

# EP\_1205\_AURO\_WELLNESS

I gotta ask you something else. Yep. Now I heard about this first from Korea, which is the world of like the most amazing skincare stuff they always come up with, you know, snail serums and all kinds of things. But, um, but Butthole bleaching. Uh huh. Do you know about this? Yep. So people have been using glutathione in doctor's offices to lighten your butthole.

Now, I can say, I don't know the color of my butthole because that seems like it'd be hard to see that. I don't understand, you know, the, the need for this, but apparently it's popular. Will this bleach my butthole?

You're listening to The Human Upgrade with Dave Asprey.

Today is a special upgrade spotlight where I bring you a scientist and creator who's made something new and interesting and worth your time. You may have heard me talk over the last dozen or so years of biohacking about this compound called glutathione. In fact, back when I weighed a lot more than I do now, and I was having really bad brain fog from toxic mold and chronic fatigue.

I took the first commercially available glutathione product, which tasted really bad, but it did help me. And it's something that I've taught millions of people to pay attention to, is how do you get glutathione into the body? When I was at Bulletproof, we even made a capsule that could raise levels a little bit.

The problem is, it gets digested in the stomach, and it doesn't absorb very well. And you want glutathione because it's a master antioxidant. So what I did for you today is I've got a master of glutathione here for you. His name is Nayan Patel, and he's the founder of Glutaryl. And this is stuff that you put it on your skin, and it works better than an IV at getting glutathione into your cells.

So it saves you a ton of money. This, this guy knows everything about what's going on with Topical absorption of things. So we're going to go deep on that for you. You're going to learn the role of glutathione and what other things you can do with this transdermal technology, especially on your face. The reason I'm into this right now, I've always been a glutathione fanboy, but you might have noticed I used to weigh 300 pounds.

I'm 4.8 percent body fat right now. And I get to show off my tattoo, the caffeine tattoo, but like, I'm completely cut in a way that I've never been. This is like

competition level if I was into that. And I'm not really trying to do that. Problem is I have enough skin for a fat person on my face and I don't like it.

So I'm like, how do I make my skin tighter? And how do I increase subcutaneous fat? And how do I just manage the toxins of flying all the time? Yeah. So we've got the world's best guy for this. Welcome to the show, Nan. Well, thank you for having me today. I appreciate your time and what you've been doing. So I'm a big fan of you.

So I'm glad I'm here today with you. All right. This is your second time on the show, and we're going to repeat a couple questions for new listeners. But for the most part, we're going to talk about new things that people don't know. Okay. All right. Aro Wellness makes glute, gluterol. Yeah. Sorry, gluterol, gluterol.

Gluterol. Gluterol. This stuff is ridiculous. You spray it on and you've got clinical studies that show it raises glutathione in the cells. Why do I care? So your body has no receptors to actually accept glutathione or for that matter, any kind of peptides or anything else into your cells inside. Your body can take the peptides.

break it down, absorb the amino acids, and use it up inside the body. But there's no receptors to accept in full, as, as, as complete. Okay. So we have figured out a technology now that can mask the whole system and basically deliver it through the, into, into the intracellular levels using the dextrin technology, put the glutathione inside, or for that matter, I can put 2, amino acid chains, whatever you want, into the system and deliver intracellularly for the very first time for the body to be ready to use them right away.

Wow. If you've heard me talk about liposomal glutathione in the past, This is glutathione in these fat bubbles. Yeah. And the reason that you would do that is it can absorb past the gut lining, but it gets into the blood and it can't get into the cells. That's right. And what you've done is made a next generation delivery system, which uses your dextrin technology to make smaller things that will go into the cells directly.

From the blood into the intracellular levels, yes. I gotta think about this. If rubbing this onto my skin can do that, What do you think of these endocrine disrupting sunblock creams people use? Well, yes, I mean, there's a, there's a potential that you can, you can send different molecules through this technology into your bloodstream really fast.

Well, it looks like any kind of fat rubbed on the skin with toxins in it, the toxins go in. That's right. It follows that you could then rub good things on the skin that would go in. And if you're using the delivery system that you invented, it'll go in not just to the blood, but into the cells, what happens when you raise levels of glutathione inside a cell in the body?

So that's been very interesting because the first thing we look at it is what, if the glutathione goes into the cells, what does it do for us? First of all, it, it raises the glutathione levels, but more importantly that the body sees that raising glutathione levels is so high that that it doesn't need to produce this tripeptide.

So he uses that energy to produce other hormones, other peptides, other molecules, other proteins that he has to do. For example, glutathione is just a small three amino acid peptides, uses two ATP and one molecule of NAD. So now if it does not need that two molecules of ATP and one molecule of NAD, it can use that energy to produce.

To produce other peptides for example muscle muscle needs what? 6100 amino acid chains coming together to produce muscle acting Right? It's a lot of energy required. Anything I can spare on making glutathione, we can use to make some other things in the body. I love what you just said there. So there's a certain amount of electrical energy available every day.

If your mitochondria work better, you can make more electricity. But end of the day, the body says, do I make stress hormones? Do I fold proteins? Do I make muscle? Do I make inflammatory signaling molecules? Do I make a melanin or melatonin inside the cells? And it's got to decide, and there's a very elegant system that does that.

So if you're saying, buddy, you don't have to worry about making glutathione right now, what else will you make? That's right. So when you do that part for the first couple of weeks, you don't notice much difference other than everything starts functioning normally. Or better. In two weeks, within a very short amount of time, you're going to feel an excess ATP in your body.

So you have this extra energy, it's not the coffee energy, but you feel, I feel better. And they could have, they cannot pinpoint down. I get calls every single day, I said, you know, I've been using Gluten for a couple of weeks now. I feel good about it, but I cannot pinpoint down what I'm feeling. Mm. It's like, it's like more life energy.

More life energy. Exactly. It's kind of strange, but. And the body says, do I make a protective antioxidant or do I make ATP? And if it has more energy available, it can make more ATP, assuming everything else is working. Exactly. And we body produces a lot of ATP every single day. And so it needs to divert the energy to do the right things.

Of course, glutathione being the most abundant molecule in the human bodies, it uses to produce that first. It's a very simple reaction to ATP. It's very easy to do that part, so it produces abundantly. But if it does not have to do that part. It frees up longevity behaviors. Yes. Got it. Now, what does glutathione do for your skin specifically?

So, skin is, has the highest amount of oxidative stress besides your brain is in your skin, right? Well, skin is part of the third organ, the second one is probably liver. I would say the skin is exposed to the environmental toxins the most. And so the highest exposure that we have to oxidative stress is your skin.

Unfortunately, the skin, you can feel the skin that not being so healthy, but you can also see not being so healthy. So we can see AIDS spots, you can see liver spots, you can see discolorations of the wrinkles, or not having the pinkish hue, or skin seeing all dried. and dry it up. So glutathione actually does not do any of those things to help it, but what it does, it removes, it reduces oxygen stress down, and so the skin cells start healing better.

And the skin can basically heal in about 30 to 45 days. So it's much, much faster that way to do that than, than other parts of the body. And this is why you've launched, in fact, this was just in Vogue, the Aro Wellness Antioxidant Serum, which is glutathione for the face, and people use this for a month or two, then they see less dark spots, less pink, or at least less unhealthy red spots.

Unhealthy red spots, fewer dark spots, fewer discolorations. Okay. They won't say the fine wrinkles go away. And of course, Vogue is all about beauty, health and beauty. And for them to launch a whole article on gluathione, specifically my technology, we are very happy to do that part. But at the same time, now people are looking and saying, Hey, what is this gluathione?

I've been using vitamin C my whole life. What about this gluathione now? And vitamin C has a really big downside that no one talks about. Oxalate is a major toxin in humans and it comes from spinach and raspberries and almonds and kale and all that kind of stuff and different people get it from different sources, but it's, in my opinion, a major untalked about cause of aging, and if you're taking more than about 250 milligrams of vitamin C, it'll raise oxalate, which

causes kidney stones and causes a bunch of other health problems, so if you can get vitamin C in through the skin, To protect the skin, it's going to make a difference, which is why vitamin C is in one of your serums.

But it's not at the doses that cause this problem if you just take a bunch of pills of it, right? Exactly. And you're, you, you nailed it right exactly right. 250 milligrams. So my, my, my vitamin C product is how much? Nice. 250 milligrams. And it's topical. It's topical. It's almost like you're doing research because you're very knowledgeable.

It's one of the reasons I love interviewing you. We did the exact same thing and we use the pure ascorbic acid and something that we don't talk about it, all the ascorbic acid in the United States, guess where it comes from? Comes from black mold fermentation. Yeah. Coal, mainly from corn. Mm hmm. Right?

With all the free glyphosate you can mar. Exactly. So guess what? I love being a pharmacist and I know what the downside for that is going to be. What I did, my ascorbic acid, guess what it comes from? Are you getting it from a sugar molecule from beets probably? That was my second option. Okay. That was a little bit more expensive to get it that way.

So where'd you get it? From tapioca. Oh, interesting. And let's see, do they spray glyphosate on tapioca? No, they don't. Right? And there's no reason to get it from Beats besides a lot of Beats or GMO these days anyway. That, that, that, that was the biggest thing. I want non GMO products into my, my product line.

And so now I don't tell this to everybody at anybody because nobody understands what I, what I do. I'm basically self regulating myself because nobody asked me these questions, but I just do it because it's the right thing to do for myself. If it's good for me, it's going to be good for my patients. And so I, we, we use the highest grade ingredients in our products.

For the very reason, because as I said, if it goes to your skin, it can go, it can go to your skin as well. So I had to make sure all the ingredients that I get are injectable grades or pharmaceutical grades, so to speak. Can you remember if I asked how old you are? Fifty three. So look at your skin. This is ridiculous.

You have an unfair advantage. You have dark skin. The more melanin you have in your skin, the less it ages, so. Us white guys have probably the, the worst skin aging, it's pretty well known. Some of my black friends say, black don't crack. I'm like, you guys are right about that, man. But, I mean, your skin is, is just like flawless on your arms.

And how often, like, do you put the serum on your arms? You just spray it, like, how does it work? So, I do use the serum on my arms. That's why I shave my arms too because I don't, I don't like the hair to mess up my, my glutathione regimen. So, I just use the glutathione on my arms. I, I use it on my belly sometimes.

But, I also use the, The, the morning cream on my arms every day because that has the CoQ10, the carnosine and the DME. And so that really helps smooth, I feel very smooth on my skin every day. It's funny. I talked to Brian Johnson about this. He was on the stage at the biohacking conference. And he's removed all of his body hair.

And I'm like, why? Is that a personal preference? And I will tell you, I don't like getting all the lotion stuff that I use all over. Right? So keeping the hair at a minimum, I'm not that hairy anyway. So I think there's actually a case for that. Also, this will get super esoteric and outside what I was going to talk about.

You've heard about, possibly, the stories from the Vietnam War, where they hired Ameri I guess recruited, uh, American Indians which is what they called them at the time. I'm not sure that appropriate, uh, word. Different Native American friends of mine want different names, so whatever you like to be called that.

But they brought them in and said, you're the best trackers in the world. But they made them cut their hair and they, when there's, I can't track, right? Because they're using their hair as like an electrical sensing thing. So then the next route of recruits, they let them keep their long hair and then they can track.

So I think hair on the body is picking up all these non native EMFs. And it's probably not something that humans want right now. Plus, if you're using electrodes, which I do all the time, or you're using transdermal delivery systems, hair is a pain in the ass. Yeah, it is. I'm with you there. Cause like greasy hair is gross.

Haven't quite shaved my arms, but who knows? What do you think about that? The EMF hair connection? That is a little bit far out of my wheelhouse because as a pharmacist, I'm, I'm wired to look at chemicals. Versus electricals. Electricals. I'm a little bit, wait a second. Yeah. My brain is not wired up to think along those lines right away.

It's so fascinating to me because it's clear right around the founding of the AMA, there was a war between the electrical medicine people and And this is

like Royal Reif and Tesla. And then the chemical people backed most of my Rockefeller because he figured you can turn oil into chemicals, into pharmaceuticals and sort of like the, the chemical people won.

But the reality is we're both electrical and chemical and I'm always working in biohacking to bring in light and magnetism and all of that. And those don't work if you don't have the right chemicals. True. So it's this complex system. Alright, now, how many sprays of, this is your, your primary spray, the glutaral spray, how many sprays do I need to do?

Four. Alright, so I'm going to do, if I can, I should probably take the lid off, there we are.

Alright, now I just rub it in. How long does it take to absorb? Takes about 30 seconds to 2 minutes, depending on, I mean, your skin is pretty dry, so it should be pretty fast. I mean, I did put lotion on this morning, so. Oh, then it might take a little bit longer. It'll take about 2 minutes. Okay. It will completely dry up.

Okay. So right now it's still wet. It's still wet. So that means you keep on rubbing it in. Okay. Until, until it completely die. If it gets too sticky, that's when it gets activated. Okay. Then you have to pat it down or just gently rub it. Okay. And Yeah, it's getting sticky. Yeah, it's getting very sticky.

So the sticky part is actually, is actually What's going to be activated now? That's the dextrin. That's the dextrin molecule. And so we don't talk about dextrin molecule a whole lot because there's not too much published articles that's out there right now for the dextrans. But the whole idea behind dextrin is that It needs to get, actually to get into the intracellular levels because it binds to the ACE2 receptors on your lipid rafts on your, on your cells.

Eh. To deliver the molecules through that channel. Now, that particular channel is how we get nutrients inside of our cells. What's the difference between dextrin and dextrose? So, dextrose is pure sugar, okay. Dextrin is part of the sugar molecule, but then it comes into different formations. Some are cyclic, some are clusters.

So it comes into different formations and based on different formations you can put inside other, other molecules to kind of store them. So that's the whole purpose of it. Now, listeners may know dextrose is corn glucose. Oh, yes. Right? And glucose is not bad for you. In fact, you die without it. That's why your body makes glucose if you need to.

So, I full respect if you're, you know, on a keto or carnivore thing, you might want to cycle that. That's why I wrote The Bulletproof Diet. Uh, you keto with no glucose. Glucose other than what your body makes but doing it for a long period of time depletes things So it's and also your gut bacteria get off So kind of go back and forth and I know that I just pissed off all of the hardcore carnivores They say you only need meat my experiments with that yielded waking up dozens of times a night without knowing it And new food allergies because I got leaky gut because the good gut bacteria, when they have no food, they get pissed off and they eat you.

So I'm like, you know, be carnivore for a month or something. But if you're doing that, do you need more or less glutathione? Be on carnivore diet? Yeah. So, I'm not sure if the diet has anything to do with the increased oxygen stress or not. So, If you're on a high sugar, high carb diet, then yes, you will, your oxygen stress is high.

So vegans need to have more? Yes. If you're carnivore, you may need more energy to break down the, basically unfold the proteins, break down the proteins, so you need more energy. So you do, you, you will need the glutathione to spare some of that energy for, so the body can function. So you can do gluconeogenesis more effectively.

Exactly. I would say there's a huge amount of inflammation that comes from eating most plants, but not all plants are bad, some of them are medicinal and useful and not all carbs are bad, some of them are very useful, but if, if you're in your first week of carnivore, you're probably experiencing less oxidative stress because you got rid of plants that were causing inflammation, but if glutathione levels high, it's going to help you with lipopolysaccharides.

That's right. And lipopolysaccharides, and we're getting really nerdy here, so I'm going to try and explain all this. When your gut bacteria are stressed, which happens when there's no carbs for most of them, they, in response to stress, they make toxins, like, hey, you know, this is my cheese, this is my body, like anyone else around here, and those toxins are called LPS, or lipopolysaccharides.

They're what causes food poisoning and they cause brain inflammation. What helps your body process lipopolysaccharides is glutathione. So if you're going to change your gut bacteria by avoiding carbs or maybe by being vegan, either way, more glutathione is going to protect you from the bad things that will happen in your gut.



Exactly. So you just applied right now. unfiltered

dialogue thing. used your If they have a gut issue, they'll have stomach pain. Oh, really? They have re receiving nausea. They can get diarrhea from it too. And the reason is because of what you just said. When the diet has, has high levels of LPS, right? You're going to have issues with your gut. And that, by the way, within two weeks, that all the symptoms goes away.

That's when you know that your body is now on the healing path. It's interesting. Some skeptical people will say there's no such thing as detox or detox reaction, which is, it's nonsense. Anyone who's had heavy metals or toxic mold or any of these things, there's times when you take a little bit of activated charcoal or some glutathione and you don't feel better.

You feel worse because the body says, finally, I can, drop this stuff. So it actually releases more of the toxin because it's now able to metabolize it. And so if you did try glutathione and you're saying, wow, this is a lot. You just do one spray for a little while instead of four sprays and you ramp up.

You ramp up. You had no side effects, so you're fine. But most people, if they have an issue, they will do maybe one spray twice a day. Then go to Tuesday and the three and fours. But we all said, Hey, go for first. And if you have any problems, so most of the issues are what? Headaches, because high levels of oxygen stress is in your brain.

That's the first thing that people notice. The second thing people notice is the stomach issues. Stomach pain, nausea things like that diarrhea maybe. The third thing is rashes. That's a detox, that's a heart attack reaction that's happening. Either one, whatever happens, reduce the dose down.

Reduce the dose down to what your body can tolerate, because there's no point in, ploughing through the problems? There's no gold medal at the end of the problems when you solve it, right? So, please don't suffer, reduce the dose down, Be, be safe and then increase it slowly over 3 to 7 days. And then you're fine.

One of the things that I learned when I was really deep in toxic mold and chronic fatigue syndrome and all that. is that there's no reason to suffer as you're healing. Yeah. The first time I went through all this stuff, I mean, I felt like crap for a couple years as I was trying to do this because I didn't understand detoxing.

And one of the issues is that if you take a substance orally, like say liposomal glutathione, the old form, you take that and you take activated charcoal, which absorbs toxins, it absorbs the glutathione. It doesn't work. But with The new form that you have this gluteral, what you can do is you can use that topically and you can still take charcoal in your stomach and then the charcoal will stop a lot of the detox reaction that you could have.

So all of a sudden, you know, there's very high performing people. I was talking with one very major actor. Who had just profound levels of toxic mold. Like how's he gonna get better? Well, getting glutathione and you could do it intravenously, which is expensive and you gotta get stuck. But it doesn't enter the cells as well.

No. If this sounds interesting, I think it is. Uh, go to ro wellness au RO wellness.com. Use code Dave 10 and get 10% off, just as a way of saying thanks. So is there an upper limit to how many sprays of Glu oil I can do? Yes. What happens if I just cover my body in this stuff every day? No, you can't do that.

What happens is that you're going to get, um, Herxheimer reactions or either that or what's going to happen is your body's going to go overboard and you have zero oxidative stress. Yes. When you have zero oxidative stress, the reaction is identical. You will have rashes itching all over the body. Zero oxidation means you're not making energy.

So if you suppress the ox redox reaction that is the foundation of life by over consuming antioxidants, You are going to run into problems. And that's, that's exactly what will happen. So I experiment all the time. Like I flew in yesterday, so, I, I used almost 20 sprays because when I fly, I need a lot more, but when I get back home, I'll go back to force brace twice again.

Imagine that when you're doing something that increases oxidative stress, you should do more butyryl. That's it. Same thing, I use something called Ketone IQ when I fly because we know that ketones protect you from ionizing radiation. I don't take it every day. Right. I take it if I'm going to fly and I love supporting myself with glutathione when I fly.

I haven't made a practice of spraying this on airplanes, but you've convinced me to do that now because I fly a lot. Now, what about after a workout? Is a topical glutathione like this, is it going to suppress the benefits of stress or oxidative stress from exercise? So it's not going to suppress the benefits, but the thing is you don't apply it before you exercise.

You have to apply it afterwards because exercise is actually, you're consuming a lot more oxygen. You're breathing heavily, your heart rate's really high and, and so you're going to produce a lot of oxygen stress. Now, that extra stress is actually necessary for you to become resilient. But what happens is that once you're done exercising, then you go into recovery mode.

You can only exercise tomorrow again if you recover today. Wow, you should be a spokesperson for Upgrade Labs. We've got 30 locations either open or in the process of opening, and we're blowing gyms out of the water. It's not even a gym, and there's no mirrors there. It's like, guys, let's get the signal in and then let's recover.

Cause the speed of recovery drives speed of adaptation, right? And you're showing the same thing with glutathione. So you exercise and then you use glutathione afterwards. So most of my athletes, they use the Viva Plus version of this thing. Much, much stronger than that one. We don't recommend this for everybody.

But people that are have a, have very high needs of glutathione, especially the, my, my super elite athletes, my Olympic athletes, my NFL players, and NBA players, they will use post workout. So they, they may work out, they may do the cold plunging, whatever they want to do, and then they will spray on the glutathione, and literally in about half an hour or so, the oxidative stress is completely quenched.

And when that happens, the recovery is much, much faster. They can, I mean, I have a 40 year old NFL quarterback that used it for a couple of years and amazing results happened because he could, he can actually keep up with those 20 year old kids. So it sounds like Nick Foles. You probably can't say. No.

Nick's, Nick's a friend, uh, who just retired and has been on the show a couple of times. And when he got the Super Bowl MVP, he was using pretty much all of my products and I love it when I see these professional athletes in their 40s who are using natural abilities of the human body to perform at a level that was unheard of.

Um, yeah, we've also got, uh, the Bryant brothers in tennis. Same thing, like, how are you beating people half your age? It's because they understand oxidative stress and recovery. Most of my 35 year old ball players, I tell them one thing. I said, hey, if I can give you one more season to play, what is it worth to you?

Yeah. Yeah. One more season. Yeah. I mean, it, it's not unreasonable for a professional athlete to spend a couple hundred grand a year on their, on their biology because they're making way more than that. And I, I'm getting up there. I've spent 2.5 now. Over the past 20 something years. I don't think it takes two million dollars a year.

No, that's a little bit excessive but investing that over time the results are compounding you get compound interest. So I'm grateful that I did some of the early stuff and now I'm doing gene therapy I just did a circadian a central That's getting a central aging clock reset, which is your focused ultrasound and stem cells in my hypothalamus and the differences are incredible.

And I'm willing to do that because I'm a professional biohacker and I write books about it, but also I think it's worth it, but for listeners. What I also used to do was spend 500 on a glutathione IV. I've done probably, I don't know, 500 of those over my life. And now we're like, Oh, look, a spray. What does this stuff cost anyway?

120 bucks. 120 bucks. And this spray is enough for? This is four sprays twice a day. Basically you're getting two IV treatments per day. Literally. Got it. And this lasts for how long? 30 days. Okay. So a 30 bucks, which is less than the cost of one IV. And you're getting more into your cells than you can get from the IV.

Twice a day. Every day. Guys, do you remember when, over the last years, I keep saying, We're doing the crazy billionaire stuff to show that it works, which always brings the cost down. And this is one of those things where four sprays of this is going to cost about two, am I math right? Two bucks. About two bucks.

And this replaces something that was probably two hundred bucks, if you got a good deal on your glutathione. Yep. Right? And some of my functional medicine followers, and there are many, and thank you doctors for listening you might be like, what the heck? You know, I make money on glutathione. You can still do glutathione IVs.

You can still do it. Yeah. In fact, I do. I get a, a phosphatidylcholine IV. I follow it with glutathione because the needle's already in me, but that doesn't mean that I don't use oral wellness as well. Is there a risk of turning down my endogenous production of this? So, that is only an issue if you deal with endocrine hormones.

Thanks. Okay. This is not an endocrine hormone. Okay. So endocrine hormones, like thyroid or testosterone or something. Thyroid, insulin, cortisol, hormones, all those things, testosterone, estrogen, progesterone, all those things. Because shutting down endocrine hormones, there's a signaling method come from the pituitary, which is get signal from the hypothalamus.

So if you disrupt the signaling pathways, then the body will tend to forget things. When it comes to glutathione, there's no signaling, there's, it doesn't get a message from pituitary to, hey, produce more glutathione. It's, it's a built in system that we already have to produce peptides, or tripeptides, or quadpeptides, or I mean, if you don't have to get a brain to tell you to produce muscles, no.

Okay. So that's why there is no negative feedback so to speak, to produce glutathione. And if you do shut down your own production because your body has enough, it's going to use up all that energy to do something else. And you're not going to lose the ability to make it because it's such a foundational system.

Exactly. You can't lose that ability. You cannot. You can never lose that. That is really cool, because that's something I've always been concerned about, some of the older advice in glutathione was, you know, don't take it on weekends or something, and I think that's true of general antioxidants like vitamin C or something, take a break, you know, once or twice a week but I don't think you need to take a break with this, and it may even be beneficial though, you know, every now and then let your body feel some stress.

Right. So should I take a day off a week when I'm using? So I forget to take it once in a while anyways. Plus if my, if my stress levels are low, guess what? I'll go to hyper break chamber. I'll go to something else. I'll do something crazy anyways too. You get this. It's such a foundational level. Doing the same thing every day.

It's a terrible strategy for almost anything. I set aside about an hour in the morning for biohacking and I don't know what I'm going to do. I'm going to do something, right? And it doesn't have to be the same. And if I'm working on a certain part of my body, I'm going to do more of that. But you could spend eight hours a day on longevity.

The problem is then you need to live 33 percent longer just to catch up because you weren't spending that time doing something you wanted to do. The live experiences. Right. Yep. So for me it's about how do I have the most benefits

per minute, per unit of suffering, and per dollar. That's what I'm teaching people.

Because if you have to suffer a lot, like if we were to say, Hey, You will live 20 years longer every day in the morning to wake up and punch yourself in the face as hard as you can 10 times. No one on earth will do it. That's right, because it just sucks too hard. And recognizing that friction and pain and inconvenience are real expenses in longevity and human performance, it's there.

And I'll tell you, getting an IV and driving to a doctor's office is a lot of work compared to spraying something. Okay, true, but I got to ask you something else. Yep. Now I heard about this first from Korea Which is the world of like the most amazing skincare stuff They always come up with you know, snail serums and all kinds of things But butthole bleaching.

Uh huh. Do you know about this? So people have been using glutathione in doctor's offices to lighten your butthole now I can say I don't know the color of my butthole because that seems like it'd be hard to see that I don't understand, you know, the, the need for this, but apparently it's popular. Will this bleach my butthole?

It's not a bleaching cream. So let me put it this way. So we have, actually we have a lot of ladies using it to, for the genital area as well, to Okay. to lighten it up a little bit. Okay. So they have used that for that area as well. Probably absorbs better, right? Absorption is, it doesn't It doesn't matter.

It doesn't matter. It doesn't have to go through mucosal membranes at all. Most of the steroids things like progesterone things like testosterone any of those things, estrogen, you put them first on your vagina if you're so equipped. And if you're a guy, it's the scrotum followed by perineum because there's more mucous membranes there and followed by armpits, like that's where you would do it.

But there's no reason to put this there unless you're trying to enhance that part of the body. Exactly. And so we have a lot of ladies. I have a lot of customers in South Florida, in fact, I don't know why South Florida, but that just happened to be a few doctors over there using it to bleach vaginal areas.

Interesting. Yeah. It's not a bleaching cream, by the way, but it just lightens the skin up a little bit. So they are using that up, but nobody on the butthole yet. So I'm sorry. Oh, got it. So I probably won't be your first guinea pig there because I don't even know how you track results or like get in the mirror and.

I do know that that's a thing and it's not a small thing. It's not a small thing. I'm probably the opposite. I'm more of the butthole sunning kind of guy where I was in the New York post for that a while ago. It was, it was a humorous post saying, you know, warning, don't get a sunburn and, uh, and it, it just, it's become a thing, but is there any, any effect on tanning, like if I.

I do spend 20 minutes in the morning in sunlight, sometimes I even take a peptide that causes more rapid tanning so I have a protection. Is it going to block tanning effects from the sun? No, it's not. Because the tanning is actually coming from the UV exposure. So that is not going to block the tanning effect.

What it is going to do is going to block all the oxidative stress that's caused by the UV light. Okay. So that's the only thing that's going to happen. So, yes, I do recommend people to go in the sun every day. Okay. In fact, a little bit of sun exposure will also increase your glutathione levels in your body.

Right. Because what happens, the sun gives enough energy to, there's an oxidized glutathione in your body that gets regenerated again with the help of sunlight. But just 5 10 minutes, you know, 15 minutes at the most, is enough to regenerate all the glutathione back in the system. So, am I going to use glutathione right after sunbathing?

Yes. Yes, totally. Yes, but for sun exposure for 5 10 minutes, no. Because that is actually going to raise your glutathione levels naturally anyways. Um, I believe that sunlight is necessary for life. I don't use sunscreen except mineral sunscreen on my face if I'm going to be out for a long time. Uh, and we know that even normal doses, you know, up to 20 minutes of ultraviolet light reduces wrinkles, it reduces nearsightedness, and it raises dopamine in people.

Yeah. So it's like, if sunburns are bad, that doesn't mean no sun is good. And if you did get extra sun, having extra glutathione is a really good idea. But if you've got normal sun, you don't need it. So what I do, I have a morning routine. So if I have the, yeah, I have the morning routine. Okay. You have a bunch of new products that are kind of cool.

Yeah. Cool. So, yeah, let's talk about that one. This is a morning routine. I have the vitamin C. And the cream that goes on top of it. And the reason is because I, I'm not here to block the sun coming to me, but what I'm doing, I want to neutralize all the harmful effects that the sun causes. Right. There's no chemical left in on my face.

So I, I put the, I've washed the face, put the serum on, put the cream on top of it. The cream, the cream is CoQ10, DME, carnosine. So basically keep on reading. generating gluathione, this also helps regenerate gluathione. And so in the morning, I, all I'm trying to do is trying to protect as best as possible without using any sunblock or sunscreens.

And my skin is a little darker, so I can afford to do that. Uh, if a little bit lighter, maybe you may need some minerals to kind of block some of the waste. Yeah. You don't have a problem with sunblock. I got no problem. I would. I have never used a sunblock. And I, I don't get sunburned anymore because I got rid of the omega 6 fats in my, in my body.

My ratio is appropriate. I eat mostly saturated fats and some monounsaturated and trace amounts of omega 6s. And I take mastoxanthin, so for me to get sunburned, it would probably take eight hours in the sun. Yeah. Um, and I have a tan because I use tanning hormones, so my, my, my body's production is very good.

My kids live in Canada, though. God, they're butt white. I mean, they, they can't be in the sun for very long. It's gonna take them a while to build up a tan. I'm like, that's embarrassing, cause you, you gotta get some sun. But they're like, there is no sun in Canada. I know. I have a practical question. So we've got, okay, the, the gluteral spray that you use just to raise glutathione.

It's like a replacement for an IV. Okay. That one's easy. But you've got four bottles of stuff. I'm supposed to smear this on my face. Can I just mix it all in my hand and put it on my face? So I put one on, then the other, then the other. So this is a day, this is the day routine. Okay. This is the night routine.

And there's, there's, there's a madness behind this thing. Okay. Because in the day, I don't want to use cyclostrogenol or resveratrol in the daytime, because this thing actually takes time to repair the DNA. Okay. So this way I want to work it overnight. So this is a nighttime routine, and I don't want sun exposure to it.

So I use the glutathione and the resveratrols and cyclostrogenol. to help repair the DNAs. During the daytime, I want to protect it as much as possible because daytime we're exposed to sun, pollution, chemicals, and things like that. It's still two creams though. Can I mix them in my hand and smear it on?

This is serum and a cream. There's only one cream. There's a serum. What goes on first? The serum goes first. The serum is sticky and all those things. So you



put the serum on first, dries it up, put the cream on top of it, and you're done. And if I'm lazy and I mix them in my hand and smear it on, is it going to work still?

It'll still work, it'll still work, it will not mix very well, but it'll still work together. Okay. Yeah. I'm always about saving two minutes in the morning. I know. And so, for guys, I, by the way, this is the first time it's been recorded, I'll tell you, I'm, I have a cream that's ready for the guys, because I'm a one cream kind of guy myself.

I have it ready. I have been told not to launch it yet because it's just too expensive for the guys to buy it. And I will not cheap on it because I will not reduce the chemicals in there. For a certain kind of person who listens to this show, you value your time and energy. So would you be willing to spend twice as much for one cream that does what two creams would do?

You're actually not spending twice as much because if it was 60 bucks for each of the two creams And then you spend 120 on one cream that had both in it. It's the same cost, it just lasts time. Well, the problem that I have is that I don't, I do not want to reduce the number of chemicals inside. Right. Or the ingredients inside at full concentration.

And so the production for this product is actually More than double the time. So it is more expensive to combine them together than to use separately. Because the reaction time in my bioreactors that I produce in, it, it is a beast. So that's the only problem I have. You're also reducing packaging and pollution and all.

Absolutely. I'm all about, especially on skincare, make it easy because I know a lot of my women friends here, they have seven different things. How do you even know which one to put on first? It's kind of overwhelming, right? Yeah. So this is for mainly for women. The four is maximum. Two serums, two creams.

Hopefully they can do it. I don't think it's mainly for women. Maybe women are more willing to do it. Guys, if you start doing this in your 20s or 30s, You will look like you're in your 20s or 30s for an extra 10 or 15 years. It's totally worth it, just make it easier. Make it easier. I would love to. I would love to.

All right. Sign me up for the all in one thing. I have it in my bag, my stuff. Nice. Nice and custom made stuff. Yes. All right. You talked about Cycloastrogenol, which is in this one. This is, uh, one of the first compounds that was shown to increase telomeres. This is one of the seven pillars of aging, if you read Superhuman, my big longevity book.

And telomeres get shorter, like wicks in your cells. Every time they divide, they get shorter. If you can have longer telomeres, it's one of the things that says you might live longer. So there are studies showing this stuff works. I spent about 25,000 taking a high dose cycloestrogen over three years, maybe.

Okay. And that was a discounted price compared to what it would normally cost for the doses I was taking. Um, I didn't really notice a difference. My telomeres are longer than normal, but not like, knock on 12, right? So this is a lot of money and a lot of pills. And it didn't work very well. What makes it work topically versus orally?

So, if we look at the science behind telomeres and and you can talk to anybody that has worked on telomeres or longevity protocols for that matter, they all will tell you one thing. The telomere lengthening only works if your oxy stress levels are near zero. Which is nobody. Which is nobody. And so, combining them with the G serum, Which is to reduce off stress down.

This would reduce it down like literally within minutes. And then you put the ExtraGen on top of it. There's a potential of, of having a better results in a shorter time. 'cause you took for three years. What if I can do the same thing in less than six months for you? And just, just for doing topically.

Just put topically and literally fraction of a cost. Okay. Instead paying 25,000 bucks literally cost you less than five, 600 bucks. I'm going to ask you an inconvenient question now. I've had a couple other guests on the show with really innovative skincare, things that have entirely different pathways than glutathione and cycloestrogen are.

Is there any harm of, say, taking a mitochondrial stimulant, a topical thing, and putting that on and also doing this at the same time? Like what kind of mitochondrial stimulants? Things like, uh, urolithin A. Uh huh. Or things like, uh, anti aging peptides. You know, there's good clinical evidence for these things.

Like, I want everything. I want to have the skin of, you know, 20 year olds. And I have really nice, pliable skin. Like it, it's good. I just have a lot of it from having lost all this weight. And so I'm like, I kind of want to do everything. But I. I'm concerned, A, it's a lot of time, and B, like, if I put this on, am I cancelling this out?

Is there a lot of interactions, or can I handle different aspects of skin aging? I think antioxidant reduction and using glutathione is foundational, so I would do

that, but can I put on some other compound afterwards? And yes, and so that's, that's what my research is right now, so to speak. So we are working on a few molecules right now.

I was gung ho about four years ago about NAD. Being one of the molecules to, because when I use glutathione, it spares NAD. So hey, can I increase more NAD? Can I get better results? Not so much. I'm okay. I'm okay. It's not earth shattering at this point. It seems like NAD will get results for about a month or two.

And after that. If you're not suppressing CD38, CD38 will eat all of the NAD you give it, which is a problem. So, do you know offhand, does glutathione reduce CD38 levels? I have not measured those. That would be very interesting to find out. That would be something for my researcher to work on it. We did measure the CD4, CD8 counts, the T cells and all those things in the, in the lab and show marked improvement in the immune markers within three days, only three days to reduce NK cell activities and, and T cell counts and all those things.

And it just shows that improving glutathione levels so fast has a profound impact immediately, but then having it drink concurrently for a few months in a row. You could have a really, really good outcomes data from there. So that's what we look at. CD 38, not yet. You are very diligent in your science.

And guys, go to [urowellness.com](http://www.urowellness.com). Use code Dave, Ken, and you get 10% off. As a we have. Thank you for listening to the show. Alright, one more question. We know that one of the things that causes you to, to lose hair is excessive oxidative stress. Now, you don't have any hair. No. So, can I take Glutaryl and just spray it on my scalp?

Is it going to help my hair? Okay, so I've been using Glutathione in my patients for 15 years. Probably over 100, 000 people that we have tried on. Not even one has come and told me that my hair has got thicker or better. Okay. That was the, uh, probably not going to help you there. I'm not going to help you.

So please, if you're using for hair loss, look at me. Okay. Right? If you're Most honest answer ever. Yeah. So yeah, don't use it for hair loss. I don't So what that tells me is that we still have to dig into more detail as to what the cause of hair loss is. It seems like there are, there's a DHT buildup in some people, but it's maybe not the primary cause.

we also know oxidative stress can lead to reduction of mitochondrial function, but it seems like that's more of a peroxide, uh, and peroxynitrite effect. As far as I know, glutathione doesn't help with peroxynitrite. It will help them a little bit, but peroxynitrites are mainly for getting your hair gray from dark, right?

So does it help with grayness? It'll stop it. It will stop it, but it will not improve it any better because it's already done. It's like, same like vitiligo, right? The skin disease. It will kind of stop on the progression. It's not going to do much more than that because it's not really a medicine for that one.

But yeah, all these theories about hair loss is, I think we still are not figured out yet. The good news is, I know a couple people working on actually stem cells that are differentiated to become hair follicles. So they'll be able to, within three years, if you want to go to one of the few countries that allows medical freedom places like Costa Rica or UAE, you'll be able to go there and instead of getting a hair transplant, they'll just put stem cells on your head that turn into hair follicles.

Wow. And you're good to go. Like the world is changing so fast. It's so cool. And maybe after that procedure, which is going to be inflammatory, you probably should put some glutathione on it. All procedures are inflammatory. So having glutathione on board is absolutely necessary. It's super cool. Well, Nan, I appreciate you being on The Human Upgrade again.

You are very, very focused on the science people listening, the way you're talking about bioreactors. I, I love being able to talk with a real scientist, not a marketer. It's clear you believe in what you're doing. And, you know, you've done a lot of things that people don't know about on making, you know, making the world a better place.

And I, I appreciate that as well. Thank you. And so I, I think you're one of the good guys. And if you're listening to this and saying, I have mold, I have metals, I'm tired all the time, and I can't afford to get glutathione and all these other things. And you're saying, well, I want to buy a sauna and I want to do this.

And. Well, 2 versus 200 bucks, raising levels in the cells more than an IV, this is one of those things that just radically lowered the cost of getting access to these molecules that are profound longevity molecules. And if you are still someone who says, I'll just have a couple drinks every night or just one drink every night.

You should be spraying this stuff religiously because alcohol makes you older faster. It is not good for you. Yes, it's fun. I'm not saying I never drink. I might drink a couple times a year. Good sake is my favorite. If I do, I'm going to be kind of taking 20 sprays. More than that sometimes. More than that.

Okay. Got it. All right, guys. Auro Wellness. A U R O Wellness. Dot com. Code Dave 10. This is the real deal. I'll see you next time. See you next time on the Human Upgrade Podcast.