

Caspar ([00:00:00](#)):

Here at innovative medicine, we consider ourselves really on the cutting edge of some of the services we offer and provide to patients, however, every now and then we do come across a doctor like the one we're bringing on today, that's really closely aligned with our approach and finding the root causes of illness. And that's why we're having him on the podcast today. Today, we're gonna be speaking with Dr. David Minkoff a conventionally trained MD who had a major shift in viewpoint mid-career and started immersing himself in biological medicine, integrative oncology, antiaging, functional medicine, and even energy medicine, then opened up his office Life works wellness center with his wife Sue in 1997. He's the author of the Search for The Perfect Protein, an iron man triathlete, and a big time iron man triathlete, which I want to get into. And the founder of Body Health Supplements. Dr. Minkoff. Thank you for coming on the podcast.

Dr. Minkoff ([00:00:56](#)):

I appreciate you having me.

Caspar ([00:00:57](#)):

So listen, I gotta ask you about this, cuz it's not just an iron man triathlete. You've done like 42 of these. Am I right?

Dr. Minkoff ([00:01:07](#)):

43.

Caspar ([00:01:07](#)):

43. OK. Yeah, let's talk about that for a second. OK. Because one or two is a big accomplishment. One is a major accomplishment. 43 is like, wow. Have you been doing it yearly for the past 43 years?

Dr. Minkoff ([00:01:22](#)):

40 years.

Caspar ([00:01:23](#)):

Oh wow.

Dr. Minkoff ([00:01:24](#)):

All right. Some years I've done two. Some years I've done none, but I did the first one in 1982 and my next one is gonna be in September. I'm racing pretty often, not Ironman distance, but two weeks ago I did an Olympic distance this weekend. I'm doing a sprint distance. So I'm it's a fun thing. And I enjoy it and it it's it's fun. It's great.

Caspar ([00:01:55](#)):

Well, that's the thing. Listen, you gotta have fun with it and it's healthy. It keeps it fit, you know, do things that bring you joy and bring your health at the same time being outside. That's what it's all about. So listen, I applaud you. I mean, I, I would love to do one in my lifetime, but then again, I don't know if it would bring me joy. Tennis brings me a lot of joy. So I play a lot of tennis at least a few times a week, but honestly that, that, that Ironman thing that just caught me off guard because I, I know very few that even ran one, but let's go back now into what you're really on here for, because you know, I know a lot

of conventionally trained doctors that when I speak to them about integrative medicine, biological medicine, they sort of roll their eyes. They respect what I do. They respect my father's been in this industry for a long time, but it's, it's hard to make that shift. And I always like to hear how conventionally trained doctors, like my father started to get into that process of breaking out of conventional medicine. So tell us your story of what really got you to start opening up outside the conventional paradigm and start to embrace some of these more alternative approaches.

Dr. Minkoff ([00:03:06](#)):

Okay, good. So I started as a pediatrician, I did a residency in pediatrics and a subspecialty in infectious disease. I was co-director of a neonatal intensive care unit. So we had, you know, we had babies on ventilators and I was also doing hospital infectious disease. It was the early eighties, it was the beginning of the AIDS epidemic. I was in San Diego. So it was, there was a lot of strange, interesting infectious disease going on with these guys with AIDS and then a whole population from, from the Southeast Asia were brought into San Diego county Hmong people. They were, they were helping the Marine Corps in Southeast Asia during the Vietnam war and they brought a whole bunch of them over and there was a huge amount of parasitic disease. So I was involved in this. It was, it was very interesting.

Dr. Minkoff ([00:04:03](#)):

I was an adjunct professor at the university, so I was, I was helping resident, you know, teaching residents, infectious disease attending on the wards. And then I got interested in emergency medicine and I sort of shifted careers and started doing full-time emergency medicine. It was at the time where we moved to, we moved to, to Florida in 1990. And I was happy. I liked ER medicine. I was at one of the top hundred chest pain centers in the country. And it was a, I liked the acuity of it. I liked action and I was having a good time. My wife started to get interested in natural medicine. She's an RN. And she started going to Jeffrey Bland seminars. Jeffrey Bland is like the father of functional medicine. I think he's the guy who came up with the, even that name, functional medicine.

Dr. Minkoff ([00:04:58](#)):

And she said, you gotta hear this guy. He's smartest guy ever heard. And he makes a lot of sense. And I was like, nah, not interested. And so one day he was, he was doing a two day seminar in Orlando and she dragged me to the seminar and he was, he was one of the smartest guys I ever heard talk. He was just brilliant. He was a nutritional biochemist. He had worked with Linus Pauling. And and he got me interested in nutritional medicine in functional medicine. So I started to go to seminars with her and we had some relatives that had sort of complex medical problems. And one of them had decided that they didn't like the mercury in their teeth and they were gonna get the mercury taken out of their teeth. And Mercury's poisonous. You know, you take a, a, a 500 milligram filling, which is about what a filling is.

Dr. Minkoff ([00:05:55](#)):

And if you ground it up real fine, you put it in a 10 acre lake. And then you tested the fish that lived in that lake. The EPA would put a fish advisory on the lake that you can't eat the fish because one filling in 10 acres would poison the fish to the point where you couldn't eat it. Now you have an average person who's got six or eight or 10 or 12 of these fillings. Mercury boils at 110 degrees. You know, it's liquid at room temperature. I like my hot tea at 160. You're gonna boil the mercury outta your teeth. It's gonna go into your brain. It's gonna go into your you're just gonna go into your GI tract and it's bad stuff. And at the time, you know, it was in contact lens solution, Ethel mercury, thymerosol in contact lens solution, it was in vaccines and it was in, and so mercury was in people's teeth.

Dr. Minkoff ([00:06:54](#)):

And so this person went to a dentist who wasn't trained properly and got 12 fillings drilled out with no protection. And then six weeks later started complaining about thyroid swelling and went to the endocrinologist. And the endocrinologist said you have Hashimoto's disease. So they did some tests on the blood. They saw that there was an autoimmune, like the immune system was attacking the person's thyroid. And there's no treatment that we know of for it. You know, your thyroid hormone levels are okay, so you don't need medication for it. And what we just do is we watch this cuz there's nothing that we know of to do well a few weeks after that, the person started complaining about pain in their upper right upper quadrant, where the liver is and some blood tests were done and it showed that the liver had showed inflammation and that person was sent to a liver specialist.

Dr. Minkoff ([00:07:50](#)):

And the liver specialist did some scans and some ultrasounds, you don't have a tumor. We don't see anything there probably this is an autoimmune reaction similar to the thyroid, but we don't know what causes this thing. They screened her for a bunch of different hepatitis viruses and they couldn't find it. And then this person starts to have weakness of an arm and weakness of a glute. And this person is a triathlete and very good. And then the person got sent to a neurologist, like, why are, why can't I brush my teeth? Why can't I lift up my arm? Well, the neurologist did an MRI and said, probably you got MS. And that's also an autoimmune disease. So this fits, you know, you got a thyroid that's being hit, you got a liver that's being hit, you got a brain that's being hit. And now you need real medicine.

Dr. Minkoff ([00:08:41](#)):

You know, you need prednisone and interferon and you need real drugs. Cause we have to shut off your immune system. It's attacking you by mistake. And about this time I was with this person and next door to their office. A dentist had moved up from west Palm beach. We're in Clearwater, Florida. And he had opened a dental practice. And on the marquee, it said natural dentistry. So I'm with this person and we're we're. I was dropping her off to her office and I see the dentist walking outta his office toward his car. And I stopped him and I just introduced myself. Hi, I'm Dr. Minkoff. My practice is only a few blocks away. I mostly do emergency medicine and what's natural dentistry. So he said, well, we're different than most dentists because we believe that the mouth is actually part of the body and that you wouldn't do anything in the mouth that you wouldn't do in the body.

Dr. Minkoff ([00:09:53](#)):

He said, for example, if you have gangrene in a toe, like an infected toe with dead tissue, you have to surgize the toe. You have to get it out because it's dead and the body and it's infected and the body has no blood vessel access to it. So the body can't defend it. You couldn't give this person antibiotics and cure that infection cuz they just won't reach. Likewise. If a surgeon, someone had a bad belly ache and they went open to surgery and they found that there was a portion of the bowel where the blood vessels had been cut off and the bowel was now gangrenous. You have to cut that portion out because the person would die. The infection would spread all over. So he said, when a dentist does a root canal procedure on a person, what you have is gangrenous tooth, that's dead and it's infected and it's poisoning the body.

Dr. Minkoff ([00:10:56](#)):

So he said as natural dentists, if the teeth is in the, you know, if the toes on the body and it's gotta cut out and the bowel is in the body and it's gotta cut out. Well, if the tooth is in the body, it's gotta be cut

out because you can't do that. And he said, no, there's a whole problem with mercury cuz mercury's poisonous, blah, blah, blah. And so we don't do that. And if we take the mercury out, we have to do it very carefully. Cuz if you take a high speed drill, you will cause these particles to aerosolize. They become, you know, they vaporize basically. And if the person isn't protected, they will breathe this stuff and inhale it. And it gets in their palate. It gets in their nervous system. It can get in their liver and it can get in their thyroid.

Dr. Minkoff ([00:11:40](#)):

And I'm like, oh, this is what's wrong with this person. And so I said, well, here's the story of this person. And he says, they're mercury toxic, but there's one in this town that's gonna help you, help her. You gotta go to Seattle. And there's a smart doctor there. And he does courses for doctors and how to do this. And so I go to Seattle and I do this course and my mind kind of gets blown cuz I'd got an introduction with Jeffrey Bland. And then I get a, you know, a few intensives of, of, of training from Dietrich Klinghardt and then another very famous Swiss Dr. Thomas Rauwcomes over and he's two years. And of course, and I'm spending two years with him and I'm learning from these, you know, and Yoshie Nakamura at Columbia and I spend 180 hours with him and I learn neurotherapy and biological medicine.

Dr. Minkoff ([00:12:37](#)):

And I'm like, holy cow, there is enormous world here of really good medicine. Now emergency medicine can be really good if you're having a heart attack, you go to the hospital and you go to a place where they can open up the clot or put a stent in or do what they have to do because you're gonna die or you're gonna suffer. So that's all good. And if you have, you need a C-section where you should get one and if you have a gangrenous toe you should get it cut off. So there are aspects, you know, you have, you have pneumonia and a high fever of 105, well you better take an antibiotic cuz the chances that, that, that some herbs are gonna get you through the thing are, you know, not very good. So, but then that isn't what most people have. They have hypertension and high cholesterol and pain and arthritis and rheumatoid arthritis and ulcerative colitis and Lyme disease and cancer.

Dr. Minkoff ([00:13:34](#)):

And unfortunately the modern medicine approach to those things. Isn't very good. In fact, it's pretty awful. And so this whole field of biological medicine is being able to handle people like that. And so I started to just dabble with people and the success rates were very high and all of a sudden it just mushroomed into a practice. So now we have a very big practice, 68 I think employees and you know, and, and we really people come from all over the world to see us because we really specialize in chronic illness. You know, anybody with neurological disease, they have MS or Parkinson's or Alzheimer's or ALS, or they have cancer or they have Lyme disease or chronic fatigue or any of the autoimmune diseases, lupus or rheumatoid arthritis. We can really help them. And you know, our average patient has been to 13 doctors with no solution and about 85% of the time, we're able to get them better.

Dr. Minkoff ([00:14:37](#)):

So we're not perfect. But the population that we're mostly seeing as a population has been through the sort of normal rung of regular medicine, sometimes some alternative things with chiropractic or acupuncture, but they just haven't had enough detailed knowledge or experience to be able to get people through that stuff. And so most so I like those kind of cases. I like problem cases and puzzle cases. Cause it just excites me to try to figure out there is a reason like that person five years before or

10 years before was fine. They were functioning. They were working, they had a family, they played tennis on weekends or they ran triathalons and now they can't, it's not their genetics. It's not some mystical thing that occurred in their life. There are, there are exact causes that they ran into that either infected or intoxicated their body.

Dr. Minkoff ([00:15:37](#)):

And usually if we can figure out what these things are, we can get them better and then their life gets restored. And so now more than ever, this field is exploded. So there's lots of tools, you know, that we have both diagnostically and therapeutically to like help people get through this. And they spend two, three months with us and, and they get better. And then they go home and you know, then they have to pay attention to, you know, organic food and enough sleep and, you know, keeping their environment clean of negative people. And you know, there's sort of a whole, you know, you wanna be well in this environment, which is a very challenging environment. You have to, you know, you have to be careful, but you can. And you know, I live in this environment too, and I'm 74 years old and I'm doing Ironman triathlons and you know, and I work a 60 hour a week and I love what I do.

Dr. Minkoff ([00:16:33](#)):

And I, I, I think a lot of it is cuz I feel good. I've got energy. And I I'm with people all day long where I can actually contribute to them, help them. And there, I just haven't found there's anything more fun to do with that. So I shouldn't retired probably nine years ago. That's when you're supposed to retire, but you know, I we're expanding and it's, it's, you know, I'm having, I really feel like I'm in the prime of my life and you know, why not do this for another 20 years? So that's my goal.

Caspar ([00:17:02](#)):

Yeah, no, listen, I, I get it. My father's 72 as well. And, and he, he loves what he does. It's challenging. But when you get into this art form of medicine, as he calls it the art of medicine and this integrative where you look at each patient is a blank canvas and to unravel the why's and then provide the right tools that address each Why and peel back the layers of the onion and actually give someone health back, not just managing their disease, which is really the kind of approach we have from conventional medicine with chronic disease right now. Right. It, it is an enjoyable thing to give people their lives back. Right? I think too many people though, and the, and the way society has approached it is disease is a natural state of aging. And that's the unfortunate part of it. Now the, I, I, I have so much that I could unpack within what you introduced there and I'll probably go back to a lot of what you said there, but part of it that I'd like you to address is the, is for people to understand more about what integrative medicine is.

Caspar ([00:18:01](#)):

Because even what you said there, there's a difference. I think at least I explain it that functional medicine is different from biological and biological may be different from energy medicine. And the fact that what you said is correct that even in alternative medicine, as you'd say anything different than conventional medicine, you have specialists in there, you gave that great case of this person being passed from one specialist in conventional to the other. No, you look fine here, go to this person, go to that person all the time. Deteriorating. Do you find that a lot of patients also who go on the alternative spectrum end up that way as well, before they end up at your doorstep, that they're going to their chiropractor for one thing that they go to a acupuncturist, no one's really working together. Maybe they address it a little bit more, but they're not combining everything at once.

Dr. Minkoff ([00:18:52](#)):

Right. And I think that's right. You know, I wanted to actually give you the compliment to your dad through you is that, you know, the materials that he put together, which I studied some years ago, you know where this is, you know, it's an integrative approach, but it's also very broad approach because you may need a lot of different tools in order to do it. And I thought that your dad's work was brilliant in integrating, you know, he, he, I don't remember being with him in some of these courses, but I know he took all the same courses. I did. Sure. Because all these biological medicine principles, which are sort of inclusive of you are a living being and there's, and there's other living things that are in you. And if your environment's right, they're gonna be on your side. And if your environment's not right, they're not gonna be on your side and they're gonna be your enemies and they're gonna destroy you.

Dr. Minkoff ([00:19:45](#)):

You know, there's, there's, there's these forces. So if you look at dark field microscopy, which is something we do on every patient, you can see these things, you know, when the terrain is all messed up, you see all these bizarre things, swimming around the person's blood, and they're not supposed to be there. And then you correct them. You get them, you know, they're missing vitamins and minerals and amino acids of certain types. And you put those back in and you make sure that they're moving their bowels every day. And they get cleaned out of the toxins and their food isn't, you know, is now clean that the body changes. And then these organisms, they go back into different forms. So that they're now supportive of you as a living organism, instead of antagonistic to you. And chiropractic is certainly a brilliant profession with the limits that it has. And I routinely refer people to chiropractors, to colon therapists, to massage therapists, you know, to you know, these various things to biological dentists because they, because I need that part of it to get addressed too. And sometimes people in those fields are very narrow on their field and they're brilliant at it. But if you're gonna take a whole person with a whole bunch of stuff you need somebody who's got, you know, who's got a big viewpoint on the thing and then can, you know, address those various things.

Caspar ([00:21:11](#)):

Yeah. I always like to make the analogy of mixed martial arts. It's something I used to love to watch. And I remember the early days I was around for those where it would be your Brazilian jujitsu versus your street brawl or the big guy, right. The small Brazilian guy versus, and then you'd have your boxer and then you'd have your all American wrestler that went to college for wrestling. And then you'd have your, you know, Moai ty guy, you had all these different specialties. Yeah. And they'd go up against each other and it would be hard. And over time people learned, you have to integrate, you have to be good at all these things actually. You could still learn from the masters that niche specialties and, and can teach you how to do things very well. Right. But then you have to keep going beyond that and provide all together.

Caspar ([00:21:57](#)):

And that's what they found and mixed martial arts became that because it was about integrating everything to be the best in this so-called field or sport. Right. And so I think that's what we're talking about when we say integrative medicine, cuz people have different understanding of what that means. Oh, is that you're, you're doing some extra stuff on conventional medicine or are you just adding some nutrition or are you looking at energy or psych it's all of that it's integration. It's, it's the integrative side of that. So I, I think of course this is where the future of medicine must go. Now, one of the things you brought up that I have to talk about, and when we're talking about root causes and, and dental issues,

you were featured in the documentary root cause. And funny story of that is Fraser Bailey's a good friend of mine from Australia. And we actually helped him locate that initial cause of what was going on as he searched the world and everything and found out it was from a root canal. But I wanted to ask you, what is the percentage of patients you see that have some dental issues? It doesn't have to be the root canal, but an actual issue that's contributing to their poor health?

Dr. Minkoff ([00:23:07](#)):

At least half.

Caspar ([00:23:10](#)):

At least half. And have no clue?

Dr. Minkoff ([00:23:12](#)):

And have no clue.

Caspar ([00:23:13](#)):

Right.

Dr. Minkoff ([00:23:15](#)):

And, you know, have, have not actually had bad, you know, normal dental care. They got the teeth cleaning every three to six months. They don't have any big cavities that are seen. They don't have dental symptoms. You know, they don't have, you know, a pain in the tooth or something like that. Yeah. It's all sort of it's occult, you know, it's underneath the surface, they don't know it. And you know, unless you have some sort of energetic testing and then you can, you can go to cone beam CT scans, you know, there's, there's, there's technologies to look at this stuff now that that you can find it out, but it's, it's real, it's there. And it's at least half the patients I see. And I, and, and actually I'm very excited when I see somebody who's been through 14 doctors and we have a, like a very detailed history and dental history on our intake forms.

Dr. Minkoff ([00:24:10](#)):

And I see root canal. I say, I can fix that person like a hundred percent. I can fix that person. If they have breast cancer, I can fix them. If they have chronic Lyme disease, I can fix them. If they have ulcerative colitis or Crohn's disease or rheumatoid arthritis, I can fix them because that is the most poisonous thing that can happen in a body that isn't ever looked at. You know, if the guy had a big boil on his arm, everybody would be there and they would fix it. If the tooth isn't seen and, and the pro you know, the sort of position that the dental societies take is that these things are all safe and they're fine. And they, and, and they're not. And it's, it's so if you know this you can do it. And I've had biological dentists that think, well, the root canal looks okay to me, but they're not biological dentists.

Dr. Minkoff ([00:25:02](#)):

They just don't know what the heck they're doing. And I've done a very interesting exercise here because one of the biological dentists that I work with was a little bit leery of the dental association. Cause if you, if I refer somebody over there where energetically I'm getting, Hey, this tooth is causing you a problem. You know, it's an, it's an abscess tooth and I get the cone beam CT and I see on the cone beam CT, there is an abscess there. You can see it like on this 3d, you can see this is an abscess tooth. So

one of the things that he does as sort of an insurance policy for himself is that he, once he pulls the tooth, does a biopsy of the bone at the root of the tooth and sends it for pathology because if someone comes back and says, well, this person had a perfectly normal tooth and why did you pull it?

Dr. Minkoff ([00:25:56](#)):

And they had no symptoms. And he says, well, I used to think that way too, but here's the biopsy on the specimen from that tooth at the jaw bone where that tooth was, and it shows dead infected bone on the pathology specimen. And here's the culture and there's 60 bacteria growing in there, none of which should be there. So this was an occult infection. It was an under the radar infection. And now this person, all of a sudden, you know, one week, three weeks later, their heart arrhythmia is gone or their fatigue is better. Or I can just look at 'em and I can look at their face when they come in. Cuz we take pictures of everybody when they come in of their face. Part of it's so that I can remember who they are. But part of it is they get an actual physical change.

Dr. Minkoff ([00:26:46](#)):

The stress comes out of their face. The brightness comes back in their face and then I know they're getting better. And so that's a, that's a big thing. And if, if more people knew about that and then referred to dentists who know what they're doing, you know, there's like for the film, there's 25 million root canals done a year in this country, you know, it's a billion dollar industry. And when Boyd Haley started doing the research on root canals and the toxins, he wasn't allowed to publish any of his, any of his findings in the dental literature. It's all in the chemistry, literature and dentists don't read chemistry, literature. And so they're not educated. So, you know, it's, nobody knows, you know, relatively with a, you know, there's there's practices like you guys have. And like we have, and there's a smattering of us around the country, but not nearly enough to handle the tens of millions of people who are sick.

Caspar ([00:27:42](#)):

Yeah. I mean, we see it all the time, dental focii, all, all types of issues that show up and that you need to be addressed and are actually at the root cause you could say of everything now, even when I had Fraser on and we talked about the, the documentary, it was pulled within three weeks on Netflix because of the ADA. Did you get any heat from the ADA because you were prominently featured?

Dr. Minkoff ([00:28:05](#)):

No, no, we didn't get anything.

Caspar ([00:28:09](#)):

We've got a little bit, I mean, listen, he even said, I get it. I understand they're making a living. This is what they were trained in. I don't want to take money out of people's, you know, trying to make a livelihood and everything. I was just trying to show my experience, bring experts on. They gave Netflix, gave him no notice. They just pulled it. The ADA wrote a strongly written letter. So I guess didn't really he show.

Dr. Minkoff ([00:28:29](#)):

Yeah. Yeah. He, he show, he called me and he said, because he originally came here, he called me from Australia. I didn't know who he was. He called me from Australia at Friday on a Friday afternoon at five o'clock. And it came into the switchboard and it was a Friday afternoon that I was trying to get outta here on time. And she says, I got this guy on the phone and he says, you saved his life and, and he needs



to talk to you and he's calling from Australia. Do you wanna talk to him? So I thought, well, that sounds pretty good. I saved his life. Let me talk to him. So he, you know, he said, he'd, he'd had this incident where he'd been pushed in the face by this guy in his park and he'd gotten a root canal. And now he was home in bed and he couldn't work and he couldn't do anything.

Dr. Minkoff ([00:29:12](#)):

And I had learned all this dental stuff from mostly from Thomas Rau, Swiss doctor, Thomas Rau. And so I was doing, you know, I was, I made a bunch of YouTube videos on the subject and my experience in people who came in sick and I told him to get their root canals pulled and they got better. And so he's laying in bed in Australia, can't work and he sees one of these videos and he says, no, one's thought of that. Cause he'd been to 14 doctors and he'd been to a faith healer and he'd seen a shaman. Like he was trying to figure out what was wrong with him. And so he calls me and he says, you saved my life. I heard that. And I thought, no, one's thought of that. He goes to a dentist, he gets a cone B he's got an abscess.

Dr. Minkoff ([00:29:57](#)):

It gets pulled, he gets better. And he said, I now wanna restart my career as a documentary film producer. And I wanna come to the United States and do a documentary and can I bring my film crew to your office? And so he did. And then, you know, he saw Stuart Nunelly and he saw Mercola and he saw some other guys and and, and it's a brilliant film and it's, it's, it really is true. All that stuff in that film is true. So then he, you know, so then he, then we got 300 calls from people who saw video. It went viral on Netflix. We couldn't even handle the inflow, you know, calling like we saw this and there's what did we do? And we come see you. And then he showed me the letter that the, that the American dental association, you know, it's all unproven. These are proven safe, blah, blah, blah, blah, blah. And so then he put, you know, he's got his website and we refer people there. And and it's it's, it's, it's a great thing.

Caspar ([00:31:00](#)):

No, people need to watch these things because at the end of the day, you need information. You have to have informed consent when you do these things. And this goes across the board, it's not just about dentistry. You know, medicine's not much different. We do lots of things in medicine that, you know, could be harmful. Right. You know, but how do people know that then if there's such a powerful force of the old, let's say the old guardians, and then there's few of, you know, clinics like yours hours and others out there think about biological dentistry. You know, that that's such a small, small sliver of dentists out there. And at the same time they're being pushed out and basically ridiculed by convention and ADA would love to see them go away.

Dr. Minkoff ([00:31:44](#)):

Right.

Caspar ([00:31:45](#)):

Do you see that changing any time soon? Because it's been like this for a long time, people are getting sicker and sicker, even in this day where you have an independent documentary maker making a story about him. It was his story to share with the world and bringing experts on that are absolutely accredited. Know what they're talking about, showing actual research, right. And yet that could even be shut down. Do you see anything changing in that where people could actually have access to good information to make better decisions for their health?

Dr. Minkoff ([00:32:15](#)):

Well, it's getting better. I mean, it is with the internet, you know, even with all the censorship that there is yeah. There it's getting better. And so, you know, most of the guys that I know that are doing this kind of practice are busier than they've ever been. It's true. Yeah. Because people are learning about this and, and they're, they're getting dissatisfied or they're not getting help from doing the routine things. Then they're open and they're looking, you know, and sometimes they come in here and they do a consult with you. And they're like, really like, wow. And I think one of the biggest, like, so we use this tool where we use darkfield and, you know, I always do a full physical exam on every person that I see. And in probably 90% of the people that I examine their physical exam is actually just fine.

Dr. Minkoff ([00:33:07](#)):

Their heart is fine and their lungs are clear and they don't have swollen lymph nodes and their, their liver and their spleen are fine and their reflexes are fine and they feel terrible. Now they've been to 13 doctors who let's say did their due diligence. And they did a good physical exam looking for pathology and they didn't find anything. And then they did routine blood work. They did a panel with CBC and CMP and lipids and the regular normal stuff. And on many of the people that we look at, those look fine too. And that doctor then makes the conclusion that I've got a menopausal woman who's depressed, or I've got somebody who's stressed out and what they really need is Prozac or Lexapro or one of these drugs, cuz that's, what's wrong with them. And the patient often goes along with that, okay, I'll take your medicine to see if it'll make me feel better.

Dr. Minkoff ([00:34:04](#)):

But then they find that their fatigue isn't any better and their pain isn't any better and their bowels aren't any better. And then they're looking and they get a tremendous amount of invalidation from the medical field that they see and maybe even from their family or their spouses. And then I see them come in here and they fill out a symptom survey and out of a possible 200, they got 190. So they've got symptoms in every organ system and valid complaints. And I look at them and oftentimes they don't look that bad. And their physical exam is just okay. And I review the lab work that they had done. And really there isn't any like alarming thing. And then I take a drop of blood from their finger and I put it up on the microscope and I look at it on the microscope and it looks absolutely horrendous. Okay. They have biofilms all over their blood and they got spirochetes swimming around in their blood. And I say, you know what?

Dr. Minkoff ([00:35:06](#)):

You, aren't crazy. You are sick. Look at your blood. And for many of these people, it is like, they cry. They cry because they have all this force telling them that they're nuts. And they know that they're not nuts because five years before they weren't nuts and they were fine and they were working hard and they were taking care of their family and they were having an enjoyable life. And now they're not. And whether it was a tick bite or, you know, whatever it was that got them. And, and then that stuff just sort of melts and they, then they look better. And then you look at their blood three months later and Hey, we don't see all this stuff. It's not there anymore. And your feeling better. And your symptom score went from 190 and now we're down to 27 and you're sleeping and you don't have pain and you feel good and you're happy and we didn't do anything that's gonna hurt you.

Dr. Minkoff ([00:36:05](#)):

Like none of our treatments are toxic. You know, when you sat in our R and B room for three days a week and you sat in a hyperbaric chamber five days a week for a couple of months, and we did these various things, which are designed to get your body back to health the way it was supposed to be. And it works about 85% of the time we, we win. Like we get it. And and that's just really good medicine. So that's the, you know, that's the, you know, those tools are really necessary. And so doctors who wanna pursue this field and the field is wide open. I mean, there's no shortage of patients anywhere, but they have to go off the grid to learn this stuff. You know, when your dad and I started this, there was no grid. I mean, there was no, you know, there wasn't an Institute of Functional Medicine.

Dr. Minkoff ([00:36:54](#)):

There wasn't A4M there wasn't, you know, you know, European Biological Network, you know, there wasn't any of this stuff. We, we would just go, who's smart, who's getting results. Okay. Go to their seminar. And my wife and I, every, every month, one or two weekends, we traveled to go somewhere to learn from some smart guy who had some smart thing. And then, okay, let's put that in the clinic. And then let's put this in the clinic. And and then you build this, you know, this thing where you know, where, where, where now there's there's, there is some organized education, helping people learn this stuff. And then when they've gotta do is really intern in places that are, know how to do it and can integrate it and then they can do it.

Caspar ([00:37:41](#)):

Yeah. I I've always said that the doctors you know, going into the future now, have it easy. You know what I mean? I, my father was the same way. He had to find people out there, needles in haystacks and travel to China to learn about acupuncture, work with them more and others, you know, and do those sort of things. And I was lucky because I got to come along for the ride as child and go to see these beautiful places. And while he was doing the training out, I would go and enjoy myself when, but you know, that was the thing back then, I feel like to, to be that pioneer and go out it, you had to really work for it. Now you don't. And yet still, I know there are more and more people getting involved in this, and there is a movement towards functional medicine, but I have to say, it's still small, small minority.

Dr. Minkoff ([00:38:25](#)):

Yes.

Caspar ([00:38:26](#)):

It's growing. But I thought it'd be growing a little bit quicker because again, you know, conventional's approach to chronic disease is not a winning one. We're getting sicker and sicker. What is it? 60 plus percent of us now in America are chronically ill an incurable state and getting worse and worse. And it's, it's just not sustainable. Right. Do you see the field having to quickly pivot or is it gonna be this strong force as it is now that says no, conventional medicine is here to stay. We're actually gonna clamp down even further with the FDA, with everyone else against this. As you've seen some of this go down, even some of the approaches are now being taken off. FDA is looking at things like NAC and every, you know, and scaring that like where, where do you see this going? Because I, I love the approach. It's just, I thought it would be a, a little bit more accepted.

Dr. Minkoff ([00:39:25](#)):

No, see,

Caspar ([00:39:27](#)):

Am I naive in that?

Dr. Minkoff ([00:39:29](#)):

Well, no. I mean, it's all, it's all, it's, it's all money driven. It's just all money driven. Yeah. Yeah. So on the one side, if you can get people to reorient their lifestyle, like, like Bezos didn't buy Whole Foods, cuz he cares about organic food. He did it because it's a good business. So the big boys are buying businesses. They're buying supplement companies, right? And they're buying 'em cuz people are going that way and they have the real clout. So if Thorne is now owned by a big pharmaceutical company and there's lots of 'em are going that way. That I think that's actually good because they are supplying people that are good products and those guys are making the money and they're gonna keep that environment open for those things, cuz that's good business for them and they're gonna run their other business, fine.

Dr. Minkoff ([00:40:26](#)):

And if we can just redirect people toward, if you don't buy glyphosate, they're not gonna keep selling it. You know, and if you buy organic food, there's gonna be more people around who do it. And so I think that as this and you know, and then as we go along, we are also being more and more able to prove the worth and the value of what we've got. And now you look at this whole peptide world. Now these pharmaceutical companies are very embedded in peptides and their, and their use. And some of these are just tremendous therapies. And now they're, you know, they're being used with diabetics and they, they work. So I think that the, that the, that the way it's gonna go is it's, it's gonna be driven by the money and where are people going. And as we educate more and we keep going that we have a chance and sometimes we get beat down, you know what what's happened with this last epidemic, they beat it down with the groundswell is, is coming. The scientific proof is coming. Some of the major players in this thing are real standard normal guys, heads of, you know, professorships at major universities and they're going like this isn't true. And this isn't true and this isn't true. And they're like, okay. So I think we're moving in the right direction. The suppression is coming in too, but I think we're gonna win or I think we're winning.

Caspar ([00:41:55](#)):

Well, I think the good thing here is that even though you have an embedded industry that that's very strong has political lobbyist and everything like that at the end of the day, medicine is still driven by the patients by where their demand goes, where they're willing to put their money, their effort, who they're willing to see. And if they're not getting results, they've been told for a long time, that's just all you can do. Take this pill, it'll manage your disease, get rid of some of your symptoms. You'll need another one. You'll get a little worse every year, but we'll keep giving you pills. And we'll just, you know basically subsidize everything until it's too much. And then we'll cut it out. But now they're actually, they have through the internet through the advent of, you know, word of mouth is easier than ever now

Caspar ([00:42:40](#)):

They're hearing that there was someone else in my position that got better doing something else at Dr. Minkoff's office, at Dr. Szulc at these other clinics around the world, Paracelsus, you know, Sophia, all of these. Yeah. and that word amount is driving people to take their dollars and their, their time and, and go to them. So in that sense, even though there is suppression, there is bill, trillions of dollars in the old healthcare system. I, I agree with you that I think that this is absolutely on the right path, as you said, busier than ever. That's that's the truth. These types of clinics do very well because they get results and

results speak volumes. You don't need marketing campaigns. You don't need beautiful, you know, commercials of people running through fields. And two minutes of side effects going along with them, you need people, real people sharing real stories of how they got their health back, their life back. And I think that's what this type of medicine, integrative medicine, anything you wanna call is giving to people. Yeah. And so that, that's the beauty. And I think, you know, that that's where I do get hope out of everything. Even though there's censorship there's pushback, there's, you know, veils are being lifted at the same time during this. So let's, let's stay on that hopeful note.

Dr. Minkoff ([00:43:56](#)):

And, and this isn't new, you know, you go back to Pastuer and he was the standard guy and he said, this is how it is. And then you have Bechamp coming in and say, no, that's not how it is. And there was a war going on. Then this is just human beings. This is just, you know, it's

Caspar ([00:44:10](#)):

Human nature is it's it's from the dawn of time. This is how we've acted in a sense. And we correct ourselves. We see our wrongs, we move on. There's some strife in the change, always, but we evolve. We always have. And I, I, I think we're at that point where we're going to need to evolve and, you know, listen part, part of you know, the health field and everything is supplements. I know you guys have body health that you started, you have wonderful products. I, I didn't know this going into this interview, even that you are behind Body Health and we have your perfect aminos here. I love them. We give 'em thence. So it was, it was a nice surprise because I was just telling someone about, oh, you should take perfect aminos. We have 'em here and give them out. Tell, tell us how how'd you get into that.

Caspar ([00:44:52](#)):

And choosing that because we also started producing supplements on our side. It was, it was an effort to see where do we start with low hanging fruit, how to do it in high quality format, we test your products. They're through the roof quality wise. And that's a rarity. I have to say in a very congested supplement market. Usually what you're told is get the cost down, go low quality, market a lot. You'll make a lot of money. You need, you know, margins on this, but tell us a about your kind of journey into making these supplements with body health.

Dr. Minkoff ([00:45:24](#)):

Well, it started really, so someone is mercury toxic, what do they need? And then when I'm at Klinghardt's thing, he's got 14 things they have to take. Yeah. And I'm like, nobody's gonna take 14 things. Can I consolidate this in some way? Can I come up with, and then we were doing IV chelation with DMPS and every other person that we would give IV DMPS to would walk outta the IV room, holding their back, like their kidneys were hurting them because the drug was toxic to them. And so I, I met this biochemist and we started horsing around with some substances to see, could we come up with a natural way to detoxify metals? And we came up with this product, which we named Metal-Free. Now Metal-Free is off the market cuz the FDA then 25 years later, really hundreds or maybe millions of doses, safe doses where you could detoxify heavy metals NAC was in there and they didn't like it.

Dr. Minkoff ([00:46:21](#)):

So we have a new one that's just about to be released, but that's how we got into it. And we started using it and it worked great. It would detoxify people and it didn't hurt their kidneys and you could even give it to small children. Cause a lot of the autistic children have metals and it was a way to detoxify it. It

was very safe. So we got into that and then a couple of years later, and then I was working in our practice and then, you know, I'd go to a meeting and share it with some people and they started using it and it's like, wow, this is a great product. So then we were, we're sort of mixing it up in our back room. And then we got, you know, more professional where we were really doing it. And then I was training for a triathlon and I pulled my hamstring and I could not get it to heal.

Dr. Minkoff ([00:47:06](#)):

You know, if I would try a hard workout, a hard track workout, it would start to hurt. And I knew that if I kept going, I was gonna tear it worse and I did everything. Like I have access to everything. So I heated it and I colded it and I chiropractic it. I massaged it and I injected it and I did this and I did that and it just didn't get better. And then I, I did an amino acid profile on my blood and I found that I was lacking essential amino acids. And I started playing with amino acids and different mixtures of the essential amino acids. And and the combination that, that I got some help with this. But the combination of these eight essential amino acids in a very specific ratio, I took that for six weeks and my hamstring pain went away.

Dr. Minkoff ([00:48:00](#)):

And three months later I went and did Ironman Canada, which is a, a very challenging race. And I had my best time ever. And so I wrote an article in triathlon magazine on my experience and we got 3000 calls from people who wanted this product. And so we started to manufacture this product and you know, the, we, so we had to source pharmaceutical grade amino acids. The product has no fillers or binders or excipients or anything else in it. It's pure amino acid powder that originally was tablets. Now we have, we have powder forms of it and it's, and it's and it just, it just, people started taking it and they would call us and say, my chronic plantar fasciitis is gone and my hair's growing better. And my nails aren't breaking off and like stories and stories and stories about how good the product was.

Dr. Minkoff ([00:48:59](#)):

And so it's a great product and it, you know, virtually everyone. So I don't know if you guys do this, but we do this meta that it it's Genova. It's called an iron panel. It's a panel where you look at vitamin and mineral deficiencies and amino acid are on there. And all vegans, all vegetarians are amino acid deficient. And a lot of people who think they're eating, okay, have enough going on in their gut with not enough enzymes, not enough HCL, too much yeast over growth, too many parasites, too much glyphosate where they're not digesting their proteins and their amino acid levels are low. And amino acids of course are the key to the whole body. They're all the structure. They're all the enzymes. They're all the immune factors. They're all the neurotransmitters. And if you supplement them with amino acids, which are in an elemental form, they don't have to be digested.

Dr. Minkoff ([00:49:50](#)):

If you take it on an empty stomach with a water or a sports drink in 23 minutes, it's in your bloodstream, it doesn't trigger insulin. It doesn't trigger blood sugar and you can really help people. And we find that probably 90% of the patients that I test are amino acid deficient and I put 'em all on acid. And then they get, you know, alum among other things. It's not the only thing they might need omega threes and they might need vitamins and other things. So it's a, it's not a one thing fixes everything, but this particular product is really good. And it, it, you know, and what's most interesting too, is that most of this market of protein supplementation is really not a, it isn't valid like whey protein is not a very good way to supplement with protein because only 16% of it is actually used by your body to make protein. And

collagen is missing tryptohan, which is an essential amino acid, which is part of all the, you know, all the proteins need tryptophan. So a lot of the marketing that's gone into these things really isn't valid and and with perfect amino, the product actually is what it is. And it's, there's very elegant studies that have been done on it. That actually prove when you take this stuff, 99% of what you take in goes to building your own body protein. And that's why it works so well.

Caspar ([00:51:20](#)):

Yeah, that, that bioavailability is so key. So many supplements out there and the things people take and self supplement, they just aren't really bioavailable and it's kind of a waste. And then you gotta look at quality too. So many people go for cheaper things, but that's poor quality. It's just also not going to be absorbed by the body and could actually be toxic in some ways. And the supplementation kind of industry itself is a little bit of a wild west and it's hard to understand what's what. I also find it quite wild because we've seen it a lot at the center as well, that people who think they eat well are deficient in so many things, whether it's amino acids, whether it's minerals or, you know, most people are. And that's, that's a big source. I mean, the, the food source in general is just so depleted.

Caspar ([00:52:02](#)):

Even when you think you're eating well, you're probably not. And even when you are eating vegetables, the soil's depleted, you know, everything else is how it carries over the weeks it gets to the grocery store where you think it's fresh and suddenly it doesn't have that. But you know, let's, let's switch gears for a second here. As we start to wrap things up a little bit, I wanted to see what are you excited about in the field? You mentioned peptides. That's something a lot of people are looking at and exploring and, and utilizing more. But what are you actually excited or what are you looking at in the field that you're seeing or you're hoping to apply in the coming years?

Dr. Minkoff ([00:52:40](#)):

Well, about a year ago, I met a physician who was really an expert in, in biophysics, you know, using light and energy to influence cell systems. So he, he discovered he didn't discover this, but what he found is that, so in this, there's a whole stem cell explosion going on, like people need stem cells, cause they're old cells that are worn out and they need healing, blah, blah, blah. And there's a lot of products on the market where it's given in the form of umbilical stem cells or placental stem cells or exosomes or so I've gone and done all these courses. And then I ran across this guy he's a physician in California who was looking at stem cells and there are embryonic stem cells that have never been activated that circulate in all of our bodies. They're called V-cells, which stands for very small embryonic-like stem cells.

Dr. Minkoff ([00:53:45](#)):

So all of our cells from the time of conception and then division are on a time path where they're being they're dividing. And you know, the telomeres, a little tags at the end of the, the, the end of the chromosome are getting shorter and shorter. And there's a guy at UCLA who figured out that about 62, each cell line gets about 62 times to replicate itself. And then it doesn't do it anymore. And then you get old and then you die. But there are cells circulating around in our body, which are these V cells. And they never got turned on they're there, but they haven't got turned on and this guy figured out a laser, that's got a holographic lens on it, which activates these stem cells. So we're doing this in the clinic now, and it's pretty crazy the kind of results that you get with rejuvenation.

Dr. Minkoff ([00:54:42](#)):

So this, are you using that with P R P as well? Well, you, you, you take the blood, you essentially do PRP but the filter's a little bit different, right? So that you get the, you get a lot of V cells. Yep. Then the V cells are activated by this laser. Right. And you can do a very interesting thing where, okay, you've extracted the blood, you have a tube, that's been through this centrifuge with a filter and you've got the plasma and we, you know, you take this and you just tell the person, like, where do you feel it? Well, I feel it about here. Okay. Now laser, the cells. Okay. Hand it back to the patient. Where do you feel it? Oh, oh, I, you can't see me, but I, I feel it out here. Like you actually can feel the pushback.

Dr. Minkoff ([00:55:37](#)):

These things are alive. This is life. This is like life embryonic turned on. Now. What he also figured out. I'm not sure he did all this by himself. You know, I don't know that he figured all this out himself. Okay. But that if you took cells, random cells in a chamber in suspension, and you shined a laser on it for 30, 60, 90 minutes, this holographic laser, and you went back the next day and looked at the cells they'd all be lined up in a nice little role so that then you could activate these stem cells. And then you can laser areas of body as they're going in, where you want them to go. Cuz what they found is that when you activate these cells, it turns on these, what are called adhesion factors it'll make 'em stick. So it makes 'em stick and it, you can send them where you want.

Dr. Minkoff ([00:56:33](#)):

'Em. Now normal stem cells. Mesenchymal stem cells are big. They're like nine to 12 microns, big, the lung has a filter. That's about six microns. So if you inject them IV, they're all going to the lung. And that's where they're staying. If you got C O P D or pulmonary fibrosis, they might really help you. And, but unless you inject it into spinal fluid is not going into their brain, but these things are small. They're like three microns. They're smaller than red blood cells and they will go through the lung and they will go to other places. So I'm very excited about this, cuz there's just endless uses of this with, you know, people who have like terrible, like ALS or they have, you know, they have terrible things and it can really, so this industry you know, Tony, Robbins just wrote this book on his experiences with stem cells, Life Force.

Dr. Minkoff ([00:57:25](#)):

I think it's called. It's very interesting because this field is exploding with bright minds looking at how can we make these bodies go 120 years, 180 years? How can we rejuvenate them? How can we make this thing happen? And right now we're in the, you know, we're, I think we're just in the flip of man, this thing is just going like this. And that's I find that very exciting. Cause I think these can be applied to cancer treatments to fatigue. Like how do you stimulate mitochondria? So you grow a whole bunch of new ones that are actually working and good and you can sort of outdo the toxicity that exists in the environment. And so we can stay ahead of it.

Caspar ([00:58:05](#)):

Yeah, I'm right there with you. And I, I love that you brought that up. We talked about V cells here a little while and actually published an article a little while back on it. And it is exciting because it's combining what you already have in your body and it's combined photo bio- biomodulation and this idea of providing the right energy, the right information that activates them to do what your body can do and self heal. And it's not the addition of any kind of compound or chemical or new, you know, anything it's really your body just being and basically empowered to do what it can do into itself. So I, I think it's wonderful. I think this whole idea of giving the body certain information through things like



synchronized holographic, light hyperpolarized, light, there's all different ways even sounds or anything that energy is, is just giving it the information to then organize it properly. Like you said, those cells line up they're given information instructions. They didn't have it. They were chaotic. You had no cell to cell communication. You had, everything was breaking down. That's a diseased body, but then you give it order and you'll see what can happen. Amazing self healing. So I'm, I'm right there with you. I'm super excited about the future there. Now one last question before we wrap things up, if you could give the audience three pieces of advice to live a healthier and happier life, what would that be?

Dr. Minkoff ([00:59:27](#)):

I think you just have to, you can't sort of ignore basics. Yeah. You gotta eat an organic diet. We find most people, if they do sort of paleo-ish they do well. Most people have trouble with grains. They have trouble with legumes. So I start everybody on that as sort of an autoimmune paleo diet, you know, meat, fish, eggs, fruits, vegetables, nuts, and seeds. That's your diet. Okay. If you it's in a package, don't buy it. You want fresh whole food and you want organic. Okay. You wanna make sure that you have a bowel movement every single day. There's nobody that's, it's normal. And that doesn't have a bowel movement at least once a day. It should be satisfying. It should actually be pleasurable. And the feeling afterwards is that you feel empty. There's sort of an empty, nice sensation in your body after you went to the bathroom.

Dr. Minkoff ([01:00:10](#)):

And I think that's you, there's just no way around that. Now some people need colonics or they need enemas or they need magnesium or they need, you know, bowel softeners, you know, to get 'em going, but you gotta end up with that's where you wanna end up. You gotta be outside and you gotta move your body and you gotta get some sunshine and then you've gotta sleep enough to keep your body in a rest, you know, so that you're rested and that you get good quality sleep and you know, you've got aura rings and you've got all these devices that you can do to track your own thing. And, and you know, I was a, I was an emergency room doctor before that I was a pediatrician and I was on call every third night and I learned to, to live on five hours of sleep.

Dr. Minkoff ([01:00:54](#)):

And when I started tracking my sleep, I found out that my sleep sucked. Like I wasn't getting restful REM sleep and I was wearing myself out too fast. So I decided, okay, I'm gonna do whatever it takes so that I can get good scores on my Oura ring for my readiness and my sleep. And I made myself, it took some months that I'm gonna get in my turn, the lights off at 10. And I wake up about quarter to five. And if I was awake before then I was gonna lay in bed until then, until I teach my body that it's gotta have this much sleep. And I eventually did it so that I can get good restful sleep enough hours so that I can, you know, I can get up and I can train for a couple hours and I can go to work and I can do what I like to do.

Dr. Minkoff ([01:01:42](#)):

And my body feels good and it's healthy. And I got good scores. So that makes me feel better. So, I mean, that's one of these other things where you can, where, where you can track this stuff and you can, you know, you can do what's right, so that your body does the best. And then I think hooking up with doctors that are interested in your health and there're all kinds of them. There's naturopaths, and there's chiropractors, and there nutritionists and there's practices like yours and like ours, but you need a coach cuz your regular doctor has no idea underneath the stuff and you can be coached and to sort of alter your lifestyle so that your health can improve. And I think if people do that, it isn't very

complicated. I think there's one other piece of this is that if you have negative people in your life, that you find more positive people, when you spend time around them, cuz you're gonna be the sum total of the people that you spend time around.

Dr. Minkoff ([01:02:36](#)):

Yes. And you know, the people who have a positive outlook and they they're happy when you are doing well. If you have friends that are critical of you and that aren't happy when you're doing well, they're not very good for you. And you should just, you know, I wouldn't create a a, a, you know a, a war and it might be your mother-in-law. So you have to gently do this, you know, where it's a good roads, good weather approach. But the people that you want around you are gonna, they're gonna help you and you're gonna help each other. And there's a, so, you know, this is the community, this is the, you know, the group, this is the, you know, like, like I'm sure in your practice where, you know, that's what I'm trying to create in my practice. Like every one of these people are vibrating at a level up here instead of down here. And the patients like every day, say to me, I don't know how you do it. These guys, they care about me. They're positive. They wanna help me. And I know it and I don't get that feeling from my regular doctor or when I go to the hospital because we are trying to create an environment in a culture here because it's a healing culture. And then people come into a healing culture and their own vibration raises and then their cells get better. And then they get better.

Caspar ([01:04:03](#)):

Yeah. Incredible advice. And it is so true that, you know, to, I, I posted about this the other day, toxins, aren't just harmful chemical substances. They can be people and you need to get toxins outta your life. And that means getting the wrong people outta your life. Otherwise you won't get better. And I, I think that's a big part of it too. We talked so much about root causes. We don't look at the relationship. Sometimes we have as root causes. Right. You know, it could be, you're not with the right person in your life. It could be that you have old relationship you're holding onto, or have some trauma with that's the cause too. So finding a doctor, such yourself, a clinic such yourself is so, so important to get to those root causes and truly correct. What's going on and regain your health. Dr. Minkoff, where could people find more out, more about you and your practice?

Dr. Minkoff ([01:04:52](#)):

Okay, great. Thanks. so our practice is called LifeWorks, one word wellness center. So it's triple w Lifework wellness center.com. There's hundreds of videos on there and thousands of patient testimonials on there. So that'll give you an idea of, you know, are we the right fit for you? We see everything for very high end athletes cause I'm an athlete. So I like working with athletes to actually most of our practices, cancer patients and Lyme patients and chronic illness patients. And also we have this company called BodyHealth. So we're a nutritional supplement company and there's also, there's, there's, there's, I don't know, a thousand pages on that website with lots of videos on the products that we make and also, you know, like information on how can you get and stay healthy in this kind of environment. So that's the best place to reach me.

Dr. Minkoff ([01:05:42](#)):

And I do a couple of newsletters every week and the newsletters are free and people can get it. I wrote this book called the search for the perfect protein. It's an Amazon bestseller. You could buy it from Amazon or you could go to the body health website and you can download it for free if you wanna do it that way. I think the best way to do it is the audible book cuz we did it audible. And then after each

chapter, a friend of mine read the book on audible, but in between each chapter I do sort of a comment and we do sort of a two way back and forth on the chapter and what it means. And there's some more examples and many people have, have really enjoyed that to you know, to, to listen to it. And there's, there's more information. So that's where I, that's where I live.

Caspar ([01:06:26](#)):

Awesome. We'll add the links in as well on our website. So everyone has easy access to that. Dr. Minoff thank you so much for the work. I love everything. This is really enjoyable to find someone that vibes that is, you know, on the same wavelength there and best of luck in the iron man this year. I know you'll rock at 43. Hopefully you'll be at 50 soon and we could talk when you get there again, take care.