

Jon Vroman ([00:00:02](#)):

Gentlemen, welcome to the Front Row Dads Podcast, while it's common to hear men say family first, most guys are working long hours and finding it really difficult to juggle all the priorities on this show. You're gonna hear unscripted conversations, guys, who are as committed to winning at home as they are to winning at work each week, we're going to share a new conversation, digging into the strengths and the struggles of guys, just like you and me to help us level up our dad game, strengthen our marriage, succeed in business and stay healthy along the way. If you're new to the show, I'm John Vroman, married to the free spirit known as Tatyana father of two boys tiger and ocean and living in Austin, Texas. Let's get right into our next conversation.

Jon Vroman ([00:00:47](#)):

Zach Bush, M D. Welcome to the show, my friend. Thank you so much for making time. I'm really glad that you're here with you and your audience as well. Now, for those who can't see where you are, the backdrop looks amazing. Where is this?

Zach Bush ([00:01:02](#)):

This is a wahoo Hawaii on the Windward side of the Island.

Jon Vroman ([00:01:06](#)):

Nice. And how much time do you spend there and is this a permanent base for you? Well, during COVID 100% of my time,

Zach Bush ([00:01:14](#)):

Pandemic lockdown really helped my, uh, my dedication to this space. Typically I spend about half my time here and then, uh, I spend half of my time in Virginia and on the road for business and all of that. Did you grow up in Virginia?

Jon Vroman ([00:01:29](#)):

I grew up in Boulder, Colorado. Okay, cool. So when I found out that you were in Virginia, I kind of, I always light up when I have, but I find some connection there. My dad was in the Navy. I grew up in Virginia Beach, so I have family in Suffolk. I have family in Richmond and throughout my college years, I spent a lot of time tech and UVA and JMU and going and visiting friends. I've traveled around Virginia quite a bit. How did that become a base for you?

Zach Bush ([00:01:57](#)):

Uh, UVA. Uh, so I did my medical degree at university of Colorado and then moved to Charlottesville, Virginia to UVA for my residency. I ended up staying there for 10 years, doing, not just internal medicine residency, but went on to chief resident faculty's position there then, uh, to endocrinology and metabolism, the subspecialty of medicine, exploring the endocrine underpinnings of human biology and cancer research became my focus there. And then, uh, ultimately left in 2010 to start my own nutrition center for reversing chronic disease and pursuing optimal health and longevity through nutrition.

Jon Vroman ([00:02:36](#)):

Yeah, well, Zach, there's probably a thousand reasons why I respect your work, but two, that'll give a little history even to some of our listeners, but especially for our building relationship here. One is that

when I was younger, when I was 15, I was not growing up. My parents were concerned and I was concerned. I was four 10, and I weighed 85 pounds. I was about to turn 16. And so they took me to see an endocrinologist who ended up giving me some HGH shots. And I grew quite a bit that year. And, uh, by my junior year, I landed at five 11, but so I have a, a very appreciative heart for endocrinology that my life played a critical role. And then I think, you know, this, that when I was 30, I started front row foundation, which helps people facing a life threatening illness. So your work with hospice care is also something that I'm very drawn to. So I just appreciate the role that you've played in all these different disciplines in your life. And so I want to begin with a thank you.

Zach Bush ([00:03:34](#)):

Uh, I'm pretty sure that's it. And then my, my honor, to be a part of these fields of study and patient impact patient contact is definitely the highest pleasure and honor that I've had in my life. I've learned so much from my patients in both environments and, you know, hospice and palliative care, being an extraordinary look at the human journey and the human experience as a whole and a very moving time to be in somebody's life. Obviously, as they start to reorder their sense of priorities, not necessarily really retrospect and defining their life redefining success in their lives around what was really important and all the light. So I've learned a lot, I think about life through that lens of death and that transition.

Jon Vroman ([00:04:17](#)):

Yeah. I agree. Our community believes that, uh, we've, we've all learned a lot about living life from the people who are fighting for it. So, so much. I know we could have hours of conversation just on that one subject, but you mentioned the word priorities just a second ago, and that that's a beautiful transition to why we have this podcast going, which is the priority of our family. So if you could talk a little bit about your family, just give us a little baseline there to work from.

Zach Bush ([00:04:42](#)):

Yeah. I grew up in a really fun family. I grew up with oldest of four kids. All of us got along well, they always had lots of family adventures. My parents were both hippie is coming out of the East coast and moved to Boulder before they met each other and met in Boulder, had had a great, you know, Boulder lifestyle and Boulder experience growing up

Jon Vroman ([00:05:05](#)):

Pretty modest

Zach Bush ([00:05:07](#)):

As far as the socioeconomics of what I was experiencing, but we were so rich. We weren't surrounded constantly by wonderful community, very diverse community, as far as, uh, both socioeconomically as well as racially and culturally. We had a lot of people staying in our home every year from the university. They had a visiting student slash visiting student family program that my parents always were participating in. So we would often have an individual or a whole family staying with us for a summer or a semester during the year, which was always funny because we always lived in small houses and apartments and townhouses and the like, and so it was, it was always an adventure for us, as well as whoever was trying to stay with our family. And I just had some of the richest experiences growing up in that environment really by a great church community.

Zach Bush ([00:05:59](#)):

My parents were very involved with, we built a home church that was an outreach to hippies in the 1960s and grew up as kind of the oldest kid in that small church that ran from 40 years then. So got a, got a rich experience through all those layers of community and some diversity. And that led into my personal journey into my core family. And my core family was really focused on the journey into relocation. Really. It was a big decision for me to move out of Colorado, where I was born and raised. I had two kids that were, you know, under the age of one and three years old when I decided to leave for Virginia. And I think that was the beginning of a long journey of growth for me, kind of spreading my wings, pushing my comfort zone. And, uh, my wife and two kids at the time really had, you know, went through the challenges of finding new community, finding new grounding in a new environment, making new friends and community is challenging when you're in residency and working a hundred hours a week and trying to raise kids in the rest.

Zach Bush ([00:07:05](#)):

And so dealt with, you know, the isolation that can happen in family and a little bit of the overwhelm of just trying to do child rearing and also take care of extended families. My wife, also the oldest sibling of her big family of seven kids. We ended up having a couple of her siblings live with us for a number of years, trying to rehab them and help them through some challenging times. So it was a diverse and challenging time, but it grew me spiritually and physically and mentally. And, uh, my kids, I think really thrived for the same reason that the more people that were in the home, more diverse experiences and perspectives, they were exposed to, uh, the more adversity that they saw people going through, the more rapidly they learned him. They really went through 13 years, really unscathed, I think largely because they were watching right close up some of the, some of the disasters that can happen through decision-making those team, your experiences.

Zach Bush ([00:08:04](#)):

And so my kids are now 22 and 20, and both graduated college this past semester and are thriving. So I think I, I skated through all of that relatively unscathed on the parenting level. I think that my kids were just like my patients, my best teachers. They taught me so much about myself and about what I needed to learn about myself and what I needed to really surrender in my identity. As a parent, I went in thinking I was going to be in Uber. Dad is the best dad ever. And after 20 years of marriage, my first wife met somebody. Yeah. Much to her own surprise realized that she needed to change directions in life. And so on our 18th anniversary, as a 20 years together, she let me know that it was time for her to leave this marriage that went through a massive, you know, heartbreak crisis.

Zach Bush ([00:08:53](#)):

So destructive kind of time there for myself. And in that deconstruction, my kids stayed with me through the whole time, really reshaped my sense of self. And it forced me to let go of the beliefs that I was some sort of Uber dad and always supplied some sort of perfect nuclear family experience for them and helped me realize that really they were here on purpose and on their own journey. And my job was to celebrate their journey and be witness to their journey, but not create their drink for them. I think all of that emerged from that unexpected change.

Jon Vroman ([00:09:30](#)):

Thanks for the honesty, man. Really appreciate you. Uh, you're sharing the story. I think we can all relate to heartbreak on some level. I certainly relate when I was 30, I was in a five year relationship and my longtime girlfriend who just graduated law school, found somebody and took a different direction. And I

remember that that following year very well, what I want to say pulled you through, but what did you learn about yourself? What work for you in the recovery of that? So whether we're talking about this specific form of heartbreak, I think we can learn a lot from that trauma and that pattern interrupt in our lives. How did you shift evolve through that time?

Zach Bush ([00:10:11](#)):

Yeah, I sort of didn't do it well at times, like I said, a deconstruction process was a foot by that. I think that I had to come to terms with my own self value. I think I'm still learning that today. I had so defined myself value as Uber dad, who her husband served, serve everybody extended family or observed. I thought I was the best ever at that to find out that, yeah, there was somebody better in my wife's life. It was amazing. Really there's somebody that could do this all this better than I'm doing it. Like writing for the family, going to all the soccer practices and fencing lessons. I just couldn't imagine a more engaged yeah. Scenario. And I had a misperception over what relationship is it? Relationship? Isn't a state of service and indentured servants who relationship is about really allowing life to happen in your partner.

Zach Bush ([00:11:12](#)):

That was ultimately what kind of pulled me through was a realization of this. Why they suddenly, my ex wife was like, it was just like, wow, this new course of action for her, she's finding great freedom, not doing 24 seven, you know, childcare and everything else. Kids ended up staying with me the vast majority of the time through that whole few year transition and everything else. So she had a lot of freedom to find herself and watching, you know, it made me bitter at moments. Then I'd have to turn that around and be like, why am I not taking the same to me to find my own self value outside of the social norms that have told me what would make me valuable as a or a husband? So I think it was the constant opportunity to surrender self and my children all pulling me forward in different ways.

Zach Bush ([00:12:05](#)):

And knowing that I had to show up them, whether I was feeling like it or not, but I'm kind of a relentless personality as far as I'm always looking for the next, as far as how do I better at something? How do I dive deeper in knowledge, deeper in spiritual experience? And so ultimately I had, so to see this as a great opportunity to do that at a level that I couldn't have done or would not have done had I stayed in a typical, no marriage that was growing more and more distance in that relationship, even though I didn't recognize it at the time. And so I think that, uh, it forced a self evaluation and surrender mode and it's been a hell of a journey since.

Jon Vroman ([00:12:48](#)):

And so if we fast forward to today and you look at your, your recent growth, right, look at the last 12 months, how have you evolved as a man, as a father or whatever roles you show up in life? Like what have been, I don't want to say the best because that's difficult, but just a form of transformation for you recently. Like what, what has shifted within you?

Zach Bush ([00:13:11](#)):

Well, I got, I got remarried two years ago, so that was a major, no experience transformation for me feeling it happened before that. But I think it certainly accelerated that. And I think in the last 12 months, I'm, you know, again, relearning self value in relationships guarantee and having a relationship where there's really a partnership there to be taken care of again. And to be developed has been a really cool experience in my life. I'm such a different human being and perspective and experience than I was

25, 27 years ago when I first got married. And so I think I'm just entering into it in a much more wide open experience. And that's not necessarily a gentle thing being eyes wide open about yourself. When you go into relationship, uh, can be pretty uncomfortable and can reveal a lot of the burgers. Yeah. So edges that you have still, and perhaps the character development, you still have the opportunity to do.

Zach Bush ([00:14:16](#)):

And so it's been a wonderful year this past year, my wife and I have gotten to do a lot of no community impact around the world. And so our circle of friends, community colleagues, truly global. And that's, I think given me lots of lenses on the human experience as a whole, and we forget how monocular or, you know, blinders on, we tend to be about our belief system about what family looks like about what parenting looks like. And when you go into the developing world, for example, you remember that, Oh my gosh. Yeah. Parenthood looked like it does mean United States ever, like in 5,000 years of modern history and then 200,000 years ago, humanity, we have never done parenting like we do in the United States today. And I think that it's given me a sense of like, wow, huge permission slip to say, I wasn't supposed to be, yeah.

Zach Bush ([00:15:10](#)):

The only influence in my kids' lives as a dad, my kids had grown up in any other time and place. There would have been a tribe or community raising those children and aunts and uncles would have been the prevalence adult experience in their week, not just mom and dad. And so I think it's been a reminder of that as my wife and I really, you know, explore the world because they're both developed and they get a sense of how important community is, how important multigenerational yeah. Community really is to a child and an opportunity for us to really explore that as a society, if we're going to create a new normal as Western civilization. So as to prevent our own extinction over the next hundred years, what is going to be the underpinnings of those changes? I think one of the huge ones is going to be a reconnection to nature, not just in our daily lifestyle, but also in our relationships.

Zach Bush ([00:16:07](#)):

And nature would have us do biodiversity in our relationships. Nature would have us do drive like inaction and multi-species and multimedia. Yeah. Multi-generations more diversity than we do in any shape or form in Western civilization right now. I think that those last year has been a big exploration for them. The idea of starting a new family with my wife is super exciting. And it's allowed me to be way more proactive about thinking about if I'm going to have kids again, how do I want to show up? And I want to show up much differently this time. I don't want to be a dad. I don't want to be a husband. I want to be sad. I want to just show up. So completely myself that I, I reflect the beauty of others, demonstrate the beauty of myself without the self identity, being baked into my title or baked into my performance as some societal thing.

Zach Bush ([00:17:02](#)):

And so that's been my 12 month journey. You know what Zach's kind of important. Zack is, is enough. If I'm going to really live life to the fullest, I'm going to have to start showing up. Not as no conglomeration doctor employer's CEO. Yeah. The list of identities goes on and on. And they undermined by potency as a human being surrender at all and surrender titles, surrender sense of any complicit role in society or whatnot. And just starting to say, I'm ready to be a kid and I'm ready to go into life every day as a five-year-old, which is somebody who just loves being in its own skin. And can't wait to see what's around the next corner and wants to build the next board. And, uh, I need to have that five-year-old mentality

for the rest of my life. Be the, be the best partner I can or being the best dad I can and all that it's going to come down to. Am I showing up? Great.

Jon Vroman ([00:18:03](#)):

Wow, Zach, there's a part of me that just wants to end the podcast right there. Cause I was like, Oh man, I'm really sitting with that. Uh, I'm actually standing with that at my desk right now, but I'm feeling that deeply, man. I really, I didn't just hear what you said, man. I felt what you just said. And man, that is a, I'm going to go back and listen to that myself. Um, because I think there's a lot of wisdom in there for me to take away and consider in my own life. I love where you were. It was funny when you were talking, I was thinking, Oh, this is great. This is moving in exactly the direction that I wanted to talk with you, Zach. I wanted to talk about something with you because I'm familiar with your work. Right. And thank goodness that you've taken the time to share your story on.

Jon Vroman ([00:18:49](#)):

You know, I think you must be rich. Roll's favorite. Yes. You've been on that show like four times and he's great, man. I'm a big fan. I love what he's up to. And other friends of mine have chatted with you and they've pointed like you have to know Zach, like you have to understand like I'm like I get it. I'm on the Zack band club. I'm there. And it is. So it's such an important message. You just talked to my best friend, how on his show? And he, he actually called me after his interview with you. And he's like, Holy shit, man. He goes, he goes, I'm blown away. He's just so excited about what you're doing. And I think that's the common thread when people hear your work. And this is a little bit of an interesting show, right? Because normally you're talking about a very different subject and we're sort of traversing into family life and parenting and being a dad and all that, which is not typically your main interview.

Jon Vroman ([00:19:42](#)):

Right. And in fact, I don't know how many other interviews you've done on this subject, but I've never heard one. So what I'm so excited to hear, even though we can't unpack all of your beliefs around the world views that you have, but I did want to ask to sort of, to connect two worlds. If you will, is what has your professional mission taught you about parenting or marriage? What has biodiversity taught you about life at home? Because I tend to think of like how important is the ecosystem of our life at home to the ecosystem of the world? Like where's the harmony in the two because I love learning about the soil and the oceans and the microbiome. And I love learning about got health. And I love learning about all of that. We're all in, but yet the question that I have, and I couldn't wait to hear what you had to say about this is where's the intersection of those things.

Jon Vroman ([00:20:41](#)):

What should a dad be thinking about as it relates to this world of like serving my family or as you said, showing up as the best version of yourself in your family and how much should we be talking about these things within our family. I'm just, I'm looking. And I realize I'm all, I'm all over the place with a question. But the real question is trying to blend the professional message that you have and I call it the professional message. But it's your, it's your mission with your companies in your organizations of what you're trying to do with farmers footprint and et cetera, et cetera, and the family, where's the intersection. What can we learn? Where's the harmony. Does that make sense?

Zach Bush ([00:21:17](#)):

Yeah. And I think maybe I'll back up just for your audience sake for just a second and explain a little bit about that professional journey of the last decade. No way some backdrop to that answer maybe, but in diving into nutrition as a foundation for human health. When I started my clinic in rural Virginia, a County of severe poverty, a poor community in Virginia, the whole town of 550 people, mostly semi-arid cultural history to most of the families, a lot of third, fifth generation poverty. I had never seen that, that level of chronicity of poverty coming from the West, the West is such a young place. And so when you grow up in Colorado or California, you don't know what, what entrenched poverty looks like. And you don't know what racism really looks like in the same way that you, you find out when you've got really between Richmond and DC, you're only 90 miles apart.

Zach Bush ([00:22:11](#)):

And those were the two capitals of the Northeast South during the civil war. So the world was small in Virginia and 150 years ago and the world was very divided. And it turns out when you show up in these environments as a naive West Joe's type kid, you have no idea how entrenched those racial biases, socioeconomic biases, and so in those biases. And so what I learned quickly in that environment was that I would have to find mechanisms and methods towards finding health was inexpensive if not free. And that journey was exciting because I felt like what I kept learning in the science of our biotech, the laboratory that I started in 2013 and all that was hello, actually intrinsic to life repair and regeneration is intrinsic, too light. And that's not how I was taught in Western medicine. I was taught that there's this extraordinary and complex expensive high specialty field of medicine necessary to produce health.

Zach Bush ([00:23:26](#)):

We're spending three point \$7 trillion a year now in health care, in the United States, failing health. Yeah. In the midst of that, we have never seen a more rapid acceleration of chronic disease. Now seeing the collapse of longevity in our children and seeing what used to be cancers of elderly osteosarcomas then like showing up in kids groves now. And so we've got this devastating reality of the collapse of human health fertility, and really our pending extinction in the midst of this massive complex, expensive outpouring of knowledge and scientific exploration. And all of this stuff just hasn't even check the, the into disrepair and disease of a species. And so it was, it's been a complete re-engineering in my whole education. Ultimately find out that health is not complicated. Health is not expensive. Health is not something that comes from a bottle and health is not something that comes from a textbook health is something that is intrinsic to the biology of a plant or the biology of an earthworm or the biology of a human.

Zach Bush ([00:24:31](#)):

We literally are built of the energy and material mechanisms and machinery for repair longevity and the rest. And so in rehab, you know, organizing my entire education, my entire concept of what it means to be a healer or a physician, I suddenly had to step out of that role. I'm thinking that I was going to move in with some great expertise. I'm always introduced on stage a triple board certified position. I think the next sentence should say all of which was pretty much useless and that's not entirely true because obviously you build constructs and you can reorganize those constructs. Certainly the constructs I was handed have become useless to me and that now that when I see a patient, I just want to know their story and their story will tell me what does he, what's causing their disease in their life and, and will typically tell me exactly wait, how they're going to heal themselves.

Zach Bush ([00:25:27](#)):

And so I bummed to see myself as a listener and a narrator to people's lives. They come in with all this complexity in their head and I've got cancer. I've got, you know, autoimmune disease, metabolic disease. I got all these things and diagnoses labels, labels, labels. I am diabetic and blah, blah, blah. They've taken it on as self identity, their own diseases and so complex. And I just backed them up too. Where were you born? What's your earliest memory in life? When do you remember having joy as a child? When you remember running through a field barefoot, you have a distant memory of that. You remember your first time seeing the ocean, take them back to some of these rooting true human experiences, and then maybe realize that their life of 50, 60 years or 10 years sometimes has been so devoid of real human experiences and has instead been filled with, to do lists, perceived expectations, perceived roles, all of this.

Zach Bush ([00:26:30](#)):

And so in the end, just as we were talking about parenting is ultimately a surrender of roles and labels health has to be achieved through the dropping of the labels of disease, dropping in the labels of disorders, dropping into labels, even around health. Like, are you paleo vegan? Are you this or that? Those screw up my patients so badly. I tried so hard to make sure nobody calls themselves vegan. I love a plant based whole food diet heal just about anything. But if you now take that on as an identity, you have now limited your soul journey. So severely you've now just limited yourself to the items on that food plate. That's your identity. It's almost ludicrous that we do this. And yet we do it with such bigger and we do it with like religious, like orthodoxy and dogma. Suddenly anybody who's not vegan, it's probably evil.

Zach Bush ([00:27:23](#)):

Cause they're killing the planet, our carbon footprint or list your things. And on the opposite side way, isn't the beacons must be evil. Cause they're trying to get everybody to be calcium, deficient, deficient, protein, deficient, you know, all of the other dogma that comes from the other side. So we have this tendency towards orthodoxy, towards entrenched belief systems that are then imposed with or superimposed with labels, identities, and rest. We don't even know who we are. And so as a physician that leads to a severe insecurity when you are thrust into a situation where you're expecting to be showing up a life and death moment for a patient, helping them decide whether they're going to do chemotherapy or not do chemotherapy, radiation and chemo, but all these intense decisions or are they going to put their child of age five on an antidepressant? Like your pediatrician has called them or are they going to get 13 vaccinations by the time the kid's three months older?

Zach Bush ([00:28:25](#)):

Yeah. All these intense questions that parents are engaged with physicians are engaged with today. We are going to continue to fall into scientific dogma, dogma, nutritional dogma, and the orthodoxy that comes with it because of our own insecurity, because we forgot that we are intuitively and inherently endowed and imbued with health and longevity. And so I think in a long way of trying to answer your question, it's all going to look like surrender. In the end, we have to surrender the human constructs to realize a deep, powerful truth that we are alive. And by the fact that we are alive means that we are healing machines and we are spiritual beings within those healing machines. And if we show up with anything less than those two realities, we're not going to be in our fullest potential. And that's, I can tell you, I've been practicing this for years and I'm still terrible at it because it's frightening to show up in your own power without any of the human constructs.

Zach Bush ([00:29:29](#)):

You feel dangerous because you're messing with the common paradigm really severely at that moment. And that's intense when you're a parent or you're a physician at a bedside because you don't want to upset the person or you don't want to upset the kid, or you want the kid to be able to go to the five year old birthday party and eat all the crap that they want. So they don't look like the oddball in the party or whatever the social pressures are and everything else that's around is if you are passively allowing the poisoning of your children, because you're not in your power, you're not being helpful parents. And so being a helpful parent or helpful position, it means showing up big and showing up bigger than you are really competent to do. You haven't been taught how to do this. I don't think any of us have been mentored into our own power. I don't know that human beings have even glimpse what society would look like or what our cultural or creative capacity would look like if we weren't mired in the orthodoxy and the belief systems and the labels and titles that we, we are endowed with. So in the end, it's almost frighteningly exciting of what we could become as we start to apply these simple realities and capacity for, for surrendering former construct, surrendering, orthodoxy, surrendering your identity, ultimately to allow something much bigger to emerge.

Jon Vroman ([00:30:58](#)):

What's up guys. I want to take a quick break to talk to you about our private mastermind that we call the brotherhood. Now we created this unique community for a very specific type of man. And you may just have found your tribe if you believe in the power of relationships. And perhaps you're always trying to out-give everyone around you, you crave ideas that make you effective and efficient in all areas of life. You resonate with the idea of being a family man with a business, not a businessman with a family, by joining our brotherhood, you'll have access to weekly interactive training calls. You get to join as many or as few as you like. Our guys commit to one of these each month, optional, small groups designed to create meaningful connections and higher accountability, a private resource library accessible to only our members. And we have challenges throughout the year to help you push your limits.

Jon Vroman ([00:31:39](#)):

And we even involve your family. And a few of them, the brotherhood is where I'm connecting every day. I'm asking questions when I need help and giving support wherever I can. Our brotherhood was created for men with wisdom, but also those who are wise enough to know there's more to learn. And the guys who value investing time to work on their families so they can make the best of their time when they are with their families. Of course, you're a badass. You can do a lot on your own. You likely have for many years, and yeah, you probably don't need front row dads to have a great family to love on your kids and have a great relationship. The one thing I know for certain is that men for years have done better in tribes versus trying to brave the world in their own. Here's what one of our members has to say about the brotherhood, the message of what you're doing.

Jon Vroman ([00:32:20](#)):

And putting out there resonated with me at such a high level. I knew I had to be a part of it. And because I didn't know that this existed, I didn't know that front row dads was there and that community existed in that way. I mean, family men with businesses, not businessmen with families that changed everything. That one line shifted my entire thought on what you're about, what this community is about, what brotherhood is about and what this group is about. And I would say, if you are a dad or an entrepreneur or father or a husband, and that resonates with you, this is a great community to be a part of because it's unlike anything else I've seen have we want our kids to have great relationships and learn from others. We should lead the way and model the behavior we want to pass along.

Jon Vroman ([00:33:02](#)):

Look, guys, the time is now to pour into your family. I read an article by Tim Urban that put everything into perspective for me about how important it is for me to get parenting. Right, right now he wrote that 93% of all the time he'd ever spent with his mom and dad happened before he was 18 years old. And it's crazy to think that I've got only eight more years before my oldest son is an adult. I feel confident saying that, no matter how old your kids are, the time to go all in on your family is right now. We have members with newborns and we've got guys with kids that are grown adults members with only one child and guys with 10 people with blended families and everything in between. But by joining our brotherhood and choosing to invest one to two hours each month, we can help you make the most of your time that you do have with your kids. So no matter how great you are at fatherhood, marriage, juggling your work and your personal life calendar, we can help you be better. If you're ready to take the next step, go to front row dads.com and click join the brotherhood today.

Jon Vroman ([00:34:01](#)):

So as guys are figuring out, what do they need to surrender? Where do they need to let go? What do they need to revisit? What paradigms need to shift? Where do they also need to potentially grab a hold of something and travel down the path? As an example, chronic disease is through the roof, right? With kids. Like I've heard you talk about that. And we talk about protecting our families from COVID is the thing now. But depending on when somebody listens to this, it might be something else later. Right? And we think about our immune system. I just wonder, like, from the perspective of what do we grab a hold of? What thread do we follow? Can you speak to things that we might want to pay attention to when it comes to the chronic disease that we are seeing in families and the impact that our kids' immune system has on their life right now, anything that's just in that space for you that might help our guys to grab a hold of something and say, look, let me, let me learn about that a little bit more. Yeah. Yeah.

Zach Bush ([00:35:05](#)):

Dad, one of the things you're gonna want to do is blow the walls off the box the kids are being put into and so refuse to let the school systems or, you know, the clubs or the social pressures, keep your kid in the box because that's, what's destroying the immune system is this limited contact with nature. And the box that we are given is separating us from nature on every single level. And it begins with first pair of Nike's at nine months, baby,

Zach Bush ([00:35:38](#)):

That kid's not going to ever walk on the Brown with bare feet if they're trained right into those shoes. And so I think that we need to, you know, from the first steps of life as dad, how engaged can you get your children in mother nature? Yeah. We know at the scientific level, this is the beginning of immune health and resilience and regenerative capacity within the body. Now we used to think for 150 years, that germs were our problems. And so we've been warring against germs since the late 18 hundreds pet store, figuring out that antiseptic yeah. Effort in the operating room as a civil war, improved outcomes from that moment on, we decided, Oh my gosh, germs are our entire problem. We created a German warfare against, you know, malaria and cancer and diabetes. And we're just going to warfare mode all the time, which men do very, very well.

Zach Bush ([00:36:31](#)):

And it's completely killing our species. That's what war does by the way. We haven't figured that yet as a species, more leads to death and that it's always, and even scenario, the Victor never comes away with more life in the sense that you now burnt the society, uh, in your victory, that believes that war is the solution and your children will now die in the next war. And what we're seeing today is our children are dying faster than they ever have in history as a result of our 150 year war against the microbiome and the germ theory. So the emerging science of the last 20 years is that humans are not alone. We actually are the result of a complex ecosystem within our bodies. Every single organ is now recognized to have its own microbiome, Micheal ecosystem of bacteria, protozoa parasites, even the brain now is recognized to have its own important and, you know, bacteria and fungi and involved in the neuro central nervous system in both, you know, maintenance of health and adaptation efforts for damage control in the event of disorder or disease or, or injury.

Zach Bush ([00:37:42](#)):

And so as we have produced a sterile human experience and stuck our kids in those sneakers on day one, and then made sure that they wash their hands at every corner and didn't let them touch the dirty soil or the Danner, you know, the more we've sterilized, our children suffered from everything from immune dysfunction, with eczema and asthma, uh, allergies to food and allergies, to environments, to major depression, anxiety disorders. By the time they're eight, nine, 10 years old sleep disorders. By the time they're in, in their early teens, you know, again, major depression and suicide boys, particularly by the age of 14, 16 years old, we've created catastrophic collapse in our children through our warfare like mentality. And so in the end, what we've learned in the research is that we are only human health. If we are the result of a complex ecosystem and to achieve that there is no probiotic.

Zach Bush ([00:38:45](#)):

You can take probiotics. In fact, take you further away from that natural biodiversity, proactive, tiny little, yeah. You know, spectrum of three or five species. We need 30,000 species of bacteria, 5 million species of fond guy, 300,000 species of parasites. I mean, the numbers are just ridiculous in scale and scope. And as a parent, if you start into this excitement of how do I get my kids outside today in a different way. And so as your toddlers out there, how much time are they spending piling barefoot in the garden with that kid barefoot in the garden is growing far healthier than their counterparts. And they're going to be in that top 1% of their peer group, you keep them engaged. And so the weekends are not going to be just soccer, soccer, soccer on a bunch of fields that were sprayed with Roundup. And that kid is coming home, literally drenched and the chemical that's killing the microbiome of their skin and being absorbed into their bloodstream and killing their gut, killing their kidneys, going, you know, their vascular system.

Zach Bush ([00:39:45](#)):

We need to take a look at that. And so we created it and, you know, scaling program for nontoxic neighborhoods scraped by Kim Conti concerned mother. He saw her kids being poisoned in their soccer fields and yeah, created just a simple toolbox for cities and counties to clean that environment up. And so as a parent, as a concerned citizen, you need to get your kids outside and then start really evaluating. What does that ecosystem look like? That we're steeping our children and it is a chemically imbued. And the answer is yes, if your school is spraying and your parks are spraying and your playing fields are spraying yet, they are spraying herbicide and pesticide across all these environments. And it's affecting our children, our pets, the drinking water of the cities there, rain itself, air, we breathe all contaminated with these anti-microbials that are herbicides pesticides.

Zach Bush ([00:40:35](#)):

And so the father of the future, I think, is going to have to shift their warlike mentality, to focus its attention against the common paradigm of we're trying to kill everything around us. We need to fight a common paradigm of this manifest destiny. That we're the most important species. And we're the most, you know, we're, we're somehow imbued by God with some import that we are allowed to take over the planet and then extract all of the resources and destroy her. And in the process, the warrior of the future is going to look to mother, mother nature first and as dads and as sons of mothers and as yeah, husbands to wives, we need to start to see mother earth as our primary responsibility. And if we are not in that battle mode to protect her, our children will die early and our species will go extinct over the next hundred years. And so we need to that battle mentality to one on the human mindset, not on nature or against one another. So it's a real opportunity for us to retrain the battle mentality of the man over the next decade. And it has to be that fast. We can't wait 20 years, oceans have maybe eight years left before we'd skip into catastrophic. You know?

Zach Bush ([00:41:58](#)):

And so we have just so little time left to change our viewpoint, change our mindset. And we need to expand our concept of the nuclear family to include mother earth herself. And then when you bring her into the family, I think you're gonna see some really fundamental changes in your relationship with your children and your spouse, hopefully your extended family. And you start finding aunties and uncles that aren't maybe blood relations. Your kids can too, if you can't find the mentor for your kids, you're not going to win the game. You can't inspire your children. The people around you will inspire your children through those teen years and into their adulthood. And so bringing mother earth into the family, bringing an expanded community and relationships that you find in your exploration and protection on mother earth are going to put the right people around our kids to mentor them into not just lifestyles, but their own careers. That would be in line with this future that we have to create this future that we have to transform our metamor.

Jon Vroman ([00:42:58](#)):

Yeah. I've heard you talk about the fact that there's been a, and if I'm quoting you correctly, five extinctions previously, well, you may be in the midst of the sixth, unless we had to wake up in some ways and change, make some big changes. That to me is very compelling. It fits me on purpose very quickly for my family, because it changes the way I viewed protecting my family, you know, moves from the, Hey, what type of lock do I need from the front door? What type of security system do I have? And I'm not opposed to any of those things. Right? But, uh, but when I think about the real threat, the real threat is probably the sugar in our kitchen. The real threat is probably the fact that my kids are in a school where they get 30 minutes of outside time. Right.

Jon Vroman ([00:43:43](#)):

So, and come home and do your homework for another two hours at the table. And you know, the real threat is there's no garden Outback. That's the real threat. That's when I think about how I can really serve my family, protect my family, give life to my family, be a life giving father, I think about small steps. And maybe if I interpret what you're saying, it's like build a garden out back, all right, go get your kids to dig in the dirt. That would be one of the greatest gifts that you could give them, give them more outside time, great gifts. And then other hands it's led them like the dirt, right? Let 'em let them lick the dirt. Like you don't have to sanitize the shit out of everything. Right? Sure. Let them get dirty. I mean, there's probably like everybody's going to push back on that a little bit. Like yeah. If your kid's playing in

the dog who probably don't let them, is that the barrier? Like, is that like, is there boundary there where you're like, if they pick up some dog shit with their hands, like maybe have them wash their hands. Like I'm cause even I'm thinking like from a practical standpoint, like where do you have your kids wash their hands and where are you? Like, I'm so glad you're dirty. Cause you're expanding your you're getting exposed to the world. That's what we want.

Zach Bush (00:44:46):

Yeah. We don't have any evidence that, that dog shit is bad for you.

Jon Vroman (00:44:50):

All right. Good.

Zach Bush (00:44:52):

Interesting. You know, it's like, I think the only thing that we have evidence that is bad as human share and that's because we have an unbalanced microbiome and so we can carry pathogens and you know, an unbalanced ecosystem within our store and so contaminated water systems and all that is a real issue. There's some animals that can carry GRD and things like that into water systems. And so it's not like there's no evidence of unbalanced ecosystems, but it's not until we really screw up that wildlife ecosystem that they started to manifest. GRD had never attacked us. GRD is the result of non balanced yeah. Ecosystem that we created. And so the longer we talk Spire planet, the more we're gonna see animals suffering and all of that, but it's a little tongue in cheek there around the dog shed. But in fact, you know, the likelihood of your kid becoming unhealthy for a lack of hand washing is so remote, you know, and this comes down to this reason, pandemic viruses are not resolved of soil.

Zach Bush (00:45:53):

The hands Malecon right. Viruses are a result of breathing, toxic air pollution. That's been tagged with tags onto a virus. Spires carries that air pollution and the blood streaming positive boys. And so all of the areas of high mortality with COVID happened in cities where we have very high levels of PM, 2.5 carbon particulate in the air that finds the buyers and bind Sinai. And so the cyanide in our air pollution is actually probably a far more likely cause of death because cyanide poisoning actually presents with hypoxia and disseminated regulation of the vessels. Exactly how everybody died from COVID the virus itself doesn't cause the virus itself actually for the vast majority, the population is asymptomatic or mildly symptomatic and it's course. And it's not until you put that virus in a very toxic air polluted environment that it starts to manifest some sort of disease process thereafter.

Zach Bush (00:46:51):

It's not the viruses fault. The buyers is a natural adaptation mechanism. The buyers is not even a living organism. It's not part of the microbiome. As we tend to lump it into the microbiome that viruses are the communication network. I love the microbiome and uh, micro, you know, multicellular organisms, the mammals and humans. We produce these things. The bacteria produce about half of them. We call them bacteria when they're viruses bacteria. And then we call them viruses when there was multicellular organisms like ourselves life as a communication adaptation network. And then we go in our warlike mentality, the viruses there, that's our problem. And we spray herbicides. Yeah. And you know, all of this crap into the air and in cities now to try to sterilize the air and then we're turning the whole world into an ICU where we know we have the highest mortality from infection in the whole world by its sterilization.

Zach Bush ([00:47:48](#)):

And so I think that as we start to take a step back, if we don't lose this mentality of, and you know, humans need to be isolated, humans need to be sterilized from our environment. We're going to die quickly and we are dying quickly and it's generational compounding each generation born after the 1970s is showing a higher and higher and logarithmic increase in chronic disease. And the 1970s is when we debuted modern chemical agriculture at scale. And then in the 1990s, when we debuted the genetically modified crops that allowed us to spray these herbicides directly into our food and water system, all hell broke loose. That's when everything from autism and children to Alzheimer's and women to Parkinson's and men down to cancer and heart disease, and men all took off at the same time. And so it's fascinating. Look at, you know, again, isolation destroys life and that's actually written right into the laws of physics.

Zach Bush ([00:48:51](#)):

The second law of thermodynamics, which is one of the most tried and true, you know, truths that we have in science simply states that any system put in isolation increases its entropy, which is the word for chaos system put in isolation is going to increase its chaos. Think about that as a dad now, and your family. If you put your family in isolation, as you probably have in the last few months, you will increase the chaos within that family system. And that's reassuring that that's a law of physics, not a personal it's okay. If your kids are okay, if you feel like you're going to come apart at the seams, by the end of the week, when you're trying to homeschool and do all these other things, that's suddenly been forced upon you. A system in isolation is going to increase its chaos. And so I think we saw a lot of chaos in relationship between men and women.

Zach Bush ([00:49:43](#)):

During this pandemic, there was a lot of data coming out to suggest that, and you know, sex between couples went down during the pandemic, seem counterintuitive on the other hand, the consumption of pornography and child abuse and all that went up and so healthy, spiritual, physical sexual relationship went down, chaos, increased abuse and consumption of drug like exposure to pornography or other went up. And so that is exactly symptomatic of the second law of thermodynamics. And so you need to think about that as a dad is if you feel like your family is out of control, if you feel like you're teenagers, keep in mind that that's probably not because they have too much freedom it's because they're isolate it. And so how do you reconnect that family to something bigger than yourself? Stop thinking that you can fix this problem. The more you try to move in there to create more control, the more isolated from nature, you're going to put those kids.

Zach Bush ([00:50:42](#)):

And so you need to think about relinquishing control and fostering reconnection to something bigger than your nuclear family. How do you blow off the walls of your house? You know, and it's getting easy to do this. It's exciting. There's so many mechanisms for online schooling and everything else. Now, why don't you just think about selling the house or rent the house out for a year or two, buy the RV, get the sail boat, travel the world with your kids. And don't worry about schooling. They're going to learn so much more. That will be so much more valuable to them as they learn how to trim a sail and get across the Pacific ocean, then they will. In another two years inside the box schooling in isolation and increased chaos and exposure to drug addiction and food addiction, emotional addiction, sexual addiction, and everything else. So rampant in our high schools today, we have to be willing to surrender the pressures of the box and the easiest way to do that is blow the walls off the box.

Zach Bush ([00:51:49](#)):

And suddenly there's no pressure. There's just so much space and there's so much opportunity. And so keep in mind that second law, it's an interesting rule of thumb for any parents. If I feel like things are chaotic in my child's emotional life or my child's schooling, or my ability in my relationship with my wife, if any of those are starting to feel like they're out of your control and too chaotic, where are you isolated? What walls did you put up around that relationship that are keeping it from its center rather than your organization of matter rather than the increased chaos of matter. And central B happens when we connect and we've shown this again and again in our laboratory, amazingly that when you add back microbial communication to a human cell, it suddenly organizes, it starts making all kinds of repair mechanisms, proteins, enzymes, regulates oxidants.

Zach Bush ([00:52:47](#)):

It's just like the cell suddenly goes into this state of abundance by not, not even worrying about the human side of communication, putting it back and touch the nature of the microbial intelligence. And then the human cells do something cool, which is they all repair themselves and immediately connect. And so think of that in your life with your family, which is, as you start to isolate your family, expect more human connection to happen. Naturally, you don't have to force that. They're going to find new friends and finding mentors as you create the space for them to reconnect to something bigger than themselves and to get bigger than their peer group. So they're not going to love you, maybe brand new thing of the year. Maybe they're going to be pissed all year long at you. And they're separated from their friends, not doing the prom and doing all those things. Five years, 10 years later, they're going to look back and there is no, that was the biggest gift you ever dated blew the walls off of their small reality and force them to connect to something bigger than themselves. There's lots of really cool models out there. I think global is a cool school to look at far too expensive.

Zach Bush ([00:53:56](#)):

I was so bummed when I found out my kids were all arguing past 10th grade, but as a school that only does 10th grade and it does it by putting kids in four different homes around the world for three months at a time, and they learn the language. They learn the economics. They have to actually get a job in that culture. Well, they work within a family unit, a family in another culture, and they do that four times over the course of the year. And those kids are routinely going on to all the best universities and everything else because they are thinking differently about the world. More broadly about their educational capacity. I have never seen an AP course actually prepare a kid for the world. I've never seen an AP course or a high score on sat, impress the world, the world. Isn't actually impressed by the hell out of that.

Zach Bush ([00:54:46](#)):

That's what I've found in my own education. It didn't matter. I was in higher education for 17 years and advanced degrees and subspecialties and all that. The little chews me up for that. In fact, it was just going to work me to death. All that education was going to put me in a higher and higher exhaustion state, depletion state, not a state of reward there wasn't until I let go of any expectation of myself or expectation of that education to produce something. I'm just starting to say, well, what am I here to do? Forget about the education. What did I show up? Yeah. To do in this lifetime? And if it wasn't to be the perfect data, the perfect nuclear isolated family, and I wasn't to be the perfect, you know, triple board certified doctor, what am I here to do? And those answers are getting fun.

Zach Bush ([00:55:30](#)):

Like it's like, Oh hell yeah, I'm here to actually pass fine, true patterns of human society and history and science, a future for the human species. That's never occurred. Book that thrills the hell out of me. And I know that every single one of you showed up on some similar mission. I don't see one I've showed up right now. The tipping point of human history art station is right there. One generation. Now you showed up right now. Holy shit, you must be on purpose. You must be part of a new future that has not yet been glimpsed or seen. And you are here as a Pathfinder. You're here as a revolutionary element of consciousness. You're here as a revolutionary component of life itself and resilience and adaptation. The Vibram. My favorite part of nature is the viruses because all they are are the communication network of adaptation.

Zach Bush ([00:56:28](#)):

Oh, they do it's adaptation. And by diversification, 50% of our DNA as humans we already know is map right back to viruses. 10% of the human genome is actually mapped back to retroviruses like HIV. We have vilified the very things that we need to learn from that. And we need to have the vote that the English language, the Chinese language, the lexicon of humankind might come to mimic the virome and that all our words, every single word we should manifest by diversity and adaptation. When you speak to a loved one, ask them what was the most interesting thing that happened to you today? What, what shook you up and surprise you today? What created a little bit of curiosity? What would you like to create tomorrow? You know, if you could do anything and there was no mortgage and no expectation, what would you do tomorrow with your children?

Zach Bush ([00:57:30](#)):

If there was no job to go to and you had unlimited funds, what would you do? And typically the answer to that is something that you can do for free. It doesn't take money or anything, but I'm an intention to great. The things that you would most have, the quantity that you would most enjoyed doing. And for me, that's, you know, right now it's creating with other human beings, something that's never existed before. And this pandemic has been outstanding opportunity to realign a world to a new future. We must not go back to any old normal. The old normal was killing us and the planet. We have to go back to something new. And then we will engender that ultimately create that if we start at this nuclear level of the family and blow that apart. And so I would challenge all of us as parents to re dream what parenting looks like, what education looks like.

Zach Bush ([00:58:27](#)):

Don't let the education happen in the halls of hallowed, you know, marbled floors and everything else. Let the education happened in the hallowed halls of the great redwoods, the education that happened under the best ceiling of the stars in the sky at night with a campfire, let's start doing some really mindblowing educational environments for our children. Most importantly, let's not let our children look to us for their learning. They need to be able to give them this. They need to have the space to create something we can't even imagine. And they're capable of it because they showed up right now, that generation born right now will be the one to transform everything. They will transform transportation, energy, consumer product industries. Yeah. Everything that you can think of, including the educational system in itself is going to have to transform the need for hands and ingenuity of that generation. So please do not teach

Jon Vroman ([00:59:22](#)):

Your children anything that, you know, teach your children, how to ask the questions to pursue the things you don't know. And then we're going to get to something exciting, make some space for them. Dr. Zach, thank you so much. I really appreciate your time. Your heart, man. I appreciate you showing up in my life right now. And it's making a difference for my children. I can say that with a, without a shadow of a doubt, man, my, my world is better because you're in it. I think our world is better because you're in it. And you have the courage to share your voice. I have to tell you, man, that there are moments when I've been listening to you, I'm learning from you. And I think to myself, I'd like to grow up to be a little more like dr. Zack.

Jon Vroman ([01:00:12](#)):

Yeah. And then I think, right. I'm like, gosh, uh, you know, if my boys grew up to embody some of the characteristics and qualities that I see in you, I would be a very proud dad. And I just want to give thanks to your parents and to all those that have had an impact in your life, and that have played a role in nurturing your soul, bringing about your inner genius, reflecting back to you all, that's good within you and your heart and the world. That's. I want to thank them. And I want to thank your current family for giving the space and the time to allow you and your team, your professional team that gave you the space and the time to allow you to be here today. I know that I already know our front road ag community. The brotherhood are going to be better parents, better leaders, more connected, or they're going to have an ability to surrender in places where they previously may not have.

Jon Vroman ([01:01:06](#)):

I think we're all gonna put our feet in the soil a little bit more as a result of this. And so I wish there was a way I could say thank you in a more profound way, but I think you're just going to have to settle for that. Dr. Zack, and also just a genuine, thank you, man. I very much appreciate you. And if it doesn't sound too odd, I love you, man. I really do from the bottom of my heart as a, as a soul, trying to connect with another soul, man, I love you. And I just want you to know that. So thank you.

Zach Bush ([01:01:33](#)):

I receive all of that. Gratitude is a beautiful vibration that we all need to learn better and you just did a beautiful job of that. So thank you for expressing that and thank you for the love. It is fully received. I love showing up with, with anybody and you showed up big today. And I appreciate that if you could, uh, give me the luxury of one more point, cause you just said something interesting that triggered me to how proud you will be of your children and said become something of that. And the biggest learning that I've done as a parent is to never be proud of my children. And that sounds totally bizarre, but it's a very disruptive thought that I think can actually inform some of the deeper stuff we've talked about and other parts of this show. But, uh, if you read any religious texts and any spiritual teaching, you find out that pride is one of the seven deadly sins, and yet in an insidious way, as parents we've been taught to use this term all of the time, in fact, it's really, you know, put up there as this altruistic word of I'm proud of my children.

Zach Bush ([01:02:36](#)):

And I just want you to think about that as a parent right now, if you're listening is like, how has the world programmed just empower your children? And the moment you feel pride for your children, you have taken away their power because the pride which suggests that in a narcissistic way, you created something there and the bride would suggest that, you know, or have any inkling of what their full potential is or what their capacity is. And so it's been a really long journey for me to let go of that

concept of pride for my children and, and in so doing, I have found great freedom and it's interesting how that word was not only poisoning my children, I was poisoning my mind to a sense of responsibility to help them. And she needs that. The thing that I would be proud of or whatnot, it's so bringing when we let go of these lexicons that keep us locked in a small relationship.

Zach Bush ([01:03:31](#)):

And so instead of being proud of our children, we should be in all of our children. And that's an exciting shift if we are in awe of not just our children, but the new generation and our spouse. Uh, if you feel like you're running out of the love that you feel right now, which I think happens to us all the time, because the experience of love that kind of emotional trigger that can happen in their last seven seconds in the human brain. And it's easy to tap into it. It's quite easy to engender that moment of love, but it's a moment. And so I was so relieved this past year when one of my colleagues, Patrick, Gentempo an incredible philosopher and a healer did it on a date. Spiritual journey, went into a conversation with, with a deep intelligence and, uh, it got recorded and he came out of that conversation, not having remembered it while he was on this spiritual path.

Zach Bush ([01:04:24](#)):

And what got recorded is that humanity is killing itself for the fact that we keep thinking that love is one of the things made out of that. Everything's love, everything's about love. And the message was that everything is not made out of love at all, but everything is made out of beauty. And beauty is the fabric of the world and fabric of the reality we live in. And if you see the beauty you will experience love, and that was such a huge relief to me. And so we don't have to love our spouse. We need to see the beauty in our spouse. And if you'll see the beauty in your spouse, you will be overwhelmed with love and have you see the beauty in your children. You will be overwhelmed with love, but if you go out and try to love and be proud of your children today, you will be an exhausted. So at the end of the day, and so find the beauty and the, and let go of the pride and love. That's great. Well, I was secretly hoping for more, but I didn't want to abuse the time that we were given. So thanks

Jon Vroman ([01:05:18](#)):

For just giving that gift, dr. Zack, if people want to go connect with your organizations, they want to get involved in the movements that you've helped to create. Where would you send them? Feel free to take as much time as you want to talk about whatever call to action you have, but we'll of course, link to your sites in the show notes in front read ads.

Zach Bush ([01:05:35](#)):

Sure. I appreciate that. Zach Bush md.com is my educational environment. Try to reach out with, you know, there's a lot of my podcasts available there, just so you can kind of get a deeper dive in different directions. If you want more on the microbiome or farming or food security or, and all these different topics and you go there, I've got a new website launching that. It's going to be much more community centric. Again, trying to bring dialogue, be building into that environment. I have a high conviction that I can't teach it thing, but I can certainly ask the questions that lead to exciting increase in knowledge and creativity in the community. And so we're hoping to really create that space there. And so exactly chevy.com. If you would do me a favor and a review the petition at the top of the page on the landing page, in the top, there's a little bar that says healthy childhood immunity and vaccination and something to the sign.

Zach Bush ([01:06:26](#)):

Yeah. Click through to that. It's changed out a word petition. We've got about 10,000 signatures on that in the last four weeks since launching that and really need to push that up to a hundred thousand so that we can start getting legislative attention that we really need to rethink our concept of vaccination. In the context of a microbiome that we now know is at the foundation of our children's health and not fighting against our children's health. So desperate, we need to restructure our understanding of healthy immunity and vaccination. I don't think we need to outlaw vaccines, but we do need health freedom, and we do need better science and real science around vaccination. It's 120 year old belief system around vaccines. The science of vaccines hasn't improved in over 80 years and that's embarrassing. Uh, you know, we haven't gone to the, the moon yet.

Zach Bush ([01:07:11](#)):

We developed our beliefs and science around vaccine. So we have to advanced the science and big businesses is not incentivized to do that. And so if you can help us with that petition, that'd be much appreciated through that link. You can find more about the products that we so we'll produce out of the fossil soils to invigorating. So self communication, that product is I am buying them. You can go to farmer's footprint, not us, Zach Bush MD website, but arms were printed as are, uh, first project within our big nonprofit. That's been launched over the last year, uh, reeducating the community and farmers around the need for food sovereignty, food independence through regenerative agriculture, not just to heal our children, but to really heal our planet. And all of that is already known that the solutions are right in the end, but need to be scaled quickly.

Zach Bush ([01:07:55](#)):

And so join us a farmer's footprint and get engaged in the big projects there. Nontoxic neighborhoods is one of those projects. They're nontoxic neighborhoods have the entire tool kit for you to bring, it's got the letters, the templates, the alternative resources, other than Roundup to make your city or school system ban Roundup. Yeah, organic solutions in place that your children are surrounded and their soccer fields and the rascal with these chemicals that are destroying them and causing cancer and everything else. So nontoxic neighborhoods.org, and that project is linked to you through all of the other websites as well. So you'll find all of that information acquisition. [inaudible] the portal, I guess, but I would love to engage with all of you. I think that the more that feedback we can get, certainly I appreciate it. Instagram. I spent a fair time listening to the community through Instagrams and following comment through Instagram, I cruised those comments were all of our posts, pretty thoroughly. We're going through an interesting dive into racial bias and racism over the next few days on my Instagram, having an Instagram takeover, being one of my colleagues in my company and Karrie Walker, incredible African American leader in our company and has done such a good job healing. So much of our journey in the last couple of weeks, uh, as a company we're really excited for him to affect the world to that Instagram channel. So as Zach, which MD on Instagram, Facebook, and the, and let's say engaged

Jon Vroman ([01:09:16](#)):

Zach, thank you. My friend front row dads is behind your mission. We're here to support. And, uh, I'm going to take action personally on what you just said, and I hope others will join me. So thanks so much for being here today, especially from beautiful Hawaiian man, it's been great to see you and also your backdrop. This is awesome.

Zach Bush ([01:09:32](#)):

I look forward to seeing the art and beauty that your kids. Great. Thank you doctor. Thanks for being such a great dad.

Jon Vroman ([01:09:41](#)):

Hey guys, thanks for listening to the show. And if you enjoyed this one, consider what other dad out there would enjoy it also, and pass this episode along and guys make sure you're subscribed to the podcast so that you get notified whenever release the latest episodes. And if you could, would you leave us a quick review if you haven't already done so, and if you have thanks because not only do I read every one, but tons of other people are reading them too. In the more of those reviews we have and the better they are, the more chance we have to get other guys to say yes to checking this out. And we can help them in their journey to fatherhood and having a great marriage and just kicking ass family life. And also before we go, would you like to get a short, weekly email with a timely insight in every Thursday, I send out this super short three minute read with a personal photo from my own experiences as I try to go all in on family life.

Jon Vroman ([01:10:25](#)):

So if you want to get some recent relevant and real stories of my failures and the few of my wins, then text front row dads to (314) 665-1767, and you'll get our weekly insights, email blast on the list. Guys, if you're still looking at whether or not you should join the brotherhood, then I want to leave you with a few comments from guys who are part of our tribe. And here's what they have to say about why they joined what value they're getting out of our brotherhood. So if you're ready to say yes, just go to front road, ads.com and click join the brotherhood. I'm super grateful. I was just at an event and I wore my front row dad's hat. I can't tell you how many people ask me, like, what's that all about? And it's just so easy for me to talk about it because it's had such a big impact on me. That's a group that I've been looking for for a long time, and I love what you're all about. And I'm really grateful that you've created that group.

Speaker 5 ([01:11:14](#)):

I think there's this whole other level that is there. That's like Epic that you can reach. If you're listening to this, you already care about your family and your kids and your wife and growing. So I just challenge everyone. That's hearing this to take it to the next level, whether that's joining this group or some other group, but just take it to the next level to take your family to the next level.

Speaker 2 ([01:11:45](#)):

[inaudible].