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Speaker WSYR\*\* (((00:00:31))) - - - Your Health Matters with Karl Sterling on NewsRadio 570 AM and 106.9 FM Live Everywhere on the iHeartRadio app.

Speaker Sterling\*\* (((00:00:47))) - - - All right. It's great to be here everybody. And thank you, Producer Dave. Thank you very much. So welcome, everyone to Your Health Matters here on 570 WSYR.. My name is Karl Sterling and I am absolutely thrilled to be your host as we journey

Speaker Sterling\*\* (((00:01:06))) - - - towards a healthier, longer and more more fulfilling life. I'll explain what I'm talking about with all this stuff today and in the weeks ahead, the months ahead. So I hope you'll join me on Sundays from noon to one eastern time as we explore the latest research strategies, technologies, expert insights, and practical tips to unlock the secrets of longevity and well-being. You know, I heard this from a friend the other day, and it really resonated with me. The cornerstone of change is education. I've been very, very lucky because over the past several years I've had the opportunity to travel the world extensively. To learn from and collaborate with foremost experts in the area of movement, cognition, memory, disease prevention, and neurological disorders. This has led to countless research and teaching opportunities all over the world. So now,

with all this education I've acquired, similar to something Dr Barry said last week on the show, he said he's not smart enough to come up with an idea.

Speaker Sterling\*\* (((00:02:16))) - - - He regurgitates what he learns. Well. That's me. You know, I think he's a lot smarter than that. I have learned so much. I feel it's my responsibility to bring education on the clients and patients and now to you. So we're going to embark on a transformative quest to live your best life. All right, so one episode at a time, we're going to dive into the world of health and longevity and discover key factors to improving health span within our lifespan. I'm going to talk more about that Health span thing later in the show. All right, so here's some key, let's say plans for the show. It's quite likely I'm going to often hit you right between the eyes. And you might be in shock a little bit. And I'll tell you why. Because a lot of folks need a shock factor, and it's because I care. I'm going to tell you right now that, I am never here to judge anyone, I don't judge.

Speaker Sterling\*\* (((00:03:16))) - - - I am here to educate and share. I've been the person who needs the shock factor. I've been obese. I've had all kinds of issues with eating too much. Drinking too much. I don't do those things anymore. So know that anything I share with you, I've been there in a lot of cases, but I needed to get hit between the eyes. And so that shock factor, I'm going to bring it to you, but I'm also going to put a positive spin on things, because why not? It's all about choice. We can put a positive spin on health. I want you to be thinking about things that you've never thought of before. I want to help you connect the disconnects. That term came from my friend Gary Rhodes. You'll meet him in a few weeks. He's coming on as a guest. Changing the language and changing your perspective on health and wellness. Well, that's going to help get away from the extreme amount of cognitive dissonance out there.

Speaker Sterling\*\* (((00:04:20))) - - - We'll get into that one, too. So I want to bring you information education every week to help you live a longer, better quality of life. Again, I'm going to repeat this and explain it. This time. I want to help increase and lengthen the health span within your life span. So what is that? Well, we have a certain number of years we're going to be alive. We don't know what it's going to be, but let's just say it's 85 years. But let's say for five years you're bedridden. Maybe for five years before that. You're not doing so well. So maybe you had a health span where you were moving around a relatively healthy or mobile for 75 years. When you have ten years of life with a very diminished health span. I don't think any of us want to be there. Right. I want you to live a life on inspiration versus desperation. Get out of the reactive disease care and get into and exercise self care. Start stepping away from disease.

Speaker Sterling\*\* (((00:05:23))) - - - Step away from medicine. Step into prevention and optimization. And as Dr Barry says, I want you to live long and healthy and die fast. Hey, I like you. I hope you die fast. Not soon. Okay. Going back to the disease medicine. I want you to step away from disease medicine. Well, there's a time and place for everything. I just want to clarify that we all need our doctors. Dr Barry would rather see you when you're healthy than when you're sick. So I'm going to bring on world class guests, including best selling authors and researchers. Bring a lot of forward thinking medical professionals and trailblazing experts to bring us all up to date on the latest research. They, along with me, are looking to rewrite the narrative. I want to say that again. Rewrite the narrative. On health care, self-care, and perhaps we can better refer to it as self-care. One of my guest,s coming on in two weeks from today, February 4th, is probably the most known, Alzheimer's researcher in the world Dr Dale Bredesen.

Speaker Sterling\*\* (((00:06:38))) - - - Dr Barry's going to join me on that show, too, so I want to let the two of them talk while I moderate. Trust me, folks, you're going to want to be there for that. I've met Dr Bredesen, We go back 6 or 7 years now. He's doing things to help people reverse Alzheimer's. Three weeks from today, I have Dr Emily Splichal coming on. I worked for her for years. I taught all over Europe and the United States and North America for her, an amazing person. March 10th, Dr Ray Dorsey's going to talk about his work and his best selling book called "Ending Parkinson's". He's a neurologist and a really nice guy. March 3rd. Dr Terry Wahls. She's the creator of The Wahls Protocol. She's also a lady who lives with PMS, the rarest form of multiple sclerosis. She has reversed to some degree her PMS. We have, Mayo Clinic, Dr Michael Joyner coming on. Don't have a date for that yet, but you can go to [Karlsterling.com](http://Karlsterling.com) for an updated list of upcoming guests.

Speaker Sterling\*\* (((00:07:44))) - - - That's my name Karl Sterling, we'll be talking about products, services and equipment that we find beneficial and helpful for our patients and clients. But speaking of guests, I actually have my first guest with me right now. He is a dear friend. I refer to him as an angel. He may not think so, but I do. And you probably all know him because he was the previous host of this show. I want to introduce the man, the myth, and the legend Dr Joe Barry. Welcome, Dr Joe. How are you doing, man?

Speaker Joe\* ((Barry\*)) - - (00:08:22) - I'm doing great, Karl. Thanks so very much. It looks like I'm leaving this in very good hands. You're far more eloquent than I thought you were and you've got a tremendous lineup of guests. So, again, it's promoting the concept that you're the captain of your ship with good knowledge. I love that point about it. I love the concept of shock therapy.

Speaker Joe\* ((Barry\*)) - - (00:08:43) - That's a beautiful term. You know, normally I think of electroshock therapy, but if you're talking about a shock therapy of the brain, that's very different. I'm quite comfortable leaving this program in your hands because you've got a super lineup of guests. You're going to have me on intermittently. Yes. You know, on this show, we've been doing the same thing for a while. We need a fresh set of eyes on health care. We need a fresh approach, a fresh presentation. You've been all around the world. You've got a perspective that no one I don't think anyone else in Central New York has. And you don't have to worry about saying, get away from medicine. I think that, that really should be the work of every health care provider is limit your medications, minimize that, and maximize your efforts on what's really going to keep you healthy. Dr Michael Greger has a great YouTube video, or at his site, [Nutritionfacts.org](http://Nutritionfacts.org) talking about the benefit of medicine versus lifestyle.

Speaker Joe\* ((Barry\*)) - - (00:09:39) - And I don't think even doctors understand that, that medicines have a 3 to 5% of effect. Lifestyle, the stuff that you're going to work on is 95% of it. So it's great to have you on the radio. It's great for you to replace me. I'm looking forward to listening for years to come. And I think that this, this show couldn't be left in better hands. Welcome, Karl, and thank you.

Speaker Sterling\*\* (((00:10:06))) - - - Oh my pleasure, doctor. Well, the reason I have you on today is something that's very selfish to me. I'll admit that. You know, I don't want you to feel awkward, but I'm here because of you. Yes, I passed the FCC and a government background check and paperwork signed all that funny stuff I had to do. Right. And that's what you do when you do this, right? I didn't know about that. But, you know

Hunter Hillary, she's amazing. She helped me. Thank you, Hunter, of your listening, you are an angel.

Speaker Sterling\*\* (((00:10:36))) - - - But you've been such a great support. A believer in what I do. Not everybody is like that. They just think, oh, gosh, there's another crazy thing Karl's doing. Well, you know what? I'm here because of you and I just want to give you a heartfelt, brotherly, respectful. Thank you. Thank you for paving the way for self care, for knowledge, for opening the superhighway of knowledge, for paving that road, and for enlightening people for so many years, so many episodes with so many insights you have. You are an angel. You're amazing. And that's why I have you here. I just want to say thank you, doctor, for all you've done, for all people who you touch and thank you for what you've done for me.

Speaker Joe\* ((Barry\*)) - - (00:11:27) - Well, you're very welcome, Karl. You have in turn, you've inspired me. Your steadfast approach to say what doctors should be saying, which is what's the best thing for the patient.

Speaker Joe\* ((Barry\*)) - - (00:11:40) - Not the best thing for me. Not how I can maximize my income, but how do I help people help themselves get better? And for that, I'm quite grateful.

Speaker Sterling\*\* (((00:11:50))) - - - Well, you know, you and I make a pretty darn good team, and I like it. Let's keep doing it. I've got some great guests coming on. I want you to talk to some of them because I don't know enough to ask all the right questions. I want to bring you on. So. Thank you.

Speaker Joe\* ((Barry\*)) - - (00:12:07) - I'm always here in your back pocket, my friend.

Speaker Sterling\*\* (((00:12:09))) - - - Thank you buddy. Thanks for joining me. I really appreciate it. And I think we're heading out soon for commercial. Doctor. I'll see you around this week. Stay tuned, folks. We're coming back with a lot more right after this.

Speaker Sterling\*\* (((00:16:19))) - - - And we're back. You're listening to Your Health Matters here on 570 WSYR, my name is Karl Sterling. I'm your host. I'm so excited to be here. Nice to talk with Dr Barry.

Speaker Sterling\*\* (((00:16:33))) - - - He got in really, really late last night. So thank you, Doctor, again for joining me. He's an incredible human being. He's one of the most generous people I've ever met in my life, in many different ways of his knowledge, his spirit, and just so many things. Great to have him here. Let's get back into this and let's talk about some muscle mass. When I was explaining to a few people this week, what's your topic going to be? Oh, it's going to be about the importance of maintaining adequate muscle mass throughout the lifetime. Oh, Karl, that sounds boring. Well, I hope it's not because it's so relevant. Let's talk about this. I really want you to think about why your health matters so much. Muscle mass is going to play a role in this. All right. I got a few hits between the eye. Things coming up.

Speaker Sterling\*\* (((00:17:34))) - - - Getting right into the muscle mass thing here. Muscle matters when we talk about muscle throughout the lifetime, I want you to think about down the road of life and hopefully way down the road, like maybe a place you'll think you'll never arrive at. You

know how passes quickly time. It's interesting. I just found out I talked for 15 minutes before I introduced Dr Barry. I thought it was five minutes, you know, time is funny. Like, right now. It's going very quickly for me. You ever think you'll never get to a certain date or a certain age? Like, I never thought this premiere broadcast for me to be here would ever come. And here it is. And in a few minutes, it'll be gone. Well, I'm 63, almost this year. I never thought I'd get to be this old so fast. But we hope. I hope that you hope you get to be many, many, many years or decades older than you are now and feeling good in the process because, you know, God willing, nothing catastrophic happens in your health is good.

Speaker Sterling\*\* (((00:18:39))) - - - You're going to get there and one day, hopefully, you'll look back and say, well, I did it. I'm healthy now. But here's something I have said to people, and they look at me and they say, are you serious? I ask, whose burden do you want to be? Do you want to look back at some point, down the road? I've already been there and passed it and been there and passed it a couple of times. I don't want to ever go there again and have to look and say, I shoulda, I coulda. I didn't. Because that's just not. It's not a feeling I want to have when I'm 83 or 103. I've every intention I remember, mom, I know you're listening. Remember I told you a long time ago I lived to be 100? There's no doubt in my mind, you know, God willing, I'm going to make it there. But I need to be a healthy mobile still in my Health span 100.

Speaker Sterling\*\* (((00:19:40))) - - - Are you going to be able to say, I did all I could do? Now, let me throw this at you. I've been around. I've seen, I see thousands of patients and clients all over the world when I teach. And right here in Syracuse, I have a clinic. It's called Neuro Motor Training. In fact, I'm in the building with Dr Barry, underneath his office. We see a lot of people every day. Here's the situation I see often. What if you woke up in



the morning and you couldn't roll over in bed? What if that was your first challenge during the day? Well, maybe you're dealing with it. First, I'll say that's something I can help you with. When I teach people how to roll over, they're able to do it because it's really simple. It doesn't mean it's easy.

Speaker Sterling\*\* (((00:20:33))) - - - Simple doesn't mean easy, but it's simple because I will teach you how to leverage your body, but it involves muscles, all right? It involves groups of muscles. What if you couldn't get up out of a chair without assistance? Sadly, I see this every day. Most people, if they put in the work, it doesn't really take that much work time wise. It might be a lot of physical effort for somebody, but eventually they're going to get up out of the chair on their own. You don't want to get into a situation, where you can't get out of bed in the morning, you can't roll over and you can't get out of a chair because your quality of life is going to go downhill. Here's another thing. This comes from Dr Peter Attia. You probably heard him mentioned many times by Dr Barry. It's called the death spiral. All right, I'm really going down a rabbit hole here.

Speaker Sterling\*\* (((00:21:32))) - - - The death spiral is a term used to describe the cycle of health decline that often accompanies aging. Falls and mortality are significant components of this process. And here are some of the facts about how falls mortality are interconnected with the aging process. Muscle mass does play a role in this for a lot of people. We have an increased fall risk as we age. Our factors such as muscle weakness, which is probably going to be one of the reasons for, reduced the balance, impaired vision and chronic health conditions can contribute to this heightened risk. The consequences of falls. They can be very severe. Besides the fact that it's possible and it has happened, that some people die from a fall. It could be just a blunt impact force to the head. Perhaps could be something else too. Maybe they are on heparin, like I am. I'm on a blood

thinner for a clotting disorder. What if they hit their head and they bleed out in the brain? You know, you don't want this to happen. This is no good.

Speaker Sterling\*\* (((00:22:37))) - - - So this can lead to fractures, head injuries, other injuries that may result in hospitalization, decreased mobility and a decline in all overall quality of life. I did have somebody say in a webinar I was doing a couple weeks ago. That vision was the most important thing about movement. This is very important, but I know blind people who can walk, so if they didn't have enough muscle, it wouldn't matter if they could see or not because they're not going to be able to walk. Another risk we talk about is fear of falling. This is a big one. We have people we work with who do have a fear of falling. This can exacerbate not only the risk of falling, but the aging process because they tend to get less physically active. Leading to less movement means less strength, less fitness, less muscle mass, more frailty. We can do a lot with preventative measures. For example, exercise strength, breaking this death spiral, regular exercise, balance training, modifying things at home.

Speaker Sterling\*\* (((00:23:41))) - - - Medication management, all these things can help reduce fall and improve overall health. We can also take a multiple disciplinary approach, addressing falls and mortality in the aging process. This requires a multidisciplinary approach involving health care providers, caregivers, community resources, early intervention and support, which can be very helpful. And maybe seeing a personal trainer, a physical therapist, you can come see me. We'll talk about that in a little while. You're listening to Your Health Matters here on 570 6 WSYR. My name is Karl Sterling and we will be back shortly.

Speaker Sterling\*\* (((00:29:24))) - - - All right. We're back here on 570 WSYR, my name is Karl Sterling. I'm your host of Your Health Matters, and we're talking about muscle mass, the importance of muscle mass throughout the lifetime. We talk about the obesity epidemic a lot, the overweight epidemic. I just want to clarify again, I'm not judging anyone if you're overweight or obese. I've been there, I've been obese clinically. This was quite a while back. It's one of the reasons I got in the business that I do, first, the personal training and now, rehabilitation of neuro disorders.

Speaker Sterling\*\* (((00:30:04))) - - - We work a lot with people with Parkinson's Disease, dementia, various forms of multiple sclerosis, any kind of movement or neurological disorder. Our forte of my clinic is helping you to reach your goals to restore movement, balance, mobility, agility, stability, memory and cognition, and multitasking skills and reducing falls. This is what we do. A lot of you don't know me from a bag of beans, but I'm a guy who is very humble and I am very confident about what I do. I'm always looking to learn more. I am the consummate geek. I'm the nerd. I'm always reading. I'm always learning. I'm always learning from people who I have as a guest on my podcast. I bring this to you, with sincerity, it's about education. The cornerstone of change. When we talk about the obesity epidemic, , I've been there.

Speaker Sterling\*\* (((00:31:04))) - - - My personal trainer, Eric Prager, one of the greatest trainers alive, he's in the Skaneateles area. You know, there are a lot of great trainers out there, and we'd love to have you come and see us. I'll give you contact information in a little while, but. Eric inspired me to get into this business. I saw him a many years ago, and he helped me lose a lot of weight. He helped me get stronger, too. We're going back at least 15 years, and then I got into this business. What I'm trying to say is, I have been with without enough muscle mass. I have lacked muscle mass and had

way too much fat in my body. I have pictures to prove it. It is hard to look at them. I want you to consider something that is being written about more and more now. Maybe considered not only an obesity epidemic, but a muscle mass deficiency epidemic.

Speaker Sterling\*\* (((00:32:01))) - - - You know, this can start happening as early as your 20s or 30s. I'm still a little on the heavy side right now. I'm working on it. But, I put on 5 pounds last fall in two months. And according to the inbody scanner that I have. I did it twice to check. It was 5 pounds of muscle. My body fat went down by 1.2%. I worked my butt off. My daughter, I thank you Ashley, you know, you hold me accountable. I love our time together over at Smoky Hollow CrossFit. I go to Smoky Hollow CrossFit because I love the workout. The first time I went was two years ago in April. I was scared of death, absolutely scared of death, frightened like, oh my gosh, I can't do this. It's CrossFit. Guess what? I go about twice a week now. I try to get there more, but we're really busy at my clinic so I don't always get there.

Speaker Sterling\*\* (((00:32:56))) - - - Bottom line is I have more muscle. That's one way that helped to build muscle and reduce body fat, because I got moving and did stuff. But I want you to think about this in terms of muscle being the largest organ in the body. A lot of people think it's the skin. Well guess what? According to Dr Gabrielle Lyon. Muscle is the largest organ. You know why metabolism happens in your muscles. So my body fat went down. My weight went up. I was burning more calories because I had 5 more pound of muscle in a two month period. I have more energy, I sleep better, I feel better, it's awesome. It's natural though that skeletal muscle will change during the lifetime. However, nearly immediate improvements, measurable improvements can be brought about even within, let's say, two weeks or so.

Speaker Sterling\*\* (((00:33:58))) - - - We start working with people. I don't do the blood work. I'm not a doctor, but through blood work, we'll see in 2 or 3 four weeks their hunger is better regulated, blood sugar is regulated better. They have an increased metabolism. They feel better. They sleep better. They have more energy. Longer term benefits can include a stronger body and stronger bones. Something I want to get into. Let's let's finish this, though. Muscle centric medicine, if you will. I'm taking that from Dr Lyon. This is a powerful system. muscle centric, building muscle to heal disease, build a better body composition, increase your mobility, boost your energy, combat conditions associated with aging. Some of the things that I run down the list would be things like balance, your blood sugar, increase your energy, improve mental clarity. I tell you, my focus has been more lasered recently since I really worked on putting on muscle.

Speaker Sterling\*\* (((00:35:08))) - - - Improved body composition, reduce cravings. I am working on that one. I do have my things. I like potato chips, but I have to regulate myself there. You don't want to eat a bag of those in a sitting because you know they stay with you. So basically, longevity and muscle mass are interconnected, and maintaining muscle mass is going to have a positive impact on your longevity and your health span within the lifespan. As individuals age, they naturally experience a decline in muscle mass, and this actually is known as sarcopenia. Just a natural diminishing of muscle as we age. Think about it like this, for example, you're 65 years old and you've retired and you've been very active. Well, when you're 85 years old, how are you? The people who are doing better are the people who kept moving more, kept more active, worked out, exercised. Those people do better.

Speaker Sterling\*\* (((00:36:20))) - - - Then we have people who haven't been doing that and it's very, very slow decrease in overall strength of physical function that happens. Year after year after year, and then before you know it, you're 85 and maybe you can't get up out of that chair anymore. So I'm going to ask you a question, when is now a good time to start doing something? When we come back after the next break, we're going to talk about some things you can do on your own at your gym, with your trainer, by yourself, at your home, because you can do things anywhere. You can do things with no equipment. There's plenty available for you to do, and I'm happy to help you with it to do things on your own. You don't need equipment, you don't need a gym, but you do need to do something. You do need to get active. Your bones, your body, your brain depend upon it. Less muscle mass means less bone mass almost all the time.

Speaker Sterling\*\* (((00:37:21))) - - - We have so many people coming in with osteoporosis, osteopenia. In the last quarter hour, we're going to talk about what we do to combat that and how we are helping people to improve their bone density, increase their muscle mass, their strength, their balance, and when they put in the work, they feel better. You are listening to Your Health Matters here on 570 WSYR. My name is Karl Sterling. We will be back shortly.

Speaker Sterling\*\* (((00:41:42))) - - - All right, folks, we're back here for the last quarter hour here. You're listening to Your Health Matters. My name is Karl Sterling. We're on 570 AM, having a blast over here in this premiere broadcast. I'm your new host. I have to tell you, I feel blessed, grateful and honored to be here. Every week we're going to unfold a lot of different information. Today we're talking about muscle mass. And I could talk about so much more. But let's hit the highlights. Muscle is the foundation for all

movement. If you're standing and you're not moving, you're still using muscles. Even if you're sitting upright, you could be leaning. But there's some muscle interaction happening, especially moving around a little bit in your chair. If you're walking it takes muscles. If you want to be moving and want to be healthy and live longer, you probably should be working on those muscles.

Speaker Sterling\*\* (((00:42:42))) - - - And it doesn't take a lot. Five minutes here, five minutes there. Get up out of the chair. Stand up, then sit down nice and slow until you have to drop. And then eventually you'll be able to control yourself all the way down. Maybe you can already. I have a ton of things to help you. Call me (315) 935-7488. I'll say it again. 315. 935-7488. Go to [Karlsterling.com](http://Karlsterling.com) Karl with a K. Check things out. Contact me from there. Email me, text me, call me. I have a million things I can help you with. I also want you to know that, if you have less muscle mass and you're at a higher risk of falling, there is a probability, it's not guaranteed, but it's not unlikely that you probably have diminished bone density. So you're at a higher risk of falling and a fracture. Now, I don't know if you know anyone who's been through this, they were walking,

Speaker Sterling\*\* (((00:43:48))) - - - they fall down, they break a hip, go to the hospital. Sadly. I'll tell you a stat on this from Dr Peter Attia. People 65 years old and up. Statistically, those who fall and break a femur or a hip after one year, half of them are deceased and the other half are mostly not back to where they were functionally before the fall. That should tell you something. What can we do? We're going to talk about a couple of things here at my clinic. Neuro Motor Training in the Preventive Medicine Associates building in Camillus, NY. We're in suite 101 in the basement. Elizabeth works with me. She's amazing. And she and I will help you to reach your goals of muscle mass. We have a machine. It's called Bio Density

Machine. Bio Density is probably the most amazing thing I've ever seen because it's much like the Osteo Strong if you've ever heard of that.

Speaker Sterling\*\* (((00:44:48))) - - - But this is the original Bio Density. This is the original bone density builder through isometric max force loading contractions that you produce. Elizabeth or I, will put you in the position you need to be for each exercise. So you are at your strongest positional point. You're going to do the chest press. You're going to do the leg press the core pull the vertical lift, kind of like a deadlift. You're going to do this. We guide you through. You exert a 5 to 10 second hold, depending upon where you're at in the program and how you're doing. This is loading those muscles to help you build muscle mass through the mechanical action of max force production. Oxygenic loading will cause the chemical reaction of estrogen, testosterone, and all that stuff that helps to trigger the tribeca's soft tissue bone growth. That's what we're after. We know people do this. They come in with improved DEXA scan scores. They've reversed their osteopenia. They've reversed their osteoporosis. We can help you with this.

Speaker Sterling\*\* (((00:45:53))) - - - This is what we do. We do it all day, every day. There's another machine. We have one of a kind called XO Metrics. If you go to [xometricsfitness.com](http://xometricsfitness.com) or my website and go to the metrics tab, we love this machine. It's a wall unit. It has a mirror. It's the most versatile piece of equipment I have ever used in my career of almost 15 years doing this. There's so many things I can talk about with this. Xo Metrics has developed an extensible open fitness platform, the XO Trainer. It's a game changer to help individuals improve their fitness and health. Founders happen to be aerospace and computer engineers. Decades of experience in engineering. At the heart of the XO Trainer is a patented technology. It provides the most truly customized fitness experiences. We have, what we call, dynamic adaptive variable resistance.



Speaker Sterling\*\* (((00:47:01))) - - - Basically, we can train your muscles in ways you cannot do with any other machine that I know of. I've seen just about all of it. I've never seen anything that does what this does. So we have Bio Density. We have the Power Plate. We'll talk about that next week. We're going to talk about Xometrics next week again so we can get into more of the details of this machine. I invite you to come and check it out. You're in full control on this machine. Your profile is created, your history is in there. We go back in, we log in, we get you in the system. We can do infinite number of exercise with it. Infinite number, number of variable resistance. I could start you at a light weight in one positional starting position of a repetition, and progressively go to any amount of strength you're able to produce at the back end that trains muscles differently. Between that and the Bio Density, we're going to lengthen the telomeres.

Speaker Sterling\*\* (((00:48:04))) - - - We're going to build mitochondria. We're going to improve increase your energy. That's a game changer folks. So I invite you to call me or text me Karl Sterling. My number (315) 935-7488. Visit Karlsterling.com Karl with a K. It's an honor to be here. It's an honor to have the opportunity to share this information and education with you. It's at the end of the hour for me folks. Join me next Sunday for Your Health Matters here on 570 AM WSYR. I hope you have a great week and remember, keep moving. Thank you.

Speaker WSYR\*\* (((00:49:46))) - - - 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. 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

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