



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 60: How to Optimize Your Brain Health with Lance Schuttler

Salvador Cefalu: [00:00:00] Well, welcome, everyone, to another episode of the Natural Healing Podcast. Today is going to be interesting. We have a gentleman here who's a nutritional science researcher, and he has his own company, which has some very interesting, unique products, and I really look forward to discussing this with you today. Lance, thank you for coming on the show.

Lance Schuttler: [00:00:21] Thank you both. I really appreciate it. Definitely looking forward to this conversation.

Dr. Setareh Moafi: [00:00:25] Thanks, Lance. So as an introduction, Lance Schuttler graduated from the University of Iowa with a bachelor's degree in health science and is the CEO and owner of Ascent Nutrition, a unique holistic nutrition company. He's also a contributing health and wellness writer at the Epoch Times. His work also includes the topics of regenerative agriculture, resource based economies and quantum technologies. He's a facilitator and collaborator of big ideas, visions and projects that spark creative and healing solutions in our world. That sounds right up our alley, Lance.

Lance Schuttler: [00:01:05] Yes, absolutely. And you know, I've been consciously working on this stuff for several years and really wanting to get into this and really help bring out solutions for humanity that relates to health and wellness. And that's on an individual level and on a physical, mental, emotional, spiritual levels. But then also tying that into how we blend that with society, how can we shape society in beneficial ways that actually are helping support people and help to change things, to get our systems that are obviously out of balance back into balance to where, you know, one example is how do we actually create a healthy work life balance and building that into our lives, not just on an individual basis, but again, collectively, how do we shift what work is, what money is and just make things different so that everything is really operating more in a homeostatic way, individually and collectively.

Dr. Setareh Moafi: [00:02:05] Beautiful. 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: [00:02:42] And Salvador Cefalu.

Dr. Setareh Moafi: [00:02:44] 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: [00:02:54] We're here to make the ancient wisdom of healing practical and accessible for your modern lifestyle. We're really going the wrong direction in terms of how we produce food as well. You want to tell us a little bit about your interests in that area?

Lance Schuttler: [00:03:16] Yeah, definitely. So, you know, I grew up in Iowa and obviously there's a lot of corn and bean farming going on there. And, you know, certainly everyone has to make their living and do what they need to do to pay the bills. So, you know, none of this is to put any farmers down because we need farmers, we need more farmers. And at the same time, we need all farmers to become more aware of what is going in the soil, what's being sprayed on the crops, how does that affect not just the crops, but then when we consume those, those foods, how does it affect us humans? Obviously there's been so much awareness raised on what Monsanto and now DuPont and all these companies have been doing with pesticides Roundup, all the lawsuits involved now. So that's really become more mainstream in some ways. But still, there's not a lot of awareness in, let's say, the Midwest on this, but it is changing, which is great. And there are more farmers who are wanting to shift to organic. It's just, you know, again, it kind of ties back into society and how it fits in with what's going on with people. So, you know, something that I've seen from a documentary that Zach Bush put together is that a lot of farmers want to switch to organic, but they feel isolated in their communities because it's not the norm. You know, you're kind of viewed as like the outsider or the weirdo if you want to switch from spraying your crops with pesticides to go organic. And so the awareness has been building and there's been more definitely a grassroots movement to shift to organic. But again, it's sort of we need it to happen in greater ways so that more people feel even more comfortable to do it because it's going against the grain for sure, even today with as much awareness as there is right now.



Salvador Cefalu: [00:05:05] Well and cost of food is going to be impacted. And right now, inflation is already becoming an issue. I know where we live. It's really getting quite noticeable in terms of our grocery bill.

Dr. Setareh Moafi: [00:05:17] Yeah, definitely. So I find it interesting where you grew up and where you are now. Can you walk us down that path of how your, you know, your upbringing, your roots and how that led you to the work that you're doing today?

Lance Schuttler: [00:05:33] Yeah, definitely. So I had a really good upbringing in Iowa and I loved my life there and, you know, great family and friends and was very active in sports when I was younger. So I always had an interest in health and wellness, but I didn't really know much about diet or nutrition or sleep or how to really balance my life. You know, as a high schooler, we're just doing what we do. But then when I got to college, I was able to meet some really good connections and friends who became friends and really mentors in different ways to help me start to understand diet and nutrition just from basic fundamental levels, and then tie it into exercise, tie it into healthy sleep patterns. You know what different toxins are going to do to us to impact us in negative ways. So just learning about all that stuff. And when I was in college, I had a family member end up taking his life and it was out of different reasons, but partly it was different. Pharmaceutical compounds really had decelerated and messed with his mindset around what he was dealing with. And so, of course, everyone has their own choice. It's all free will. He made that choice himself, But. I know. And the people around him knew that certainly those pharmaceuticals played a negative role in it. And again, that's not to say that they're all terrible in every single situation, but we know that in general, we don't really need those things because they aren't actually going to elicit happiness at all, like they can't. It's just manipulating whether it's hormones or different compounds in the brain and in the body. But that's not happiness, that's not fulfillment. And so that event really triggered me in a way to start waking up to looking for different solutions and answers of what is health and happiness, how do we cultivate it, how do we find it? How do we work with nature to create this health and happiness? So that just sort of started my digging down the rabbit hole to find out about health and nutrition and science and spirituality and wellness.



Lance Schuttler: [00:07:44] And from there I just really started getting deeper into it. I ended up graduating from the University of Iowa with a degree in health science, and then I started working in the nutraceutical field shortly after that, and I was able to work in a few different sides of the industry so I could get a unique perspective on how to source things the right way, how to not manipulate people with language, because there's obviously marketing in any industry can be manipulative if you want it to, but in particular with health and wellness, there can be a lot of areas of how you can really do things not beneficially for people and kind of mislead or overpromise things. And so I really wanted to bring all this stuff together to tell people the truth, not oversell things, but just tell them what is possible. And that, of course, it really does come down to us as individuals and our choices that we make. We are the healers within. We have the healer within. And of course, we can benefit from people like you and doctors like you both and other practitioners, as that can help ourselves foster that from within. And so just sort of tying all that together has been my big passion and interest and in particular brain health and neurogenesis and the concept of how we can improve and enhance our lives.

Dr. Setareh Moafi: [00:09:04] It's really amazing. Very well stated too, especially the part about getting support from practitioners, but really that the healer is within us. That's really key because I think people become, even if they don't become dependent on pharmaceutical drugs, even if they want to steer away from the Western route and do more of an eastern approach, they often become dependent on a practitioner or on certain supplements or herbs or whatever, when really it's what's inside. Those are just outer support that help to support what you already have.

Salvador Cefalu: [00:09:35] Well, you kind of touched on a hurdle that often people are facing when you started this talk, when you mentioned how lifestyle is such an issue in terms of people's work schedules, people especially people who are working, perhaps both partners are working and they have children. I mean, there's just hardly any time for them to give to themselves for their healing. And, you know, it's like the mother syndrome. You know, she's taking care of everybody except herself and who needs it more, right? It really just like in a business, health, health starts from the top down and you can see how it's just that's another rabbit hole, right? It's like we need to create space in our lives however we can. And that's really a challenge because like Setareh



was saying, patients become dependent on us to help them and fix them. And that's one word I don't like to use in the healing industry is curing and fixing. It's about healing and everyone is the healer. We just support them in that healing in different ways. You do it in your way. We provide some tools to help them. The people really have to learn how to take responsibility for their healing.

Dr. Setareh Moafi: [00:11:00] **AD:** The Daoists 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 SetarehMoafi.com/miracles to start creating it. That's S. E.T.A.R.E. H. M. O. A. F. I Dot com forward slash miracles.

Dr. Setareh Moafi: So, you went through that whole experience. You had a lot of insight come out about the approach that you found to be ineffective for healing and what you wanted to find ways that are more effective that ultimately led you to go into the educational field and the work that you did. And then how did that progression go into the development of a set nutrition?

Lance Schuttler: [00:12:18] So it does start with neuroplasticity and neurogenesis. So neurogenesis is the process by which neurons are either repaired or new neurons are created. So neurogenesis, you know, the generation of new neurons, and that is something this is a whole nother long story. But essentially there's been a lot of research back and forth. Is neurogenesis possible in the human brain? Does it actually happen? And, you know, I've done a lot of digging on it, and we know now that neurogenesis does happen. And it's clear even just from a basic intuitive level and I say even common sense, because if you just think about it, we're always creating and destroying within the body or the body is doing it. It's always creating new cells. There's old cells that are dying off. There's always this process of regeneration. It just depends how quickly is it happening and at what stages. And you know, there's also deceleration happening, but, when it comes to brain health, we know that neurogenesis does and can take place and there's different methods that can stimulate that. Foods, herbs, diet,



exercise, meditation, prayer, sunlight, things like that. But neuroplasticity is more of like a broader range concept of how does the brain change over time? So how do the groups of neurons and the brain as a whole change and shift? With these different experiences. So neurogenesis is a concept that's tied into neuroplasticity.

Lance Schuttler: [00:13:53] They're very similar, but they are a little bit different overall. And so, you know, it actually started, you guys, when I watched this movie called Limitless. You guys might remember it with one of the actors, Bradley Cooper. I think he was the main character. And, you know, I knew after watching that process, I didn't know it was called neurogenesis, but I knew that the concept of what he was doing in the film was real, you know, whether it's a pill or not. I didn't really care at the moment, but I just knew, All right, this life enhancement, this ability to cognitively upgrade physically, mentally, emotionally and spiritually is real. And I need to tap into that and learn as much as I can. And so I don't remember exactly what keyword I use, but I started searching for something, something related to the movie and the pill or something and came across Lion's Mane Mushroom. And so I started learning about the two different compounds in there that stimulate nerve growth factor production, which is a protein that helps this process of neurogenesis. So Lion's Mane has Harrison Owens and Aaron Astin's that can cross the blood brain barrier and then stimulate the production of these proteins. So from there, I started learning more about this concept of neurogenesis and started looking at different other different compounds.

Lance Schuttler: [00:15:12] And I quickly came to Rhodiola Rosea. That's a route that I've used for 11 years now, on and off, and I've really felt tremendous benefits with it and have suggested it to a lot of people. And then lipoic acid, alpha lipoic acid, that's another one that I kind of really got into at that time. And so I started learning and understanding how foods and nutrients and other compounds and mushrooms can create this process. And so I just wanted to do as much of it as I can, and it's just kept learning more and more. And that was really how I got into natural health and healing through brain health. So from there, it's just it just took it further. Learned about a lot of different other herbs, nutrients, how the body works, diet, nutrition, sunlight and kind of just tying it all together in the best ways that I can to help myself and then also take that knowledge and help others with it. And so that eventually led to. The creation of a set nutrition in a way where we wanted to bring out unique nutrients that are going to be really impactful for



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

people and things that they can actually feel and certainly for brain health, but also for other systems in the body as well.

Dr. Setareh Moafi: [00:16:31] I think it's interesting that you kind of chose or were led to focus on brain health because in Chinese medicine, the organ system that holds your essence is the kidneys. And the kidneys relate to the brain, which is the seat of marrow. And so it's almost like through your journey, you went to the essence of healing and health, and that's now become kind of the pillar of the work you do, is to focus on brain health. And I know that we wanted to segue into learning more about brain health.

Salvador Cefalu: [00:17:06] When I looked at your product list, you have a very unique product, the marine algae. And in the past episode, we talked about neurological health, health in terms of the liver, because in Chinese medicine, the liver, if the liver is weak or if the liver is toxic, it can generate wind in the body. And that wind manifests as different neurological symptoms. So in that episode, we talked about the importance of essential fatty acids to support the nervous system and help calm those wind symptoms.

Dr. Setareh Moafi: [00:17:42] And for reference, that episode is number 45, where we talked about adapting to change and Wind.

Salvador Cefalu: [00:17:49] Right? And so Wind is like this resistance to change. So you can see like the person has resistance to change. They don't have good neuroplasticity of the brain. So that's kind of an interesting correlation. I wanted to ask you about your opinion about, you know, saturated fats versus unsaturated fats, it's a very controversial topic because there's a lot of confusion in the medical and nutrition industry about what really is best. People say stay away from the saturated fats. Now they're finding they're not so bad. In fact, I was looking at a study that covered like 18 countries, thousands of participants, and they found it really doesn't matter what kind of fat you have in terms of heart disease. And yet that was a big issue, you know, pushing the unsaturated fats years ago. And actually heart disease, I think probably got worse because people started eating margarine and these hydrogenated oils. And that's another topic. Well, actually it's an important topic because trans fatty acids are a major disrupter in essential fatty acid metabolism. So with that being said, you want to give us some insights that you could share with us?



Lance Schuttler: [00:19:08] Definitely. So I agree, Salvador, that both saturated and unsaturated are necessary and we need them actually. And the saturated clearly that whole -- I don't want to say spin necessarily, but, you know -- the views on that have been distorted, I believe. You know, it's clear that saturated fat is beneficial. And of course, it's like with everything, everything in balance and in the right timing and of course, with right foods, too, you know, because if you're having a diet that is loaded and saturated fat, but it's also coming from, let's say, McDonald's burgers and McDonald's fries and, you know, you're consuming other foods that are laden with pesticides, then those saturated fats will interact differently in the body because you're going to be more toxic with toxins in there. And so, you know, it's sort of like what they've done is. You can't just throw the baby out with the bathwater, so to speak. You know, everything has to be looked at in relation to whatever else is going on. So from a physiological perspective, we know that saturated fats are beneficial. We know that unsaturated fats are beneficial. Just depends what you're wanting to use them for and the timing and what your goals are for, what you're trying to do.

Salvador Cefalu: [00:20:27] Right. And I also think about just the excessive intake, right? I mean, if you're having just a heavy amount of meat in your diet, let's say like red meat, of course that could be a problem. Just as if you're having a lot of seed oils, you know, people cooking with too many seed oils, grapeseed oil, you know, corn oil, all these types of vegetable oils, that throws off the ratio, the omega six omega three ratios. And as we know, the American diet is outrageously out of balance in that regard. So that's why when there's a good chance, let's put it that way, that's driving a lot of the inflammation that we see in the body. And from what I understand, inflammation is more important than your cholesterol numbers. It's an inflammatory situation that is really causing the trouble where the blood gets too hot, you could say. And that's a dangerous situation.

Lance Schuttler: [00:21:24] Yeah, definitely. And, you know, you brought up a good point on the balance of the omega 6 to 3. And the way that I like to look at this is so if we understand physiologically what the body and the cells actually need. So we need an abundance of omega 3s and we also need omega 6s. So a lot of our cellular membranes are composed of these different fatty acids, but we need them in balance.



And so if we're looking at these from an oil perspective or a fatty acid perspective, it's important that we address the foundation and the fundamentals. And the fundamentals is just what you said of the balance of 3 to 6. And if we're getting enough 3s, we're going to actually help calm down that inflammation and smooth it out or cool it, cool it down. And when we're doing that, then all the different processes in the cells and in the body can actually be positively affected. And so with Omega threes, my perspective on it has changed over the years in terms of just how important it is, because again, those other membranes are composed of these different omegas and we need them. And so when we get them, we're impacting our cells and our DNA and the expression of our DNA in different ways that are positive. You know, the average American, I think, is I've heard different numbers. I've heard anywhere from 20 to 40 to 60 to 1. The average balance.

Salvador Cefalu: [00:22:55] My God, I haven't heard of that imbalance. That's crazy, because a healthy ratio is about two or 3 to 1, you know, omega 6 to omega 3s.

Lance Schuttler: [00:23:03] That's insane. Exactly. Truly. And you know, the foods that we have, all the seed oils are just making those skyrocket. Another interesting thing about the Omega is, is the average American is at about a 4% red blood cell count of the omega threes in terms of the percentage. So it's about 4%. We ideally want to be up to about 8 to 12% of the omega threes. And with that omega three test that they've done, they looked at athletes. Your average everyday person and about 95% of the population is deficient in omega 3s and so when we do get enough omega 3s, it's certainly going to help in a lot of different ways. But just like we said, with the balance of the 3 to 6 and helping to soothe out inflammation in general.

Dr. Setareh Moafi: [00:23:55] And let's talk about the differentials, because I know some listeners may not know exactly what the differences between omega 3s and omega 6s and what food sources are. So could you explain that a little bit, Lance?

Lance Schuttler: [00:24:07] Yeah. So they just call it omega 3 or 6 based on what the chain of carbon atoms is and where there's a double bond. But essentially the 3s are things that are commonly known in fish, fish, oil, salmon, anchovies, you know, marine sources. You can also get it from algae. And then the 6s commonly are more like nuts



and seeds and seed oils and things like that. But when we can again balance that out, then it just helps everything to really come back to that homeostatic place.

Salvador Cefalu: [00:24:44] Yeah, it's interesting because even in Chinese medicine, like when a person has a lot of inflammation we'll tell them how nuts will stimulate the Wei Qi. So Wei Qi is just going to increase a lot of fire in the body, so it'll definitely exacerbate an inflammatory condition. It is tricky. I mean, when people have inflammation. Some people, they have just a little bit of meat and they just find it gets worse. I mean, heck, even Setareh the other day had little pork and noticed that she felt a little inflamed.

Dr. Setareh Moafi: [00:25:16] Although I do eat meat, generally, it's just certain meats, I think, do trigger more of an inflammatory response for some people than others.

Salvador Cefalu: [00:25:23] Right. So what I'm saying is, you know, when there is that inflammation, we have to make a real effort to get the omega threes in the diet. Yeah, it's very essential. And they're called essential because the body doesn't produce these oils.

Dr. Setareh Moafi: [00:25:36] This is another reason why I think it's so important to learn to cook for yourself at home and take care of your own nutritional needs rather than rely on outside sources. Because at least where we live in Silicon Valley, people are so busy with the hustle and bustle that they do a lot of DoorDash and a lot of takeout and a lot of eating out. And that is going to be to your detriment because the oils and fats that are used in restaurants are mostly going to be these omega 6 oils. And so you're getting heavy doses. And also they really saturate, meaning that they put a lot of oil into the foods that they cook. And often foods are fried, which creates an even more distinct inflammatory response. So really be careful if you are eating out a lot and not cooking at home, you also have to pay attention to what's coming into your processed food. Exactly. Packaged foods. Exactly.

Salvador Cefalu: [00:26:31] Lance most of the sources for essential fatty acids, especially in terms of DHA and EPA, are fish oils, and yet a lot of people are vegetarian



and you have a very unique product. An algae based product, do you want to tell us about that?

Lance Schuttler: [00:26:51] Yeah, definitely. So I'm going to come back around to this answer by describing some things more out a little bit more because it'll tie in even nicer. Maybe that is that. So we're talking about the omega 3 index percentage. Around 4% is the average and we want to get it up to around 8 to 12%. And there's different physiological ramifications that we can benefit from when we do go up to those levels that they've shown in different human studies. And so one thing that I've been learning about and really trying to help educate on is how do we get up to those levels? And if we're doing it through diet, like let's say someone's having salmon throughout the week, which is from a food source, that's the richest of the day. But to get up to what we need to actually raise the levels of the omega 3 percentage, the studies have shown we need about 1000 to 2000 milligrams of DHA in Omegas per day to actually raise those levels up over a period of anywhere from 3 to 6 months. And that's sort of the average in humans. Now, if we break this down numbers wise, if we want to get 1000 to 2000 milligrams of DHA per day, we need to then consume anywhere from five and one half to 11 servings of salmon per week of your average salmon for the amount of DHA.

Salvador Cefalu: [00:28:17] And you mean not the two servings that they recommend.

Lance Schuttler: [00:28:20] Right, Right. So if we want to have therapeutic levels, we need to consume more of it. But that's not feasible for most people first financially, but also most people just don't want to have salmon 5 to 11 servings per.

Dr. Setareh Moafi: [00:28:36] Every meal.

Lance Schuttler: [00:28:39] So that equates to seven. Yeah, exactly. That's 7 to 14000 milligrams or 7 to 14 grams per week of the DHA that we would need to get in salmon. So what we can do then instead is truly supplement with it, you know, and that's how the supplements sort of tie in is, you know, we of course, want to get things from our food and what we're doing with our life first and foremost. But if we can supplement something in, then let's do that. And so what we have is this algae oil DHA product, and we're getting it from the algae. And so if you think about the fish, they're actually the



middleman or middle person because they're eating the algae and then we consume the fish to then get these omega 3s. So if we want, we can just go straight to the source. And in terms of supplementing from it, that's a really good and cost effective way to do it, but also environmentally friendly in that what we do is we water extract it. We don't use hexane like other algae oil companies, we don't mix it with other seed oils. It's literally just that and a simple antioxidant to help preserve it and that's it. And so if you look at, let's say, fish oils, there's of course toxicity concerns with some heavy metals, there's some pesticide concerns.

Lance Schuttler: [00:30:03] Obviously companies do what they can, the best they can to mitigate that, but it's still going to be present there in some quantities. It just sort of depends or it can be, I should say, obviously wild caught fish, the best you can do. And the factory farm fish, in my opinion, you know, it's really that's a last case scenario. If that's the only thing, that's fine. But trying to just eat as clean as we can. And so what we wanted to offer as a product that people can truly supplement with, let's say if they're having salmon a couple of times a week, well, you know that to get up to 1000 to 2000 a day, then you can add in maybe it's 500, maybe it's 1000 depending what you want to do. So this sort of ties into something that I put together called the DHA regimen. And it's really just information around the different studies that have taken place with fish oils and with algae oils in relation to humans of how do we raise those levels to a therapeutic place and bump it up to where we're in that good range of 8 to 12%. So that sort of ties in.

Lance Schuttler: [00:31:14] But with our product, what we also do is because we're water based extracting and not using hexane, we don't change the chemical structure of the natural ratio of the DHA to EPA. So we also know that EPA is beneficial, but there's a lot of marketing spin in the fish oil industry, and I'm not against the fish oil or against fish or anything like that. I'm just saying what the studies have shown is we know certain marketing spins have taken place to try to hype EPA up even more because what happens when they're hexane, extracting or doing other sort of extraction processes, it changes the natural ratio that's present. So in algae, in this particular strain, what we're getting is 1000 milligrams of DHA to ten milligrams of EPA. So that's about 100 to 1. And you can look up on PubMed and I've done this myself, you can find what the natural human physiological ratio actually is in the brain and it's about 200 to 50 to 300



to 1 in terms of what's needed for DHA to EPA. So we keep it in the natural ratio and we're the closest one to that natural 250 to 300 to one at a 100 to 1 DHA to EPA ratio. I know it's a lot of information.

Salvador Cefalu: [00:32:37] Oh, it's wonderful. Does that require like one dropper full or how does it, how is the dosing and also I haven't tried it so is it a very, you know, marine algae kind of product because we do take that and I just have to kind of tolerate that sea taste, you know.

Lance Schuttler: [00:32:55] So it does taste like algae or some people say it tastes like fish, but, you know, the fish actually tastes like the algae. So that's what it really is. Yeah, it does have that seaweed marine taste, but it's very soft and mild. If someone feels it's too strong for them, orange juice is a really good way to mix it in or something sweet to cover it up. Monk fruit drops can also help, so that's a good way. But then, yes, we have a graduated dropper on it and one squeeze fills up to about 0.5 miles and that's roughly 500 milligrams of DHA. And so it depends. It's like 2 to 4 squeezes per day of the dropper. We'll give you 1000 to 2000 milligrams of those.

Salvador Cefalu: [00:33:43] 1000 to 2000 milligrams. Were you saying you need a 1000 milligrams?

Lance Schuttler: [00:33:48] Yes. So the studies have ranged between 1000 to 2000 per day is what the dosages can help raise those index percentages.

Dr. Setareh Moafi: [00:33:58] Now, how would you know that you need to raise your index percentages? Like what kind of a test would you have to take to become aware of that? Because obviously we don't want to recommend that people, everybody go and take the highest dose possible to make those changes if it's not necessary.

Lance Schuttler: [00:34:12] Definitely. So the company that I have tested myself on and that I tell people, is called Omega Quant and they are not affiliated with any fish oil company or any algae oil company. They're truly unbiased. It's run by Dr. Bill Harris, who's like one of the foremost experts on Omegas. And he's just, from what I've gathered and seen, just a really well spoken guy, really just trying to educate and help



push the science forward and push humanity forward for what's known about the benefits of omegas. And it's a red blood cell test. It's done really well. There's many, many universities that use that one that really back it and promote it. So that's the one that I do Omega Quant. And then you can see that within a couple of weeks you just do a little prick on the thumb, you send in the blood spot, they can see what the percentage is and then they just tell you the percentage. And then what they do is they don't again, they don't suggest companies or anything like that, but they say you can raise them by having more salmon or having these foods throughout the week, so forth.

Dr. Setareh Moafi: [00:35:19] Great. Now, we talked a lot about what you can do to raise these levels and why it's important. But can you go into a little bit more of the why and how this relates to brain health specifically.

Salvador Cefalu: [00:35:31] Before you do that Lance, I was just going to suggest, like even without a test, a lot of people are complaining about brain fog. Dementia is really going crazy these days with how many people are suffering from it, even at younger ages and then the years of brain development. It's very critical. And I'm sure children's diets is going to be devoid of these problems. And another thing that we might want to touch on is how the metabolism of essential fatty acids is down regulated with insulin resistance. You know, a lot of people have blood sugar problems. So this is something that needs to be managed in addition to just taking more fatty acids is just to have a healthier metabolism in general in this regard.

Lance Schuttler: [00:36:19] So yeah, absolutely. Thanks, Salvador. So to begin I talked about a little while ago of the cellular membranes in particular of neurons, they're heavily saturated with these different fatty acids and they actually make up the cellular membrane like actual structure. So this is one of those things like you talked about earlier, it's essential fatty acids. We have to get them in the diet. And the reason is because our cells, the cellular membranes, are literally composed of these different fatty acids and they create different mechanisms in the body as well. But we have to have them because they're literally a physical part of us.

Salvador Cefalu: [00:36:58] Yeah. Structure.



Lance Schuttler: [00:36:59] Yes. Yes, exactly. And so when we fill up our cells or we give our cells the food and nutrients that it needs, they perform the way that they should. The body knows what to do when it's given the right substances. But why this is in particular important for brain health is that those omegas are most concentrated in the brain, the DHA and EPA. We need those as the fats for the brain, and it's stimulating this new neuronal growth or neurogenesis in several different ways. So one is it's up-regulating nerve growth factor, that protein we talked about, another protein called brain derived neurotrophic factor, BDNF, and then another one called Synaptamide, and that helps to produce something called synaptic Genesis. And that's helping the neurons, the dendrites and the axons and the synapses actually all form and connect together. And we know children in particular really especially need this. The developing child in a mother's womb needs DHA. And so there's governments around the world even who understand and promote to mothers get X amount of DHA because it's so important for the developing baby's brain and nervous system.

Dr. Setareh Moafi: [00:38:20] You see that a lot in supplements for prenatal supplements. Now, it has a lot of that.

Lance Schuttler: [00:38:26] Yes, exactly. And it's really amazing that this information is known, but it's not, it's still not that well known. I mean, mothers hear about it, but it's not something where it's common everyday knowledge. But I think we're getting to that point for sure, because the information is getting out there. But it's going to help the baby's brain develop, the eyes, the whole nervous system. There's several different studies showing that it actually can help IQ in children if the mother was taking enough of it and if the child was getting enough after being born, IQ levels can have been correlated to be higher in those that had higher levels of DHA and the omegas in the diet. And then it also relates just to the whole structure and function of the eyes. So DHA, it concentrates in the retina, the rods and the cones of the retina, and literally its job is to take photonic energy, the light from the sun, the photons, and convert it from a light signal into an electrical signal that the brain then can read and interpret the information. So it is facilitating different quantum processes in the body that even mainstream science recognizes that happen, but they don't have an explanation for it. But it's doing something called quantum tunneling of electrons in that it's known this DA does this with these electrons, but it shouldn't be happening in terms of the classical



Newtonian physics. It should be coming into a barrier. But those electrons can actually pass through a certain barrier and stimulate energy production. And so there is a whole nother study that's gone on or a paper published, I should say, back in 2012 from this doctor over in London.

Lance Schuttler: [00:40:19] He's a PhD neuroscientist and he leads the Human Clinical Nutrition program at Oxford, I believe. The names might be off a little bit, but Michael Crawford is his name and he published a study back in 2012 saying and proposing that DHA is actually more important than DNA itself. And he's looking at this from an evolutionary biological perspective in that DHA, its structure and function has not changed in millions or billions of years or whatever the real number is of this earth. And however long this compound has been around, it hasn't changed because it's served its function so well. It does what it does so well for us, conserves energy and helps facilitate the movement of light and energy and information within the body, literally. So, of course, there's very grounded scientific Western medicine facts on DHA and what it's doing for the brain. But it's also doing these amazing feats that you could tie into more like quantum physics or tying into the spiritual realms of this with light and energy and how it's helping the whole body interact with itself. And so I kind of tie this in that it makes sense. The more DHA we have in the body, the better we're going to feel, because everything is actually at the end of the day based on light and energy. And if DHA is facilitating the movement of that light, then everything's going to work better.

Salvador Cefalu: [00:41:58] And clearly you become enlightened.

Lance Schuttler: [00:42:00] Exactly.

Dr. Setareh Moafi: [00:42:03] So a quick path to enlightenment. Just increase your DHA.

Salvador Cefalu: [00:42:12] Lance, attention deficit disorder is a big issue, a concern not just with children, but with adults as well. And I think there's big implications as well with that in terms of DHA, could you touch on that a bit?



Lance Schuttler: [00:42:25] Yeah, definitely. So. Clearly, there's a lot of different studies published on omega 3s in relation to ADHD, anxiety, depression, OCD, things like that. You know, obviously I'm not trying in my product to treat or cure anything, but certainly the omega 3s it's well established what those compounds do for the human brain and how it can have those effects that are beneficial for us.

Dr. Setareh Moafi: [00:42:57] And I think this is a good segue to talk a little bit more about the emotions, because people, I think, can grasp why it's important to improve your brain health for memory, for everything that you've talked about so far. But I think one thing that may spark a greater connection for people is understanding how these essential fatty acids are so important for mood stability, for emotional stability, especially in addressing depression and anxiety. Can you talk a little bit about that?

Lance Schuttler: [00:43:30] Yeah. So my perspective on that is really, again, when we're giving the body and specifically the neurons and the nervous system and the brain, the nutrients that it needs, then the body ideally and theoretically will return to homeostasis in that the cells in the body is so intelligent, our bodies know what to do when given the right situation or the right foods or nutrients. And so I know there's this quote from this scientist. I can't remember who said it, but he basically said, we know that the cell can live indefinitely. It's the fluid around it that determines and other things, of course, that determine how long the cell lives and what happens. But we also know that if you apply certain frequencies or voltage to cells, you can bring back dead cells to life. And so it's this concept that nothing is static, everything's change and growth and we can use different nutrients to do that. And so as it relates to anxiety or depression, we know that's not a natural state for us humans. We all maybe have bouts of it or experiences of it in different ways. We might call it something different. We all have challenges that we face and at the same time we know that it's our right and it's the natural state for us to. To be happy and healthy and for us to be in that balance. And I really believe that that's a big factor of why all these different major conditions can be improved and have been shown to be improved with omega threes and of course other compounds too. When we give the body what they what it needs, it takes those nutrients and does what it's designed to do divinely.



Salvador Cefalu: [00:45:18] Well, it's interesting the correlation in Chinese medicine when you talk about maintaining the fluid status of the cell to maintain the life of the cell in Chinese medicine, they're going to talk about that in terms of maintaining the yin, because the yin is like the fluid membrane. You could look at it in that aspect, whereas the yang would be like the functional aspect of the cell, the yin would be more like the structural aspect. So since these essential fatty acids are the backbone of the cellular membrane, you can see how it's a form of yin that is really essential for maintaining our longevity and maintaining proper function because you need healthy yin to maintain healthy yang. And you can see how if that yin is depleted, the yang becomes excessive. So you can see how just from that context, how hypertension is going to be managed when you're taking these types of oils.

Dr. Setareh Moafi: [00:46:18] Also, in terms of Chinese medicine, when we talk about the liver and how it can create Wind symptoms. So when symptoms would be physiologically anything like tremors or seizures, even itching allergic skin, that can be a manifestation of Wind. But also neurologically, you can have Wind symptoms in terms of inability to focus or like ADHD. And when the liver is not balanced, then it has difficulty nourishing or building back its blood because the liver has to be relaxed to build back its blood. And when there's insufficient blood, that's when you have a greater propensity to develop emotional disorders like anxiety and depression. So one of the ways that we've always suggested to anchor the Wind to nourish the liver is to take essential fatty acids. Because if you think about it, when you have a situation that's more yang, where it's more active, where it's more hyperactive, let's say you need Yin to calm that down. You can just understand that from layman's terms, right? If there's a lot of fire, you need to cool it with water. So these essential fatty acids kind of operate like the water that cools the fire. So it helps you feel more anchored. And when you feel more anchored and grounded, you're going to be much more emotionally stable than you would be otherwise.

Salvador Cefalu: [00:47:38] Lance, another thing that's interesting in this context is, clinically speaking, like if a person has a lot of fluid stasis in their body, so let's say they have like a fungal terrain and how that ties into like insulin resistance, you know, there's like too much sugar, you're going to have too much, maybe Candida. And we call that in Chinese medicine too much dampness. In that regards we actually say you need to



clean that terrain up before you just keep loading up more yin. So actually eating too much fish when a person has a lot of dampness in their body is contraindicated in a Chinese dietetic perspective. So you can see how you always have to manage the terrain. And it's not always just one way. Everybody wants a quick solution. People need to realize, like as I mentioned earlier, essential fatty acid metabolism is downregulated when the body has insulin resistance, so they need to get their sugar under control. So just wanted to let our listeners know this is very important if you want to benefit from taking these essential fatty acid products.

Dr. Setareh Moafi: [00:48:52] And also to make sure that you improve your digestive function as well. Because whenever you're wanting to take supplements or change your diet, you have to make sure that your gut health is pretty optimal in order to be able to absorb the nutrients that you're taking in. So it's not about just taking something or eating something. It's also about how your body absorbs that. And the formula in Chinese medicine is that nutrition = food + digestion. And we'll say that again and again because it's so important that it's not just what you eat, but also how you digest it that allows you to extract those nutrients. So I think there's a lot of value in taking a supplement that's higher concentration of what you need without having to take in so much like the algae product that you have versus eating a ton of fish, which can create a lot of dampness and a lot of issues.

Salvador Cefalu: [00:49:39] Exactly.

Dr. Setareh Moafi: [00:49:39] And make it difficult to digest.

Salvador Cefalu: [00:49:41] It's a purer form. You know, it's going to be a less damp form of getting that, for getting those levels up. Also Lance, in terms of brain health some forms of Alzheimer's they describe as Type 3 Diabetes because it's related to elevated blood sugar problems. And then they find that they have these amyloid plaques. And I recently was reading how Lion's Mane actually actually helps reduce those plaques in the brain as well as increased neurodegeneration. So it's a very exciting area to work with or to look at the ramifications of just Lion's Mane across the board for brain health.



Lance Schuttler: [00:50:23] Yeah, definitely. And, you know, it was really exciting for me when I first came across it because I had never heard of Lion's Mane. And I started using it as a tincture and I immediately started feeling effects. It was really hard to tell what was doing what because I was using a few different things. But Lion's Mane, rhodiola and lipoic acid, it was a strong combination for me and I really definitely felt the effects. And that's really kind of what got me into it. And I agree. I think we're going to see a lot more human studies on Lion's Mane in particular because it's just become so popular in terms of like the mushrooms and people just know, all right Lion's Mane for the brain. Cool. Got it. Like, let's take it. But there's so many more mushrooms out there, as you both know, that are also beneficial. And Reishi also great for the brain. Chaga great for the brain. I would say many of them impact the brain either directly or indirectly. And I think that's part of what makes mushrooms so cool.

Dr. Setareh Moafi: [00:51:21] Yeah, definitely. And we just recently talked to Brandon Gilbert of Hyperion Herbs who his fascination or his focus is really on the different mushrooms. So that kind of ties that in as well because it's true they are important to learn how to incorporate different dosages for different people, different timing for different people, but they are an important supplement to at least be aware of their benefits. And guys, this is really important because we're talking about how you can enhance your brain function and just feel better in your life versus, and this might be controversial that I'm saying it this way and I'm in no way putting down Western medicine and their approach, but most of the time when people aren't feeling well, they go to Western pharmaceutical drugs as a way to numb themselves from those feelings. And the beautiful thing about using supplements like this is that it doesn't shut those feelings off. It just helps you navigate them more fluidly; it helps you move through the experience of those what we would call negative or difficult, challenging feelings that we have in our lives that we all go through in our lives with a sense of empowerment that, you know, there's a light at the end of the tunnel rather than, okay, I just want to shut off the experience of this and not deal with it and just move through life like kind of like a zombie. So this is an alternative. If you are suffering, if you are having memory issues, if you're having issues with depression, anxiety, we're not saying do this instead of your pharmaceuticals, because of course you have to consult with your doctor to know how to navigate that. But at least consider that there are other options for you. You don't



always have to stay on a medication, especially long term, in order to feel better. And actually getting off sooner than later would help in your process. Most of the time.

Salvador Cefalu: [00:53:13] I think medication is important in times of crisis to help people, especially short term, to help manage the condition so they could just function. But yes, a lot of times when people get on these different types of drugs for depression and anxiety, they end up feeling kind of numbed out and not quite themselves. And it's not a solution. That's really what we're getting at to try to get the brain to work properly. Yes. And so you have to clean it up. You have to clean up your body. So then you could benefit from the raw material that your body needs to function optimally. So you have to look at it across the board. And having a diet that is supportive for that is critical. You can't just be living on on fast foods or foods that are just like too dampening, you know, that we always criticize the trend with people having smoothies every morning and we say that Lance because smoothies it's like there's too many things in there and it's usually a very cold, damp product that is consumed all at once. And the body can't manage that. And and it creates what we call this cold in the spleen and stomach.

Salvador Cefalu: [00:54:31] So that's going to impact we call the spirit of the spleen and stomach is the Yi, the mind. So that's going to impact somebody's focus. But it's interesting because it's so powerful, the negative effect of these things when a person let's say if a person doesn't have a strong constitution to digest it. Now, a lot of people, when they're younger, they can manage that. But boy, as people's digestive system weakens when they take something that's so cold, it really creates like a hypo functioning digestive system. And boy, that has tremendous ramifications in their energy levels, their immune function, their brain function. Heck, I had this one lady I'd been seeing for a while and using herbal medicine and acupuncture because she had chronic soft stools. And then she finally tells me, I've been on these smoothies for months. I'm like, You've got to get off those smoothies. You know, that's what resolved the problem. It wasn't the herbs, it wasn't the acupuncture. She had to stop that cold smoothie to have a normal bowel movement every morning.

Dr. Setareh Moafi: [00:55:40] Yeah. And it's not uncommon that you see people are drinking smoothies every morning. Then you just switch them to a hot breakfast. And



then everything their system, their energy, their digestion, elimination, everything changes radically very quickly.

Salvador Cefalu: [00:55:53] Maybe over where you live in Florida, Lance, that might be a little bit difficult in the hot weather to have a hot cereal.

Lance Schuttler: [00:56:03] Yeah, definitely. And, you know, I think that's a good point of certainly the climates, I'm sure, play a role in different people's physiology and how their body processes things, you know? I know.

Dr. Setareh Moafi: [00:56:15] Definitely.

Lance Schuttler: [00:56:17] Yeah. I mean, I had tried doing a raw vegan diet, not as like a lifestyle change, but just incorporating some of it in. And I was in New Mexico and once it got to be like full time, they're coming up on the winter, it just started to get too cold and it was very difficult to do. And I think, you know, of course, all these different diets that are out there, my perspective on it is that they all work in that we've seen benefits from people. Some people get benefits, some people don't. And so it really is highly individualistic with their body, what's going on in their life, their mind, how their body works. They are. Yeah, exactly. And so the temperature, you know, certainly plays a role in that.

Dr. Setareh Moafi: [00:57:02] For sure and also, that's a good point that you made, Lance, because that's also important when it comes to supplementation. We give suggestions of what you can try and you really have to tune in and listen and see what works for your body because nobody's going to be able to tell you what's best for you, even if you take tests that tell you you need A, B, and C, one of those three or all three of those things, you may not be able to process properly or they don't help you feel better. And that doesn't mean you should continue them just because you're told that's what you're supposed to do. Always, always, always listen to your body's inner wisdom to see what works for you. And when you really get to the point where you're starting to listen to yourself rather than what everybody else tells you to do, of course, take suggestions and try things, that's where you're really empowered around your health is when you make the final call for yourself and for your body.



Salvador Cefalu: [00:57:53] Now, Lance, I wanted to shift it to another unique product that you have, and we use pine oil essential oil in our practice. And I noticed you have a pine needle oil extract, and I wanted to hear your take on that in terms of immune boosting and all that. Could you tell us a little bit about it?

Lance Schuttler: [00:58:15] Yeah, definitely. So we wild harvest this Pine Needle Extract from up in Canada with some people that I work with. Very good friends, really good people. And we're getting it from White Pines and is naturally occurring or it's abundant in naturally occurring. Shikimic acid and Shimek acid is actually the main constituent that makes up Tamiflu. And so it's been known that indigenous humans for many years have used pine needles, the pine bark, the pine pollen. We actually also offer a pine pollen product also that we wild harvest from Canada, the pine needles with that shikimic acid. What it's known to do is support healthy respiratory lung and immune system function. And that's commonly what our ancestors and the indigenous have used this for is during the winter and fall months for the lungs, respiratory system, immune system because of that shikimic acid, because of the vitamin C that's in there as well and then several of the different turpenes and other compounds that are just naturally and the different essential oils, small amounts that are in there beneficial for us to. So back in 2021, there were different scientists who started coming out republishing information about pine needles and pine needle tea and how it relates to cardiovascular function and cleansing the blood and just, you know, ensuring that healthy detoxification can take place, too. So that's sort of the information around it and why we brought it out to help people with those different systems.

Salvador Cefalu: [01:00:01] Yeah, that's very timely. Yeah, it's fascinating.

Dr. Setareh Moafi: [01:00:05] Is there any last thing that you want to touch on, Lance, that we didn't get to in our discussion?

Lance Schuttler: [01:00:11] No. I find the work of what you both do and also that of Ayurveda and just different systems like that to be very fascinating. I've learned surface level information on Chinese medicine and Ayurveda and just different practices like that. And I know I have so much more to learn and this is something that I'm actively



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wanting to get more into because I know that we can suggest supplements, but it is right timing, right person, right situation. So there's just a lot of different things to learn. And what I want to end with is just appreciation for both of you for what you're doing and for having me on, and also just sharing this information in this knowledge with people. Because, yes, the Western medicine sciences of diet, nutrition, like we've learned so much, but it's also so infant and so there's so much more. The studies that you both do and practice is far more advanced in my perspective than Western medicine from a diet and nutrition perspective. So I think tying in everything that we're all doing is amazing and, you know, just pushing knowledge forward and giving people hope and solutions is what I'm here to do. And clearly you both have been doing it for a very long time. And I think that this has just been a really wonderful conversation.

Dr. Setareh Moafi: [01:01:35] And we want to reflect that appreciation back to you, Lance, because we really appreciate the pure intention that you have with the work that you're doing and the commitment and the vast knowledge. I mean, you're amazing what you know, and what you've gathered from that one tragic experience in your life, how it just blossomed you into this world healer, really. Lance has been kind enough to offer our listeners a discount if you want to go to his store online. So Ascent Nutrition is the name of his company. It's ASCENT NUTRITION and the website is goascentnutrition.com. **And if you use the promo code NH10, you'll get 10% off your order** and you can navigate and see he has a variety of supplements that we didn't even get into talking about as well as a coffee. Is that right that I c has that I noticed has very high reviews. I imagine it's quite pure, no mycotoxins and all of that I'm sure because of the research that you do. And you can also check out more about Lance when you visit go ascent nutrition dot com.

Salvador Cefalu: [01:02:50] And with that, Lance, thank you very much for a really interesting discussion. And it's just such a pleasure to meet you. You're really special guy.

Dr. Setareh Moafi: [01:02:59] Agreed.

Lance Schuttler: [01:02:59] Thank you, Salvador. And thank you, Sitara. I really appreciate it. Same to both of you. Truly.



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

Salvador Cefalu: [01:03:05] Well, you have a wonderful rest of your weekend.

Dr. Setareh Moafi: [01:03:07] Yeah. Thanks, Lance. And now we want to hear from you. Visit ACenterforNaturalHealing.com/ascent and let us know in the comments. The biggest takeaway you have from this discussion and ascent again is spelled A.S.C.E.N.T. since some of us may need a little bit of support with that, which is fine.

Salvador Cefalu: [01:03:31] Well, thank you so much for joining us for another episode of the Natural Healing Podcast and we certainly look forward to next time.

Dr. Setareh Moafi: [01:03:38] 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.