



Dr. Jill Carnahan - 00:00

Hey everybody. Welcome to Resiliency Radio, your go to podcast for the most cutting edge insights integrative and functional medicine. I'm your host, Dr. Jill and with each episode we dive into the heart of healing and personal transformation. Join me as I interviewed world experts, renowned thought leaders and medical leaders and experts of all sorts. I learn right along with you each week with these incredible people that I interview asking probing questions and I always find out something new each week. So I hope you'll join me. This week we've got an incredible guest. I literally just met him through a friend. He's all about cellular hydration. So I will introduce our guest John in just a moment.



Dr. Jill Carnahan - 00:44

But if you have just joined us or haven't been around for a while, I want to be sure and mention that you can find a carefully selection of curated products for all your health and wellness needs@drj health.com that's Dr. Dr. Jill D R J I L L.com things like beauty products for skin and optimal anti aging hydration. You can find electrolytes. You can find workout support. You can find support for mass cell activation, complex chronic things like Epstein bar virus. And you can find just basic nutrients that are curated and high quality. You can, you can know that I have looked into all of the types of products and services and made sure to bring you the very best. Also, you may not know that I have put together over the past 20 years of practicing medicine a page of products we love.



Dr. Jill Carnahan - 01:37

This is things that I use myself like my PMF mat here from higher do next to me, my red light, all of the things that I use to maintain healthy, optimal health. You can find them on my website, Jill Carnahan.com/products we Love. So Products We Love by Jill Carnahan. You can find all of the things that I use on a daily basis and I'll be sure and link that in the show notes if you're watching or driving and you don't have time to put that down. Okay, without further ado, let's go ahead and introduce our guest. John Jubilee is a naturopathic healer in cellular health science. He has over 28 years of experience helping and training thousands of individuals, including doctors, to achieve optimal health in mind, body and spirit.



Dr. Jill Carnahan - 02:18

He's passionate about discovering and sharing scientific solutions related to hydration, fat burning and energy production at a cellular level. He brings deep expertise and commitment to every aspect of their work. Now you're going to hear his. I know you're going to really enjoy this episode. So let's jump right in and get to know John. Jubilee. John, it is so nice to meet you here. A friend of ours introduced us and was raving about the work that you and your wife do and all the incredible stuff with cellular hydration, which is our topic today. So we're going to dive deep, but I always love to start the show with a little bit of story, because we all have kind of a story of how we get to where we are and what we're doing, and I'd love to hear you.



Dr. Jill Carnahan - 03:01

How did you get into this business and this work with cellular hydration? Tell us a little bit about your background.



John Jubilee - 03:08

Well, first of all, I'm so honored to be here, and I have just heard amazing things about you, too. So I really feel like I'm just getting to know you here, right in front of everybody. Yes. So. So thank you very much for inviting me on the podcast. And. Yeah, so I have a unique journey. I really was a banker. You know, I was a banker. I had a couple hundred bank branches when I was in my early 30s. And, you know, typical banker, wear suits every day. And, you know, I mentioned that because, you know, a good suit will hide 30 or 40 pounds really easily, you know, and so. So as a banker, I never really had to worry about my weight because I was wearing suits every day. And.



John Jubilee - 03:47

But what I did have to worry about was I had high blood pressure, I had hypertension, you know, had some brain fog issues going on. But the worst thing that I had was bone on my knees. So I played a lot of street basketball on hard concrete and blacktop, you know, as a young man growing up, I played football for many years, and I just had no cartilage left in my knees. And so, you know, at an age which I'll share later, you know, of course, the doctor said, you know, there's only one cure for that. You know, you have to get knee replacements. You know, and I said, you're kidding me. Like, that's my only option is knee replacements. And, you know, I don't know anybody that's ever researched knee replacements, like a garage project. They just chop your knees off.



John Jubilee - 04:35

They put, you know, metal ones in.



Dr. Jill Carnahan - 04:37

There, and it's pretty brutal. Of all the joints, it's the one you don't want to have. I mean, it really is. People do successful. But I agree with you, as a doctor, it's not my favorite.



John Jubilee - 04:46

Yeah, so. So I just thought, man, you know, and then I had another major event happen. So I just had gotten that news you know, there really was three things that happened that put me on this health journey. So number one, I was told I needed knee replacements. You know, then I was out in the backyard just throwing a football for about 15 minutes with my boys who were 9 and 7 at that time. Those were my two oldest sons at that time. Now I've since, you know, I have six boys and two girls. You know, I got a squad, but I had a nine and a seven year old. I'm throwing the football for about 15 minutes and next thing you know I'm laying on the couch and because I'm in pain.



John Jubilee - 05:28

When you have no cartilage, even 15 minutes of activity will put you in pain. And I'm thinking, are you kidding me? Like, am I going to be the couch potato dad? Like, is this going to be my story? Like this just cannot be, you know, I can't be this guy. And as I'm on my couch, you know, having my first level of misery of thinking, am I going to be a couch potato dad? I see this picture of myself, you know, and how many of us have had this happen where you're looking at a picture and thinking, did somebody have a bad camera angle or am I really that big? You know, because I, I had about a 10 inch belly, you know, and, but in my mind I had a flat stomach like I did in college, you know, in my mind.



John Jubilee - 06:13

And so I'm, I'm seeing this picture thinking, I can't believe it, you know, that I'm in pain, I can't play for 15 minutes with my kids, I've got this stomach, you know, what is going on here? But I had already tried about 10 years of all the diets and all the supplements and I tried all that stuff and everything kind of works for a minute, but nothing was sustainable. And so in my frustration I just said, look, there has to be a way, there has to be something of a way that the body can heal itself. You know, surely God, who designed these human bodies, there has to be a way the manufacturer made this body to get healthy. It can't just be downhill. And so in my frustration, you know, I went and just consecrated myself to just some wild research.



John Jubilee - 07:07

And I just share this for, you know, I'm not a smart guy, but I'm a gifted guy. You know, I was born with a photographic memory. I could quote encyclopedias. In second grade, I tested out of 12 years of college math in about 45 minutes. That was a good 45 minutes.



Dr. Jill Carnahan - 07:22

Wow.




John Jubilee - 07:24

And I did share that because people say, well, you know, how could you research all that material in such a short amount of time? Well, that's why I just have a God given gift. It's not that I'm such a smart guy, but I came up with two breakthrough things during all that research. Number one was the body is cellular. The body is cellular. It is 37 trillion cells. And if your cells are healthy, everything in your body will be healthy. But of course, how do you make


the cell healthy? Well, again, this was the breakthrough was, oh, you have to get hydration inside the cell, intracellular hydration. And so that sounds easy. You know, most people think, drink more water. No, that doesn't work that way.

 John Jubilee - 08:11


The cell has two membranes and a layer in between that are keeping the hydration from getting in there. And so that's not good. And that's a challenge. That's the challenge. And so I'm thankful to say I created a process for myself and this process ended up being successful. And so I increased my. And I had to measure my intracellular hydration, by the way, which all those years ago, you know, it cost a lot of money just to buy a device where I could measure it. But I knew that was the secret. I had to have a device, you know, and there's some today people may be familiar with, like an in body scanner. Yes, a DEXA scanner would be right under that. But, you know, these things are 20, \$30,000.

 Dr. Jill Carnahan - 08:57


I have one in my clinic, so I know exactly what you're talking about. And I want to go there because I see it every day what you're talking about.

 John Jubilee - 09:02

Yeah. So the good news is for men, 60%, you get 60% intracellular hydration. Ladies, you get to 55. You will optimize your body at the cellular level. And so that's how I got into this, you know, and I transformed my life and my health. And of course I was one that at that time, I was one of the top 10 bankers in America. You know, I was on TV and magazine covers and all that kind of stuff. But for the next 11 years, I helped thousands of people to get healthy. And all I did was shared my protocol of these are your steps, this is your roadmap. And if you'll follow this roadmap, you'll get healthy too. You can have what I have.

 John Jubilee - 09:43

And after 11 years of helping thousands of people, a really famous person who, I will not say their name, but imagine 17 years ago, they had 12 million followers 17 years ago. I don't know anybody that had that many back then. But this gentleman sat me down, knee to knee, toe toe, and said, john, Jubilee, you have to go full time in health and wellness. You are going to change the world. You are going to change health and wellness in the way that people look at it. All these doctors say you crack the code. The doctors say you crack the code. You must have done something that no one has figured out. You have to go full time in health and wellness. I will give you my 800 employees for free to go build your business plan. And that was my transformation moment.

 John Jubilee - 10:30

That's when I stepped off. I left a big life and a big career and banking behind, and I've been helping people ever since.



Dr. Jill Carnahan - 10:37

John. I love that because I feel like so many of my guests and people that I admire and see in the world doing amazing things and my own journey, I went through cancer and Crohn's, and I look back now and God allowed me to go through some really tough medical issues and become the patient. Because I would never be the doctor I am today had I not gone through and understood. And same like you, I created my own protocol for the breast cancer and for the Crohn's, and I don't have either one today. So I can so relate. Yes. On that level. And I get so excited about people who are passionate into because it really is kind of a calling. We don't always go willingly.



Dr. Jill Carnahan - 11:12

And then when you were sitting on the couch there, and I can see that moment as you described it, and you're like, wait. But then, look, all the stuff that's happened since and how amazing that you had a mentor that came in and kind of, you know, pushed you out of the nest, so to say. So love these stories. Love to start with that, because it's so inspiring to hear that you kind of started the journey with your own health and then saw transformation and then shared it with thousands and thousands of other people. So let's talk for. People are like, okay, what's the cellular hydration? I can just say, as a doctor, we are not taught in medical school at the cellular level.



Dr. Jill Carnahan - 11:43

We talk about physiology and cell mechanics, but as far as, like, unless there's a drug that comes out that affects cellular mechanistically, we're not really discussing this. However, in my clinical practice, pretty much every new patient gets an in body. And I look at extracellular water total body water and other mechanisms of that water, and I can see all the time where they're at. With cellular hydration. Now, I'd love to know more about how you inter. We do. What is intracellular hydration? What does that really mean? Can you tell us just a little bit about like, sodium, potassium, magnesium, what do you need in a cell? Just maybe like a basic level of. How would someone understand what we're talking about here?



John Jubilee - 12:18

Well, well, first of all, yeah, I am, like, beaming. My heart is beaming. I don't know if you could see it through my camera. My heart is beaming with what you just said. You are the one in a million doctor. You're a one in a million doctor that you even measure and even know to look at that health marker. And I have hundreds of doctors now over the last 28 years. I guess this will be my 29th year of helping people. But they say this is their quote, by the way. They say you crack the code. They say this is what we should have learned in medical school. This is what we should learn. We should have went to the cellular level. But I so honor you that you are definitely in that top 1% that you even know to look at that marker.



John Jubilee - 13:11

Because what intracellular hydration is. And I just want to make things simple for everybody. So I'm sure there are doctors or nurse practitioners that are watching this show. And, and I can get all sciency for you guys. I have thousands of pages of science and, you know, I filed three levels of patents of the process of how do you transform a human cell? So I can get in all the crazy cool science stuff with you. But, but let me just make it simple because actually, Albert Einstein said, if you can't explain it to a second grader, you don't understand it.



Dr. Jill Carnahan - 13:42

Yeah.



John Jubilee - 13:43

So it's this simple. If you drink water, if you drink, you know, if, you know, if I take this water and I drink it, this is extracellular hydration. It's outside of my cells. And I'm just going to go to the bathroom and this water is going straight down the toilet unless I am actively participating in a scientific protocol and a process. This is a process patent. And picture a cell hard as a glass marble. So if my fist represents a glass marble, this is how our cells are. And all our water is bouncing off all of our supplements. They're bouncing off. But when we do this protocol, it opens up the cell like this. And now the healthy hydration can get in. If you are taking supplements, you can get the efficacy that you're supposed to get it's opening it up.



John Jubilee - 14:35

That is your intracellular hydration. And amazingly, your device that you have, it measures the difference. This is your device, says ecw, your extracellular water or your intracellular water. And the key for a woman is 55% for a man at 60. The reason men are a little bit higher, by the way, it's just because men have more lean muscle mass and muscle is, guess how much guys guess how much percentage your muscle is hydration. So when guys are trying to get stronger or gain muscle, I tell them it's three times more important than the protein you eat or how much you work out, how much intracellular hydration you have, you know, for your strength and your lean, healthy muscle mass.



Dr. Jill Carnahan - 15:27

Amazing. So in my experience, one of the things we do, because I deal with a lot of patients who have very difficult regulation of these systems, not only intracellular, extracellular, but even vascular. And so we're dealing with electrolytes. Right. Can you talk about a little bit about electrolytes, what the importance are and what. Because out there, if you go right now and go to the grocery store shelf, you're going to have like a regular over the counter sodium chloride, which is like maybe a thousand milligrams of sodium chloride, 200 of potassium. And then over here on the other shelf, you're going to have a 500 potassium, 200 of sodium and everything in between. And I'm always looking at that because not everybody has the same requirements, depending on their vascular volume,

their intracellular, their adrenal health. But what's your perspective?



Dr. Jill Carnahan - 16:09

Because you've done different work than I've done on sodium, potassium, magnesium, and requirements of those electrolytes.



John Jubilee - 16:16

Well, again, I just have to take a moment to celebrate you because again, you're just, you're identifying yourself in the top 1% because most doctors don't even know that what you just said. I mean, again, I say this fully, respectfully. I have hundreds of doctors that are my client, that many of them have become my friends. Some of them serve on my board. You know, my program is fully medically approved, by the way. So it's, you know, FSA, HSA, CareCredit, it's a full medical grade program. But most doctors do not know what you just said. And so the two keys, and you have to have both when it comes to electrolytes, you have to have the healthy balance of the potassium. Of the potassium.



John Jubilee - 17:02

And by the way, for those of you taking notes out there, you know, look, everyone's heard, you know, if you mentioned potassium, the first thing everybody thinks of, you know, for a potassium food is a banana. You know, it's like, oh, eat the banana. A banana has about a hundred, you know, it has. It has a hundred of potassium, right? But the daily requirement of potassium, it'll blow your mind if. If you knew what it. If you know what it is. So you're thinking, oh, well, it's. It's a banana. Well, listen, you'd have to eat 20 bananas a day. You'd have to eat 20 every day to get the potassium that your body needs. Most people are deficient on their potassium.



Dr. Jill Carnahan - 17:46


Yes.




John Jubilee - 17:47

Which is 50% of the electrolyte equation. Now, the other side of the electrolyte equipment, I believe the healthiest electrolyte on the planet Earth is salt. Is salt. And do you know that salt used to be so valuable during the Roman Empire? They paid. They paid their soldiers in salt. It was money, it was commerce. And so imagine that's where the saying came from. Are they worth their salt? Are they worth their pay? Are they worth their salt? That was the value of salt. And so imagine the human body needs its healthy sodium levels. It is absolutely one of the two top ingredients to the human brain. Sodium. So when you have your sodium, your potassium, and then combine that with your intracellular hydration. Because if we're just 10% dehydrated, 10%, we can lose half our neurotransmitters


and brain synapses.

 John Jubilee - 18:47


So that's the power of that trifecta. You've got to have the intercellular hydration, but you've got to have the sodium and potassium. And just a quick tip for everyone out here, listen, if you're ever feeling dizzy or lightheaded, just like a little kid, go get a quarter of a teaspoon of salt and just eat it like a little kid. And you'll be amazed that immediately, you know, you'll have a pick me up.

 Dr. Jill Carnahan - 19:13


I'm so glad you said that, because we have. I deal with very complex chronically ill patients, and I would say a very large percent of my practice deals with mast cell issues and dysautonomia and postural orthostatic tachycardia. And all of those in that bucket have to do with low sodium and issues with intracellular hydration, as you would call it. And I find all the time, if I get their sodium up. And that's. Yeah. And I'm not talking. And again, I love your definition. But I'm not talking about sodium chloride, we're talking about good mineral rich sea salt, Celtic or Himalayan or Baja or some of these kinds. And I'd love to know, like I said, your kinds or brands are what you like. But the really good quality, getting them the sodium is game changer.

 Dr. Jill Carnahan - 19:59

And even to the point of, I interviewed an incredible cardiologist from London or from England actually, who treats. That's all he does is POTS dysautonomia. And he got approved IV saline, which again, some of this stuff orally you can do. You don't need an IV. But of course, as you can imagine, it transformed these patients' lives because they were actually getting intravascular direct IV normal saline. And again, the quality there isn't even that good and they were improving. So I just want to speak for those who are out there that see that difference and then if that's the severely ill patient, how much more does the average person walking around experience dehydration? What would you guess?

 Dr. Jill Carnahan - 20:35

The person who isn't really aware of this, would you say like 80% of the population is dehydrated or 90% or what would you guess as far as statistics?

 John Jubilee - 20:44

Well, I will just tell you. My statistical experience is 99.9% of people are dehydrated. 99.9% of people are dehydrated. You know, I personally, in 28 years of measuring tens of thousands of people, you know, I mean, it's mind boggling to me. It really is. And by the way, I work with super high level athletes as well. So even super high level athletes that look like human action figures, they're still dehydrated. They're dehydrated at the cellular level. And so they can still, you know, increase and improve their intracellular hydration. Yeah. And just a quick

comment on your. Yeah, your salt, you're totally on point. Yeah. With the, you know, the pink Himalayan has about, you know, 50 minerals in it. The Celtic has about 80 plus minerals in it.



John Jubilee - 21:42

So those are in the Baja, you know, those are the best because you're not only getting the sodium, you're getting the minerals, you know, as well. So we totally recommend, you know, that. Yes, that's what people should be eating. And we literally teach eat salt. And for all the people that, you know, grew up or you heard your doctor say, you know, don't take salt, don't take salt. You know, I'm sure you can confirm this. Every single person that ever gets a Ride in an ambulance. If you get a ride in an ambulance, they are going to stick 6 teaspoons of salt in a bag. It's called saline, it's called your iv. They got six teaspoons of salt in there and they are pumping that salt water right into your body.



John Jubilee - 22:27

Because one thing the medical community knows, no matter what's wrong with you, salt is going to help it. And so if you get a ride in an ambulance, you are definitely getting a bunch of salt water pumped into your body. And when you get to the hospital, they are going to give you another IV bag full of salt water. They know salt helps whatever is ailing you.



Dr. Jill Carnahan - 22:47

I love that you say that because again, like, obviously medically we know that and it's obvious. And yet to think about the practical day to day are people getting enough salt. And my. So most of your patients, it's like three to seven extra grams per day, maybe more. So it's pretty profound that people don't realize how much they actually need it, especially if they're dizzy. And like you said, if they're dizzy or lightheaded or fatigued, they're already way behind. Right? They're not even neutral. They're way behind. So you mentioned your own journey with like noticing your belly and then getting in an optimal shape. And I suspect that you had great experiences with actually weight, which is always on people's minds, men and women, optimal body composition.



Dr. Jill Carnahan - 23:27

Can you talk a little bit about how hydration is directly correlated with optimal weight and weight loss?



John Jubilee - 23:34

I will, but. But I would be remiss if I didn't share with people that are a little nervous about what we just said about salt. I just want to encourage everyone. The human body is extraordinary. It knows what nutrients it needs and what it doesn't need. And even if you ever took too much salt, your body has three ways, not one, not two, but three

ways to eliminate excess salt. So you're either going to sweat it out, you're going to pee it out, or you're going to pass it through a bowel move. You have three ways to eliminate. So your body knows I need this much salt and if you give me too much, it still has a way to eliminate it and keep you safe. And listen, we have had tens of thousands of clients with high blood pressure.



John Jubilee - 24:21

And we still teach them, eat your salt. And they say, but I've been told, don't eat the salt. Well, guess what? You could go look on our website and see all these people reverse their High blood pressure, they all reverse their high blood pressure. You know, high blood pressure has nothing to do with salt. High blood pressure is because your blood lacks the viscosity. It's supposed to have the viscosity of water, but it's what we call sludge blood. It becomes like ketchup. And that's what's causing the high blood pressure and your dehydrated arteries and veins, the blood can't get through there. And so when they get hydrated, guess what? They open up. The viscosity gets healthy. No more high blood pressure, even when you're getting your intracellular hydration and eating all that salt. So great question about the.



Dr. Jill Carnahan - 25:10

Well, and if I can comment really quick on that, because I think you're right on. And the thing that may be the difference too is your regular sodium chloride table salt, that's garbage. Get rid of it, replace it. Because when you're talking about this blood pressure thing, a real good Celtic mineral, baja skin, sea salt of whatever sort is going to have a little potassium, magnesium and minerals. And that also modulates blood pressure. So part of this is that whole mechanism of, I mean, when I have someone with high blood pressure, I'm making sure they have adequate potassium. Right. Because it's a natural thing that we're lower. And salt, of course.



Dr. Jill Carnahan - 25:42

But I like that you're saying that because I think the big thing is if you just go and have sodium chloride, the chemical salt that's seen in most restaurants around the table, that is not what we're talking about. And that's a big difference, right?



John Jubilee - 25:54

Yes, absolutely. And, and the key thing though is the hydration with it. Yeah, you've gotta have, you gotta have the hydration when people are dehydrated. Yeah. You can't be taking salt if you're dehydrated, you know, because that can cause some issues.



Dr. Jill Carnahan - 26:09

Yeah, that makes sense.



John Jubilee - 26:10

So you mentioned this stuff.



Dr. Jill Carnahan - 26:12

Yeah.



John Jubilee - 26:12

Yes, this is my famous fat.



Dr. Jill Carnahan - 26:15

I was wondering what was on your lap there.



John Jubilee - 26:17

Yeah. So that's five pounds, guys. That's just five pounds of fat. That's just five pounds of fat. And so this was fascinating was, you know, I did not care about my 10 inch belly. I really, I really didn't. You know, I just knew I felt bad. I was in a lot of pain, you know, with my bone on my knees. I just want to feel better. I just wanted to feel better. But I found a fascinating side effect was when I got healthy, at the cellular level, when I got my healthy hydration, the Fat just melted off. The fat just melted off and never came back, by the way. And I don't teach any kind of crazy strict dieting either, by the way. I teach God gave you taste buds because food tastes good. So eat everything in moderation.



John Jubilee - 27:03

I know were sharing before we came on. You had some nice little ice cream treats when you were in France. And that's what we teach our clients when you're on vacation. Do not diet on vacation. Don't diet on vacation. Enjoy that. That's a treat. It's a one off and same thing if you're, you know, once a week or twice a week, you're having a dessert, but you don't eat that stuff every day. So just like, you know, I, I have six boys and two girls. I got twin 11 year olds and a 14 year old at home. So you know what, we still do real food, you know, but like we're on the move,

you know, so we still do some in and out, you know, we live in California, In n out burger. We still do that. We do chick fil a.



John Jubilee - 27:41

But, but it's not like that's every meal. It's not every meal, but the great news is when you get hydrated and your digestive system is optimized, even if you're eating food that's not, you know, the best food, your body's just going to digest it, pull out the nutrients and get rid of it. You can actually have a metabolism like you had when you were 17 years old. So I cannot tell you how many times people came out to me at a restaurant because they recognized me from television or some interview they saw me on and they say, hey, I know who you are. What's up with that? Eating double sausage, double pepperoni pizza or eating my cheesecake at the Cheesecake Factory. And I say, hey, I built my house and now I'm living in it.



John Jubilee - 28:27

If you build a house the right way and you reset your hypothalamus and your metabolism, it's like when you were 17 years old again, no matter what age you are. And that's why this is the sustainable way. Look, I tried all those other diets for 10 years. None of them were sustainable. And come on, how many out there would just raise their hand to be honest, I tried this diet. It works while you're on it, but you can't stay on it. Nobody's going to stay on the cabbage soup diet or the keto diet. And can I just quickly say, Jesus hates the keto diet. Jesus Hates the keto diet. And I can prove it, guys, because he said, give us this day our daily bread. Give us this day our daily bread.



John Jubilee - 29:12

And every time he gave his disciples a meal, he always gave them bread. So anybody that's for the keto diet, I'm kind of having fun with you guys. Look, you could do the keto diet for a minute, but it's not sustainable. It's not sustainable. We want to do something that will take care of us for our whole life and that we can be healthy and that we can live a real life and never get sick. And by the way, I've had a medical doctor visit for 29 years. Like, it's hard to make a healthy cell sick.



Dr. Jill Carnahan - 29:42

It really is amazing. And this comes to the point of. So we're talking about cellular hydration. And to me, when I hear this and think about it as a medical doctor, it's what goes into the cell, what goes out of the cell. And like you said in the beginning, at the core, whether it's preventing cancer, getting rid of toxic load. And for me, what I do a ton of is environmental toxicity, so mold and heavy metals and that. But it makes perfect sense that this cellular hydration model would be a huge part of that because it's also eliminating waste from the cells. Do you want to talk a little bit about that? Because, yes. Patients get really right freaked out about this toxic load. And what do we do?



Dr. Jill Carnahan - 30:18

And I always say, clean air, clean water, clean food, and let's talk about clean cells.



John Jubilee - 30:22

No, I love what you're saying there. And again, just to give people that image of, you know, when the cell is hard, like a glass marble, what's trapped inside there? If I had something to stick, you know what, I have something here. I'm going to stick this in here. So let me just give you a good visual. So just picture, like, think of this as toxins. This is toxins trapped inside your cell, and it can't get out. It's like trapped inside the glass marble. But when we open up the cell and all that healthy hydration flows through, the toxins come out as well. And the other thing that's trapped in there is inflammation. There's toxins and inflammation trapped in the cell. But when we hydrate, purifies the cell, and all the toxins flow out and all the inflammation flows out.



John Jubilee - 31:14

So that's so good of what you said, because is it super healthy that the healthy hydration and the nutrients are coming in? Yes, but it's just as important of what's going out of that cell, toxins and inflammation are being released. And, and by the way, you know, I have a little cool cartoon that we could add. We could add right here and we could just show this to people to show them just how that looks, you know, in a cell. Can we show them that?



Dr. Jill Carnahan - 31:44

Sure.




Video Interlude - 31:44

The human body, like the earth, is created to be mostly water. Your body is made up of trillions of cells. When your cells are healthy, you are healthy, and your organs function at an optimal level. Over time, oxidative stress, trauma, and other factors can harden the wall of the cell like a glass marble. This inhibits the cell's ability to uptake healthy hydration and nutrition. This also inhibits the body's natural ability to get rid of inflammation and toxins on its own. When cells become dehydrated, they lose their full function and organs begin to break down. This can lead to diseases, weight gain, fatigue, and many other negative side effects. Have you ever drunk a lot of water but not felt hydrated? With our breakthrough patent pending science of intracellular hydration, the cells become porous like a sponge.




Video Interlude - 32:37


This process is like opening doorways of the cell, which lets out unhealthy toxins and lets in healthy hydration and nutrition. This also supercharges the mitochondria in the cell, propelling it to function at an optimal level. When cells are healthy and hydrated, this creates an atmosphere of homeostasis, optimizing your organs, losing weight and feeling energized.

 Dr. Jill Carnahan - 33:01


Okay, John, that was really cool. So into the cell hydration, out of the cell waste. And I'm assuming when you talk about inflammation, that's such a generic term, people don't really define it, but to me, it's the cytokines and the waste products and things that create cellular damage. And I want to be just, if we have any medical people listening, like, well, inflammation, does that really make sense? And I think if we clarify. Do you have any thoughts on how that really looks? Because I think inflammation is this kind of generic word we throw around. And what do we really mean by that in getting out of the cell?

 John Jubilee - 33:34


Yeah, well, again, and I would love to keep it really simple for people is two big studies done by the Cleveland Clinic and the Mayo Clinic, you know, both said that basically at the end of the day, probably 99% of all illness and all disease is tied to the root cause of inflammation. So if you could actually get the inflammation out, whatever is the problem, it's going to reverse. And interestingly, with this intracellular hydration flushing out toxins and flushing out inflammation. This was my real experience the first 11 years. So for the first 11 years, imagine I was just trying to make myself healthy initially, and I had all these people coming at me. Can you help me? Can you help me? Can you help me? So for 11 years, I had one answer to every single person that ever came to me.

 John Jubilee - 34:28


I don't know. Let's see. Because I'm a pure scientist, I don't care what the truth is. I just want to know what it is, and I want to share the truth with people. So for 11 years, I had one answer. I don't know. Let's see. But after 11 years of several thousand people reversing, you know, Crohn's disease, Lyme disease, diverticulitis, spinal stenosis, rheumatoid arthritis, you know, Meniere's, you know, you name it reversed. And then I was reverse engineering the science of. Well, how did that happen?

 Dr. Jill Carnahan - 35:01


Yeah, yeah.

 John Jubilee - 35:02


And it all came down to this simple principle of, you know, that cellular hydration, flushing out all those toxins and all that inflammation, it is addressing the root cause at the cellular level. And that's why for 29 years now, it's my 29th year, you know, I will look anyone in the face and say, I will 100% guarantee you this will reverse whatever you have.

 Dr. Jill Carnahan - 35:27


Wow, that's an impressive statement. What else would. As we kind of closing up here, what else would people be surprised? Like, do you want to give us, like, an example or two of something that even surprised you as far as a client or someone who's like, you know, this is one thing I didn't know if it'd really help.

 John Jubilee - 35:43


And then, yes, I will share several. Several of the key. You know, these are, like, the fun surprises. Right? So. So first of all, on a fun note, you know, I've had Multiple clients lose 200 pounds of fat.

 Dr. Jill Carnahan - 35:57


Wow.

 John Jubilee - 35:59

So imagine that's 40 of these out of their body. In fact, let's. Here's a better word picture. 200 pounds is more than you. It's more than you weigh. They lost more than you out of their body. And no sagging skin.

 Dr. Jill Carnahan - 36:18

Wow.

 John Jubilee - 36:19

No sagging skin. So we've all watched those, you know, extreme weight loss programs, you know, Biggest Loser

and all that stuff, and those people all had to do what, Go get skin surgery because their skin was sagging. Well, why was it sagging? It was because they lost about 60 pounds of hydration. They lost 60 pounds of healthy hydration out of Their skin. And of course their skin is sagging.



Dr. Jill Carnahan - 36:46

Hey guys, just a quick moment break to remind you, if you have not yet got a copy of Unexpected my book, my memoir, please jump onto Amazon, Barnes and Noble or anywhere books are sold and get your copy today. It's a profound journey with me through the ups and the downs, the suffering and overcoming Crohn's and cancer and also mold related illness. And all the tips and tricks that I use to recover are in this book. And at the end, there's a lot about relationships and loving ourselves and healing at a whole different level. So I think you'll really enjoy it. And I also want to mention, it is on Audible and other platforms where audiobooks are sold and it was recorded by me in my voice in the studio, so you actually get to hear me reading you the book.



Dr. Jill Carnahan - 37:30

And I think just from feedback of patients who have listened to the book, have really enjoyed it. So I hope you will also get your own copy, enjoy, and then share it with someone you care about for the positive, transformational information. And then the other thing is my movie, doctor Patient. Many, many of you have given me feedback on how it's impacted your life. But I always want to be sure and mention if you go to doctor patient movie.com doctor patientmovie.com you can watch the trailer, you can go on Amazon prime and get it, or you can watch it free with commercials on YouTube or Tubi. But please check it out. Dr. PatientMovie.com okay, guys, back to our show with John Jubilee.



John Jubilee - 38:10

Yeah, so the super sky tight skin, and of course people's skin looks way younger because our skin is an organ. It's an organ. It's the body's largest organ. So it makes sense, right? When we get healthy at the cellular level, our skin just happens to look younger and better. And I'll just segue right into this Dr. Jill because it's so many of the ladies, like, you know, they reversed lupus or, you know, all these lifetime illnesses they never thought they'd reverse, but they'll come and meet me in person, live, and all they want to talk about is their skin and their hair. And I will tell you, it is quite shocking. It's shocking. One of my clients, she had to be late 60s, maybe early 70s.




John Jubilee - 38:56

And she was, you know, she was talking to me and she said, are you staring at my hair? And I said, I am staring at your hair. I said, is that your real. I thought this woman was wearing a wig.




Dr. Jill Carnahan - 39:08


Wow.

 John Jubilee - 39:08


You know Like a Dolly Parton wig. And she said, john, my hair hasn't looked like this since I was in college.

 Dr. Jill Carnahan - 39:15


Wow.

 John Jubilee - 39:16


She said, no, I can't believe what happened to my hair. And. And I had another woman who had went bald. She was about 80 and she regrew a full head of hair at 80 years old. So so many people, those are just some of the fun side effects is their skin, their hair. And oh, by the way, I got guys in their 80s and 90s gaining 10, 15 pounds of solid muscle, you know, at any age. And so just super joyful to see people legitimately reverse aging, getting back their vitality. You know, people that thought they never could walk around the block and then they're running a 5k or 10k or a marathon or climbing seven mountains. And you know, just so joyful to see people get back their life and do things they never dreamed they could do.

 Dr. Jill Carnahan - 40:06


Gosh, I love it. I love these stories. And as much as we don't always focus on vanity, it actually does matter. Skin and hair and nails. And it's funny because we can so relate. For me, I'm in Colorado, right? Very, very dry. I go to Miami or I go to. I was just in France with the moisture in the Mediterranean climate and my skin looks 10 years younger. So just in that little change, even from an external perspective, which is not even close to the profoundness of the internal hydration, I can see that. And it's pretty amazing. John, this has been so fun to get to know you more. I hope to get to see you in person one day. And it's been so really amazing to go back to some real basic mechanistics, which is cellular hydration.

 Dr. Jill Carnahan - 40:49


So thank you for your work in the world. Thank you for bringing this message to so many people. And thank you for, in short notice, coming on the podcast. Where can people find you more about you? What's your website? Of course, we'll have this in the show notes if you're driving, but just in case, go ahead and share a little bit about that.

 John Jubilee - 41:05


Yeah, so it's energized. Health.come n e R G I Z E D Energized. Because you will be energized. So energizehealth.com and you know, we have a little masterclass on there now. You didn't get to meet my wife today, but my wife is so fun. She makes science entertaining.

 Dr. Jill Carnahan - 41:21


Awesome.

 John Jubilee - 41:22


So she's awesome. And I would encourage anyone that wants to know more just call. It's a free call. It's a free call to talk to our certified health coaches and our certified health coaches. Dr. Jill, you'll love this. Some of them are 20 and 30 year nurses. Wow. Who, after this protocol, changed their life. They quit nursing and they came and joined our movement. They said, hey, we got into nursing to make people healthy. This goes to the cellular level. This goes to the root cause. We want to be sharing this message with people. And you could talk to one of those people. It's a free call, no obligation.

 Dr. Jill Carnahan - 41:59


Amazing. Well, John, like I said, thanks for coming on. Thanks for sharing this message. Thanks for your work in the world. I'm so glad you didn't stay in banking. Although we'd like to use it. Yeah, love me too.

 John Jubilee - 42:10

Hey, by the way, I want to share quickly. Today is my. Guess how old I am. Guys. You won't hurt my feelings. Today is my 65th birthday.

 Dr. Jill Carnahan - 42:20

Wow.

 John Jubilee - 42:21

My 65th birthday. And so I'm so excited. Almost 30 years without one medical doctor visit. And I've gotten stronger every year for 29 years. Stronger. So they tell us as men, we're going to lose our muscle, we're going to lose our strength. But I just set the world record for chest press. 555 pounds, 14 reps. For any age. For any age. And I set it as a senior citizen. So I just want to encourage people out there, you can do it at any age.



Dr. Jill Carnahan - 42:52

John, that's amazing. Today is your birthday. For real?



John Jubilee - 42:55

For real.



Dr. Jill Carnahan - 42:56

Happy birthday. I cannot believe how honored I am to have you on your birthday. So as we're recording this, happy birthday to you.



John Jubilee - 43:04

Thank you, thank you.



Dr. Jill Carnahan - 43:05

And you're right, you're at least 20, 30 years younger appearing. So that's amazing. Well, thank you again, John. Thanks for the great work you're doing the world. And like I said, if you're listening, stay tuned. It'll be in the show notes and I hope you guys will check this out. Hey, everybody, I hope you enjoyed that great episode with John Jubilee. A friend of ours introduced us and I literally, today, on his birthday, recording this, called him and said, hey, can you do a podcast at the last minute? So what an absolute treat. And as this is coming out, we're only a week or so behind his birthday, but I am wishing him a happy 65th. He looks amazing. So I think he practices what he preaches. Anyway, hope you guys enjoyed this episode.



Dr. Jill Carnahan - 43:47

Please join us next week for another episode of Resiliency Radio. We have new episodes coming out every Wednesday. And wherever you're listening to this on Spotify or itunes or on YouTube. Will you please subscribe, Give us a review. If you're on Spotify, itunes, or any other podcast place, we'd love to have that feedback because it really helps us reach more people. And if you're on YouTube, hit that subscribe button, hit the bell, and that way

you'll be notified of every future episode. Thanks so much, and I'll see you again next week.