



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 58: Medicinal Mushrooms & Tonic Herbs for Health & Longevity with Brandon Gilbert

Dr. Setareh Moafi: [00:00:03] We all need support and community. And as a listener of the Natural Healing podcast, we want to extend a special invitation for you to join ours. Visit a Center for Natural Healing for Welcome to be a part of our global online community. You'll get a free five step guide to Fatigue relief, along with exclusive weekly insights and health tips that we only share via email. Join now at a Center for Natural Healing dot com for its welcome. We look forward to seeing you there. So today we are delighted to have Brandon Gilbert, who's the founder of Hyperion Herbs, a company that we have personally had connection with for many years and have great admiration and respect for on the show. So welcome, Brandon.

Salvador Cefalu: [00:00:54] Yeah. Hello, Brandon. It's really a pleasure to meet you.

Brandon Gilbert: [00:00:58] Yeah. Thanks so much for having me on. I really appreciate it.

Dr. Setareh Moafi: [00:01:01] Yeah, thank you. So for those of you who do not know Brandon, Brandon Gilbert has been deeply interested in studying Eastern philosophy since the age of 14. A serial entrepreneur, he started his first business in 2006 after going deep in the alternative health field to resolve his own health issues. Brandon felt motivated to share his views and experiences with a larger audience. He created the YouTube channel Hyperion Telecom in 2009, built up a following, and then launched Hyperion Herbs in 2010. After the profound effect tonic Herbs had on his own life, he founded Hyperion Herbs to share purely potent tonic herbs and make them accessible and easily available like never before. Brandon has taught many classes and workshops, both online and in-person, on a wide variety of subjects, ranging from alternative health and healing modalities, herbalism, internal arts and Eastern philosophy. In addition to running Hyperion Herbs and Hyperion TV, he spends an invest many hours a day training internal arts like Qigong, Na Gong, Tai Chi, each one and various sitting practices. Again, welcome, Brandon.

Brandon Gilbert: [00:02:19] Yeah. Thanks so much. Glad to be here.



*Episode 55: What's Your Enneatype? A Journey through the Enneagram
Personality Types with Hemla Makan Dullabh*

Dr. Setareh Moafi: [00:02:45] Welcome to the Natural Healing Podcast. The show designed to guide, inspire and empower you to elevate your health so you can achieve your goals and dreams. We are your hosts, Dr. Setareh Moafi.

Salvador Cefalu: [00:02:58] And Salvador Cefalu.

Dr. Setareh Moafi: [00:03:00] A husband and wife team of acupuncturists and owners of a Center for Natural Healing, an integrative wellness clinic based in the heart of Silicon Valley.

Salvador Cefalu: [00:03:10] We're here to make the ancient wisdom of healing practical and accessible for your modern lifestyle. So, Brandon, we always loved the personal stories, and I know that you have a good one in terms of how you got started, especially with these specialty products. That's how I found you on the Internet when I was looking for a racing mushroom many years ago and hush woo herbs that are difficult to find as extracts and you had high quality products. And why don't you give us a little insight on your background and specifically maybe touch on those? I think those are some of your first products that you were selling.

Brandon Gilbert: [00:03:57] Yeah, those were actually some of my first products, and they're still my best selling products. I mean, Reishi was my best selling product on day one and 12 years later it is still the best selling product.

Salvador Cefalu: [00:04:10] Yeah, lots of benefits.

Brandon Gilbert: [00:04:12] Yeah, exactly. So, yeah, I mean, I think I got interested in Eastern philosophy, you know, pretty early on and from kind of an unlikely origin considering I grew up in a very small town in Indiana with definitely less than 30,000 people in it. And for whatever reason, you know, everything that was kind of in my environment didn't really connect, didn't really resonate or make sense. And then when I was a teenager, I was lucky enough to have a computer with the Internet and then was able to just kind of explore a whole new world that was bigger than the small town that I was in. Because, you know, there was there was no tonic herbalism, there was no Chinese medicine. There wasn't even, like a yoga studio or anything like that.



Salvador Cefalu: [00:04:58] No Qi Gong master in town.

Brandon Gilbert: [00:05:01] Yeah, definitely not. Now, maybe. Who knows? Things have changed, but so just for whatever reason, it's just it was one of those things that happened to me that has happened to me many times in my life where I see something I don't really even understand it, but something inside of me says like, "Oh yeah, that's the thing. That's something that you should try to research or try to follow or see. See where that goes." And, you know, most of my major life decisions have been made in that manner. And I just kind of have followed that process. And it's kind of funny. People sometimes say like, "oh, it's cool you move to this city without knowing people," or "it's cool you started this business," or "it's cool we did X, Y and Z." And I'm like, "Honestly, I just didn't really have a choice." It just kind of seemed like that's the thing I should do. So I just kind of did it, and the circumstances for my life kind of supported that. So I was like, "Well, I might as well take this step and see where it goes," versus just, you know, staying where I was doing what I was doing before, which was already familiar and comfortable. So and I think in my in high school or so, I got interested in yoga and meditation.

Brandon Gilbert: [00:06:10] And because I worked at a library during high school and college, so, I mean, I just read like everything. I read like the whole Eastern philosophy section, the whole religion section, and then you know, there'd be books about meditation, yoga and different things in there and just kind of like piqued my interest and then one day decided to be a vegetarian. And then when spent a few weeks at a yoga ashram in California, and that was like pretty life changing just to have like, you know, I'd never been to the West Coast. I'd only been in small town Indiana and, you know, some places in the Midwest. So going to a yoga ashram in California was just like, like unreal, you know, it's so exciting. And actually, just as a sidebar, I started having out-of-body experiences, like almost on a very, really regular basis at that ashram. But I didn't – I never heard of them. I didn't know what they were. So I didn't know what the experience was, which was like, Oh, that's weird. It was only a few years later when I when I learned what those were, I was like, "Oh, that's what started happening." I guess just because I was so relaxed or whatever that those things were able to occur. But then somehow through being into yoga and being into meditation, somehow found something



about Reiki and tonic herbs and like, oh, well, there's herbs that people take when they're already pretty healthy to assist their spiritual journey or their growth or their meditation practice or whatever.

Brandon Gilbert: [00:07:36] And I was like, I don't understand it, but that's for me. Like I need to figure out what this really is about. So that was probably like 2004, somewhere thereabouts. And you know, at that time I had no money, I had no nothing. So I was just buying, you know, bulk ratio mushrooms online and then cooking them down and making teas and tinctures and stuff. And but I just had a really amazing impact on just how I felt and really like the mental clarity that I was able to to gain from that. And it felt like it really just went hand in hand with the yoga and the meditation, the breathing stuff that I was doing before. And it seemed like, yeah, these are a good fit, like something these work together and. And kind of just from there, it just experienced a lot of different transformations and it seemed like parts of my brain started to turn on because no one in my family has any of the interests that I'm talking about. No one in my family or my friend group or anyone around me in my environment had any of these interests or any of these aspirations. But then somehow I still led to where I am today, and I owe it all large and part to, I guess I don't know, Destiny Ming to use the Chinese term.

Dr. Setareh Moafi: [00:08:53] Following your intuition on Reishi also, you said.

Brandon Gilbert: [00:08:58] Yeah, exactly.

Salvador Cefalu: [00:08:59] In classical Chinese medicine, the virtue of ratio mushroom is that it opens you to your purpose. So the purpose as it's stored in your in your gene, in your essence, it helps you unfold that. So you were working with that early on? I mean, you already. Had already started your journey with the work you were doing. So it's amazing how the. The Reishi came in to assist you. You were talking earlier to us here in private before we started recording about how you felt a change in your your mental faculties. You want to touch on that? That was very interesting.

Brandon Gilbert: [00:09:38] Absolutely. I can remember the exact moment that that occurred. I was in college at that time, and my favorite classes were just Asian philosophy, Chinese philosophy. But because I went to a small school in Indiana, there



*Episode 55: What's Your Enneatype? A Journey through the Enneagram
Personality Types with Hemla Makan Dullabh*

was only like two of those classes. So I remember I gave a presentation and I somehow correlated. I wish I could go back and remember what exactly I did, but I somehow correlated some. Equation or something from quantum physics stuff that I was reading with the Daoism and stuff that that we were learning in that class. I somehow did some something. I don't really remember what it was, but I just gave a whole like 20 minute presentation on it to this like class of 20 something Christian conservatives, and they're all just looking at me like. And I think at that time I probably had long hair. So I definitely looked the part of a kind of esoteric, weird guy. But what is hilarious to me is that in my mind that it was just kind of like a no brainer. Like, obviously I'm going to do this. Like, I didn't really get the context. And then after that she was like, Yeah, can you stay after class? And I was like, Oh man.

Salvador Cefalu: [00:10:48] Like, Oh no.

Brandon Gilbert: [00:10:49] I must I must have really screwed up. I don't know. But she was just kind of like. Who are you? What are you doing? And I was kind of like, Oh, I don't know, here's what I'm into or what I'm doing. I'm just rattling off all this stuff. Well, come to find out. She had, like, some kind of Buddhist teacher that would come and stay with her and live with her at times. And he was it was more of like the Bon tradition, which is like the indigenous shamanism in Tibet. So she was like, Oh yeah, I do these things, I have this teacher and whatever, and I live kind of out in the country. I have this land and this cabin, like you should come check it out. And I was like, All right, cool. So I went out there and then we're talking and just kind of regular conversation and something came up about chocolate or like raw cacao. And I went on like a 30 or 45 minute dissertation on the whole, the whole history of it and the phytochemistry and the evolution and all these different things. And then everyone and then she's just sitting there, like with her jaw open, like, you know, aside from the presentation, like, I've never heard you say more than three words, and now you're just giving this whole thing because I'd been in her logic classes and a few of her other philosophy classes, but I was super quiet and reserved, didn't really talk to anyone, didn't really have any friends necessarily, and didn't engage really at all. She's just like, what the like what is going on? And also I was kind of like, Whoa, I've never really done that before.

Dr. Setareh Moafi: [00:12:13] Because it was a new side of yourself.



Brandon Gilbert: [00:12:16] Yeah, exactly. So I'm kind of like, Wow. I mean, I've been doing a lot of Reishi lately, so that must be. Must be part of it.

Dr. Setareh Moafi: [00:12:22] Yeah, for sure.

Brandon Gilbert: [00:12:24] And then that was just something that kind of clicked on and then all of a sudden just was like, whoa, I mean, that kind of came out of nowhere. So yeah, that was definitely one. I mean, there's been quite a few moments like that, but that's definitely one of the ones that really stands out because it was so early on and made such a big shift because my whole life I'd always been very quiet, very reserved, very just kind of detached and never really said very much at all and couldn't really articulate my thoughts very well. So definitely Reishi. I mean, of course, you know, eating well and exercising plays a role. But I feel like those things together really just kind of activated something in there for better or worse.

Dr. Setareh Moafi: [00:13:04] But what I find really fascinating about your journey, thank you for sharing that, too, is it's a theme that seems to kind of ripple throughout our experience talking to people and even our own stories, which is that you hear these it's almost like you hear a voice and you just listen to it and you follow it to the next. And, you know, to me, that's just listening to guidance. It doesn't have to make sense. You know, it's like when we're in that logical brain of what should I do? What's going to make me money or what's going to make me successful? That's where you end up just following the conventional route that at one point or another, more often than not, if you are a conscious person on on the path, of course I'm speaking to that audience. Then at some point something in you wakes up and you're like, You know, what was I thinking? Or I want something more. And the beauty about just listening for guidance and learning to do that early on or as soon as you have the awareness to do it, is that you end up following this path that is way beyond and way bigger and greater than you could even imagine. I mean, I'm sure you would have never imagined you'd be on this particular path growing up in a small town in Indiana. So that's amazing.

Brandon Gilbert: [00:14:20] Also, I just didn't really have any other options. I mean, I wish I could could have made the choice to do whatever, but I was in so much pain and



there was no real guidance or solutions around me. So I just really I didn't have any other options. So.

Salvador Cefalu: [00:14:37] Brandon, in classical Chinese medicine, I don't know if I already mentioned this Reishi mushroom is listed as the number one superior herbs in the materia medica, but it's not an herb you just jump into. It's an herb you use after you've done some purification. So it sounds like that you had already done that. You know, you're working with yoga, you change your diet. So it really sounds like the spirit of the Reishi was really able to impact you in a in a powerful way.

Dr. Setareh Moafi: [00:15:06] Maybe calling you even into into working with it.

Salvador Cefalu: [00:15:10] Well, you became a promoter of the longevity herb called Reishi Ganoderma. Yeah. And that's how we actually you know, today is the first time we've met, but I've known about you for a decade now, so I should thank you for the effort and work you've done.

Dr. Setareh Moafi: [00:15:29] It is wild and we'll get into your products. But one thing I want to definitely say is that these herbs and plant medicine, I mean, really anything you've taken to your body has Qi? And I can definitely say because I am hypersensitive that your products have amazing Qi like you can feel. And in fact as we're sitting here, we're both drinking gynostemma that we combined with some dandelion and burdock. But that's a very cool tea for those of you who haven't experienced it because it's like a tonic without getting you wired, without no caffeine.

Salvador Cefalu: [00:16:05] It doesn't overheat.

Dr. Setareh Moafi: [00:16:06] Yeah, it doesn't overheat you.

Salvador Cefalu: [00:16:08] Cooling effect.

Dr. Setareh Moafi: [00:16:08] It's a very cool. So one question I wanted to ask you is so you found this path, but then what pushed you to establish it as a business or what guided you to do that?



Brandon Gilbert: [00:16:19] I wish there was a romantic story and I can maybe get to it. But honestly, it's another one of those things where I just didn't really have a choice or any other options. Like, I can remember basically my first day of school when I was like starting kindergarten. Being like, This isn't for me. I don't want to do this. I love learning, but I just hated the. Everything that came along with it within that structure. And I remember the first day of my first job when I was probably 12 or 13 being like, Yeah, this isn't for me because, you know, I mean, I my parents made me start working pretty early on just in the summertime when I wasn't in school, but I just realized, like, this isn't really what I want to be doing. So, I mean, just for things that I don't care about it, I'm not passionate about. I'm not I'm just I have no no desire for it. I'm not really that productive, but something I'm interested in and focused on. I can really, you know, kind of dive in.

Salvador Cefalu: [00:17:21] Oh, your passion is comes through strongly.

Brandon Gilbert: [00:17:24] Yeah. And honestly, like, that's kind of been my sales tactic, if you want to call it that from the beginning of like, look, I'm just telling the truth. If it resonates or it works for you or it sounds cool or something you want to check out cool. If not, that's fine. But all I can do is be honest and tell like what I think is good. And my experience with that, that's basically all I've been doing for 12 years or whatever. Just because as I am as a person, like, I just can't really I'm not good at being fake or not telling the truth or whatever, for whatever reason, just how my brain developed. But in terms of like starting a business, I mean, I had zero entrepreneurial experience, zero business education, zero business experience. No one in my family had any of that experience. So it was something again, I had to kind of seek out on my own through the Internet. And actually I started my first business, like you mentioned in my bio in 2006. That was actually a kind of a brick and mortar elixir bar in Louisville, Kentucky, if you can imagine that in 2006.

Salvador Cefalu: [00:18:26] No, I can't.

Brandon Gilbert: [00:18:28] Slang it. Yeah, exactly. Slanging like a Reishi and gynostemma. Like at that time. At that time, drinking like a vegetable juice was revolutionary, you know, to those people. But they're like, wait, you know, it's a juice bar,



but you don't have any juice and you don't have any vegetables. Yeah, it's just that's just superfoods and tonic herbs and you're like, What's a superfood? What's a tonic? I'm like, Oh, you know, like Reishi and cacao and maca and coconut oil and whatever. And they're like, What are those things? And I'm just like, So, I mean, let's just say there was a big learning curve and leave it at that.

Salvador Cefalu: [00:18:58] Course.

Brandon Gilbert: [00:18:58] But you know, around. So that did that till about 2009. But around 2008, 2009, the Internet was really starting to pick up in terms of social media. Facebook was coming on YouTube and Google and all these other things which are now probably gone. But and I just for whatever reason, saw the opportunity and saw that I didn't really want to do a brick and mortar kind of situation. And also I could like I wanted to actually connect with people that wanted to hear what I had to say or wanted to connect with what I was trying to offer rather than trying to push something on people that don't really want it and aren't really interested.

Salvador Cefalu: [00:19:31] Greater reach.

Brandon Gilbert: [00:19:32] Yeah, So I mean, I was working like 10 hours a day and then on top of that, when I would go home, I was spending hours every day learning business, learning, marketing, learning sales, or in psychology, just learning all the fundamentals and frameworks. And then I quit that business in 2009. And honestly, I didn't want to have anything to do with health or healing. After that, I was kind of burnt out. I was like, Man, I'm sick of herbs, I'm sick of health. Like I'm just tired of it. I don't want to do it anymore. Yeah, And I was kind of just freelancing, like doing websites, doing marketing for people and helped with a couple of product launches for people that I knew and just kind of like trying to figure out what I wanted to do. And this was also another one of those moments where. I just made a big decision without really knowing it. So at that time I had a business, I had a girlfriend I lived with, and I was teaching also yoga. In that time I quit all of those at the same time. I was just like, I'm going to go to a different direction.



Brandon Gilbert: [00:20:27] This is all done. Goodbye. Didn't really know where or what, but it kind of was just like, okay, this chapter is done. I want to go in a different direction. So then after just being so frustrated, I was like, Well, I have all this business knowledge and all this like marketing. What kind of business can I do? I couldn't figure out anything and I was like, Wow, I already know all this stuff about herbs and I already have all these sources and all this kind of like network built up. So I'm like, I guess I can just combine these two things and try to do it online. So then, you know, started my YouTube channel and then after a while you launched Hyperion and I guess January of 2010, even though I was like didn't really want to, I was like kind of over it. But then I was like, well, I mean, it seems like the best option based on all the information and resources that I have. So that's kind of how it started. It's not necessarily the most romantic story.

Salvador Cefalu: [00:21:15] It sounds like the passion, though, started to trickle back because your passion is very it's right on the surface here. And we could tell it runs deep. So what happened? So once things just started rolling, you started loving it again.

Brandon Gilbert: [00:21:28] Yeah. I mean, I think with anything, if you're always running into a dead end or always running into a closed door, eventually any human is going to kind of like lose some enthusiasm. But you start connecting with people that are interested in what you're saying or connecting to people who are like, Wow, this is cool. And you're like, Oh, wait, all right. Yeah, you kind of get back into it. So yeah, that's kind of what it's kind of happened. Plus, you know, the Internet and social media was all just kind of being a new thing, and then it's launching a new business and figuring it out. So it was very exciting and it was very it's a lot of fun, especially early on.

Salvador Cefalu: [00:22:05] Well, I give you credit for finding these sources for some of these specialty extra herbal extracts. It's I know it's not an easy thing. Can you give us a little insight how how that evolved for you?

Brandon Gilbert: [00:22:19] I mean, a lot of it was developed just through kind of years in the game of meeting different people. And then that relationship leads to another relationship and that relationship leads to another one. That was mostly how I found my sources.



Salvador Cefalu: [00:22:33] And you had the elixir bar, so I kind of like gets things rolling there.

Brandon Gilbert: [00:22:37] Yeah. So I was mostly just through people. And then even just with my kind of my sourcing philosophy is like I don't really put my emphasis on one aspect. For example, some people, especially right now in terms of mushrooms, would be like, Oh, you must have X amount of beta glucans because that's what matters and that's what's important. Or people are like, it must be a dual extract or all these different kind of or like fruiting body is the best, mycelium is bad and all these different kind of kind of rules that people follow. I can see my mindset with kind of everything is like I look for the validity and then how people arrived at the validity. But I also look for the shortcomings in instances where that might not be appropriate or applicable because which is, I mean, there's very few things in life that are 100% true 100% of the time. I mean, there's always kind of exceptions, like even with water, like we could spend 6 hours dissecting water. What's the best water? How much should you drink and should you drink too much? And what happens if you have too much? But if you have to like, it's just a basic thing that we could slice into so much of water. Yeah, like that. Just water. That's just like a basic thing, kind of.

Brandon Gilbert: [00:23:46] So for my philosophy, I don't really go all in my, my number one thing is does it actually do what it's supposed to? As silly as that sounds, that's my number one thing. Like numbers and figures aside and ratios and all these different things. I'm like, because I worked with the raw herbs enough. I kind of have a feel for what they are, what they do and what their personality is. And then does that translate across to an extract? If it does, then now we're now we're cooking, now we're working with something. If it actually does the thing that it says it should do, then okay, great. But I also, of course, check the specs and the metrics. And the numbers, of course. But like I mean, for example, I could get a Reishi product that has 70% beta Glucans 80% beta Glucans Right. And to people that think beta glucans are the number one best thing, they might be like, Oh, that must mean it's better. But then I would kind of say a few things. Well, first off, now we're kind of getting towards a pharmaceutical drug because that's basically what a pharmaceutical is, is 100% of one constituent at the expense of all the other ones. So it's like, if that's your mindset, why are you doing natural things?



Why don't you just do pharmaceuticals? It's going to give you the like strong drug effect that you're looking for, like why waste your time? So that's kind of part of it.

Brandon Gilbert: [00:25:04] And the other thing is like, if I have this 80% beta glucan Reishi and I take it. Is it going to actually have the magic and the effect that Reishi has? Probably not, because it's such a distorted, like phytochemistry kind of profile. So then it's like, well, why do I want to take it then? I mean. And also further, if we're just wanting beta glucans, just eat oats, like you can just get beta glucan products from oats and it has way more beta glucans for way less price than like a Reishi product. So that's kind of like where I think people sometimes get lost in the details and kind of lose the greater the bigger picture. So for me, that's kind of my philosophy and that's, that's what's led me to find the sources that I've found. And after trying hundreds and hundreds of different suppliers and different products and different slight variations on products, that's kind of how I arrive at what I have and why I sell what I sell, because I take it it has the effect that I want and then I'm looking for. So I say it's a good product.

Salvador Cefalu: [00:26:06] Yeah, People get stuck in their Western mind in the matrix system there that's tied into that.

Brandon Gilbert: [00:26:12] Yeah, exactly. Which I mean, there's of course a case to be made for that, but it's not a completely perfect metric, especially if we're talking about herbs and natural plants and things like that.

Dr. Setareh Moafi: [00:26:25] Yeah. And plants have another dimension, which is energetics. So I think it's beautiful that you try your products. You're not just trying to sell something that has such and such profile. You actually try them and see and feel, what with the experiences, and then decide whether or not it's a product you want to carry. So I mean, that's a lot of integrity there as well.

Brandon Gilbert: [00:26:44] Yeah, I mean, people will say like, Oh, you're only promoting this product because you sell it. And I say, Well, no, it's kind of backwards. I only sell it because I like it and I take it for myself, which is what allows me to promote it. Exactly.



Dr. Setareh Moafi: [00:26:59] So I know we've piqued people's interest now about Reishi. I'm sure of that. So do we want to talk about that a little bit more? One thing I was going to segue into is the use of tonic herbs in general and also to make sure to put a caution there because tonic herbs are warming, you know, they can create a lot of heat. So if you already have a lot of inflammation, you definitely want to be careful. If you're dealing with some acute issues, including colds and flus and let's say even COVID, you definitely want to stay away from the tonics. So the other thing that I think is happening a lot right now is that medicinal mushrooms are becoming more and more popular in the mainstream market. And you're being taught that you should just take them all the time and it's going to make your life better. It improves every function in your body plus makes you live longer. And so there's like all this interest in this, whereas people could really be damaging their bodies by taking it. So do you want to talk a little bit about that, Brandon, because I know you have some a good amount of knowledge about it.

Brandon Gilbert: [00:28:00] Yeah, absolutely. I think I can understand why people have those ideas and why those ideas are promoted because, I mean, everyone kind of starts somewhere. So sometimes where we start is oftentimes a very simple, oversimplified thing, which is maybe not even that true as you get further into it, but it's like you've got to start somewhere because when you're new to something, you can't just be like, Well, it's good here, but it's not good here. And then like, give them all these complexities, or if someone's just trying to be a little bit healthier, they're just going to be like, okay, I think I went to the wrong place. Like, right. So I mean, that's kind of like the pro and the con of having things being so widely available is some of the nuance is lost because you have to really kind of simplify and work people in especially, you know, someone's already unhealthy and they're already very busy. They don't want to spend 8 hours learning the intricacies of herbs. So I can understand that I've always tried to present I mean, maybe not early on when I was a bit quite a bit younger, but definitely over the last four or five years, I try to always present a little more of a nuanced perspective on taking these products.

Brandon Gilbert: [00:29:08] But yeah, I mean, it's it's definitely not something you want to take if you're if you're sick or if you're already dealing with something very acute, which is why I think I mentioned that earlier. If people contact me and they say like, oh, I



have a skin condition going on or I have some flare up of something, what mushrooms should I take? I'm always like, well, you know, you should find a Chinese medicine practitioner in your area if you don't have one. Here's a friend of mine that can consult with you and figure out something specific to your scenario, to your situation. And yeah, I mean, definitely when I was young, I definitely got pretty amped up on tonic herbs. Like, no doubt about it. Definitely took a lot. Definitely took way more than I should have. And but I mean, I was young and I was excited, so I mean, yeah, what do you expect? So, I mean, you know, I dig people's passion and enthusiasm for it. And some people, especially like myself, just kind of have to learn the hard way. Even if you hear something, you're like, Oh, no, no, no, that's not for me. Then you do it and you realize like, Oh, wait. That's correct.

Salvador Cefalu: [00:30:12] One thing I just want to interject. People are always looking for a panacea.

Brandon Gilbert: [00:30:16] Exactly.

Salvador Cefalu: [00:30:17] You know, and there's not one thing fits all, all situations. I think a good word of caution or guidance is when people want to work with with tonic herbs is to use them in small amounts. Maybe be cautious about using them daily, maybe not every day, especially in the beginning. You know, I would kind of work into that to kind of see how they're being impacted. But also be especially cautious when you have anything acute or like you're saying, these people have a lot of severe inflammation. Although like with cancer, I mean, some people, not some people, a lot of people are benefiting quite a bit using the mushrooms in particular in their cancer recovery, even when they're having chemo treatments. Typically you would say like during those off periods when they're not getting treated, you know, with the chemo, it can really give them a nice boost for their immunity, but also to help. You know, strengthen their immune system to actually fight the cancer and and reduce tumors. So there's there's a rich history there when you want to go into like, you know, the turkey tail and all these. I see you sell Lion's mane. You know, Lion's Mane has become very popular now. So has dementia, you know. Yeah. So why don't you give us some insight on on Lion's Mane? Because a lot of people are looking for mental support, mental clarity for improved focus. And that's one of the premier mushrooms in that regard.



Brandon Gilbert: [00:31:52] Yeah, Lion's mane is incredible. I mean, it's famous because it can help stimulate nerve growth factor and brain nerve growth factor, which is some pretty important mechanisms when we're talking about cognition and nervous system function, just because, you know, modern life, even just at a normal, normal speed these days, can really erode people's nervous system. And at a certain point it's like it's an electrical system. If it if the insulation breaks down or the grounding isn't the best, like you start to feel pretty like wiry and buzzy and just kind of low grade irritated all the time. And a lot of people live in that state. I live in that state for many years and you just don't realize it. You don't realize you're just irritated all the time. It's because your nerves are kind of like tweaked. So yeah, Lion's mane is very unique and having those properties and especially being a mushroom, it's not really what you would want you would expect. So it's another one of these things where it's in terms of products, it can get a bit more nuanced to actually get the nervous system and the cognitive effects from Lion's Mane, which I see a lot of people, a lot of companies are on the whole beta glucan thing, and then they sell a lion's mane product and they brag about the beta glucan levels.

Brandon Gilbert: [00:33:07] But the beta glucan levels have nothing to do with cognition or nervous system function. The beta glucans are just working on the immune system. So to me I'm always a little bit confused. And the thing is, is what mostly everyone does just in terms of business is they say like something is the way just usually to justify whatever it is that they're doing, which usually like some companies, they just buy from one source and that source has one way of doing it. So they just develop their whole business. On justifying why that's the best and why everything else is inferior, which not necessarily always true. But I understand why people do it from a business and marketing perspective. But like, let's say for example, I sold eight different mushroom products and they all had 20 to 30% beta Glucans. To me, that's kind of shortsighted because ultimately you're selling eight versions of the same exact thing. Ultimately and you're kind of missing out on the greater the greater personality that each mushroom has, which lies may we're talking about as the cognitive nervous system stuff ratio, as kind of the sort of spiritual kind of thing going on. Cordyceps is like energy and vitality. Chaga is like potent antioxidant, potent immune system detoxification, things like



that. So it's like if you just focus on one metric, you're almost honestly kind of just like neutering your whole catalog.

Brandon Gilbert: [00:34:26] So for that reason, the Lion's mane I sell is focuses exclusively on the active, the constituents that actually do the nervous system and the cognitive benefits. And they're called erinacines and hericenones. And basically my extract is one of the only ones that I know of on the market that has pretty high levels of those active constituents so that people hear about Lion's mane having these benefits. They want to get it so then then they can actually get a product that will kind of have those actual effects. Not saying that you can't just get a regular lion's mane from wherever or even just buy it at the store and eat it, and you might get some of those benefits, but it's probably going to be a lot less. So this is kind of one of those instances where I go a little bit more biochemical just because we are talking about kind of a more specific narrow set of functions that are kind of unique to one this one product. So yeah, the Wiseman itself is quite awesome. I take it myself very regularly and a lot of my clients have, just like I've gotten a few people that are just like, Yeah, this changed my life. Like my whole nervous system switched around from taking this.

Salvador Cefalu: [00:35:34] So it's amazing.

Brandon Gilbert: [00:35:35] It's just pretty amazing that a mushroom would offer that.

Salvador Cefalu: [00:35:38] You know, I think it's also interesting in terms of brain function and these problems like dementia in Chinese medicine, we would describe the pathology as dampness. So dampness in the brain, dampness turning into phlegm, phlegm, misting the mind. But I'm actually missing the term, the scientific term for the accumulation that happens, the plaque, the plaque that develops. There's another term in addition to the blood. It's a specific plaque that develops in the brain. And so to tie it into Chinese medicine, in fact, Alzheimer's or a type of Alzheimer's is called type two or type three diabetes. So we know that there's like sugar dysregulation and that sugar leads to fungus. And that's what I'm leading to in terms of dampness is like this fungal terrain in the body. You know, and I've had patients be concerned about taking medicinal mushrooms because of having a history of Candida. And I've told them how it actually supports. And these mushrooms actually kind of like tone your immune system



to deal with Candida. And it's kind of ironic, a fungus that supports the clearing of a fungal terrain.

Dr. Setareh Moafi: [00:37:01] Well, like treats like, oftentimes. Right, in herbal medicine.

Brandon Gilbert: [00:37:05] Yeah. Yeah. I mean, you can see where people would arrive at that. I mean, obviously you wouldn't want to if you have fungal conditions, you wouldn't want to go to a salad bar and eat the raw mushrooms off the salad bar because yeah, that's probably going to just be fungus for fungus. But if you're dealing with like a concentrated hot water extract of a mushroom, then like, yeah, that's a different thing. Sure, it's from mushrooms, but it's not just like a raw mushroom fungus, you know?

Dr. Setareh Moafi: [00:37:31] And that's a very good point.

Brandon Gilbert: [00:37:33] It's just another one of those things where, yeah, it's just another one of those things where there's, there's nuance or it's like, yeah, mushrooms can be bad under these circumstances, but that's not the only set of circumstances. It's just like, for example, talking about mushroom products, a lot of people are like, Oh, mycelium is garbage. Mycelium is not good, but it's like, well, usually yes, that is true. But under other certain circumstances that's actually not true at all. Like, for example, relating back to the Lion's mane product, the one that I have is like half mycelium and half fruiting body because the fruiting body has one set of constituents, the mycelium has another. So if you want both, you need both. And then the mycelium is grown via liquid fermentation. So there's no growth medium. So it's like again, another one of these things, people have these, oh, I heard this, I read this online and it's like, Well, yeah, there's some truth to that, but maybe it's a little bit more complicated. So.

Salvador Cefalu: [00:38:32] Right, right.

Dr. Setareh Moafi: [00:38:33] Yeah. Investigate a little further.



Dr. Setareh Moafi: [00:38:38] The Daoist believe that anything is possible, including miracles, and that when you open your heart, you open your world to endless possibilities. My Audio Guide How to Attract Endless Possibilities will teach you the exact steps to help you create your ideal life. And it's yours free, when you sign up now at SetarehMoafi.com/miracles, you'll learn the four pillars that will allow you to shift your internal experience so you can begin manifesting exactly what you want. The life of your dreams is closer than you think. Visit [Star and Mofcom](http://StarandMofcom.com) for miracles to start creating it. Now that's cta.rehm0aficom for miracles.

Salvador Cefalu: [00:39:32] Now, I mentioned to you when I was looking at what they were doing in China to help people recover from COVID. Reishi Ganoderma and cordyceps and I believe Turkey Tail was mentioned as well, were important herbal support for people. And I would say it's probably either as a preventative. Or as a as a post COVID treatment to support their immunity. You want to talk about cordyceps a little bit because that's like the endurance herb. It became very famous. I think the Russians actually made that very famous herb when they did research for when in fact they coined the term adaptogens for substances that help the body deal with stress. Different types of stress in the body.

Brandon Gilbert: [00:40:21] Yeah, I mean, I think to your point, cordyceps is great because just the way it supports the lungs and the kidneys, which I mean anything that's going to attack the respiratory system and deplete that system after you're recovered and it's out of your system, of course, having something that can go in and support the lungs and the kidneys in it, I mean, you know, ratio supports the lungs in the kidneys as well, but it's a little more of like a calming, soothing sensation, whereas cordyceps has a little more a little more oomph, a little more like kidney yang or a little more vitality.

Salvador Cefalu: [00:40:52] It's a tea tonic.

Brandon Gilbert: [00:40:55] Yeah, exactly. So I think I think that's a really great one. I mean, for anyone trying to recover or trying to boost some vitality.

Salvador Cefalu: [00:41:04] Both of those herbs treat asthma, you know, so they both increase your respiratory capacity. You know, just for our listeners, you could think of



Reishi as something before bed actually to help you kind of calm your system and help you sleep, whereas the cordyceps would be the key tonic day to give you that boost in the stamina to get through the day.

Brandon Gilbert: [00:41:26] Yeah, that's usually how I recommend my clients like cordyceps in the morning ratio in the evening. But also I mean I have some people that take cordyceps at night. I'm just like, see how you feel, see how it reacts.

Salvador Cefalu: [00:41:38] Haven't tried that.

Brandon Gilbert: [00:41:39] Yeah, I have one pretty wild story from one of my clients years ago. He was like he owned like an MMA, a mixed martial arts gym. So he was giving my products to like a bunch of the athletes that he was training. And he had wild stories with that. But he was telling me about I can't remember if it was his his dad or his mom or his wife's dad or mom. I can't remember which one it was, but they had really low blood oxygen levels to where they needed like an oxygen machine and whatever. I can't remember what their exact condition was because this has been, I don't know, six, seven years since this story. But what you were saying made me think of it. But he called me and he was like, dude, like, I gave them your cordyceps and their blood oxygen levels like, went way up just from taking the cordyceps took so much that they didn't, they didn't need the oxygen because, I mean, they were hooked up and they could measuring it real time. And I was like, Well, that's cool. It's what it's supposed to do. So yeah, yeah, it's cool to hear. Yeah.

Salvador Cefalu: [00:42:37] I mean, this is powerful medicine. I mean, both of those herbs, by the way, I'm pretty sure if I'm recalling correctly, they both treat elevation sickness.

Dr. Setareh Moafi: [00:42:46] Which ones?

Salvador Cefalu: [00:42:47] Reishi and cordyceps help prevent it.

Brandon Gilbert: [00:42:49] And if you're strengthening the connection between the lungs and the kidneys, then.



Dr. Setareh Moafi: [00:42:55] Yes.

Brandon Gilbert: [00:42:56] That's going to help quite a lot.

Dr. Setareh Moafi: [00:42:58] Well, and as a reminder, in Chinese medicine, there's an important relationship between the lungs and kidneys because we say that the lungs govern Qi circulation and the kidneys grasp the Qi of the lungs, which means that they allow it to circulate more deeply, which is why if the kidneys are weak or if there's weak lung kidney connection, you're more likely to have shortness of breath and asthma. So by deepening the connection between those two organ systems like Cordyceps does, then it helps your breathing capacity and raises your blood oxygen levels.

Salvador Cefalu: [00:43:30] Yeah, it'll strengthen your adrenals, people. People are interested in that aspect as well.

Dr. Setareh Moafi: [00:43:36] The one word of caution, though, I mean, as somebody who's like very sensitive in a lot of ways, but including my digestive system, if you're going to start doing Qi tonics, first of all, we mentioned make sure that you are healthy. Don't ever start when you have an acute condition or even if you have some underlying illness that you're dealing with. Make sure you know, just to move into it very slowly and cautiously. But if you are a healthy person and you want to get started, I really recommend that you start very, very small doses because I know personally, as soon as I start taking tonics, I start getting stomach upset. If I'm taking more than honestly a tiny bit every day. And I have a history of weakness in my gut health, which I've worked on for many, many years and have gotten to a good level with. But if you have any gut health issues, address those either before or simultaneous to taking these tonics so that you don't have any issues with cloying or develop any digestive issues, and then you don't want to blame the mushrooms for that. It's really a preexisting condition that you can exacerbate by taking those.

Salvador Cefalu: [00:44:42] And like I said, you could start with low dose. So exactly, you know, maybe even like a quarter teaspoon.



Brandon Gilbert: [00:44:48] Exactly. That's what I always tell people. If they ask me, you know, what should I start with? How much should I take? Start with a quarter teaspoon. An eighth of a teaspoon, if you're like really sensitive. And a lot of people are sending out disappointed because they want me to be like, oh, just take a tablespoon. Go for it. I'm like, Well, yeah, take the least. Take the minimal amount that you need to have an effect, which is which is going to range for people. Some people can literally take anything and do anything in their guts. Fine. Yeah, just like robust and it doesn't matter. So it's like if you're that person and. Sure. But a lot of people are a little more on the sensitive side, myself included. So people, even clients are like disappointed by how little I take. They expect me to like be mass dosing tonics all day everyday. And I'm like, No, I just take like a quarter. That's that's all I need.

Dr. Setareh Moafi: [00:45:36] Yeah. And this is a reminder of a formula that we've talked about on this podcast before, but if you haven't heard it is that nutrition equals food plus digestion. And in this case the food is the herb. So you have to make sure that your digestion is healthy and that's how you're going to get the nutritional benefit you have to be able to absorb what you're taking in, not just to take it.

Brandon Gilbert: [00:45:57] Exactly.

Dr. Setareh Moafi: [00:45:59] You know, it's not like if you take the dose that's written on the package, that's what's going to go into your body. It's what you absorb from that amount. And these are concentrated and they're called –

Salvador Cefalu: [00:46:09] Concentrate.

Dr. Setareh Moafi: [00:46:09] Concentrates or extracts.

Brandon Gilbert: [00:46:11] So yeah, less is more.

Dr. Setareh Moafi: [00:46:15] The other thing I know people are going to ask is should I put mushrooms in my coffee?



Brandon Gilbert: [00:46:19] Well, I might be a little controversial in this based on what we were talking about earlier. But my thing is it kind of depends like if that's all someone will do and that's what they'll actually do, then sure. Like if you already have coffee every morning and this is the only way you're going to take them, no problem. Personally, that's that tends to be what I've done over the last few years. But, but like the coffee I'm doing is decaf espresso. So it's a very small amount. So mostly what I drink is like hot black sesame milk, which is what I've been doing lately. So it's like hot black sesame milk with a little bit of coffee and then like some herbs mixed in. And that's what I do. It doesn't really push me one way or the other. I mean, if I had like actual coffee, that might really amp me up because I'm kind of caffeine sensitive. But I mean, I have friends that drink coffee before bed and they're fine. So not everyone is that sensitive.

Salvador Cefalu: [00:47:17] We have the same.

Dr. Setareh Moafi: [00:47:18] Yeah, I'm like you. It's like I'm highly caffeine sensitive. That's why I'm also tonic sensitive. Like, it kind gets me wired.

Salvador Cefalu: [00:47:26] Well she gets overheated real easily.

Brandon Gilbert: [00:47:29] Yeah. It's not like one of those things. It kind of depends. If you take it and you start feeling a little anxious or jittery or kind of like, amped up, it's like, okay, maybe it's pushing you a little too far in that direction and maybe you'd be better off with having gyno stima instead of coffee or something, you know?

Dr. Setareh Moafi: [00:47:44] Yeah, try kind of stomach kind of stumbles also. Yeah.

Salvador Cefalu: [00:47:46] Why don't we talk about gynostemma? We've mentioned it a few times now, and I'm sure most people don't know what that is. It's not very common.

Brandon Gilbert: [00:47:55] Yeah.

Salvador Cefalu: [00:47:56] It looks like green tea.



Brandon Gilbert: [00:47:58] Yeah, exactly. It's it's very kind of a familiar presentation. It looks like a rolled green tea. It's very easy to use. The taste is pretty good. It's pretty neutral and mild. And it's not really it's not stimulating at all. It doesn't heat people or cool people down too much. It's pretty neutral. You can take it in the morning and it kind of gives you a little, little pickup. You can drink it at night and it kind of calms you down or middle of day. If you're stressed, you can drink it. It kind of like centers you a bit. I think it's in my opinion, it's kind of the only real adaptogen. I know that term is more popular and people classify a lot of herbs as that, and I even use it in my marketing now because it's just a more accessible term than like tonic herbs. Like more people are familiar with Adaptogens now, right?

Dr. Setareh Moafi: [00:48:45] Go ahead and go into what adaptogens are just for people who don't know.

Brandon Gilbert: [00:48:48] So basically an adaptogen in the simplest sense will be something that helps your body adapts to stress and helps kind of regulate many different functions in your body. So which is why guys like you can drink it in the morning and it picks you up a little bit. You can drink it at night and it calls you down. It kind of has that dual direction ability, which, you know, mushrooms that we've been talking about. They have kind of a dual direction effect on your your immune system, but some kind of effects many probably every system in the body to be quite honest with you from from what I've seen from people that I've talked to that have kind of had a lot of conditions come into balance. I don't want to start making like medical claims or whatever, but I had a teacher that I was seeing here locally for like music lessons, and he had like his blood pressure was messed up or something. And then he started drinking Guinness and then like a couple of months later, he was like, Yeah, it's the weirdest thing. I went back to the doctor and like, my blood pressure was normal for the first time and like, how many? I don't know, 30 years or something. And he was like, Yeah, he told me to stop taking the meds and whatever, whatever. I was like, He was like, I'm not sure what I've been doing differently. And I'm like, kind of, yeah. He's like, Oh, no, it can't. It can't be that. And I was like, That's the only thing you've been doing differently. It was like, Oh, yeah. I mean, I think he had asthma as well. And it really it



helped him out with his breathing. And that was like the only thing he changed. And, you know, I'm just kind of like, Yeah, that's cool.

Salvador Cefalu: [00:50:19] I think it also doesn't it also help regulate blood sugar?

Brandon Gilbert: [00:50:24] Yeah. I mean, that's, that's why I'm saying it just can regulate and adapt a lot of different functions in the body. It can regulate all of these things without pushing you too far in one direction, because there's, there's a lot of herbs that are just kind of like one direction, meaning you take it, it's going to do one thing and that's kind of it. And you could take it every day for 50 years and it's just going to keep doing that one thing, whereas kind of stomach could just do so many different things. So it's it's pretty incredible and it tastes pretty good. It's easy to use and it's relatively economical. So it's kind of like, in my opinion, the best adaptogen and one of the best tonic herbs for the most, for the widest or I guess the widest group of people.

Salvador Cefalu: [00:51:04] Yeah. And it's gentle. I mean, I definitely have had it before bed and I've slept just fine. It doesn't wire me.

Dr. Setareh Moafi: [00:51:11] Well, it's it's the best introduction, I think, to tonic herbs for the highly sensitive person.

Salvador Cefalu: [00:51:17] Well, it has if anything, it has a little bit of a cooling nature. You know, it's not going -

Dr. Setareh Moafi: [00:51:21] To kind of like this. Yeah, but it's not like if I drink green tea. First of all, I can't drink green tea because it just gives me too much. I get nervous when I drink green tea because of the caffeine content is so high, but also it's very cold unless you're having like -

Salvador Cefalu: [00:51:37] Yeah, what is that quite sensitive to green tea myself.

Dr. Setareh Moafi: [00:51:40] But what is it called the Japanese green tea that.

Salvador Cefalu: [00:51:43] Yeah. The Sencha.



Dr. Setareh Moafi: [00:51:45] Where it's like more roasted.

Brandon Gilbert: [00:51:46] Toasted or roasted. Yeah.

Dr. Setareh Moafi: [00:51:48] Yeah.

Brandon Gilbert: [00:51:48] But kind of warms it up a bit.

Dr. Setareh Moafi: [00:51:50] Exactly. That warms it up. But otherwise green tea to me is so cold that it's like my hands get really cold. And if I want to go in and work on people in the clinic, it's not good. But the kind of stuff that doesn't have that effect at all. I don't get sweaty, I don't get cold, I don't get hot. I don't it just you're right. The way you described it was perfect. Brandon. It's like it adapts to everything. Whatever you have going on, it helps to just, like, get you into a better state. So if you feel wired, it kind of settles you down. If you need to wake up in the morning, it kind of wakes you up. It's really kind of amazing. You can feel the energetics of that tea as you're drinking it.

Salvador Cefalu: [00:52:23] You know, it makes me think of another product that you sell the spagyric ashwagandha. And I know you've you've talked about or you've blogged about it or something I've read where you've mentioned the concerns of that being a little bit too warming and you want to touch on ashwagandha. This is a very popular everybody is recommending ashwagandha nowadays for their stressed out people with high cortisol levels.

Brandon Gilbert: [00:52:51] Yeah, I mean, I think it's in my opinion it's less of an adaptogen. Then people kind of make it out to be. And definitely less of an adaptogen for them. I wish instead of people just getting all in on ashwagandha, they would just go all in on stem. I think everyone would be a lot better off if that herb was more was more well known or even something like Holy Basil, I think is way better than ashwagandha. Honestly, I've not taken ashwagandha that much because I've never really felt or noticed much of anything from it. So I kind of just started selling it because –.

Salvador Cefalu: [00:53:27] It's popular.



Brandon Gilbert: [00:53:28] Yeah, exactly.

Dr. Setareh Moafi: [00:53:30] I would argue that the most gentle introduction is the kind of stomach Above all, I would call that the superior introduction... just for my personal experience, which doesn't say a whole lot.

Salvador Cefalu: [00:53:43] But and that's a recently discovered Herb want to tell us that little history about gynostemma?

Brandon Gilbert: [00:53:50] Yeah. I mean, I think scientifically it really wasn't even on the map until the seventies or something. I believe they were looking at it for like because it has kind of a naturally sweet flavor. They were thinking it was something similar to Stevia, which also has like a really natural sweetness, but it's not sugar. And then I think when they were analyzing the chemistry, they realized like, Oh, wait, this has some of the same chemicals as ginseng, like genocides. They're like, Well, this is cool. Like. So that's kind of where the poor man's ginseng name came from. But it has some some identical chemicals of ginseng, but then it has a whole bunch of other ones and a whole bunch of other unique happens to that plant. Partially, I was saying how it's the number one is like it has way more than any other plant that's been studied in terms of the SAP and INS which have the kind of regulating effect on so many different systems like ginseng might have like 30 something, whereas kind of semi has like over 100. So it's like Astragalus, you know, might be like 20 something like these other things that people are saying or adaptogens they don't have nearly the like saponin in content that gynostemma does. So that's kind of how they discovered it. They're like, oh, you know, we were trying to find this natural sugar replacement or substitute and then found the chemicals, then also started looking at the actual local area where people were drinking it and using it as like a folk remedy or as just has like a food even, and noticing like, oh, they have really low rates of all these different diseases and people are living way longer on average and other areas to longevity.

Salvador Cefalu: [00:55:28] Tea for sure.



Brandon Gilbert: [00:55:30] Yeah. I mean, if you're keeping inflammation in the body down and you're keeping systems regulated, obviously that's kind of going to have a widespread positive effect on your life. I mean.

Dr. Setareh Moafi: [00:55:43] For sure. So drink kind gynostemma, at least try it. It's interesting that you said that about the sweetness. I mean, I do notice the sweet flavor, but I would say that it's way less sweet than stevia because I've had stevia leaf in hot water and it's much sweeter. It's like that's a different level.

Brandon Gilbert: [00:56:02] Yeah, it has just like a touch of sweetness, but it also has a lot of other flavors going on.

Dr. Setareh Moafi: [00:56:07] Exactly. It's very balanced. That's my favorite of everything you carry, by the way. I think you can tell that I'm like, promoting kind of.

Salvador Cefalu: [00:56:16] Well, because you're sensitive with the –

Dr. Setareh Moafi: [00:56:18] Yeah. So this is like, the best compromise for me to take it as a tea and have it be super gentle and like, I can't take ashwagandha. I never got it. Never felt right to take ashwagandha. I can take Reishi. Reishi is pretty gentle. I think also, as long as you take very low doses, especially if you're sensitive. But like you said, there are people who really are like can eat or drink anything. And they can process that the really strong stuff. And they can and they can tolerate it.

Brandon Gilbert: [00:56:47] Yeah, I have some friends like that just to really robust constitution, really robust physiology, and they can just kind of do whatever and they're fine.

Salvador Cefalu: [00:56:58] Brandon, This has been a really interesting and insightful discussion in regards to these medicinal mushrooms in particular. We'd love to have you back for another discussion. So let's tie it up. And with that being said, is there anything that you would like to say to the audience as we come to a close?



Brandon Gilbert: [00:57:15] Yeah, I mean, I agree. I think we cover a lot of interesting things and I think at the same time we also just scratched the surface. I mean, there's so, so much depth to these herbs that we could, you know, we could do an entire podcast on just ratio. I mean, at least for me, I did a seven and a half hour audio course just on ratio years ago. So it's like there's definitely that much there with many of these herbs. But I think we definitely covered a lot of good stuff and the people only come away with ratio is amazing and, and I should try a genius demo. I think we maybe we did a job and hopefully more people will get gynostemma.

Salvador Cefalu: [00:57:55] And cordyceps is helping people breathe. I mean this is a big deal right now with post COVID.

Dr. Setareh Moafi: [00:58:00] Yes.

Salvador Cefalu: [00:58:02] And Brandon, where could our audience find you?

Brandon Gilbert: [00:58:05] So yeah, my main website is HyperionHerbs.com, which I'm sure you'll link below and make easily to your listeners. And then my YouTube channel is HyperionTV.com So Hyperion is Hyperion. It's actually the name of the tallest tree in the world, which I didn't know until after I'd already chosen it.

Salvador Cefalu: [00:58:25] Wow. No kidding. I was just going to ask you.

Brandon Gilbert: [00:58:28] Yeah. No, honestly, I mean, if you want to know the real truth about how I picked the name, I Googled words that have alliteration with herbs, and that was, like, the coolest looking word, so. Because it's like Coca Cola, it's like it has alliteration. So I wanted Hyperion herbs, something that just rolls off the tongue. And then I think a few years later, I was on the phone with someone for some customer service thing. They were like, okay, what's your email? I'm like, Oh, it's Brandon @ Hyperion.com. They're like, Hyperion. That's the name of the tallest tree in the world. That's like an ancient Greek god. And I was like, Whoa, is it? I never knew.

Dr. Setareh Moafi: [00:59:02] Wow. See, you were guided again.



Brandon Gilbert: [00:59:06] Yeah, I guess so. Yeah.

Dr. Setareh Moafi: [00:59:09] Again and again.

Brandon Gilbert: [00:59:11] So, yeah, I appreciate the opportunity to be on here, and I'm really glad to meet you guys. And I think it was a lot of fun and we covered a lot of good stuff.

Dr. Setareh Moafi: [00:59:19] Yeah, we look forward to working with you. I mean, it'll be fun to do more episodes and share because we love to do that. Yeah.

Salvador Cefalu: [00:59:26] It's been fun.

Brandon Gilbert: [00:59:27] Yeah. Thanks so much.

Dr. Setareh Moafi: [00:59:30] Now we want to hear from you. Visit ACenterforNaturalHealing.Com/mushrooms and let us know in the comments any questions that you have for Brandon or us about the topics discussed in today's episode?

Salvador Cefalu: [00:59:45] And thank you for listening today to a Natural Healing podcast and we look forward to next time.

Dr. Setareh Moafi: [00:59:51] Thank you so much, Brandon. It was so much fun.

Brandon Gilbert: [00:59:55] It was really great to meet you. Thanks for having me on.

Dr. Setareh Moafi: [01:00:00] You can purchase any of the products we mentioned in this episode by visiting [Hyperion Herbs dot com](http://HyperionHerbs.com) and using the promo code NHC1111 to get your exclusive discount just for listening to this episode of the Natural Healing podcast. That's HyperionHerbs.com with promo code and NHC1111 at checkout. Hey, if you haven't already done so, be sure to rate and review us on Apple Podcasts. This ensures that we can share this invaluable information with more listeners just like you.