

Dr. Mike Roizen: 90 Is The New 40 (How To Hack Your Longevity) | E72

There's a huge benefit to the childhood vaccines in preventing brain dysfunction preventing organ dysfunction And it's like winning the lottery It's about a 40,000 to 1 shot When you hit 90 you may be able to get to be 40 again or you may be able to slow the rate of aging So it's not improving It's not lasting longer in your nineties and hundreds and hundreds It's saying your thirties and forties are going to last a lot longer Thanks for listening to part two of my amazing conversation with Doctor Mike Rosen who has helped tens of millions of people improve their health and wellness through simple lifestyle changes we can all make If you haven't yet listened to part one of my amazing interview with Dr Mike please check that one out First We've talked about stress and you talked about the importance of having amazing friends and reducing your stress You haven't talked about the downside and you've mentioned the word assholes before removing assholes from your life Can you just talk a little bit about that a little more and stress the importance of that as as we think about how to eliminate assholes from our lives Yeah I don't know of any study that really used that term So um in the since I'm a data nerd or a science nerd let me stick with the science Which is that um stress the major stressful life events are um someone dies in the family you get sick you're sued you have financial problems you have to take a new job You move they are the ones they're out of the 15 of them Um Nine of eight or nine of them are clearly financial So we um have a have stressful events and you can say um having someone who is um an asshole if you will to you is a stressful life event if you perceive it that way So stress isn't the event it's your perception of it which allows you to manage it and modify it So um my favorite story and it's a way old study This was in about 1995 or six I was in this was Christmas Eve in uh Chicago at um I'm blanking on the the store now but it was uh it was on uh State street and uh Monroe in Chicago Um People in Chicago will know what store that is But anyway the store I I went in there and um I had a bunch of gifts still to get And uh I I was in there with my son who was probably uh young at the time meaning a teenager and there were just people throwing money at the clerk literally um trying to get her to take money because there was one quirk and probably three rows store closed at five This was 4 45 And uh so I waited um to the Kirk till there was literally no one There it was 5 15 or something And

I said this has to be a awful stressful for you And she said are you kidding This is the best day of my life I said what do you mean She said look at all those men trying to get to me Um So she had reframed the situation into something positive and something that to me would have been very stressful All those people waiting for me she looked at it as a very positive thing So how you look at something really determines and so you can modify that Um And I've taken that to heart and practice So I practiced a stress management technique It's just deep breathing putting a finger on your belly button and doing a double breath in twice a day and and getting your belly button to move out as you do it And my belly button moves out I know I'm breathing correctly but I'm focusing on my breathing and nothing else And I do that 10 breaths morning and night And so that's my stress management Someone cuts me out often in traffic I put on my finger someone uh does something else I go my fingers goes to the belly button and I just deep breathe through it So I've talked about flu shots and a lot of your research and how regularly taking flu shots over the years increases your life expectancy I haven't heard a lot You really paid a lot of attention to that talk I'm impressed Thank you You're welcome But you haven't talked a lot about COVID tests and there's tremendous amount of con controversy right now among the effectiveness of COVID tests the safety of COVID test Can you talk to us about how none of the test you're talking about of the vaccine Sorry I I apologize Yes Uh uh the vaccine itself there's a lot of controversy over the COVID vaccine A lot of people worry about its effectiveness and then health issues risk issues especially because they've only been around for a couple of years and we've seen so many vaccines throughout the years not work out well over the long term People just don't know there's not a lot of uh tests going back that far Not a lot of data talk to us about let me let me go and talk about vaccines in general because I have very strong opinions about vaccines in general and maybe different opinions about COVID-19 boosters So I'm gonna come to both So um I apologize and I don't want to turn any of your listeners off me and I interviewed over 100 and 50 people on every side of the vaccine issue related to the childhood vaccine schedule and believe it probably could be changed without harm But there's a huge benefit to the childhood vaccines in preventing brain dysfunction preventing organ dysfunction And it's like winning the lottery It's about a 40,000 to 1 shot Well when we publish this in a different vaccine schedule um that was Doctor Green's vaccine schedule um that we thought was just as valid Um as the CDC one you know no one would talk to us again The people on the right one and the people on the left

wouldn't But in fact the vaccines it's about a 40,000 to 1 and you'd put down a dollar to win 40,000 If the worst that could happen is you'd lose the dollar That's what it is in getting the childhood vaccines and maybe you wanna pace them out a little more but they still have a huge benefit in COVID-19 the initial vaccination and probably the initial booster had that same value for people over the age of 50 or with comorbidities But the more recent if you've gotten two boosters the 3rd and 4th booster in the Cleveland Clinic owned employee database inhibits your ability to prevent COVID-19 So it is as though you're getting an allergy shot if you get more than four boosters Um at this time meaning that allergy shot in it is something to decrease your reaction to the allergen Well that's the same thing that's happening You're decreasing your reaction to your prior um immunity Um So it's actually turning on a L four a different immune response than would fight the um COVID-19 So right now until at least um August or September we're in limbo and saying probably not boosters right now unless you have long COVID and I'll come back to that in a second Um And probably in August and September we at least I would advocate we go back to a traditional vaccine If the data that we've seen so far holds that traditional vaccine booster would be it's something like nova vac vaccine booster which is a traditional rather than an MRN A vaccine Now that isn't uh please that isn't the official position of the Cleveland Clinic That's just mine and a few of the people on the scientific advisory board of Longevity playbooks um looking at the data and analysis of it Um Now under 30 under 50 or without co and without comorbidities the the benefit to risk ratio is much closer and in kids the real benefit is preventing them transmitting it to the elderly not a benefit to themselves except for on COVID Why do I say Except for long COVID I'm scared of lung COVID because if you look at the Spanish flu from 1917 to 19 it traveled up the olfactory nerve to the basal ganglia just like this in the viral particle analysis and caused most of the Parkinson's disease in the fifties sixties and seventies It was a long term effect of that Spanish flu COVID-19 has the same pathway up the um olfactory nerve your smell nerve into your brain stem and basal ganglia And that's where the viral particles come We know that if you haven't gotten vaccinated and have long COVID getting vaccinated about a third of the people get rid of long COVID Um The other two thirds um we don't know the answer for long COVID yet but that's my fear And so what do I do Have I gotten Yeah I've gotten um the actual two shot vaccine and three boosters and sometime in August or September I may get um the uh next booster if the nova vac vaccine data holds as it looks

like it is now So I'm scared of uh of some of the side effects of the vaccine Um But uh as you know I'm an old guy and I don't have comorbidities that I know of but I'm an old guy and so I'm scared of the inflammation And when we go back to the flu vaccine you get the flu vaccine 10 years in a row you decrease risk of dementia by 40% as opposed to people who get it irregularly during that period or and not consistently every year That's due to the inflammation that the flu itself causes that you dampen down if you get the flu vaccines So let's hit another big one and I think this is common sense to most people but you have made some recommendations with respect to food and how food eating the right types of food can increase our longevity as well And you you talk about poisoning your body So let's let's talk about um some of your recommendations there I've never heard anyone to take a tablespoon of virgin um olive oil before that one struck me as a kind of strange one I wanna whipped that out I wanna put a tablespoon of uh Virgin Island Well no it's it's whether you cook it with it or use it in salads or put it on bread it's not taking it direct Although some people do take it direct if you're in Italy Um and in Sardinia they they do take it direct But in fact um for most people it is on something or in something else and and that's the the data you get the same benefit Um large Spanish study looking at breast cancer risk looking at cardiovascular disease risk decreased both of those by over 30% by that half tablespoon a day There are so much more on the food side that I want to go into Um you have this amazing quote which says that you would want to marry someone who is trying to kill you every day So let's go into some of the more uh detailed recommend uh recommendations that you have and just tell us about what you're talking about there And so we all love French fries by the way we we all love French fries Food is a relationship and you wouldn't marry someone who is gonna try and kill you every day You shouldn't eat food that's trying to kill you every day And the food that's trying to poison you every day Simple sugars added syrup simple carbohydrates red meat and processed red meat Those data are very clear whether you look at the interventional animal studies or the epidemiologic human studies Um We know that simple sugars feed cancer simple sugars increase your risk of um fat in your muscle which increases your risk of insulin resistance and all the other problems that causes And we know that processed red meat and red meat actually change it when given with saturated fat actually changes the genes of your bacteria inside you to produce inflammatory proteins So you'll see we've I've said a lot about inflammatory inflammation and about proteins and inflammatory proteins

stress management being the most effective thing that we know that turns those off But we know that what turns them on is in fact red meat processed red meat simple sugars added syrups and simple carbs So we say there's no reason to not find food You love there are tons of food I love salmon I love avocados I even love extra virgin olive oil on some whole grain bread and those things and on salads and those things are healthy So eat things that you uh I love tomato sauce made with olive oil Those things are healthy I just you know you can have them in virtually unlimited quantities as long as you're within the not getting overweight et cetera But those are things you can love and that love you back Is it ok to eat some of these things in moderation I just had some fried chicken a week ago and when I started dating my wife nine or 10 years ago I love fried chicken It was so good I've always loved and said hey that's just cholesterol putting that in your body when I have chicken parm and I want it I love steak and I've talked to my doctor I have a um executive concierge uh doctor as well And we talk a lot about these things Can you eat these things in moderation and not have an effect How long you live or are you saying let's go cold turkey It depends on what you call moderation So four ounces of red meat a week Um Assuming nothing else in that category doesn't change genome functioning of the bacteria so much as to cause inflammation in you But eight ounces twice a week or one big steak will do that even if all you have It is once every week So that's the the risk you can measure what it's doing to you by measuring your T MA O level And if your T MA O level is above 1.6 then you know you shouldn't be having that red meat Um so you can find out because there's some people whose bacteria don't react that way We don't know why Um the uh as far as fried chicken get an air fryer it apparently tastes the same Um and you don't have the the problem with frying deep frying is the fat in the chicken gets replaced by the fat in the deep fryer So you're getting trans fat and you're getting fats that age you in your chicken But if you do it in a air fryer it doesn't get those fats Um it does oxidize some of the fat in the chicken because of the heat that's generated Um but in fact it it probably is fine Um as opposed to the uh deep fried fat and deep fried and you know fish that is deep fried is not fish Can you clarify what you mean by simple sugars Because I think there's a lot of confusion on good sugar and bad sugar I have a smoothie each morning and I load it with fruit Uh I put fruit in there milk a little coconut water and some protein powder and I love it Is that bad for you or what We don't think so You're not getting you're not putting sugar in directly your the fruit the sugar and fruit um is generally bound to um fiber

and is not as easily absorbed And there may be two sugars There's emerging data in both trials and also that they may impede your absorption or the speed of absorption of the other sugars So it's anything that ends in an ose is a simple sugar maltose lactose uh glucose sucrose et cetera dextrose Um Whereas in syrups you know what a syrup is it's all syrups If it if it tastes sweet it's the syrup Um So um those things feed cancers And so um but in at 4 g a day 4 g per hour 20 g a day you're probably fine Your body handles it fine as long as you don't go more than 4 g of added sugar in any hour So moderation is fine There obesity is one of the biggest health risks in the United States Actually in the world heart disease I think is the number one killer of people in the world He talked to us about brown fat versus white fat Ozempic these new diet pill of diet shot drugs that reduce weight and fat reduction surgery liposuction and the effectiveness of all of this And where do you stand on all of this What we learned is that obesity especially middle obesity that is around your waist That's why we say your waist should be half your height when measured at the belly button with you sucking in That fat causes inflammation again in you That's white fat But the white fat came from mother fat As did brown fat Brown fat uses calories when you're young Under the age of six months It's what keeps you warm and your organs warm when your mom isn't swaddling you full time wouldn't it be great to change that white fat in the mother fat and regress it to brown fat And then uh you'd be able to stay thinner And one of the things that the GOP ones do is stop cravings But another that they do apparently is uh convert some of the white fat to bronze fat and increased metabolic rate in addition to causing the stomach to not empty as fast So you don't feel as hungry So three different effects of the uh sex and uh um uh um and um I think they're very useful for some people I have a number of patients who literally would think food 24 hours a day that is even when they're sleeping they're dreaming about food that they're gonna have the next day and that's and it gets on and they can't think of anything else you know Um and so uh for those people this these drugs are tremendously beneficial They don't cost any place near what they're being sold for even wholesale for um to make So I I think we will get to the point where if this really stops drug abuse it really stops alcohol craving If it really stops uh food craving we're going to have that uh in a lot more people and save the country a ton of money in medical costs and save each of us a ton of shortening of disability free lifespan So we're gonna get to live longer younger healthier Um if this if these really are as good as they seem to be and we've only had them for a couple of years now I have a bunch

of friends who are taking it right now and they tell me it's very painful and they also said there's a lot of side effects What do you think about the side effects is the risk reward worth it for people who are not tremendously obese but maybe they need to shed 10 or £15 to just look trimmer and feel better about themselves We don't know the answer to that Um I can tell you that that um if they're if they have an infinite craving and if they're really suffering from that craving it may well be worth the risks But we don't know the long term risks These have only been around in clinical trials for two years So we really have no data on do they change brain functioning long term Are they ok For teenagers We don't really know any of that data So I'd just be speculating and the speculation is for people who can't do it any other way and have an infinite craving whether for uh alcohol or opiates or food Um These these seem to be very effective every year There seems to be something new with respect to our health and how we can take care of our bodies better Can you talk to us about the effectiveness of a hot sauna and a cold bath and all the rage Right now the effectiveness of a cold plunge we have much better data on the hot sauna in populations due to their presence in Finland and uh even British Columbia and uh um some of the Canadian areas where um it was worried they would increase that a sauna would increase heart disease increase stroke risk in people who were at risk and they decreased it Um So and it appears that both hot and cold work through the same mechanism turning on heat shock protein that is an abnormality going up or down in temperature seems to do the same thing And by the way red light seems to have a similar uh benefit but through a different mechanism increasing a TP production Um nevertheless what I'm saying is cold and hot work through um heat shock protein at least in animals and in the human studies so far and that preserves proteins from getting a into a abnormal shape and that apparently keeps you younger longer I think all of us have been taught that taking vitamins every day will improve our health and prevent illness And a lot of us have also been taught you should take some vitamin C and sometimes vitamin D and fish oils Can you talk to us about their actual effectiveness and prolong our life And also we're creating factors into that Yes there are If you look at the D three or so that we've been asked to analyze on uh in the longevity playbook and we have a library that goes through um each of them with a summary and then uh the thin lay language and then all the data for physicians to look at or practitioners to look at or you to look at if you want Um But the 15 of the 53 have enough data in humans on benefits that uh we think most people should talk to their

practitioner about whether they're beneficial for them Of those Um One of them that we were surprised with was creatine Uh creatine is a protein that's used in um the younger set meaning 15 to 35 to try and look like Arnold does Um But in fact when you look at the data they have been used in old people and do prevent frailty muscle wasting And at the same time because they look at the side effects what does it do to mental functioning It improved mental functioning So that's one where you might take uh 4000 mg 4 g a day Um it's a uh I get it in a powder at uh on the internet It's \$36 for I think four bucks four months worth of uh the stuff So it's really quite cheap nine bucks a month And um seems to have uh benefits for uh decreasing brain dysfunction But anyway there are uh about 15 of those that do it I unfortunately Randy um have a time limit I I've gotta run someplace So can I can can you forgive me for not discussing all of these in detail and just telling you they're all at the longevity playbook dot com Can we really live to 100 and 20 years old And do we really want to for society We need to and with 14 research areas on the mechanism of aging that have reversed age in at least two animal species Each it looks like that with 14 shots on goal with an 80% probability will be able to live a lot longer younger And this is really emotionally difficult It's saying when you hit 90 you may be able to get to be 40 again or you may be able to slow the rate of aging So it's not improving It's not lasting longer in your nineties and hundreds and hundreds It's saying your thirties and forties are going to last a lot longer Um from a society standpoint we don't producing enough kids Thank you for five But most people Uh The fertility rate is in the United States is now at a very low level that I think it's under 17 You need 23 for every woman in the childbearing age to uh repopulate society 22 to 23 we're at 17 believe it or not Korea has just gone below one Um China will be half the size It is in 2100 population wise if nothing changes from their rate of fertility So that means we won't have enough young people to support those who are retired Um Give you the example in France they at uh in 1960 they had four workers to support every retired person They're now at about 1.4 That's why they're having the fights over 62 to 64 Um This is happening throughout the world It isn't just in the United States or just in Japan or just in France or just in Italy It's throughout the world So we need longevity and people to extend their most productive times from 25 to 65 or 20 to 65 from 40 years of work age to 60 years gives us 50% more productivity 50% more tax revenue um 50% more Medicare and social security revenue So those funds won't run out the way they're scheduled to run out If we do get longevity we think there's at least an 80%

probability with 14 shots on goal that you're going to be able to live a lot longer and a lot younger with a lot less disability if you choose to do So I I think most people today are thinking there's no way I want to live to 100 years old I'm gonna be in a home and my quality of life is not going to be good but it's different It's living it it's getting back to 40 again So think of yourself as a uh I don't know How old are you Randy I'm 54 So think of yourself as a 35 year old again I do mentally every day by the way with the experience you've got now So in the fun you have now and that and so um in the animal models the mice get younger their muscles function as though they're um three If you will the equivalent of 30 to 45 to 45 year old humans their pancreas gets rejuvenated their brain starts functioning Um If you will as if they were able to do the the the speed of processing they had when they were um younger So the whole body has a chance of getting younger I think there's at least a an 80% probability of it And that's why I really wrote the book and and that's really why the the Longevity playbook site is there It's to help people curate and understand what will happen Plan for it and get there in great health So they actually have a disability free longevity So they really can be functionally the way they were when they were 35 or 45 again So the last question today this has just been absolutely fascinating And I just love talking to you I love your I love your talk at the conference The website by the way is incredible And so is the book which I've read the issue I think for most people Doctor Mike is there's so many things on the checklist and people are not gonna go to the website every day They probably won't go to the app every day Is there just a simple eight by 11 checklist that we should be looking at every day to make this easy on us And is this really doable or practical to do all these things Um The answer is um you should only do what you like doing and what you love doing and that's the point you can find a whole bunch There are there are many choices do some things you like and if you like it then add on Um So that's how I did it you know in other words um I never knew the dangers of red meat and processed red meat and that they were changing the bacteria uh functioning inside my gut the way they are I never knew that Uh you know if you will there was a benefit to starting a statin early and getting control of my cholesterol I never knew that Uh half a tablespoon of extra virgin olive oil a day or that smelling four different smells Was that important Or that uh cooked tomatoes were that important But those are easy Right Doesn't it doesn't take much extra time Um And so uh I've added on but no one can no one's perfect And so there's no there's no you know this is not to say you should be perfect Um But the

deal by the way the deal the subscription once you get through the free trial if you want to subscribe it's \$200 for the for you for a year But you get a friend and a friend is the biggest boost whether it's your spouse or another person that's the way you stay uh younger and why you encourage each other to do things and try other things that may be fun for you Doctor Mike again Thank you for being here I hope everyone's gonna go out and buy your book We're gonna put all the links in the in the podcast and in the video that we're gonna put on youtube you've truly influenced the lives of tens of millions of people and the world is better for it So I appreciate you being here Thanks for being on my show Thank you Randy