

WSYR 570** (((00:00:01))) - - - 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.

WSYR 570** (((00:00:30))) - - - Your Health Matters with Karl Sterling on NewsRadio 570 AM and 106.9 FM. Live everywhere on the iHeartRadio app.

WSYR 570** (((00:00:46))) - - - Bringing 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** (((00:00:58))) - - - All right. And we're back. Thank you very much, producer Jim. Great to have you here, man., so we're back with another broadcast of Your Health Matters right here on News Radio 570 WSYR.

Speaker Sterling** (((00:01:12))) - - - We're also on 106.9 FM. My name is Karl Sterling. I'm honored to be your host as we explore the journey towards a longer, healthier life together. Today we're going to talk about two primary topics. The first one has to do with a subject that I have a strong passion for. It's the subject of neuroplasticity, your brain's ability to change itself as needed. So we'll go over that a little bit here. And the next one this is going to be about supplements in particular synthetic versus organic ingredients in your supplements. To speak on this I have a very special guest joining me in just a couple of minutes. So you're going to find that there's a common theme in this show every week. It's the buzzword of all buzzwords in the past few years. That word is longevity. Everything's longevity. Right. I talked about it last week. You're going to hear about it every week. Longevity is something that I'm really thinking about as I turn 63

Speaker Sterling** (((00:02:21))) - - - in a couple months. I'm thinking, how did I get here? Like, first of all, I never thought I'd get here. How did I get to be 63? Well, I'm thankful I did, but I want to live a lot longer and I want to feel good. I want a really nice, healthy health span within my years of life, within my life span. One thing I want to mention is I want you to go to my website. We had an overhaul this week. Now it's not looking real fancy, folks, but it's a lot less cluttered and complicated. It looks a lot better now than it did last Sunday. Go to Karlsterling.com. That's Karl with a K . Karlsterling.com. Then you'll see a box to sign up or subscribe if you would like to get updates, newsletter and show notes for Your Health Matters.

Speaker Sterling** ((00:03:23)) - - - I have a lot of really great guests coming on. You'll get these show notes sent to you within a few days afterward and also on the website. You have access to my books, which are available and will forward you over to Amazon. You can purchase both of the Parkinson's books there. You'll get updates on the new book that I'm writing, which won't be out for a few months, but it's probably going to be entitled something like Brain Resilience and Maintaining Optimal Brain Health through the Lifespan. Before we get into things, next week, March 3rd, we have world renowned author educator Doctor Terry Wahls, the author of "The Wahls Protocol". She's going to be joining me next week, March 3rd, I can't wait., also joining me as our former host of this show,, to talk with Doctor Wahls is Doctor Joe Barry. He's the man, the myth and the legend. We all know him and we all love him. The two of them are going to talk a lot next week.

Speaker Sterling** ((00:04:23)) - - - I'm just going to be a moderator because there's so much to talk about with the Wahls Protocol. In particular, Doctor Wahls lives with a rare form of Multiple Sclerosis called PPMS or Primary Progressive Multiple Sclerosis. Through her dietary implementation and some other things in her dietary regimen, you'll learn about all this next week. She's been able to reverse her symptoms, and we're going to learn more about that. Two weeks from now, best selling author, Doctor Ray Dorsey, University of Rochester will be with us. His book is entitled "Ending Parkinson's". He's a great guy. I can't wait to have him on on. One more guest to talk about is in three weeks, March 17th, Saint Patrick's Day. Mayo Clinic world renowned writer, educator, Doctor Michael Joyner, will be here and he's going to talk about brain health and VO2 Max testing. The importance of a good VO2 Max test or score and the importance of exercise and longevity.

Speaker Sterling** ((00:05:32)) - - - Also joining me that day is my son. I'm going to brag for a minute. Doctor Nick Sterling, he's an MD and a PhD. Nick and Doctor Joyner are going to talk together. That's going to be a really fun one. All right, let's talk about the brain. We're going to talk about neuroplasticity for just a minute. Do you know that the brain can change itself. This is what we do in our clinic. We teach people how to learn new things, to improve cognition, to improve memory, to improve multi-tasking skills, movement skills, and to reduce falls. We specialize in this. And also my books talk about this too. Neuroplasticity is the brain's ability to reorganize itself by forming new neural connections throughout your lifetime. This process allows the neurons, or nerve cells, in the brain to compensate for injury and disease and to adjust their activities in response to new situations or changes in their environment.

Speaker Sterling** ((00:06:37)) - - - Here's a simplified description on the precise process. You have the stimulation of neurons. The process begins when neurons are stimulated through experiences. Could be a learning event. It could be right now. Maybe you'll learn something from me today, right? Maybe you're reading a book. You're watching the news. You're learning things about what's going on in the world. You're learning an instrument, a language, a new skill, anything. This stimulation is crucial for initiating the plastic changes in the brain because the brain is soft tissue. There's a really good book by Doctor Michael Merzenich, the father of writing about neuroplasticity.

It's called "Soft Wired". I highly recommend it. Get it. It's a great book. Synaptic plasticity. This is understood as basically synaptic plasticity. It's the ability of synapses, the points between neurons that are firing together to, to strengthen over time in responses to increases in their activity. Of course, it can go the other way.

Speaker Sterling** ((00:07:46)) - - - If you have a part of the brain, like in Parkinson's Disease, where the substantia nigra is primarily affected, or in Alzheimer's were in the hippocampus, there could be less activity, less stronger connection. Which will diminish abilities, right? The brain can form new neurons, new connections with other neurons. This involves the sprouting of dendrites. These are extensions from the neuron body that receive signals from other neurons, and the formation of new synapses and new neural pathways. When you learn how to ride a bike and you finally get it and you're on it and you're balancing and you're going, guess what's happening, you've got millions and millions of neurons that are connected together now solidly enough, strongly enough to make you ride that bike. The more you do it, the better you get at it. So that's neuroplasticity in a nutshell. We're going to talk a little bit more about it later, and we're going to devote a complete show to it here down the road in a few weeks.

Speaker Sterling** ((00:08:47)) - - - Stay tuned for the schedule. You can also look at the schedule on Karlsterling.com Karl with a K, to find out what subjects are coming up on what dates. The other thing we want to do, is we want to feed our brain healthy stuff. That could include supplements. Well, I take a supplement that I really love and I have the founder of the company with me today. My special guest today is the visionary behind SOS Nutrients, established in October 2022. This is a Santa Barbara, California based smoothie supplement company that is revolutionizing the industry. What I really think is cool is unlike about 95% of the products on the market, SOS Nutrients sets itself apart by utilizing whole foods to deliver comprehensive micronutrient nutrition. Entirely devoid of synthetic ingredients. I want to welcome the founder of SOS Nutrients and my friend, Steve Abbey. How are you doing Steve and welcome.

Speaker Abbey** ((00:09:50)) - - - Good. I'm happy to be here. How are you doing, Karl?

Speaker Sterling** ((00:09:54)) - - - Well, I'm doing fantastic, man.

Speaker Sterling** ((00:09:55)) - - - I've been excited to get you on and talk. You know, I love the product I've been on for a few weeks now, almost a couple of months. You and I were talking a little while back, maybe four days after I started taking it and I asked, is it possible I could have more energy? And you said, well, maybe it is. So, thank you for the energy because I need it. We're we're getting so busy.

Speaker Abbey** ((00:10:19)) - - - Well, you're welcome. I'm glad it's working well for you. You know, it's interesting. I was listening to what you were just talking about what was coming up on the radio and you were talking about the "Wahls Protocol", neuroplasticity and Parkinson's. They all sound fantastic. I'm really glad you're doing all those sort of things.

Speaker Sterling** ((00:10:37)) - - - Well, you know, I tell people we're all designed pretty much the same. We have nervous systems, we have muscles, we have nerves, we have bones, we have a brain.

Speaker Sterling** ((00:10:49)) - - - And, we need to be feeding ourselves as best as we can. You know, sometimes we're going to go off, I went off a few nights ago on a bag of chips because I had such a stressful day. But I'm over it. I'm not eating more bags of chips now. I just had that one. But I don't want to eat that way every day. I want to feed myself good stuff. But I still find that, with my background in nutrition from Syracuse University, we can't always get all the nutrients we need from our foods. This is where SOS Nutrients comes in. I love what you're doing.

Speaker Sterling** ((00:11:38)) - - - You started this company. What inspired you to start SOS Nutrients?

Speaker Abbey** ((00:11:44)) - - - Well, I started it because of my own health journey. I had reactive hypoglycemia. I had psoriasis covering my whole body. I had a weight issue and I was chronically fatigued. I was really struggling and Western medicine really wasn't solving the problem. I ended up doing a deep dive to solve my own issues, which is probably how most people that get into this field, are going to have to deal with their own stuff. So, I went down this rabbit hole and then I started researching on psoriasis and all these things and really solved all my own problems. But then I just started getting fascinated and looking at cancer. You know, you talk about Parkinson's and hypertension and all these things. I was just shocked by what is in the the studies that are out there showing amazing results and are not being translated. And then, the thing that actually pushed me over the edge is several people in my family and friends died of what I would see as preventable diseases in many cases. I was on the team that supported them in the last month of their life.

Speaker Abbey** ((00:13:00)) - - - When a really good friend of mine died, I was just like, okay, I'm done. I've got to make a product because so much of this is preventable. It's in the literature and the study. It's just getting people to look at it and not just going down the standard path. That's how I became involved in it.

Speaker Sterling** (((00:13:21))) - - - Interesting. I actually didn't know that. And we've talked a few times here, but I appreciate you sharing that. You know, it's funny because I got into what I do because of my own health issues 15 years ago. So interesting what journeys we'll take when maybe we are afraid of whatever could be ahead if we're not getting what we need. We need to head out to a break. We're going to come back in just a couple of minutes with more questions and to talk with my guest, Steve. Abbey, founder of SOS Nutrients. You're listening to your health matters here on News Radio 570 WSYR.

Speaker Sterling** (((00:13:58))) - - - Be sure to check out Karlsterling.com. That's Karl with a K, subscribe for the newsletter. We'll be back in just a couple of minutes.

Speaker Sterling** (((00:14:26))) - - - We're back here talking with my special guest, Steve Abbey, the founder of SOS Nutrients, a Santa Barbara based business. I take this supplement. I love this supplement, Steve, thanks for sharing your journey with us. Like how you got into this? I can relate to that in my own way and as you know, foods these days, it ain't like it used to be, let's say a hundred years ago.

Speaker Sterling** (((00:15:00))) - - - You know, there's an old saying, if your grandmother won't eat it, don't eat it. Or if your grandmother would eat it, eat it because, you know, 100 years ago, a tomato was a tomato and it had all the vitamins. And when you cut through, it was actually red, not whitish pink. So the good news is, if we're not getting the nutrients from our foods, from our meals, we can get it from your product. One thing I'm particularly interested in has been, can you explain the importance of and the main differences between natural and synthetic ingredients in our health supplements?

Speaker Abbey** (((00:15:46))) - - - Yeah, I can explain that., that's a really big topic, but I'm going to try and boil it down. So, there's natural, I'll say nutrients. Let's say vitamin C, it's an easy one right there. Natural vitamin C.

Speaker Abbey** (((00:16:02))) - - - That comes from things like the big sources, like the highest sources. Of course everybody thinks of an orange. But as cherry powder, camu camu powder and rose hips. These are the highest forms. But vitamin C in the form of an orange is very good. Or most fruits and vegetables have some. Right. And but when you look at it from a synthetic point of view, do you know how the synthetic is manufactured? Have you ever seen that?

Speaker Sterling** (((00:16:33))) - - - No, no. Never have.

Speaker Abbey** ((00:16:36)) - - - Okay, so, it used to all be made in a New Jersey plant, right? Almost the whole world supply, that's all moved over to China. And it's made under a patented process. The main process that is done is you take high fructose corn syrup, usually GMO, but not always, you put it under incredible pressure, incredible heat. You do an acetone wash and you neutralize it with hydrochloric acid.

Speaker Abbey** ((00:17:03)) - - - And in the end, you have a molecule. It's chemically identical to what you find in nature, but it doesn't work the same. It doesn't have any of the cofactors or bio flavonoids or any of the other things that are required for it to actually work. So, by itself, it doesn't have any vitamin activity. That was seen even if you had the natural form, if it was stripped down to just ascorbic acid, it wouldn't work. That was done with the original person that got the Nobel Peace Prize for this work on vitamin C. They were able to show that if you had scurvy, you will still die of scurvy, even with ascorbic acid, if you don't have all the cofactors because it has no vitamin activity. But, let's say you're eating, separately, the cofactor. So it should be able to work. It still doesn't work the same. And I don't know if it's because there's some other difference. Maybe it's just because it's such a different molecule energetically. I don't know the reason I won't pretend to know, but all I know is it operates differently.

Speaker Abbey** ((00:18:07)) - - - That's why in so many studies you look at the synthetic form of a nutrient, and then you look at the the whole form of a nutrient, and you have very different outcomes. I have a study on my website looking at atherosclerosis and the progression towards it. Those people that had the highest amounts of vitamin C supplementation actually moved faster towards it than somebody that was not eating any supplementation. And yet dietary vitamin C was shown to be protected. I'll give you another one. This is actually even a bigger one, it goes down a really unique route. When you think of beta carotene, I'm assuming you're thinking of carrots or pumpkin or squash anything with an orange fleshy meat in it. Right. That's a vegetable or a fruit that's going to have beta carotene and it's always been known that people with high intakes of beta carotene have lower cancer rates. So there was a huge study done published in the New England Journal of Medicine, 29,000 people, very prestigious study, double blind, high quality study.

Speaker Abbey** ((00:19:25)) - - - It was looking at beta carotene in lung cancer. This was a finished study and they had a lot of smokers. They did this double blind study. In the end, they stopped the study early because it increased all cases of mortality. It increased the lung cancer, which is specifically the thing they were going after by 16%. It increased heart disease by 12%,,, ischemic stroke by 23%. Essentially everything went up. They stopped the study immediately. That was manufactured by a Swiss pharmaceutical giant, and it was made from a petroleum product so that it's synthesized from that. There has been a recent meta analysis on beta carotene, 167,000 people in this study. And again, it showed lung cancer increased by 16%. So why is beta carotene in so many products that it's synthesized from petroleum? We know that it's not healthy. And yet you look at folic acid and that's going to be the same type of thing that's going to be manufactured or derived from petroleum as well.

Speaker Abbey** ((00:20:33)) - - - You know, a lot of these things are either coal or tar petroleum. These are the synthetics and it's got a base of that and they don't operate the same. I went down this route of really trying to find all the nutrients that I could find in a comprehensive whole food way. So, my vitamin C is from a blend of organic freeze dried berries. That's the sort of thing where you get real, real nutrition that's in a way your body can recognize and digest. Unfortunately, I'm just going to be upfront with this, it's crazy expensive. All of these things. When I get my iodine from a blend of three organic kelps from Iceland, it's 45 times more than potassium iodide. If I get my zinc from a organic guava leaf extract, it's 35 times more than zinc gluconate. It's just crazy expensive. That's the problem with it and that's the reason why you almost never see this

Speaker Abbey** ((00:21:37)) - - - unless it's very targeted. There are good products on the market. They're very targeted. The thing is you need full, complete, comprehensive nutrition.

Speaker Sterling** ((00:21:47)) - - - Steve, we've got to head out for the news, but we're going to come back to tell people where they can get this product and continue talking about this product. This is Your Health Matters News Radio 570. My name is Karl Sterling. We'll be back in a couple minutes. All right. Thank you again, Producer Jim. We are back with Steve. Abbey. We're going to get Steve back with us here in just a moment. I have a little thing that I want to share with everybody. It's bad news and good news all in one. When we look at what's happening right now, we have a lot of baby boomers. Well, I'm one of them, you know, tail end. That era is 1946 to 1964, officially very, very large population, according to research I just saw, it's the third largest economy in the world.

Speaker Sterling** ((00:22:46)) - - - You've got China, US and then baby boomers. With that, though, sadly, here's the bad news Problems, health issues, all kinds of things. Heart problems, cancers, Parkinson's, dementia, Alzheimer's, neuropathy, type two diabetes, all types of things. It can be in the younger folks as well. It can be in people who are older than baby boomers. But baby boomers, that's a large segment of the population. So, you know, there's a lot of disease and things coming down the pike. There's no way around it. We're here to try to spread information, to help people, to take control. Take the bull by the horns and just invest in yourself. You know, that latte every day or every other day that cost you five bucks, six, maybe, or even seven sometimes. If you put that into a vitamin supplement, you could do your body some real good. Come into my place, start working out with us.

Speaker Sterling** ((00:23:55)) - - - Even if you don't do personal therapy or training sessions with us. For \$30 a month, you can come in and use the equipment you can't find anywhere else in the northeast. This equipment will benefit you in all kinds of ways for strength, balance, cognition, memory. The other thing is, it's never too late to learn something, according to Dr John Ratey. Now, let's just throw in the other part of neuroplasticity. We can always be learning. Dr John Ratey,

bestselling author, neuropsychology psychologist in the Harvard Medical School. He was on my podcast and he's coming on this show in June. We can always be learning till the day we die. As long as we're conscious, we can always be learning. That means the brain is always firing and doing stuff and making new neural connections.

Speaker Sterling** ((00:24:50)) - - We can enhance that by exercise. Exercise benefits the brain so much. In fact, he says that the part of the body that benefits most from exercise is the brain because it increases the neurochemicals, neuroprotective chemicals, oxygen and blood to the brain. And of course, we want to feed our bodies well. There is going to be a need for more Personal Trainers and Fitness Trainers. I'm going to be hiring somebody at some point this year. Don't call me and ask for a job yet because I'm not ready. I don't know when we're going to do it, but in the next few months, we need another person, at least part time. I think I'd rather have somebody who isn't set in their ways and train them the way I want them to be trained. But if you're going to get into the business of fitness training or physical therapy, looking at the future of fitness, and I'm talking to baby boomers and people who are older, we have a lot of people in their 60s and 70s.

Speaker Sterling** ((00:25:55)) - - When I teach around the world for therapists and trainers, you see that there's a need for them and we're going to need more. The best place I know of in the whole planet, to go to for your certification as a personal trainer is the Brookbush Institute. They optimize the delivery of human movement science education by integrating technology, student centered learning, and evidence based practical education. Of only two personal training certifications in the industry, that have been approved following a comprehensive systematic review by a panel of third party subject matter experts or otherwise known as peer reviewed, and whose learning objective have been objectives have been matched to the post-secondary education curriculum and or professional skills and competencies. The Institute has three certifications, including the Best Personal Trainer Certification. I'm a Master Trainer with the National Academy of Sports Medicine. Your basic personal trainer certification at Brookbush Institute is better than the master trainer that I have.

Speaker Sterling** ((00:27:14)) - - Here's why. I worked for this guy for four years. He's been a close friend for 15 years. He knows his stuff. Nobody's better. No institute is better. 150 courses. Physical therapist, you can get continuing ED credits. Personal trainers, you can do all your continuing education and required stuff to renew your certifications there at the Institute. 500 plus videos. All this for \$20 a month cancel at any time. Go to my website Karlsterling.com Karl with a K and then go to the radio show tab. Look at our sponsors. Click on the Brookbush Institute and get signed up. Check it out. It's worth 20 bucks just to check it out. All right. Back to our guest, Steve Abbey. Steve, thank you for, patience and hanging around here for a couple minutes while I talk about that.

Speaker Sterling** ((00:28:23)) - - - We're going to need people out there. Steve, I want to talk with you about what kind of things you have faced as obstacles? Let's say creating the product and getting the product out there because we know it isn't easy. There are a lot of supplement companies out there. Some of them are really big names, they might be pretty good, but you've got a product here that, from what I can tell, it costs the same or less than some of the other big ones. And it's a lot better quality because it's all natural. Is this a challenge for you at all?

Speaker Abbey** ((00:29:01)) - - - Other than tons of hurdles and I would tell you that my product is expensive. I'm not trying to get around that, but maybe there are a few that are almost the same. But the biggest hurdle has been for me is finding really good ingredients. I literally had to jump through so many hoops to make it so that I could get a balanced formula that has really good ingredients.

Speaker Abbey** ((00:29:31)) - - - What do I mean by that? Like the biggest supplier of ingredients. I basically was told by one of their competitors that they are filtrating their products. I was like, well, this is a competitor, right? So I didn't really trust it. I still sent their material into a lab. The lab. came back and said, I can't tell you one way or the other. So, I sent it to another lab. They couldn't tell me. either. I found the University of Georgia Isotope Studies forensic anthropology department, and they can tell you. They got back to me and said it was being filtrated. I ended up delaying the launch of the product by over a year, because I had based a lot of the components of it, and there aren't many suppliers. So if somebody wants to do what I'm doing, if you're truly trying to make a good product,

Speaker Abbey** ((00:30:27)) - - - it is so much research. It's crazy because having to figure out where to go, who to talk to, and then put it together in a balanced formula, it takes tremendous amounts of effort. It was not what I was originally thinking it would be. Then I brought on a team of people, doctors and nutritionists to help guide me because I would come up with the formula and I really wanted them to push back on this. That's how it all kind of came about but it ended up taking over three years of development before it even got launched. It was a lot of research. That's why you can ask me almost anything about it and I'm going to be able to tell you, in depth what's going on because this is a passion project. You know, I essentially retired after I sold my last business, but this has been my passion for almost 30 years.

Speaker Abbey** ((00:31:27)) - - - When my friend, my really close friend died, I was like, okay, I've got to put this into practice because this information is out there. It's just not making it into the mainstream. There's such a difference between whole food nutrition and balanced whole food nutrition and synthetics. You really want to have comprehensive nutrition. If you're missing, let's say vitamin C, it doesn't matter if you have plenty of iodine and you have plenty of iron and everything else, if you're missing vitamin C, it's going to be a problem and you're going to have an expression of that. Same thing with so many other required nutrients. Even the non required nutrients, if you have anthocyanins, which is a purple blue pigment in blueberries, blackberries, purple cabbage, any of

those sorts of things, you can survive without having that. However, it is incredibly protective of your heart, of your brain it absolutely crosses the blood brain barrier.

Speaker Abbey** ((00:32:32)) - - - So having those things are important. One other thing is, nobody knows me, but I do guarantee you results. I don't know of anybody in this business that guarantees results. So I will, if somebody is truly serious, if somebody is willing to work with a doctor, their doctor, and we can have a conversation, I'll guarantee results. Whether it's chronic inflammation as measured by like C-reactive protein or IL-6 or sedimentation rate, or if they want to do something with blood sugar or blood pressure, they're going to require more than just my product. I'm going to tell you, if you do this, if it doesn't work, it's all free on me.

Speaker Sterling** ((00:33:20)) - - - I don't know anybody else who does that. Steve. We've got to head out for one more break. Then we're going to bring you back, close out the show and tell people where you can get it and the discount you have for them.

Speaker Sterling** ((00:33:31)) - - - So we'll be back shortly. Folks, this is News Radio 570 with Your Health Matters. My name is Karl Sterling. We'll be right back.

Speaker Sterling** ((00:34:06)) - - - All right, we're back for the last segment of the show. Folks, there's just something I'd like to express here this week. Since I opened my clinic almost three years ago in Camillus, NY right under Doctor Barry's office, I want to express my gratitude, my appreciation and respect for those who walk through the door. Or maybe, you just call to me or text me. We've had a lot of new people coming in this week, the past few weeks. I appreciate you coming in, and I do not take this for granted. Elizabeth is my right hand person who works with me.

Speaker Sterling** ((00:34:45)) - - - We're a team. We work together. We welcome you with open arms. We know, and I know from personal experience going through this myself years ago, getting a personal trainer for me is a huge step. And my nerves were, I was horrified, terrified to go in. I just felt so nervous. But people come in here and they walk out feeling better. People come in, they do stuff that can transfer out the door with them into their daily activities of daily living. So, thank you for coming in. Thank you for taking this step. I encourage anyone listening. If you're thinking about wanting to make some improvements in your strength, your muscle mass, your balance. Maybe you have Parkinson's, or you have Alzheimer's, dementia, or you know, somebody who does. We work on improving movement, memory, cognition, multitasking, bone density. Here's another thing I want to talk about with the Bio Density machine.

Speaker Sterling** ((00:35:47)) - - - There's only one in the area here in Central New York and we have it. This device is ten minute workout, maybe 15 minutes if you take your time. This is going to

help us, to help you to reverse your osteoporosis, reverse your osteopenia, or at least, slow it down. We have people coming in whose DEXA Scans and T scores and Z scores are improving. For the same price as about two massages per month. You can come in and do this once a week and you can get all the benefits. We need strong bones. We need strong muscles to keep moving throughout the lifespan so we have a better health span during our life. Let's get back with our guest, Steve Abbey, founder of SOS Nutrients. Steve I'm so glad that you've joined me, the one thing I want to make sure we cover, go to my website Karlsterling.com Karl with a K, go to the radio tab.

Speaker Sterling** ((00:36:56)) - - - Look at our sponsors. We've got, SOS Nutrients there with the discount code. But tell us otherwise, where can people get SOS Nutrient products? You have a special code for our listeners for a discount.

Speaker Abbey** ((00:37:12)) - - - Yes, I do.

Speaker Sterling** ((00:37:14)) - - - Thank you for that. Thank you for the discount. You know, every little bit can make a difference.

Speaker Abbey** ((00:37:19)) - - - All right. The best place for people to learn more about it is to go on to the website. That's SOSnutrients.com So, SOS like flashing an SOS and then just the word nutrients.com. And there is a discount code for the show and that's 15% off. The code is SOS15% So, for people that are interested and want to give it a try, it's an easy way to do it. There's a full 100% refund if somebody doesn't like it. So it's a risk free. If somebody is truly interested and truly passionate and they want to jump on a call and hear about the guarantee, what I was saying, it's a real guarantee.

Speaker Abbey** ((00:38:13)) - - - They're going to need to have a doctor involved, not on that call, but at some point, because this is going to be done as a serious thing. I'll guarantee results even if they have cancer in situ. I know that sounds crazy, but if they have blood pressure issues, if they have, high blood sugar issues, if they have chronic inflammation, I will, depending on where they stand, I will tell them exactly what I'll guarantee. The money doesn't even need to go to me. It can go to the doctor. And then if we reach that goal, then it gets sent to me. So it is a beautiful guarantee.

Speaker Sterling** ((00:38:48)) - - - Fantastic. Steve, I so much appreciate you joining me today. Thank you. And, folks go to SOSnutrients.com Put in that discount code to save 15% percent in the discount code box. It is SOS15% Wow folks another episode has passed already.

Speaker Sterling** (((00:39:15))) - - - Time is flying. But wow, did I ever have fun., thank you again, Steve.

Speaker Abbey** (((00:39:21))) - - - Thanks for having me on. This was great.

Speaker Sterling** (((00:39:23))) - - - You're very, very welcome.

Speaker Sterling** (((00:39:24))) - - - We're going to be talking soon, my friend and doing some things together here. Okay, folks, you know where to find me. My phone number is (315) 935-7488. Text me. Call me. I want that phone to ring. I want to talk with you. I want to answer your questions. I want to try to get you in. If you're interested, help you out. Come and check out our place. Karlsterling.com That's Karl with a K. We'll be back next week with Doctor Terry Wahls. Thanks for listening. Have a great day.

Steve Abbey70** (((00:39:54))) - - - 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.

Steve Abbey70** (((00:40:07))) - - - Information has been for general information only, and before considering anything discussed, you should contact your doctor or primary care physician.