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## SPEAKERS

Edroy Odem, Scot McKay, Dr. Barbara Grossman, Dr. Michael Grossman

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Edroy Odem 00:05

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the world famous mountaintop podcast. And now, here's your host, Scot McKay.



Scot McKay 00:19

Greetings, gentlemen. Welcome to yet another episode of The World Famous mountaintop podcast. My name is Scott McKay at Scott McKay on both Twitter and clubhouse real Scot McKay on Instagram. Hey, if you haven't listened to the show on YouTube yet, did you know you can do that? Go to youtube.com search, my name is COTMCK. Why lots of other videos for you there as well. The website, as always is mountaintop podcast.com. And gentlemen, if you have not yet joined the Facebook group, that is also as always the mountaintop summit on Facebook. Now, here's a topic today gentleman that I'm really excited to address with you. We've done over 300 episodes of this show, as you know. And since 2007, when we started, we've never touched upon this one before. It all started when I heard from Dr. Michael and Dr. Barbara Grossman's publicist and read what they were about. And what jumped off the screen and hit me between the eyes was the idea of having the right relationship with the right woman and living longer as a direct result. So the topic today is does having the right woman in your life make you live longer? I bet you guys have heard that's the case before, but I have a few questions. And I'm sure you do, too. And hopefully, we'll get them all covered. So without anything further, Dr. Michael Grossman, Dr. Barbara Grossman, welcome to the show.



Dr. Barbara Grossman 01:43

Thank you. It's a pleasure to be here.



Dr. Michael Grossman 01:44

Pleasure. Indeed.



Scot McKay 01:45

Yeah, I'm glad you guys are here. You seem perfect for this particular topic. And I'm ready to dive right into it. Now the name of your organization is falling in love forever. That's your brand. So this is very integral to what you do. As a matter of fact, Dr. Michael, you are an Anti Aging and Longevity specialist. You're a medical doctor. So you're in that field. And Dr. Barbara, you're in the therapeutic field helping couples well have longer happier relationships, correct? Yes, that's correct. Yeah. So tell us a little bit about what you do. So that we're level set on that?



Dr. Michael Grossman 02:20

Well, I keep people young in many ways. So there's a lot of things to do to stay youthful as you age. Once you get past 50. You change your hormones, and you get old. And so I do a lot of bioidentical hormone replacement to a lot of stem cells and exosomes and growth factors to keep your body parts working. And it just makes you really youthful keeps your libido going. I do all kinds of things for sexual functioning and men get older half of them by the time they're 50 have erectile dysfunction. I take care all that natural ways. It's very dramatically effective 90% of the time. So that's what I do.



Dr. Barbara Grossman 03:01

So I was your question. That's fantastic. I would restate it does. It's not a matter of having the right woman that will make you live longer. It's having the right relationship. Men and women get together men and women gets together and they make a connection. And they feel deeply loving and a plan a life together. And it's inevitable for all couples to come into some challenge down the road as they each evolve along the way. And men and men and women grow in different timeframes. So they're not exactly on the same page at the same time. So there has to be some intentional development along the way. Now, there are some exceptions to what I will describe as the natural evolution of a relationship and how you can get through the inevitable struggles. And there is an inevitable power struggle in relationships. There's there's two exceptions to this. This picture I'm going to paint, and that is if you marry someone who has mental illness, or you have some marry someone with addiction, if you don't marry a grown up a person, which means a person who can take responsibility in life, then that is, you know, a mistake that needs correction in a different way than what we're going to talk about. We believe that most relationships grow through the lifecycle. And there's inevitable tensions that create a lot of stress. And we believe that we need to introduce new skills to create partnership, and allow that evolution over time to be soft and sweet. And research shows there's some fascinating research about how couples who work together in partnership live longer and happier. There's the famous George valiant study from Harvard. It's an 80 year study that shows that the people who've lived longest in his study of people who are married and happily married.



Dr. Michael Grossman 04:50

So the study is remarkable because when you look at the factors of longevity after the age of 50 it's not cigarettes, it's not diabetes and not being overweight. It's not not exercising, it's not not eating healthy. The most important factor in that enormous study of 400 men is the quality of their personal relationships. Now, that is a groundbreaking study, when you look at longevity, the quality of your personal relationship, that is what determines the most important factor as to whether you're going to live a long, healthy life.



Scot McKay 05:28

Now, there's several ideas that you both just talked about, that I want to cover here. First of all, I wanted to stand up and cheer. But of course, I bit my tongue because you weren't very salient point, when you said, Look, you can't fix broken, if someone suffering from a profound mental illness, or if they're psychopathic, or they're just out to be the end of you. Those are the people we coach around here, either Barbara, those are, those are people who we really should try to weed out before we're stuck in a long term relationship with them. Because there's no way to create something healthy where the other person is, well, just anti health. I mean, so we're on the same page there. And I think it would probably be worth talking about, to some degree, what to do if we find ourselves in a relationship like that, or especially if we're already married to someone who just seems dead set literally, perhaps, against us having a long healthy relationship. But the other thing you brought up before we get to that is the idea that a and Dr. Barbara, you brought this up to this isn't necessarily gender specific. This is about not only the man living longer due to this happy, healthy relationship, but the woman living longer due to this happy, healthy relationship.



Dr. Michael Grossman 06:45

It's interesting that the studies show they have some studies on women now the first study was just done on men. And then they began to include them get a some studies on women, it does seem that it's more critical for a man to be in a healthy, interpersonal romantic relationship than a woman, a woman has more abilities to have deep friendships. So all around her and it's not so critical for her longevity. To be in a healthy, intimate, romantic relationship, it is much more critical for a man because men don't naturally have that intimate quality of relating to other men and other women and so on. They don't naturally do that.



Scot McKay 07:30

Haha. Now see, that's fascinating, because, indeed, you know, this is non scientific. But it seems to me and my recollection, I've known a lot more long surviving widows than widowers,



Dr. Michael Grossman 07:42

right. That is, I think, accurate in terms of what we see experimentally in the numbers, that women do better when when they don't have an intimate, romantic relationship than men.



Scot McKay 07:55



Scot McKay 07:55

Now, Dr. Barbara, you also mentioned it was the quality of our relationships in general,



Dr. Barbara Grossman 07:59

yes, absolutely. There's there is an inevitable struggle that occurs and most relationships. And the solution is not to give up on the relationship, but it's to learn new skills and how to recreate the relationship at a new level.



Dr. Michael Grossman 08:13

So you will also speaking about not just romantic relationships, in general, women have much closer relationships all around them than men, men tend to not have so many close, intimate relationships, they have a romantic relationship that has the potential of being very close, but not so much. They men don't tend to do that so much. They have buddies, you know, they go and play golf with their buddies, but they don't have that intimate relationship. So indeed,



Scot McKay 08:43

the lower quantity and indeed lower quality. Typically speaking of men's relationships with other men definitely factors into this. You're reiterating that? That's correct. Yeah, absolutely. So anyway, let's go ahead and talk about what one should do if we find ourselves in a relationship that just doesn't seem to be very healthy. In fact, it might seem hazardous to our health, literally, figuratively, physically, emotionally, spiritually, what do we do?



Dr. Barbara Grossman 09:12

Well, first of all, you have to admit that you're not happy. And you have to share that you're not happy. And you have to look for a resource for learning how to be happy together. And what I find is that men don't know as much about women as they need to, and women certainly don't understand men as much as they need to. And so we need to learn about ourselves in a completely different kind of conversation. Because it isn't automatic, we automatically kind of find affinity and chemistry and fall in love. And we think it's so natural, and it is natural. But eventually you wake up to how you have to create your relationship consciously. And that means that you have to, you know, a woman has to understand how sensitive her man is to criticism. Women don't know that. And men don't understand how much attention women need to feel loved. There's so there's there's lots of scale. hills and new awareness to actually take responsibility for the quality of that relationship.



Scot McKay 10:05

Now one of the words that came up right before we hit record on this particular program was maturity, and responsibility. And you know, we're big fans of that around here. We're big fans of anti victimhood. So either or both of you, could you speak to how those qualities directly affect what we're talking about here.

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Dr. Michael Grossman 10:25

So what happens in life, inevitably, the research is very clear. What happens in human development over a lifetime. That potential is that you constantly move back and forth between being close to those people you love. And feeling more independent. From those people you love. You start when you're a little baby, you're two years old, you no longer feel so close to Mother, you say no, I want it my way. It's my doll, I want the candy. And you'll have a little upset, because Mother's not cooperating with what you want. You get to be six or eight years old, you begin to feel absolutely you love being part of the family, you just are there you love the family. You love brothers and sisters, mother, father, you love being part of the family, you're close to the things you love, your 1314 Oh, my goodness, you want to have it your way. And it's got to be your way because you know the way it needs to be. And then you get to be 2530, you're part of a new family, you have a new husband, wife, you have children, you love being part of your new family, you are close, you get to be 35 and 40, you want to be separate. You want your own time you want your own space

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Dr. Barbara Grossman 11:40

tested. So you were at certain point, it's important for both partners, but especially for a man to accomplish, and to feel successful. It's good for his own development and sense of self. And it's good for the balance of masculine and feminine and the relationship. However, what it takes to be competent. And to be successful means you have to go into your head, you have to be in your brain, you have to be strategic, and you're not as soft and feeling as you used to be when you first got together. And so that can be an earthquake in a relationship, because the woman wants to always feel connected to our guy and wants to share feelings. And so a man is trying to do his best at work and when his wife's respect and appreciation, and then it gets criticized for not being vulnerable and intimate. So that's an inevitable conflict that comes up in a relationship that can confuse a couple of because they're not on the same page. And they might draw all kinds of conclusions from that. But it's simply a matter that the man is moving into another developmental chapter in his life, and they're out of phase. And if a couple is willing to learn your skills, you can get back into phase. And so again, it's a matter of taking responsibility for the evolution of a relationship over time. And there's definitely things for each partner to learn at different chapters.

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Dr. Michael Grossman 12:56

And I can add that women also go through that change. But typically they have children. The woman goes through that phase, after the man that she gets into her career and, and achievements when their children are older. And then she gets into that phase where she wants more independence and, and a little more space.



Scot McKay 13:19

Now, Dr. Michael, I'd love for you to address how medical science from your perspective as a medical doctor, what affects is going through those life changes those life phases, if you will have.

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Dr. Michael Grossman 13:32

So medical science describes that when a woman goes into menopause, she loses estrogen, progesterone and testosterone. And that will create irritability, not sleeping, good moods being kind of sad and down, and loss of libido, loss of muscle stamina, endurance, and that happens very quickly when she goes into menopause. And that has a big effect on the relationship and can influence the relationship negatively in many, many different ways. That's all fixable. And I do that all the time. It's an easy fix. And so that is a big thing. Now men, men go into their andropause very slowly. That happens over a period of 1020 years very gradually, every year it's a little bit more a little bit more. It's not quick like it is in women. But from the time a man is 50 Compared to when he's 60 or 65. He's a different person. He loses his energy, he loses his libido. He loses his enthusiasm as brain clarity as muscle stamina. All this gets less and less and he becomes an old man.



Scot McKay 14:48

I've been trying to tell this to my 48 year old friends. But yeah, they don't seem to understand that just yet. Well, I I'm half jesting. So now you just dropped the term on us that I suspect Most of this audience or a good part of this audience was probably today years old when they heard for the first time, and that's andropause. Could you please explain what that entails because I mean, we've all heard of menopause, you know, hundreds of times in our lives. But this may be a first for most men out there, what's going on there. And short pause

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Dr. Michael Grossman 15:18

is the term we use for androgens, which is the male hormone, testosterone and various metabolites of testosterone. And when men get older, they lose all this testosterone, their levels go way down. And it's it's just a medical term for what happens to men as they get older, and it happens 99% of the time, but a time a man is 40 years old, he generally is much less able to do the kind of exercise when he was 30. And you see it in the professional athletes. By the time he's 50. It's much less, seven years old. He's an old man, he can't do it, no matter how much he tries, he can do some of it. But it's dramatically different when we replace the testosterone that men have lost their their life changes in their ability to stay youthful change in so many ways.



Scot McKay 16:14

Now, actually, what I've been encountering, and this is by report of men telling me that they're getting their testosterone checked, and it's shockingly low at a shockingly young age nowadays, what's going on there.

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Dr. Michael Grossman 16:28

There's different things going on in the environment, and no one's doing the research on it, because the testosterone is low. But some people test testosterone levels and some people don't.

because there's no money in it. But sperm counts, testosterone levels are lower now than they were 50 years ago. But in general, what happens when you go to your doctor, and you say, Well, how's my testosterone? The doctor will say, Well, you're within normal limits, you're fine. But what they're not telling you is that within normal limits is 200 to 1000. And you're at 350. So cool, you're within normal limits, but you're more like a 75 year old and you are like a 30 year old. I like to keep my men about 40 years old in terms of their testosterone levels, and then they feel really good.



Scot McKay 17:11

So quickly, what would you prescribe to men to help them with their testosterone levels, especially if they want to stay off meds?



Dr. Michael Grossman 17:18

Well, staying off meds is tough, there are some natural herbs that you can take. But the herbs are somewhat helpful. But I suggest normal, human bioidentical testosterone, you can take it in a cream, you can take an injection, you can take it in pellets under the skin.



Scot McKay 17:35

So I guess we should move at some point in this conversation away from what's wrong with us to what can turn things around and make things more right for us. Dr. Barbara, from a relationship perspective, how can we enhance our relationships, maybe even be intentional about how we go about our relationships, to help us live longer, and prepare us to live healthier as a couple.



Dr. Barbara Grossman 17:57

So I know that it seems this will sound odd. But I experienced that couples need to learn how to talk to each other consciously.



Scot McKay 18:05

That does sound odd. I'm sorry, go, you know,



Dr. Barbara Grossman 18:09

a couples can get into, into patterns of blaming and, and anger instead of really sharing. And it's it's an learning experience to learn how to be open and vulnerable and share and make requests and make requests in a way that our behavioral, that sound respectful, so that you can learn what you what your partner needs. And you can share what you need. And you can you know, recreate the relationship but different levels what we want from each other changes

over time. And we need to be able to sort that out and be open and ask for those behaviors. And it is a good chance we can get most of them which makes for a very successful relationship.

 Dr. Michael Grossman 18:48

So we have two secrets that we talk about in our books. And in our classes. We have a little quiz, the HS love quiz, which has five different challenges that you can have. And

 Scot McKay 19:02

as a note, I will be pointing to that in the show notes. And

 Dr. Michael Grossman 19:05

in some of the classes that we talk about how to learn these listening skills. What we say about listening skills is that if you're not listening without interrupting, then you're not really listening. And there are specific things you need to be doing so that it changes your brain to actually be open to what your partner's worldview is because you think you know everything and your partner thinks they know everything. And you have to be able to listen to each other's perceptions and points of view. And it takes time to learn it. It's sort of like ice skating it doesn't you're not born knowing how to listen to the other person. So we teach that in these various classes. All of our classes are online video classes that you have homework, and we have a class that we do in person that we do through zoom that people can take, which is a live class.

 Scot McKay 19:57

Well, I think it's well established within science and I presume most of us listening to this show already know that anger, bitterness and stress tend to be killers, they tend to shorten your life. Yes, yeah. So the less stress we impose upon each other as a couple, or we endure at each other's expense, the less we harbor blame and bad feelings towards each other, the higher the level of forgiveness in a relationship, for example, the lower the level of sickness and premature death, am I onto something?

 Dr. Michael Grossman 20:30

And the question is, how can we teach people to do that? So what we do in our classes, one of the processes is that you listen to your partner, describe what their childhood was, like, what their challenges in childhood was like. And you go through a whole process where you're just getting, and these are couples who've been married for 2030 years, and all sudden, they realize, Wow, I never knew that about you. And then you see the whole picture of why they see the world the way they do, and then you can listen to them in a much more effective way.

 Dr. Barbara Grossman 21:05





Dr. Barbara Grossman 21:03

There's a lot of conversations where you can work out calmly and rationally what you each want and work together, there are some issues that touch on all themes from childhood and your family of origin. And if you don't have a handle on what they meant to you, and why what you want is so important to you, that not having a handle on it represents a kind of irrational expression that really kills off the connection of love and relationship. And we all have those experiences in our childhood. And to know how to get through that and have a conversation about bottom line, what makes you happy, what do you want in a situation and, and have agreements about that, that just smoothed away towards, you know, understanding each other more deeply and working together.



Dr. Michael Grossman 21:52

And the side effect is, when you do that you heal your partner of their childhood wounds, because you're you're creating the behaviors that they're asking you, and that heals them, and then you do the same to them, and it heals you. And that's where relationships can heal each of us in the long run.



Scot McKay 22:12

Over the course of 16 years in this practice here at x&y Communications we've had so many people come to us, who are either in the midst of a somewhat unhappy relationship, or who have just suffered the failure of a relationship, stemming from the simple fact that the couple not only didn't get to know each other adequately, certainly before the relationship was formed and turned into a long term relationship and became a committed relationship. But they never bothered to do so even after getting together. And in a lot of these situations, it really came down to fear. I'm afraid that if I know more about you, I'm not going to like you, you're not going to like me, we're going to uncover some red flag, that would be a potential deal breaker. So it's just better not to know just let that sleeping dog lie. But over the long run, of course that relationship suffers.



Dr. Barbara Grossman 23:03

Absolutely. You don't really get to know each other, you don't get bond on a deep soul level.



Scot McKay 23:08

Yeah, for sure. I have a quick question for you. Because I think these guys would want it answered. You know, a lot of what we're talking about here seems a little counterintuitive. At least from the physical health perspective, I think we're pretty much on board with how your mental health can be completely destroyed by the wrong relationship and greatly enhanced by the right ones. But again, the physical stereotype is we go to the gym, we make ourselves look all pretty and look all handsome and look good and take care of ourselves and eat right so that we can attract a mate. And then you know, once we do attract a mate, and the rings go on the fingers. And the Vows are said, we let ourselves go. We get fat and old together and drunk and happy. Allegedly. Could you debunk that stereotype if it needs to binking or I mean, is there

really something to what you said before Dr. Michael, of you know, the whole diabetic sick, ill fat thing tends not to matter as much if you're actually in a happy relationship. I'm wondering where those where those roads intersects helped me out?

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Dr. Michael Grossman 24:13

Well, it's a great question. When you're happy in a romantic relationship over a period of years and you're 50 plus years old. The quality of that relationship changes your own physiology. It changes your blood chemistry, it changes your brain chemistry, it changes your overall hormone balance. It changes your stress hormones, and that allows you to live longer, but it doesn't say that you should sit home on the couch and watch television all the time. You want to be dynamic. You want to have a dynamic relationship where you're being creative, and you're enjoying your life and you're enjoying your family and you're enjoying your other relationships. And that's all part of things. How much to exercise how much to eat right? You know, that is still a fun After in longevity, it's not the most important factor in longevity, but it's an important factor. And when you deal with relationships, you it's important that the woman look attractive so that demand feels continued attraction. Having sex, intimate sexual activity for a man or woman promotes longevity for both of them. You want to have regular sexual intercourse. And that means you've got to be attractive to each other. And yes, you want to have the various hormone replacements as you need them. But you want to hold you want to feel attractive to each other. So you want to exercise you want to do things that are intellectually challenging, so that you're an interesting person to be with. You don't want to be bored by your partner.



Scot McKay 25:48

So I suspect you're falling on the side of the scientific ledger, which would say, the more ejaculations a man has on the regular the better for his health?

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Dr. Michael Grossman 25:57

Not exactly not as the patient doesn't do it. Sexual intercourse with a loving partner does do it. It's a different experience. The hormones are different. When you feel emotionally connected to your romantic partner and you have sex with them, you open yourself up to a different layer of hormonal changes than when you masturbate.



Scot McKay 26:19

And there's science to back that up. Yes. Wow. That's fascinating. Last question, before we wrap up, and hope this isn't a curveball. Parenthood does it make you live longer does it kill you?

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Dr. Barbara Grossman 26:32

It's definitely a challenge. It's a challenge of defining your roles that you parent together and you have a consistent set of responsibilities and rules for the children that you support each

you have a consistent set of responsibilities and rules for the children that you support each other in it needs to be rational and well organized so that you don't pull your hair out. Children are wonderful and full of love, they add so much to life. But you need to know how to be a parent there, there is parent training, that's very worthwhile learning.

 Dr. Michael Grossman 27:01

We have a one of our our online classes is all about parenting. And it's very important to know how to parent your children without arguing. And that reduces distress. And then you can just have the enjoyment. And the great enjoyment of parenting is when your own children get married and have their children and then you're a grandparent grandparenting is a wealth of joy. But you

 Dr. Barbara Grossman 27:29

want to parent together you want to be on the same page. You don't want the children pulling mommy against daddy, there is a way to parent that is that really bonds the family together and we encourage people to go learn to do that. And so your marriage, your relationship doesn't suffer through those years.

 Scot McKay 27:46

Well, I can see absolutely clear as a bell how grand parenthood is much healthier than parenthood. I mean, you know, you give the kids candy and toys and money and spoil them and then let the parents deal with the fallout from that. Yeah.

 Dr. Michael Grossman 28:01

When you parent you grow up, you heal your own issues from your own parenting, when you were a kid, and you get the opportunity of healing that you get the opportunity of being loving. What out that other stuff that that you didn't like, and it grows you up. Parenting grows people up, you really mature. And being mature is not is not an easy process. Barbara and I often talk about that. That growing up is like ballroom dancing. It's not designed to be simple, easy and effortless. We're ballroom dances we compete. It's very intense. You've got to learn to work together. You've got to learn to have structure, but you've got to have that creativity. It's a whole process like playing basketball too. It's not designed to be easy. But it grows you up when you're on a basketball team you have to learn to to do all the teamwork. So that's what parenting can do the people it grows them up.

 Scot McKay 28:56

That's fantastic. That's just fantastic. I've enjoyed this conversation immensely. And D we talked about some things that have never been brought up on this show before. So what I want to do gentleman is point you to the website where you can find out more about Dr. Michael Grossman and Dr. Barbara Grossman, there with falling in love forever, and you will indeed be

pointed to falling in love forever.com When you go to mountaintop podcast.com front slash Grossman, G R O S S ma n so see there you go. A falling in love forever. Turns into four different words when you're trying to remember it later. All you have to remember now is Grossman and you get a mountaintop podcast.com As always put a front slash Grossman on the front of that and you will be able to catch everything that they're doing. Maybe get some of their courses and certainly get in on their books. The book that they have on Amazon right now is the marriage map. And right now if you're listening to this show shortly after it came out, it's sitting at the top of my Amazon influencer queue at mountaintop podcast.com front slash Amazon. I'm also going to put in the show notes, links to ageless love book.com And the aforementioned ageless love quiz.com that I promised earlier I would put in the show notes. So you'll be able to grab all you can of Dr. Michael and Dr. Barbara Grossman and the wonderful work they've been doing for over 30 years now. Dr. Michael and Dr. Barbara, thank you so much for joining us today. This has been a lot of fun.

 Dr. Barbara Grossman 30:24

It has been I enjoy you tremendously. I wish your audience all good things. I wish you love.

 Dr. Michael Grossman 30:29

Thank you. It's a pleasure.

 Scot McKay 30:30

Yes, likewise. And gentlemen, if you have not visited mountaintop podcast.com Lately, I invite you to go there, check out our sponsors, key port.com which will equip you with the 21st century everyday carry device of your dreams, lots of different face plates to fit whatever your personality is, gentlemen, as I've said often on the show, this is not your grandfather's swiss army knife, good quality stuff for my friends over at key port.com Also visit our other good friends with heroes soap.com Get all cleaned up. No parabens, no phthalates, nothing that will theoretically mess with your testosterone levels. That much we know about hero soap the body washes Excellent. We've talked about that before. And Last and certainly not least, our friends over at origin in Maine are always up to something new. But listen, if you don't have a pair or five of their factory jeans, you are missing out on the greatest jeans you will ever wear. They will outlast you you can look stylish in them or go to work in them. Origin in Maine, made in the USA. That's very important to a lot of you guys nowadays. And certainly it's reflected in the quality of their genes. When you visit any of our sponsors simply use the code mountain 10 for an additional 10% off at checkout. And gentlemen, listen, here it is. Here's the line in the sand. We're a long way into the year 2022 Now summer's gonna be here before you know it. Are you ready to go out and meet the woman of your dreams? We talk about it a lot around here. But it's time to stop talking and start acting. Get on my calendar. Talk to me for free for 25 minutes. I'm exactly who you think I'm going to be. I'm a normal guy. We will talk about you. We will talk about where you are right now. The kind of woman you want to get into your life and what it's going to take to get that happening for you sooner than later. What do you have to lose? Get on my calendar talk to me for free. You go to mountaintop podcast.com Click on the red button in the upper right hand corner and we will talk and yes you will talk directly to me not to someone

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Edroy Odem 32:52

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