

Speaker Sterling** ((00:00:00)) - - So happy to be your host as we explore the journey towards a longer, healthier life together. Longevity is a buzzword, folks. Longevity, longevity. You hear it everywhere, right? Muscle, bone density, movement, exercise, brain health, body health, longevity, health span versus lifespan. We're going to talk about all of it. I've got a lot to talk about today. First, I want to thank you because last week's episode with Doctor Emily Splichal, well, I enjoyed it a lot. She's amazing. She's a forward thinking medical professional who's come out with the Naboso products. Naboso.co Insoles, toe spreaders, release balls, toe socks, textured socks. Things that can help to wake up your nervous system. Wake up your brain so that you get more input. So your brain responds with an immediate higher output to help you stabilize better, move better, balance better, and reduce your fall risk.

Speaker Sterling** ((00:01:11)) - - I appreciate all the feedback. We had a lot of calls, a lot of emails, texts and people coming into my clinic wondering about the products. Well, just so you know, in the next, I'd say two weeks maximum, I will have many of her products in my clinic. So they'll be available through me. I'm really excited about that. Thank you for all that. Upcoming shows, I just want to mention that next week we're going to be talking about neuroplasticity of the brain. You know the brain is moldable. For as long as we're alive and conscious, we can actually change our brain. Intentionally, we can change how our brain works. It's as simple as maybe you're listening to me right now and you learn something. Guess why you learned it? Because your brain allowed you to learn it through changes in the brain.

Speaker Sterling** ((00:02:14)) - - It's an amazing topic. It's an amazing thing about the brain that it can mold itself as needed to, let's say, learn a new skill, learn a new movement, learn a language, anything. Learn to move better. If we're affected by something that causes us to move less than optimal. Help us with memory and cognition. Neuroplasticity is amazing and we also have a special guest coming in next week. He is the founder of SOS Nutrients. I'll talk about them in a little while. His name is Steve Abbey. Steve's going to join me for at least half of the show, and we're going to talk about his product, which I actually use. SOS Nutrients. You can go to Karlsterling.com Karl with a K, go to the radio show tab and you'll see the sponsors there. Okay. Yes. They are a sponsor. I promote them because I love the product so much when you buy from them, I don't get anything from it. But they get business and you're going to get a discount.

Speaker Sterling** ((00:03:21)) - - So stay tuned next week for the discount code as we talk to Steve Abbey because his product is all 100% organic nutrients. He's going to talk specifically about the difference between synthetic nutrients and organic nutrients. Whole food nutrients, because there's a big difference. We've got some really good brands out there that have a lot of synthetics in them, but they're not helping you as much as the organics will. March 3rd Doctor Terry Wahls a medical doctor based in the UK, England. She lives with a very rare form of Multiple Sclerosis called PPMS, Primary Progressive Multiple Sclerosis. Through her "Wahls Protocol", she has reversed the progression of her PPMS. Also joining me on the show will be Doctor Joe Barry, because he's a big fan of her's and the "Wahls Protocol". So kind of like the Bredesen episode a couple of weeks ago.

We're going to get the two of them together, and I'm just going to sit here and moderate while they talk. And you're going to learn.

Speaker Sterling** ((00:04:33)) - - You're going to love it. March 10th. Ray Dorsey, from the University of Rochester, is going to talk about Parkinson's. He has a great book out there called "Ending Parkinson's". Then on March 17th, we have Doctor Michael Joyner from the Mayo Clinic. He's been on Dr Peter Attia's program. Doctor Attia, if you follow him, it's because he's the best. All right, so today is going to be a little shock treatment for you. I want to talk about longevity and health span and goals relating to such items. All right, I'm going to be 63 this year. I'm thinking about things like, I see people every day who are in their 60s. 70s 80s 90s. Who many of them are moving very, very well. They're sharp as a tack. Cognitively, the memory is good. I also see a lot who aren't doing so well. I see people with severe lack of muscle mass, all kinds of osteoporosis problems.

Speaker Sterling** ((00:05:36)) - - They fall down. Maybe they have a movement disorder. Maybe they just have no diagnosis, but they just aren't doing well. Both categories of these people. They make me think about what is it that I can do to make sure that when I'm 83 in 20 years and 103 in 40 years, because I fully intend on getting there, I'm going to get to 100 at least. You're not stopping me, you know, unless the truck hits me or a falling piano from the sky. I'm going to stay around to the best of my ability to do the things that make me get there. That's going to be a large part of what we talk about in the second segment today. It really involves things like. Exercise. Go figure. Right. Exercise for your body and your brain. Both independently and then of course together. We also have to address the nutritional factor. Are you getting the nutrients that are what you really need.

Speaker Sterling** ((00:06:37)) - - And then there's the psychology behind the success of realizing the goals. This is a really big subject. And I think within my message today we really want to talk about data. We want to talk about how to get data so we have baseline measurements so we can track progress. It's not that if you start moving, start exercising your brain or your body, that it's going to be any kind of a problem if you don't measure things. But if you can measure things, it's going to help you a lot to track your progress. There are certain things you can measure that are going to help you to intervene with the absolute best and most optimal programming, not only for exercise, but for nutrition and lifestyle that can get you to your goals faster and safely. All right. So. Psychology behind exercise. We'll go into that in just a second here. Let's start off, just maybe with a minute or so before we go to a break. I want you to think about this during the break.

Speaker Sterling** ((00:07:44)) - - An optimal exercise and nutrition program. We need to have an optimal exercise and nutrition program to realize success. This is going to take focus, discipline, hard work, or at least some work. It doesn't have to be something you hate, though. You can actually have fun exercising, which we'll also talk about. It takes knowledge on what to do, and it's really helpful to get data to measure what you're doing. All right. Think about these things. I want you to think about your goals. I want you to think about where you want to be. Five years, ten years,

20 years from now. Is there a task, a goal you want to do? Is it? Maybe it's. You want to get a puppy? Pick up the puppy. I know somebody who wants to do that. His goal is that he wants to get a puppy and be able to pick up the puppy. Maybe you want to pick up your grandchild or your great grandchild.

Speaker Sterling** ((00:08:41)) - - Okay, so we're going to I want you to think about that and then we're going to dive into psychology. We're coming back after the break to talk about all this stuff and a whole lot more, including pain management and sleep management today. My name is Karl Sterling. You're listening to "Your Health Matters" here on news radio. WSYR 570 AM, 106.9 FM. We'll be back shortly. Thank you.

Speaker Sterling** ((00:09:28)) - - Let's talk exercise. Let's talk goals. Let's talk psychology around exercise. Why do we do it? Why do we not do it? Oh my gosh. Well I could talk about that one all day from personal experience.

Speaker Sterling** ((00:09:49)) - - Okay, in my clinic, in Camillus NY, which is in the same building as Doctor Barry. It's called Neuro Motor Training. If you go to Karlsterling.com Karl with a K, you can look around and see all the stuff we have. If something hits you today and you're interested in coming in and just checking things out. I don't charge money for you to come in and look, come in. I want you to see it because I can guarantee you you've never seen anything like it before. We have the coolest stuff out there for brain, body, pain management, everything. It's unbelievable. I'm so lucky. I'm blessed. Okay, so with all that, we can help you. My phone number (315) 935-7488. My email is on the website. Again, (315) 935-7488 text or call. If I don't answer, I'll call you back promptly. To get you towards your goals, you've got to know where you're at. It really helps because then we can measure.

Speaker Sterling** ((00:10:56)) - - We have a multitude of tests available at our clinic to measure things like your body composition. This means, you weigh a certain number of pounds or kilos. We want to look at where the weight resides in your body. We can help you to redistribute. I've been really heavy in my life. I've been around 270 pounds. It was really bad. Even higher a couple for a little time. I lost a lot of weight. I gained muscle, I lost fat, redistributed weight. Last year in August, I did my body comp and I realized that I didn't have enough muscle. In two months. I worked my butt off. I put on 5 pounds of muscle and my body fat went down by 1.2%. I couldn't believe it. Finally, I was under 20% body fat. I haven't been that in probably 25 years. So, it's not rocket science.

Speaker Sterling** ((00:11:59)) - - We can measure this and help you intervene with the right exercise plan. We can also just have you tested with our force plates made by Kinvent out of Europe. Amazing people. I just actually saw them in Boston yesterday. I was in Boston picking up some really cool equipment we'll talk about in a while. We can have you stand on force plates. We

can figure how much weight is distributed on one leg versus the other. We can do a lot of balance testing and standardized testing for balance memory, cognition. We assess for posture. We have all kinds of different strength tests. We can measure these kilos or pounds, your chest, your core strength, your legs, your grip strength. Your overall strength on leg press. On chest press. Core pull and deadlift. There's also our Bio Density machine, which also, by the way, helps to build bone density and muscle mass. We have a slew of cognitive tests and memory tests, but there is one test that is the best one and I want to talk about it today.

Speaker Sterling** ((00:13:05)) - - It's the most revealing for the state of your your current health. According to Doctor Peter Attia and Michael Joyner from Mayo Clinic, he's going to join me again on March 17th. It's called a VO2 Metabolic test. We have a resting test for a resting metabolic test. We also have a VO2 Max, or actually it's a sub max test. It gives you the best snapshot of your current state of health and conditioning. Not only that, according to Dr Attia and Dr Joyner, this is the best predictor of longevity. What happens if you have a bad test result? We can intervene with the right stuff, because it tells you what to do, and boom, a few months later you retest. Your numbers are going to change. They're going to get better. Everything is going to look better because you're going to feel better. This is the VO2 Max testing, we do. It's almost impossible to get it in the Syracuse area. I know this because I tried and my son tried.

Speaker Sterling** ((00:14:07)) - - Other people I know tried we were told that it's an old system and it's got to be done in the hospital. The university. Oursnew VO2 max test gives a lot more data. It's a state of the art system to help you unlock your potential. Maximize your athletic performance or your movement. Understand your body's utilization of oxygen in exchange for energy. That's what we're measuring. We want to see how well your is body using oxygen for energy. This will help to personalize the training plan for you for your exercises. How much time are you are going to spend in zone two, like walking briskly. Or zone five, like shaking the battle ropes or doing power slams with a ball. How much in resistance training are you going to do? What percentage of time each week? Okay, so this is a the absolute best way to figure out where you're at and to create the plan of where to go.

Speaker Sterling** ((00:15:11)) - - And we do these tests. You'll improve your stamina and endurance through the data and the data driven insights. The VO2 Max test or sub max measures and gives detailed personalized recommendations for exercise, nutrition and lifestyle. You can do this test on your choice of a treadmill, stationary bike or rowing machine. It measures on the Max test movement, your aerobic capacity. cardiovascular fitness, fat burn efficiency, metabolic rate, recovery capacity. How well you think. Cognitive processing in relation to your breathing during movement and your stability in relation to breathing during movement. It will also give you a biological age versus chronological age. When I redo my tests in the very near future, probably this coming week, I hope I'm younger than I am. When I did it a few months ago, I was 57, but I'm really 62. I'm hoping I'm more like 50 years old now. I don't know, but I'm working hard. I think you know what? Even if it's not where I want it to be, then I know what to do to get to where I have to go.

Speaker Sterling** ((00:16:31)) - - Because I know I have more muscle mass now, so it's going to direct me on where to spend my time. You also get a VO2 Max Score and we interpret this score for you. To make this possible for as many people as possible. There are four levels of movement intensity that are available to choose from on each device, whether it's treadmill, bike or rower. We have beginner, easy, medium or difficult. Maybe a professional athlete or college athlete, somebody who's highly athletic comes in does the difficult level. We also have a lot of people in their 80s doing the beginner or easy level, but we still get the relevant information. So this whole thing is done in an hour, both test . It cost \$250. It's \$250 that will change everything for you, because you'll never get the data like this in any other fashion. You won't get it. It involves a ten minute seated resting test, followed by a 9 to 12 minute test on your chosen device for the Max Test.

Speaker Sterling** ((00:17:38)) - - Resting test metrics are different. We get metabolic rate, fat burn efficiency, metabolic fitness, heart health, lung health, cognition, your posture, seated posture. That' all you have to do, sit and breathe, besides call me or text me to set up this test. I'm going to tell you right now, it's the best thing you're going to do for yourself. You might go out and get three massages this month, right? \$80 each. That's \$240. For \$250 you can actually have a plan on what to do. It's worth it, folks. If you can find the means to do it and you're willing to part with \$250, you're going to get the best assessment of your overall state of health right now. You're going to get the best plan of action on where to go. For the test, you also have to fast for three hours prior. No coffee or stimulants, no food prior to the testing. You can drink water and it's recommended all the way up to test time.

Speaker Sterling** ((00:18:40)) - - Bottom line is data is king. It allows us to get the baseline data, all the stuff we do, not just the VO2 stuff. We create the best and most effective strategy for you to get to your goals. If you don't have data, you're guessing. It's like my friend Brent Brookbush says, "If you're not assessing your guessing, why waste your time doing things that won't get you towards your goals"? Why would you do that? I have people who say, oh, I want to get more fit before I do the test. Why? What if you work on the wrong stuff. I was doing the wrong stuff. Then I did the test and I started doing the right stuff. Now I'm feeling better. All right, we're going to get back into the psychology here after the break. I'd like to have you think about this.

Speaker Sterling** ((00:19:28)) - - I had a lady coming in. I love her dearly. We love when she comes in. By the way, my right hand person, Elizabeth, she's so good. She works so well with people. She does a fantastic job between her and me. We've got you covered. We're going to help you. We want you to come in. We want you to maybe think about the following things. I'm going to go to this lady. If you're not taking action towards your goals. What's holding you back? Or is it maybe more like who is holding you back? There's fear. A lot of times, taking that first step. Now, this lady who came in, in September for a workshop, here's the thing that resonated with her. I asked everyone, whose burden do you want to be down the road? That could sound really, really negative.

Speaker Sterling** ((00:20:29)) - - She's like, that just scared me. She came in, she paid for ten sessions and boom, there you go. And she's on a path now. She's doing great. I'm so proud of her because I don't take that step for granted because I've been there. It's scary to make the call, but I'm not going to bite you. I'm going to help you. We're going to embrace you, and we're going to help you because we care. So fear of a trainer? Don't fear us. Or maybe your doctor told you there's nothing you can do or you're too old. Do you actually believe this? No. Another big one before we go to break is what other people might think. I have a motto.

Speaker Sterling** ((00:21:22)) - - This is my life. I take care of myself so I can be better for others. I don't want to be a burden for anyone down the road. And quite honestly, I say this with no disrespect to anybody. What other people think of what I'm doing is really none of my business. If I'm not hurting anybody and I'm getting better myself so I can be better for others. Well, I don't really care what anybody thinks because I'm going to do this. I want you to think about that too. I just want you to just get started, because once you get started, you get the energy to keep going. And that's the beauty of it. All right. We're going to come back and talk about a lot more after a break okay. You're listening to Your Health Matters I'm Karl Sterling here on News Radio 570 KarlSterling.com (315) 935-7488. We'll be back after this short break.

Speaker Sterling** ((00:22:32)) - - I'm looking at Producer Dave here, I was a drummer. I had a lot of great, great gigs. It was fantastic. As a jazz drummer. More so, contemporary jazz. I played everything. You know, you got to pay your bills, so you got to play all the stuff. What I like about it is, is that thing that's in my head of this improv and creativity where I can extend this, and I do, into my business. Into my creativity with programming, especially when we're talking multitasking, dual tasking, and really, really getting creative. I transferred the music stuff and I improv in movement now, and it's really beautiful. I'm really so lucky. We were talking about psychology, getting started. It's tough I mean literally. Okay, here's how it works. Rarely does an urge ever come upon me were I want to work out.

Speaker Sterling** ((00:23:43)) - - I never want to work out. I really don't. I'm always trying to think of a way to put it off and justify it. And I promise you, I am not exaggerating. Elizabeth, my right hand person, she will attest to this. So will the people who come in. It's like, well, I got to go to CrossFit.

Speaker Sterling** ((00:24:11)) - - But guess what? You got to do it. I can't not do it. Because if I don't do it, I'm going to go back to where I was. I can't do that. I have a thing that I say. I came up with it a long time ago. It's, "Just Get Started", because when you start doing anything, you'll almost always get the energy to keep doing it. You know, if I start walking, I'll get the energy to go.

Speaker Sterling** ((00:24:39)) - - If I start CrossFit, I'll get the energy. Last time I was there a few days ago, I was definitely like ten, 15 minutes into the workout. And I really, I kind of, wanted to just leave, but I'm not going to leave. I can't do that. I mean, that'll look bad, right? I don't want to look bad. I don't really care if I look bad. I just knew that if I gave up, it would be ridiculous. Because nothing's going to kill me. And I don't want to be how I used to be so overweight. I didn't feel good back then and my energy was low and I wanted to take a couple naps a day. I can't do that anymore. We're too busy. So I want you to be thinking.

Speaker Sterling** ((00:25:31)) - - What's holding you back? Or is somebody holding you back? Are you holding you back? Are you fearing anything? I want to tell you right now, you come to us, you're going to be welcomed. You're going to be embraced with a warmth and an authenticity that we genuinely take seriously. The fact you walked in the door, made the phone call, sent the text, left a message. Talk with me. Get in here, do some testing and get started. So remember that because we're here to help. That's psychology, whether you come and see me or not, it stands that if you get started, you'll probably get the energy to keep going. I go to Smoky Hollow CrossFit in Baldwinsville. John Pine, the owner and his wife. Amazing people. I love that place. I was scared to death to go to CrossFit two years ago in April.

Speaker Sterling** ((00:26:29)) - - When I started, I was scared to death. CrossFit. You got to be out of your mind. That's like crazy stuff. No, it's not. It's not crazy stuff because there are modifications and the coaches are so good. You got you got Griff, Jack and John. I don't know the other ones because I don't go to those classes, but all of them are really good and they help you to modify. They care too. That might be another option. You might want to check out that place. It's awesome. I can guarantee you one thing. You're going to feel better. Whether you do that, you come to me, you just start doing something on your own. You're going to feel better when it's all said and done. You'll feel more energetic. You'll probably think more clearly if you have any kind of depression happening, you probably will diminish that some, because the hormones like the endocannabinoids and the serotonin and these things that happen when you exercise, the neurochemicals that are produced are going to make you feel better almost all the time.

Speaker Sterling** ((00:27:35)) - - Maybe you get into this problem. You worked out twice this week, and then you skip a week, or you skip two weeks, or in some cases, you stop going. You got to get in. You got to make that time. You invested the money. Get in. Come on, come in, just do it. Make yourself. Make the time. Only you can do this. You're the one taking control. We'll help you every step of the way. But you're the one who's got to do it, okay? I didn't plan on going on so long as my psychology. But you know what? Sometimes you got to go with the flow.

Speaker Sterling** ((00:28:25)) - - I want to talk about an institute. If anybody out there is looking to become a personal trainer. There's a place I want you to check out. First of all, just go to my site. It's, Karlsterling.com. Karl, with a K. Go to the radio tab a radio show tab. Look at the sponsors. Click on

Brookbush Institute. So yes, Brent Brookbush, Doctor Brookbush is a very, very, good friend of mine. He's a tough thorough, man. I started teaching for him a few years ago. I talked him into letting me teach for him, because I knew that I could book him out of New York City. I got workshops all over the country, North America, England, you know, got him out of the city. I am a Master Trainer with the Academy of Sports Medicine.

Speaker Sterling** ((00:29:24)) - - It's a great certification. So as a CSM, if you're looking to be a personal trainer, you got to go check out the Brookbush Institute, go to my site radio tab, click on Brookbush Institute and check it out. Look at all the advantages you're going to get there. I can tell you after teaching for Doctor Brookbush for four years, he's got 20 plus accreditations.

Speaker Sterling** ((00:30:24)) - - Over 500 videos, 150 plus courses. This Institute for \$20 a month is going to be the best investment you ever made. If you want to be personal trainer or you need continuing education as a personal trainer, physical therapist, he's approved for physical therapy in many states and it's always five out of five star reviews. This is the place you want to check out. It's the best deal and it's the best education. When I say Brent's tough, it's because he wants you to do well. He puts you through the paces. You're going to come out with the most information you possibly can get the highest standards, the highest quality, and go check him out, there's nothing like it. So, we're going to head out for a break. We'll be back to talk a little bit more in the last segment about pain management. Sleep management.

Speaker Sterling** ((00:31:26)) - - You're listening to Karl Sterling here hosting this wonderful show I love doing called Your Health Matters. Remember Karlsterling.com. That's the place to go Karl with a K. At 570 WSYR. We'll be back shortly. Thank you.

Speaker Sterling** ((00:32:07)) - - We're here for the last segment of Your Health Matters. I was talking with producer Dave here on the break. Dave, did you know that, a third of people 85 years old and up have dementia or Alzheimer's?

Producer Dave** ((00:32:23)) - - A very interesting topic.

Speaker Sterling** ((00:32:26)) - - Yeah, I mean, that means two thirds don't have it, but still, it's a big number. It's a biggie.

Producer Dave** ((00:32:32)) - - So say that one more time just in case anybody who was listening didn't hear that.

Speaker Sterling** ((00:32:36)) - - Yeah, 33% of people 85 years old and up have dementia.

Producer Dave** ((00:32:42)) - - Yeah. So I had an Uncle that passed away from Alzheimer's and dementia, and it can affect the family pretty deeply.

Speaker Sterling** ((00:32:53)) - - My maternal grandmother, same thing. It's so sad. It's really gut wrenching. You know, two weeks ago, I was in Mexico City, and we were on teams, and Doctor Dale Bredesen was on with Doctor Barry and. The good news is, if we get get moving, take care of our physical body, get blood flowing oxygen to the brain. In the body, you know, oxygen is life. Get lymphatic fluid going and just keep moving. The people who do the best, they're moving and they're using their brain. They're challenging themselves. That helps to delay the onset. I got a story for you, Dave.

Producer Dave** ((00:33:38)) - - Yeah. Go ahead. Okay.

Speaker Sterling** ((00:33:39)) - - So it has to do with Doritos. Sorry, Doritos.

Speaker Sterling** ((00:33:44)) - - I actually love you so much. So I never want to throw any anybody under the bus or any company. But Doritos

Speaker Sterling** ((00:33:55)) - - Oh, I love you, Doritos, I love you. Well, let's talk about Doritos. Okay. And I think it was an October. 2013 New York Post. There was another one in the New York Times. Basically it talked about this, I can just paraphrase and summarize real quick. Doritos was kind of busted, in a way, not in a legal fashion. You know that they actually engineer Doritos and thousands of other foods. With chemicals to trick your brain, to not think you're full.

Producer Dave** ((00:34:36)) - - It's a very good trick.

Speaker Sterling** ((00:34:38)) - - Works because you can't just have one Dorito. You have to eat all of them. Don't get me a big bag. I will eat all of them, I can't stop. Half of the calories are from fat, so it's kind of like melts in your mouth.

Speaker Sterling** ((00:34:49)) - - And it feels like the calories are just. Vanishing.

Producer Dave** ((00:34:53)) - - Yeah.

Speaker Sterling** ((00:34:54)) - - But what's really interesting is and sad is that there's a hormone called leptin. I was in nutrition school started in 2012, I wrote a paper about it.

Speaker Sterling** ((00:35:09)) - - Doritos and thousands of other brands out there. They put chemicals in. It's called food science or food engineering. And it's designed to interrupt leptin so it doesn't send the signal to your brain that you've had enough and you're full, so you just keep eating. Wow. And then eventually, you're just so full, you can't believe it. But you ate a whole bag. And that would be me. I mean, I love those things.

Producer Dave** ((00:35:36)) - - Yeah, You've seen what I look like, so there you go.

Speaker Sterling** ((00:35:39)) - - You look fine. Well, the reason I'm saying that is because. This stuff doesn't assimilate well in your body. If a calorie comes in and it's not a natural substance. I'm not a doctor, so I can't tell you what happens.

Speaker Sterling** ((00:35:56)) - - But I know enough to know this. Your body won't recognize it as food. It's like, oh, this is something I'm not supposed to have. I don't know what to do with it. Oh, I think I'll send it to fat cells and the pancreas. Let's spike your insulin. Let's give you a high blood sugar.

Speaker Sterling** ((00:36:16)) - - Maybe you do it repetitively. You just never stop. And you have insulin resistance, high blood sugar diabetes. Then all of a sudden you're high risk. You know I was there I mean I was high risk for cancers, heart problems all kinds of problems. Neuropathy. I did have a little bit of neuropathy at one point. But it's all gone now because through diet and exercise. The good news is, even though I got a few pounds I'd like to get off of me, you can take care of this stuff. And of course, eating better.

Producer Dave** ((00:36:53)) - - It's wild and it's very true. Again, you know, not to use myself as an example, but take a look at where I'm at. Right.

Producer Dave** ((00:37:04)) - - I could be a little bit better. I've fluctuated with weight exercising here or there. Before the pandemic Doctor Barry used to make fun of me and say, Producer Dave's drinking the Mountain Dew Not. Why are you always drinking that? Right.

Speaker Sterling** ((00:37:23)) - - So I didn't know he called it that. But he comes up with good ones.

Producer Dave** ((00:37:27)) - - Calling it Mountain Dew Not

Producer Dave** ((00:37:29)) - - So during the pandemic, I took health very serious. I started drinking a lot of water almost every single solitary day, more than the six glasses working out. And then the last few months, I kind of let myself go. So 'vel got to get back into it, like you were talking about earlier in your show.

Producer Dave** ((00:37:48)) - - It's all up to me. Nobody else can make you do it right.

Speaker Sterling** ((00:37:51)) - - Now with CrossFit, the other thing that helps me is my daughter, Ashley, goes there.

Speaker Sterling** ((00:37:57)) - - I do not want to let her down.

Speaker Sterling** ((00:37:59)) - - You hear that, Ashley? I want you to still hold me accountable there, young lady.

Producer Dave** ((00:38:03)) - - That's another good motivation.

Speaker Sterling** ((00:38:05)) - - I've got grandchildren to be active for, too. Hey, I want to talk about sleep management real quick. This is like a one minute thing. We got a couple minutes, right?

Producer Dave** ((00:38:13)) - - Yeah, absolutely.

Speaker Sterling** ((00:38:13)) - - All right, sleep management. First of all, I want to tell you a little bit about sleep. I'm just going to blow this past you real quick. Here's what it is. Stanford University, Andrew Huberman reports the following to help yourself set up the sleep wake cycle more effectively first thing in the morning when you get up, when there's natural daylight, go outside, not through a window.

Speaker Sterling** ((00:38:36)) - - Go outside. For 30 seconds or a minute, it might be cold, but whatever. You'll live, go outside. Don't fall, don't slip. Just look up at the sky, not at the sun. Don't look at the sun. Look at the sky. Even if it's cloudy. Natural light coming from above will hit the bottom receptors in your retina. Those receptors in the bottom of your retina are different than the ones in other parts of the retina. Because the retina and the eye are actually part of the brain. They're not just an extension of it, they're part of the brain. It sets up the cortisol cycle to produce, which sets up about a 14 to 17 hour wake cycle before sleep. We need cortisol. Too much is bad. Not enough is not good either. Before you go to bed. You know, days are a little bit short right now, but still just before dark, when it's still light, go outside again.

Speaker Sterling** ((00:39:29)) - - 30 seconds, a minute, two minutes. Look up at the sky. Don't burn your eyes looking at the sun. Because that light coming in and hitting those bottom receptors is going to activate melatonin production in the brain and help you get to sleep. Do it every day. Every night. If it doesn't work, call me. I have sleep management therapy. It's called frequency therapy. It's a little patch you put in your head. You're going to probably be out like a light. Okay, we've got to wrap it up, folks. Pain management. We have things to help. We help with pain because we help to diminish inflammation, whether it's chronic or acute, get blood flow, oxygen flow. . I made it through all my notes. I've never done that in a show yet. You can call me up.

Speaker Sterling** ((00:40:21)) - - It's, 315-935-7488. My name is Karl Sterling Karlsterling.com. It's been great to be here.

Speaker Sterling** ((00:40:30)) - - Thanks for joining me, Producer Dave. Let's do that again sometime.

Producer Dave** ((00:40:34)) - - No problem. Anytime.

Speaker Sterling** ((00:40:36)) - - Keep moving. Call us up. Karlsterling.com (315) 935-7488. You're listening to Your Health Matters News Radio 570. Thank you so much for listening.

Speaker WSYR** ((00:40:53)) - - The preceding was a paid program by Karl Sterling. The contents of this show is that of Karl Sterling and does not 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.