

3/3/24 YOUR HEALTH MATTERS:

Episode #7: bioDensity Successes / The Psychology of Exercise & Longevity

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

Speaker WSYR** ((00:00:29)) - - Your Health Matters with Karl Sterling on News Radio 570 AM on 106.9 FM and Live Everywhere on the iHeartRadio app.

Speaker WSYR** ((00:00:45)) - - 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** ((00:01:00)) - - All right. Welcome, everybody. Thanks very much for tuning in. And we're back again for another broadcast. Episode seven for me of Your Health Matters right here on News Radio 570.

Speaker Sterling** ((00:01:13)) - - We're also on 106.9 FM. My name is Karl Sterling. I am always so happy and grateful and thrilled to be your host as we explore the journey towards a longer, healthier life together. Okay, I've got some bad news and good news. The bad news is Doctor Wahls could not make it today. I'm very, very sorry she had to cancel because of something happening. She's based in the United Kingdom. Not that that matters, she and I have coordinated that and we're going to pre-record an episode and air it in a few weeks, probably by mid-April. I'd say it's a very safe bet. So she will be on the show. It will happen. I'm sorry. It's not today, but we have a lot of things to talk about today. In fact, today I've been thinking about today a lot what to fill in with. I've got a lot of stuff to talk about. I'm going to be putting myself on the line with a public commitment to certain things.

Speaker Sterling** ((00:02:17)) - - I'm hoping you'll join me. First, I want to talk to talk about Steve Abbey from last week. Thank you Steve Abbey of SOS Nutrients. We had a lot of nice feedback from that show. It's a product that I use. I love it. The thing about it is when your body gets the nutrients it needs, you're generally not as hungry as you would have been. So let's say, your body is saying, hey, I'm hungry. It could be that it just needs certain nutrients that it's not getting. So you eat whatever.

Maybe it's some Doritos or maybe it's not something optimal. Let's put it that way. So you're full for a second? Sorta right? Half an hour later, 20 minutes later, hour later, you're hungry again. You're actually not hungry. Your stomach's probably not hungry, but your body is because it wants the nutrients.

Speaker Sterling** ((00:03:13)) - - This is what I love about SOS Nutrients. Besides the fact that it's whole food, completely organic and no synthetics. And if you listen to last week's episode, which is on my website, we'll talk about that in a minute. You'll hear about the manufacturing process for those synthetic nutrients. This stuff is not good. You're going to be hungry if you're not getting the nutrients you need. But with SOS Nutrients, you will get the nutrients your body needs. Go to my website Karlsterling.com. One thing I want to mention here, apparently a couple people had trouble ordering. They got into a subscription order. I can tell you firsthand there are options. All right, so just read carefully, select carefully, and then you get 15% discount if you use the following promo code in the promo box or coupon box, it's SOS15%.

Speaker Sterling** ((00:04:22)) - - That's Karlsterling.com. Go to the radio show tab. Look at our sponsors and the code is right there. Next week we have University of Rochester bestselling author neurologist and a real gentleman. He's just a wonderful human being who's helping people with Parkinson's. Doctor Ray Dorsey, he's going to join us. He's the author of a best selling book called, "Ending Parkinson's". Two weeks from today, we have two special guests, Doctor Michael Joyner from the Mayo Clinic going to be talking about the benefits of exercise in reference to longevity, benefits of a good VO2 Max score. Additionally, my son, I'm going to brag for a minute. Yes, I am Nick Sterling, MD, PhD, athlete and, just a really great guy. He's really smart. And he is in the camp where Doctor Barry is and where I am mentally, philosophically about nutrition, health, longevity, thinking outside the box.

Speaker Sterling** ((00:05:35)) - - That's going to be a wonderful show. I'm pretty much going to moderate while the two of them talk. We have some updates at my clinic, The Neuromotor Training Clinic, which is in the same building in Camillus, NY, as Doctor Barry's office. We have the Bio Density machine, which is designed to help reverse osteoporosis and osteopenia. It also helps you to gain muscle mass and gain strength. Well guess what? We had another person come in on Friday with a new Dexa Scan. He is now almost completely out of osteoporosis and somewhat into osteopenia. What this means is his bone tissue. His bone mass is increasing. His bone density is increasing. He is reversing osteoporosis. And he's also gaining muscle mass because his clothes are fitting different. I'm really proud of him for the hard work he does.

Speaker Sterling** ((00:06:44)) - - He came in for his 53rd session the other day or 54th, and this is in a six month period. We don't get osteoporosis or osteopenia overnight. We're not going to reverse it overnight. But I'm going to tell you something. He went from a high fracture risk to a slightly elevated fracture risk. Even Doctor Barry's like this is significant improvement. This is significant

improvement in bone mass bone density and strength. So if you're dealing with osteoporosis, I hope you'll consider looking us up. Or you know, give me a call. Text me. (315) 935-7488. It's on my website Karlsterling.com Text or call, I'll get back to you within a day. It takes ten minutes, maybe 15 at the longest, to complete a session on the Bio Density machine. You're going to be building muscle in a way that you can't do at any other place, because nobody has this machine around here. You're going to be triggering the production of soft bone, trabecular bone tissue.

Speaker Sterling** ((00:07:58)) - - By doing this machine, you can very likely, reverse your osteoporosis or at least slow it down, maybe just stop it. For the price of about two massages per month, you can come in and do this. That's all it takes. That's all the investment it takes to do this. We're talking 15 minute session max. Probably ten minutes. All right. So we're going to go into longevity and health span what we can do together to rewrite the narrative on self-care and health care, including the psychology of getting started towards improving your health and your fitness. Why do we start? More importantly, why do we quit? We'll talk about investing in yourself. If we have time, I'll get into the benefits of vibration therapy. As well as talk, about benefits of neuroplasticity. On my website I have created a members section. It's going to be \$10 a month starting April 1st, but it's free if you sign up this month, go to Karlsterling.com.

Speaker Sterling** ((00:09:02)) - - Go to the, VIP Access. Click on sign up. Yes, you have to put in your credit card number, but if you do the March free coupon code that is MARCHFREE all one word, you will get this for free this month. Then for ten bucks a month, you're going to get so much information, new information is going up every single day including later today. This is a community. It's a place to learn. It's a place to find out stuff that I don't have time to talk about here and you're not going to find it anywhere else. So, with that said, it's almost time for the first break. When we come back, I want you to have a chair. I want you to have maybe a couple of bottles of water or a couple cans of soup or something that you can use for lightweights, because we are going to get involved in a little bit of movement today.

Speaker Sterling** ((00:10:02)) - - I implore you to actually do this with me. I know a lot of you won't, but there are some who will. We're going to show you how simple it is to get moving, how simple it is to build muscle. It's not complicated, okay? It won't even be that difficult. And you're going to feel better at the end. All right, folks, so we'll be back in a couple of minutes and we're going to get started. Thanks for tuning in.

Speaker Sterling** ((00:10:55)) - - Okay. We're back. I want to talk today, about just getting started and maximizing your potential. Because we must invest in ourselves, right? Who else is going to do for it? Do it for us. Nobody. We have to do it ourselves if we want to live a long and healthy life.

Speaker Sterling** ((00:11:12)) - - Your insurance is tied to your illnesses, not your health. Only you can invest in yourself. All right, think about your state of health now versus in the 1970s. Now, I'm going to tell you something right now. First of all, when I say this, when I come out with some of these words today, you might not want to hear it. I want you to listen closely because I can tell you firsthand I was obese, I was overweight. This is going back 15, 16 years when I was weighing in the high two hundreds. When I look at those photos, I just can't even believe how I looked. I wasn't really healthy. I had a lecture from my doctor. Doctor Pinkes, he was really good to me, and he helped me, but I did the work. The state of health now versus, let's say, the 1970s. Think about this. I'm 63, almost.

Speaker Sterling** ((00:12:08)) - - There were hardly any people out there who were obese. Very few cases of type two diabetes. Things have changed. Food supply has changed. We don't have to move as much as we used to. You know, I can order something on my on my phone, and it just shows up at my house or my work. I can order food. It's delivered to me. I don't have to go anywhere and do anything if I don't want to. So we really have to cultivate our own health and invest in ourselves. We have more cognitive decline in Alzheimer's and cancers and PD and heart issues and metabolic issues happening now than ever in history. But, we also have the potential within ourselves if we choose to dig in and get started so that our future self can thank us for what we're doing now. One question I ask is, what you're doing now, what you're eating now, is it helping or hindering you? Hey, by the way, I struggle with this. You know, I really love potato chips, so I eat them, but I'm trying not to pig out them on them because it's not good for me.

Speaker Sterling** ((00:13:10)) - - My future self won't be thanking me if I eat a bag of chips every day. You know, a handful every day. I'm trying to stay with that, but I do eat some every day. That's like my downfall. All right. It use to be booze. Well, it's not that anymore, because that's going to kill me real slowly and all my brain cells too. I don't do that anymore. I just put down the bottle, and that was it. All right, so I invite you to commit along with me. Because I'm committing to you that I'm going to dig deep. I'm going to do the work. I'm going to discover my true potential because I'm not doing it yet. And I want you to dig deep and discover your true potential. All right. We're going to do it relative to health. Because there are other areas of life to do this too. Health is my thing. It's what I help people with.

Speaker Sterling** ((00:14:01)) - - So I invite you to please do this with me because together we can change ourselves. We can change society. If we become healthier, we have a healthier society. This is going to have a great ripple effect down the road. Okay, so. Think about your health span, your quality of life span, your athletic life span, your happy span, how how long can you be happy? For some of us, it's all of our life. For some of it's it's not all of our life, you know? Life is full of things that happen. But we're going to talk more about that in a minute. But together we can change the narrative on self-care and health care. Together, we can create a new mindset towards what it is to be healthy, happy, and live a long and healthy life. So I implore you to commit to this with me. In fact, I'm so serious about this that I want you and I am serious. Serious about this.

Speaker Sterling** ((00:15:04)) - - To text or call me if you're in on this deal. If you're in, I want you to fill up my phone with text messages. If you need me to respond, I will. Probably won't be today because I'm going to take the rest of the day off. But if you're in, you text or you call me (315) 935-7488 and just say I'm in because then I'll know I'm reaching somebody. I don't know if I have two listeners or 22 or, you know, 100, I don't know, I got 3000. I don't know what it is. We'll support each other, we'll encourage each other, and we'll help each other to dig deep and discover our greatness. So are you in? (315) 935-7488. Also, if you're in, how about you consider joining my Your Health Matters radio show group on Facebook? The link is on my website, go to the radio tab. I think it's there. I say somewhere on my website, if you're not on Facebook, go to my website and sign up for the newsletter and the email list.

Speaker Sterling** ((00:16:08)) - - Okay, now I know that a lot of you won't do this or you don't think you need to do this. Or maybe you just think it's stupid. Or maybe you're miserable because you're sick of people talking like this. People generally don't like, you know, I don't like the word hate because it's a very strong word and I try not to use it. But there are people who actually hate this kind of talk. So let's just say people generally don't like the kind of talk that I'm going to be talking, but I'm not looking for those people to join me. I'm looking for those who are ready to actually commit and not drop off. We all want to be loved. We want to be cared for and appreciated. For some of us, it acts like some type of a poison, it eats away at us like some type of a cancer. So. Let's help each other, you know. Let's help each other. Some of you of you may feel fearful of committing to anything.

Speaker Sterling** ((00:17:05)) - - Why, I don't know. For some people I know it's fear of failure. Well, we're here to help you succeed. I am here to help you succeed. Fear of what others might say. They might think you're crazy. They might think you're nuts. They'll disapprove. They'll tell you, oh, it won't work. Well, if you don't work, it won't work. But if you work at it, you've arrived. You're in a different place than they are. There's nothing wrong with them. There's also nothing wrong with you if you don't do it. But I know there are a lot of people listening who do want to get to the next level, but it's hard. Trust me, I struggle with this still on a daily basis. So let's help each other, all right? Because you know, haters are going to hate.

Speaker Sterling** ((00:17:55)) - - I don't want you to poison your mind with outside talk. You need to do this for you. And much like one of my heroes, David Goggins, says you just have to stay hard. You get that hard shelf, you got to do your thing. The phone's ringing right now. It looks like somebody's going to say yes. I'm so happy. I have a motto, and I mean this respectfully. If I'm not hurting anyone, I'm living with integrity and I'm doing what I know is right for me. What other people think of me is none of my business. I don't care. But I'm not going to go around treating people poorly. It's not like I'm going to just do bad things and hurt people. No, I'm investing in me in my

future. Because if I do that, I can be better for others. I live a life of serving others. I didn't use to do that.

Speaker Sterling** ((00:18:49)) - - I was very self-centered for a long time. I'm not like that anymore. Folks, you know what I aspire to every day is to serve others and do a better job at doing it every day. It ain't about me. It's about we. I don't know who said that, and I did not make it up, but I think it might have been Muhammad Ali. It ain't the me show. It's the we show. Okay, there's a big difference between self serving and becoming a better person so you can serve others better. For most of you, you have no idea how great you really are because you're using minimal amounts of what you have. This includes me. I'm with you. But you have the ability to dig deep and discover how great you are. But most people, they're not going to do it. They keep looking outside of themselves for some magic answer a pill, a fad diet, a supplement, and maybe going to another seminar to get motivated. Oh my gosh, that was so me.

Speaker Sterling** ((00:19:54)) - - How many seminars did I go to over the years? Dozens. You get all motivated, but there's a big difference between motivation. It can be great. But it isn't going to get you anywhere without discipline. Because discipline is what allows you to discover your greatness. I've been to a million seminars looking for answers. The answer was within me and I didn't even know it. But now I do. So we extract the answers and our own greatness from ourselves. I mean, that's how I feel. And only you can do this, but we can help each other because no pill, diet, fed or seminar is the magic answer. So, I'm looking at commitment and discipline as being the answers, right? In fact, I'll even venture to say that most people didn't make this one up either. I took this from Bob Proctor. Look him up. He was a cool guy. He passed away two years ago. Most people tiptoe through life hoping to get safely to death.

Speaker Sterling** ((00:21:02)) - - Yeah, I know right. Most people tiptoe through life hoping to get safely to death. And yes, I was one of those people. I was tiptoeing, walking on eggshells, didn't want to offend anybody, was afraid of what people would say to me when I start doing something, you know what? I got to look into the future. We need to look into the future because it's going to get here. Oh my gosh, I said it last week. I'm seeing it this week. I'm going to be 63. How did that happen? When I was 30, I figured I'd never get this old because it was so far away. Well, here I am and I don't want to be. I do not want to be. And you don't want to be lying in your bed when you're 70, 80, 90 and be mad because you didn't find your willpower. You know, maybe 75% of you is still stuck inside you because you never dug it out. Well, I bet you like

Speaker Sterling** ((00:21:52)) - - at least 75% of me is stuck in me because I haven't dug it out yet. But. I'm going to dig it out. So I don't want to be mad and think down the road I should have. I coulda, but I didn't do it. I can't afford this to happen to me and to my family. All right, we're going to head out for a break. You're listening to Your Health Matters. My name is Karl Sterling. This is News Radio 570 AM and also available on 106.9 FM. Get those water bottles because we are going to use

them and get a chair because we're going to use it. We'll be back in just a few minutes. All right, folks, we're back. We're going to talk about two items here that are game changers for your you know, how you feel okay. First one is for those who are listening during the Doctor Emily Splichal episode on February 11th. I think it's like three weeks ago now.

Speaker Sterling** ((00:23:03)) - - Naboso insoles are here and they're in my clinic. These are a special textured insole. We put them in your shoes. It's going to wake up those sleepy nerves in the bottom of your feet. It's going to give you more sensory input to your brain through your nervous systems. Peripheral and central is going to cause your brain to send out an immediate response, a better response, a more optimal response to the you stabilize better. I have used these for many, many years. I did a nine person little pilot data study in San Luis Potosi, Mexico. I can put that on my website and you'll see about it. But bottom line is we have verified results. There's a lot of research behind these things. The people in Mexico, there were nine. None of them have had a sense of smell. Most of them weren't walking too well. They all had Parkinson's Disease. I did this in the first week of July, six years ago, and by December, all nine people had their sense of smell back.

Speaker Sterling** ((00:24:09)) - - You know why? Because they were moving. Because they were able to move better. Some of them started running. They hadn't run in like a decade or, you know, 15 years, 17 years from one lady. Another lady, who's a PhD, went back to work at the university to teach her chemistry classes. She's able to walk around now, walk carrying a hot cup of coffee and doesn't have to worry about spilling it on her. These are game changers. The Naboso insoles are \$55 per pair. Yep. Sounds like a lot. But guess what? They're going to last you at least a year, and they're going to help you in ways you cannot imagine. These are not typical orthotics. They're not orthotics. They are insoles with a texture to stimulate your sensory input. And you're going to pay \$80 online. You pay \$55 through me at my clinic. We also have another product here that I been recently introduced to called Play on Relief. This is a spray on pain relief that is like nothing else I've ever experienced before.

Speaker Sterling** ((00:25:08)) - - So Play on Relief is all organic. There's no chemicals. There's no pharma. There's no drugs. This is a natural ingredients that cannot hurt you. It will help you. All right, so we have this in my clinic now, and you can buy bottles from me. You can also go to Playonrelief.com just how it sounds. Playonrelief.com. If you enter the coupon code STERLING15 at checkout, you're going to see 15% off this stuff. Every single person I've used it on except for one. And it was a weird, strange nerve situation that he has post-surgery. But out of probably 20 or so other people, they got instant relief and it last a lot longer than a lot of the other stuff that has the chemicals in it. This doesn't have the chemicals. So definitely go there. Check that out. Playonrelief.com STERLING15 is your discount code to save 15%. Now here's what I want you to do I want you to stand up.

Speaker Sterling** ((00:26:18)) - - All right I'm standing. I'm standing and while I talk, I want you to be sitting back down in your chair and then standing up again. So let's do it together. Let's start off. Let's sit down. I want you to sit slowly, don't hurt yourself, all right? If you need to use the arms of the chair, you need assistance. You need to walk or whatever it is. Don't hurt yourself. Do what you can, not what you can't. Sit slowly for me to take about four seconds to go down. Ready? Go! One, two. Three, four. Drop if you need to. Now stand up. Do it again. Down one, two, three four. Go. I want you to do 12 of these for me. If you can, do what you can, not what you can't. And we'll get to the next exercise in a minute. Keep doing this while I talk.

Speaker Sterling** ((00:27:15)) - - Commitment and consistency are going to be the key. Are you still squatting? Come on, keep going. I want you to work those legs. You need those legs. So without commitment, you'll never start. Without consistency. You'll never finish. If you fall down seven times, you got to get up eight times. I use this for my own,, motivation to get me started sometimes is I have people who can barely walk. Who had a hard time getting their bodies into my clinic. One of them came in yesterday.

Speaker Sterling** ((00:28:10)) - - A very dear friend. He has PMS, which, when Doctor Wahls is on, she will talk about it because she has it too. Well, he was exhausted, but he comes in and he does the work 2 or 3 times a week for four years. Guess what? There's a reason he's still moving. It's because he does the work. There's a lot of people who come in, they can barely get in sometimes, but they're there and they show up. I look at myself and I say, you can walk, no problem, Karl, but you don't feel like doing something, well, shame on me. Shame on you. Shame on me. I have other stories I can tell you, but I have too much other stuff to talk about it. Ease is a greater threat to progress than hardship. Don't look for the easy way out. Hardship makes us who we really are, and it shows us what we're made of, right? I also have people, and I'm sorry if you're listening,

Speaker Sterling** ((00:29:15)) - - and I trigger anything bad in you. I don't mean to do that, but this is a fact of life. I have people who have lost children and spouses and all their siblings, and maybe lost their parents at a very, very young age. They've lived lives of extreme challenge and difficulty, and they're doing the work and they're coming in. So I have to ask you this respectfully. What is your excuse? All right. Let's do this. I want to start today by creating one good day. By the way, if you're done squatting, let's go to the next exercise. I want you to take those water bottles or soup cans or whatever you have in your hands. I want you to put them down by your side.

Speaker Sterling** ((00:30:13)) - - We're going to use those to help us create a good day. All right, I want you to put your hands down by your sides. Stand up. Sit down. Take those cans or bottles, lift your arms straight out to the sides, lock your elbows, lock the arms out. Bring your hands up to shoulder height if you can. If it hurts, just go as high as you can. Don't hurt yourself. Come down slow. All right. Again. Up. Good, good, good. All right. Down, down. Slow slow. Three four seconds down. You keep doing that. Stop when you need to. Shoot for 12, 15. I don't care what it is. Just do it.

Let's commit by having one good day right now together. So I invite you to create a good day. So for most of us really, when it comes down to it, it's a choice.

Speaker Sterling** ((00:31:02)) - - You know I look at the weather. Oh, Bob Lounsbury, I got to tell you, I really like that guy. Especially today. The gratitude portion. I mean, that was beautiful today. Thank you. Bob. Hope to meet you one day. But he also said something the other day and I used to be like this. Oh, man, winters here, no sun. And I feel sad. I got like sad sun. Seasonal Affective Disorder. I'm not trying to knock that. But you know what? I live here. I choose to live here. I'm going to make it a good day. So let's have a good day and then have another one tomorrow and build momentum together. We're going to come back and talk more about this in a few a couple of minutes. Thanks for tuning in to Your Health Matters. News Radio 570. We'll be back shortly.

Speaker Sterling** ((00:32:19)) - - So apparently I have at least nine listeners because I got one phone call and eight text messages and people are in. This is so exciting. All right. So we're going to create a good day okay. Bob Lounsbury, you know, I listened to his show a lot when I have time. And he was saying the other day that he has adjusted to just make it a good day. Like the weather. I don't let the weather bother me anymore. I used to though, it was like, oh my gosh, winter's coming and it's going to be five months of depression and I would get that way. But what am I going to do about it? You know? Once in a while I travel during the winter, maybe vacation for a few days somewhere south, or I go to Mexico and teach.

Speaker Sterling** ((00:33:03)) - - But still, I've got the rest of the winter here, right? But don't get bothered by that anymore. I can't get bothered by that because there's nothing I can do about the weather except move. And I'm not going to do that. I love it here. There are a lot of things in life that we can get caught up in and we can't do anything about. But there are things we can do. I want to give you something to think about here. But before we think about anything, I want you to stand up now, okay? We're going to stand up again, and you're going to have the bottles in your hand this time. I want you to stand up and put your arms out to the side, okay? Oh, no. Front, front. Let's do front raises. When you did lateral raises out to the side, you're working on your medial or middle deltoid shoulder right. So let's do anterior. So now you're going to start with your hands right in front of you standing up.

Speaker Sterling** ((00:33:58)) - - And as you sit down I want you to bring your arms down to your lap with those water bottles or the soup cans. Stand up, arms up, hands at shoulder height. They don't need and they shouldn't be above shoulder height. And if you can't get to shoulder height, do what you can. We don't want anyone getting hurt, all right? Stand up. Arms out in front. Sit down. Bring them down. See? You can exercise at home. You don't even need weights. You already have them. Cans of soup, peas, bottles of water. All right, so let's think about this while you do that and just do what you can do. I want you to do it until you feel it and then stop and take a break. We'll do

another exercise before we're out. One bad day, one day with no exercise. One day slacking won't break you. One bad meal, one cigarette, one drink, one piece of cake won't kill you.

Speaker Sterling** ((00:34:55)) - - On the other hand, for those who eat poorly, drink a lot, smoke, and don't ever exercise well. One healthy meal, one workout. They're not going to make you healthy either. Lifestyle determines your health, and your health spans your quality of life. So you may not like a lot of what you need to do, but, let's start by embracing what it is that we don't like. You have to embrace the the blank. There are a lot of words you can put in there. The challenges. The discomfort. Whatever, because this is going to make you all right. I mean, there are points where I even create my own, like fake reality, and I have to envision something more powerful than me, perhaps a vision of my future self. June 5th, I turned 63. Guess what? My belly is going to be gone. This is Operation Belly be gone for me. I'm getting this belly gone no matter what. This is going to get me out of bed.

Speaker Sterling** ((00:36:01)) - - And you need to find something that's going to get you out of bed and drive you. Now, there are different types of motivation. And let's say people sometimes are driven by an external thing. I've got to get into this suit for a wedding or a party or an appearance or whatever. Or maybe it's an internal thing, like, I just want to feel better. That's me these days.

Speaker Sterling** ((00:36:32)) - - Remember to go to my website Karlsterling.com and look around. Recorded shows are on the radio tab. You go to the VIP Access. Click that. Then go into VIP area. That's where you sign up. That's where you use MARCHFREE. All one word. MARCHFREE. It won't charge you anything this month. If you continue to use it, on April 1st, it will charge you \$10 a month.

Speaker Sterling** ((00:37:15)) - - You can quit at any time. Become a VIP, and I can promise you that a month from now, there's probably going to be a hundred things up there. Whereas right now there's only a half dozen. All right. So that's why it's free this month. I want to talk about a couple of people who are very dear friends of mine. The first one I want to talk about is Laura Olmos. Laura lives in Mexico. I got to know her over the last, it's going to be five years. I met her and her husband in Austin when I was teaching a Parkinson's workshop there. Laura has lived with Parkinson's for over a decade, and she is younger than me. I'll just say that by quite a bit. Well guess what? She went to her neurologist a week or so ago. With all the blood tests and all the testing they did, her MD's are like, Wow! You are an inspiration. You are moving so well.

Speaker Sterling** ((00:38:17)) - - You're doing so well. I just saw her last month when we were in Puebla. So anyways, teaching here and teaching there, but the big one was in Puebla, Mexico. I'm watching her. I'm listening to her voice, her articulation and watching her move. Her doctors told her, because you exercise every single day. Pretty much, I'm talking this gal goes out every day and

does stuff. She's fighting back. That is going to slow disease progression. That's what it's done for her. Thank you Laura, for being such a huge inspiration. Russ Parker, my brother from Long Island. Russ Parker same exact thing. You know, I don't know how many years seven, eight, nine, ten years with Parkinson's.

Speaker Sterling** ((00:39:22)) - - He's just a little older than me. Not much. But I'm telling you, this guy is. He's a game changer. He and Laura are two of my biggest inspirations, by the way. Russ. Happy birthday yesterday, brother. So think about this, folks, there are people living with conditions and health issues that are probably, for a lot of us, way worse than we're having to deal with. It doesn't diminish anything you're dealing with like it's not important. You know, my blood clotting issues, for example, I had to be careful, but I'm okay. I know that exercise is going to help me in every way. So let's also go into diet just for one minute. All I'm going to say about that is this. Do you live to eat? I hope not. Or do you eat to live? I recommend it to stay alive because we weren't put on this planet to just eat. All right, let's recap today.

Speaker Sterling** ((00:40:23)) - - I got a lot of messages. I even have more phone calls coming in. You're in. You're in. All right, so, Karl@neuromotortraining.com is my email. Karlsterling.com is my website. (315) 935-7488 is my phone number. You call me, you text me, I'll get back to you. Also remember that at our clinic, we have the Bio Density machine. In a few weeks, we're going to talk about Vibration Therapy because we also have the top end Power Plate. Before we had Bio Density, I had power plate for close to two years, it's for whole body vibration. There's so much you can benefit from. Circulation, decrease or diminish or get rid of neuropathy. We can stimulate brain activity, we can decrease pain, increase bone density, joint stability, spinal stability. We can get lymphatic fluid going. We can work on posture, work on digestive issues, all with vibration, especially the whole body vibration.

Speaker Sterling** ((00:41:37)) - - If you need pain management, we do it. We're very effective at pain management. You come in. Elizabeth and me. We welcome you with open arms to our clinic. (315) 935-7488. Bio Density is a standalone program for the price of not even two massages per month, you can build your bone density. You can reverse your osteoporosis and osteopenia. You can build muscle mass. You can perform better, feel better, live longer, reduce your fall risk, reduce your fracture wrist risk. Remember to text me if you're in. 315-935-7488. Go to the website. Sign up to be a member. March free is. The promo code is free this month. We'll be back next week with Doctor Ray Dorsey University of Rochester. Thanks for listening to Your Health Matters, Thank you.

Speaker WSYR** ((00:42:37)) - - The preceding was a paid program by Karl Sterling. The content of the show is that of Karl Sterling and does not represent the views of the station or iHeartMedia.

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