Journey to Longevity: Insights From Inventor Hal Philipp

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Announcer:

Greetings and welcome to Mind Matters News. We recently had a chat with Hal Phillip, inventor of the modern touchscreen, about his groundbreaking technology. After selling his company, Hal turned his focus to personal health, particularly nutrition. In this episode of Mind Matters News, he shows his unique philosophy on wellness. While his views are his own and not necessarily endorsed by the Bradley Center at Discovery Institute, they are thought-provoking and intriguing, and we hope you enjoy listening.

Now, here's your host, Robert J Marks.

Robert J Marks:

Greetings and welcome to Mind Matters News. I'm your not-in-shape host, Robert J Marks. We're talking to Hal Phillip today. You've heard his podcast about the great inventions that he's done. He was the inventor of the automatic faucet, he was the inventor of the automatic door opener, at least the one that works, and was the inventor of the modern touchscreen, which everybody uses every day. Since Hal has sold his company, he has been involved in other things. Everybody has to have a goal in life. Prior to the sell of his company, Quantum Research, his goal was to develop the technology to license and to do great and wonderful things. But after that, he has a new goal. Everybody has to have a goal.

Hal Philipp:

Sure. Everybody has to have a goal.

Robert J Marks:

Everybody has to have a goal. I think it was WC Fields that says, "Everybody must believe in something. I believe I'll have another drink."

Hal Philipp:

I'll have a drink to that.

Robert J Marks:

I'll have a drink, yeah. This is not drinking, but it is a goal. What's your goal?

Hal Philipp:

Well, my goal is longevity and living a healthy lifestyle so I don't get diseases and don't have to take pharmaceutical products. The reason for that is because I have two small children, and I want to see them grow up. They're ages two and six, and I want to see grandkids. I'm already 71, so that's a very tall order. I have a little bit of an advantage maybe genetically because my mother lived to 99, but she had dementia at the end. My goal would be to live to at least 100, but not suffer those kinds of mental consequences,

Robert J Marks:

I tell you, yeah, living to an old age is rough. I have some friends that have onset dementia. They don't have long on this earth to live, but their quality of life is just terrible.

Hal Philipp:

That's right. It happens.

Robert J Marks:

It's important to maintain the quality of life.

Hal Philipp:

Quality of life is very important.

Robert J Marks:

One of the things that you've done, and we're going to talk today about diet and health concerns, which has nothing to do with the technological advances and the invention that Hal has done. We have to offer the disclaimer, you should probably check with your healthcare provider or some other person of authority before you take any of this advice to heart. But we're going to hear some of Hal's personal journey into figuring out some of this stuff. It is very coherent with Robert F Kennedy's situation of MAHA, Making America Healthy Again. I don't know. The claims that Kennedy make are just astonishing. He claimed that during his Uncle John F Kennedy's presidency, only 2 to 6% of American children had chronic health conditions compared to 60 to 66% today.

Hal Philipp:

That sounds about right.

Robert J Marks:

He said that there has been a dramatic rise in autism rates, stating that in the 1960s, the rate was 1 in 10,000. Today, it is 1 in 31 or 1 in 34 children describing it as an epidemic. Kennedy has claimed that over 70% of adults and one-third of children are overweight or obese, and diabetes prevalence is 10 times higher than in the 1960s. He says that... Well, the CDC confirms. It says CDC data confirms high obesity rates. About 73% of adults and 35% of children aged 2 to 19 are overweight or obese. These are astonishing claims.

Another claim that Kennedy has made is that 90% of US healthcare spending is devoted to chronic diseases, which he claim impose a 20% tax on the economy. All of these are incredible claims, and a lot of them are due to diet. I think that Hal agrees with most of these. Is that right?

Hal Philipp:

Yeah. I've had my own personal journey, and I absolutely agree with that based on my own personal experience.

Robert J Marks:

I can tell you that Hal is 71, and this is great. I used to be 71. He's looking healthy. He's slimmed down. He used to weigh over 200 pounds. I think it was 210. Now, he's down to 165. He looks healthy. He's very careful about what he eats AND his lifestyle. I tell you, it's something which is compelling.

Hal, tell us a little bit about your philosophy of food. I know that Hal is visiting us right now, and I know that he has a lot of limitations of the food that he'll eat. Tell us about your philosophy, for example, of eating food.

Hal Philipp:

Well, first of all, my philosophy on eating food came from eating wrong, then becoming very sick, overweight, and pre-diabetic, and then having almost a religious conversion to eating right. This happened within the course of one day when I discovered that someone in my family had diabetes and had been eating the same way that I had been. This particular person is older. I decided that that was not the course of life that I wanted to follow, SO I changed my eating patterns almost overnight.

I did this by throwing out all the food that I had in the kitchen, in the pantry, virtually everything because it was all the wrong kind of food. It was laden with the wrong fats, carbohydrates, sugars. They were processed foods and so on, cereals, all these kinds of foods, breads. I threw them out, went back to the grocery store, and bought with fresh eyes. This really changed my life dramatically, almost overnight. I lost the weight.

The principles are very simple, and I think most people inherently know some of these principles, but effectuating and reacting on these principles is sometimes difficult. But basically, eating clean, whole, natural foods, avoiding processed foods, ultra-processed foods in particular, junk food in particular, avoid those. Avoid the wrong kinds of fats, which means seed oils. Seed oils are truly evil. They were brought in because we were taught back in the late '70s and '80s that natural fats were bad for us. We should avoid butter. It was going to give us heart attacks. Natural fat, like lard, was going to give us heart attacks.

Robert J Marks:

I'm old enough to remember that, that margarine was the big thing. They were pushing margarine.

Hal Philipp:

Yes, margarine was healthy and butter was bad. Butter, bad. Margarine, healthy.

Robert J Marks:

Yes.

Hal Philipp:

These are all based on ultra-processed principles of extracting oils from seeds that human beings never naturally ate. Historically, we never ate these things. They're unsuited. They have the wrong molecular structure. They cause inflammation in the human body. They oxidize very rapidly. This is what was kind of foisted upon us. We were guilt-shamed into consuming these foods. Then processed foods came along, which incorporated these things. Even French fries, McDonald's up to the early '90s, was frying French fries in lard, which is a perfectly natural, healthy fat. They switched from lard into seed oils, like canola oil or peanut oil or whatever they were using, to fry their fries. These kinds of seed oils are heavily oxidized very quickly in the fryer. They're reused and they're very evil for our body. They're very toxic. They build up in our tissues.

Robert J Marks:

If you've ever watched the movie about the founding of McDonald's and Ray Kroc, he decided that they didn't want to put milkshakes anymore, so they got this mixture and they mixed it up. They couldn't call it milkshakes anymore because it didn't have milk in it, so they called it shakes. I don't know if they've gone back to milkshakes or not, but-

Hal Philipp:

No idea. I don't eat at McDonald's, so I wouldn't even know.

Robert J Marks:

You wouldn't know.

Hal Philipp:

No, I would never eat there in a million years.

Robert J Marks:

They went to this. Why did they go to this? It was just cheaper?

Hal Philipp:

Number one, the US government was telling everybody that the old fats were bad and that these seed oil fats were good for you, so there was a lot of public pressure from health agencies and so on to make this kind of change. They realized that the flavor of the fries was going to be a little bit different, but not different enough that people would object. It was cheaper, of course, it was much cheaper. But these oils are ultra-processed. They're refined in factories that look like petroleum refineries.

Robert J Marks:

Are you serious? Where they did the separation?

Hal Philipp:

Totally serious, yeah, yeah yeah. They have to bleach these things. They have to deodorize these things. They have to decolorize. There's quite a few chemical steps, including the use of hexane as an extractant solvent, and so there's always some residue of hexane in these oils. It's really a very heavy refining process. The result is a very fragile molecule that's very easy to denature, to break, and to oxidize. These get into our tissues and continue to oxidize and break.

Robert J Marks:

That was my next question. Why is this bad? It looks like maybe they could do some chemical variations on this. So what? Is it bad?

Hal Philipp:

From first principles, we should be consuming those kinds of foods and substances which our bodies are genetically adapted to eating historically. These kinds of oils are all new. They're within the past 120 years or so, so we never adapted to these oils. Our biome, the gut biome, our tissues don't really know what to do with these things, so they incorporate it as best as possible. But in general, these create inflammation over a long period of time. You can consume them short run and not feel any ill effects. But if you consume these things over a long period of time, you will get sick. You will get diabetes. You

will get other diseases. Even arthritis, wrinkling of skin, and all kinds of problems result from this kind of oils.

But we dissociate the effects with the cause because the time delay is so large. It takes years for the buildup of these oils to cause these of problems. But the end result is we're sick and children become obese, adults get diabetes much earlier than actually get diabetes at all, which they didn't use to get.

Robert J Marks:

How does this food cause this?

Hal Philipp:

Well, I'm not a biochemist. There are a lot of papers on this now and there's a lot of research that discusses the reasons why, but it has to do with inflammatory processes is my understanding.

But my point is that I cut these things out almost overnight, along with all the sugars and the carbohydrates. I basically went on the Atkins diet. The Atkins diet is high protein, high fat, some vegetables, but basically you cut out all the sugars and go into what's known as ketosis so you're burning ketone bodies instead of sugars in your system. There's always some glucose in your system. Your liver makes it and converts it out of protein. Your brain needs glucose. But the overwhelming majority of glucose in the human body today is caused by foods. It's induced by foods that we eat.

By the way, all starches generate glucose spikes because potatoes, rice, pasta, all these things break down in the stomach, and convert into sugar molecules almost immediately. If you get a blood glucose monitor, a patch on your arm that monitors your real-time glucose levels in your blood, and you eat a bagel or you eat a potato or you eat some rice, you will see that within a half an hour, you'll get a glucose spike in your blood. We don't think it's sugar, but these things are sugar actually. They're just chains of sugar molecules attached together that we call that starches. Carbohydrate, starches, whatever you want to say, but yeah, it's a kind of starch.

These things are sliced up into individual glucose molecules in the stomach and intestine, and that's where you get the damage from in the system. These glucose spikes in the blood damage your tissues. They cause an overproduction of insulin. It stresses your pancreas, and eventually your pancreas burns out. It's just over-stressing the components. It's like trying to take a standard Chevy car or something with a standard transmission, engine, and everything else and going drag racing with it all the time. It's going to wear it out pretty damn quick. It's just not going to last, right?

Robert J Marks:

Or maybe trying to fuel it with vegetable oil, something like that.

Hal Philipp:

There you go. Anyway, what I did was I cut out all these bad foods, the unnatural foods, and even bread. Bread has been historically eaten since the Mesopotamians. The growing of wheat products and so on is now a pretty ancient affair. But the fact is that we never really adapted to these products. The archeologists will tell you that if you go back pre-Mesopotamia, the skeletons that they unearth, the fossils, the human remains, have perfect teeth. Teeth started to tear it with the advent of modern farming.

Robert J Marks:

How far back do you have to go?

Hal Philipp:

That's like 6,000 years plus.

Robert J Marks:

The teeth were good, huh?

Hal Philipp:

The teeth were good., yeah, because they weren't using grains as a food source. The hunter-gatherer societies typically don't have any decay problems in their teeth, so that's a telling thing. Those substances, these carbohydrates and so on from grains, cause other damage in our bodies, not just that.

But we now know that, for example, tooth decay, gum disease, these things also trigger heart disease. Not many people know that.

Robert J Marks:

That really surprised me, that if you have bad teeth, it can really affect your heart health.

Hal Philipp:

Absolutely, absolutely.

Robert J Marks:

I don't understand the cause, but I've heard the relationship.

Hal Philipp:

Well, my understanding is it causes inflammation in the gums, and this inflammation, the bacteria, and the bacterial toxins, because they produce toxins as a byproduct from their metabolism, acids and so on end up etching the teeth, which is why you get tooth decay. These things leak into the bloodstream, they go back into circulation, and they affect the heart most of all, and the coronary arteries.

This is all very, very bad and it's caused by, well, I wouldn't say modern practices, but practices that go back to the dawn of agriculture. Agriculture, in many ways, was obviously a good thing. It allowed for human populations to expand. We had suddenly a very high-energy, high-calorie food source that could be cultivated and made more reliable at scale than hunter-gatherers could get, but the downside of it was health problems. It's always been health problems, and that hasn't changed in 5,000 years.

Robert J Marks:

RFK stuff is in the 1960s up to today. What did we do different? What has happened to change things from the 1960s? Now, we're 65 years after the 1960s.

Hal Philipp:

Seed oils.

Robert J Marks:

You think seed oils?

Hal Philipp:

The demonization of cholesterol and natural fats, that happened starting in the 1950s actually.

Robert J Marks:

Wait, let's talk about that. The demonization of cholesterol. That's bad because cholesterol is supposed to decrease your blood flow by accumulating on the walls of your arteries and veins.

Hal Philipp:

There's so many myths surrounding this topic. The research that I've done-

Robert J Marks:

Oh, you really think it's bad science?

Hal Philipp:

Yeah, it's very bad science. This myth started around the Ancel Keys study from the 1950s where he correlated coronary heart disease with cholesterol based on the diets of different countries. He compiled data from something like 20 countries. But what he did was a little bit fraudulent because he cut out the inconvenient data from the countries that he didn't like the data from.

Robert J Marks:

Oh, geez.

Hal Philipp:

He only used the data that he thought was appropriate for the results. He pre-formed the study to coincide with the results that he wanted, as opposed to doing real science. Unfortunately, this took hold and people believe this.

Robert J Marks:

He was probably a professor trying to get another paper.

Hal Philipp:

Could be, could be. Anyway, this formed public opinion and public health doctrine in the 1970s. 1977, I guess it was Eugene McCarthy I think, or I'm not sure who it was, but somebody in the US Senate was looking at this, and they came out with recommendations on a health panel that people should eat less cholesterol and eat more plant food.

Robert J Marks:

Because it's cholesterol in food-

Hal Philipp:

Eat less meats and fats, and more plant and other. The problem with that is that if you eat less fats, fats are very high calorie. If you eat less fats, you got to eat something else to compensate. There's only one thing left. It's carbohydrates. Also, since cholesterol was demonized from that point forward, they had to find a substitute for cholesterol. They started saying, "Cholesterol, bad. Use these vegetable oils." They're not even vegetable oils, they're seed oils. Let's get that straight. It has nothing to do with

vegetables. "These are healthy for you because they're not cholesterol. They don't contain the same fats as you do in lard, so these fats are now healthy," they said. But actually, it was all the wrong way around.

Robert J Marks:

Here's what I'm hearing from you, that there is cholesterol in food, there's cholesterol in the veins, so therefore, the cholesterol in the veins must be from the cholesterol in the food. This was stated, I am hearing you saying, without really any deeper study into the reason of the cholesterol in the veins.

Hal Philipp:

Yeah. Actually, your liver makes cholesterol. You need cholesterol. If you didn't have cholesterol, you would die immediately.

Vitamin D, for example, is made by the interaction of cholesterol in the skin with ultraviolet light from the sun. So are other hormones. It's not the only hormone. You need vitamin D absolutely to live. Otherwise, you'll get serious diseases. Vitamin D regulates the immune system. It regulates the absorption of calcium into the bones. It does hundreds of different things in the body, and that's made from cholesterol. It's undeniable. The war on sunshine was another problem, of course, because if you don't have sunshine, you don't make vitamin D. Then you get diseases from lack of vitamin D. If you don't have cholesterol, you don't get vitamin D.

This was a complete catastrophe as far as public policy was concerned. This really started in the late '70s, early '80s, and this is exactly the point when obesity started to rise dramatically, and all these other health problems in children and so on began to accelerate. People went to cereals for breakfast instead of eating eggs. Eggs were demonized because they have cholesterol.

Robert J Marks:

Yeah, I remember that.

Hal Philipp:

Butter was demonized. Instead, people are eating Kellogg's cereal. Okay, let's be fair. It was also General Mills and many other companies that made cereals. These were actually quite evil because they were full of actual sugar plus the carbohydrate of the grains that they were made from.

Robert J Marks:

It was a cereal company that popularized the term, "Breakfast is the most important meal."

Hal Philipp:

Yes, that was propaganda.

Robert J Marks:

That was never from a doctor.

Hal Philipp:

It was from a cereal company. You're absolutely correct. It was all propaganda to sell cereal, but people took it as gospel and as truth that this was the way to eat moving forward. Of course, they made these

things as tasty and sugar-laden as possible, so kids love this stuff and became addicted to it. Then we wondered why they became fat and got diabetes at an early age, so it was a perfect storm. The medical industry didn't object, of course, because they make money on sick people so why would they object?

Robert J Marks:

That's an interesting thought, that the medical field makes money on sick people, so therefore, it's in their interest to keep people sick. That sounds like a very terrible morality.

Hal Philipp:

But it doesn't even have to be said out loud. They can do these behaviors almost unconsciously, but they'll go where the money is. It's in the interest of the shareholders to make profit, so why would they engage in a behavior that doesn't make profit? Even being silent is complicit if they know the truth, but they were silent.

By the way, one of the points that Robert Kennedy makes is that the food companies, many of them, were taken over by cigarette manufacturers. RJ Reynolds and so on took over many of the food companies, like Nabisco and so on. The chemists, the scientists who were working for the tobacco companies ended up engineering the foods to make them very addictive.

Robert J Marks:

That's really chilling. Another thing you told me is that in your diet, you ignore carbohydrates in the sense that that's not important to you. What's important is that there's zero or very small carbohydrates in the food that you consume.

Hal Philipp:

Yeah, I'm a low-carb guy.

Robert J Marks:

This idea of counting calories, what's your thought on counting calories?

Hal Philipp:

I have not counted calories in as long as I can remember. It's pointless to count calories.

Robert J Marks:

Therefore, it's...

Hal Philipp:

First of all, you can get an accurate assessment of how many calories because you don't log everything that you eat. You don't know how many grams or pounds of something you've eaten in a week. There's no way to track this stuff. It is complete BS. What you really need to do is just eat properly, and then just stop eating when you're full. Don't feel a compulsion to continue to eat.

I try to restrict my eating to within a narrow time window during the day so the body has a chance to detox itself, to go into some kind of a stasis without having to spend energy digesting food, and be able to purge itself of the waste products from the food from the day before. I do intermittent fasting. I usually don't eat until well after 12 o'clock, so I skip breakfast, and I feel absolutely fine. I'm 71. I've got

complete energy. Yeah, I'm doing great. I don't take medications, so there's no problem. I get my blood tested every year and it's fine. I don't have any metabolic diseases or cancer growing or anything as far as the tests are concerned anyway. Yeah, it seems to work. I did this starting in 2005 when I found out about this person who ended up with a metabolic problem, diabetes.

Robert J Marks:

It's was a person you love, and that was really rough.

Hal Philipp:

It was really rough, yeah. This person was consuming large amounts of carbohydrate and ended up with diabetes. Then proceeded to have cancer, high blood pressure, stents in the heart, detached retinas, and all kinds of problems as a result of the diabetes.

I certainly didn't want to go down that same path. I decided then and there to go on the Atkins diet or the ultra-low carbohydrate ketosis style diet. As I said, I threw out all the food in the kitchen and the pantry, and started over again. I completely changed my eating patterns overnight. Fortunately, my wife at the time was very sympathetic to this. I think you need to be able to structure your food environment, the things that are around you, so that you're only eating the appropriate things. If you have the candy bars and the cereal around, you're going to end up eating it. You're going to have moments of uncontrol and you're just going to go eat this stuff.

Robert J Marks:

I tell you, it's probably like quitting smoking in a house full of smokers.

Hal Philipp:

When you see the pack of cigarettes, you're going to reach for it. You can't see the pack of cigarettes. It can't be there.

Fortunately, my wife was very sympathetic. She did exactly the same thing that I did, and I think that's essential. You have to have cooperation-

Robert J Marks:

Did she feel better?

Hal Philipp:

Yeah. She was never overweight and never had the metabolic problem. She just didn't eat as much, and she got maybe more exercise than I did at the time. But she felt fine and felt great afterwards too during this shift.

Robert J Marks:

We've heard about big tobacco historically. It seems like Robert F Kennedy, and I think you, are saying that we have big fast food and we have big pharma.

Hal Philipp:

Agriculture processors.

Robert J Marks:

Agriculture processors.

Hal Philipp:

Yeah. Cargill and these kinds of companies that do the processing of the food and the commodity trading, all the way from the farm to the table. These companies in aggregate are responsible for what's in the grocery store, what's in the restaurants, and the kind of things that are pushed on us through advertising.

Robert J Marks:

Okay, elaborate on that. I'm not familiar with that. They go to the farms, they get the green, they get the stuff-

Hal Philipp:

Sure. They want to push the wheat. The farmers are harvesting the wheat and selling it to these intermediaries.

Robert J Marks:

Because it's cheap to grow probably.

Hal Philipp:

Yeah. Well, they make money. Obviously, everybody's making money. The science of growing wheat and corn and these things, well, it's a science, so it's a fairly predictable process. They want to sell lots of it. In fact, there's so much corn that they convert it into ethanol for cars.

Robert J Marks:

Yes, of course.

Hal Philipp:

They're growing extra just to convert. It's not even being used for food, there's so much of this stuff. They have to find other outlets for it.

One easy way to get rid of this stuff is, well, first of all, you can feed it to the animals, like the cows, the pigs, and so on, as a food source for them, and you feed it to people. You convert it into products like breakfast cereals, snack bars, Doritos chips. All the junk food that we associate with modern life, these are converted from these grain products, Then you process them with ultra-refined seed oils, and you have a perfect toxic product.

There's a book that came out last year called Ultra-Processed People, and I really recommend.

Robert J Marks:

Ultra-Processed People.

Hal Philipp:

Ultra-Processed People. I am blanking on the name of the author, but I recommend that people pick up this book and read it. In this book, it's really described what's really going on with these ultra-processed

foods, the history behind them, and so on. But one of the fascinating things I learned about this book is why ultra-processed foods, one of the reasons they're really so toxic, it turns out that, I'll just take it as an example, you took a sandwich or you took grandma's home-cooked meal, some meat, potatoes, and some vegetables, and you consume that, right? You get a certain response from your body from that meal, just a traditional meal, nothing special. If you desiccate that, you dry it out, you convert all of that into a powder, and then you reconstitute it into a bar or a chip, chemically, it's the same thing. You haven't done anything to it, right? It's the same grandma's home-cooked meal.

Robert J Marks:

Okay.

Hal Philipp:

It's all the same. All you did is take the water out, you ground it up into a powder, and then you compress it into a cake or a flat object like a Doritos chip or something. Now, you eat that. Why is that going to kill you, whereas grandma's home meal won't?

Robert J Marks:

Okay.

Hal Philipp:

One will kill you, absolutely kill you. It'll take a while, but it'll kill you.

Robert J Marks:

I would flunk this quiz. Go ahead and give me the answer.

Hal Philipp:

It's the processed form is pre-digested. When it hits your stomach, it dissociates into individual tiny, tiny little particles of food almost immediately. In fact, if you eat a potato chip or a Doritos chip, first, it's very crunchy in your mouth. But by the time it gets to the back of your mouth, it's a slurry.

Robert J Marks:

Yeah. It's delicious though, Hal.

Hal Philipp:

I know. The chemical engineers who did, they're chemical engineers. They hack your taste buds so that they know what to do. There's been a lot of research put into making things very, very tasty. The problem is it hits your stomach as a slurry, and this slurry is absorbed through your stomach walls and your intestine within seconds. It just hits your bloodstream like a sledgehammer. Whereas grandma's cooked meal takes maybe an hour or two hours to be absorbed because it's going down as whole chunks. These chunks take time to dissolve and for enzymes and acids to work on them. Whereas a chip form or a bar form or whatever it's compressed into from a powder, which is what these junk foods are really made of, these dissociate almost immediately when they hit your stomach. Then you get a huge glucose spike in your blood, and then you burn out your endocrine system. You end up with diabetes.

Robert J Marks:

Your what system?

Hal Philipp:

Endocrine system.

Robert J Marks:

I don't know what that is.

Hal Philipp:

Well, endocrine is all the hormones that are flowing through your body. For example, insulin is an endocrine. It's a signaling compound made by an organ of your body that signals other parts of your body to do certain things, in this case, to absorb glucose. It's burning out that system, in this case, the insulin system. It's overloading it, and this is how you get inflammation in your arteries. This is where the inflammation... It doesn't come from the cholesterol. Cholesterol is the response to inflammation. It doesn't cause the inflammation. Cholesterol is the cure for the inflammation.

Robert J Marks:

The cholesterol kind of covers up the wound.

Hal Philipp:

It's a bandage, yeah. Your body's trying to cure the problem that was caused by the inflammation.

Robert J Marks:

Wow.

Hal Philipp:

All these things are things that I learned over the course of the past 20 years, and I've adapted my diet accordingly. Well, I adapted really almost in one hit, but some of the things, like knowing about how ultra-processed food really hits you, I only learned just last year. I mean, this is this idea that these processed foods are dissociated in tiny particles and then they're absorbed very rapidly, that's new knowledge for me. I didn't know that.

Almost any food will do that to you that you convert in that way. Protein bars are bad for that reason. All these things are that are highly processed or bad for not just the chemical content, which they have. They have lots of other things inside than actual food, and sugar.

Robert J Marks:

I eat a proton bar-

Hal Philipp:

A proton bar? That's a very energetic source of calories.

Robert J Marks:

My protein bar has lots of protons in it.

Hal Philipp:

There you go.

Robert J Marks:

But I eat that, and now I'm going to have to look at it. What...

Hal Philipp:

It's full of sugar, by the way. Protein bars are full of honey. It's in other forms, right?

Robert J Marks:

Okay.

Hal Philipp:

This is how they hack the ingredients label. They have different kinds of sugars. They're all still sugar, but they call them different names. You have no idea, looking at the ingredients list, unless you're a chemist, what the hell they put in there.

Robert J Marks:

You and I were looking at a list today, and the second ingredient was-

Hal Philipp:

Maltodextrin.

Robert J Marks:

Yeah, so they hide it in terms of-

Hal Philipp:

Yeah, as a different chemical name. Well, it is a different chemical, but they use that chemical instead of saying it's just actually a form of sugar, but it's still sugar.

Robert J Marks:

It's still sugar. You think there's the idea that this big food is like big tobacco and pushing their products on people that they know is unhealthy for them?

Hal Philipp:

Yeah. Well, my theory is that a lot of this goes back to companies like BlackRock that invest in these companies. BlackRock, State Street, and other companies that are hedge fund managers and so on, these companies have enormous blocks of shares. They control enormous blocks of shares of these kinds of companies, both the food manufacturers, the processors, as well as pharmaceutical companies. It's kind of a holy trinity of evil because these-

Robert J Marks:

A holy trinity of evil. Okay.

Hal Philipp:

Well, you've got the BlackRocks, then you've got the food processors, and then you've got the medical community, the pharmaceutical community in particular, and they're all acting in concert for the same net effect, which is to destroy your body and to maximize profit on your body. They don't actually want you dead because dead people don't make them any money, so they don't want you to die. They want you to live long, they really do, but they want you to be sick the whole way.

Robert J Marks:

Well, that sounds like big pharma too, doesn't it?

Hal Philipp:

Well, that's part of it. That's one of the triad of evil is pharma.

Robert J Marks:

Okay, go through the triad of evil.

Hal Philipp:

Pharmaceuticals, yeah. Medical manufacturers. The whole hospital system and the whole medical system you can consider, including pharmaceuticals, they're part of the triad. They're part of the problem because they make money on sick people.

Then the food manufacturers are creating the sick people. But the central control is the investors who are represented by the hedge fund managers and so on who invest in these companies.

Robert J Marks:

They want the bucks.

Hal Philipp:

Like BlackRock as an example,

Robert J Marks:

Just like big tobacco, they were interested in their bottom line. They didn't care if they were killing people.

Hal Philipp:

The legal requirement of these companies is to make profit for their shareholders, not to keep people healthy. That's not actually one of their objectives.

Robert J Marks:

What do you think of genetically modified food? I was talking to someone, in fact, he was a doctor, who said, "My goodness, it used to be that wheat had this really skinny stock. If a windstorm came along, it would just knock it over. They did genetic modification so that the wheat now had a thick stock and was more difficult to bend it during a storm." The other thing which is interesting is you can't take seeds off of corn grown from modified corn to plant more corn. You can't use it again.

Hal Philipp:

But that's been true a long time.

Robert J Marks:

Yeah.

Hal Philipp:

Not just with GMO.

Robert J Marks:

Oh, is that right?

Hal Philipp:

Hybrid plants cannot reproduce by seed. Most agriculture products are hybridized for years.

Robert J Marks:

They're kind of like a mule?

Hal Philipp:

For even maybe the last 100 years, you've had hybridized products.

Robert J Marks:

Okay.

Hal Philipp:

Yeah, like a mule. Exactly like a mule. They cannot reproduce. You cannot take the seeds of corn, try to plant them, and get more corn out of hybridized corn. But that's certainly true of GMO because GMO is, by definition, all hybridized.

Robert J Marks:

I tell you a trick that I did. We have these plants at the BRIC, at Baylor University. I took some popcorn seeds from regular popcorn, not the microwave popcorn but regular popcorn, I went and nobody was looking, so I stuck them in the soil. Then a few days later, they began to sprout. It was kind of cool. I finally got a little corn stalk, because I did it in my office too, but no, good corn. That was interesting. The popcorn didn't grow.

Hal Philipp:

Yeah, I'm not a biologist, but I think one of the things about hybridization is sometimes they will grow, but they won't reproduce.

Robert J Marks:

That was the case.

Hal Philipp:

They won't reproduce, yeah.

Robert J Marks:

Okay. The other thing they used to do in Texas, I haven't seen it recently, we have a lot of corn. You and I have been driving around and we see all these corn fields. After they harvest the corn, they leave this little sliver of corn up. That, I believe, is for the insurance companies and the green people to come in and make sure that this was the crop that came from their seeds, which is very interesting. In other words, you can't use the other stuff.

Hal Philipp:

Interesting. What I want to say about agriculture is that this kind of hybridization process has been going on for hundreds of years. Always been trying to reproduce the best vegetables, produce, corn, wheat, whatever. This really accelerated in the 1960s with the Green Revolution. Wheat, for example, became short. The stocks became fatter. The seed heads became very thick and heavy with wheat seeds. This was very profitable, and you get better, more robust crops.

But what they didn't pay attention to was the nutritional profile of the resulting product. It turns out that wheat now has more opium in it, or opioids, than it ever used to have. Wheat always had some opioids. They're very addictive. The concentration of opioids increased dramatically through this Green Revolution process. The amount of other toxins that are produced also increased. It generated really kind of a disaster for the agriculture industry in terms of nutrition.

Nutrition was the last thing on the list of priorities. They wanted something that would grow to a very high yield reproducibly from year to year without regard to what it would do to people. That was not important. That's true generally across agriculture. Apples are grown to be picked green and then maybe ripen later. I don't know. Certainly, many fruits are picked that way. Bananas are picked green. Transportation is an important subject as well, for example.

Robert J Marks:

Oh my goodness. Talk about big pharma for a while. You and I are on different medications, but you're, I think, on two, and I'm on three.

Hal Philipp:

I'm on one.

Robert J Marks:

You're on one. Okay, you're on one. I know a lot of people, they just take gobs of pills. It's like a meal to them almost.

Hal Philipp:

Sure. I take a lot of supplements, in fairness, but I only take one medication.

Robert J Marks:

Tell me about the supplements that you take and why do you take them? What do you think that does for your health?

Hal Philipp:

As you get old, your ability to absorb nutrients decreases, and this is compounded by the fact that the nutritional content of foods has declined dramatically, even in the supposedly healthy foods. If you look at, for example, broccoli or healthy vegetables, carrots and so on, they're grown generally in nutrient-poor soils because the soils are depleted from over-farming. It's never imagined in agriculture that you would add back things like boron, manganese, copper, and things like that to the soil.

Also, the use of heavy amounts of chemical pesticides and so on affects the nutrient content of the plants. A lot of the nutrient absorption comes from the mycelium, the fungus in the soil, which converts the minerals into an organic form that the plants can absorb. If you put pesticides on the soil, herbicides on the soil, you kill off a lot of these beneficial fungi that help assist the plant to absorb nutrients.

Hydroponics is another example. In Europe, you get a lot of hydroponically produced produce out of the Netherlands.

Robert J Marks:

Explain hydroponics.

Hal Philipp:

The plants are growing in a water solution, so they're grown inside warehouses. The advantage of that is you don't have to use pesticides because there's nothing. It's a sterile environment. There's a giant tent over it so that bugs don't come in.

Robert J Marks:

It must be pretty expensive food though, too, right?

Hal Philipp:

No, they've really got it down to a science.

Robert J Marks:

Oh, really?

Hal Philipp:

Yeah. We find a lot of it in the grocery stores in Switzerland. It comes from Holland and other similar... Even Switzerland produces this,

Robert J Marks:

By the way, just as background, Hal lives outside of Zurich, right?

Hal Philipp:

Yes. But my point is that these things are generally nutrient-efficient, and what the body does is it tries to compensate by eating more of it to get the nutrients that it needs. Then you just get the empty calories and then you get fat, so it's a problem.

As you get old, you have nutrient-efficient food increasingly because that's just the way agriculture has gone for the past century or two. Then the human body when you get old doesn't absorb nutrients as well, so you need more of whatever it is that you need to compensate. B vitamin or vitamins generally, you just need more because the body can't utilize what it gets.

I take a lot of supplements, I'm sure more than I should. If I have excess, it's going to be eliminated by the body. I get blood tests every year to make sure I'm not overdosing myself. That's an important part of what I do.

Robert J Marks:

Well, a lot of the vitamins are water-soluble. I think it's the fat-soluble ones you have to watch out for, right?

Hal Philipp:

Yeah, sure, sure.

Robert J Marks:

I think vitamin A is one.

Hal Philipp:

Vitamin A is definitely one you have to be careful with. That's right.

Robert J Marks:

Okay. But D, C, and some of those others are-

Hal Philipp:

Well, C is water-soluble. D is fat-soluble.

Robert J Marks:

Oh, is that right? I didn't know that.

Hal Philipp:

Yeah. Then there's CoQ10, which is a mitochondrial food effectively, and that's something that everybody over age 50 should consider.

Robert J Marks:

Explain CoQ10. My healthcare provider has me to take that. What does it stand for and what does it do?

Hal Philipp:

Coenzyme Q10. It's involved in the production of ATP in the mitochondria.

Robert J Marks:

ATP?

Hal Philipp:

Again, I'm not a biochemist. Adenosine triphosphate. It's the principal molecule used for conveying energy from the mitochondria. We all know mitochondria are the powerhouses of the cell, if you remember that from high school biology. They're a cell within the cell. All of our cells, except for red

blood cells, have mitochondria in them, and they provide energy for the cell. Without mitochondria, you couldn't contract your muscles, for example. Your brain wouldn't function. Your heart wouldn't function.

Mitochondria absorbed, in early evolution if you believe in evolution, into cells as symbiosis. It's a symbiotic thing. It's not really a part of our human body, but it is a part of our human body. Every cell has it, except as I said, red blood cells. But these provide the power source. In the mitochondria, they actually have a tiny nano-motor that's spinning at something like 50,000 RPM, if I recall correctly, I don't remember the exact RPM, but it's actually spinning.

Robert J Marks:

Is that like a flagellum?

Hal Philipp:

No, it's a little rotor. It's like a little motor literally on an axis.

Robert J Marks:

That evolved.

Hal Philipp:

It's generating electrons that provide the energy source for the cell.

Robert J Marks:

Wait, this little motor is running around generating electrons?

Hal Philipp:

Yeah, yeah.

Robert J Marks:

Oh my gosh.

Hal Philipp:

It's an actual motor.

Robert J Marks:

Okay.

Hal Philipp:

It's wild. It's totally wild.

Robert J Marks:

I'm familiar with Michael Behe and his talking about the flagellum and how it looks like an outboard motor. It sounds like this is one of those engines.

Hal Philipp:

It's an engine. It's a mechanical engine. It's totally wild. You have to feed all these processes with the right kind of nutrients, enzymes, supplements, and so on, minerals. Otherwise, they don't work properly. CoQ10 is one of those, but there are many others. You need, again, the right kind of selenium and other minerals to allow this process to-

Robert J Marks:

You keep throwing out these words. What is mitcellinium?

Hal Philipp:

Selenium is an element. Yeah, selenium is an element. It's found in soil. It's one of those elements that are depleted by over-farming. It depends on the soil condition, to begin with, but yeah, that's the basic idea.

I take a lot of these minerals. I take a lot of vitamins. I take CoQ10. I take a lot of B vitamins, in particular. NAD has gotten a good reputation for mitochondrial support, nicotinamide adenoside, something, something, okay?

Robert J Marks:

I don't know. You might be a biochemist.

Hal Philipp:

I'm not. I deny all knowledge. I am not. If I made some error in something, I said my apology to the listeners, but that's the general idea.

Robert J Marks:

Tell me about the role of exercise. It used to be before our sedentary society, that everybody got exercise. I think it was Rush Limbaugh that said, "I worked my ass off sitting on it." I think that most of the United States, in terms of the office workers, do that. They sit there sedentary. That's certainly true with a lot of youth. I think I have some grandchildren that are like that, that are very sedentary and they don't get the exercise they want. But you put exercise as part of your regimen, is that right?

Hal Philipp:

Yes. In fact, in 2005 when I changed my diet dramatically, once I lost enough weight, I started running and I got up to 10 kilometers twice a week. That really helped revolutionize my body totally. Gave me energy, and I continue to do that on a lesser basis now. I really need to get back into it again, but I've had some personal issues over the past year or so.

Robert J Marks:

Well, the thing is that, I don't know about you, but as you age, your knees start to go, and it makes jogging and running a little bit more difficult.

Hal Philipp:

But a lot of that's just from weight.

Robert J Marks:

Ah, okay.

Hal Philipp:

I started running before I lost all the weight, and I nearly destroyed my knees.

Robert J Marks:

I see.

Hal Philipp:

I had to wait until I had lost most of my weight. I just waited until the right time. Then I started slowly getting into jogging, and worked my way up. My knees are absolutely fine. If I don't run, if I don't get exercise after some weeks, months, my knees will start to hurt, so it's important to keep it up.

Robert J Marks:

It's the muscles.

Hal Philipp:

Yeah, you have to make yourself, as Nassim Taleb would say, anti-fragile.

Robert J Marks:

Anti-fragile.

Hal Philipp:

Yeah, you have to make yourself anti-fragile so that you're robust into your old age. You have reserve of tissues, of muscles, of bone, and your ability to be coordinated when you walk so you don't lose balance, and so on. That's really important. One of the number one ways that people die in old age is they fall, they break bones. They can't recover in time, they lose their mobility, and they become depressed.

Robert J Marks:

After they break it, sure, because they think that their life is worthless. I've actually heard, I want your reaction to this, that as you age, if you don't watch your intake, that sometimes you don't fall and break your hip. That you break your hip and fall.

Hal Philipp:

Yeah, sure.

Robert J Marks:

Have you ever heard of that?

Hal Philipp:

It's osteoporosis.

Robert J Marks:

Okay, yes.

Hal Philipp:

Yeah, sure. Your bones become super brittle.

Robert J Marks:

Okay.

Hal Philipp:

Well, there are several reasons for this, from what I read in the literature and from experts. Number one, lack of enough vitamin D. Lack of enough vitamin K2, in particular a form of K2 called MK7. Vitamin D is from sunlight. We're all told not to get into the sun and not to get so much sun exposure. This is very bad advice because this will lower your vitamin D levels, and this is necessary for the absorption of calcium into the bone. To assist the calcium going into the bone, you need vitamin K2, as I said, form MK7.

Yeah, you need to take care of this stuff. You need enough cholesterol as well in order to create the vitamin D out of the UV light from the sun. You need the right kind of a diet and you need exercise. Without the exercise, your bone won't develop either. When astronauts go into space, they lose bone mass right away because the bones are not under stress. The calcium leeches out of the bone. I don't know exactly the process of where that calcium all goes, but it's coming out of the bone and the bone becomes weak.

Robert J Marks:

I heard the astronauts that were stranded in space for a number of months, I guess, that Elon Musk finally brought home, they couldn't walk when they got back because they're bones had atrophied.

Hal Philipp:

Muscle mass is gone. muscle mass is gone.

Robert J Marks:

It's the muscle mass.

Hal Philipp:

It's muscle mass, but they become very fragile. Becoming anti-fragile is the goal. That means building up your bone density, building up your muscle mass. That means weight training. It means aerobic exercise. It means getting the right nutrients, vitamins., And so on to build up your body so that it's strong and can resist.

These things are also good for your immune system too. That fights cancer. It turns out that the best way to fight cancer is to build up your immune system. Your immune system normally takes care of cancer. They never talk about that. They never talk about that.

Robert J Marks:

We're fighting cancer all the time.

Hal Philipp:

Yeah. Our bodies constantly fight cancer. Immune system is constantly sorting out these cancer cells and killing them. But if your immune system decays because you're not getting the right nutrition or exercise, you're not in the right kind of frame of mind, a little bit depressed, your immune system stops working properly and then you die of these things, not just cancers but other things too.

Robert J Marks:

Yeah. Well, speaking of that, one of the things that you emphasize is trying to minimize the stress in your life too. That's going to have a terrible effect on your health.

Hal Philipp:

Absolutely.

Robert J Marks:

Could you unpack what you think about that a little bit?

Hal Philipp:

Stress elevates cortisol and other hormones in your body, and it affects your immunity again. Stress will kill you eventually, yeah. Stressed people are usually short-lived people. That's just a biological fact. There's a cascade of events from stress. It eats at you.

Robert J Marks:

How do you get rid of stress in your life, other than getting away from people?

Hal Philipp:

Not well enough. Yeah, not well enough. That's a fact. I have way too much stress. It was much worse maybe a few months ago even because of some personal things that happened in my life. But getting sleep is really super, super important. Again, that's an area where I'm a little bit lacking. I'm trying to solve that problem.

Robert J Marks:

Okay. Why do you have problems sleeping? You just don't sleep long enough or what?

Hal Philipp:

Well, I have custody of two small children half the time, and so they're in the bed with me. They're very small.

Robert J Marks:

Oh, okay.

Hal Philipp:

Yeah, there's that issue. As they get older, that'll become less of an issue.

Also, just getting older, people sleep less. That's just a fact. That's another reason why your body's repair mechanism stopped working is because you're not getting enough sleep. Just with age, you just don't get enough sleep.

Robert J Marks:

One of the guys that came to your seminar today was Keith Schubert. He sleeps like three, four hours a night, and he just doesn't need it. You hear other people like this, like Donald Trump and things like that. I guess everybody needs a different type of sleep, a different amount of sleep.

Hal Philipp:

I supposed. Maybe they sleep much deeper than other people during the sleep. I don't sleep that deep. I've had the Apple Watch on and it supposedly monitors sleep patterns and so on. I don't get enough deep sleep. That's clear.

Robert J Marks:

It seems to me that if you could increase the depth of your sleep, that would be really good. Maybe we need big pharma to make a pill for that. What do you think?

Hal Philipp:

No. No. No, these pharmaceutical products always have side effects. It's far, far better to stick with natural substances that our bodies already use in one shape or another. If we're deficient, just boost it. There's a ton of supplements out there that do these things. Many of these things I have tried have worked for me in varying degrees. I'm sleeping much better because of them, but these are not drugs. Melatonin is one, but yeah, there are a number of things that I take that help.

Robert J Marks:

One of the things that you and I talked about is visiting saunas. If you Google the benefits of sauna or ask Grok or ChatGPT, they list incredible attributes of sitting in a sauna and just sweating. For me, it just knocks me out. I think maybe I sit in there for too long. But you've sat in saunas, what are the effects you're seeing-

Hal Philipp:

I do 20 minutes.

Robert J Marks:

20 minutes?

Hal Philipp:

I do 20 minutes, yeah.

Robert J Marks:

Okay. Do you get to the point where you can't stand it anymore or you just look at your watch?

Hal Philipp:

Sometimes, but I go to the sauna that's in the gym that I go to. There's no thermometer in there. I have no idea. Sometimes it just seems hotter than other times. At those times, I seem to be able to last, well, not quite as long, but I shoot for 20 minutes. Most times, I achieve 20 minutes. But saunas are really good for you and I don't get enough of them. You should be doing it two, three times a week.

Robert J Marks:

Do you believe in the dry saunas or the hot... I don't know what they call the hot saunas.

Hal Philipp:

Just saunas. I don't know what humidity levels are typically in those. I don't do a steam bath.

Robert J Marks:

Okay. Well, the one that I go to, they have one which is very high in humidity and the other one is dry.

Hal Philipp:

Yeah. Well, that's the other factor because the high humidity ones feel hotter. They just feel hotter. Maybe that's the difference sometimes when I can't stay in there as long is maybe there's too much water added on the rocks before I got there.

Robert J Marks:

Then the cold dip afterwards or the cold shower, do you do that?

Hal Philipp:

Yeah, I do. My particular sauna has a large bucket outside that's suspended from the ceiling and a rope. It's full of cold water and you just dump a bucket over-

Robert J Marks:

Are you serious?

Hal Philipp:

You pull on the rope, it's like pulling on a church bell. You pull on this rope and the bucket of water comes down on you. It's great.

Robert J Marks:

Is that right?

Hal Philipp:

Yeah, yeah, it's totally cool.

Robert J Marks:

How many buckets do you go through in one of those?

Hal Philipp:

Two.

Robert J Marks:

Two buckets, okay.

Hal Philipp:

Yeah. I do the first one, and then wait a while and until the refills.

Robert J Marks:

Hall Philipp is a two-bucket man.

Hal Philipp:

Yeah, there you go.

Robert J Marks:

That's funny. Hal Philipp, let me let you summarize, and I think we should concentrate on diet and other things, your philosophy of eating and taking care of yourself. We've gotten through the exercise, we understand the sleep, we understand the idea of reducing stress. But the thing which is really remarkable about you is your diet and the way that you make yourself eat the way that you eat. It's not easy to do that. It's not easy.

Hal Philipp:

No, it's not. I'll admit, it is very tough. But once you really get into it and you've done it for a few months, it becomes pretty easy. It's not hard. That doesn't mean I don't eat the occasional ice cream or even a sandwich once in a while, but to do it on a daily basis, that's something I don't do. I really do cut out 99% of the old foods.

And ultra-processed foods, never. I just don't eat Doritos and things like that. I just don't. I don't come near them.

Robert J Marks:

How about Velveeta?

Hal Philipp:

That's cheese and it's actually not that bad.

Robert J Marks:

It's not that bad? Okay.

Hal Philipp:

It's not that bad. I have to look at the ingredients list again to see what else is in there because I haven't eaten in a long time, but it's more or less a liquefied cheese. It is kind of a processed or even ultra-processed food, but it doesn't have very much sugar, if any, in it. I don't think they add sugar into Velveeta.

Robert J Marks:

Okay. Give a short list of the food that you do eat.

Hal Philipp:

Oh, I eat meat. I love beef, so I love a good steak. Yeah. I will eat broccoli and cauliflower, for example, Brussels sprouts as side vegetables. Salads, definitely. Salads are good for nitric oxide production is important for vascular health, so salads are good. I don't ever use commercial dressings of any kind. I don't typically eat in the restaurants because I don't trust what they're doing in the kitchen, so I think that's important.

Robert J Marks:

We went to a restaurant yesterday and they served some bread and butter. Hal looked at it and he said, "That's not butter." We asked the waitress and she said, "Yeah, that's butter." We said, "No, it doesn't look like butter." She went and got the manager, and the manager came and said, "No, that's not butter." It was a mixture, I think, of butter and seed oil or something.

Hal Philipp:

It was a seed oil butter blend is what he said.

Robert J Marks:

Said. We sat there and we watched it for a while, and it began to separate.

Hal Philipp:

Yeah, it did. It separated into the liquid and was really pretty funny just to see it on the table separate.

Robert J Marks:

That was really spooky.

Hal Philipp:

It was very low grade, whatever it was.

Robert J Marks:

You're not the only one that subscribes to this. Jordan Peterson, I don't know if you've followed him...

Hal Philipp:

I do, yeah.

Robert J Marks:

... but he has gone on a all-carnivorous diet.

Hal Philipp:

He did.

Robert J Marks:

We have a friend in Corpus that went on this. He introduces himself as a carnivore because that's just about all he eats, and their health has been incredible.

Hal Philipp:

It is true.

Robert J Marks:

I don't know about the universality of the diet in terms of its benefits, but these individual anecdotes really accumulate into strong evidence that this is a good way to go.

Hal Philipp:

I think so. There are many different labels for these kinds of diets. I mean, there's the Atkins diet or the Keto diet. There are Mediterranean diets which do incorporate more carbohydrates in them, but they're generally at least not quite as toxic as Western food. There's certainly the Paleo diet, which tries to get back to ancestral diets. That will-

Robert J Marks:

What do you think of the Paleo diet?

Hal Philipp:

I think it's actually okay.

Robert J Marks:

It's okay.

Hal Philipp:

Yeah, it's okay. In fact, I would say that maybe mine, what I'm eating, is more resembling the Paleo diet.

Robert J Marks:

Paleo is eating things that people historically ate. Is that a fair assessment?

Hal Philipp:

Yeah, hunter-gatherer type foods. This is pre-agriculture foods. There might be some nuts and seeds in there. Not seed extracts like seed oil, but nuts and seeds, maybe some fruits, berries, that sort of thing, and meat. Hunter-gatherers would hunt for meat and that's what they would eat.

Also, in the Paleo times, of course, they ate the whole animal, and we don't do that anymore. They would eat the heart, the liver, the kidney, and everything because they were hungry.

Robert J Marks:

No, we get that in hot dogs.

Hal Philipp:

You get that in hot dogs. That's right. I was going to say that's a source of those things is sausage.

Robert J Marks:

Okay. By the way, I just got to admit, before we sat down and recorded this interview, Hal and I shared a hot dog. We didn't share a hot dog. We each had a hot dog each. That's okay. You think hot dogs are okay?

Hal Philipp:

It's a little questionable.

Robert J Marks:

They're on the borderline.

Hal Philipp:

They're on the borderline because they add a lot of chemicals, nitrites and things like that, preservatives and things in there. Sometimes they add some grain products as filler. They're a little bit suspect, but it's not the worst food in the world. It's better than eating a sandwich by far.

Robert J Marks:

It is. Okay. Well, that's great. Any last words? Any advice to people?

Hal Philipp:

Yeah. I mean, just think in terms of what people used to eat historically before the advent of agriculture. Those are the foods that we're adapted to eat. Those are the healthiest foods. Everything else that came after that with dawn of agriculture is suspect.

I would say don't believe anything the medical profession tells you, even your personal doctor, don't believe them. Just don't believe them.

Robert J Marks:

Wow, okay.

Hal Philipp:

I don't believe anything any of my doctors tell me. I always do my own research. I don't believe a word of what they say. They're all corrupted.

Robert J Marks:

Where do you go for authentication if you don't go to the medical doctor?

Hal Philipp:

It's actually pretty easy nowadays. You can go on YouTube and you can find lots of people with PhDs that go through these things that I'm talking about. You don't have to read PubMed scientific documents to figure this out. There are a large number of YouTube channels that talk about all of these things, and they work.

Robert J Marks:

How do you know that isn't fake news though?

Hal Philipp:

No, these are actual researchers. There's actually a little cadre or community of these guys. They even talk to each other. They even interview each other and they talk about the latest research. They'll go over all the papers and analyze to a fine detail what's good about this paper, what the conflicts of

interest on that paper were, who the researchers were and what their agendas might have been, and what the data actually says. What is the statistical significance of the data? You'll find that on YouTube. You won't find it anywhere else. They pick apart these papers. They won't just read the abstract and give you the bullshit headlines of what the paper might say. They'll actually dig down into the actual data, analyze that, and present that to you in layman's terms. Those are very powerful channels. There are quite a number of channels that do that now on YouTube for free.

Robert J Marks:

What query would you put into a YouTube search to get this?

Hal Philipp:

Oh, you can just do any of the topics on foods, for example, especially about carnivore diet. You'll come up with a bunch of channels immediately. Yeah, you have to separate the wheat from the chaff because some of these channels are really BS. They'll promote products and stuff like that. They really won't be from people posing as scientists or whatever, but they're actually not.

Robert J Marks:

They might be selling something, right?

Hal Philipp:

Sometimes they do sell. They have their own vitamins and things like that. Some of them I find are not very good. But yeah, they're a good half dozen that I follow, in particular, that are really quite good. I'm not going to make any recommendations here. Maybe in the footnotes, you can add some later. I can compile a list of ones that I like in particular.

Robert J Marks:

Okay, yeah. If you send them to us, we can put-

Hal Philipp:

But again, just keep it simple. Don't eat anything that's processed or ultra-processed, or at least keep that kind of content down to an absolute minimum. Don't succumb to peer pressure. Don't listen to what the medical community tells you. That ladder is huge. I mean, I just lost all faith and trust in doctors.

Robert J Marks:

Wow.

Hal Philipp:

Starting from 2005, when I presented myself to my NHS doctors, I was living in the UK at the time, and I had hypertension, I was-

Robert J Marks:

Okay, NHS, what is that?

Hal Philipp:

National Health Service in the UK.

Robert J Marks:

This was the socialized medical system.

Hal Philipp:

Yeah. The entry into that system is the local surgery. It's not where they operate on you surgery. It's just like a clinic. You walk in there. It's like what we'd call a doc in a box or whatever. It's a little clinic with one or two or three or four doctors in there. I went in with hypertension. I had over 200 over 90 something. They should have wheeled me into the hospital at that point. The doctor just said to me, "Hal, yeah, I see you got some blood pressure issues. Just come back in a couple of weeks, we'll measure you again."

Robert J Marks:

Oh, geez. Okay.

Hal Philipp:

At that point, I said, "Forget it. I'm not coming back. I'm not going to see you or anybody else in this quack institution. You have no idea what you're talking about." The solution was not medication. He should have put me on medication actually. I needed it at that point. But instead, what I did was that was my Damascene conversion moment where I went over to this keto diet. I just changed my lifestyle almost immediately because I was going to die.

Robert J Marks:

Oh, really? You thought you were going to die?

Hal Philipp:

I could have had a heart coronary at any moment.

Robert J Marks:

Oh, because of that high blood pressure.

Hal Philipp:

Yeah. In fact, my mother who lived to 99, she died of dementia, but the reason she got dementia is because she had hypertension and she got mini strokes in her brain. I didn't want the same end that she had at a much earlier age. She started getting these in her mid to late 80s, and she lived in 99 with dementia, but I was only like 45 or so. Yeah. No, I wasn't having it. 50 actually, so yeah, I wasn't going to go down that path.

Robert J Marks:

Well, good for you.

Hal Philipp:

They're quacks. I mean, the doctors, I'm sorry to say, they're mostly pushing medications. They get a commission off of these. They get kickbacks from the pharma companies, and they have an inherent conflict of interest. They don't have your best interest at heart, and they treat you like you're on a conveyor belt with everybody else.

Robert J Marks:

Well, that's true.

Hal Philipp:

You get your 10 minutes in the office and you're out. The only way to treat you is to prescribe something for your ailment without looking into any deeper cause whatsoever. They don't care.

Robert J Marks:

I don't like doctors who spend two minutes with you and then sit there with their hand on the doorknob waiting to go. How can I get out of there?

Hal Philipp:

Exactly.

Robert J Marks:

I think there are good doctors that really are concerned and want to do good, but it's hard to know. The pharma, I go to church with a guy that sells big pharma, and one of the things that they do is they send young girls out to the doctors trying to hawk their wares and try to sweet talk them into buying their product. This was really true on, I think it was the TV series... No, it wasn't Pumped, but it was the one with... Dopesick, I think it was. They talked about the Purdue Pharma sending out these young ladies in order to, if you will, seduce the doctors into purchasing what they did. It's all a sales game. Then lie to them. This is according to the series, so it must be true, but the doctors would repeat that to their patients. They would say that OxyContin doesn't bother you because it's a slow release and don't worry about it. Then when it became addictive, the OxyContin people said... Am I saying that right?

Hal Philipp:

OxyContin, yeah.

Robert J Marks:

OxyContin. When that happened, the marketers said, "We need something new. We need a new phrase." They said, "We have the idea that when they get to the point where the OxyContin isn't working anymore, we say that they have breakthrough pain." All of the salesmen used to tell the doctors, "Well, it's breakthrough pain and you just need to prescribe this higher dosage of pill."

Hal Philipp:

Higher dose, yeah.

Robert J Marks:

I was just astonished. I don't know how widespread that is across big pharma, but that was just chilling to me that these pharmaceutical companies would do that. That certainly was the case of, I believe it was Purdue Pharma that was selling the OxyContin.

Hal Philipp:

But this is pervasive throughout the pharmaceutical industry, this kind of behavior. The FDA is supposed to regulate and monitor this stuff and, obviously, they failed in their primary duty. They didn't care.

Robert J Marks:

Well, they were in there about the history of approaching the FDA and getting it approved. They approached this one guy who was hesitant to do it, and finally, I forget what the final line was, but he ended up, after he retired, going to work for Purdue Pharmaceuticals and getting big bucks. It was kind of chilling.

Hal Philipp:

There was a heart medication in the early 2000s. I'm blanking on the name. It was from Pfizer, I think. It was a heart medication. It had been approved by the FDA. They had falsified the test data. People were getting sick and dying during the testing phase, but they suppressed all that. They described these deaths to other causes. They rolled it out. In fact, I think 50,000 people or so died of complications from this particular heart medication until they figured out what was wrong and they pulled it off the market. But the penalty for, I think it was Pfizer, correct me if I'm wrong, somebody, they suffered some penalty, but actually overall, they made profit so they didn't really care.

Robert J Marks:

It's all about the money.

Hal Philipp:

It's all about the money. The shareholders have to get their cut, and that's all that really matters. The managers have to get their bonuses. That's all that matters. Your actual health does not matter to them.

By the way, the United States is only one of two countries in the world where advertising from pharmaceutical products on television is allowed.

Robert J Marks:

Really?

Hal Philipp:

The other is New Zealand.

Robert J Marks:

Okay. You used to own a place in New Zealand, right?

Hal Philipp:

I did, yeah.

Robert J Marks:

You live in Switzerland right now?

Hal Philipp:

I live in Switzerland.

Robert J Marks:

You're familiar with what happens in Europe, and they're prohibited from advertising pharmaceuticals?

Hal Philipp:

It's forbidden. Of course. It used to be that way in the States. I think it was under Clinton, it was sometime in the '90s where they changed the rule. It was either Bush or Clinton, I forget which. But yeah, they changed the rule so that they could advertise on television.

Robert J Marks:

Well, they do come on and they have big happy people walking around and saying, "Oh, I took this and I feel better." Then they said, "This can result in conditions such as hot dog fingers, bone liquefaction," all of these terrible side effects. All this time when you're hearing all these side effects, you still see these happy, smiling people bouncing around. They're selling it, that's for true.

Hal Philipp:

The other thing that people don't think about is that the television networks are making huge amounts of money from the advertising from pharmaceutical products.

Robert J Marks:

I never thought about that. Obviously, true.

Hal Philipp:

Of course. Do you think they're going to be critical and put expose programs on about pharmaceutical abuse and what the pharmaceutical... No, of course not. They're all buddy-buddy with the pharmaceutical companies because they're getting paid by them, so it's a huge conflict of interest across media. It's quite a scandal, actually. I hope that RFK Jr. puts a stop to the advertising thing.

Robert J Marks:

Well, thank you, Hal. This has been a great conversation. We've been talking to Hal Phillip about some of his thoughts and opinions. You should check this out. Check it out, get all sides, and then make your own decision of what is right.

Hal Philipp:

Everybody should make their own decision. Everybody should be empowered to make their own decision and feel a responsibility for their family, their loved ones, for themselves to decide.

Robert J Marks:

Exactly. Now, Hal is better known, and we've had a podcast on this, as the inventor of the automatic faucet, the automatic door opener, and really a big one, the automatic touchscreen that everybody uses every day. But since he sold his company, he has decided to change his focus and his goal on longevity. He wants to be around to play with his grandkids, right?

Hal Philipp:

Exactly.

Robert J Marks:

In order to do that, you got to take care of yourself, keep yourself mentally alert, physically fit. That has to do with exercise, nutrition, and all of these other things. It turns out he's not the only one in this field. You're not a voice in the wilderness. There's lots of people that agree with you. I would think of Jordan Peterson, for example, as another one.

Hal Philipp:

Sure. Brian Johnson in California is another one.

Robert J Marks:

Brian Johnson.

Hal Philipp:

Brian Johnson is a guy who's striving to be half of his biological age.

Robert J Marks:

Oh, well, he's the guy that's going for immortality.

Hal Philipp:

He's basically going for immortality. He's regressing in age.

Robert J Marks:

Well, good luck with that.

Hal Philipp:

Good luck with that, yeah. He's spending a lot of money on it.

Robert J Marks:

I'll end it with a disclaimer... Not a disclaimer, but a claim that I've known about immortality for a long time.

Hal Philipp:

You have, have you?

Robert J Marks:

Thank you, Hal Philip.

Hal Philipp:

God bless.

Robert J Marks:

This has been a great conversation with Hal Philip. Next time on Mind Matters News, be of good cheer.

Announcer:

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