

## JONATHAN LANDSMAN

### Natural Health Tips To Supercharge Your Health Fast

**Jason Prall:**

Hello, and welcome to Awaken the Healer Within. I'm your host, Jason Prall. And with me today, I have Jonathan Landsman. For over 35 years, Jonathan has been in the health and fitness industry and is the host of [naturalhealth365.com](http://naturalhealth365.com), one of the most popular natural health websites in the world. NaturalHealth365 offers a free newsletter, podcast, and video which reveal the very best information in science and natural health solutions. Throughout his career on the internet, Jonathan has created over 500 online programs with over 300 of the brightest minds in natural health and science. Jonathan, thanks for joining me.

**Jonathan Landsman:**

It's a pleasure. Really important conversation we're going to have today. And I know whether somebody is feeling fantastic or maybe under the weather a little bit, it's going to be a great benefit for everybody. I'm sure a lot of people will appreciate it. So thanks for having me.

**Jason Prall:**

Absolutely. Well, you've been in this game for 35 years and I think that's interesting because science, the nutrition industry, supplementation, functional medicine, it's changed. In those 35 years, you've seen ups and downs, the different angles and the different theories and this thing come and go and the fads. Tell me about that for you. Like what does that mean? Because there's something in, there's a Pearl in there I'm sure that we can take with us going forward as things continue to potentially change.

**Jonathan Landsman:**

Yeah, I love how you're bringing this up and starting it off already. A lot of times, like you say, you keep reminding me how old I am. Thank you so much. I really appreciate that. The more I see that things are complicated, and they say they're new and complicated, I say hard to understand. And when there's that sense from an individual out there because that's all I care about right now as I'm speaking to each and every person out there, I just don't understand this. And it seems like a lot and I'm feeling stressed out. It's no good. So over all of these years, the high intensity training and all the fancy exercise stuff, which I'm going to mention a few things that people can do at home that are super practical and really good in terms of the remedies that we're going to cover. A lot of things people can do at home, they're are very simple and grounded in common sense.

**Jonathan Landsman:**

And I love how you bring up the years that I've been in it. I know that a lot of things that I'm speaking about are really grounded in, I mean, can I dare say decades to hundreds if not thousands of years old. This is just really good old fashioned common sense that I think does get lost in the haze because everything, especially on the internet is, hey, it's breaking and it's brand new and you've never seen this before and you've got to check it out. And it's a lot of that kind of energy that gives people the

perception you know what? I thought I knew a whole lot, but I feel so dumb. I need to go learn something new.

**Jonathan Landsman:**

And really a lot of the things I hope that we go over today, Jason, are really just a fresh reminder that all of it is just common sense. It's highly motivating, inspiring because it is so simple and easy to appreciate. And best of all, it is not that complicated. It's so easy to implement in your life. And I just feel like in general, Jason, this is really the key as we go through this list that, wow, this really resonates with me and I can easily do it. That's what this is all about and it should give you almost immediate results as well.

**Jonathan Landsman:**

So it's really the best of all worlds. I truly believe that everything I'm going to talk about today just feels great right off the bat. And then obviously, let's keep this practical, right? Which is what today is all about. If you're really not feeling well, you should be working with a healthcare provider. It may take a little bit more time, but just on an intuitive level, I just feel very strongly about this, Jason, that a lot of what we're going to talk about today is really going to just make a lot of sense and feel really great for people to do almost immediately.

**Jason Prall:**

I love that you mentioned that, right? It's simple stuff. It's common sense stuff. And oftentimes those are the things that we neglect. We think that they're not that important. We think that this thing here that we've heard so much about is not going to make the difference in my really complex case that I'm dealing with or all this weight that I've got to lose, right? And I understand. I get that feeling. I really do empathize with that feeling.

**Jason Prall:**

And I think it is important what you said, right? We do need to take things in context. So if somebody is ill, it's really important to work with somebody specific. If we've got some different things that we're kind of... We'd like to move through some symptoms that keep popping up that we want to figure out, that we want to improve, or if we feel like we're in pretty good health, there's a spectrum there, right? And yet there's an underlying aspect of sort of wellness and this idea that there are certain things that we all have to do. So I want to start off there. Whether you have cancer or whether you have some IBS or whether you're a trained athlete, what are the things that you like to focus on that we all need to do if we want to stay healthy or improve our health?

**Jonathan Landsman:**

All right, this is great. Okay. So I do feel this is for the gamut, but I'm going to be a little focused on this first one and the last one is going to be particularly surprising. So hang in there, listen carefully, especially for those who are very concerned about their health. These days with all the talk about a pandemic taking so many people's lives, this is such critical information. But the first one, I would like to talk to those people out there who just feel like I want more energy. I'd want to feel more alive. I'm not moving enough. And I know exercise is so important, but my energy levels are so low. I know my lymphatic system, every cell in my body needs a little bit more movement and activity, but I just don't have the energy.

**Jonathan Landsman:**

I would say vibrational plate. And this is great for deconditioned people. Okay? So that's millions and millions and millions of people, no joke at all, and quite personally, for all those people out there who get injured. I was playing racquetball about a month ago from when I'm having this conversation with you, Jason, and I severely tore my right calf. I don't know if I shared this with you, but I have put this on my social media. And I put a lot of my recovery processes, what I'm doing. A vibrational plate has been so valuable. Can I mention a name? Not that I-

**Jason Prall:**

Yeah, please. Yeah. Absolutely.

**Jonathan Landsman:**

Okay. So it's A-D-V-E-N-O-R, Advenor. All right? So that's the plate. The bottom line is for 200, 300 bucks, you want to get a good motor that's not going to break down. You can get them for \$90 or \$100 some odd and they break and then you have to get another one. The bottom line is this vibrational plate does a lot of side to side and up and down and just like a really nice vibration from a very low sensation to quite an aggressive one depending on the status of the individual. But it is great for promoting vitality to every cell of your body.

**Jonathan Landsman:**

You can put your feet on it. Obviously, if you stand on it, it's going to send a vibrational type charge, if you will, throughout your whole body. And it really is very comfortable. It's an amazing feeling. You obviously put it a setting that you can comfortably tolerate, but when you're done with a 10-minute cycle, and I'll be quite frank with you, I do two or three cycles of this. So it's 20, 30 minutes that I'm doing a wide variety of cycles, different directions that I do this, and it's really been great for my legs and for my hips.

**Jonathan Landsman:**

At the beginning, I could only sit down because I couldn't put my weight on my right leg. So I was in a seated position putting my feet on the plate and it's just a great thing to help in rehabilitation. You can lay down on these things putting like maybe doubling up a towel because obviously the surface is hard. Maybe you make it a little softer and you lay down on it. So it's for your whole back, your upper back area. You could put your legs on it. I put my calf directly on it, not my feet. You could put your hamstrings, your quads. You could sit on it and feel the vibration that way. But it's a very invigorating feeling and it's just one tool. Nothing I'm going to talk about today is like the end all and it's everything, but it's been very helpful in my rehabilitation of trying to get over this torn muscle.

**Jonathan Landsman:**

And in about four weeks now, let's see. I'm a little outside of four weeks now, I'm starting to walk more comfortably and it's really been a great tool. So I don't know if you're aware of the vibrational plates, but it's been a great thing. And I highly recommend it to all those people deconditioned who want a little bit more vitality. You're going to feel it when you're done, feel that little bit more energy, a little less sluggish. And for those that are injured, it's a very helpful thing in the upper body or even on the legs. A lot of different ways you can use it.

**Jason Prall:**

So we don't have to get into the deep science, but how does this essentially work? What's it really doing for me on the physical level?

**Jonathan Landsman:**

Just a neuromuscular stimulation. It's really that simple. It's just a physical thing that you're going to feel. And again, keep in mind for the person that's injured or deconditioned, they're not moving that much. So a practical by-product of not moving a whole lot is a lack of energy. When you put your body physically in touch with the vibrational plate with all the different directions, you play around with what feels the best for you in terms of side to side or up and down, it's going to just give a stimulation. It's going to promote circulation, it's going to definitely promote more of that neuromuscular sensation that so many people have lost. We need stimulus, right?

**Jonathan Landsman:**

We're going to talk about some other things too that you can do to stimulate and literally bring alive your body more by challenging it, but this is a very safe, practical way to get the person who's really low in energy or severely injured that they can't move to help them to talk to the body, if you will, to, hey, get moving. Create more activity. The nerve impulses, the blood circulation, the lymphatics, all of this starts to get stimulated, especially if you're standing on it and you're using your muscles and squeezing them. It's just a great tool to help bring the body more alive.

**Jonathan Landsman:**

And people are going to notice it right away, Jason. This is the kind of thing that once you find the level and you do it for 10, 15 minutes, you're going to feel like, wow, this feels good. So it's the kind of thing I've just brought into my arsenal, especially since being injured. And it's funny, credit to my mother-in-law. She got it to me as a gift before I was injured like, oh, this is cute. But man, now it's really valuable with my leg and I can't thank her enough.

**Jason Prall:**

Wow, that's amazing. It's one of those tools that I'm always looking for these where I feel like it can help me and I enjoy it, right? Like some health things, you don't particularly enjoy. You got to fight through it. The thing that doesn't taste good. There's a lot of those, right? And this is one where we can enjoy it too. A sauna comes to mind. It's one of those tools as well. And so that's great. What else do you have for us?

**Jonathan Landsman:**

Yeah. So let's plow through some other major things for everybody. Now, this is going to be tricky for the person that feels, hey, I'm feeling great. No problem at all. Let me tell you, write this down. I speak a lot, Jason, about oral health. And these are big things to do at home. I don't care if you feel great, but especially if you don't feel well, bleeding gums, you feel like they are on an intuitive level, your mouth is a little more dirty than it should be, you need to get busy doing some things that make you feel more fresh, alive, clean, and in good balance in your mouth.

**Jonathan Landsman:**

Because keep in mind, Jason, right? The cancer clinics, the top cancer clinics in the world, when we go all the way over to the spectrum of really sick people that are on the edge of checking out or not, when they go to these clinics, the first thing they're doing is looking at the health of the mouth. Before they do

any other new or fancy or complex treatment, they're making sure the entire mouth is clean. There's no mercury-based silver fillings, the root canal treated teeth that are infected, the cavitation, the bone infections, the gum disease is out of the equation because it's a constant form of toxicity.

**Jonathan Landsman:**

I know you're talking about awakening the healing within, right? All of this good stuff and detoxifying the body is so important, but if the source of your pollution is right in your mouth, very serious. So, saltwater rinsing. I can't tell you in all my years, oh, I've got a pain in my mouth. And it can be crippling just a pain in the gum. And oh my God, the stress. And I've got to go to the dentist. But if you just rinse regularly for two, three days multiple times a day depending on how sore and painful the area is, just getting involved in a saltwater rinse with just like say a half a teaspoon, teaspoon of salt water, a 10 ounces of water. Just mix it up in there, swish and swish, spit it out, do it again and again and again until the glass is done, right? Swishing with that saltwater really can calm down inflammation and really clean up that area so the pain can go down. It's a wonderful way.

**Jonathan Landsman:**

Oil pulling. Talk about detox. Let's detox the mouth with the fats and say coconut oil or olive oil. I like coconut oil. It really doesn't matter. Organic, non-organic. The truth is that doesn't matter either. Oil pulling is about a half a teaspoon, a teaspoon. Obviously the more oil you use, the more saliva is going to be generated. But just putting that into your mouth, dissolving the oil, swishing it around for 10 minutes and then spitting it out, obviously in a garbage pail, not in a sink to clog up your plumbing. So important because the oil pulling, when you're done, you're going to immediately feel like your mouth is cleaner.

**Jonathan Landsman:**

All the fats in the oil, the coconut oil, just attracting itself to all the bad buggies that might be in your mouth and just bringing them together, encapsulating them and spitting them out is a heck of a lot better than having that always brewing in your mouth, mixing with your saliva, getting into your gut. We hear about leaky gut all the time and toxic blood, which is the basis of all disease, all of diseases about inflammation and everything I'm going to rattle off, and I'll try to go quickly with the other things as well. I hope people have a pen and paper. All of this is designed to really calm down the fire inside of us. Where is the source of inflammation? And for 80% plus of the population, Jason, that are dealing with chronic diseases, you can trace it back to some serious issues that are being neglected in the mouth.

**Jonathan Landsman:**

So saltwater rinsing, oil pulling, and essential oils like clove, peppermint, and neem. I use a combo bottle of it in one little glass bottle, take out a drop, put it in on a toothbrush or put it on the gum directly and just wipe it all around on the outside and the inside. It's just a wonderful, fresh, clean feeling you have. It's very anti-microbial, anti-bacterial, anti all the things that we don't want to run a mock inside of our mouth and pollute the rest of our body. It's just really maintaining a healthier balance by using it on a daily basis.

**Jonathan Landsman:**

Another thing related to the mouth and then I'll pause for a moment if you like is a hydro floss. This is huge. So your bucket of water and a motorized contraption, right? And you've got that little peak there and it's blasting the water on the outside and the inside along the gum line where the tooth meets the gum. Hydro flossing is huge. And for most people out there, the best majority of population, they have



no idea that they have opening up larger and larger gum pockets. A one, two, three measured at the dental office with a little sticky, sharp probe. It does kind of feel a little uncomfortable, but they should be measuring your pockets and telling you where you're at. If you have a four and worse yet, if it goes to a five, six, seven, or eight, as you keep visiting the dentist over time, your pockets are getting larger than your gums, which is allowing all this unwanted bacteria to spread throughout the rest of your body.

**Jonathan Landsman:**

You want your gums to be tight, and literally, hydro flossing each day will close down those pockets. So this is basically something I'm doing every single week to keep myself together. And it's been really great dental visits I've had now that I'm more diligent doing it. None of these ideas mean anything, Jason, if you don't do them on a regular basis.

**Jason Prall:**

Oh, I love that. And you ran the Holistic Oral Health Summit, right? So I know you not only interviewed tons of dentists and orthodontists and professionals that really get in there, but this is something that you've been passionate about for a long time. So I know you're the expert to go to on this and I just want to reiterate this stuff, right? I remember working with a client that had a fungal infection apparently showing up on her belly and I actually went in and we did the whole investigation and I figured out that there was a lot of things going on in her mouth that needed to be addressed. So we sent her to a holistic dentist, they cleaned it up and her supposedly fungus infection went away, right?

**Jason Prall:**

So it's amazing. I think a lot of times we feel like, okay, my dental health is good. I've got some things here, but it's really great really. I don't have a lot of cavities. There's no... And yet what you're talking about is a maintenance program that is more related to the gut, right? It's like we forget that the mouth is the start of the gut. This is our GI tract and we want a healthy, balanced population of bacterium and all kinds of organisms, right? That are running in our mouth that are keeping it healthy. So I love this because it's about this sort of microbiome of the mouth that you're speaking of, and these are so simple.

**Jason Prall:**

This is, I think I just want to stress this, that what you're talking about is, and I'm sure you've got more here that'll be in the same category, but these are things that you do routinely. You don't do these things once or I did this thing with my mouth for a week. I did what he said for a week, and okay, it was all right, but I didn't notice these massive health changes. Some of these things, especially if they're deep health imbalances will take a little bit of time. But if you do these consistently, I've just noticed hair starts to change, skin starts to improve, the whites of your eyes, the nails on your hands. All of these things start to improve or balance themselves out with some of these routine things that you do, but it really is about being consistent and doing these seemingly small things on a regular basis, right?

**Jonathan Landsman:**

100%. No news is good news for the very healthy person, but it does take effort. Make no mistake about it. All right? And my good friend who is blessed memory, Charlotte Gerson, she spent a lot of time with me. We did a lot of programs over the years. She would say early on, and I actually had debates with her. But the truth is now that I think back on it, I say it all the time. She was 100% right. Prevention is not sexy, but for the healthy person, it's extremely important. You mentioned high performance athletes.

They are doing this diligently, especially what we're about to go into, really taking good care of themselves each and every day so that they don't have a catastrophic event.

**Jonathan Landsman:**

Too many people are complacent. They wait till the 11th hour, and that is the most stressful way to live. Not only are you on edge, oh my God, heaven forbid I should ever get sick, I'm living on the edge, but when something does happen, you feel so powerless. You feel so fearful. And that's what Western medicine is actually praying on. And I don't say it in any really overtly malicious way, but you need to understand the language that they use is always we know you're afraid. Let's hurry up and do this. There's not much thought. There's high levels of emotion, not much mind power going into it, and all of these things will really keep you out of the woods so much for so many years. And that's what this is all about, living a very high quality life. Some of the other things I want to go physically into, Jason, if it's okay with you.

**Jason Prall:**

Absolutely. Please.

**Jonathan Landsman:**

Dynamic movement, balance, and stretching, duh. But again, this is huge. And this was from my high performance days. Myself personally as a high-performance athlete. I won't bore you with the details, but certainly baseball, basketball, a high performance racquetball, going to the Olympic Training Center in Marquette, Michigan, and then moving as I got older, hello, I have to make money at this. So let me start doing some high-performance coaching and training regular people as well. I cannot tell you how many times, thousands and thousands of times people were looking for the glorious, fancy answers from Jonathan that has all of these credentials in master's degree studies in exercise physiology and has gone to the Olympic Training Center and has trained all kinds of high-performance athletes in college scholarship athletes and kids that are looking to get scholarships. He's getting paid good money. He knows so much. What should I do, Jonathan?

**Jonathan Landsman:**

And it was the most simple step of dynamic movements to warm up the body. This would be so healthy for most people to do, but get about the high-performance sports. Don't even play a sport. And this would be one of the best things to do to self-check yourself. To move your arms up and down and this way and that way and this way and that way and rotating your shoulders and moving side to side with your body and lifting your legs up and down, left leg, right leg, left leg, right leg. Just moving in very rhythmic ways and giving yourself a 10-minute routine, which I would literally do with the highest performing athletes before they struck a tennis ball. Before they did anything on a football field or a soccer field, we went through a wide variety, which is hard to do in a seated video or audio interview like this, but you can just look up dynamic movement exercises. And they are so basic and they feel so good.

**Jonathan Landsman:**

And a person that feels sluggish sitting around way too much, which is worse than smoking in some respects, really bad for the cardiovascular system, sitting so much, just getting up and doing dynamic movements one or two times a day can change your whole life. And this physical change in your life, 10 minutes a day, two 10-minute sessions can start to really play on you in a very positive way about the way you mentally think of things. So this is what it's all about. Physically being in a better place to help

you in a more mental, emotional way as well. You cannot separate the two. So we've got dynamic movements, very important, warming up, raising the heart rate just a little bit, breathing goes up a little bit. Nothing that gets you too tired at all. Just comfortably rhythmically moving.

**Jonathan Landsman:**

And then working on balance. My goodness. Standing on one leg, then standing on another with your eyes open. Here's a pro tip. Try to do the same thing with your eyes closed. Stand on your right leg, bend your knees slightly and try to hold that. For most people, Jason, it's extremely difficult. Why should I care about this Jon thing? Come on already. Give me something more real. Hello, millions and millions of people when they get older are slipping and falling, misstepping? And who knows what triggers that fall? And if more people had balance, which is rarely discussed on any level at all, don't get me started, but you can tell I'm getting a little crazy already. In physical therapy places, in sports medicine, very little of this is taught.

**Jonathan Landsman:**

But if you just look at the different things you can do balancing your body, especially within one leg or another, and working on stabilizing more with your core and your hips, this will go a long way for, God forbid, that one moment where you might misstep off a curb or trip up on some little ledge and you will bam, you will catch yourself with a better sense of balance. And there's all kinds of other things you can do that are a little bit more advanced. And actually, Jason, they are a lot of fun. And some of the highest performing athletes that I've ever worked with get this. Less than 10 minutes of work. And again, it's a neuromuscular, mental, emotional focus thing that we would use. For them they were very high-performing athletes. So for them it was like almost a sense of a warmup as well to do these kind of balance exercises, but it really stimulates the whole body and mind to come together to make you focus on something. It's a lot of fun, relatively easy to do, but extremely important to the average person.

**Jonathan Landsman:**

And of course, stretching after you've warmed up. You mentioned a sauna before, Jason. If you're in a full sweat, you've gone for a walk, it's really hot outside, you had layers on. You're really nice and warm and sweaty. Stretching when you're finished with activity, this is extremely important. I should be on national TV for just this alone. It sounds like I'm joking, but I'm actually quite serious. This stretching where you hold your muscle for a long time and you're hanging out just holding your body one way or another, and they call that a warmup before being physically active is comical at best and it's negligent at its worst to advise people to stretch their muscles long and relaxed before engaging in physical activity. You're actually setting yourself up more for injury. You're definitely not getting ready to perform at your very best.

**Jonathan Landsman:**

So stretching should be done after the body is warmed up to elongate muscles to speak to those muscles to, okay, activity is done for the day. Time to open up. Time to relax and chill out a little bit, so that if they stay a bit longer, which you always want to maintain good flexibility for the same practical reasons always. So you can enjoy playing with your kids, your grandkids, you can move around well, you can recover if you trip and really be more nimble, very important, but when you stretch is important and understanding the context of that. It should never be done with a cold muscle. So I take a break for a moment, or if you want me to continue, I'm happy to.



**Jason Prall:**

Yeah. Well, I just want to comment on some of that. I love what you're saying because as an athlete myself, these are some of the things that I learned over the years, right? And one of the things that I eventually learned was dynamic warmup is really the best, right? So if you're cold, if you're tight, you really want to kind of like slowly loosen up the body with some movement, right? Not this stretching like yanking on yourself. And that's really the worst way to warmup. But as you said, stretch afterwards. I love that you brought that in because it is that order that is really, really important.

**Jason Prall:**

And the balance thing. Oh my gosh, when we did the Human Longevity Project, this was a major thing that came into play with some of these older people that they were still moving and had this amazing sense of neuromuscular connection. They were able to move their bodies better than a lot of the people their age that I've seen. And one of the things I'd love to do is to stand on like one of those half Bosu balls. And even if it's just myself or if you have a partner that they're doing the same thing, you stand on... Perhaps you start with two feet but eventually move to one foot and then throw a ball up against the wall and catch it. And boy, you realize how unconditioned at that you are and how much better you can get. And eventually it starts getting fun. And then you can throw some more things in there. So I love that you mentioned that. It's really, really important.

**Jason Prall:**

And even the movement. Just testing your body. This was something that we witnessed over in Okinawa in an old folks home. These people that were 90 and over 100 were doing this. This was a regular thing, was just moving their body in these simple ways, grabbing a stick, what have you. And I thought, "Wow, this is brilliant that they're actually doing this." Because the question I had was at what age do we start doing that? Well, the answer is you continue doing it to as much as your ability as you get older, right? So creating that routine and getting into this habit I think is really important. So, yeah, please continue if you've got some more.

**Jonathan Landsman:**

Just a few others. Self-massage is kind of part of the physical part. So important. Way too many people are afraid to touch themselves, oh my God, especially with a pain spot, right? As I've been recovering from my torn right calf muscle, going in with my thumb and my fingers and pressing around the areas that are affected and trying to just relax the area and see what's sensitive and what's not and pressing in and desensitizing these areas because I stayed with it for a while until kind of like, oh, it's really sensitive. And then maybe minutes and minutes later, wow, it's becoming a little bit better because blood circulation is getting in there. I've been pressing it over and over again. It's just a super valuable thing.

**Jonathan Landsman:**

Self-massage of the gut, right? Just below the right rib cage, right? Most people with your hand, about half of your hand should be able to actually go inside your gut. You should be able to press that much into your body. And if you're saying, "What am I talking about? Are you crazy? If I just touch my skin, oh my God, there's so much pain there." Hello, you've got yourself a fatty liver most likely, and that is not healthy. So again, why should you self-massage? Because it just gives you a check about how my shoulders are doing, my arms, my inner organs around my abs. And you kind of go up the right side, down the left. That's generally energetically speaking. That's a good way to do things, from all the way in

the bottom right side and you go up the right side, which is the ascending colon and down to the descending colon on the left side.

**Jonathan Landsman:**

So you're going up from the lower right all the way up to the upper right area just below the rib cage. You come across where your stomach is. You go down the left side all the way down towards the left side where your pelvis is, and you just keep working it in circles. Up the right, down the left, and around and around you go, and in bigger circles and smaller ones right into the center of your abdomen area. This is some really important stuff. For people that are constipated, super valuable. Yes, you have to hydrate, yes, you've got to have good food going into you as well. You're not going to just massage and all your problems are going to go away. But this is really, really critical as another simple tool that can help you. Especially for all those people that have certain little issues, like a little pain in the knee, but if you massage your quadriceps or maybe if you can get some help, and this may sound funny, but if someone can dig into your glutes, right? Your butt.

**Jonathan Landsman:**

So digging into the hip area and relaxing some really sensitive tight areas in and around your hips have a lot to do with issues that you might be experiencing down your leg, in and around your knee, your ankle, or even in your foot, you would be amazed. So a lot of times this self massage and working out stiff areas of your body can genuinely make you feel so much better in other places where you may be having issues.

**Jonathan Landsman:**

And the bottom line isn't even if you feel like you have no issues at all, it's just great for recovery. For those active people. Especially as you get older, you're just very frustrated that you feel a little sore and you want to get back at it mentally, but physically your body's saying, "I can't do this." Well when you're doing a self massage and rolling of the muscles, they make sticks. They make these foam rollers, all kinds of stuff you can use, but squeezing and pressing those muscles can help you to recover so much better, getting circulation in there, getting waste products out of the muscles. I can't speak enough about how so important this is. And again, takes a little effort, but once you start getting used to it, it's like you get hooked on this, in a good way it's a healthy drug. If you will, to get addicted to.

**Jason Prall:**

I love it. And we've got another talk that goes into the Ayurvedic types of massages, and using oils in this same way. And it's exactly what Jonathan's talking about. It's getting rid of these toxins, these buildup of metabolic waste that's there helping the lymphatic system do its thing. And then loosening up this soft tissue, right? I mean, just loosening that up and getting blood flow and circulation. I mean, there's an energetic aspect to this. It's not just mechanical. Right?

**Jason Prall:**

And there's a lot of healing power in the hands, right? So we can actually infuse an energy of healing, right? So this is brilliant. Again, it's something that we can all do, something I falling in love with. And now I want to get to you, Jonathan, some of the things that... You have a whole site based on natural health, all kinds of things that we can use in our homes, products, supplements. We can talk about cleaning things. And there's lots of stuff that we could get into. I'd love for you to just tend to go over

some of this stuff. What do you recommend the average household? What are some of the things that we might want to carry around the house for general health?

**Jonathan Landsman:**

Yeah. So we'll plow to them. The last thing I did want to make sure I get in, in terms of what to have in and around the house is a nebulizer. This was the one of the biggies that I promised at the beginning. Now, more than ever with so many people worried about their lungs and respiratory health. I don't use it every single day, but you can believe me when I tell you I've got it as a backup in case, God forbid, something were to happen. And I feel like I had some sort of infection that I had to deal with in my upper respiratory tract. I was congested. You can nebulize 3% hydrogen peroxide, that is going to blast out and neutralize anything unwanted in you. Why the federal government is not telling people, that's a whole other event to talk about that, but this is exactly the kind of stuff they should be distributing to every person throughout the world and teaching them how to use this. This is a great thing to have in the bank, if you will, in case, God forbid, something like that happens.

**Jonathan Landsman:**

So they can look into how to use it. But you just simply breathing that in a little bit of a solution with 3% hydrogen peroxide. And when you're inhaling that through your nose and into your mouth, and it's getting into your respiratory system, it's just great to neutralize those unwanted substances that are inside of you.

**Jonathan Landsman:**

So natural foods, obviously organic unprocessed food. I want to really emphasize that, Jason, because it's really simple, easy to overlook. Organic real food, not the processed organic stuff in the middle of your healthiest health food store, that stuff in boxes and bags and cans, really is not what you want to lean into in terms of really good food to promote that healing response within you. So I don't think we need to talk about anything more about that, except the detail, dark leafy greens. What are we supposed to lean into? Let's look at bitter is better.

**Jonathan Landsman:**

I'm sure many people have listened to these things, understand what I'm talking about, but to identify a rugelach dandelion greens, watercress, kale, collard greens, Swiss chard, these are all great dark leafy green vegetables that are so fantastic on so many nutritional aspects of it to help us to detoxify our body, and to place a buffer, if you will. But when we breathe in or eat some things that are unwanted, how do we counter that? We need to get it from the certain foods that we eat. So certainly dark leafy, green vegetables, cruciferous vegetables, broccoli, your cabbage, your cauliflower, Brussels sprouts, things like this. Fermented foods. I can't speak enough about this. Way too many people have no fermented foods at all. We're looking at sauerkraut and pickles, right? But miso soup, right? Organic of course, all of this. But it's a miso soybean paste that you can get, a chick pea paste. There's all kinds of different miso paste that you can get out there that are fermented. And you bringing up water to a boil. You could put some little pieces of onion in there, and we're going to talk about some other things that you can put in, some real foods to make, but a very simple miso soup is very healing for the gut.

**Jonathan Landsman:**

So a lot of people obviously have to repair their gut, make it healthier to improve their immune system. To spark that healing within miso soup is a real winner. And with my macrobiotic studies for well, over 30

years, I studied with some of the best ones, Michio and Aveline Kushi, all the top macrobiotic teachers in the 80s and early 90s. I went all in, to say the least when it comes to that. I learned a lot about the healing properties of these foods. So I can't speak enough about miso.

**Jonathan Landsman:**

And one of the things you can put in miso soup is shiitake mushrooms. So medicinal mushrooms are, again, really deficient, certainly in the western world. And we need to bring reishi, chaga, shiitake mushrooms. We need to bring Turkey tail. We need to bring these mushrooms into our life. It isn't a lot that we need, but if we can just get a few of those shiitake mushrooms, and just dice it up and toss it in the water, as it boils for a minute as part of a miso soup, it is so great for the blood, a blood cleanser. And a lot of these medicinal mushrooms are really giving you what you need, whether you need more or less of it. It's just something that the body really recognizes as a friend.

**Jonathan Landsman:**

So again, super healthy for the immune system. And that's what it's all about. I did a whole program on the immune defense summit, all about immunity. And without your immune system, forget it, all bets are off. And I'm sure people understand that. Sprouts, obviously the young plants, broccoli, alfalfa sprouts, all these sprouts are really great to have. I mean, there is nothing more delicious when you start getting into this more and more of just having, say broccoli sprouts in a bowl, maybe a little cucumber, couple little pieces of tomato. You cut up into little pieces. You throw that all in. little lemon olive oil type dressing, something simple, and just eat that as a salad, very satisfying, very hydrating, very healthy view. So broccoli sprouts, alfalfa sprouts, great stuff.

**Jason Prall:**

I used to put a ton of those in wraps, right? So kind of a macrobiotic solid. Just fill those it'd be a nice bulky agent in my wrap. It was fantastic.

**Jonathan Landsman:**

There you go. And also what you get into the miso soup, which is a traditional miso soup of the miso shiitake mushrooms, a little onion, and wakame. Wakame is a very first sea vegetable. So all these sea vegetables, so many people are running around mineral deficient. And yeah, you can pop mineral pills, and I'm not against supplements. We're going to talk about some that I think are a must. They're great. But the bottom line is our bodies will recognize so happily if we eat mineral rich foods, sea vegetables like your wakame, nori, kombu kelp, hijiki, arame. So many different sea vegetables. Some have very distinct flavors. You got to be careful the ones that you like it.

**Jonathan Landsman:**

But most people understand nori, which wrapped in a Japanese restaurant, you get a nori roll. That sheet on the outside is nori. You get toasted nori. I can eat toasted nori, just plain. It's got a fishy type flavor to it. It's delicious. Just one sheet. And you're like good to go. Or a little bit again of that wakame, or when you're making beans. A lot of people, "Oh beans are gassy." Hello, soak the beans overnight. Many of the beans are like that. A adzuki beans, kidney beans, black beans. You soak them overnight, but when you pressure cook them or boil them in a pot, you put a one inch piece of kombu sea vegetable in underneath with the water and the beans, and maybe putting some squash or carrots or onions in there as well. But now you're infusing your whole dish. Even if you make a bean soup, you're infusing it with

the minerals from just a small piece of kombu that you don't even necessarily have to eat. It's just in the liquid itself.

**Jonathan Landsman:**

So it's a very big pro tip, a smart way to get a lot of great minerals. Of course, good quality sea salt, a small amount of that is great. Stay away from processed salt, really good, garlic, ginger turmeric, maca. These are all great things that I'm putting in foods and in smoothies that I have, I particularly like a little bit, half a teaspoon, not too much, right? Because for me in particular, everybody's different, maca can really like, ah, charge you up. I don't want too much of that. Because I already tend to naturally be that way. But a little bit of maca in my smoothies, it is absolutely delicious and great to have. These are great foods.

**Jonathan Landsman:**

Lemon. I've got it right here with me as we're talking, squeezing half a lemon in a tall glass of water, a drop, a stevia, a drop of monk fruit, and this glass is now lit up, delicious little lemonade type of flavor that is way better than drinking plain old water. Not that I mind that, but for a lot of people "Ah, plain water, I'm not that excited, Jonathan." but let me tell you a very alkalizing drink here by getting lemon water into, or just squeezing lemon on so many things great to do.

**Jonathan Landsman:**

Beets. Can't talk enough about beets. I did the fatty liver doctor class. We talked so much about how the liver, when it's fatty and dysfunctional, it will absolutely send negative signals down to your gut, negative symptoms or signals over to your heart, and to your brain, basically polluting your whole blood. So having beets in your life several times a week, beet juice, roasted beets, boiled beets, just start eating beets, is really great to get into your body, grateful liver health.

**Jonathan Landsman:**

And finally, of course, I mentioned smoothies, but of course, again, juicing is really great for a lot of people who have compromised digestion. They're looking to get great nutrition into them. And you know, Jason, a lot of cancer patients over the years have had, the good old staple of a carrot, apple juice. And I mean, a lot of them, to flow through the body, provide a lot of vitamins and essential nutrients, and to help flush out impurities. What a great nutritious liquid to get into you, is to really do what they call juice feasting, where you're putting in a lot of food like that.

**Jonathan Landsman:**

But again, it's not for everybody, but certainly for people who are low in energy, that aren't going to the bathroom that much, and they're dealing with a real health crisis, they can find for a short period of time juice feasting can be really, really great. And of course, for every average person out there, every time you have a glass of fresh organic juice, a carrot, apple juice, I don't know, honestly, I haven't met anyone that says, "Oh, this is terrible." It tastes delicious. And it feels great.

**Jason Prall:**

So tell me a little bit more about juice feasting, because maybe people aren't familiar with that term. So what do you mean by that?



**Jonathan Landsman:**

It just means like, let's just go all the way to the extreme of someone that has cancer. Right? It was funny the way Charlotte used to describe it, but in her clinic in Mexico, it was like, you have to get a lot on board. "Hey, I hear what you're saying, Jonathan. I'll have a carrot apple juice. I have one eight ounce glass a day. I'm good. Right?" Not really. For the cancer patients, they were brought at every hour on the hour for 12, 13 hours. And what they did with these fresh carrot apple juices was they would bring it to the bedside. Here you go. It wasn't here you go, bye. It was here you go, I'm waiting. Drink. No, no, no, no, not a sip, and you're good. Drink the whole thing right now.

**Jonathan Landsman:**

So literally making very sick people down eight, 10 plus ounces every hour within a minute or two. I mean, again, they're not drowning in it, but you got to just really drink, drink, drink, and get it in so it's not oxidized. Drinking like that every hour on the hour, you will notice some very positive changes. You'll urinate more. You'll definitely get more energy. You're obviously staying away from all the other junky stuff that you on an intuitive level know, you know what? Maybe I want to give my body a break for a day or two.

**Jonathan Landsman:**

Obviously, if you go into a seven day juice feasting type thing, it's a little bit more involved. I'm not going to be cavalier about this and say, "Hey, no problem at all, anybody can do this." Diabetics can do it. People with a heart arrhythmias and people with stage two, three or four cancer. No problem. Just do it on your own. Of course not. You have to be monitored to make sure everything is good in your entire program. But juicing and getting a lot of this on board is just a very healthy experience. So that's what I mean by juice feasting. It just basically means a lot more juice than just one glass.

**Jason Prall:**

I love that, and it's actually funny, you mentioned this because I'm actually on the fourth day of of a juice fast, so to speak, this juice feasting. So I'm literally just doing this and it's vegetables. Some of my, I really don't even like the taste for. And what's really interesting about this is that I did this back when I was going through some health challenges at my own, maybe eight, 10 years ago, something like that. And I didn't really like a lot of vegetables, to be honest, as a kid, I didn't really like a lot. And I said, screw it. I don't care how bad it tastes. I'm going to just shove all this stuff, garlic and ginger and very harsh, harsh taste together. And with kale and chard. I mean, it was bitter and it was nasty.

**Jason Prall:**

And I said, I don't care. I don't care if I throw up, I'm going to do this. And I did that consistently for seven days actually. And I had enough support around me to be able to pull that off. So again, reiterating your point would not recommend this for everybody, especially if you're sick, but I made the decision and I just did that. And I drink tons of this nasty juice. Not only did it... Actually my symptoms resolve and I found a new state of health, but I started to enjoy these tastes that I'd never enjoyed. So I actually changed my taste buds in the process.

**Jason Prall:**

And so I tell that story to invoke this idea that some of these things sometimes we have to make a decision. We want health and I don't care how bad it tastes. I don't care how much it hurts. If I'm working out, I don't care, you go and you push and you do it, right? Again, that's with caution. I don't say

that for everybody. There's a smart way to do all these things, but it's more of the mental pressures that we want to break through, right? And we just decide that we're going to do it. So anyways, I'm really glad you mentioned that because juicing for me has become a really, really good tool.

**Jonathan Landsman:**

That's great. And I like what you said very quickly, is that you do have to have a good support system around you because as I'm listening to you talk, Jason, you sound like a health nut, and I'm not joking. It sounds like I'm joking, but I'm not. A conventionally speaking, you sound like a health nut that has psychiatric problems. They really want to make that a mental illness that you're so into this healthy stuff.

**Jonathan Landsman:**

So again, it's half kidding around, but the reality, the practicality of all this is you've got to have someone at least that you can lean on, unless you're the exceptional person that doesn't care what's happening outside of you. And you'll just plow forward and do what you feel is best for you. But support system is important. I would like to mention two other huge things at the end, if it's okay with you.

**Jason Prall:**

Absolutely, please.

**Jonathan Landsman:**

So vitamin C flush, and that's specifically a vitamin C flush. Most people, Jason, "Oh God, he's going to talk about vitamin C. Big deal. I take some." 500 milligrams forget it. Most people, again, when I mentioned before about supplements, this would be something to really focus on and a vitamin C flush actually can be very helpful for those that are feeling very toxic, especially heavy metal toxicity. It's in the gut that this is going to happen.

**Jonathan Landsman:**

So if you're used to 500 milligrams a day, or once in a blue moon, that's just not what we're talking about here. It's on a relatively empty stomach. This is not when you have eaten a lot of food first, big mistake. If you do that. So let's say all night, you haven't had anything at all. You wake up the next day 1,000 milligrams, 2,000 milligrams, 3,000 milligrams, something like this right away at the beginning, first hour, then another hour goes by another hour goes by and you keep adding in 1,000, 2,000 milligrams of vitamin C.

**Jonathan Landsman:**

Powder, you could do liposomal, make sure it's a good quality vitamin C, the best you can. That's obviously what I promote. And doing that throughout the day until you get to that, oh boy, I feel a little gassy. I feel a little abdominal activity going on here, vavoom. An hour later that bowel tolerance is reached. And again, I know it sounds like I'm joking, but it's just literally what happens. You've got to be close to a toilet. You can't be doing this when you're going outside for the day or going to work. This is not the idea of when to do it. Do it when you can relax at home, close to the toilet, when it's time to go, you will just, boom, go, very watery, and really flush out. And the vast majority of people that do this say, "Wow." clarity of mind, you feel so much better. You have dumped out a lot of toxics at one time. And it's just great.

**Jonathan Landsman:**

And for those that don't want to be that extreme, you can obviously avoid bowel tolerance and get way more vitamin C in you to help neutralize all the oxidative stress that can occur, Jason, in so many people in their everyday life, not eating the best, not drinking the best, mental, emotional stresses and issues. Most people are grossly deficient in vitamin C. And I can't tell you how many times people have said. "Yeah, yeah, yeah. I know it's good." 1,000, not even 2,000, they'll say 500 or 1,000 milligrams of vitamin C. They take. And it's just not nearly enough. It should be streamed in throughout the day. It should be in a moderate amount. You can avoid bowel tolerance or any discomfort at all. But keep in mind the sicker you are, the more vitamin C you're going to be able to tolerate.

**Jonathan Landsman:**

Just to give you a frame of reference, Jason, when I've felt a little run down, cold flu, a buggy type thing, little tired, clogged up. I can do up to 20,000 30,000 milligrams of vitamin C for a day, two, three, sometimes four days in a row, depending on the severity, and not have any bowel issues whatsoever. I just noticed that my symptoms are fading away. And here's the critical part. When you're using vitamin C to feel better, even when you feel better, if you've been dealing with some sort of buggy inside, keep going for another day or two, you may not need as much. You may be able to back up a little bit, but way too many people say, "Oh, I'm good. I'm done." And they stop. And then all of a sudden that stuff rises up inside of you and symptoms come back.

**Jonathan Landsman:**

So vitamin C can be used in a lot of different ways. It's a staple, certainly in my life. And I can't speak highly enough about it. I have one other one I will mention before, if you'd like to make some comments, that's fine. Glutathione. Way too many people are deficient in glutathione. Back in March of 2020, there was an interview that I did with a med student where his mother was stricken with stream fatigue, really difficult breathing, rushed to the hospital because things are going south in a hurry.

**Jonathan Landsman:**

And back in March, 2020, we all know what everyone was thinking. Heaven forbid something should happen to his mom. They went in there, there wasn't even testing. They gave some prescriptions for the mother to take and they sent her home, "Oh, just rest. And we'll see how things develop." And that was about it. This med students said, "This is not enough for my mother." And he proceeded to go to a colleague, a teacher who is very well versed in Lyme disease, really horrible cases of Lyme, where the symptoms were somewhat similar. And what he would say is, "What should I do for my mother?" They said, "Well, what have you got to lose? Try some glutathione."

**Jonathan Landsman:**

We'll get this Jason, 2,000 milligrams of glutathione, one dose, one amount, one serving. And 30 minutes later, that woman who was feeling so lethargic, couldn't get out of bed, got out of bed, was moving around, took a shower on her own and felt so much better. So this is not being said lightly to each and every person out there. It is so important to have in your cabinet, if you will, at home, plenty of vitamin C for all those things that may come up in the future, and glutathione, which I prefer in a liposomal version, it gets into the cell easier, much easier. So in that version to get it into the cells is a very valuable thing. There's several others. If you want me to rattle them off, I can, but I wanted to make sure that those two are out there as extra supplements that I think people should really have around all the time.

**Jason Prall:**

Those are great. And I'm really glad you mentioned those because they can be used in these acute circumstances, which are lifesavers and on a regular basis, right? We're all exposed to so many chemicals and metals throughout our lives. These are two things that I think are really, really valuable in that way. So, yeah. Please share more if you've got them.

**Jonathan Landsman:**

Sure. I mean, for stress, which I think it's fair to say for a lot of people I've personally felt like it's been very helpful and immediately I feel a difference because of just my nature. This works for me very well. Everybody's got to try it up themselves, but Ashwagandha in a liquid form, just putting a whole dropper full, put it in just a little in a glass, put a little bit of water, swish it around and just shoot it down like a shot. And doing that two, three times a day, depending on your stress levels, maybe once a day is fine for you. Ashwagandha is just great to have for stress.

**Jonathan Landsman:**

Digestive enzymes, and probiotics. I think they're just very important for the vast majority of the population. Very helpful, gas, bloating, feeling very stuffed. Maybe you just simply made a mistake in eating something wrong or a little too much of something. Even that might be the healthiest thing in the world. Having digestive enzymes is great.

**Jonathan Landsman:**

And of course having probiotics in you all the time adding to that, because again, so many people don't even know the simple truth of, yeah, I took lots of antibiotics in my past and nobody ever said that I should take probiotics afterwards or anything to rebuild my gut microbiome. So it's just amazing to me, how few people still know about this.

**Jonathan Landsman:**

Vitamin D3. We know that vitamin D gets produced by the sun, but let's get real for a moment. Most people are grossly deficient under 30 nanograms per milliliter. When you take a simple blood test, most people are way too deficient. This is directly connected to the vitality of our immune system. So yes, to correct issues, we do have to supplement carefully, intelligently, and vitamin D3 is great, not the vitamin D2 that we find in organic almond milk or coconut or whatever other seemingly natural products that you see with vitamin D2, not something you want to consume at all. Vitamin D3, and to help it to get absorbed, you want to make sure you're taking it with enough K2, magnesium, boron. And here's a famous one, zinc, which we've been hearing a lot lately about as well. Zinc is just so important to the immune system. And so many people don't get enough of that in their diet. So this is great to have together.

**Jonathan Landsman:**

And finally, I would just say whole food powders. Again, I make no money with this recommendation, but personally, every single morning when I wake up, the way I break fast is with a tall glass of water. And in that I mix a whole food blend of powder, green powder called pure synergy from the Synergy company. And I had interviewed the owner years ago. Long story short head-on car wreck. He was in a horrific crash, broke 40 bones in his body. Severed nerves, was in a full body cast for like a year out of UCLA. They were spoon feeding him. He was doing a lot of mind healing type work, picturing himself whole again, this was really a catastrophic situation that he went through, and he was spoon feeding in all

these different elements, the grasses, the barley grass, wheat grass, the medicinal mushrooms in a dry powder, sea vegetables in a powder as well.

**Jonathan Landsman:**

So all of this that he took separately to help his body to completely heal, and completely heal he did, talk about a miracle man. He decided to make his flagship product, this pure synergy. And when I was done interviewing him and I was just looking for something to just give me a boost up in nutrition for the week. It was a no brainer. I've never looked back. I've always had it in my life. And it just feels really great. If you look at all the ingredients, you see, it's everything that I've talked about separately, you should have in foods, but this is all in a dry powder. And I think it's really great to just get those greens and those mushrooms and all those grasses. If you can get those in a whole food supplement, it's just going to be a win-win.

**Jason Prall:**

Beautiful. Well, Jonathan Landsman, I think we could go on forever. You've been doing this for 35 years. You've got a whole entire site. Your entire businesses is around these types of solutions for people. So I guess just tell people where they can find more about your stuff if they want to learn more.

**Jonathan Landsman:**

Just simply go and join our community. Be a part of our newsletter to hear a lot of the stories that we put out, just go to [naturalhealth365.com](https://naturalhealth365.com), enter your first name and email address. You'd be all set to go.

**Jason Prall:**

Beautiful. And I know you've got a lot of great summits as well. So people are looking for specific things like oral health or cardiovascular health or liver. You've done a lot of that as well, so they can look for you there. So, Jonathan, thank you so much for joining me.

**Jonathan Landsman:**

Thank you, Jason. It's a pleasure.