Hello, everyone. Thank you so much for joining the Live to 110 Podcast. My name is Wendy Myers.
And you can learn more about me at Liveto110.com.

Today, we have Ronnie Landis on the podcast today. He's going to be talking about adaptogenic herbs, mushrooms, hormones, detoxification, and a lot of really, really interesting tips on the show today to promote longevity and hormonal balance.

We had a really interesting conversation. We went in-depth about autophagy and some issues when you're trying to fast. There's a lot of really good biohacks on the show today.

So, tune in. You're really, really going to enjoy the show.

But before we get into it, we have to do the disclaimer. Please keep in mind this podcast is not intended to diagnose or treat any disease or health condition and is not a substitute for professional medical advice. The Live to 110 Podcast is solely informational in nature. So please consult your healthcare practitioner before engaging in anything that we suggest today on the show.

Please go check out my book on Amazon. It's called Limitless Energy: How to Detox Toxic Metals to End Exhaustion and Chronic Fatigue.

I suffered for several years from chronic fatigue where I just didn't feel my best. I didn't have severe fatigue or anything like that, but I just had low energy levels, and I just didn't feel quite right. I had brain fog.
And I began detoxing, and I made a lot of headway. But it was really when I discovered how to detox metals that cause fatigue that actually poison enzymes that transport nutrients into our mitochondria that make our bodies energy. That's when I really took my health and my energy levels to the next level.

And so, that's what I talk about in my book, Limitless Energy, which you can get on Amazon. There's lots of tips and tricks and strategies and biohacks in the book to help you improve your energy levels.

02:27 ABOUT RONNIE LANDIS

Wendy Myers:

Our guest today, Ronnie Landis, is an integrative nutritionist, transformation coach, and human behavioral specialist. His work focuses on enhancing the human experience through natural nutrition, lifestyle design, and consciousness engineering.

With well over a decade of devoted study and application on the fields of optimizing the body, mind and spirit union, through combining the universal principles of you are what you think about you and you are what you eat, Ronnie believes that in order to truly manifest our dreams, we must first embody them in a healthy hormonally balanced and disease-free body. After all, it is excruciatingly difficult to maintain an attitude of gratitude in a pain-stricken body. We talk about that today on the show.

Ronnie seeks to share his knowledge and teachings with hundreds of thousands of people around the world through his books, podcasts, online courses, YouTube TV show, events, seminars, and retreats.

You can learn more about Ronnie at RonnieLandis.net.

Ronnie, thank you so much for coming on the show!

Ronnie Landis:

My pleasure. I'm super excited to be here.

Wendy Myers:

Why don't you tell the listeners a little bit about yourself and how you got into health.

Ronnie Landis:

Okay, sure. It's a bit of a story, so I'll be as concise and to the point as possible. So I think it's relevant to say that, from the age of four, I was raised as a martial artist and as an athlete. And that's a big kind of part of my back story which led me into the work I do now in the nutrition and holistic health and really the human potential field. Really, my focus is human potential in all of
its forms. But then I used the model of health and nutrition kind of as my vehicle for expanding human potential.

And so, I was raised as a martial artists and a high performing athlete. I was paralleling two careers in both taekwondo and basketball at similar and different points in my life.

And then, when I was 19 years old, I had my first knee surgery. And that was the first time that I had a physical injury that took me out of my practice where I couldn't really work through my internal blockages whether they're emotional or mental like in the gym. That would be the way that I would medicate stuff going on in my life, I go to the gym and work it out.

And so, at that point, I had to really readjust my approach to my life. And I had to actually learn to heal myself. And as you know (and many people listening to this know), when you're younger, you have more growth hormones. Your hormones, as a whole, they're more topped up. Your healing factors in your body are more immediate. So you can get away with a lot more. And that was the first time I was really sidelined.

And so, as I was going through this new kind of experience, I started to research nutrition a little bit more. I started to research rehabilitation for exercise, corrective exercise for my knees, for my hips, for my ankles. That's how I started to learn about the body as a whole system outside of just my activity.

And then, just one thing led to another where I started getting really interested in nutrition. And I wanted to increase sports performance, so I started to get into kind of like learning about organic food.

I mean, that was where it started. I grew up on the standard American diet just like everybody else. I probably ate like every food allergen, every processed food. It's amazing that I'm alive. I think back on like how I was brought up, it's truly astounding what this human body can mitigate in spite of us really.

So, that was kind of the first thing. I was like, "Okay. Well, let's start looking at whole food. That makes sense." And then, I started getting into organic food. I started getting into grass-fed meats and raw dairy products. And that kind of opened my eyes.

And then, eventually—this is a year, this is over the progression of a few years—I got into vegetarianism and I got into raw food. And that was like when my whole world got broken open. I had no idea about any of this. I mean, that whole idea of raw living food, that was a mind-bender
to me. To me, at that point, I barely knew what a vegetable was other than what was like in a can or what was on my pizza.

And so, that really transformed my consciousness from a food awareness level. And then, I went through my own healing process.

Long story short, I had another knee injury a couple years later. I had aches and pains from all my athletic training. And when I was 23, I think it was, I really got into raw food (like plant-based food like fruits, vegetables, nuts and seeds, the very basic stuff) and I got into super food smoothies and green vegetable juices. And it just really affected me so deeply that I just went all in.

And I thought to myself, "I wonder what would happen if I just went on completely raw food. I went vegan. I want to see what's actually going to happen to my body."

And lo, and behold, 30 days later, my body was completely healed.

And this is an important point to the message that I try to convey to people about the healing process. I got to a place where I forgot that I was ever in pain.

I used to run about five miles every single day, traditionally like three or four or five miles a day. It's part of one of my three workouts a day. And they were a couple of years after my injury where I couldn't really run anymore because I was very scared. I had this thing in my head where I really wanted to, but I was scared to re-injure myself. So I kind of just lived with that fear.

What was really interesting after that 30-day mark—and I wasn't aware of it. I was just kind of naturally guided to this. I think I was just possessed or something—I drove to this park where there's this huge five mile roundabout hill that I used to run growing up. I just found myself running it.

And I came back, and it dawned on me after like the door fence kicked off or something, it dawned on me, I was like, "Whoa! Wait a minute. What just happened?" I just realized I just ran five miles and I'm just like, "Whoa! Okay, wait a minute." I started bouncing around. I started checking my knees. I'm like, "Oh, my gosh! I'm out of pain."

And that was the moment that everything changed for me. That was the moment I realized like there was something really powerful here for me. And that's when I switched out from just being an athlete, and I was really guided to actually start sharing this message of natural foods and health and healing and the possibilities for our life when we actually allow ourselves to get out of pain.
And that's just an important point that I try to get across to people that I speak to nowadays because I feel like the biggest distraction in our world—and we're in a world of like mass distractions. And the biggest distraction is our pain, the pain that we feel in our body, the aches and pains, the chronic inflammation, and the joint pain, and the Candida, or the brain fog, or whatever people are dealing with. It's like this constant reference of discomfort that's actually distracting us from our purpose.

And so, my whole work really I think philosophically is about helping people forget that they were ever in pain to begin with, so they can actually get on to what they're meant to do in the world.

Wendy Myers: That's such a good point because I think that there are so many people, everyone listening, who can completely relate to that—including myself. We all just want to move away from pain and experience pleasure. And you have a hard time fulfilling your life purpose when you don't feel well or you have low energy and brain fog or you're in pain. So I really, really like that.

11:12 THE UNDERLYING CAUSES OF PHYSICAL AGING

Wendy Myers: So, we're going to talk today about physical aging, detoxification, cellular cleansing, and things like that, some of my favorite topics. So let's talk about some of the underlying causes of physical aging.

Ronnie Landis: Okay. Yeah, as you know, it's such a big topic. So, I guess the best place for me to start is from the bottom-up, meaning like the basics. And then, some of my favorite topics about this lead into the conversation about hormones. It leads into this conversation about calcification, which according to my studies and my estimation over studying it the last five or six years, is the underlining causal mechanism behind inflammation which is definitely something we have to put a little bit of a spotlight on.

But the place to start on this I think is just the very basics of how do we live our life. What are the basic modes of operation, if you will, that we're going about our life?

And what I mean by that is what are we thinking, what's going on in our emotional life, meaning what are the different types of emotional turbulences or stresses that we're constantly entertaining? And then, how can we move out of our internal discomfort or our internal pain, if you will, by way of what we eat, and how we how we organize our lifestyle?

And I bring that up because I always take a little bit of a metaphysical or spiritual perspective
to the physical experiences that we're having. If you study Chinese medicine or ayurveda or the shamanic wisdom of different traditions, medicine traditions, they always speak about the physical symptom is a manifestation of internal conflict.

So, if we have inner conflict in our life, meaning we're really not in alignment with what our goals are or our values or our purpose, then no matter really what we do, like supplementally or food or anything, it's going to be, at best, be a medication. It's going to medicate an internal conflict. Or I should say, it's going to help. It's going to help us feel better. But if we don't deal with the underlying causes of our own, I guess you could say existence, if you will, what are we here to do, what do we really love—

That's the way I like to say it to lead into this, getting in alignment with what we love to do and find ways in our life to only do what we love to do (as crazy as that might sound to everyone listening), that's the possibility I'm always searching for. How can I, at every turn, delegate things off my table that are not in alignment with what I love but need to get done and start to focus on my highest priority actions for my day?

And I found, by doing that, it actually causes a lot less stress. It reduces my stress. Therefore, I actually feel better. My breathing is less shallow. I'm less stressed. And I actually feel better in my body.

So, I know for some people that might be a little bit of a stretch. But that's where things like meditation come in, right? That's where things like yoga can come in. Depending on if someone is more masculine- or feminine-orientated, they might gravitate towards the yoga or they might gravitate towards weight-lifting or some form of exor-cise—I always think of exercise like an exorcism, exercising certain emotions out of us—and then, things like infrared saunas, cryotherapy, and all that great stuff that I'm sure guests on your show talk a lot about. So, I feel like I just want to get that kind of thing out of the way.

And then, yes, just going into more the mechanics or strategies for this.

So, I guess I'll start from this place. There are two things that I've identified in my studies that we know empirically about physical aging. There's a lot of theories—there's a lot of really good theories, and there's a lot of almost complications about longevity—but the two things that I've learned for sure, that I practice more and more, are calorie restriction and cellular cleansing. These are the two things that have been figured out and synthesized as the two main kind of causal mechanisms of longevity of the physical body. So let's just start there.
Ronnie Landis: When it comes to calorie restriction, I think it's a very interesting conversation because there's a huge conversation going on right now about intermittent fasting. And I'm sure you probably had a lot of people on your show talk about this. It's a very popular topic. And it's something that I've been practicing for maybe seven or eight years, but I didn't know it until recently. The last two years, it dawned on me that this is what I've been doing.

So, when I got into living food—and what I mean by that is just a plant-based type of lifestyle, of food that's predominantly in an unprocessed state like fruits, vegetables, nuts and seeds, seaweed, sauerkraut, fermented vegetables, different types of super foods and tonic herb, and that kind of thing.

When I got into that, what I noticed started happening with me is that I started getting on more liquid-based nutrition. So I started eating more water-based food like vegetables in my salad. I started to realize, "Oh, wait a minute! All these food has a lot of water in it. So I'm actually becoming more hydrated as I consume this type of nutrition strategy," if you will. And then, I started drinking a lot more water.

And this is all leading. I'm kind of non-linearly leading us all into my train of thought that I want to get us all on to.

I started drinking more super food smoothies.

And what ended up happening is that I started just adopting a liquiditarian type of approach. It just naturally just started happening.

And so, what I realized recently is that I've been doing some form of intermittent fasting unconsciously. And it basically looks like this.

It looked like I drink about 1 liters of spring water every morning. That's the first thing I do. I nature solution to pollution is dilution.

And people ask me this question all the time. They're like, "Why do I need to drink water in the morning?" It's like, "Okay, wow, geez. Okay." We give an explanation of that. Actually, it's because we live in a toxic world and we need to actually dilute all the toxins that are coming up to the surface in our blood, in our lymph, in our detoxification systems. And we need to dilute all that
concentrated toxicity, so it can get purged out of the body.

And then, we need to hydrate ourselves. The number one principle of health is hydration. And if we're not hydrated, then everything starts to break down. We're not as lubricated. So we're not healing as effectively. Our brain doesn't work as effectively, and so on and so forth.

So, I started drinking 1 ½ liters of water every morning. And then, eventually, I'll migrate into like maybe an herbal tea or a grain vegetable juice. And then, eventually, later in the day, I would migrate into a super food smoothie, like a plant-based protein smoothie or something.

And then, eventually, we would find ourselves eating like a green, leafy salad with like quinoa or sweet potato or whatever my thing is for that night, whatever my craving is. We'd have a solid meal. And I might snack on nuts and seeds or something throughout the day.

So, I'm just kind of giving that basic idea of where I came to now bridging that conversation with the question about longevity and healing.

When it comes to calorie restriction, what we do know about everybody in the blue zones of the world, which is the centenarians, the longest living people in different sectors of the world—we call those the blue zones. Those are just areas to show where the longest living or the most centenarians, people that have lived past a hundred years reside. There's a few interesting commonalities that show up when you start studying these different cultures.

One is that they all have a spring water source of some sort, or they have a high quality well water source. So they're getting water as close to the [inaudible 20:38] in nature as possible.

And then, they're basically eating their own natural either indigenous or cultural diet. So they're eating food that is as close to nature as they can procure it for all these cultures pretty much. They're eating a high minerally concentrated diet of whole foods.

And then, they all basically have a calorie-restricted diet compared to the Western diet. So what I mean by that, what I'll say to simplify that, is if we can adopt a type of nutrition strategy that's high in nutrients, but lower in calories, then what ends up happening is we achieve a type of metabolic mastery if that makes sense.

Wendy Myers: Yes, absolutely.

Ronnie Landis: Yeah. And that's kind of what I'm laying out for people and sharing my own experience. When we start incorporating high concentrated, high mineral and nutrient concentrated foods, and they're
lower in their overall calories, what ends up happening is that our body starts to metabolize these things a lot quicker, and we don't actually need as much calories as we thought before.

And that can go in a longer conversation about the calorie theory or the calorie myth. But the basic idea is that when we apply the principles of intermittent fasting or even cyclic fasting, what ends up happening is that, not only will our body become metabolically more optimized, it will produce more energy from less, but then your body's natural healing process will start to kick in.

And then, this is where the conversation on principles of autophagy—or autophagy, however you want to pronounce that—where your body's natural cellular cleansing process, where your body is naturally eating up all debris. It's naturally—what's the word I'm looking for—endogenously metabolizing old protein deposits that otherwise would just get globbed on to cells or globbed on to different parts of the body like the kidneys, and then they would get stuck.

When our body is not processing a large amount of calories or food material, it goes into deeper levels of healing. And that's the intermittent process.

And then, we're also able to produce a tremendous amount of growth hormone and androgen hormones, whether that's progesterone for women, that's testosterone for men. Blood sugar starts to balance out. Insulin levels start to normalize out, and many other benefits as well.

But that's the number one principle that I want to just highlight, calorie restriction in the form of intermittent fasting or cyclic fasting. If somebody has already been doing intermittent fasting for a long time, they can go into what's called cyclic fasting, which is where you pretty much are fasting all day long, and you have one solid meal. Your first caloric intake is that one solid meal.

And that might sound extreme to a lot of people. And that would be extreme for a lot of people. I don't recommend you start there. But there are amazing human beings on the planet like Dr. Nun Amen-Ra who is the world record holder in deadlifts.

He's like a freak of nature. You look up his YouTube videos, it's like, "Oh, my God! Wow! Something like this actually exists." He's been vegan for 15 years. He's 1500 calories a day. He's been doing this for like 15 years. And he's obnoxiously muscular. It's like kind of a paradigm shift one has to just be open to.

But that's what I mean by metabolic mastery through discipline, through consistency, through finding out what works best for them because that's not going to work best for everyone.

There's a lot of women out there who might be listening to this and wondering, "Is that going to
work for me?" Probably not. But I just put that out there so people know what's possible.

Wendy Myers:

Yeah, I kind of laughed when you said liquiditarian. I never heard that phrase before. And it's true! When you say, "I've done juice fasting before," or what-not, you start detoxing. I would start getting headaches on day one because you do go into that autophagy where your body, since it's not spending all this energy digesting food, it finally has some energy to get to other tasks like detoxing your body and cleaning up all these extracellular debris that you're talking about. And it's really important to do. It's absolutely important.

25:57 CELLULAR CLEANSING

Ronnie Landis:

And thank you for bringing that up. That's the second phase of this, right? That's the other part of longevity.

What's being figured out is that detoxification is largely more important than just nutrition. I think that's a really important statement. And that was important for me to hear that statement because when I heard that, I was like, "Wow! I've been focused for so long on what I'm putting into my body, but I'm not being hyper considerate of what I'm expelling out of my body or what I need to actually detoxify from my body."

And I love what Dr. Brian Clement said in a recent interview that we did together where he said that you basically need to be cleansing and detoxing as a lifestyle. It's like 24/7 now because of the world we live.

And most of the toxicity like radiation, for example, you can't see it, you can't smell it, and you can't taste it. The only way you can detect it is with a Geiger counter. That's pretty much what's going on with most of this stuff.

So, just because we can't see it, or we can't perceive it, we can't taste it, doesn't mean that we're not taking it in all the time. And I say that not to scare people. I say that to empower people that we have all the solutions available to us. It's like in the Charles Dickens book, The Tale of Two Cities, when you open up that book, it says that "it was the worst of times and the best of times all at the same time."

And I think that's why you do shows like this and every one that comes on your show has a mission like this, is because we need to know what the problem is, but then we also know that wrapped within the problem is the seed of it's very solution.
So, talking about that, cleansing, cellular cleansing, is so important. When you do do a juice fast, or you do a water fast, or even when you change your diet—for some people, when you switch into higher living food, or even if somebody goes like vegetarian or vegan for 30 days as an experiment, they might have some things come up. They might feel amazing for a while. But then there’s always that point where somebody can hit the shock zone. If they’re minimizing all their calories they’re minimizing all their food, then the body goes into this metabolic shock that we call Herxheimer syndrome or a healing crisis. And then, that’s when detoxification tools become super important.

So, what I always recommend for people is, nowadays, if you’re going to do a juice cleanse, you don’t do a juice cleanse by itself. You need to actually have chelation utilities in place. You need to have detoxification tools in place to sponge up all the debris that’s going to be churned up.

When you go into like a niacin flush, for example—that’s a popular one that I like to recommend sometimes—the flushing vitamin B3 which we call niacin breaks open the cells, the fat cells, and spills out all the toxins that got concentrated in the fat cells. The toxin starts to spill out into the blood. And once that happens, those toxins become bioreactive or—what’s the word I’m looking for?

Wendy Myers: Like oxidative?

Ronnie Landis: Yeah, they become active, let’s just say, in the body. Where they were encased in the fat cell, they were like insulated. And now, they’re spilling out into the blood, and your body starts to react to that. It can re-toxify somebody.

I’ve seen a lot of people do a lot of detox programs where they didn’t have certain things to sponge up the toxins when they’re spilling over, and they re-toxify themselves and get really sick.

Wendy Myers: Yeah! I think that’s the biggest mistake that people make when detoxing. They’ll take all different kinds of things without really knowing what they’re doing. Even like a friend of mine, she lost a hundred pounds. She did an amazing job with that kind of discipline. But she ended up developing a cyst at the base of her spine because she had so many toxins being released from her fat cells that her body had to form a cyst to encapsulate all those things.

Ronnie Landis: Wow!

Wendy Myers: Yeah. So, you have to be very careful when you’re detoxing or having rapid weight loss. All those toxins are in our fat. And that’s a protective mechanism. People that are overweight or can’t lose
weight, your body is protecting you by putting all your toxins in your fat.

Ronnie Landis: Oh, my gosh! That's such an important point. I'm so glad you spoke into that because that is what's going on, right?

So, when someone has a cancer situation, they're overweight, like you said, even like diabetes. Or a great example is—cancer is a pretty good example. But a good example I'm thinking of is like an infection.

If somebody has a parasite infection or they have a Candida infection, a lot of times, people are very quick to go the allopathic route, meaning like just cut, burn, poison, "Let's just kill, kill, kill." It's like, "Whoa! Wait a minute."

First of all, that's a living organism that's in you. We call it an infection. And it's feeding off certain things in your body. And paradoxically, it could be saving you because the only reason that somebody has an acute infection like a virus, a bacteria, a parasite, a fungal infection is because their internal terrain is toxic and it's suitable for those organisms, those opportunistic organisms, to actually live in.

But if your terrain modify—you change the oil, so to speak—you change the internal terrain, you alkalize and you oxygenate the body, you re-mineralize it, you lower the sugar typically because they're feeding on sugar and other things that cause the fermentation, then it starts to become inhospitable or inhabital— you know the word I'm looking for.

Wendy Myers: Inhabitable.

Ronnie Landis: Thank you, yes. It becomes inhabitable to these organisms. And then, they can't actually live in it.

So, it's like we have to change our model of this allopathic antibioticizing everything kind of model because that can be very dangerous too.

Wendy Myers: Yeah! It's interesting. I have a point there. I did a podcast with Dr. Dietrich Klinghardt, and we talked about how toxic metals will promote parasites in your body because those parasites and Candida—if any of you guys have had infections like that and have tried to treat—they've come back, it's because they're serving a purpose. They're eating metals in your body.

Your body is allowing them to proliferate because they consume five to six times their body weight in metals. And when you kill them, they die and then release all those metals in your body. So you have to detox metals and address parasites simultaneously.
Yeah. And I love this train of thought where we're definitely bouncing back and forth on this for sure.

And yeah, that's the number one thing with Candida that I've seen—mercury toxicity, methylmercury off-gassing from mercury amalgam fillings. Yeah! I mean, that's a huge...

33:48 CELLULAR CLEANSING METHODS

So, that brings it back full circle to the original point of this basic idea of cellular cleansing which to me really is about extraction and chelation methods.

So, very quickly, we'll just kind of lay out my favorite ones which is activated charcoal. It's the number one thing that I typically find myself recommending to people because it's super easy, it's inexpensive, and it may be the most powerful thing to immediately bind on to these heavy metals and these other positively charged components, these toxins, if you will, and even metabolites of certain organisms, and start to shuttle that stuff out of the body.

It has a magnetic charge, so it absorbs things. It has a negative charge which magnetically pulls in positively-charged, which we can call like acid-based or toxic elements or materials, onto itself. And it will naturally shuttle those things out of the detoxification portals.

Things like zeolites are really powerful; zeolite clay especially for radiation; things like all different types of clays (bentonite clay is amazing); things like diatomaceous earth, I'm thinking of, is really powerful; things like chlorella (chlorella is an amazing chelation component. And it's an amazing protein-rich single-celled algae that people can take).

For example, if somebody is doing a juice cleanse. And let's say they do like 16 oz. or 32 oz. of juice or something, what I'll actually have people do is take one tablespoon of chlorella and put that into their juice. So now they're actually nourishing themselves with the right protein that they need, the other powerful components that are in chlorella, the growth factors that are in it. And then, also, they're detoxifying at the same time.

And I think this is really the important thing. When we talk about calorie restriction, we're not talking about nutrient-restriction. That's so important because a lot of people—and I've seen it in the raw food crowds. I've seen the craziest of the crazy things go on. People literally go so far up the deep end on fasting that they completely disassociate from their body. They just think like, *Okay, I'm a breatharian now. I don't eat anything at all. It's like, *Well, hold on! Now we're starting
to go across the deep end."

Or people literally will cleanse so much, they'll get so obsessed about cleansing, that they're convinced. It's almost like a pathological thing in the mind where somebody gets so wrapped up in cleansing, because they're so scared of the world around them and their food supply, that they'll be on a perpetual cleanse. And they'll start stripping minerals from their body because they're detoxing so much.

So, there's a balance to that. We want to be nourishing ourselves with what we need to build our body as well as applying these designer detox strategies at the same time.

Wendy Myers: Yeah, absolutely. I mean, you definitely can go overboard. But I like what you said about doing detox as a lifestyle because that's my main message to my audience as well. Just because you're doing a detox program for 30 days, or a year, or two years, or what-have-you, you're still constantly being exposed to toxins in the air, food, and water every day, and so you really want to be consistent in your efforts, but also give yourself a break sometimes. That's the reality of modern life today whether people like it or not. It's kind of depressing. I guess it's kind of depressing when you think about it.

But you also have so much control. There are so many things that you can do, which is why I have guests like you on the show to give people lots of different ideas about things that they can do to take control of their health and feel better.

38:21 ADAPTOGENIC HERBS

Wendy Myers: So, let's talk a little bit about adaptogenic herbs. So what are some of the newest discoveries that you've learned in the realm of tonic herbs and adaptogens? These are things that I use it in my life. And they're really, really helpful to manage stress and other issues.

Ronnie Landis: Totally! I love this topic. And for everyone out there, there are two different types of herbalism. There's tonic herbalism. And then there's what's called inferior herbalism or medicinal herbalism.

So, in like Taoist circles, traditional Chinese medicine, and Taoist herbalism, there's two different schools of thought. And so tonic herbalism is basically the most powerful herbs that's ever been discovered in the Chinese system. This is true for ayurveda as well. They're herbs that can be done every single day and don't have a toxic limit. They don't have a threshold where if you do too much, you're going to have a liver issue or something. You're going to get sick. Those are tonic
herbs. They can be done every single day like food.

And then, there's medicinal herbs which, typically, you do reactively—meaning if somebody has a symptom (they have a cold or they have something going on, an infection for example), then you do it in response to the symptom. You do it symptomatically. But you don't do it all the time. If you do it all the time, it's going to actually create a burden on the liver because there are subtle alkaloids in there that can be a liver toxic in the wrong concentration. Those are things like garlic and milk thistle and echinacea and some of these more powerful things that you would do if somebody was sick or dealing with a condition.

So, I just want to get that out of the way.

Tonic herbs or things that are highly adaptogenic like reishi mushroom or chaga mushroom, all the medicinal mushrooms that a lot of your listeners have probably heard about, I'm a huge fan of those (have been for many years). I actually attribute my immune system largely to medicinal mushrooms.

Wendy Myers: So, let's break some of those down a little bit. So what are some of the benefits of each of your favorite mushrooms? What are some of the benefits of those? And how should people use them?

Ronnie Landis: Great question! So, the medicinal mushrooms are really like a category of what we call noble mushrooms. They're not like the portabello mushroom. It's called the agaricus spice spores, like the [inaudible 41:02] mushroom or those more common mushrooms. These are like a completely different genetic species. But we call them mushrooms.

So, reishi mushroom, for example, has the most scientific research of any herb that's ever been studied in the world. It's the most fascinating among scientists that study this work. And it's an incredible adaptogen.

And what that means is that it's able to modulate our stress response, which I find so fascinating why these things have become so popular in literally the most stressed out point in human history that's ever occurred. And these things come in full circle because they help us modulate or to adapt to various forms of stress—whether that's mental stress, emotional stress, physiological stress, stress from detoxification kind of like we mentioned before. It helps to modulate that cortisol stress response and just allows us to just relax really. I mean, that's kind of the basic idea. It's allowing the system to relax and normalize.

And then, it's also immuno-modulatory. What that means is that it modulates the immune system.
And this is why the medicinal mushrooms in particular, reishi and chaga and agaricus spice spore, or agaricus blazei, I mean, the most that have been studied for their effects on autoimmune conditions.

An autoimmune condition, basically—and there are different kinds of mechanisms for different types. But it's basically an immunological condition where the immune system is hyper-stimulated. And it's kind of attacking certain areas of the body that it deems as a foreign organism or as a foreign invader, something that needs to be neutralized and eliminated. It's like a confused immune response basically, right?

And so, what the immunomodulators like the reishi and the chaga do is they help to bring down an over-stimulated system and homeostatically bring it into equilibrium. If the immune system is compromised, and it's brought down like in the case of any kind of infection, or cancer, or something like that, where the immune system is like non-existent—it's just like flat lining—it will help to bring the immune system into balance.

So, no matter where the immune system is, whether it's hyper or it's hypo, it'll bring it into balance naturally. That's kind of the basic idea with that.

There's a lot of other amazing benefits that come along with these mushrooms. But those are the two that I think are of universal importance among the population as a whole.

Wendy Myers: Yeah, I bought some chaga powder. I've been putting that in my smoothie occasionally. It's really, really nice.

So, what are some of the benefits of chaga mushrooms?

Ronnie Landis: So, chaga mushroom, very similar to reishi in the points that I mentioned. Chaga has its own unique kind of legend and lore and thing that's going on. Chaga mushroom is one of the most studied herbs when it comes to cancer actually.

I always kind of defer to ancient wisdom when it comes to herbalism because they didn't have Wikipedia, they didn't have Google. We're talking about a 5000 year old system of medicine which is basically intuitive wisdom. They literally had to intuit and experiment based on what they found in the forest and figure it out from there.

And so reishi and chaga are considered the king and the queen on the chessboard when it comes to herbalism. Chaga mushroom has powerful effects. It has preventative and—what's the word I'm looking for? I'm trying to refrain from using the word "healing."
Wendy Myers: Reverse, reverse and prevent.

Ronnie Landis: Yeah, yeah, reverse or prevent. It has powerful effects on healing the cellular integrity that may have been damaged by a mutation of some sort, if you catch my drift. And it has very powerful anti-viral, anti-mutagenic components.

So, it's very important. Again, if somebody has an immune system compromised, it's usually because there's some type of infection. There's some type of organism present in the system that's siphoning off energy, and that causes the compromise. The immune system eventually becomes dulled out and becomes lulled to sleep. And then, once the immune system goes down, then these organisms can pretty much siphon energy from our system. And then that's when these big issues start to actually reveal themselves through symptoms.

So, it has a powerful holistic effect as an adaptogen, as an immune-modulator, an immune-booster if you need that, and very powerful anti-pathogenic effects.

Wendy Myers: Yeah, I think that's something that's really, really important today, to take certain kinds of supplements like adaptogenic herbs that have anti-mutagenic effects. There are so many toxins in our environment, especially cadmium, which causes more cancers than all the other metals combined. That's what it does. When a cell divides, it causes the DNA to mutate and not divide properly. It interferes in that process, and you get these mutated cells. And we need a strong immune system to kill them. And it's really helpful if you take selenium and mushrooms and other things that have these anti-mutagenic properties to help heal our bodies.

Wendy Myers: Totally! And what's really great about this is that there's an entire strategy pretty well worked out. I worked a lot of this out in my newest book, The Inner Alchemy Youthening Program, which deals largely with the conversation of longevity, of anti-aging, or graceful aging as I like to call it. People are convinced that they're never going to die. I'm not sure that that's necessarily the best model of reality to operate with. I'm pretty sure that all of us, our time will come, but will we have lived our fullest lives and will we have lived our most pain-free and fullest expression of our lives? And also, what are the possibilities for life extension? How long can we live?

I really believe, because of where science is taking us, merging with the wisdom to use science appropriately and all these different things that we're figuring out such as this conversation, the possibilities for how long we can live are pretty extraordinary. And I'm really interested in the conversation. If we're really living our purpose, and we match that with vital physical, mental health, then maybe we can choose when we want to dock out, when we want to turn it off. My idea is like I want to live to at least 300. That's my goal. And I feel like if you have a big enough
goal, you can shoot for the stars and hit the moon, and you're still way better off than you were before.

Wendy Myers: Wait a second! My goal is only 110. Am I shortchanging myself?

Ronnie Landis: Well, I feel like what's interesting about goal-setting is that when you're getting closer to the goal, you kind of extend it, right? I do honestly feel like a big part of longevity is about our goals because it gives us something to live for.

And we can talk a lot about the food and a lot about the supplements and a lot about the health practices because those are essential, and we cannot forget about having a vision for our life.

Wendy Myers: Yeah. I think detoxification plays a big role in helping people to achieve their life purpose. When you're walking around with low energy and brain fog or illness, it's very difficult for you to envision having goals that you can complete.

And I had this issue as well. At one point, I wanted to get a masters degree. And that time, I was so brain fogged and was having so many problems remembering words and articles that I had read, I knew that I wasn't going to be able to accomplish that (even though I would have been able to easily in the past).

And so, I think people end up kind of shortchanging themselves and living lives of quiet desperation and hopelessness because their bodies aren't working how they're supposed to because of toxins. And in lifting that veil, removing toxins from your body, and eating a better diet, and what-not, and addressing EMF in your environment, that's a huge stressor on our body, you can start lifting that brain fog and improving your energy. And that opens you up to more possibilities and meeting your goals and creating your life purpose and living your life purpose.

Wendy Myers: Perfectly said! I couldn't have said that any better.

Wendy Myers: And so, let's talk about hormones. This is something that our ladies—we have like 80% female listeners—are all struggling with. And so many people today are producing low levels of hormones even getting into their 20's and 30's. And this is not normal.

So, how do hormones play a major role in the aging process? And what can we do to create hormonal harmony?
Ronnie Landis: Hormonal harmony, I use that word all the time. Yeah! Okay, cool.

So, the best place to start I think on this subject—because it's such a big subject, but it can be very simplified for basic understanding.

Over the last 70 years, we have spewed like 77,000 identifiable chemicals into our environment. And we've already done a big number on environmental toxins. But just for people to understand, a large amount of that toxicity is endocrine-disrupting toxicity, meaning that our endocrine system which produces our hormonal harmony is being compromised. It's being dramatically attacked. And our hormones are being suppressed by other hormone-mimicking chemicals (typically, estrogenic chemicals).

Xenoestrogens, for example, and plastics and, and –phthalates, and plasticizers and any kind of petrochemical type of thing. Plastic is the number one thing that I try to urge people to get off of. If you want to make the biggest change in your lifestyle, if somebody is drinking like plastic-bottled water or something like that, you absolutely have to get rid of that right away.

If you think about the plastic bottle that is underneath the false lighting inside your grocery store, that water that's sitting in that plastic bottle could have been there for literally years. And when they blow the plastic up and make those plastic bottles, it's known that that thing needs to be sitting there for at least a year without anything in it for it to be safe from leeching the plastic particulates.

And right when they blow those plastic bottles up, they're filling it up with water. Water's a solvent, so it's going to dissolve into itself those plastic particulates. And then, now, it's getting beat down by the lighting of the artificial light in the store or wherever it's sitting under. And then, when we drink that, we're literally drinking plastic-infused water. And that's throwing off the hormones tremendously.

Pesticides, herbicides, fungicides, rhodendrocides, algaecides, insecticides, all that stuff rhymes with suicide and homicide. And that's basically all the chemical warfare that's going on with our food supply.

So, what does that mean? We've got to go organic. That's number one. We absolutely have to go organic. We got to make the investment. That's the thing I want to drive in there. You got to make the investment. Everyone listening to this, you are worth it. You're worth more than your plastic credit card. You're worth more than whatever the excuse not to go organic is. We got to do that number one.
And then, from there, about the hormones—the way I look at hormones is it's like a symphony. That's the easiest way to for me to try to get this across to people very quickly. It's like a symphony.

So, if you have an orchestra. And typically, you have your lead singer, like the star of the show. And then you have like you're one or two kind of backup spread. And then you have the conductor who's kind of leading the whole orchestra. Well, when you have your lead—which, in a man, is testosterone, or in a woman, it's progesterone (those are like the leading androgen)—

And I don't mean androgen colloquially like as in male hormone. I mean it as in the most important youthening hormone from an anti-aging perspective. So androgens and estrogens, we'll kind of break that up.

The androgen or the dominant youthening hormone in a woman is progesterone; in a man, it's testosterone. Now you have your backup set which are like the various forms of estrogens. It's the thyroid hormones. It's the human growth hormone. It's the vitamin D hormone.

Yes, vitamin D is pretty much the most powerful hormone of them all, but it supports everything else. It's the support of hormones. It's one of the support of hormones that makes everything else kind of come alive.

Now, what's interesting in this example is that if you have a backup singer that gets it in their mind that they need to actually be the lead singer, and they start muscling their way up to the front, up to the spotlight, what ends up happening is they push out the lead, which is like testosterone or progesterone. And so you're typically an estrogen-dominant situation which is like an estrogen inflation of the wrong types of estrogen that gets its way into the front. It pushes out the lead singer, and then that's how we have an inversion of our hormones. Does that make sense?

Wendy Myers: Absolutely! Mm-hmmm... yeah, I think throw in there liver dysfunction that metabolizes excess hormones. You're just ripe for disaster where you have this estrogen-dominant environment.

Ronnie Landis: Totally! And you just pieced that other part together which is the liver, how the liver's role in detoxifying these false or xenoestrogens. That's where it gets channeled through. Everything has to go through the liver.

And actually the hormones get synthesized through the liver through the HPAMT, hypothalamic-pituitary-adrenal-thyroid axis. All of it has to go through the liver.
So, if we have like a fatty liver or something's wrong with our liver function, liver/gall bladder issue, then a) we're not going to be detoxifying these chemicals that we've talked about, and then, also, our hormones are just not going to get synthesize appropriately.

Somebody might have to do a liver cleanse But the basic thing I have to say about this is these things that we brought in like the activated charcoal, the bentonite clay, or the zeolite micronized clays, even the niacin, things of this nature that I recommend people research, people actually look up. If you heard a term that I just said that's interesting to you, actually look it up. There's a million different articles online about this kind of thing.

But that's where the detoxification element comes into play with this conversation. It's partly detoxification, detoxing all the fake, false hormone (like the estrogen mimickers), and then, also, if somebody does have a low level of hormones, it's boosting those hormones naturally. And that's another big conversation.

I'm not really a fan of HRT, hormone replacement therapy. Synthetic hormones are dangerous if you're dealing with something like testosterone. Unless you're like a 70-year old man and you have bone density issues and you need that quick, that's when it can be really important. If you're like an MMA athlete who's just like 45 years old and he wants to get back in the octagon or something, that's when something like that might be necessary—and then, bringing someone into balance.

But I'm really a fan of natural foods, herbs, natural supplements that endogenously produce the hormones and hormone precursors so our body naturally produces the right ratio of hormones.

Hormones, it's like a dance. You can't just have testosterone up here, and then you have your other hormones kind of just down here. We know the issues with that, right? So they all have to be in communication together.

My understanding of hormones is really about ratio more than just one thing over another.

So, that's a really interesting conversation because so many people today have issues with their hormones. And when they go to their doctor, and they start complaining about fatigue and brain fog and low libido, their doctor tests their blood for their hormones, "Oh! Lo, and behold, everything low. Let's put you on some hormone replacement therapy."

You have to look at who you're speaking to. That's the only thing they've got. That's the only tool in their toolbox that they have. So you need to have some awareness around that, look at who
you're speaking to. They're typically—unless they're like a really brilliant functional medical doctor—not going to be talking about diet or supplements or detoxification, and they're completely missing the boat.

So, you can't just cover up your symptoms with a band-aid like hormone replacement therapy. There's always a cost to that. And you have to do a cost-benefit analysis. And for that, making that decision is going to be different for every person. But I definitely do not recommend hormone replacement therapy at all.

Ronnie Landis: And there's a great distinction on that. There are two points about hormones that that are coming up as you mentioned. One is bioidentical hormones are different than synthetic hormone replacement therapy. Bioidentical hormones is very effective. And I definitely recommend it for a lot of people in certain situations in the form of like a yam-based progesterone cream.

So, a bioidentical hormone is a type of compound that's biologically identical to your natural progesterone receptor or testosterone receptor or whatever have you. So like progesterone cream, I've seen work miracles!

Wendy Myers: Yeah, I'm a fan of progesterone. That's a totally safe one. That one, I'm a fan of. The other ones, hormone replacement therapy, most doctors only give estrogen or only give testosterone. And that's the problem.

Ronnie Landis: Yeah, yeah. And there's a whole lot of weird stuff going on with like female horse urine as an estrogen replacement. It's like, "Whoa! Okay, now we're getting a little crazy here." There's whole kinds of issues there.

But the second thing I wanted to make sure that I mention about this is the conversation about aromatization. This is to me the most important part of hormones. It's why we have hormone havoc actually.

Aromatization, simply put, is a process where our good hormones get converted into bad hormones (or the wrong types of estrogen like estrodiol or the wrong kind of estrone or in the wrong ratios).

So, for example, if you look at a hormone panel test, if somebody has low testosterone, that necessarily mean—and there are different types of testosterone. But for simplicity's sake, if somebody has low testosterone, and they have high estrogen, the danger if somebody immediately thinks like, "1 + 1 = 2, so you need more testosterone to make testosterone," what ends up
happening with a lot of people is that their estrogen goes up because they're aromatizing, they're re-estrogenating that testosterone, and it's going down a different pathway. So that testosterone is very volatile, and it's not being held in place. It's not able to be held in the receptor. It's being redistributed into estrogen.

And this is a huge thing with certain types of cancer, like secondary sex cancers like breast cancer and prostate cancer and things of that nature. It's actually an aromatization issue.

And so, having things like estrogen blockers or aromatase-inhibiting herbs and supplements becomes a very important food. There are a lot of foods that naturally do this. It's a very important understanding.

This is how I'll say it. Nutrition and health is a riddle. It's actually a riddle that each person has to be actively decoding for themselves. Nature doesn't reveal its secrets freely. It doesn't just give it to you. You actually have to be a little sophisticated in the way you think about your body because that's how pharmaceutical consciousness or supplement consciousness, whatever you want to think of it. We just think that we're going to take this pill, it's going to solve our problems. Or we're going to get this injection, and it's going to solve our problems. And it doesn't really work like that.

And I'm happy to give you examples to make this very practical for people to connect this bridge of like what foods or what herbs I might recommend for this.

Ronnie Landis: Yeah, please. Yeah.

Wendy Myers: I think people, the listeners, would love some practical tips on what kinds of foods and what-not can help them balance their hormones naturally as much as they can.

Ronnie Landis: Okay, cool! Thank you.

So, the best foods are just basic foods. And remember, when I say "balance hormones," I'm speaking generally because certain people are going to have certain unique things. But from an aromatization perspective, berries are extremely important.

Having a full spectrum of colors in your diet is very, very important, like blueberries, blackberries, raspberries. Goji berries actually really powerful. Goji berries are the number one food in a
precursor for human growth hormone. And this has been known in Chinese medicine for a long time. So that's pretty interesting I think.

**Wendy Myers:** That's what everybody wants. We all want more of the effects of human growth hormone, like better fat-burning, more muscle tone, you sleep better. There are really great effects with that.

**Ronnie Landis:** Yup! And that's why in Chinese medicine, goji berry or lyceum is their number one longevity herb because it's the number one food in lithium—that's like your happy mineral for the brain. It makes people happy—and then it's also the number one human growth hormone-promoting food (in their system anyway). So there's that.

Then there's also grapes. So, getting more specific, the resveratrol in grapes—we've heard a lot about resveratrol being a longevity compound—it turns out that resveratrol is also an aromatase-inhibiting compound as well. And the more of these compounds that you can stack up in your body, the better.

So I'll just kind of go through a list of what those are—

Lemons, like citrus fruit. Lemons and limes have a lot of what's called naringenin which is also an aromatase-inhibiting compound. And then, there's a lot of other things going on with lemons, in particular. I just tell people, if you're going to do juicing, juice like two lemons per juice. Especially if you have inflammation, chronic aches and pains, the citric acid and the anti-inflammatory properties of lemons are powerful.

Chamomile, chamomile tea has a lot of quercetin in it.

Passion flower, I have to I have to mention passion flower as an herb. Typically, the alcohol extract of passion flower has the most powerful effect. It's the chrysin in the passion flower that has the powerful anti-aromatase effects. And that may be the most powerful thing.

There's a huge association with female hormones, in particular, and passion flower. It's kind of like an intuitive thing that a lot of women pick up on. But it's that chrysin.

And chrysin also is testosterogenic. There's a lot of research in the bodybuilding world about taking chrysin supplements, isolated supplements, or pharmaceuticals to boost testosterone. But really, what it does, it's not really a precursor for testosterone. Your testosterone or your progesterone, depending on your gender, will naturally come into balance if you sort out the aromatization part. If that part gets sorted out, then it's amazing what happens. You don't actually need to take too many precursor-boosting things for that particular hormone if the
aromization piece is worked out. Your hormones naturally will come back up.

Wendy Myers: That's a very, very good point.

01:08:50 WHERE TO FIND RONNIE LANDIS

Wendy Myers: So, tell the listeners where they can find you, learn more about you, any books or programs that you have.

Ronnie Landis: Sure, yeah! So, everybody, if you want to check out my books, I have two books out right now—the Holistic Health Mastery Program (my first book), and then my more recent book is The Inner Alchemy Youthening Program which goes much deeper into the topics that we've kind of just hopscotched around today.

And then, I have an online holistic nutrition certification course called the Holistic Health Mastery Program. And the website for that is HolisticHealthMastery.com. My personal website is RonnieLandis.net. And I have my own podcast called Holistic Health and Human Potential Show that people can look up. We definitely want to get you as a guest on that as well ASAP.

Wendy Myers: I would love to!

Ronnie Landis: Awesome!

And that's on YouTube and social media.

Wendy Myers: Oh, great! Well, Ronnie, thank you so much for coming on the show today. That was such an engaging conversation. I love having guests like you on the show, so we can talk shop, talk detox which is my favorite topic.

Ronnie Landis: Awesome! It was my pleasure. Thanks for having me.

Wendy Myers: And everyone, thanks so much for tuning in. You can check me out at Liveto110.com. You can check out my detox program at MineralPower.com. If you liked what you heard on the show today, please leave a review on iTunes, so we can reach more people and help as many people as possible. That's why we're doing the show.

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