

Speaker WSYR\*\* ((00:00:39)) - - Your Health Matters with Karl Sterling on News Radio 570 and 106.9 FM and Live Everywhere on the iHeartRadio app.

Speaker WSYR\*\* ((00:00:56)) - - We bring you the latest in health and wellness so you can get to the other things that matter. Here is your host, Karl Sterling.

Speaker Sterling\*\* ((00:01:07)) - - All right. Here we are. Welcome, everyone. And thanks for joining me. It's really good to be here. And thank you, Producer Kelsey, for your help.

Speaker Sterling\*\* ((00:01:19)) - - First of all, I'd like to talk about last week. I am so grateful for all the positive response from last week's show. It was fun for me to deliver the information. I've been thinking about that show for a while because, I've been really lucky. Over the past ten years or so. I've been able to travel all over the world many times. To the point where I don't want to go anywhere anymore. Now I can come here and bring world class guests, world class researchers and experts to educate us. They're educating me and I get to pass it on to you because, as I always say, we're here to rewrite the narrative on health care. We're here to, not only increase our life span, but our health span within the lifespan.

Speaker Sterling\*\* ((00:02:24)) - - We want to rewrite that narrative on self-care to manage our own health care. You know that basically illness is incentivized by insurance companies and the medical world. I don't mean that disrespectfully towards anybody. There are a lot of people out there who are not incentivizing, a lot of doctors like Doctor Barry, of course and others as well. Doctor Rotella, my former doctor, love them. They want you to be healthy. We want to declare war on disease, obesity, type two diabetes, cancers, Parkinson's, Alzheimer's, dementia. We can do this through education, which is the cornerstone of change. And I can help you as a practitioner through movement, diet and we know there's a lot more to it than that. We can retrain the body. We can work on retraining the brain. We talked about neuroplasticity. Retraining the brain, get the body moving, build strength so that we can move better, have better mobility, stability, agility, balance.

Speaker Sterling\*\* ((00:03:37)) - - And also, another thing that I've been hearing a whole lot about recently is the social life that we have. So we'll talk about that in just a little bit. Well, last week's show was fun for me. I had nice feedback. We had several people come into the clinic who were new to us. Some of them for pain management and fortunately the people in pain are in less pain now, and a couple of them are in no pain from what I'm hearing. So I'm very happy about that. I asked you last week. Who's going to be in on this? Who's in? I'm going to give you my phone number again. It's 315-935-7488. You call me, you text me. I had 12 messages last week before I left the studio. Nine texts, three phone calls. People who are in, they're in on rewriting the narrative on their own self care, they're in. And this makes me so happy.

Speaker Sterling\*\* ((00:04:43)) - - So let's continue on that theme today. We have scheduled today a special guest, Doctor Ray Dorsey. He's a prominent figure in the field of neurology specializing in Parkinson's disease and other movement disorders from University of Rochester. We are not connected with him yet. I know that our team is working on it. So let's, just wait, hang around and see if he's able to connect with us. That would be wonderful. In any case, a few items. Housekeeping things I want to let you know. Naboso insoles are here and they're in my clinic and we have them \$55 a pair. Come over and pick up a pair, versus \$80 online. If you want to order them from me, pay me over the phone. We can do that. Charge you an extra five bucks for shipping and get it to you anywhere in the United States for that price. A total of \$60, if we ship it out to you. They make a huge difference in the amount of sensory input you are receiving from your feet, because those small nerve endings, as Doctor Emily Splichal said on last month's show, about four weeks ago, I guess something like that.

Speaker Sterling\*\* ((00:05:53)) - - She was telling us we could wake up the nerves on the bottom of our feet, on that skin, that planter skin .A lot of those nerves go dormant but not all of them. The more decades that we wear shoes and socks, we've noticed that our connection between us and the ground is diminished, and in particular, it's the skin on the bottom of our feet, The skin on the bottom of the foot also happens to be the most highly densely populated skin on the entire body, with small nerve, sensory and mechanical receptors. When we wake them up, we get more sensory input to the brain, which allows the brain to immediately calculate

and send out a signal to help you stabilize better. Move better. Improve posture. Stride symmetry. Stride length. Probably your arm swing will get better. You'll move faster. They're amazing. So if you want them, let me know. (315) 935-7488. I want to know who's in, and I want it to fill up my phone with messages from people.

Speaker Sterling\*\* ((00:06:56)) - - Together, we can do this, folks. Together we can help each other. Let's talk about Bio Density for a minute. The Bio Density machine is proving to help people reverse Osteoporosis. Reverse Osteopenia. We have people coming in whose Dexa scans are improving. Dexa scans that show reversing osteoporosis into osteopenia going into more normal bone mass. Healthy bone mass so their fracture risk comes down. Even Doctor Barry was saying the other day, I can't believe this. Six months, 52 sessions, this gentleman has made significant progress and this is the only intervention that has changed for him. All right. I also want to let you know the member site is up and there's a lot of stuff up there right now. In fact I'm looking at it. Go to [Karlsterling.com](http://Karlsterling.com) That's Karl with a K . Go to the members site, type in MARCHFREE as your coupon code, you will have to enter your credit card, but it's not going to charge you because it gives you a 100% discount this month.

Speaker Sterling\*\* ((00:08:11)) - - Otherwise, it's \$10 a month starting April 1st. This is an area where you're going to have a lot of stuff added on a weekly basis. It's called the VIP area. Go in there, get signed up, you're going to have show notes, complete transcripts of these radio shows and then a page or two of highlights of the show. I have a complete Parkinson's course uploaded now. It's the same course that I teach all over the world. Physical therapists, Physiotherapists in Europe, all over the world. Trainers here and all over the world. The same course, same information. Parkinson's disease, education. I have written two books on it. This is what I do at my clinic. I work a lot with people with Parkinson's to help them improve their how their brain is working, and retraining the brain so that we can help you to move better, reduce fall risk, live a better quality of life.

Speaker Sterling\*\* ((00:09:15)) - - You know who gets a break from that? Well, not only the person with Parkinson's, but the caregivers. I don't know what the date

will be. We're going to have a show about caregivers coming up in the very near future. It won't be this month, April for sure. You might want to check out that course. It's free this month. We have a flexibility section. Myofascial release stretching, I have a whole posture playlist and strength exercises. This is going to increase in information and videos today, tomorrow pretty much every day because I've got a ton of stuff to put up there folks. So it's Karlsterling.com That's Karl with the K. All right. Let's move forward. I have been thinking a lot lately because. You know I'm going to be 63. I say it every week, right? I can't believe I got this old, but I feel so good. I've actually never felt better in my entire life. What I look at is longevity.

Speaker Sterling\*\* ((00:10:19)) - - It's really. It's a lifestyle. It's exercise, how you eat and maybe having some gratitude. Sense of community. You know, we have a loneliness epidemic here. We see it all the time. We're going to go out to a break. I want to talk about this longevity thing with you. I want to have you engage in thinking maybe a certain way that might be helpful. So we're going to head out to a break. You're listening to Your Health Matters here on 570 AM We're also on 106.9 FM. We'll be back in a couple of minutes. Thank you.

Speaker Sterling\*\* ((00:11:41)) - - I'm going to start leaning into the Parkinson's information now, because this is what I've been teaching all over the world for many years. And that's what we do at my clinic over there in Doctor Barry's Building Preventive Medicine Associates building in Camillus, NY on West Genesee Street. So, for those who are wondering what the heck do we do? Let's talk about Parkinson's Disease. As far as, what is our most immediate and primary concern for the person living with Parkinson's? Well, I told you that episode one back in January, we're going to deliver some shock factor type of news once in a while because it's the truth. And that I'm always going to be honest with you and tell you the truth. Number one concern is falls.

Speaker Sterling\*\* ((00:12:28)) - - Or falls and injury. So here's a shock factor for you. Number one, cause of mortality or death in the Parkinson's population statistically are complications from a fall. It may not be the fall itself, but it could be like a lot of people, maybe you fall down, you break something, particularly a

hip, a femur. You know, that thighbone, if you will. You go to the hospital and then, something happens. Maybe you have to have surgery, maybe you have rehabilitation, maybe because of other potential health problems. I say this at every workshop because I don't want you to think that somebody with Parkinson's is defined by Parkinson's. Nobody is defined by any diagnosis. I have anti phospholipid syndrome, but I'm not a walking blood clot. And I'm not defined as a blood clot. I have dealt with it and I'm fine. A person with Parkinson's is a person with Parkinson's.

Speaker Sterling\*\* ((00:13:28)) - - But we are also concerned about other things in addition to the falls. So what does this mean. Well maybe they have cancer as well. Maybe they have dementia. Maybe they have some other metabolic problem. Maybe they have diabetes. There are all kinds of things but, we are all people first. So complications from the fall, this is the number one cause of mortality and it's quite frightening. We want to stay out of the faller category. We want what we do here and through the education that I deliver to help you. We know that, Parkinson's disease affects each person uniquely, differently. It's a full body multifunction experience. My goal is to help that person to live a full and active life, to slow disease progression, to reduce fall risk, maybe eliminate falls, positively impact cognition, movement and agility. Quality of life. And to delay disease onset. If somebody is genetically predisposed to, let's say, a gene mutation into Parkinson's, okay, because that can be a factor. If you want to know what it is exactly,

Speaker Sterling\*\* ((00:14:45)) - - The clinical definition is that it's an idiopathic meaning from an unknown origin, progressive neurodegenerative disorder of the central nervous system. In Parkinson's Disease, the brain cells in the area of the brain called the substantia nigra, they are dying. The degeneration of these brain cells causes a reduction in the production of dopamine. Dopamine is a driver, it drives us towards survival, reproduction goals, degrees, finishing a marathon. Anything. Right? Goals. Getting the cup of coffee across the the studio from here, which I got before we started because my dopamine wanted me to go get more coffee, so I did. But it's also a neurotransmitter, right? The dopamine is telling, through your nervous systems, your musculoskeletal system what to do. So a loss

of dopamine results in greater difficulty producing smooth, intentional movements. like moving forward. Besides the fact, it's also a chemical reward, if you will.

Speaker Sterling\*\* ((00:16:03)) - - What can we do? What can we do to manage Parkinson's disease? I have so much information on this. I'm going to pick the two factors I think are probably the most important. Number one, the best way to slow the progression of Parkinson's disease or any brain related disorder, like let's say, a part of the brain is dying like Alzheimer's, dementia, Parkinson's, there are a slew of other movement disorders. Here you've got three cerebral attacks. You got ataxia, you've got stroke, Charcot-Marie-Tooth disease, multiple system atrophy, generalized dystonia, all kinds of things like that. Well, the number one way to slow progression via exercise is cardio. Why is that okay if we get our heart rate up? When we elevate the heart rate, our brain produces what is called, a neural protective chemical, called brain derived neurotrophic factor (BDNF). All right, BDNF for short. It's also known, like kind of a nickname, as Miracle-Gro for the brain.

Speaker Sterling\*\* ((00:17:18)) - - I didn't make this up. I got this from Doctor John Ratey, bestselling author who's going to be on the show in June. Harvard Medical School professor. Brain derived neurotrophic factor (BDNF) is best produced by elevated heart rate via exercise. It helps to keep certain chemicals in the system for longer so there's a better chance of the uptake of chemicals. And let's talk about medications. Medications will be taken into your system faster and have a longer lasting effect. So this is very, very important. Now you have to remember it doesn't mean we're going to stop the disease, but it's very likely that we can slow disease progression and improve quality of life. Now I'm going to tell you that,, about seven years ago when I met Doctor Dale Bredeisen, who was on the show in late January or early February, remember him? Bestselling author of "The End of Alzheimer's". Well, at the luncheon where I met him. He reported, in his books, "The End of Alzheimer's" and the Bredeisen Protocol.

Speaker Sterling\*\* ((00:18:26)) - - And then, there's another one called "The First Survivors of Alzheimer's". He reports in the second and third book that people. There are people with Alzheimer's who through exercise, cardio, elevated heart rate

through the production of this Miracle-Gro for the brain called brain derived neurotrophic factor (BDNF). They showed months after, I think is six months is one of the studies, they have shown reversal of Alzheimer's. You heard him say this on the show. Okay, that's just one factor. He also has the Bredesen Protocol, which Doctor Barry is the only practitioner in the area who does that. You can contact Dr Barry if you have questions about this protocol. Getting that heart rate up there is going to produce brain derived neurotrophic factor. Again, it's going to circulate around the brain. It is going to attach to brain cells. It's going to help those brain cells to live longer. So cellular functionality, cellular lifespan, cellular integrity. It's all going to get better because of BDNF. If somebody is predisposed to something like Alzheimer's, dementia, Parkinson's.

Speaker Sterling\*\* ((00:19:35)) - - We're looking at the potential delay of onset or maybe no onset, right? So we have noticed in our clinic, when people do cardio, the immediate benefits include better cognition, better reaction time. This has to do with neurochemicals in the brain. You get blood and oxygen going into the brain. And with these neurochemicals you've got a winning combination. All right, so we're heading out for another break. So this is the first step for any of us to improve brain health. Do you know that Doctor John Ratey says the part of the body that benefits the most from exercise is the brain? Isn't that something, folks? My name is Karl Sterling. I am absolutely honored and pleased to be your host here on Your Health Matters on News Radio 570. We're also available on 106.9 FM. Will be back in a couple of minutes.

Speaker Sterling\*\* ((00:20:56)) - - Remember, of the two things that I'm going over today, which I consider to be the most game changing for helping to manage disease, Parkinson's disease symptoms. Get that heart rate up. You know what. We're going to do an exercise right now. Remember last week we did it. We're going to do it right now. And here's what it is. I'm going to do it with you, so I might sound like I'm away from the mic. I might be away from the mic a tiny bit, but let's go. We're going to do this whether you're seated or standing, we're going to do 30 seconds. I want you to do shadowboxing. That means you punch. You're not punching anyone or anything, just punch in the air. 30 seconds. Notice, though, before we start, notice your heart rate right now.

Speaker Sterling\*\* ((00:21:38)) - - Notice your respiratory rate. Okay. Take that into consideration. If you don't think you should do this for any reason, please don't. Otherwise. Are you ready? Punching and go. 30 seconds. So we're punching. All right. Well, I'm punching two, and I'm trying to talk at the same time. All right, you're halfway there. Over halfway. 12 seconds to go. Right. Keep going. Punch! Hard. Punch, punch, punch! I want people in. Are you in on this? Are you in on this? We're almost there. Okay, we're almost there. Two, one. Done. I should have had you go a full minute. Is your heart rate any higher now? My watch says I went from a heartrate of 60 something. Up to 80 something.

Speaker Sterling\*\* ((00:22:33)) - - Is yours higher as your respiratory rate just a little higher. Guess what, folks? You don't even have to stand up to do cardio. I'm being serious with you. So get that heart rate up. BDNF is produced. That's going to help you in so many ways with brain health. Remember, if you're in, text me. I want to hear about this. I want to do this together with people. Get on my website Karlsterling.com. That's Karl with a K and search around. Go to the radio show tab. We have a community. There is a Facebook community. You can get on there. And we can help to encourage each other, support each other and motivate each other and hold each other accountable. All right. I want to talk about a product we really like. It's called "Play On". I talked about it last week. You just spray on and play on. We have it in my clinic now. You can buy it from us and I'll give you the instructions to buy online if you decide to do it that way.

Speaker Sterling\*\* ((00:23:34)) - - You spray it on. No need to rub in, no mess, no fuss. Play On, stays on without even knowing that it's there, which reflects the science behind its effectiveness. It creates an important and imperceptible film on the skin, allowing the active ingredients to penetrate the skin cell barrier, making it longer lasting. This is because of the ingredients that makes it a longer lasting effect. The way it penetrates the skin cell barrier, it delivers anti-inflammatory results which will last over time, we love it. So far we've had complete success with this and longer lasting pain relief. You know, many people have utilized ibuprofen for aches and pains it certainly can be effective for some of those, let's say, deeper problems. People are turning to Play On because it's all natural. No chemicals, no pharma, no drugs, and it does not have the negative effects of, let's say, a drug like ibuprofen or acetaminophen and things like that.



Speaker Sterling\*\* ((00:24:48)) - - It's a clean, natural and effective way to reduce pain from inflammation by targeting the painful area rather than having to medicate the entire body. That's probably my favorite thing about it. Besides the fact that it works and we're targeting the painful area and that's it. It can be safely used on knees, ankles, back, neck, shoulders and other area where there is pain. The founders,, Jordan and Ava, are a mother and son team. They're the ones behind this. They've created this amazing product. They are relentless about it being all natural and highly effective, which it is. I speak firsthand on that. They're very passionate about helping people in every aspect of what they do. Okay PlayOnRelief.com just how it sounds. All one word playonrelief.com. You can get 15% off if you enter the discount code STERLING15 All right. I'm going to start talking about some other things right now. Parkinson's. Let's go back to number two. The number two most important thing we can do. Plus, it's just good to do anyways. I'm not just talking Parkinson's.

Speaker Sterling\*\* ((00:25:53)) - - I'm talking to anybody and everybody. All right, let's think about the brain and neural circuitry. If you've had maybe a traumatic brain injury, a stroke, Parkinson's, Alzheimer's, dementia, any kind of other brain related or neurological issue like that. We know that brain circuitry can be compromised. When a neural circuit is compromised, other circuits can be developed by the brain because the brain can change itself. We can retrain the brain to improve movement and reduce falls. For example, in Parkinson's disease, we know this is substantia nigra, which is a heavy dopamine production center that's not producing as much as it used to. It's still functioning. You know, that's also a very primal movement control center in the brain. The cerebellum is a movement control center, too. There is substantial outsourcing to cerebellum and the front area to develop them as new movement control centers. Basically, the short version of this talking about neuroplasticity is that this is the brain's ability to reorganize and create new neural pathways to adapt as it needs.

Speaker Sterling\*\* ((00:27:13)) - - You've just got to practice what it is you want to get good at. Maybe it's not falling. Maybe it's staying upright more safely. Let's say move more efficiently to improve your balance, which is probably going to involve some strength gains. You might want to work on strength because you need

muscle mass to have strength and balance. But that's it. Neuroplasticity. Plasticity is simple. It doesn't mean it's easy, though. None of this stuff necessarily is easy. It's unique to humans. It's kind of interesting because you know, animals too, they learn things. You know, you get some pretty smart animals out there, but the brain will customize itself to its experience and the unique part to humans, if I can clarify better. We can direct our thoughts. We can actually intentionally go out and learn a new skill. We can plan things. We can plan trips, plan events, plan this plan that we can create goals, right? This is unique to humans.

Speaker Sterling\*\* ((00:28:21)) - - It's amazing. We can learn how to let's say, oh, Kelsey our producer and I were speaking in Spanish. We both write about espanol. Si si espanol. Well, yo mucho gusto habla espanol. I like to speak Spanish, I like it, I learned it, I'm pretty good at it. I'm not fluent, but I'm close. Well, I practice, practice, practice, practice to create the neural firing patterns, to help me to develop that skill. Of course, the more you practice, the better you're going to get at it. This is what we're doing. We're retraining the brain. All right. Frequent and repetitive training will help develop these new neural pathways. Because neurons that fire together, wire together. That's Carla Shatz, she's at Stanford University, she's amazing.

Speaker Sterling\*\* ((00:29:26)) - - So when we do frequent and repetitive training, we will be able to develop these skills or abilities because of the new synaptic firing patterns between neurons that are connected, connected right through regular training, these neural firing patterns are reinforced. The more solid these connections between neurons become, the better we can perform these skills. It's also known as remodeling. So before we head out in about a minute for a break, let's talk about maximizing neuroplasticity potential. Children and young adults are highly neuroplastic. Exposure alone can prompt the creation of new neural circuitry. The brain will customize itself based on experiences. I have four grandchildren, three years and under all of them. Right. They're learning things very, very quickly. However, adults are less plastic, age 25 and over, statistically find that a focused effort is required to create new neural circuitry. It's called self-directed directed adaptive plasticity. We need to choose to direct the changes in our brain. This is done through a two step process, which we're going to talk about

when we get back, because it's going to take me more than half a minute to talk about that.

Speaker Sterling\*\* ((00:30:41)) - - You are listening to Your Health Matters here on News Radio 570. We're also on 106.9 FM. Remember, I want to know if you're in folks. 315-935-7488 text me, call me. Tell me, are you in? We're going to do this together? We'll be back in a couple of minutes. Thank you.

Speaker Sterling\*\* ((00:31:38)) - - Okay PlayOnRelief.com just how it sounds. All one word playonrelief.com. You can get 15% off if you enter the discount code STERLING15

Speaker Sterling\*\* ((00:31:49)) - - That's my last name. STERLING15 is your coupon code to save 15%, Playonrelief.com Hey, while we're at it, let's talk about the personal training situation. We're going to need more of these people. There's only one place that I recommend the most, the Brookbush Institute of Human Movement Science. I've known him for a very long time. I shadowed him for a couple of years. I worked for him for four years. I wish I still could. I just don't have time. We traveled all over the world together teaching. Online, for \$20 per month. You can get a personal trainer certification. It's going to be the best one you ever get, I promise. You know why, I taught his information I know the other stuff.

Speaker Sterling\*\* ((00:32:59)) - - His education is the best. Go to my website, Karlsterling.com Go to the radio tab, go down to our sponsors. Click on Brookbush Institute. Check it out. If you are already a trainer or your physical therapist, you can get continuing education credits or units to go towards the renewal of your license in many states for physios and the renewal of your personal training certification for personal trainers. All right, Brookbush Institute, best place to go. We have a slew of the population coming at us in the next couple of decades with all kinds of health problems. Very sad to report this, but it's true. There's no way around it, but we can help these people to live a better quality of life. Like I said a couple of weeks ago, I'm going to be hiring somebody this year. I'm not ready yet.

Don't call me yet. I'm not ready. But I need somebody and I want them to go through Brookbush Institute.

Speaker Sterling\*\* ((00:34:01)) - - That's where I want people to be trained. Okay, let's go back to part two of this neuroplasticity thing. Okay. Babies, young adults, up to approximately, let's say age 25 or so, they are going to be plastic, if you will. They're going to learn by mere exposure alone. We need to direct ourselves differently, as adults over age 25. We need to do two step process, extreme focus, or chunking things together. Let's say short bouts of extreme focus and deliberate effort. This is going to vary from person to person as far as you know, day to day, especially if you're living with Parkinson's, how you're feeling, how your medications are working, what your energy is like. Did you sleep okay, how's your digestive system working? How's your energy level? How do you feel? Because every day can be different. Every hour can be different.

Speaker Sterling\*\* ((00:35:07)) - - This extreme focus is going to be paramount. If you look at the data from John Ratey, from Harvard, you look at Huberman Lab, we know that during this cognitive effort, there's noradrenaline released during these periods of focus. This may cause strain and discomfort during the effort. Sometimes, we have people on the Smart Fit board where we use all kinds of cognitive and reactive types of games. Instead of a one minute round or two, or do maybe a three, because I want them to be really fatigued for a minute or so, not so they get discouraged, but so that they have that feeling, because I want that noradrenaline produced by their brain. At the same time that noradrenaline is being produced, we have acetylcholine is being released at the point where the synapses are involved of what's being learned during this learning event.

Speaker Sterling\*\* ((00:36:13)) - - The acetylcholine marks the neurons for strengthening. This is step one. This is what's happening during step one. If you get really fatigued okay. Don't worry if you do stuff wrong. If you don't get a high score, it doesn't really matter. What matters is that you're attaching a reward to the effort and realize that these brain chemicals, these neurochemicals are so good for you, so good for the development of neural pathways. That's step one. Hyper focus. Step two is sleep. Meditation. Sleep like state. These new neural pathways and

circuitry are formed and strengthened during sleep. All right. So with that said. I'm done talking about Parkinson's today, I need to move forward here. We have so much else we can talk about. But I want to get into another thing here.

Speaker Sterling\*\* ((00:37:29)) - - I was watching a documentary four part series called "Living to 100. Blue zones" on Netflix. You probably heard of it. I'm not going to say it's the end all be all documentary, but I want to tell you that the evidence is very compelling about a lot of things that they talked about. First of all. There's a loneliness epidemic, sad to report that. We've had a couple people come in the past weeks, whose husbands have passed away in the past a week or a month or two.. We have a lot of people who come in who've lost a spouse. Some have lost children, some have lost children and a spouse. One of the things I want to say, is we've created a community at my clinic and I think anyone listening who comes to Neuro Motor Training in Camillus, NY realizes we're here for them.

Speaker Sterling\*\* ((00:38:44)) - - We care. We will open our arms to you to come, and literally, we will welcome you. There's so much to give to other people. Did you know that so many people are lonely and what happens is the quality of the life goes down, their health diminishes, they lose hope. If, they don't have a reason to get up in the morning. Well, it ain't so good, is it? I know why I get up in the morning. I serve other people, my family and other people. When you know or find a way where you're going in life, it's going to help you a lot. Maybe volunteering, maybe reaching out to somebody, maybe making a phone call could be helpful. Take some flowers to somebody, deliver a gift, maybe a note or even a text sometimes. And focusing on somebody else other than yourself. I used to be real self-centered, you know? I can't do that anymore. That's ridiculous. So if you know somebody cares about you, you know you're going to live longer.

Speaker Sterling\*\* ((00:39:47)) - - Longevity is exercise and community and a lot of things. We've got to head out, folks. It's that time Karlsterling.com Come back next week. We'll see you next week. Thanks for listening. Have a great day.

Speaker WSYR\*\* ((00:39:59)) - - The preceding was a great program by Karl Sterling. The content of this show is that of Karl Sterling and doesn't represent the views of the station or iHeartMedia. Some of the information contained to this program has not been approved by the FDA, nor is it intended to diagnose, prevent, treat, or cure any diseases. Information has been for general information only, and before considering anything discussed, you should contact your doctor or primary care physician.

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