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SPEAKERS

Dr. Anthony Balduzzi, Edroy Odem, Scot McKay



Edroy Odem 00:05

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



Scot McKay 00:16

House. How's it going, gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. I am your host Scot McKay at Scot McKay, on what is now known as x and on YouTube and pretty much every other major platform with the exception of Instagram and now threads where I'm at real Scot McKay, the website as always as mountaintop podcast.com. Hope you'll come in and grab all the free goodies. And if you're not part of the Facebook group, mountaintop summit Hey, we want to see you there Come join our group of guys who are getting better with women and generally being better men. On that same note, today, I've made friends with a new guest who we're having on His name is Dr. Anthony Balduzzi, and he is from Arizona. And he's joining us today to talk about a topic we've never covered before. It's kind of a topic where angels fear to tread nowadays, it bothers a lot of guys, we kind of think about it silently, and don't know who to talk about it with, especially post COVID. But you know what, we're gonna throw it all on the table today. What we're talking about is mental sharpness. Dr. Anthony Bal doozy welcome.



Dr. Anthony Balduzzi 01:31

Thanks for having me, Scott. Yeah, man,



Scot McKay 01:32

we're glad to have you here. You know, you are a medical doctor. Correct? Yes. And tell us a little bit about your areas of specialization, so we know where you're coming from?

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Dr. Anthony Balduzzi 01:43

Well, I've dedicated my life to helping men with overall health, fitness and optimization. So I suppose you could say I'm a men's health doctor. And the reason I got interested in this topic is because Because growing up, I basically watched my own dad work himself to the bone, and he got very sick. And he ended up dying from cancer at 42 years old. I was nine at the time. And as you can imagine, that was like a very life shaping and kind of devastating experience. But it got me the silver lining, I suppose was that it got me to really understand how foundational health is and that a good life is based off of having the health vitality physically to show up as a man to enjoy your life and pursue all that stuff. So that's why I help guys like my dad, middle middle point of life. 40 Plus, typically, who wants to be good physically, mentally, and emotionally, spiritually? Because I believe it all ties together?



Scot McKay 02:32

Yeah, I agree with that. 100%, I think you have to have a holistic viewpoint of your health. Because if you're not healthy in one way, it's going to be the downfall of well, basically all the rest of those other categories of health, wellness,

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Dr. Anthony Balduzzi 02:44

for sure. And the fact is like, our life experience as embodied humans is shaped by the quality of our physical structure. When we have a brain a nervous system that is functioning well, we end up feeling alert, happy, connected, and then that shifts how we relate to other people, how we pursue our hobbies and passions. So the mind body connection is so profound, and it works from the top down, right? You have a nice healthy mindset, you typically have better behaviors that tend to a good body, and vice versa. When you take care of your body, right? You end up having a good mental emotional life as well. So it works. It works in both ways. Yeah. So



Scot McKay 03:19

obviously, all the time on this show, we're talking about not only being a better man, but being a better man, so we can attract the kind of woman we want keep the woman who's in her life attracted. It's all about men relating to women. This particular topic relates to the idea of being attractive to women, probably a lot more than men gasps, doesn't it? Hmm, I totally agree. Yeah. And there's several different angles on that the way I see it. One of the things you just mentioned was the word mindset. And mindset is basically the state of mind where your thinking is on a certain subject, how you're wired, perhaps, and how you approach things, the way you think about things. It's hard to have a good mindset about anything. If your brain feels like mush. Or you don't feel like you can remember words, remember what you need to remember, or have a whole lot of mental acuity, your brain starts turning to, I don't know, I'd almost call it like survival mode. starts running in safe mode, trying to come up with what you're trying to think about the words you want to use, and it takes your confidence away when your brain isn't that sharp. And I'll tell you Dr. Anthony Bell doozy today, in this day and age 2023 As we are recording this particular podcast, a lot of men are feeling pretty fuzzy in the membrane nowadays, especially post COVID What's going on? It seems like everybody I know

can't find the right word sometimes, or they have some kind of mental fog. Is it long? COVID Since the year 2020, or was that something that was kind A trending before COVID was ever a part of our Zeitgeist? Or is it our diet? What's contributing to guys feeling like they're just a little foggier in the brain than they used to be?

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Dr. Anthony Balduzzi 05:14

It is a wonderful question. And I'm going to tell you the truth. And I think the truth is going to be a little bit jarring because you're going to see how brain health is connected to all of our lifestyle habits. And you mentioned COVID, and certainly, inflammatory conditions, and long inflammation that may be secondary to an infection, like COVID can play a factor. But if I had to put it as a percentage of the total pie of what's going on, you know, maybe 15%. But let me get into this. So the brain itself is around a three pound organ that uses about 20% of our daily energy. So we eat all these calories to fuel our bodies, just just take that into account, like a 200 pound man has a three pound brain that uses 20% of his energy. So the amount of metabolism that is required for this brain, and the amount of activity that's happening all the time to support really sharp cognitive processes is tremendous. Now, with any kind of a metabolism and metabolic function, we're getting the buildup of byproducts. And certainly if we know that the rest of the body is not in great metabolic health, we have blood flow issues, because we have heart disease, we have excess weight around the body and inflammation, the brain is affected through all of this, this brain organ effectively sits in this soup of your cerebrospinal fluid, which is influenced by your diet, which is influenced by the amount of stress hormones floating around in your body, which is influenced by non native electromagnetic fields floating around, which is influenced by chronic stress which shrinks the brain. So this is a like multifactorial issue. And right now it's exploding. If we look at if you still have parents that are alive, you know the the rate of Alzheimer's and dementia is skyrocketing today, more so than it would be with just natural cognitive decline. And this is strictly because we are in the worst cardiometabolic shape that we've been in, in hundreds of years, we in the brain is just going to be affected by all these other factors. So I want to drill down into this because I think people need to understand how blood sugar dysregulation and eating the wrong kinds of foods, not exercising enough chronic stress, too much blue light and not having a good circadian rhythm is all wrecking cognitive health. And that you can be sharp, we've all met someone who's like 90 years old, who's still very sharp, they get outside, they still exercise, they eat decent, and they still have good recall. And we've also met people who you know, are 50 and 60, who are already struggling with, you know, memory issues and recall with words, so it's going to be based on our lifestyle.



Scot McKay 07:43

Wow, that's amazing. There's so much that goes into that, you know, on a very recent episode of only MERS in the building, which is a very popular show. With Steve Martin and Martin Short, there was a cameo appearance out of the blue by the 97 year old Mel Brooks, who sounded and presented himself with the same energy as the 45 year old Mel Brooks. It was fantastic and wonderful. Yet we all know people around us more than ever before, who are 4550 years old, and they're just not all there mentally anymore. It's horrifying. And you've just laid out a lot of different reasons why people either are doing well mentally at an elderly age, relatively speaking, or they're starting to lose it at a younger age. You mentioned in a way that some guys may have missed because of the particular words you use the idea of EMF and it's

electromagnetic fields and different kinds of waves in the air. Are you implying that high cell phone usage really isn't necessarily a tinfoil hat conspiracy? And that it really could be harming us or standing too close to the microwave watching too much big screen TV? What's What exactly are you saying there? When you're when you're talking in those terms?

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Dr. Anthony Balduzzi 08:58

I am directly saying that and I say it back to the this pie of what causative factors have what kind of magnitude of effect and this is just kind of like my opinion on the magnitude effect. I think that's probably like 20% of the picture of why people are having so many issues. Look, our bodies and our nervous system is electrical, and it's very nature. When we say that we need these kinds of minerals like sodium, potassium, these electrolytes. The reason we need these is because all of our cells use these minerals to basically conduct electricity. And when we have non native electromagnetic fields, and when we're talking about stuff from cell phones, we're talking or Bluetooth, we're talking about things typically in the microwave radiation spectrum. These things disrupt how our cells electrically function. They open up these things called voltage gated calcium channels, allowing calcium to rush rush into cells and makes them not function properly. They disrupt the mitochondria. Now I know these may seem like buzzwords, but we've all heard that we have these mitochondria that produce energy for us. non native EMFs definitively disrupt mitochondria, meaning you're in not getting as much energy producing your cells despite eating X amount of food or trying to be healthy with your diet, there are over 2000 published studies that non native EMF are not helpful for us. If you're someone who has a cell phone close to your head, or you're sleeping next to a cell phone for long periods of time, if you're wearing bluetooth headphones for extended periods of time, this is absolutely affecting your cognitive function, period, full stop. Now for the purpose shownotes, I actually would, I would be happy to include in your show notes, an hour long presentation and document that I've done on this with all the research. I don't know if we need to go down the full rabbit hole here today. But it is absolutely a factor. And we are with this basically the roll out of all these EMF started in a massive way, when we started to invent basically the AC motor. Nikola Tesla did that around 1900. And then around World War One and World War Two, we started rollout major radio waves, and then microwaves and now we all have basically a microwave in our pockets, which is our cell phone. And this has never been never been done it before in human history, and it does affect our bodies.



Scot McKay 11:00

And you're saying there are plenty of peer reviewed studies out there showing this is not some weird conspiracy theory.

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Dr. Anthony Balduzzi 11:07

There are 1000s Absolutely 1000s. And we know the physiologic basis for it. It's just an inconvenient truth right now. Because you know, we have a there's a there's a lot of lobbying. And there's a lot of money to be made in having the Internet of Things everything's connected to everything else and non native EMFs are certainly a problem. But I would say more for most people, the cognitive decline is not going to be driven strictly by the fact that they have a cell phone on them at all times, it's probably going to be driven more by the fact that people are

metabolically unhealthy and their blood sugars are high. Their cardiovascular fitness is not good. Because remember, like blood flow is the name of the game, we eat food. And we're blood flow goes whether it's to the penis or the brain. This is where the vital energy, the oxygen and nutrients goes. And what happens when we have heart disease, we end up getting erectile dysfunction. And that's the problem that happens down south. What's happening up north, well up north where the brain is what's effectively happening is your brain is getting less vital oxygen, which means you know what, what happens when you have a heart attack. And the reason you effectively die is because your brain doesn't get oxygen because the heart stops pumping. Well, if you have cardiovascular issues, your brain is just not getting enough vital fluid. And this is also one of the mechanisms through which something like COVID has caused damage because COVID especially the early strains was a cardio inflammatory virus, not just like a respiratory virus, and causing the inflammation causes inflammation in the brain tissue, let alone if your blood sugars that are rapidly high all the time, we are now some doctors are actually calling early onset dementia and Alzheimer's like type three diabetes, because we know when the blood sugars are super high all the time, the brain responds by laying down these plaques, many of them are called amyloid plaques. And this is what we find in actual Alzheimer's diagnosis. There's plaques in the brain, these bad proteins that are laid down, and these are laid down in response to high blood sugars. So it's completely connected system, right? Cardiometabolic Health is massive. And most guys officially over 40 right now. It's like 50% of people are overweight or obese. And this is causing problems to the brain. So the only way really to have a really healthy brain is to have a healthy rest of your body.



Scot McKay 13:14

That all make sense. Meanwhile, we as men, all of our favorite body parts are literally shriveling on us.



Dr. Anthony Balduzzi 13:19

Yes. Because yeah, because of blood flow issues. Yes.



Scot McKay 13:23

Let's talk about diet. For example, there are all these warnings out there that say for example, aspartame is really a major culprit. And if you drink a lot of Diet Coke, you know, absolutely and negatively affect your brain function. Let's say you on that aspect of things, for sure.



Dr. Anthony Balduzzi 13:40

So I mean, there's two sides of the coin, right, we can talk about having too many inflammatory fats, and sugars and stuff that just regulates blood sugar. And that's like the we're eating too many of the wrong types of calories, and then the brain suffers. Then there's this other side of too many artificial things that may be calorie free, but are just straight up toxic. And here's the fascinating mechanism. We now know and this has been a huge area of research over the last 10 years the connection between the digestive track and the gut function in the brain. And one of the main ways that these artificial sweeteners affect brain health is the kind of wreck our

probiotics, the good gut bacteria that line our entire digestive tract. And there is one of the most important nerves in the entire body is called the vagus nerve. And the vagus nerve runs from your digestive track through your heart to your brain. And it's the way that we actually stay in this parasympathetic, relaxed, healthy state of being is mediated by the vagus nerve. When we take artificial sweeteners, it disrupts our gut microbiome, and the gut microbiome are responsible for producing the vast majority of our neurotransmitters. Most of the body's serotonin, this feel good neurotransmitter that makes us feel confident, connected, like when a guy feels high status, and he's walking into a room and he just like is exuding the fact that he feels high value high status. He effectively has a neuro chemistry that's just full of serotonin. Now when we take artificial sweeteners, it decreases the gut bacteria that produce serotonin, and then it has shifts to the brain health. And that's let alone other causative mechanisms through which other artificial chemicals like directly cause cancer. So for example, the pesticide that sprayed on a lot of wheat is called glyphosate, also known as roundup that is a known carcinogen. And the CDC published on their exact website that roughly 81% of people have some kind of glyphosate residue detectable in their system, because we're spraying this on our crops. So that's disrupting our gut bacteria and causing cancer. So it's a tough time to be alive, right? I mean, we have these modern conveniences, but we also have so many, like pitfalls and potholes that we need to learn how to jump over. And the artificial sweeteners is a big part of the game. So practically speaking, I think getting those out of your life if you're having diet sodas and Cokes, maybe if you need something like stevia, or monk fruit are xylitol, these are better options.



Scot McKay 15:57

Wow, this is all very fascinating, because my thought as you're speaking about all of these different subtopics, related to mental acuity is follow the money. You know, we live in the Western world, it's a capitalist society. And we're not warned about a lot of these things. And we're not encouraged to stop consuming some of these fake foodstuffs, we're not exactly encouraged to be healthier, we're not exactly encouraged to stop eating the things that aren't right for us. Because too many people are making too much chump change out of it.



Dr. Anthony Balduzzi 16:30

It's totally true. And I mean, just the simple fact is there is a pharmaceutical food machine that's kind of churning every major western country, United States included, right, we have big agriculture that each industry of agriculture has their own interest. Pharmaceutical industry does benefit from having lots of customers with with who live a long time with just certain chronic diseases. And the current medical system is not incentivized to teach people how to change their lifestyle, like doctors just don't have enough time and an insurance reimbursement model to sit down and tell you how to eat properly. And then half the time the doctors are unhealthy themselves. And it's really easy to just say, hey, take this pill, because it's going to lower your risk. And we have the studies for this. And and it may. But that's not addressing root cause. And unfortunately, to address the root cause we need to get into our homes and our lives, change our routines, change the go to foods we're having, get back to proper sleep, change the light, exercise more like that's a tall order, right. So I think it's important to really understand why this is so important and get the motivation to start to get a foothold on making some changes and making it practical. Yeah, well, speaking



Scot McKay 17:39

of mental acuity, we need to start thinking for ourselves and thinking clearly, instead of knee jerking to what we're told to think is important, and are told to do. And I firmly believe this is something that's affecting society at large Anthony, because whether it's politics, whether it's procreation, whether it's attraction, whether it's where to live, what to do, what brand of shirts to wear, we're all being socially engineered by whoever is trying to make \$1 off of us. And a lot of people just don't see it. And yet, when you start digging deeper on these things, the clarity behind what we really should be doing, what's going to be healthier for us, is right there. I mean, you could go all the way back to hey, you know what, go to college, go into a quarter million dollars worth of debt, so that you can go sit behind a cubicle for 40 years and claw your way up the food chain and get two weeks off every year. So true. Someone told you that should be your goal. And you may never have been presented with any other options for what would constitute your own version of the quote unquote, American dream. So I'd be I thought that was important to be said, you mentioned this idea of serotonin, creating confidence, or fostering confidence, I think that'd be a better way for, for us to say it in men. And if you feel alpha, it means that your body chemistry is in better shape than someone who isn't feeling so confident or dare I say alpha about themselves today. And a lot of that has to do with what's going on in your brain. Yes, that's shocking. I think that's shocking to a lot of men. But it is no accident that a lot of times when we see people who are higher energy, higher confidence, they're also better shape physically. Yes. And I think it's easy for us to say, well, of course this guy is confident. I mean, look at him, he looks like a cornerback in the NFL. But really there's a much more physiological basis for him feeling that confidence and having that positive energy because he's healthy. So there's kind of a misunderstood relationship between the cart and the horse there, isn't there?



Dr. Anthony Balduzzi 19:41

Yeah, I think it's an important distinction to know that every emotion we have has a neurochemical basis. And then the neurochemical basis can actually also be measured in terms of the brain's electrical activity, like so we know in a stress state, we have a higher amount of this hormone cortisol that's secreted by the adrenal glands and gets us all revved up increases blood sugar increases blood pressure gets us ready to fight something. But we also know that that cortisol, when raised in the blood, changes the electrical patterns in the brain and gets us to activate some of these deep primal centers that make us very fearful and anxious and high alert, and when we're not thinking in a deeper way, and then it also changes the pheromones that our body kicks off, which then are these like subconscious signals to potential mates, that this guy is either secure and have high status, or he's actually like insecure and doesn't have the right kind of like chemistry that's literally oozing off of us. And as mammals, we're, we're interfacing. So it's really deep. And I want to bring up stress for a second, because I think this is another symptom of the modern man will let many people with through the financial pressures or just generally not feeling good in their relationships or feeling like they're kind of stuck in life. Stress is something that we know literally shrinks the area of the brain associated with memory, it's called the hippocampus. It's one of these areas in the middle of the brain. And when we have high stress and chronic stress, it basically shrinks the hippocampus. And so imagine if you're eating the wrong foods, and you're chronically stressed, and then typically what happens it means you're using stimulants and coffee to prop yourself up which longterm can lead to higher cortisol levels, and you're not sleeping well. Man, this is like a recipe for for just like becoming weaker. And here's the here's the sad part about this is some of this damage

can be irreversible. Like, if you go to decades of being like from 40 to 60, of just getting crushed, like there can be some damage that you can't make back. On the flip side, though, if you start to get your lifestyle, right and start to change some of this neuro chemistry and start to get yourself in good physical shape, you're gonna feel so much better. And I think there's a lot of reasons when guys go through a big breakup. Many guys go ahead and like, get on the fitness kick and hit the gym. And I think they think they're doing it because they want to make the body look more attractive to a new potential mate. But really what they're also doing is changing their neuro chemistry, resetting their nervous system, and then all the the good effects happen from there.



Scot McKay 22:08

Yeah, you know, my next question to you was going to be let's say we're feeling some of the effects of this. And we're freaked out. And you know, well, what you said is scared, a straight, so to speak. Is any of this salvageable? Is it reversible? Or is it sadly all permanent? And you've started giving us a bit of an answer to that, and I want you to talk more about that. Absolutely. But man, you had so much good information there for about the last five minutes or so. Another thing you just said, was that even the invisible transmitters of attraction, for example, pheromones are just ransacked, when our body chemistry is thus, such that it isn't only our brains being affected, it's not only our bodies being affected, it's the actual body chemistry that just comes off stunted in some way, even in an unconscious way to women, women will detect there's something off with you, even if they can see it or hear it, or in conversation with you suspected. It's really just a cluster. You know what I mean? Yeah,



Dr. Anthony Balduzzi 23:20

I mean, you think about a guy who's who said to be like a natural, oftentimes, these natural guys were brought up in secure households, they didn't have a lot of early childhood trauma. Many of them were naturally like decently attractive. And they'd been kicking off like a good amount of like, healthy pheromones. And then they had early childhood experiences of women responding favorably, in because they respond favorably unconsciously to a guy who has a lot of vitality. Because look, if we if we look at ourselves as mammals, which is one lens, that is true, and we can look at this, the female body is always looking for the greatest genetic lottery that it can to enter into a potential mating situation where for nine months, this woman is going to carry the genetic material in the baby and make a new human, it's a huge investment. So women are always literally sniffing out the highest genetic potential, and men are always kind of kicking off signals about where they're at actually, like, biochemically speaking. So this is what they found is is guys who were actually very healthy, you know, are kicking out wonderful pheromones and guys who were actually unhealthy oftentimes mask their pheromones with different kinds of scents like the Axe body spray and stuff like this, because, you know, it tends to help when you can mask those pheromones scents when you don't have a really healthy baseline. But yeah, it's it's all massively connected. And it goes beyond just like the conscious realm of us having better game having better conversation skills, having better confidence in room presence, knowing that things to say, you know, when when you when you have it on a deep, physiologic level, it's just kind of natural,



Scot McKay 24:57

and when it comes to the pheromones, and the As unconscious body chemistry signals we send to women. In addition to all the fake deodorant and chemicals we rub all over ourselves and wash our hair with. We indeed wash our hair twice a day. You know, we take more showers in this culture than any human epoch in history. And we just wash all this stuff off, for sure. We think we're clean, but really, we're just sanitized?

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Dr. Anthony Balduzzi 25:24

Yes. And like, look at look at within the animal kingdom, what are animals always doing with one another, they're sniffing each other's urine, or their anal glands. It's just because like scent is the main sense. That gets into the hippocampus in memory. And memory is like, is primal in a deep area of our existence in our being like, we know that sense can bring people back to old childhood memories. And also when a when a female is brought up, like her first male relationship that is really good and bonded is oftentimes with her father in a healthy and a healthy kind of like scenario, right? We would hope so. Yeah. Right. And I mean, when that all works, right, there are deep primal scent memories in there that are then going to be mirrored in the kind of meat that she wants to go get and have. So this is a really deep topic, but I guess the the take home message is, is when you're healthy, you become more unconsciously attracted to women without you even trying. And when you're healthy, your brain is going to be sharper, you're gonna have better serotonin levels, you're gonna have better blood flow upstairs and downstairs. And so I mean, if this is an area you want to optimize, and you're really interested in becoming better and women, then there's so many reasons to start eating better, sleeping better, exercising more regularly. And as I want to talk about next is like having a better circadian rhythm. Because like this is as fundamental as everything. I'm talking about sleep and sunshine, because I think that's an area where not enough people are putting emphasis on. Yeah,



Scot McKay 26:48

absolutely. I mean, we've talked about sleep and depth on the show. And, like so many other subtopics we're hitting on today. Anthony min just trivialize the need to get this right. And what happens is, it becomes this cumulative effect of all these little bad habits, creating a mountain of problems, not only cognitively but for our health and our attractiveness to women in general. Right,

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Dr. Anthony Balduzzi 27:14

that for sure. And I'm sure you guys have talked about sleep, but let me give my take on it for a couple minutes because I think I can share it in a way that at least seems profound to me and might land for someone else listening. So everything on this planet, all the life on this planet is connected directly to the sun, the energy that comes off the sun, the full spectrum, electromagnetic waves in the sun, the infrared, the visible light, the UV light all interfaces with their physiology, the healthy human needs to be connected with the light cycles of the sun. And this is dramatically which changed over the last couple 100 years, we started to get artificial light. Now we have all these devices with us all the time they kick off the artificial blue light, and this crushes our circadian rhythm. Now to be healthy and to have a healthy brain, we need to have healthy melatonin signaling. Melatonin is the main hormone secreted by the brain that

reduces inflammation and keeps us sharp. The one thing we know that destroys melatonin levels is artificial light from screens. So if you are some guy that is watching his phone or his TV, sometime when the sun is already set, you are destroying your melatonin production and you're damaging your brain period, full stop End of story. The other part of this is in the morning, it is essential for guys to get outside and get sunshine in their eyes. Sunshine in the eyes in the morning lowers cortisol, that stress hormone. And that's stressful. More cortisol is something that negatively impacts testosterone. So we need to get sunshine on the ice. And there's also research of guys get full body sunshine, including sunshine and the testicles. testosterone levels have naturally rise. And when we get sunshine in the eyes in the morning, it produces serotonin, which later in the day gets converted to melatonin. So we need to get our light cycles, right? If you want to be healthy, you need to be entrained to the natural light cycles. When it's light outside, you're getting sunshine in your body in your eyes. When it's dark outside, you're cutting out the blue light, and you're sleeping better if you do not do this, your health is not going to be good. Your neuro chemistry is not going to be good period.



Scot McKay 29:03

Well, you know, I can vouch first person for when we go camping, you know, take the RV and go out into the wilderness. Or even when we go to a developing country, all of us feel healthier within 48 hours.



Dr. Anthony Balduzzi 29:17

Sure. Yeah. It's it's light and non native EMF, you're in a healthier EMF environment as well.



Scot McKay 29:23

Yeah. And the food isn't fake, especially in developing countries. I mean, one time they serve chicken to my son in Ethiopia, he's like, Dad, this doesn't taste like chicken. And I said to him, no, that tastes like chicken. You know what I mean? So yeah, just fascinating stuff. Well, I gotta tell you, having gone through this entire episode with you listen to everything you had to say, which is all incredibly well presented and well articulated and feels spot on. I have to say, Anthony. All of us are horrified. I mean, there's probably not a single guy listening to the sound of our voices, who feels like he's completely off the hook on this stuff. So let's say you found yourself getting a little bit fuzzy. I mean, you can remember what happened to second grade, but you can't remember the guy who was on TV 10 minutes ago, and you're bothered by that. What are the first steps we could do to start getting our brains back?



Dr. Anthony Balduzzi 30:16

Sure. And I think we, I'm glad that you mentioned sleep, because like, the foundational thing is you got to reestablish your healthy light cycle. So if you do not have some kind of blue blocking glasses, or stuff like that, you gotta get your circadian rhythm on point, which means cutting down the blue light late at night, because otherwise, you're just going to continue to get an unnatural light signal that's going to crush your brain health because you're not having melatonin. So get your light signals, right. And this means getting on your iPhone, putting on

like the night shift mode that turns your screen a little orange at night, and getting some glasses to protect your brain because your eyes are an extension of your brain. And light is really one of the master signals that controls the brain. And we're going to see this over the next 10 years, the research is going to explode, we already know it and you're hearing it here kind of first in a big way. And then the second thing would be to take control of your nutrition. And this means getting some kind of standardized routine, it doesn't need to be extreme, but like whether you choose to intermittent fast, or you have breakfast, standardize your first meal of the day and make it healthy. So at the very least every day you get up you have something good and healthy. It could be some kind of egg based recipe, it could be smoothies or protein shakes, but like get a routine in place your your nutrition, so you're focusing on that and getting a lot of this crap out of your diet. And then finally, I would say is get some regular exercise, we know that exercise is so good for blood flow, which means it's great for the brain. And it doesn't have to be exercised in a gym. I believe that humans are meant to be outside walking as much as possible. So you can if you can commit to taking some short walks throughout the day or trying to get a certain number of steps. Just get outside, especially if you want to go meet people like go start walking around outside and like getting in the sunshine that is so so foundational, it's actually more important than doing some fancy p90x workout. So my real actionable answer is understand the order of importance in the hierarchy. Sleep and circadian rhythm is foundational, then you focus on nutrition, then you focus on the exercise. And if you do some of these things in this order, and also check in with yourself knowing which areas you're most efficient in and which areas you need help with, then you will start to see some gains to your cognitive health. And of course, like, I help people do this all the time, specifically dad's over 40. So I know there'll be some links you'll share to our resources. If you guys want to drill into any of these categories, sleep nutrition exercise, we have tons of stuff that people can dive into.



Scot McKay 32:30

Yeah, all of that is at [mountaintop-podcast.com front slash fit father](https://mountaintop-podcast.com/front-slash-fit-father), fit FATHER because you Dr. Anthony Bell doozy are the founder and head honcho over at the fit FATHER Project. So that's why we're going to mount to [top-podcast.com front slash fit father](https://top-podcast.com/front-slash-fit-father) so you can get all the information from your wonderful website. And not to be overlooked. You also have 650,000 subscribers on YouTube. And so what we're going to do in the shownotes is put a link to your YouTube channel on there but I'm sure these guys can simply search fit FATHER Project or your name Anthony bout to see on YouTube and find you pretty straight away if you've got that many subscribers. Yeah,



Dr. Anthony Balduzzi 33:15

for sure. Yeah, all over YouTube. And we have great videos on all these topics and even deeper dive.



Scot McKay 33:20

Yeah, one thing I want to add here is, you mentioned fathers, a lot of us listening to this are fathers or we will be someday we aspire to be perhaps the most not only aggravating, but horrifying aspect of everything you've mentioned, is as bad this is for us. At our age, we've got

a generation of children who are tied to their iPhones and their devices with an umbilical cord, and who refuse to go outside and play for sure and are eating crappy food all the while, for sure it's a it's a terrifying thought of what the future holds unless more people start listening to the likes of you. And I think it's incumbent upon us as parents to start teaching our children these good habits and perhaps enforcing them as well. Even if the kids don't like it.

D

Dr. Anthony Balduzzi 34:12

I completely agree. It's pretty much we know that we have the first generation of humans that we've had in the past several 100 years that actually is going to be weaker, sicker, and even die sooner than the last. And that's just a symptom of our sick culture. And that's why all these fundamental things returning back to natural law, connecting to the right light cycles, eating whole foods, you know, taking control of our exercise habits is the answer. You know, it's simple. It's not necessarily easy, but if you if you find the value in this message, it's absolutely worth it.



Scot McKay 34:40

Yeah, for the first time in decades, the life expectancy in western world cultures is dropping. And I think hit the nail on the head. Yeah, with that. Thank you for joining us today. Dr. Anthony bow Ducey. I'm gonna put this in the must listen category on YouTube for the guys who listen to us there. And man what an essential show these guys need to not only live Isn't every word you're talking about the past this episode on to everybody they care about in their lives. So thank you once again for joining us.

D

Dr. Anthony Balduzzi 35:08

My pleasure Scott. Thanks so much.



Scot McKay 35:09

Yeah man and gentlemen, if you have not been to mountaintop podcast.com Recently, check out our sponsors Jocko willings. Company origin in Maine also heroes soap company. Now let me talk about here a soap company for a second. It's all natural soap, not the fake stuff you're trying to save a few pennies on by buying at the grocery store that is in masculinizing you you know affecting your body so negatively with all the chemicals Dr. Bal doozy was talking about? Heroes soap also gives money back to veterans to wounded veterans. And it's a good cause and it smells great. So check those guys out at hero soap.com Hey, have you picked up your key port yet? It is the 21st century swiss army knife made better. Go visit those guys at key port and design your own everyday carry device that matches your personality and your needs. All of those sponsors are there for you one click away at mountaintop podcast.com And when you indeed get your some from any of our three sponsors, go ahead and use the code mountain 10 For an extra 10% off. Also guys some of you have not gotten on my calendar to talk to me on the phone for free. That opportunity is there for you using the big red button that mountaintop podcast.com I'm exactly who you think I'm going to be. And what I want to talk to

you about is your future with the right woman. All of that and more is there for you at mountaintoppodcast.com And until I talk to you again real soon. This is Scot McKay from X & Y Communications in San Antonio Texas. Be good out there

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