



Episode #02: Ameer Rosic - Live an Optimal Life with the Right Nutrition, Environment and Attitude

Show Transcript

Ameer: I'm good Danny, how are you doing brother?

Danny: I was wondering would you perhaps tell us a bit about your story, so how you came to getting involved in nutrition and health and a bit about how functional medicine came on your radar and how you decided to start using that on people?

Ameer: Yes so I'll make this story like super short. It was like a couple of years ago I went through a period of there was this dark cloud over me and nothing was going well in my life, work wasn't going well, relationship wasn't going well, family ties, friendship ties everything was going down the drain as I would say, and luckily at that time I was still doing some amateur type of boxing, and as I've been in martial arts my whole life I enjoy fighting and one of my boxing coaches said, hey Ameer go check out this seminar for cater buzz, and that's how I got introduced to cater buzz. But at this seminar they had Artha Vneiz book, evolutionary diet,

it's about paleo etc, etc. anyways I read the book that night and for some reason like it instinctively made sense to me, I was like oh! You eat whole foods diet, eat meat, eat this... and the next day I literally started adopting the diet. I cut grains, cut the dairy, and my life transformed in 30 days. I lost some weight, clarity changed, the depression I was talking about completely disappeared. My neurology improved by a 100%, and honestly my life transformed in a 180 degrees. And from then on I couldn't believe how much nutrition had an affect on me. Both physically, mentally and spiritually. And then I literally just decided to drop whatever I was doing at the same time I met my current girlfriend Farah and she kind of supported me for this decision as well. I went back to school, to the Canadian school of natural nutrition. I had then been taking different schools ever since then and that's kind of how I got into the whole functional medicine type of approach. Or functional diagnostic is because through my research I really found out that all of us have a unique set of bio chemistry's and needs. The diet for Danny may not be a 100% same as the diet for Ameer. Depending on your needs and wants it all depends. So through the approach what functional medicine has to offer we can actually identify and create a unique protocol for each human being because at the end of the day, it's not black and white, there's many different colors when it comes to health.

Danny: I think there's a few things there I just want to touch on. I think the first thing you said is how you first got into the nutrition being you wanted to improve your ability to do all these work health's and I think with cater buzz, and I think that's a big thing for a lot of people. I know for myself I already started looking at nutrition to help me with... I was doing a bit of jujitsu at the time, small bit of MMA, just how I could make myself a better athlete and in the gym as well. But once you start eating that way

you start seeing all these other health improvements like you said, and its not just how you look and how you can perform, it's about everything. Your skin, and your condition and how you feel everyday, so I think that was a big thing that you touched on there for people to be aware of. And also the second things I thought that was really impressive of what you said, about those individual differences between different people ,and I think everyone has started to see that more and more. So with that in mind it kind of bring me on to this thing of....I know we both are similar enough in our approaches with people, in that we get them on real unprocessed foods with the kind of paleo diet template. So a lot of the time we see people switch onto something like a paleo or western price or ancestral health type diet and they start doing really, really well. Everything improves just like you said, but after a while we see that with some people there's still a few underlying issues that may not be cleared by something like a basic paleo diet. Could you maybe talk about some of the people that have come to you that have initially done really well but that have maybe need some advanced tweaks down the line after initially getting on a paleo type template?

Ameer: Yeah that's a good question. I will say like majority people, like 90%, they can solve lot of their problems with a generalized approach for paleo diet. So dropping the grains, commercial dairies, staying away from all that crap, eating a whole food diet, getting proper sleep, proper hydration ,proper detoxifying, maybe with a sauna therapy, proper exercise, that's a really good template to begin and then when it gets complex, remember that most people who adopt this new type of lifestyle, you know, we've been living I would say a toxic life for X amount of years, probably 10 years minimum to be exact, so it takes a long time to repair your body and the damage that was occurred during that

process of living a toxic life is kind of hard to reverse. It takes specific and precise protocols to do that. So some people's cells may not be communicating properly. The receptors and cells may not be actively accepting vitamins or proteins. So you may be eating a good diet but it's not guaranteeing your cells are taking it in. or 3 years of abuse, you have low levels of digestive enzymes or HCL so even the paleo diet if you're eating it, you're not digesting it properly. So maybe you have gut permeability and lot of issues with your immune system, or IJ or IGM, so that has to be addressed. Or parasite or bacterial infections. So it becomes really specific on the person and in my practice I see a lot of people with thyroid issue's cellular issues where iodine, selenium, copper, zinc, mercury, a mitochondrial dysfunction, so your mitochondria is not accepting the electrons that it should be for ATP. So it really depends on individual but yeah, you're right Danny, its super specific after that stage. After you've done that basic template and your still...you're feeling better, don't get me wrong, you're feeling much better but you're still not there where you should be and it takes a long time, and I really always tell my clients and people that I consult, is honestly don't expect an overnight fix. Like be realistic, you've been living this life like 20 – 30 years, its going to take a while to reverse the damage that has been done. And its not just diet, it's your environment, what's happening with the relationship with your husband, or your wife, or your kids or your coworkers, or whoever else is in your life. What's happening in your household, is it a productive household? Meaning do you have positive environment in your house? From just a scenery alone to the tidiness and all this is a huge factor and this is where I call it the pyramid model, where you can have the paleo diet in the bottom, sleep is at the bottom, these are the base, you can not continue unless you have these, so its kind of like graduation. So you have to go elementary, high school,

university, then maybe masters or whatever .so you have to go through stages right? So at the bottom you have diet, you have sleep, you have water, you have exercise, you have maybe like sauna detox or something, then the next stage you have seeing a specialist like myself or someone else, who does this testing, and you move up the pyramid, and at the end of the pyramid, when you're at the top, that's just for you, its very specialized. Maybe certain supplements taken throughout the day just for you. Certain elements in your diet may not be conducive for health, so may be you have issues eating nuts, and nuts is not for you. Or maybe you have issues with tubers, so those like sweet potatoes, yams they may not be appropriate for you at that time. So those are out. so actually fine tuning your diet like a Ferrari engine, fine tuning your supplements like a Ferrari engine, and most important, I mean, this is more important than the last two I mentioned, is fine tuning your environment, fine tuning your sleep, your spirituality, your emotional outlook and how you view life on a day to day basis is a hundred times more important than what you're putting down your mouth.

Danny: I think that's a really, really important thing that people should pay attention to what you just said there. I think so many times...I think its this culture of looking for a quick fix, so we say, ok, we've got our nutrition sorted so surely I should be healthy now, but no, you have to look at what your sleep is like, your stress levels, everything you just mentioned there. So I think that's a really important point for people to take away. Just going back to then the diet, if we go back for one more second, I suppose a big thing that people should look at before they maybe get to a level where they want to do advanced testing is can they do anything that maybe see signs or symptoms in themselves before they

go to a doctor or a functional medicine doctor that might indicate that they need some extra help?

Ameer: Yeah, the best like self testing I would tell anybody is a food journal, right away. For signs and symptoms. Not necessarily food journal for saying I ate macros, no, so its like ,ok Danny ate...so you make it quite simple, so you put this, day 1, breakfast I had eggs, and some shake. Just you just put it randomly, don't put your recipe, just say this, and same thing for lunch and same thing for dinner. Then at the end of the day, after you've eaten dinner before you go to sleep, in that journal you write down your feelings, say oh I had energy, oh I didn't feel good, and then you're going to do this for say a month, and then that will be your record, then you look back and you see connecting the dots, like Oh! I keep on seeing that every time I have these nuts I have a headache, and then you connect the dots. So food journaling is huge, I saw myself on occasion. Also stool testing, not actual physical testing, but looking at your stools. So if you eat the food say dinner time or lunch and then the next day you're going then you look at your stools, look at the consistency of it, the shape of it, is there grey matter, if it pale then you're having issues with fatty acid metabolism, if it looks like gerba pooped then you're having issues with hydration. So these are very good signs that actually old school healers for thousands of years have been using it, its free, you can do it yourself, you don't have to call anybody in, you can actually go on Google, there's a chart its called the Bristol stool chart, you can actually see based on how your stool is shaped what's happening in your body. What else? Something simple, looking at your nails. The consistency of your nails. Do you have the white rings? That's indicating magnesium. So if you're missing white rings that's usually zinc and magnesium issues, or if you're having striations on your nails, like these lines or some kind of weird

shape of the nails, that's a zinc deficiency. Looking at your pupils, the colors, the vibrant colors of your pupils. If you don't have a vibrant color of your pupil that's also issue of like vitamin B, vitamin A specifically too. Vitamin A retinol within the eyes, Omega 3 (inaudible 12:34) so that's super important. So there is like super everyday things that you can do, I like to do a mirror test for everybody. So just stand pretty much naked in front of the mirror every week and scan yourself. Oh, my skin is looking good, my eyes is looking good, my teeth are feeling good. So that's something simple. Then after you've done that yourself and maybe you've identified certain foods or supplements or environmental stuff that should not be in your life, then afterwards you can go see a specialist who actually can help you out even more. Because I stress this a lot to even other practitioners and self healers, is when you try to heal yourself old way, I'm talking about from point A to B, its almost impossible. You can take yourself to like 80% right? But then you have a biased point of view for the last 20%, so you need different set of eyes on you. So even coaches need coaches as Anthony Robbins talked about. Even myself, I see a practitioner, a doctor on occasion. So I can get a different set of perspective and a different set of eyes on it. So that's really, really important. So once you've reached that 80%, always go seek another set of eyes to look at you.

Danny: I think there right at the start when you talked about the food diary, I think that's a really good one for people to keep in mind because a lot of the time when we're trying to get people to seek out food intolerances, the first thing we go through is elimination diet. And for a lot of people a proper elimination diet is really, really tough work, and to get them to do it for 30 – 60 – 90 days is really tough going. So if they can stay eating

somewhat pretty clean, and you can just model that with a food diary protocol that you mentioned there, I think that's a really good one.

Yeah, in terms of if they get there then the next stage like we said, get themselves to a function medicine practitioner or a doctor, what are the first points of called then between the client and the doctor. Is it to rule out the symptoms and just base them blood tests on those...?

Ameer: No, no, not at all, it really depends like this is where healing is an individual process. Sometimes I won't even do testing with clients, I will first work on mental and spiritual outlook, because if you're not mentally or spiritually ready to undertake what we're about to do, it's going to fail, right. So you're going to have the mindset first. You have to be willing to sacrifice, give up and have determination and have that mind set before you begin that journey, right? Nothing easy, that's a problem, a lot of people want...you mentioned earlier then you're talking about the quick fix, and the magic easy button doesn't exist right? In nature, nature is tough, but nature has balance and nature is forgiving as well, so you have to have that, I would say that fight in you. That fighters rage of fury and you're like, no I'm not going to give up and I'm going to see this throughout the whole way and I'm going to succeed at this. so if that's a checkmark and once a client approaches me and the client...I can see in the persons eye that he or she has a fury of positive rage, or they want to transform their lives, then it becomes...more super individualized. Then the individual will do certain intake forms, very comprehensive intake forms. My intake forms tell you truth they're up to 50 pages depending on the person. I want everything, I need to know everything, and because a car accident at the age of 3 may be the reason he has bad health. Maybe because he fractured certain bones and your immune system then is compromised through certain elements, trauma both physically and

mentally too. So that's very important, and based on these intake forms then I can identify certain testing's that that person may need. Because the testing you need may not be the same test that Janet needs over there right? So it's really specific and it all depends on what you tell me on the intake forms.

Danny: So ideally then we start working with the client and we get the nutrition stuff on track, but one thing I'm getting more and more interested in and its something that you're big on is this whole spirituality side and how we mentally zone in on things and how we really feel inside I suppose. So are there any things that you give to clients in terms of specific things to do that will improve them spiritually maybe some meditation or maybe something a bit more advanced?

Ameer: Yeah there's a couple things. One, I'm not a big fan of like standard meditation that people close their eyes, even though I grew up on that type of meditation in my karate practice. However I'm a huge proponent of Zen meditation. So what I like to do is keep your eyes open and stare at an object and just keep your mind blank. Whatever pops in your mind pops in your mind, what doesn't it doesn't right? So that's a great from of meditation that people can add in your life cause lot of people have issues in trying to close their eyes and try to shut out their mind, cause then you have ADD, or hyper active disorder, you have so many things on your mind, you're not even there but you're stressed out, your family issues, mortgage issues, financial issues, so that doesn't work for you ,and why try to put yourself through so much pain if that's not working. So try different forms of meditation. This whole idea of thinking there's only one type of meditation is rubbish. I consider exercise mediation, I consider just...actual my personal favorite meditation of all time honestly

is just walking. So if you can just walk and just clear up your head its fantastic. But this is my next secret weapon that I've been telling everybody for the last like 6 months to use and it was created by 2 good friends of mine, Alex and UJ. It's called the five minute journal; I think its one of the best tools possible out there. Where you wake up in the morning and you say 3 things that you're grateful for, 3 things you want to accomplish and 3 things you want to do in the future. It's like one of the best tools possible. And then at nighttime you do like 3 things that you're happy that you've done today, and 3 things you wish you would have done today. It's called the 5 minute journal and it's a great way to clear up your mind and actually look and see like Whoa! I keep on saying I should have done this, I should have done this. So you see it's like a food journal, so you connect the dots. So for myself I see that three weeks ago I should have meditated more like I wasn't doing my Zen meditation like I should be and I noticed my energy levels were kind of off. So that kind of cues you in on what's happening in your life. It's huge; I think every single person should be doing the 5 minute journal.

Danny: That is awesome, that is a really, really big take away for people. I think the whole area of self awareness is becoming so big and I think its only once we start becoming aware of what we're actually doing as opposed to what we think we're doing is where we see real results.

Ameer: Yeah, 100%, we're too much on auto pilot so we're like programmed by computers or like what Goden talks about the cogs, the cogs in his machine, we just say yes! Yes sir, yes madam, and just take all these requests and direct orders from our grand masters whoever they are right? So it's kind of crazy. It's about time that we really unplug from the matrix and kind of start seeing the world for what really it is and start

living life as a true human being. Because I'll be frank, majority...sorry, the minority of the world, the western civilization is living in the matrix. We are the minority, if you're looking at the majority of the world, they're in poverty. Like the third world countries and what they have to do everyday just to have food on the table and have shelter, its freaking mind boggling like what they have to do. Like the labor, the hard work the termination ,the perseverance, its crazy and I admire them for their hard work and everything they put in. over here we take everything for granted, oh I need 2 cell phones, my this and that...honestly its crazy, like its super crazy. So the more we can unplug from this controlled environment in the western civilization of give me give me, I need I want, I want more, the healthier you're going to be. Just unplug yourself.

Danny: That's it. I think it's the more we look for something and say if I only had that everything would be great, if I had more money all these problems would go away. If I had a bigger car, if I had more possessions everything would be better but once we get those things then its kind of like things are acutely worse. And for a lot of people that seems to be the case, that it's the more we accumulate and the more we strive for these things, the more stressful and obsessed we get with these things. Whereas as you're saying, we just unplug, we go back to the simple things ,spending time with the people we care about, just relaxing and living a good life, then we get that more fulfillment.

Ameer: Amen to that. You said it the best. More money more problem.

Danny: In terms of...there's a couple of more things that I want to pick your brain on, on the nutrition stand point and there one thing I've been kind of going back and forth a lot on, and that's the issue of dairy. And I think it

ties back in really well with what you said right ion the start about individualization. Because the more and more I see it its like, yeah a lot of people are not doing well on it for various reasons, perhaps its lactose, perhaps it's the casein proteins, perhaps it's the way we have dairy produce these days. But then I thought people are doing really well on things like natural raw butter and cheeses, perhaps a little raw milk, so I was just interested to hear your thoughts on where dairy plays on the diet if it plays a role at all, if we should avoid it or how to determine where we are along that spectrum?

Ameer: Yeah. That's a super tough one. First of all, not too many people world wide actually have the (inaudible 22:36) to even simulate dairy. There's a very small percentage, I think it's like 1%. And it's usually northern Europeans and some Mesopotamians obviously with the kind of life originated from, its modern day Iraq, and Syria middle east. I see dairy very simple. Raw milk, I'm just going to be talking about raw milk for you, I don't see it as a super food, raw milk, and I'll tell you why. A, raw milk goes bad very fast. So you have like 2- 3 days to drink it, so from a survival point of view that doesn't really make sense because you have limited time and you're going to be following your cattle everywhere, however what cultures used to do is makes it into kefir or cheese, right? So lot of times you're hearing people having issues with dairy. It can be lactose intolerance or casein issues right? But when you have cheese so the fermentation of lactic process of fermenting food, either kefir or cheese, this actually extends the shelf life of that food indefinitely pretty much. Second of all you're actually now adding more beneficial bacteria called (inaudible 23:45) and actually increasing the nutrient density of that particular food. So do I think raw milk is the best? Not really. I don't really advocate raw milk for any body I do advocate for some people kefir

or raw cheese, which does wonders for everybody, not everybody I would say a certain select group of people. And how do you identify if you're that person? It's quite simple. Do experimentation, really for one week introduce the cheese, so this is raw unpasteurized cheese...

Danny: Yeah I think that's an important point that it has to be unpasteurized so we keep that bacteria right?

Ameer: Yeah that's right exactly, so you want that K2 and everything. So you get that and you eat it for a week and then look at your poo, look at your energy levels, look at your mental clarity. So if you have like any migraines or headaches...and this is the big one, look at your skin. Are you breaking out, you have eczema or psoriasis or some type of skin ailment? If you do then the dairy may not be for you. That's kind of like one of the best ways of determining a food group, just a standard determination. Like introduce for a week, take a weight and see how you react. It's really tricky, for people who are auto immune I've seen in my practice, staying away from all forms of dairy is the best. So doesn't matter if it's raw cheese or kefir...because of molecular mimicry across reactivity it's just not the best. I'm an auto immune person and even myself I don't do well with even raw cheese or raw kefir. I can handle it in small amounts its great, it can be a desert for myself once in a while, but if I include it every day in my diet, it's not optimal for me. My body just crashes. So that's something to really take into consideration, if you do have auto immunity it may not be the best for you, but its perplexing because you hear stories of people who had auto immune and they go on raw cheese and kefir and their health transforms, so honestly, try it out for yourself and see how you react, and if you honestly feel better and you perform better on it, go on, keep on doing it.

Danny: While we're on fermented foods, would that be your preferred method of getting people probiotics and pre biotic rather than supplementation?

Ameer: Well to begin yeah, depends on the person's case. There's pro biotic and pre biotic. Like pre biotic foods are good, like good vegetables. You have your cayle, your broccoli those are really good pre biotic, and then obviously the pro biotic types of foods we're talking about are the fermented types of foods. So those should be your platform. Those and the supplements, talking about like the pro biotic supplements those are specialty for it. It all depends on the case. Like if you're doing a stool test or organic acid test or some type of testing and you notice your certain deficiencies strain, or you have maybe a certain issue in your life that you may be need more acidophilus, or lactobacillus, it all depends on the situation. Then that's where we call in a specialized form of pro biotic supplement, just for those strains. Maybe for 4 strains or 9 strains or a mixture of multi strains, all depends on the scenario. But the foundation should be fermented foods and then on top of that taking some pro biotic depending on your case. Some people may not react the best on fermented foods, depending if you have histamine issues right? So like this I where also it gets tricky again, this is where I like the more homeopathic type of approach where don't completely stop it but add very small minute portions of the food. So lot of people like to add like 2-3 table spoons of like a fermented food with each meal, instead of that add maybe like a quarter tea spoon of the fermented sauerkraut or whatever you're eating. And then slowly work your way up. So that's a great way to maybe get your body accustomed to these fermented foods and a lot of people that introduce their foods right away they'll notice they have diarrhea or their bowels are really uncomfortable because now

your bio is actually changing, the actual strains, the compositions and the ratios between the different bacteria are actually changing and that's going to last a while, so be weary, take it slow and don't just jump into it.

Danny: So should we perhaps think that if we do have a small adverse reaction to introducing some of these things, perhaps its not all such a bad thing, its jut got bad bacteria winning out over the pathogenic bacteria that may already been there.

Ameer: Yeah. Give or take, it the ratio that matters. This whole idea of bad bacteria versus good bacteria is kind of wrong because its like telling your own child oh! You're a bad child and you're an idiot or something, but that's really (inaudible 28:24) you just have to teach a child how to be a good person right? This whole idea of going and killing bacteria when bacteria is actually part of you, you're not going to kill part of you, you're just going to give them a proper environment. So the whole ratio is like anaerobic versus aerobic bacteria is very important. And the strains of which one and where in your body is very important. So geographical location between large intestines and small intestines. So that being said I'd say start up small. Definitely for anything. Even like the supplementation always start small. Any supplements you're doing, any type of new foods you're introducing in your life, start small. Don't just go head on first and take in a 100% of it. Start small, see how you react, get a negative feedback for it and then continue on and then slowly build up.

Danny: If someone is after being on for whatever reason on the course of anti biotic say, is there a certain protocol you use with those guys to try and get that bacteria back up? Do you use supplementation then or do we have to be careful with someone that's just been on anti biotic?

Ameer: Yeah anti biotic depends on how many rounds of anti biotic, how long and what type of anti biotic and for what reason. Right? Are you doing anti biotic to attack bacterial infections or is it a virus that you're attacking or is it a parasite? Who knows hats happening. A lot of people come to me with lot of rounds of, triple rounds of anti biotic for (inaudible 29:56) honestly destroys a whole GI lining and the bacterial composition. So that being said we have to really balance the GI lining first. So my first focus will not be the bacterial composition, it will be building the house. What's happening where your actual GI tracks or the gut lumen, the microvillae, the crepes, everything there has to be in order, so those finger like projections that actually suck up all the nutrients within your intestines, that's very important. So my first focus is re – healing those, so the actual house. Its like inviting guests over to your house. If you don't have a room for the guests to stay, they're not going to stay. Same thing in your body, need to build a house first. So our first focus is building a house. That may include all immune protocols, lot of bone broth, glutamine, what else, aloe Vera, trace minerals that all depends but those are some plain and simple things that we can begin with. Coffee edema's or even coffee. This is a great thing too, having edemas with like yogurt or kefir that really work well. Then once we build the house up again then we can start re-introducing bacteria. So sometimes I like to do good hide but (inaudible 31:11) pro biotic, maybe I like 1 billion, 2 billion strains. And then good high fermented foods. And then we take it from there and its a trail and error. See how you react to it, go back to the protocol and then just back and forth. Because nothing you're going to do at the beginning is going to be your answer. Nothing. You're going to try it but Oh! This is good, then I'll alter this and I'll change this. So its always back and forth changing the system.

Danny: Great. That's really an important point. You mentioned there getting in some bone broth and perhaps some organ meats, I know a lot of people when you first give the idea of eating those types of foods then there's some resistance, giving advice, could you perhaps go into just briefly how important getting these organ meats and bone broth in the diet really is?

Ameer: Yeah, so I look at nutrient density, that's what matter the most. Like people over here so accustomed to taste, and taste is very important obviously too, but don't let taste dictate your health. Plain and simple. That being said if you look at traditional culture meals, so if you follow western aid price or if you follow the ancestral movement or if you just go into any third world country and actually see what they eat, you'll see with your own eyes what I'm talking about. And that is, pretty much all the cultures focus on heavy duty organ meats. And even the wild is the same, so if you look at a wolf pack and they're hunting and they catch the prey, or their meal id like call it, the alpha or the leader, the elder would go for the liver right away. Why? Well the liver is the most nutrient dense food. It makes no sense for you to spend so much energy then eat something that's nutritionally little compared to something else. So if you're taking say just like picture this for a moment. You have a palm sized amount of liver on your left arm and then at the same side say on the right side, you have grass fed beef. They both weigh the same, say a 100 grams and you're staring at them, that liver in your left arm is literally like I think 3 – 4 more times nutritionally dense than that ground beef. Ok. So that means you've got to eat like 3 of these ground beef meals to even make up one of these emails of the liver. So you're talking fat soluble vitamins, CLA, all these beneficial fat soluble vitamins, saturated fats minerals are located in the liver. And the more you can make each

meal nutritional dense the health you become, its plain and simple right? So organ meats are the way to go. You're talking about your liver and your heart your kidney even in eastern Europe, in the middle east, it's a super delicatessen just having some people say (inaudible 33:56) but honestly they actually serve in restaurants in Spain and people are paying a 100\$ a plate for it. But a lambs brain, its super tasty if you've ever tried it, its honest to God my favorite food to eat in the world, so that's a huge delicatessen in a lot of countries, from Mongolia, to Russia to former Yugoslavia like I mentioned in Spain, Mesopotamia, areas like I said Iran, Iraq, Syria but that's really, really big and super healthy. If you've ever been to china or south East Asia they're big on eye balls, eye balls have omega 3, vitamin a, its awesome, I know people say I can't eat it, but well its super healthy for you. But if you can include ate last 2 – 3 times a week any forms of organ meats its going to definitely improve your health. Talking about bone broth, that's another great thing. Talking about bone broth has CLA, it has GAGS, glycol (inaudible 34:47) which acts kind of like a netting for your collagen and actually increases the formation of collagen within your joints which is fantastic for people who have osteoporosis or osteopenea. So if you can include any of these foods like I'm telling you 2 -3 times a week, you'll notice your health is going to slowly start getting better and better.

Danny: I wanted to touch on cooking methods because I've been doing more and more...looking at this as just how important it is that we cook our foods, so we know that there are certain cooking methods that promote these advance glaciated end products so these AGE's, and we need carcinogens in a lot of way and do a lot of toxic damage to our cells so is there better ways to cook than others, and if so what are the best ways that we can cook our foods?

Ameer: Yes, that's a great question. You're right, like high heat does from AGE's, that's advanced glycation end products so whatever, we just call them free radicals, I'm a big fan of slow cooker, I call them my private chef where I can add any meats or any vegetables, click a button and see it later, I'm sleeping I wake up its done. So that slow heat it kind of mimics a fire per se, so what cultures used to do is for example they wanted to roast a pig or roast a lamb or goat or whatever it may be, it took anywhere from 6 – 8 hours roasting over charcoal, or actually wood. So wood coals underneath and that's a really good way to slowly denature the proteins. So that's a big difference. Its how you denature the proteins. Because heat is going to determine the tertiary structure of the proteins, meaning the 3D shape of your protein. So think of proteins as a key and in your body you have key holding receptors that actually attach the protein. So if you actually change a tertiary structure of your protein its not going to fit on those receptors on your body right? So now you're not getting the proper signaling that you should be getting right? At a high heat...they've shown it in studies that it does this, yet from an ancestral point of view its kind of hard for me to conclude a 100% that cooking with high heat is always dangerous,, cause you have to think too, like wait a second, we had access to fire like 2 million years ago or something like that and the new never always slow cooked, we actually literally threw in...and there's still cultures that do this, they throw the meat right on the fire. Like right on it, and then they take away all the burnt pieces around it. So that's something that you take into consideration, is high heat cooking always bad? Not necessarily because if you're high heat cooking over a open fire that's a big difference than if I'm high heat cooking on some of those Teflon pans right inside my kitchen. That would be different, you're cooking on Teflon so that's a

huge, huge difference. So if I'm going to make a simple oven cooking, sort of baking your meats or chicken or fish, slow cooking and slow simmering in a pan indoors is the best.

Danny: Over here we have our water is all fluoridated, and obviously there's big problems with fluoride being added to in relatively high amounts considering that we don't really need to be taking it in our drinking water. Have you done much research looking into how fluoride can affect us and should we really be trying to get as much fluoride free as possible?

Ameer: We definitely. The minority of the countries being fluoridated. I think there's only 7 countries in the world that are being fluoridated and it's the most developed countries that has, its no coincidence. Yeah so fluoride does a couple of things. One it actually disrupts the binding of your thyroid hormones. So you need thyroxin for your thyroid hormones to make T4T3, where thyroxin should be where fluoride come in, so it takes the place. It shouldn't be there. So now thyroxin can't come in and do his job. Second of all, they've been showing a Chinese studies that actually fluoride decreases your intelligence. I think it's a prop of a couple of points of IQ's in the children in china, which is crazy. Also there's been shown studies that fluoride stops the uptake of water into your cells. Kind of like a dam, so you have aqua pores in your mitochondria that should actually open and suck in water, but fluoride is there and doesn't allow that. So its damaging, and second of all, what we think is fluoride in our water supply is actually industrial type of fluoride. Its not the same fluoride you'll find in your toothpaste that the dentist recommends you. That's a big difference. Huge difference right? So when we're even get pharmaceutical grade fluoride in our water we're getting industrial fluoride. Its actually a toxic by product, it's a huge huge...I'll say a whole

money scheme behind it that's a whole different podcast, but its very dangerous and the reason you don't really want to make fluorides dangerous right now because its also tied into a whole vaccines. Lot of vaccines carry fluoride, so if they're now admitting fluoride is dangerous, automatically the vaccines must be dangerous because fluoride is found in it. I recommend everybody stay the hell away from fluoride. End of story, like stay away. Get yourself natural spring water or get yourself a filter or reverse osmosis filter in your house and re-mineralize your water. So don't just be drinking reverse osmosis water cause that stale water, its dead. It has no electrical gradient in it, it has no minerals. So re mineralize it by either adding your own sea salt or trace minerals or you can actually get a remineral filter so you transform it to reverse osmosis water and the inform that stage its going to re-add minerals into it. But yes please ,the more you can stay away from fluoride the better.

Danny: I couldn't bring you on without asking about one of the big things at the moment, perhaps even bigger than peoples nutrition's and it something you mentioned already and that sleep. Perhaps if we just start by, could you outline just how important sleep is if that's not too much of an understatement.

Ameer: Yeah good question. Pretty much plain and simple, the supplements det that you eat, what dictates their behavior right? So you're environment dictate the actual quantum behavior of you're proteins and minerals in your body. So if you're stressed out, you understand that you're core is all arise, you have to send your blood pressure goes up, you heath rate break are going...why? Because your environment controls your internal mechanism. That being said, sleep is crazy important .your stud I just came out couple of day ago showing that what sleep is really known for,

we didn't know this for a while but actually increase cerebral fluid in your brain and acts like a dishwasher. It cleans up your brain, it washes away all that shouldn't be there, that's just one aspect. It controls the circadian levels of your hormones, because your hormones from the morning to the afternoon are different. Your thyroids, your testosterone, your cortisol, your insulin response is different. If you have a lack of sleep in studies have showed that 2 days of sleep deprivation you have the same blood sugar levels as a diabetic. Sleep controls your sugar cravings, sleep controls your thyroid, T4, T3, it controls your testosterone, it controls your immune system, melatonin, DHEA, it controls how your HCL acid. So actual levels of the hydrochloric acid in your body is controlled by your sleep. There's nothing that sleep doesn't control.

Danny: So pretty important right.

Ameer: It's the number one thing in Ameer's life is sleep right? So sleep is before diet because sleep controls how diet behaves in your body. So if you think you can sleep when you want and how you want, I'm going to burst your bubble. You're in for a rude awakening. We are controlled by nature, by the universe. We're controlled by light exposure, by the photons of the sun and we're controlled by the lack of light. Light controls us, so if you think you can go to sleep at 3 A.M in the evening or late at night and wake up at say 2 P.M, oh I got my 8 – 10 hours of sleep, and it's not going to work that way. The more we can attune our bodies to the natural rhythm, the healthier we can become. And I always drive this type of story out, and I always talk about in a podcast is the western aid price story. Because he was a dentist, he travelled all around the world, he seen all these different cultures everywhere. In (inaudible 43:19) eating raw meat, African tribes eating this high carbs thing,

Japanese eating a mixture of sea foods, Huns is eating milk and some other stuff. They all had these different whole foods diets. Very polar opposite types of diet so that wasn't consistent. The diet wasn't consistent. However what was consistent was one thing, sleep/ all these cultures went to bed when the sun set and rose when the sun got up. And that's what controls our health. It wasn't too long ago; I think it was the 1940's right before World War 2 that on an average we're sleeping about 10 hours. Today on an average we're sleeping 5 and half hours. 1940's only, not too long ago, and people think you can survive on 5.5 hours of sleep, no way!

Danny: So with that what is the best way we can set ourselves up to get the best nights sleep? What things can we do that will put us in the best environment to get that quality sleep and for enough of it.

Ameer: Yeah I'll give you 2 simple tips. Two simple tips. An hour and a half before bed, no light exposure, none. I mean no lights at all. Any light in front of you is like the miniature sun and your body still thinks its day time therefore you're having elevation of cortisol and decrease of melatonin. Not good. 2.5 hours before bed time no food. Your dinner should be at least 2.5 hours before bed. If you have it close to the bed it disrupts your (inaudible 44:45) pattern. So no foods close to bed time. Third bed time is at 10 p.m. there's no ifs and buts. Like that's it, 10 p.m. so an hour and half before 10 p.m no light exposure, 2.5 hours before 10 pm. No food. That's simple. Like something simple everyone can do right away.

Danny: Anyone having sleep issues which I'm sure is a large amount with the people listening, they're really great things to keep in mind, so go try those and just see how much better you feel the next day. I'm going to

wrap things up fairly quickly because we've already got some great information there and plenty for people to look over, so I'll finish by just asking if there were 3 things, and they don't have to be nutritional or even just to do with health and getting healthier or stronger or fitter. Any three things that you think people should focus on each and every day, what would they be?

Ameer: Number 1, gratitude. Like I mentioned the five minute journals are the greatest thing possible anyone can do. Start journaling. It's huge.

Number 2, walk. Walking is huge. I think walking is one of the most underrated things possible. If you can spend at least 10 – 15 minutes a day outside walking, it's a great way to clear up your mind and actually refocus your chi and your energy in your body.

Number 3 and this is really, really big. Like really, really, big. Be grateful for just even being alive because we complain so much, and I'm at fault too, I complaining as well, its just we complain so much of these like first world problems, you know like oh my God I got to go to work, or oh my God this or that, when the reality, we're lucky to be even alive. Like when you wake up and you're still breathing, it's a good day. It is a good day. So stop to be (inaudible 46:53) stop the complaining my friends, because tell you the truth, go see the rest of the world. You know, go see what's true poverty, go see what happens to war torn countries. Then you'll truly appreciate what you have in your life. The whole idea of grass is greener on the other side or it's always better somewhere else, not necessarily true. We in the western world have it good, you know, the whole idea oh I'm going to make it...we made it, we have it. We have access to food, access to shelter, access to anything we want, so please be grateful for what you have and be happy. Once you have these 3 everything else is easy peasy.

Danny: That is a great way to finish, I think if people just took those last couple of points in they would transform the way they feel everyday and the way they start living and from there how they start treating people, and it's like a knock on effect almost. I just want to thank you for coming on, I think there's some great points that you made there, I'm sure people got lots from it and I'm sure I'm going to be going back through and picking out some points as I go along. So before I let you go, perhaps you can tell people where they can find you online if they want to look at more of your stuff. I know you're putting out really good content all the time, really super productive guy, so perhaps they'd want to know where they can find you and what's the best place for them to get in contact.

Ameer: Yeah, so the easiest way to contact me, just hit me up on my website, that's ameerrosic.com, so ameerrosic.com, or you can Google my name. I got YouTube videos every single day, putting blogs. I'm on podcast pretty much every single day. So hit me up. If you want to optimize your life, your health, sign up for my newsletter, you'll get my brand new email every single day. Simple tips and strategies to better yourself. That's pretty much it.

Danny: Awesome, awesome. Ameer thank you it's been an absolute pleasure my friend and I'll be talking to you again soon.

Ameer: Like wise Danny, keep on rocking and rolling brother.

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