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In this episode of The Human Upgrade, Have you ever wondered why your doctor says some of the silliest things? It's because that's what she/he was What We Discuss [00:00] Introduction to Join us in episode 29 as we delve into the world of In this episode, I'm speaking with If you enjoyed the content, please support me so I can continue: Did youÂ ... Why Many Chronic Diseases Are Preventableâ€“And Why No One Tells You This: Pick up your copy (yes this is an affiliate link): This is a link to my Skool group (it's about cute cats andÂ ... In this episode, Dr. Brian Mowll sits down with In episode number 28, we're sharing part one of Delve into the hidden truth of your aging and chronic diseases... metabolic dysfunction. Plus what YOU can do about it.