, we take a lot of women who work in fashion. Their legs look perfect, but when they get photographed, and you see their pictures, and you see the cellulite, it drives them nuts. They come in and they do their one treatment every three, four months. Just to keep their legs clean, free of cellulite. Typical program, 10 treatments, then they'll do once a year. People in fashion, they're like fanatical about their legs. It's your body, it's how you make a living.

Speaker 1: Right.

Dr. Bissoon: Walking down a runway, so you have to look great. Those women come in like every three months to get a treatment.

Speaker 1: Is this an expensive treatment?

Dr. Bissoon: Well when people ask me that my question is, I always respond by saying, "Well what's the value in having great legs?" These ladies are getting paid hundreds of thousands, millions of dollars to walk down the runway.

Speaker 1: That's an asset you invest in. [crosstalk 00:34:10].

Dr. Bissoon: You're investing into your asset. Your instrument, your body is your instrument. Then there are women who are executives who do this treatment. They go on vacation with their husbands, they go on vacations with their kids. They don't have time to go out and work in the gym. Even working out doesn't get rid of cellulite.

It gives you full [inaudible 00:34:34]. When they lost cellulite, they're sad. They're unhappy, they feel depressed. It limits them socially. They don't want to wear a swimsuit, they don't want to wear a skirt. Quality of life is affected.

Could you put a price on that? Well my price is \$750 dollars per treatment. The benefits that a patient, that some people in three treatments they're done.

Speaker 1: Also, we're in New York, we're one block off Central Park. This is what Fifth Avenue?

Dr. Bissoon: Right. No. This is kind of a [inaudible 00:35:09] high end clients.

Speaker 1: Yeah. There's about a quarter million people listening all over the world. If you're in [inaudible 00:35:18], which is actually a city right?

Dr. Bissoon: Right.

Speaker 1: Is there a going national price [inaudible 00:35:21], you're one of the highest anti-aging guys there is.

Dr. Bissoon: Sure. Well first of all, no offense of putting on titles. I graduated from [inaudible 00:35:30].

Speaker 1: Of course, there you are. Picture home stuff.

Dr. Bissoon: I loved growing up, and going to school in Iowa. I had the best time of my life out there, so it was amazing.

Speaker 1: You grew up in Iowa?

Dr. Bissoon: No I went for medical school.

Speaker 1: Just medical school, okay cool.

Dr. Bissoon: I really had a great time out there. [inaudible 00:35:46] Iowa. Anyway, look, pricing through other countries varies. For instance, New York, you're allowed to charge more because our malpractice is more.

Speaker 1: Yeah.

Dr. Bissoon: The price of rent, for any expensive [crosstalk 00:36:03]. I go to Brandon's offices, and they have 8,000 square feet, and they're paying less than \$5,000 dollars for rent. For New York in a medical office, you have 1,000 square feet, it's about \$10, \$12,000 dollars in rent.

Speaker 1: Yeah.

Dr. Bissoon: Also there are other factors that goes into play.

Speaker 1: Well a little expertise. You're one of the six-

Dr. Bissoon: [crosstalk 00:36:27].

Speaker 1: No I mean it's a fair point. If you go to someone that just got trained, hasn't done many of things. It'll probably work fine, they've just been trained.

Dr. Bissoon: Right.

Speaker 1: If you're making \$100,000 dollars per afternoon walking down a runway. You don't want potholes.

Dr. Bissoon: Exactly. Expertise will employ them. I have people who will come from different states. I say, "I trained a doctor in your state, why don't you go to that doctor?" Well, you know, sometimes the doctor's only been doing for two months, or three months. Sometimes these doctors don't follow up and get updates, because science changes.

Speaker 1: Mm-hmm (affirmative)-

Dr. Bissoon: So I change my formula as I change my methods. I change techniques as science evolves, I'm constantly improving what I do. For instance, when we were doing PRP in a year, it was great. Now we use a [inaudible 00:37:17] with the PRP we get better results. Now we add the bio factors from constantly evolving what we do. It's not like the same thing every time.

Speaker 1: It's a fascinating field, and a lot of listeners right now probably don't realize that there's so much going on. What you're doing is you're mixing IV stuff, topical stuff, and a lot of nutrition. A lot of gut healing hormone. You're looking at every angle here.

Dr. Bissoon: Yeah, well let's talk hair loss for a second. We don't think of hair loss as coming from the gut. If you didn't have enough stomach acid, there's a thing called the Heidelberg pH Test, well we were swallowing in that trying to capsule. It manages your stomach acid. Most people gag about it, but when they do it, when I say gag ... Well I'm not doing it yet, but-

Speaker 1: It's wireless right?

Dr. Bissoon: You could do it with the wireless, but [inaudible 00:38:11] capsule will leave your stomach and go into your intestines, so you'll lose the test. I actually put a [inaudible 00:38:18] on it. Take it back out. Because when it's moving you could tell, but you could see the stomach acid.

People tend to have low stomach acid, tend to have more hair loss, because they just can't absorb their minerals. If you can't absorb the copper and zinc, you will have hair loss. They can't absorb digestive protein, they can't have stomach acid. You can't absorb B12.

Speaker 1: This was such a problem for me in my late 20's when I first realized how bad things were on my weight. I was going to die of a stroke, and a heart attack, and all of this bad stuff.

Dr. Bissoon: Wow.

Speaker 1: I was a product of dysfunction.

Dr. Bissoon: Yeah.

Speaker 1: I was 29 when I got my results. You had very high risk for a clot, I was like, "Good God," this was a wake up call.

Dr. Bissoon: [inaudible 00:39:08] years old.

Speaker 1: Yeah, I'm going to die like I'm 100. I reversed that, but I had to take 6 grams of betaine HCL, which is the supplement that basically adds acid. I don't have to take any of that now, my stomach acid production is [crosstalk 00:39:21].

Dr. Bissoon: It's started making acid?

Speaker 1: For people listening, [inaudible 00:39:23] matters. It's makes a big, big difference.

Dr. Bissoon: Yeah, I've seen people chronic constipation, had no stomach acid. Give them betaine, and they say, "Wow that feels like a miracle." Now you can digest your food so you can propel through.

Speaker 1: Yeah, and if you think about this, if you're not absorbing 20% of your minerals because your stomach acid is a little bit low. You're not going to feel it tomorrow, you're having fun. 10 years from now-

Dr. Bissoon: That's right.

Speaker 1: It's a slow decline. My anti-aging strategy is I find every one of those death by a thousand cuts, and if it's relatively simple to prevent or reverse it, I'll do it. Because it's a sum of all these little things.

Dr. Bissoon: One of my patients said, "You know Dr. Bissoon, whenever I talk to you, it seems as though as a companion of small things wrong with me," but I said, "Do you mind if I use that?" So I wrote it down, because literally if you take all these small things, it's like a stack of dominoes really. You have a whole bunch of small things, someday you hit that stuff, and the whole pile goes.

Speaker 1: Yeah.

Dr. Bissoon: It's easier to do your prevention now, and if you do the prevention now. What [inaudible 00:40:29] was telling patients about anti-aging stuff, I myself then started taking supplements when I was like 42 years old.

Speaker 1: You mind if I ask how old are you?

Dr. Bissoon: Yeah I'm 55.

Speaker 1: 55, you've got pretty darn good smooth skin for sure.

Dr. Bissoon: Well I do my own anti-aging. My thing is I look, I say to patients, "They go doctor why would you recommend all these things?" I say, "Look, it's really easy to prevent stuff now." When you get a stroke or a heart attack, just that hospital bill alone is going to be half a million dollars, between your rehab, between an ICU cure, between ... That's not including you losing time from work, time from family. You may not be able to go back to work.

Speaker 1: Yeah.

Dr. Bissoon: It's easier to prevent then to wait until you need to do an intervention.

Speaker 1: Do you tell your patients to avoid sunlight?

Dr. Bissoon: I'm in the air about that. Because look, there's a Harvard professor who said, "In the department of Dermatology, people are getting skin cancers because they're not going into the sun."

Speaker 1: Yes.

Dr. Bissoon: He got fired.

Speaker 1: He was right!

Dr. Bissoon: He was 100% right. Even though in America literature said going into the sun causes this stuff, but they didn't realize this guy, he's a Harvard professor, he lost his job. The sunlight brings vitamin D, which boots the immune systems so you can fight off the stupid cancer. We talk about these people in Asia, and Africa, and South America. There is no epidemic of skin cancers, but we see people in the US and the Europeans who go in the sun, and they put the sun block on, so you're canceling out the beneficial effects of the sun.

Speaker 1: I looked for research on my new book that comes out in April, it's called 'Headstrong'. It's about mitochondrial function, which you feel it in your brain first-

Dr. Bissoon: Right.

Speaker 1: Because there's so many mitochondria there. It's also in the [inaudible 00:42:25] system and the eyes. Ultraviolet light is a mitochondrial signal, so is red light and blue light. Blue light unfortunately inhibits mitochondrial function, so when you avoid the sunlight, you're under fluorescent lights, LED lights.

Dr. Bissoon: Right.

Speaker 1: You're getting actually an inhibitory signal, so you make less energy.

Dr. Bissoon: Right.

Speaker 1: I decided, I'll move to Canada, it's dark this time of year. I have a tanning lamp, it's got more UVB than UVA.

Dr. Bissoon: Right.

Speaker 1: I give myself 10 minutes on the front, and 10 minutes on the back. I [inaudible 00:42:53] Bulletproof five while I'm doing it. That's my morning routine. I feel better when I do that.

Dr. Bissoon: It makes a big difference. Look at the winter time, when I'm walking to work. I'll always walk on the sunny side of the street.

Speaker 1: It's warmest.

Dr. Bissoon: Leslie, when we walk to work, she says, "Why do you do that?" I says, "I'm going to walk on the vitamin D side of the street." Wherever the suns shining, I'm going to go walk in that sunlight, because there's a reason why we as human beings evolved on this planet. We are exposed to sun, sunlight's beneficial. To go back to the answer, really I tell people it's important to get sun, and if you're going to get sun, don't put the sunblock on. You're negating the benefits of the sunlight.

Speaker 1: That's the difference between an Antianginal and a Dermatologist. Dermatologist's are always, "Put sunscreen on." I'm like, "Why do I put sunscreen on? Unless I'm going to go surfing in Hawaii where I'm going to get baked for 10 hours or something no."

Dr. Bissoon: Well that's actually a good model, you put the sunscreen on, you get more skin cancers. Then you come back to see the difference.

Speaker 1: It's a recurring [inaudible 00:43:57].

Dr. Bissoon: It's not prevention, but really you do need some sunshine. Look, people have even talked about getting up in the morning, and right as that sun rises, go look at that sunshine, and get it right in your eyes.

Speaker 1: Without sunglasses right?

Dr. Bissoon: Without sunglasses. You do it early in the morning, not in mid day, so it's not so powerful. It's also important for your photo receptors to get that light.

Speaker 1: There's a whole bunch of receptors in the eyes that are not involved with vision, that are involved in regulating your mitochondria, and your circadian. Your light/dark cycle, that whole biology. I've been doing a lot of research on those lately. In the book I write about a couple of new inventions.

Dr. Bissoon: Oh wow.

Speaker 1: That helped to manipulate that, because if you do what you just said in the morning, you're going to sleep better. You're an anti-aging doc, so if people sleep better what happens to their aging?

Dr. Bissoon: Well first of all, going back to sleeping and aging. Most people don't get enough sleep. If they don't get enough restful sleep, so your body can't heal. You can't recover. When you sleep, your brain maintains [inaudible 00:45:08] bodies in your brain to recover. If you don't have the sleep.

Speaker 1: Yeah.

Dr. Bissoon: It's very important.

Speaker 1: It's funny you mentioned sleep. Right after we finish this, I'm going to go over and meet [inaudible 00:45:19] global was a pop up. I'm going to record a podcast with her. She just came up with a new book about sleep, and her whole new company is really sleep focused.

Dr. Bissoon: Oh wow.

Speaker 1: Which is really cool. I love hearing sleep evangelism, and when you said it's restful sleep.

Dr. Bissoon: Restful sleep.

Speaker 1: Not just get more sleep.

Dr. Bissoon: Not more sleep. You know what, you got three hours of sleep, and had restful sleep. Actually there's a [inaudible 00:45:40], I don't know if you've heard of it. It used to be GHB [crosstalk 00:45:45]. They had a great drug.

Speaker 1: Yeah but it was the best sleep drug ever.

Dr. Bissoon: Yeah. It's FDA approved for sleeping, for narcolepsy.

Speaker 1: Could I get a script for that? I've got to talk to my doc. This is awesome, I didn't ask. GHP for growth hormone, I was sad when it was unavailable, it was made illegal.

Dr. Bissoon: Yeah, it's extremely costly I think, it's \$3,000 dollars.

Speaker 1: Good God. For something that was available for [crosstalk 00:46:13].

Dr. Bissoon: You can still go to Mexico and people buy them in six packs. People in California have said, "Oh just go to Mexico and buy it." I'm not advocating, that has to be clear.

Speaker 1: Yeah.

Dr. Bissoon: The thing about it is, when you took that, and you slept, and you woke up, because it put you into really deep sleep. After two hours of sleep, it was like eight hours of sleep, and you were so rested, and you had so much energy. In fact I've taken it once for jet lag.

Speaker 1: Mm-hmm (affirmative)-

Dr. Bissoon: Came back from India, went in bed, took two doses, there's no jet lag.

Speaker 1: GHP was the first, and it actually occurs in my body, it's actually a nutritional supplement, not a pharmaceutical. It's the first nutritional supplement that was taken off the market with a press release, without a change in law. It just was repositioned by some regulatory lobbyists as a date rape drug, even though it's very hard to use for that. They have much stronger tranquilizers that are used. I've always been sad, because as an anti-aging substance, and for people who fly a lot, it's so important. \$3,000 dollars out of pocket, good God, that's too much.

Dr. Bissoon: It's way expensive. It's just too much, it's ridiculous. I think the reason it's gone up is regulations on the company, because actually a doctor was prosecuted for prescribing it. A psychiatrist was prosecuted for giving it off label. It does work, so the company's very vigilant about doing this.

Speaker 1: What about say Ambien for sleep, or one of those other sleep drugs. What's your take on that from a sleep perspective, and an aging perspective?

Dr. Bissoon: I've had people in the past take an Ambien, walked around the house and did things that they won't [inaudible 00:47:55]. [crosstalk 00:48:00] give an Ambien script, I try not to. One of the things I talk to people about blue light. Limit your exposure an hour before. I look at a patient who's a CEO for an internet company who can't sleep, I says, "What do you do while you lay in bed?" "On my iPhone."

I said, "Here's the deal, you should know blue light suppresses melatonin, so he says, "Oh I didn't know that." Came back five days later, he says, "You know what I do, I put my phone in the drawer exactly like you said, and turn it down, so I can still hear it if something's important, so when I get a text the blue light doesn't flash for one hour while I'm sleeping. He says now I'm sleeping. Just doing that. I have tons of people don't watch TV an hour before.

Most of the time if you think about it, you just read actually a book, you'll fall asleep. You're not getting the blue light from watching a TV, you're not getting from the iPhone or smart phone. Or there's a program called Getflux.com.

Speaker 1: Yeah. I've been [inaudible 00:48:57] for 12 years now.

Dr. Bissoon: Oh you have it? How come you never told me about that.

Speaker 1: There's actually a new one called Pirates that's even stronger.

Dr. Bissoon: It's even better?

Speaker 1: Yeah.

Dr. Bissoon: I'm going to download that. I have it on all my computers.

Speaker 1: Okay.

Dr. Bissoon: In fact my glasses that I read with at home, I had them with the Excelsior blue blacken lens-

Speaker 1: Sweet.

Dr. Bissoon: On my [crosstalk 00:49:14]. When I'm in front of my computer at home, I have blue blacken lenses on there.

Speaker 1: I'll show this to the camera too, but I did this thing to my iPhone. That's what a [inaudible 00:49:25] looks like. This is a really bright screen. Then I'm going to press this button. Let's see, I'm going to reduce the white point on here. Now it's-

Dr. Bissoon: Wow.

Speaker 1: Now there's less brightness. I don't know if you guys are going to be able to see this on YouTube, the difference, but I'll do a video for you if anything changes. Here's the cool thing, check this out. Now I'm going to put on the color filter. Now I've got a red background, and I think people can see that if they're on YouTube. When I'm reading on my phone at night, I have this on, which rapidly reduces the [crosstalk 00:50:02].

Dr. Bissoon: Which program is this?

Speaker 1: This is actually built in to IOS. These are the accessibility settings.

Dr. Bissoon: Oh wow.

Speaker 1: For people with visual [imparities 00:50:07]. Or visual ... [imparities 00:50:11], that's not a word.

Dr. Bissoon: Well after I [crosstalk 00:50:14].

Speaker 1: Purity and an impairment mix. Imparity law.

Dr. Bissoon: Wow. Makes sense.

Speaker 1: I can show you how to do it on your phone, I'll do a video for people. It's basically you press the home button three times.

Dr. Bissoon: Oh wow.

Speaker 1: So you have control during the day, you can still see it but-

Dr. Bissoon: Right.

Speaker 1: I've found for me controlling my [crosstalk 00:50:30], critically important. Next time I visit you, I'll have some new tricks, even better than the Excelsior things.

Dr. Bissoon: [crosstalk 00:50:38]. This is awesome.

Speaker 1: Yeah.

Dr. Bissoon: [inaudible 00:50:41], I want to do this on my phone.

Speaker 1: We're coming up on the end of the show, but I've got to ask you this question that I ask all the guests.

Dr. Bissoon: Okay.

Speaker 1: Someone comes to you tomorrow, they say, "Look Dr. Bissoon, I want to perform better at everything I do."

Dr. Bissoon: Right.

Speaker 1: What are the three most important things that you'd offer me as advice. From your entire life, not just from your medical practice.

Dr. Bissoon: Three things. It depends on three things. Are we talking pharmaceuticals, are we talking [inaudible 00:51:13], are we talking-

Speaker 1: Three most important things. It could be, "Love thy neighbor," whatever, just your path, and cite your things that matter the most.

Dr. Bissoon: Most of my patients coming here, they're tired. They're run down. One of the first things we do, is we even it out, and we talk about Bulletproof coffee.

Speaker 1: Are you kidding? Really?

Dr. Bissoon: Yes I'm kidding you for real. I sit here, you see my big cup up there, you guys have my Christmas cup. So a patient and I said, "Look, this is what I'm drinking." They say, "Wow." I tell them that, I tell them why I drink it. I have to say I'm allergic to coffee so I drink Bulletproof green tea. I explain to him why I do that because my heart races.

Speaker 1: So you're putting brain octane grass fed butter in green tea, right?

Dr. Bissoon: Right. I actually use Ghee.

Speaker 1: Oh, do you use the Bulletproof Ghee?

Dr. Bissoon: No.

Speaker 1: We make it now, I'll send you some.

Dr. Bissoon: Basically [inaudible 00:52:11]. I'd like to try that. I'm just discovering Sam-e and Methylation, and I'm thinking to myself, "If I could pick one supplement, used to be Capoten and fish oil. Sam-e methylates your whole body, and it also cleans out your DNA. From an anti-aging point of view, I love Sam-e.

Speaker 1: It's also an anti-depressant.

Dr. Bissoon: It does everything. It helps your joint pains, it helps your back pain. There's a solid theory method that enhancing methylation, and most people who have an issue with methylation, where they can't methylate. Or methyl groups attaching to your DNA, so it helps you clean that out also. That's important, and I always like people to get on some sort of exercise program. That's the three things I do, and I really love doing all that. You've got to go make some Sam-e.

Speaker 1: I definitely just came out with Calcium D-glucarate. You mentioned methylation, we've got methyl B12, and methyl folate.

Dr. Bissoon: Right.

Speaker 1: It just came out, because these are substances I've used for years, I've recommended for years. I just finally realized, let me make the pure ones without all the weird fillers and all, because it's a lot of weirdness and stuff on this.

Dr. Bissoon: Methylation is very important, in the morning I take my supplements, I literally take my methyl B12 under my tongue. If I walk out the door I take a Sam-e in the morning, I take a coputen and the methyl B12. Then I take my handful of supplements about an hour or two later.

Speaker 1: Yeah I usually only take mine right after [crosstalk 00:53:47].

Dr. Bissoon: I'd go, "Hey, we should have a competition and see who's handful's bigger." You, Oz, and I could sit there and compare how much supplements we're taking.

Speaker 1: People listening, some of them will say, "How much, what's a dollar by the supplements?" I don't actually know, but there's probably \$10 or \$20 bucks worth of supplements on my hands. I take the [inaudible 00:54:11], so they makes the most high sense stuff that's more affordable.

I take some rare expensive ones that aren't necessary. What is like an entry level. You're 30 years old, you don't want to be old, it's easier to do preventive maintenance. What's average daily or monthly budget that's going to think about investing in supplements, just for preventives?

Dr. Bissoon: I want people to pose that question, so that I will [inaudible 00:54:34]. You get your nails done, okay, you get your hair done, but does it do anything for inside here? It does not. When you put that in perspective, the budget ... You can have a budget, but I don't like to do a budget. The reason being, when we look at your [inaudible 00:54:54] of labs, and you have a deficiency of vitamin D, and you have a deficiency of zinc, and you have a deficiency of all your BA vitamins. You look at fatty acids, only fatty acids. You're omega 3's not good.

You can't put a budget on that. If you say, educate people as to why you need to take it. Certainly they have multiple different brands you can choose from. I always thought people look, manufacturers have a choice where it could buy lot B ingredients, lot B, lot C, and lot D.

Speaker 1: Oh we need to test the crap out of that stuff.

Dr. Bissoon: You really want to take the highest, purest product that you can find. You're going to have to pay a little bit more. 30 year old guy, look, if you're going to take a multivitamin that you had to take, a fish oil, a coputen. A good fish oil is going to cost \$50, \$60 bucks.

Coputen is going to cost about that much. [inaudible 00:55:51] also helps the focus and concentration. It also helps push cortisone inside your cells. Zinc helps

block the conversion of testosterone to estrogen. I tell people, especially if you're going to drink, take zinc before you drink, because [inaudible 00:56:07] inhibitor, alcohol makes you make more estrogen, and zinc's pretty cheap.

Speaker 1: Yeah we have a zinc and copper blend, that we used to run out of. Because people are usually high in one than the other. Getting the ratio.

Dr. Bissoon: Another direction. [inaudible 00:56:20] I see made the Facebook. The ratio is important because if you take zinc alone, you will deplete copper. You do have to replace the copper, so that's why it's important to take zinc with copper.

Speaker 1: I figure I'd just make some of the same pills the same pills.

Dr. Bissoon: Well, even you tried the zinc, it doesn't actually work there right. I had a hard time finding zinc mixed with copper, because most manufacturers make zinc. We went to 50 brands before I could find zinc with copper. When you take zinc you will deplete copper.

Speaker 1: Yeah. Likewise you take copper, you get toxic if you don't have zinc.

Dr. Bissoon: Right.

Speaker 1: As a service field they should be mixed. I didn't like only taking one or the other.

Dr. Bissoon: Yeah, so you did it right.

Speaker 1: Yeah. We didn't even talk about that, I'm sure you knew we had that coming up. Now we're up on the end of the show, I always have a fun time chatting, we did have a chance to chat multiple times before, this was never on camera. Where can people find out more info about your practice? I'm sure there's some New Yorkers who probably want to check out what you're up to.

Dr. Bissoon: We're at I think it's anti-agingm.com.

Speaker 1: So it's the letter M?

Dr. Bissoon: It's the word anti-aging, space M dot com.

Speaker 1: Okay.

Dr. Bissoon: They could punch a Lion Dale Medical.

Speaker 1: Lion Dale Medical? You're doctor Lionel Bissoon. B, I, S, O, O, N, so you're easy to google.

Dr. Bissoon: Right, two S, two O's, and then B, I.

Speaker 1: I only said one S? Sorry. Again there's too much [inaudible 00:57:50].

Dr. Bissoon: Yeah.

Speaker 1: Not Bison, Bissoon.

Dr. Bissoon: Yeah, don't look up Bison, he's the orthopedic surgeon.

Speaker 1: Cool.

Dr. Bissoon: Unless you want a bone fixed. Look I didn't get a job once because of my name. They said, "Look we have a doctor Bishop, we have a doctor [Basoon 00:58:07], and we have a Dr. Bison. If we give Bissoon a job we have a serious problem. Nobody would know who to page.

Speaker 1: That's awesome.

Dr. Bissoon: Yeah, so I actually didn't get the residency position because of my name. But what do you do? At least the guy was honest and told me that.

Speaker 1: It's a real operational thing, I can tell you, on our executive team we've had three David's. Like how does that work?

Dr. Bissoon: Calling for David!

Speaker 1: Yeah, it's confusing. All right Dr. Bissoon, it's been a pleasure, thanks for being on Bulletproof radio. I appreciate it.

Dr. Bissoon: Thanks for having me, I appreciate it thank you.

Speaker 1: You're welcome. If you're on today's show, you know what to do. Head on over to Bulletproof, and try some of our new supplements. The new Calcium D-glucarate, is a really powerful detoxer.

Dr. Bissoon: Great for estrogen.

Speaker 1: For estrogen, that's true.

Dr. Bissoon: That's why I typically recommend it, for estrogen.

Speaker 1: Specifically estrogen.

Dr. Bissoon: Yeah.

Speaker 1: There's some pesticides and things, who do you find as the primary detoxer, this is secondary.

Dr. Bissoon: Right.

Speaker 1: I take it for my estrogen. It helps, you can feel the difference.

Dr. Bissoon: Seen your estrogens in your gut and the intestines, Calcium D-glucarate will take that up also.

Speaker 1: Oh so if you're eating stuff that has excess estrogen, like soybeans or something.

Dr. Bissoon: Most people, the standard American diet, trust me you have estrogens in your food.

Speaker 1: There's a direct binding, how the liver excretion thing, I didn't know it binds.

Dr. Bissoon: Yeah it goes down to your gut also.

Speaker 1: That's news to me. I usually know these weird things, but that's a cool thing. Head on over, try out Calcium D-glucarate, and maybe copper/zinc, a few new supplements that are out there. I figured that there's some things that we do everyday, right? We drink water, which I just came out with fat water, that I invented.

Dr. Bissoon: It's got fat in it?

Speaker 1: It's got Brain Octane in it.

Dr. Bissoon: Oh nice.

Speaker 1: I've got to get you some of the latest stuff. It's got no sugar, but it's got a little bit of micro droplets of brain octane. It makes you feel like a pretty nice [inaudible 00:59:52].

Dr. Bissoon: That's a great creation.

Speaker 1: Protein and water, and sugar and water. You don't want that in your water, put fat in there.

Dr. Bissoon: Put fat in there, there you go.

Speaker 1: Then we've got-

Dr. Bissoon: You know what, that'd be a great press release.

Speaker 1: It happened. It won most innovative new beverage, at the Beverage Industry Awards.

Dr. Bissoon: Oh wow.

Speaker 1: It's just coming on the market. You'll see it, it'll be at big retailers pretty soon. Then we've got coffee, because people drink that every day. Then we've got bars, because people often have to eat those-

Dr. Bissoon: I love that lemon bar.

Speaker 1: Then the final thing is people take their vitamins every day. Do those things right, you're going to do it anyway, just do it a little bit better.

Dr. Bissoon: Right.

Speaker 1: It's a shift in what you're doing, not a change in a big way. I'm really working to make it easy.

Dr. Bissoon: Right. Well look, you can't really put a price on feeling good.

Speaker 1: I did, it's priceless. When I was 26 I felt so crappy. I had six million dollars, I felt like crap. I have to solve this, because otherwise it's like you're going to die if you don't.

Dr. Bissoon: You asked me about those three things you'll tell people. I had an executive come in here and go ... They let price dictate their health. I'm always saying, "You can't let the price dictate your health." Supplements don't cost hundreds of thousands of dollars. If you could drive a Porsche, trust me you can buy some good quality well spent nutrition. People will tell you, "Oh I have Lamborghini parked outside," but they'll say, "Well I don't want to spend \$50 dollars on fish oil." [crosstalk 01:01:22]. Your health should be your most important thing. If you have to spend \$2, 300 dollars a month in prevention, that's the best thing you can do.

Speaker 1: I'm grateful to be able to do that, and if I have expensive pee, I'm also grateful for that.

Dr. Bissoon: That's all right.

Speaker 1: [crosstalk 01:01:41].

Dr. Bissoon: That drove me nuts, because the doctor on television says, "Take your own vitamins," while it doesn't make expensive pee. What she didn't understand is that's a metabolic breakdown products, that you're excreting, not the active forms.

Speaker 1: Yeah.

Dr. Bissoon: I was ready to send NBC a letter about it, but thank God they got rid of it.

Speaker 1: Awesome. Well thanks Dr. Bissoon. Thank you so much, I appreciate it.

How did we do?



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