



Balancing Blood Sugar for Mental Wellbeing

Guest: Dr. Daryl Gioffre

Niki Gratrix Hello everybody and welcome back to the Trauma and Mind Body Super Conference, we have a really important topic and a great guest here today in this episode. It's Dr. Daryl Gioffre, who is the founder of the Gioffre Chiropractic Wellness Center, and AlkaMind, he's based in New York. He's been running that center for 20 years now, seeing tons of patients, has tons of experience. I know he's got some really important, fascinating information to share. So if it's okay with, oh welcome to the Summit by the way, Daryl.

Dr. Daryl Gioffre Thank you, it's so nice to be here and thank you for having me. Most importantly, and for doing what you guys do, this is such an important topic and it's just an honor to be with you guys today.

Niki Gratrix Thank you so much. That's wonderful. I'm going to start, we're talking about blood sugar, blood sugar control, what causes blood sugar imbalances and the impact on the body and importantly, the brain.

So it's really good for some of the psychology community to kind of hear about the types of symptoms when someone has an issue with blood sugar, and what the cascading impacts on the biology. And I'm going to hand to you to take over because you're an expert on this topic.

Dr. Daryl Gioffre Yeah. I mean, there's so many directions we can go with this one. But you have to look at number one, what sugar does. Sugar ages us, glucose ages us, whatever way you want to look at it, it definitely speeds up the aging process. And that's because it does a few different things.

Number one, it drives up inflammation in the body, it creates oxidative stress, which obviously is very damaging to our cells. And it does something called glycation when you look at that word AGES. What that stands for is Advance Glycosylated End Products.

So let me just kind of explain what that means in more simple terms. So I have a keyboard right here. So imagine if I take just a bunch of syrup and I dump it on the keyboard. This is what's happened to people who are literally dumping in these crappy carbohydrates into their body on an ongoing basis. So what happens is the body and the pancreas is going to increase that insulin production because what does it want to do? It wants to get that sugar out of the blood and into the cells, because obviously we all know that when sugar increases in the blood, it can lead to a bunch of devastating issues, including things like diabetes. So what happens is the blood, the sugar starts to get into the cells, but eventually those cells get full. So what happens is that blood sugar starts to just accumulate in the blood and then the body can do a couple of different things with it.

Number one, it starts to increase the production of insulin. So over time, we're gonna get something called insulin resistance, which becomes a huge issue. But then what happens is all that blood sugar that's hanging around the insulin is going to store it as fat, which becomes a major issue. So we start to get the belly fat and fat in all the areas that we don't want. But a bigger issue happens, which means that the glycation, that sugar attaches to protein molecules. And the problem is, once those two things happen, when that sugar attaches to the protein molecule, it's irreversible. It's like taking a hardboiled egg. You can't un-boil a hardboiled egg once that happens. So what happens is these sugar and protein molecules get connected and that becomes something called glycation and glycation is very damaging to the body, to the tissues, the connective tissue, the blood.

Because it's this thing that goes in, imagine like sandpaper on the inside of your blood vessel walls. What it does is it's irritating your cardiovascular system. It's virtually causing plaque, and not just in your blood, but also in the brain. And what happens is over time, that builds, it can lead to things like brain fog, brain dysfunction. Your neurons start to dysfunction and eventually we just can move down to the roots of things like dementia and things like that.

So glycation is really one of the biggest issues we have with increased sugar in the body and the really prime way that we prevent that is stopping the sugar from the first place. So we have to be very mindful of diet, we'll get into that. But there's a lot of other things we could talk about as far as this goes.

Niki Gratrix OK. That's awesome, very important too that people are aware about this longer term impact of these blood sugar imbalances. And like you mentioned there probably it's Alzheimer's, dementia brain fog, probably the neurotransmitters all firing off property, the cells are responding properly when you've got all that going on. So things like serotonin, dopamine probably will get out of balance leading to all the mood disorders.

Can you also share some of the symptoms of somebody who is eating too much sugar in their diet. Just like perhaps the mood rollercoaster that can cause during the day, just like those kinds of symptoms as well?

Dr. Daryl Gioffre Sure. Let's talk about that. But you mentioned dopamine, I think that's something we've got to just talk about for a second, because what happens is, is that sugar it's not a food like a lot of people call it. It's literally a drug, it acts like a drug. So when you eat a specific food, let's say you eat something like a steak or let's say you eat a piece of broccoli. If that's a new food in your diet, what's going to happen in the beginning is the brain's going to spike up its dopamine because it's this novel food, it's new to the body. But over time, as you continue to eat that steak or that piece of broccoli, the dopamine is going to drop because the body gets habituated to that specific food.

Sugar doesn't act that way because what happens is every single time you eat sugar, it's going to spike up that dopamine level. And not just the dopamine, the opioid receptors in the brain. And I mean, they've done studies on pigs with this because they're very closely mimics human brain and the way that the brain responds. And what they found is that there's an overstimulation of these dopamine and opioid receptors.

And in fact, when you look at something like cocaine, it's been proven that sugar is going to spike your dopamine levels about eight times more than cocaine. And it goes to the same reward centers. So over time what the brain's going to start to do, it's going to start to down regulate your opioid and your dopamine receptors because it wants to protect the brain. If it doesn't do that, you're going to get brain damage over time because what also sugar does, it also destroys the blood brain barrier. So as it down regulates these receptors, this is what kind of fuels that addiction, because now the receptors are lower. So your body needs to get more of that specific substance in higher doses to get the same response. So what happens? You end up craving sugar more. So it's a drug. It's addictive whenever you look at or not. Sugar is a drug. It's a toxin to the body.

So the key thing is that we got to minimize the effect on the body by lessening those crappy carbohydrates and fructose, by the way, which is 30 times more glycating than glucose is the worst form of sugar out of all of them. Fructose isn't like glucose, where glucose can be broken down in any part of the body, but fructose goes right to the liver. And then what it's going to do, it's going to pump up the triglycerides and then that's going to create more systemic inflammation, and then you're going to get some insulin resistance on the back end by that. So there's a lot of different things that are happening, but it is an addictive substance.

So when you eat sugar and your body kind of starts to process that, what happens? It's like a dirty burn, it's not like a healthy fat. That's like a slow burning fuel. That's the preferred source of energy for the body. But when you have sugar, sugars metabolize very quickly, and why is that? Because the body wants to get rid of it, because it's toxic. So the body is going to burn it off quickly, even in the brain. So what happens is the body is going to tend to crave that. So two or three hours go by, you don't eat any food, guess what happens? You want to have more sugar because the body burns sugar and now it wants to replace it with more sugar.

So it virtually becomes this vicious cycle and this is a perfect example, this is how you know that you're addicted to sugar. And by the way, I was addicted to sugar for a huge aspect of my life, this is something I'm very familiar with. But try to go a full, I'm not even going to say twenty four hours, just trying to go five or six hours without eating and then see how your body feels. If you start craving that food, you know that there's some addictive properties going, and then there's ways that you can obviously change it, which we'll talk about.

Niki Gratrix That's awesome. It's so important to draw that out, because I'm pretty certain there'll be a whole group of people who are perhaps being diagnosed with things like anxiety, depression, bipolar. And actually, if you check that diet they could be total sugar addicts. And they're having these dopamine hits and their energy up and they're mood's up and then it's down. And if you only just looking from head above and you're not actually kind of looking at what's going in the gut and what they're eating. They actually we could be missing, we've missed. I'm sure there's many people being misdiagnosed. So the sugar piece, that's like super important.

Do you want to talk about ways to balance the blood sugar or what to do about that? Do you want to go there?

Dr. Daryl Gioffre Well, you bet. Yeah, well, we definitely want to go there. But you mentioned the gut, I think it's important that we talk about the gut because sugar is

literally, it's like acid. It's like one of the most acidic substances you can put into the body. And you've got to think about what acid means, like in a common-sense standpoint. Acid is corrosive, I mean, acid can literally corrode metal. So think about when you ingest these types of foods. Think about what that is doing inside your body to your gut, the microbiome.

We all know that 80 percent of your brain lives in your gut, it's the second brain. And Hippocrates is the father of modern medicine, said "look to the gut. It's the cause of all dis-ease." When I say dis-ease with a hyphen, that's lack of balance, lack of harmony in the body. But the more dis-ease that happens in the body eventually leads to disease. You see, Tony Robbins calls it "stacking." Over time these things build up and build up and build up.

So in the beginning, you might just have low energy like I did when I was in my 20s. But my willpower was so strong it drove me through my day. But at the end of the day, I was so exhausted. Why? Because my body was running on this toxic drug. And it literally, the problem with sugar is that it drains you of the minerals that you need to perform every single day, physically and mentally.

I was talking to my good friend, Dr. Carolyn Dean, and she wrote this phenomenal book called The Magnesium Miracle. And in that book, she said something very important. Because one of the things that I learned about myself when I was addicted to sugar, and what I learned with so many other clients is that one of the biggest deficiencies we have is a mineral deficiency, especially magnesium. And it's been proven when your body consumes sucrose, which we know as common table sugar, it's a mix of fructose and glucose. The body requires about eighty-four molecules of magnesium to neutralize that one molecule of sucrose.

Niki Gratrix Wow.

Dr. Daryl Gioffre Yeah. Now when you look at a fructose it's fifty six to one and glucose is twenty eight to one. So we are literally drained of these minerals that we need to function. And magnesium, I mean it's the number one neuro protector of the brain. So we're looking at what sugar does to the body we know it drains you of your magnesium. And magnesium is critical for proper brain function, for proper neurological function. I mean, omega 3 fatty acids are so important for brain function, but I'm going to tell you magnesium is the number one choice.

So we've got to get back to the gut function because sugar is damaging that microbiome, and we want to have a nice balance of gut bacteria. But bacteria is what we call pleomorphic, which means when you're putting more of these bad foods into the body, the good bacteria can actually change and become something like candida, that's what pleomorphic is. And we do something called live blood cell testing in my office where we take a drop of blood from the fingertip. And we magnify this by twenty five thousand times and we can measure the extent of leaky gut. And all these things that are sneaking into the blood that shouldn't be like undigested proteins, yeast, fungus, mold, mycotoxins, candida.

So again, when we're putting sugar in, it offsets that healthy bacteria. So we have to focus on healthy gut function because it's critical to brain and that gut function axis, they go hand in hand together.

Niki Gratrix That's brilliant. I love the connection you've made there between the sugar, the gut and the brain and the inflammation. Because all of that together, the guts inflammation leads to brain inflammation, and the brain inflammation will probably lead to more gut inflammation via the vagus nerve. So inflammation is absolutely one of the underlying root causes, for example, of depression. So there we have a direct connection with mental health imbalances that is driven by what you're putting in your mouth. Basically, what you're eating every day, so it's absolutely superb.

Actually let's talk about omega 3, 6s and so important the fats, let's talk about fats in the diet and how people can get out of balance with that.

Dr. Daryl Gioffre Yeah. Well, I would say the number one thing that drives up inflammation in the brain is that sugar and glycation. So obviously, I'm glad we start with that, that's most important.

I would say the second thing is the balance between the omega 3 fats in the body and the omega 6 fats. And I'm going to tell you, it's probably the most important, one of the most important numbers after your blood PH in the body. But the problem is, is that most doctors are not checking their patients for what this ratio is.

So let me tell you what the ratio is and what it means, then we could talk about ways to balance it. So we all know that Omega 3 fats things like fish oil or eating wild called Omega 3 fish like salmon, trout and anchovies, sardines, herring. Those are anti-inflammatory. Those drive down inflammation in the body. Omega 6s are what we call pro-inflammatory. They increase inflammation not just in our body, in our blood, but also the brain. Now, where we find omega 6 fats, it's in things like soybean oil. And by the way, over the last century, there's been a thousand times fold increase in the amount of soy in our diets. It's a huge problem. So soybean oil, corn oil, sunflower oil, safflower oil, hydrogenated vegetable oils, margarine, if you're eating fried foods, processed foods, cookies, they're going to be loaded with these pro-inflammatory fats.

Now, the ratio in a healthy body, which we found, by the way, in our ancient ancestors, are ancient cultures should be 1 to 1 omega 3s to omega 6s. Now, some people ask me, you know, Dr. Daryl, if omega 6s are bad why do we need them at all? It's a great question, because inflammation in the short run is so important for health, because that's what heals us. Inflammation in the short, if I pricked someone's finger to get a drop of capillary blood to measure this ratio. That little injury that happens to get the blood needs to heal and that's what inflammation does. So inflammation in the short run heals us. Chronic inflammation is what kills us. So what happens is that ratio, when we measure it ideally should be one to one, no more than one to three. Once that ratio of omega 3s to 6s goes above 1 to 3. You start driving up systemic inflammation in the body, so you don't want it above one to three. Once it goes above 1 to 10, that becomes a serious problem. Once it goes above 1 to 20 we start to look at some trouble.

Now, the crazy thing is I test most of my clients for this. I've seen 1 to 50. I've seen 1 to 75. I even saw 1 to 88. And here's the problem, wait till you hear this one. So in my book, I interviewed this doctor whose name is Dr. Joseph Hillman. And what he did was he studied the ratios in murderers and people in insane asylums. And what he discovered was that the average ratio of omega 3s to 6s is 1 to 70, it's highly disproportionate. What we're saying is that because there's so many more omega 6s, we have to understand that

omega 3s and omega 6s – they compete for the same enzymes and our brains are 60 percent fat. That's why the ketogenic diet, if it's done the right way, eating healthy fats, it really helps brain function because it down regulates inflammation. And why is that? Because again, the brain is 60 percent fat. But if you have all these omega 6s and much less omega 3s. Guess what's going to win every single step of the time? It's the omega 6s.

So what happened with these murderers and people in insane asylums was that they had so many more of these omega 6 fats, it just made their brains whacked. It basically hijacked their brains and made their brains so chemically unstable that they couldn't even think rationally. Obviously, there's other things to consider like psychotropic drugs and things like that. But just from a chemical or a chemistry standpoint, that ratio is so important. It's something I recommend everybody get tested and the average American on average is 1 to 20. So again, we are these cauldrons of inflammation and if we're not doing something to address that ratio, we're in trouble.

So the first thing I recommend people do is take an omega 3 fatty acid supplement in the form of fish oil. I mean, fish oil or omega 3 deficiency has been shown in the research to be responsible for ninety six thousand premature deaths in our country. And I would say omega 3 fats along with magnesium are probably the two biggest nutritional deficiencies that we have in our western hemisphere. So again, if we want to drive down inflammation, by the way, dementia and depression has been proven parallels inflammation of the brain. So to really get to the root cause, we got to go farther upstream and start to down regulate that inflammatory process. We got to avoid the crappy carbs, we got to get more minerals in the diet, and we got to get that omega 3 omega 6 ratio back in its optimal balance. And you could do it, I've been able to balance people's ratios within three to four months.

Niki Gratrix Wonderful. So you bought out some of the key things that people could do for diet. Shall we mention about testing? What kind of testing that you use in your clinic for, say, omega 6, 3 ratio?

Dr. Daryl Gioffre So you want to do it through capillary blood, which is really the oldest blood of the body because capillary blood is obviously where oxygenated blood meets deoxygenated blood. And you're measuring about 90 to 120 days' worth of systemic inflammation. So that's why if you go to a doctor, they do it through here, which is more serum based blood. There could be some false positives because you only looking at like three to four days.

So let's say that I was to have a fish oil supplement or I ate a piece of salmon last night. The omega 3s in my blood will be a little higher. So it can show that we have more sufficiency when in fact there could be a major deficiency and you don't know it. So I recommend capillary blood. We have an amazing test in our offices called the Alkaline Omega 3 acid inflammation test.

Niki Gratrix Yeah.

Dr. Daryl Gioffre What it is, is an at home test kit so you can just buy it, you can get it online on our website and we send this kit to you. And you have like what people use to measure their glucose levels, it's like a little stick, it's painless, it takes two seconds and you get a drop of capillary blood. Then you put that on that little piece of paper, you just let it dry for five minutes and then you put in the envelope and then it goes to our lab.

And then within about 14 days or so, you get this really incredible detailed report and it gives you about 7 different biomarkers. And it's really looking at if there is any precursors to dementia, so it's important.

So you got to know, number one, how deficient you are in omega 3 fats. So you know exactly where you stand, but also how much you should be taking. Number two, it looks at that important ratio we were just discussing the omega 3 omega 6 ratio. So you can get your number. Number three, it looks at the level of saturated fat in the blood, but not from fat dietary fat intake. But it's looking at more of the saturated fats that the liver creates based on sugar metabolism, so you're really looking at carbohydrate metabolism. And then the other aspect – so that's the blood aspect of it. The other part, the other four biomarkers is a 15 minute online cognitive assessment that you take and it's a really cool thing because it looks like your memory capacity, it looks at your brain sustained attention, the processing speed of your brain. And of course, the most important thing, which is cognitive flexibility.

So we can get a baseline of our clients when we start before we do anything so we know where they're at. And then we can create a specific protocol, move them along that protocol, which is all individually based because we all have different bio chemistries. And then four months later, we can come back, we could retest, see where we're at, and then made the appropriate adjustments based on that. But again, it's a very simple at home test. It really takes less than five minutes to do it. It doesn't cost a lot. And I think it's such an invaluable piece of information that we could use to really look at the most important aspect of our health, which is inflammation.

Niki Gratrix Absolutely, that's brilliant very, very interesting. How about glycation level testing or the level of ages, is there any kind of testing on that, that you regularly use – or how would you assess for that?

Dr. Daryl Gioffre Yeah, it's a good question. We don't do that specific testing in our office, but you can do it and you do this by really testing, you can do something by what's called telomere testing. Have you heard of telomeres before?

Niki Gratrix I have, but the audience, it might have gone over their heads.

Dr. Daryl Gioffre There's two things you could go about it, if you want to look at glycation, your A1C levels in your routine blood tests will obviously look at that. So most doctors will test for that. It's rare that I get a blood chemistry back that doesn't have your A1C tested. Your blood sugar levels over about four month period. So getting your regular blood tests with your doctor, make sure you're looking at your A1C levels. Make sure that they're looking at your inflammatory markers like your homocysteine and your T reactive protein, high sensitivity T reactive protein.

But you also want to check for your telomeres because it's been proven that glycation and things like fructose and sugar are gonna actually shorten your telomeres. And what that means is telomeres are like the protective caps on the end of your DNA that protect your chromosomes. And it's been proven that your telomere length, whether that's a good length or a shortening of that – which is worse – can actually determine your longevity span. And things like stress and things like sugar, not exercising, smoking are all things that are going to shorten your telomere length.

Let's say you were to consume an eight ounce glass or eight ounce Coca-Cola or sugar sweetened beverage every single day. They've done testing on your telomeres and they've shown that that's going to age your cells. I'm talking now about cellular aging through inflammation by 1.9 years. So basically you're shaving 1.9 or almost 2 years off your life. Now, take that eight ounce soda, make that a 20 ounce soda. Now, that's gonna be 4.6 six years of aging. So now they did a study comparing the aging of a 20 ounce soda compared to smoking. And this is crazy. It's the same exact amount of damage to your aging. Smoking was 4.6.

Niki Gratrix Wow.

Dr. Daryl Gioffre So 4.6 years. So basically, if you drink a 20 ounce soda every single day or you're a smoker, you're going to age your cells faster at the same rate. You're basically accelerating your ageing by 4.6 years, which is insane. Now, when you look at exercise, if you were to exercise on a daily basis, you're going to basically lengthen the telomeres, which is good. You're going to increase your longevity, increase your lifespan by 4.4 years. So it just shows that like sugar and fructose, which is the worst form of sugar, are things that shorten our telomeres, which is bad for our longevity.

And things like exercising, eating healthy are going to do the opposite, they're gonna lengthen the telomeres. So imagine if you have like a shoelace and you have that little like piece of plastic on the shoelace, imagine that's like the cap or your telomeres. So now, imagine that you start to like fray that plastic, you start to peel that plastic off and things get frayed. That's what happens to people's telomeres as they do these destructive habit. So the goal is to create a really strong defensive body. And again, to do that, we've got to be very mindful of the sugar.

Niki Gratrix Awesome, very good. So perhaps to sort of closing here. How about any sort of practical tips that you give like, blood sugar balance, magnesium and this omega 6, 3. Practical things that people could just do right away without even testing, they can just get going with things that you would, best tips.

Dr. Daryl Gioffre Yeah. I mean, it's a great point because I mean, yes, it's good that we inspect or we re-respect. So it's nice to know the numbers, but listen, let's just start right now in this moment increasing our healthy lifestyle. Because if you start making better choices, you have to understand that those choices are going to actually improve the quality of your cells. And again, as that stacks every day by making better choices, eventually your cells will start to become healthier and they'll replicate healthier cells.

So, number one, I'm a huge advocate of eating green leafy vegetables, lots of salads because those green leafy vegetables are loaded with minerals. Minerals are the number one way that we neutralize acidity in the body. We know that minerals down regulate inflammation. They can slow down the aging. So, again, lots of salads with things like kale and spinach and watercress, romaine lettuce, chard, things like that. I tend to avoid vinegar because vinegar is high in sugar and yeast. So when you dress the salad, more things like lemon and extra virgin olive oil would be obviously a much better source. So lots of green leafy vegetables in the forms of salad, steamed veggies, raw veggies.

But you also have to have lots of healthy fats. Now, again, we talked about the bad fat before. You have to know that there are fats that heal and fats that kill. So I'm talking about healthy plant based ketogenic fats. I love avocados, we call them God's butter.

Every day I get a big avocado, my kids they're 3 and 6 they love them and we put healthy fats on top. So whether that's extra virgin olive oil or some coconut oil or some avocado oil, you want to get the avocados in every day. Raw nuts like raw almonds, brazil nuts, macadamia nuts, walnuts. By the way, ever noticed that a walnut looks like the brain? Because it protects the brain.

But again, diet variation is so important because nuts do have some omega 6 fats. So we want to make sure that we're doing them in moderation, but also having diet variation. Switch up the diet as much as you can. Raw seeds like chia seeds, hemp seeds. If you're a vegetarian like my wife is, there's healthy vegetarians and there's sick vegetarians. And I've a huge respect, I'm a pescatarian. I'll sell the meat and eat some wild caught salmon but mostly I'm plant based.

But a lot of vegetarians when I test them, their inflammations are sometimes higher than meat eaters because – just because you don't eat meat doesn't mean that you're fully healthy. So my definition of a healthy vegan or vegetarian is yes, you don't eat meat, which I have respect for. But you're also eating a lot of vegetables, you're not a carb-terrain or a pasta-terrain, eating lots of sugar, which we know inflames the body.

So hemp seeds are a great source of fat, flax seeds. I like to avoid flax oil and the chia oil and hemp oil. Because those are polyunsaturated fatty acids and they can go rancid and they could become pro-inflammatory unless you're making them right there and consuming them. I wouldn't buy those specific oils in the store, but these seeds are very healthy. Raw nut butters like raw almond butter, cacao butter, coconut butter and of course the raw oils like MCT oil, coconut oil, avocado oil, extra virgin olive oil, black cumin seed oil. One of my favorites, over 700 studies, huge for blood sugar balance. So I take one of our black seed oil supplements every day all I need is 500 milligrams, it's great for cholesterol, for blood sugar.

But here's important because you want to have a lot of greens, a lot of fats, but you need to have moderate protein. The average American consumes five times the amount of protein in their diet. And when they consume more protein than they should, it actually turns to sugar in your body through the liver, through a process called gluconeogenesis. So, again, we want to do moderate sugar and then we want to keep the carbohydrates level low. And you do want to consume some fiber rich, slow burning carbs. So things like quinoa which is not a grain, we've got to avoid the grains everybody. Because grains pump up the insulin and the more insulin we dump into the blood over the course of our lifetime, it's going to age us and lower our longevity. So we've got to dump the grains, we have more things like quinoa, which is a seed more things like wild rice which is a grass. And you can have some other slow fiber rich carbs like sweet potatoes and things like that, squashes.

So that's kind of what my diet looks like. You don't want to graze. You want to eat three times a day minimally, so three times a day with no snacking in between. Because when you're snacking, you're dumping the insulin into the blood. So you do three meals a day or what I'm a bigger fan of is skipping that morning meal and going towards intermittent fasting. Where you're putting those two meals or even one meal within an eight hour window. And then what happens is insulin levels drop in that fasting state. So now there's no sugar to burn, which is great. So now the body goes to its preferred source of energy, its preferred source of fuel, which obviously is those ketone bodies that the liver generates, and that's great for brain health.

Niki Gratrix Absolutely brilliant. And yeah. And that's how people are going to have that feeling of a balanced mood but sustain energy, high levels of energy without the roller coasters and clarity and the ability to think and everything.

So that's amazing. You've shared so much information, it's been awesome. Thank you so much. I think people are going to get a lot out of this. So tell us where people can find more about you like online and, yeah.

Dr. Daryl Gioffre Okay, and thank you, Niki. Thank you so much for having me on and for all that you do. You can find me at my website is GetOffYourAcid.com, everyone laughs when I say that one. And on Instagram my two tags are [@GetOffYourAcid](https://www.instagram.com/GetOffYourAcid) and [@DrDarylGioffre](https://www.instagram.com/DrDarylGioffre).

Niki Gratrix Wonderful. Thank you so much Dr. Daryl, it was absolutely fantastic. Thank you everybody and we'll see you in the next episode.

Dr. Daryl Gioffre Thank you.