



THE FUTURE OF OPTIMIZING HEALTH: REGENERATION, DATA & WELLNESS

DR. LACEY BOOK,
CO-FOUNDER OF WELL INFUSED



Regenerative health isn't just about longevity—it's about feeling fully alive today. In this powerful conversation on optimizing health, [Dr. Lacey Book](#), co-founder of [Well Infused](#), shares how personalized biomarkers, functional medicine, and cutting-edge regenerative therapies like IV vitamin infusions, NAD, and umbilical stem cells are reshaping the way we age. From reversing chronic inflammation to creating customized protocols with real data, this episode dives deep into the strategies that are helping patients move from healing to true vitality.

The information presented in Fully Alive is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before making changes to your health regimen. Guests' opinions are their own and do not necessarily reflect those of the podcast host, production team, or sponsors.

Watch the episode here

```
<iframe width="695" height="560"
src="https://www.youtube.com/embed/Y9WzDjKw5yw?list=PLtxMGw-aZ
vhzKQbWjAulC2NDOrJwWjPJE" title="" frameborder="0"
allow="accelerometer; autoplay; clipboard-write;
encrypted-media; gyroscope; picture-in-picture; web-share"
referrerpolicy="strict-origin-when-cross-origin"
allowfullscreen></iframe>
```

Listen to the podcast here

```
<iframe scrolling="no"
src="https://player.podetize.com/?id=GJISMYMPi&epmode=true"
width="100%" height="200" frameborder="0" title="ShowCastR™
player"></iframe>
```

The Future Of Optimizing Health: Regeneration, Data & Wellness With Dr. Lacey Book, Co-Founder Of Well Infused

Welcome back to the show, where we are unlocking the secrets to your healthier, happier, and longer life. Our episode is all about tapping into the cutting edge of regenerative health and how modern science is helping us live longer, better, and more vibrantly. My guest is Dr. Lacey Book. She's the co-founder of [Well Infused](#), which is a leading wellness and regenerative therapy center based in Naples, Florida. Lacey's not only an accomplished chiropractor and entrepreneur, but she's also a bold leader in the field of functional wellness, helping patients heal, thrive, and restore vitality from the inside out.

In this conversation, we're going to explore her journey into regenerative medicine, the power of umbilical-derived stem cells, peptides, and IV therapy, and how proactive health strategies can radically redefine how we age. Whether you're curious about longevity, you're looking for real answers to persistent health issues, or you simply want to feel more fully alive, then this episode is packed with practical wisdom and forward-thinking insights. Let's dive in together to my conversation here with [Dr. Lacey Book](#).

“ ”

Dr. Lacey Book is pioneering a new frontier in functional wellness by empowering people to heal, optimize, and thrive through science-backed regenerative health strategies.



[Lacey](#), welcome to the show. I'm really excited for this conversation. I've been looking forward to this ever since we had the chance to meet about a month ago. I'm really excited for our readers to hear from you. Thanks so much for coming to the show point.

I'm very excited to be here and see where the conversation goes.

Crafting Your Personalized Health Blueprint

You are one of the co-founders of the world. I love how it says it on your website, The World's First Functional Fusion Lounge. When I came to [Well Infused](#) in Naples, it definitely has that spa-like feel. I thought it was interesting. There were people from all over the country that had flown in for treatments and things like that. You're really making a huge impact. Could you maybe tell us just a little bit about the origin of Well Infused and what led you to the work that you're doing now?

I'm a chiropractor by profession, which is how I got started in health and wellness. I always tell

people I've actually been in health and wellness for 26 years now. It's been a long time since I've been in this world and in this field, and my business has actually grew. My husband and I started a chiropractic franchise that grew nationwide. We had a bunch of offices all over the place, and people were going, "How did you do that? How did you grow and scale a business?"

Which led me into business consulting. During my business consulting, I consulted a lot of healthcare professionals. One of my really good friends, during COVID, was struggling with like a lot of her own health issues. She's a chiropractor as well and has a chiropractic office. She was like, "I just feel like there's something more that I need." Started searching out what are some alternative ways that I can really support my well-being and my health throughout this process, and in a time where everybody's asking questions about what can I do to better my own health and health care.

She ended up starting this concept called Well Infused. Well Infused originally started because of the name infused with IV therapy. A lot of people are like, "That makes sense. Seems like a natural first step to begin to support your immune system is to get as much vitamin therapy as you can as quickly as possible into the system." We all know that it's really difficult to do it ourselves on a day-to-day basis.

She started doing that and ended up adding all of these different services, and came to me one day and she just said, "I really am seeing such great results in this office. I want to take this concept further, and I want to take it into more communities." That's how well infused with birth and because of my business knowledge, my consulting, and my ability to scale health care businesses in the past, we felt like it was a perfect marriage and a perfect fit. Started Well Infused and actually brought our second location here to Naples.

That's an amazing story. Your experience and expertise obviously have worked out really well because it's been a very successful venture.

It has been, yes.

Congrats on that.

Thank you.

Thanks for the amazing work that you're doing, by the way. I'm curious, maybe we could just talk about how it works with Well Infused. When someone comes to you, you do some assessments, you do some measuring of their cellular health, and things like that. Maybe tell us about the process. What happens when I become a client of Well Infused, and then how do you create a plan for their optimization and ideal treatments?

Most of our patients start out with our complete blood panel. We test over 72 biomarkers in the body. What does that mean? People are like, "What the heck's a biomarker?" Let's just go there first because I think that's really important. Essentially, what we're looking at are 72 different results that tell us the overall health of different systems, organs, cells, and tissues in your body. Most people, I think that the worst thing that ever happened to modern medicine is the compartmentalization of our health. Specialists are great and absolutely necessary, but not when you're trying to get an overall picture of what's going on in your body. I think we can agree with that, right?

Yes.

This compartmentalization of somebody looks at your liver over here, the other person looks at your kidney over here, and they don't communicate or talk very well. I think that most of our readers can just stop for a moment and think of a situation where maybe they got a test result or somebody that

they love got a test result, and then they took them to another practitioner or provider, and they were missing information.

That's detrimental to our ability to get better and see the overall picture. What we do at Well Infused is we look at 72 different areas to get an overall picture of what's happening in that individual system. What's even more interesting about what we do it's not just the testing itself, but how we actually look and analyze it.

For most people, you go and you get your blood work done, and that blood work goes to a probably computer now or an AI high-generated system, and what they're looking at is what's called lab normal. Your normal test results. What we're looking at is what's normal, actually, for you. How you're going to optimize best? Sometimes our patients come in and they say something like, "Lacey, I've gotten all my blood work done before.

I've had all of this testing, and nobody can give me answers," because they're putting people into a box. We're actually looking at how your liver numbers in association with your kidney numbers, with your thyroid numbers, etc., to see what's optimal for your body. Our analysis of our blood work in the 72 Bi-Minute Markers allows us to create a customized approach to actually get you results and, most importantly, answers that you may not have had in the past.

Regenerative Therapies: Beyond Traditional Approaches

You start with the biomarkers, you get a customized, personalized result and analysis there. You guys have a vast array of treatments and therapies that you're doing. I'd love to just maybe dive into some of those. I think you guys do a lot of stem cell therapies and I think that that's something that is, I'm super fascinated by, I'm sure a lot of our listeners are, but I know there's a lot of some controversy and confusion. Maybe we could just talk a little bit about that you could tell us how that's working and where you get your stem cells from. I know there are some changes in the regulations coming, especially here in Florida. I'd love to just talk about that for a little bit. You can share with our listeners.

I'll go back to the first part of your question. Typically, when people once they get their results and we look at what their needs are, obviously not everybody's going to be a candidate for regenerative therapy, which is stem cell therapy. Most of our patients start with what we call functional medicine. You guys have heard of functional medicine. It is the basic fundamentals of getting your body right through supplementation.

The majority of people on the planet are extremely deficient in just the basic necessities of supplements that we need for our body to function, our cellular health, and our mitochondrial health. We really like to start patients there because for me, it's really important to get your foundational elements in the right spot, but before we add on all of these other things.

FULLY



Most people are extremely deficient in just the basic supplements we need for our bodies to function.



A lot of people will come to us, Zach, and they'll say, "I heard about stem cell therapy or PRP and I want to get that done." The reality of it is if you're suffering from chronic inflammation, we don't want to put stem cells into your body, and those stem cells work on inflammation when we could have fixed it with supplementation. We want them to do work in other areas that have a higher need.

For us, it's really important to start with that functional medicine component to get as much right as we can in 90 days through the supplementation process. From there, we'll say now that we'll retest, number one, that's so important. A lot of times, you go to places and they don't retest quickly enough to understand if you should pivot or not. That's really important.

You do a 90-day retest.

We do a 90-day retest where we're looking at those biomarkers again. The last thing that I want, because I went through it myself, is to just continually throw more supplements at you. Have you

been to a doctor and gotten supplements before? Have you done that?

Yeah.

Do you ever get off of any?

No.

It's like, you just keep getting more and more. One day you wake up and you're taking like 90 pills. You're like, "When did this happen?" It's because we're not looking at how your body is actually utilizing those, and if it's necessary 90 days later. We're always trying to make sure that we're doing what's best for you, what's most effective and efficient.

Tweet: We always aim to make sure what we're doing is most effective and efficient.

Just a question. What do you see that most people are deficient in? Are there certain things that the majority of people are lacking?

Number one, and you would not think this in Florida, but still, it's a vitamin D. It's just why it's wild to me. I lived in Indiana and California before I moved to Florida, and I thought for sure that I would see a difference in the blood markers when it came to vitamin D living here in Florida, because everybody's out in the Sun, but that's not the case.

Tweet: Vitamin D deficiency is rampant—even in sunny places like Florida.

We spent so much time in our air conditioning.

We spend too much time in our air conditioning, and vitamin D is a really interesting thing. There's a lot of information and science out there on how your body processes it. They often say that, like, when you go out into the sun, you need about 24 hours for your body to absorb what happened in the skin and change it actually into vitamin D that you can utilize in your system. Most of us go and get in the shower and don't allow that process to happen.

That's why the a deficiency. I don't know how much of that still is true, but I've read a lot of stuff on that. It's very interesting. Vitamin D is a big one. B vitamins are really big. One of the things that we love the most is something called NAC, which helps with liver health and immune health. It allows for its like an anti-inflammatory. NAC is something that it's N-acetylcholine, which I think that most every single person should be on. Our functional medicine doctor recommends to pretty much everybody that walks through the door.

These are levels that you're obviously testing in the biomarkers, and you can give IV infusions, bring those up, and have other supplements that they go home with.

Most people will go home with actual pill supplements, but we do have the ability. If somebody is like, "I'm not great at taking pills. I'm inconsistent," which happens to a lot of people, or "I don't want to take that many," we can actually customize and curate an IV bag that has appropriate amounts of some of the vitamins that they would take that's appropriate for them and they can get an IV infusion once a week and take less pills, which some people like.

There are options. Typically, that's where we start is a functional medicine baseline foundational element before we make a lot of recommendations on other things. The only other thing in there would be we do a full hormone panel. We have a lot of patients in our office that are looking for solutions when it comes to their hormones. We do a lot of the biodynamic hormone work in our

office as well.

Are most people low in their specific hormones, then, and you're bringing them back to healthy levels?

Yeah, everybody's a little bit different. I mean, obviously, as women age, we need a lot of help in our estrogen areas. Surprisingly, a lot of women actually are low on testosterone, which women are like, "What do you mean I need testosterone?" As we age, we deplete both of those. Making sure that you're getting number one, your hormones are tested. Again, if you are receiving some hormone therapy, make sure that you're getting tested and retested frequently enough to know if your body is metabolizing and utilizing it faster or slower, and when you need to add more. That's really important for us as well. Data for us is so vital in our ability to better take care of people.

I love that. I imagine most people probably feel a lot better after 90 days of just getting those levels back to optimum.

Supplements, yes. Hormones take a little bit longer to get those just right. I always tell women, "I wish we could fix you in 90 days." Women are always like, "Am I crazy, or is that my hormones?" I'm like, "It's probably a little bit of both, but that's okay." The reality of it is that hormone levels take a little bit longer to regulate and to get that perfect fit for your body. That's okay because if you haven't been feeling right for a long time, you're willing to put in the work.

You're optimizing the environment. Once that's up to where it should be, our optimum levels, then you can start to look at some of the regenerative therapies.

Understanding Umbilical Stem Cells: The Zero-Day Advantage

Some people are candidates for regenerative therapy much earlier than that, but it will require a conversation with our nurse practitioner to see where they were at in their health journey. We do offer a variety of regenerative therapies in the office. We do your traditional PRP, which is taking your own blood, spinning it, and using your own stem cells into some of the joints to help regenerate the joints, increase joint space. One of the biggest things I always tell people is I would ask you, "How old are your stem cells?"

My stem cells are almost 46 years old. I'd rather have zero-day-olds.

Exactly. Your stem cells are as old as you. If your stem cells are already having difficulty regenerating at a rapid rate, it may not be the best solution for what you're looking for. If I had a 25-year-old, 26-year-old, 30-year-old, maybe come in that has a knee injury, it might be a consideration because they're not the same age as you and I, where our ability to replicate those cells has significantly decreased. It might be a better solution for somebody at a younger age, but if you are a little bit older, looking for regenerative therapy, we might want to talk about those zero-day-old cells, those umbilical cells.

Maybe tell us a little bit about that process because I think that's a question that a lot of people might have, "How does that work?" Tell us about umbilical cells.

I think that most of the time, when people hear umbilical cells, they automatically think, "That is so illegal." I think there was a lot of misinformation for a long time out there about what was legal and what wasn't. Fetal cells, absolutely 100% illegal. In my world, just not ethical, it would not be something that I would do. Umbilical cells are actually an umbilical cord being donated by a mother, healthy mom, healthy baby. That is something that she wants to do and she signs off for. For us, the

lab that we utilize takes that umbilical cord and puts it through rigorous testing. Only about five percent of the cords that are donated are utilized from the lab that we work with because of the testing that they put them through.

What would be something that would negate an umbilical cord from being utilized?

They saw anything because the interesting thing about zero-day-old cells is that they're not like carrying anything with them. They're what's called undifferentiated, meaning they're not pre-programmed.

They can become a tooth or a joint, or anything.

They can become a liver cell. They can become whatever in the body, whereas your cells are already pre-programmed to do something very specific. They don't have the ability to do that. I don't know exactly what they look at that says no, because they don't tell us. They only allow us to see when there's a certificate for a very healthy cord. When we get those cells for an individual, we actually get the certificate of authorization that says this has been through all of the testing and passes all of the tests. I don't know if maybe they would be potential damage to the cord or something like that.

You're getting extremely high-quality, ultra-tested, legal, zero-day-old cells. You're utilizing those, tell some of the conditions or things that people have, or a story or two of what kinds of conditions do people have that they're really seeking this treatment?

We cannot say that these cells cure or take care or treat anything. What we do know is that because those cells have the ability to become anything else, if there's something going on in somebody's system, somebody's body, they do have the ability to help in that area. We've had people come in with all sorts of things, anything from joint issues or traditional joint issues, knee pain, back pain, like chronic issues that haven't resolved.

One of the stories that I think is probably most impactful is actually a gentleman out of our Noblesville Clinic. We have a video testimonial of him, and it's so amazing to see and hear it from his point of view, but he fell off a stage and broke his back, and he ended up being in just chronic pain to the point where he really had tried everything and had lost all hope. I think that's where a lot of people end up is they don't have hope anymore. They feel like and have been told you have to live with this. You hear that all the time. "I just thought I had to live with this."

"Just I'm getting old."

"I'm getting old. This is part of it." It's this thing. He ended up breaking his back and had a lot of issues, and went to the Noblesville Clinic and up getting the regenerative therapy. One of the things that he lost during that process was the ability to actually cook, which was one of his favorite things that he used to do. He said that he used to go and he would try to cook at the stove in the kitchen, and he would have to sit down on a chair during the middle of cooking because he couldn't stand that long because of the amount of pain that he was in.

After getting and receiving the regenerative therapy, a couple of crazy things happened to him. Number one, he had a ton of age spots. When he came in like two weeks later into the clinic in Noblesville, those age spots had disappeared, which is not something that you would ever think about, like that your body would just spontaneously resolve, right? Can you imagine waking up one day and you don't have those spots?

Not that that happens to everybody or is anything that we would expect, but that was one of the first things that he noticed. He said he also noticed that his fingernails started growing like a baby. He'd

have to clip them like continuously. Over time, his back pain got significantly better. He said the thing that he got back was his ability to cook it in the kitchen. It's things like that. Stories like that.

You're changing people's lives. That's amazing.

I always say I'm not doing anything. I'm just a facilitator of information and opportunity, and options that you may not have been able to have somewhere else. The body's amazing, and it does amazing, miraculous things given the right environment.

That's wonderful. In that case, he was probably just getting the stem cells injected intravenously throughout his whole body, then, right?

Yes. He did what we call the Bob protocol because he had so many things going on. He got a direct joint injection into the area. That was the major problem. A lot of people will come in and they will have a bad knee and they'll get an injection straight into the knee, and then he also got a couple of vials through IV because that allows them to take a systemic approach. Again, I think the human body is so intelligent, and those cells are so intelligent.

They know what to do, which is one of the reasons why we want to put people on a protocol of reducing inflammation or trying to mitigate and manage other things that are manageable through supplementation, versus having those cells have to do that work when there's something more pressing for them to work on. They go to do their job. It's amazing.

There you go. That's wonderful. You guys, you're doing a lot of other advanced regenerative treatments as well. You mentioned before when we talked about ozone treatments as well, people with autoimmune issues and things like that. That's something that I think seems cutting edge, but could you tell us a little bit more about that therapy?

What we do is ozone therapy is very interesting. A lot of people, I think, when they hear ozone, they think of almost like a chamber or something like that. What this is is that we actually take individuals. Those are tests that we have to perform a blood test, of course, to make sure that they are candidate for this, maybe less than 1% or not. What we do is we actually extract their blood. We take them into a room and we put the oxygen into the blood directly. It's amazing to watch what happens.

It turns out like the most beautiful, vibrant red. What we do is we actually put that through a UVB light, which cleanses the blood, and then it goes back into them like an IV. It allows really clean, oxygenated blood to go back into the system, which helps reduce inflammation, promotes healing, and can do all sorts of amazing things for people that have been struggling with a lot of systemic and autoimmune and some other issues.

Tailored Treatments: Customizing Your Regenerative Journey

How would you choose which treatment someone might receive based on their biomarkers are based on their conditions? How do you guys determine?

Number one, always looking at that initial blood panel and seeing what their highest needs are. Obviously, talking to them about their health concerns and goals. That's vital for us to understand. Third, the functional medicine doctor and the nurse practitioner will sit down and come up with a plan of action of what makes the most sense, what order to do it in, again, based off of all of those things. Everything is super tailored fit to what that person is going through and where they're trying to go.

That's amazing.

I would love to have a cookie-cutter answer, but that's just not what we do.

What about peptides? I know you guys do some stuff with peptides as well. It seems like there's so much talk out there now around peptides, and they occur naturally in our body. How do you guys utilize peptide therapy?

It depends on what people are looking for. We do everything from your traditional weight loss peptide, which is called tirzepatide. That's what we offer in our facility. A lot of people are coming in because they don't want to go the route of maybe Ozempic, or it didn't work well for them. The peptide version, they feel like might actually be more appropriate for what their goals are. Again, we do a blood panel first because we don't make any decisions prior to that, but then we can offer something like tirzepatide for weight loss.

One of the things, again, data is so important to us. We're big sticklers on making sure that you're doing things that are most supportive and healthy for your body. What was happening with a lot of these weight loss therapies is people were losing a lot of weight, but they were losing a lot of muscle mass. It's not good. It's not a healthy way to shed pounds. In our office, we have an in-body scanner, which you're familiar with.

We have that here.

You have that here at Shell Point. Yes, we just saw that. We're always making sure that we're checking in to also watch the muscle mass alongside the fat loss to make sure that you're doing it in a healthy way. We're monitoring, shifting, adapting, just like we do with everything else, our supplements, because we want to make sure, again, that people are coming out being better, being more optimized, not just looking better, which we want both. We offer all of your other traditional peptides. One of my favorites is NAD. NAD is a great peptide. Most people are utilizing NAD through IV. Have you done that before?

I haven't done an IV treatment.

What do you know about it?

About NAD?

Yes.

David Sinclair talks about NAD a lot.

It's great for cellular health. It's unbelievable.

NMN, any kind of NAD booster, it's what you want to focus on. Tell us a little bit more about doing it through IV.

I always ask if people know because that's when you do it through IV. It is intense. It's wonderful. Great results. Extremely impactful in the system. A lot of people will do it. It's the wildest thing. My husband and I both did a series of NAD through IV. For women, oftentimes they actually feel sick to their stomachs as that NAD is dripping because it's just taking over your body and just creating a lot of cellular health all at once. Honestly, the sicker you are, the more you're going to feel, right? A lot of women will feel it in their stomach, and men will feel it in their chest.

They'll be like, "It feels like an elephant stepping on my chest." As soon as you turn the drip off, 100% gone. You feel right back to normal, but it's amazing, because you feel like Superman and Superwoman after you've done an NAD drip. In our facility, we don't do it through IV because it takes a long time, because it has to drip slowly, because you feel that way. What we offer is actually through subcutaneous injections. Little needle, you can do it at home, and it doesn't feel the same way, but you can get just as good results. We have a lot of stuff that we offer like that, depending on what you're looking for.

How often do you need to do an IV drip or a subcutaneous injection?

Most people will start off, again, depending on what the nurse practitioner decides, sometimes 5 days a week or 3 days a week, and then the nurse practitioner will tell them how to titrate down. That's appropriate for what their needs are. The IV drips, what I did personally, that's not necessarily for everybody. I did a series of five of them. It was once a week for five weeks.

How long does that last before you have to do that again?

I was told you could do it once a year. I'm not sure because we don't offer that in the facility, but I'm sure that it's probably about that.

That has amazing benefits as far as longevity is concerned.

Amazing benefits as far as longevity. Anything that we can increase our cellular health, support our immune system, and have clarity of mindsets, all will, I think, add life to our years and years to our lives.

I love that way of thinking about it. Looking at how we extend our health span. We don't want to just live forever and be decrepit. We want to be as healthy for as long as possible.

I say that to people all the time. I always ask them, I go, "Who wants to live longer?" Everybody raises their hand and I say, "What if you don't feel good?" Nobody wants to live and extend life if they're feeling at their worst. For us, it's really about getting you feeling your best before we're obsessed about extending life. Let's get you feeling your best first. That's why it's so important to start with those panels and really work on optimizing your now-to-then extend later.

Tweet: Let's get you feeling your best before obsessing about extending life.

The Future Of Healthcare: A Pendulum Swing Towards Open-Mindedness

I'm curious. What are you most excited about in terms of regenerative health and even the business with Well Infused, like what's on the horizon?

I'm just excited, I think in general about the state of our health care in the US, in the world, for that matter. I don't know if you've seen this in your lifetime as well, but I feel like the pendulum is definitely swinging back into this open-minded consciousness that there are other ways to do things, right?

Yeah, it feels like that's happening.

You're seeing that yourself. I think that you're very open-minded to all of those things. How did you first get into this yourself?

It was just an interest in fitness and my own health. I started doing some triathlons. I got involved

in extending those and doing some Ironmans and things like that.

I'm feeling unfit.

I just started listening to podcasts and reading books, and biohacking. How do I optimize my own health? I want it to feel good and have as much energy to do as much as I can in this life. I want to experience everything that life has to offer. I'm going to need some time and health to do that.

When do you feel? I'm curious if we're the same. When did you feel like you started noticing people were talking about it more?

I think over the last 4 or 5 years.

I agree.

It seems like there's like you said, a shift.

There are enough people talking about it now. It's starting to create a groundswell. I think that's what I'm most excited about because the options have always been around, whether it was cryotherapy or peptides or basic supplementation or looking at blood a little bit differently. That stuff, blood work's been around for decades, and there's been functional medicine doctors.

There have been Eastern medicine doctors that have been here in the United States just doing things, herbal remedies for so long, and I think for a long time people were unsure of "Is that voodoo, is that witchcraft? Is that really going to work like I'm going to drink this tincture and I'm going to all of a sudden feel better?" Now I think people are like, "Tell me more."

I'm starting to see that there's something different and they're questioning. That's what I'm most excited about because I think when we begin to question I think that's the questioning is going to allow for even more things to emerge that we don't even know exists yet that are radically going to shift the state of our ability to live long life and a great life. I'm excited to see what's coming. I love what's here, but I'm really excited to see what's coming because of the shift.

I think that's so fascinating. People are realizing, too, that the way things have been structured and set up in the US. It's not really working. If you look at the data, we spend way more on average per person on health care and have a much worse result than the majority of countries in the world. Our health span is significantly shorter than others, even though we're spending way more per person on health care. Our lifespan is even shorter than in other countries that are spending a lot less. We're something's off. I think that's leading people to be more open to maybe a little more open-minded to some of these alternatives.

**We spend more on healthcare
than most countries but have
worse outcomes—something's off.**



American people were really smart, and people are going, “Wait a minute, why is it that we spend so much on modern medicine drugs, pharmaceuticals, and we're not number one?” We should be number one in the world when it comes to our health based off of the amount of spending that we do. We are far away from that.

Tweet: People are realizing the traditional system isn't working—and are becoming more open to alternatives.

There's some work to do, but people like you are leading the way. Thank you for doing that.

I'm very excited.

Tell us a little bit about your own personal wellness and what a day or week in the life of Lacey looks like, is doing these preventative measures and taking your own medicine, so to speak.

Number one, I always say I'm human, too. Like, I wish I could tell you every day I wake up and I have the most perfect routine, and I take my vitamins religiously every single day and stick to the program. Look, the reality of it is life happens. I always tell all my patients, "You just want to do the best that you can and know what's going to be best for your body." For me, I get an IV as often as possible. I love getting the vitamin IV bag, so I travel a lot. At Well Infused, we have a jet setter bag, so inbound and outbound, that has been curated for people that fly all the time, going to get on an airplane.

We have some extra vitamin C and things in there to help boost your immune system. You're strong because I travel so much, I'm always getting IVs. I love getting vitamin B shots. A lot of people will take vitamin B via Methylated B via a pill. I like to get a shot because I just feel like, number one, it helps my body more. I was a longtime vegetarian for about 30 years. I just started eating meat again, but found in my own health that I was highly depleted in vitamin B12, so that's something for me that I do religiously.

Has adding some of the meat back in helping you optimize that level a little bit?

It's helped optimize my levels for sure. It's helped a lot of other things. You can definitely be a vegetarian and be very healthy, but protein also, like having actually complex, like 100% protein, has changed the way that I feel my energy levels. Maybe just with age, I needed to change things up as well as I got older. I take vitamin B shots. I do ozone therapy. I take all of my supplements, again, as best as I can. I still take supplements on a day-to-day basis. Very important for me.

How often do you need ozone, or in general, how often does somebody need ozone?

Everybody's a little bit different. We have packages and plans. For me, I don't have a lot of health care issues. When I was younger, I actually had a lot of health problems. I was a migraine sufferer for decades, like in the dark, in a room, not wanting to leave. I fixed a lot of that through supplementation, but mostly through chiropractic care. I had thyroid issues. I've had so many issues that over the years I've been able to help myself through these mediums. Now, really, what I'm doing is what I would consider preventative care.

You're around maintenance, preventative.

I'm not trying to fix things. I'm trying to now optimize my body to be the best that I can. One thing I will say, though, is I have been a long-time insomniac. There have been times in my life where I slept four hours a night max. What I notice is that when I'm consistent with IVs and supplementation, I get solid, amazing room sleep, and I feel like an emerging, wonderful woman in the morning when I wake up. I know sleep is a major issue for a lot of people out there. Just shifting what you do with your basic fundamentals can radically shift how you sleep, which will allow your body to heal that much better.

It's a pillar of longevity of all things health. You've really been able to heal yourself. Through your own work, you've healed your own issues as well.

From Healing To Prevention: A Personal Wellness Journey

It's nice when you can go from healing to prevention. It's a good journey.

Congrats on that.

Thanks. It's a work in progress, as always with everything.

This is super fascinating, and the work that you're doing is obviously changing people's lives and

not to mention your own life. Thank you for building this business and using your skills and expertise. If readers are interested, what can someone do to get started with Well Infused or take the first steps?

You can just go to WellInfused.com, click the Naples location. We're actually growing. We have six more locations in the works as we speak. You can go there and you can connect with us. You can connect with me at Dr. Lacey Book on pretty much any social media channel. I'm always responding to all of my messages. I love people to just reach out and ask questions because the reality of it is, look, while what we do is amazing and great, and I would love everybody to come into our clinics, our lounges, and get care.

We're not always the perfect fit for what people need. One of our biggest things is ensuring that we also have a network of providers and practitioners that we trust that we can refer people out to. If we don't have what you're looking for, let me at least be a facilitator to help you find somebody that can help you. I think that's really important as well.

That's wonderful. Thank you. You guys, you have your own podcast as well that you're a part of too, or that you're launching?

Yes. We're calling it Ageless. It's like, how can you age a little bit less? It's my business partner and I, Dr. Stacey. We're just talking about things that people deal with. It's super conversational, like certain things about hormones. I've gotten labs before, but why don't I have answers? Just things like that, the common questions that people come in and talk to us about when they come to the office.

Thank you so much for sharing that. This has been wonderful. Thank you so much for joining us. I'm really excited for all of our readers to hear from you and the amazing work that you've done. Is there anything that we skipped over that we should have covered?

No, the biggest thing is if you're a listener out there and you feel like something's off in your health, I mean, I always tell people, "You know your body best." I know that a lot of times people go to a bunch of different places, get a bunch of advice, and everybody tells them everything's normal. If you're being told everything's normal and you don't feel right, trust yourself. I cannot stress that enough.

Tweet: If you don't feel right—even when you're told everything's normal—trust yourself.

I think that's so important. Find somebody that will help you find the answers, whether it's us or somebody that does something to us. See if it can uncover that gnawing like subconscious or voice that you have in your head and the back of your mind that's like "If it's something's not right and I know it." If you ever feel that way, please just trust yourself and keep searching because there are answers, there's an opportunity, and there are solutions.

That's wonderful. I love that. Thank you so much for being here. It's wonderful to have you.

Thank you. That's great.

I hope you enjoyed that conversation as much as I did, and you learned a few things as well. Just from getting a simple blood biomarker test, and really looking at the environment that's happening within our body. Dr. Lacey mentioned how many people she sees that really have suboptimal levels of not just our biomarkers, but also our hormones, and that there are things that can be done about that we don't have to feel tired and worn down and have brain fog.

There are things that can be done to optimize the way that we feel. We should probably get that looked at. As she said, if there's something that we feel is just off and "I'm not feeling right. I know that there's something off. I should feel better than this. I shouldn't wake up with headaches. I shouldn't have this much trouble sleeping," there are things that can be looked at and there's data that can drive those decisions for us.

We can really be in control of our own health destiny here. I would encourage you to get those tests done, to look at our hormone levels, our vitamin levels, and our biomarker levels as well. She mentioned vitamin D is one that's most common, Nac, acetylcholine, B vitamins, and NAD boosters, and things like that, as well as hormone replacement therapy. Just creating an optimal environment within our bodies. We can add on these other things, like regenerative therapies with stem cells and peptides, and IV infusions, as well as ozone treatments.

I thought that was really fascinating as well, and something that I haven't learned that much about yet, but ozone therapy for things like autoimmune issues. It's just fun to explore these ways that there are all these cutting-edge approaches that are coming on the scene now to help people really thrive. I hope that you learned some things. You can check out Dr. Lacey Books' work at [WellInfused.com](https://www.wellinfused.com) and follow her, and check out her podcast as well, Ageless, and you can continue to learn from her. Thanks for tuning in. Have an amazing week, and we'll see you next time here on the show.

Important Links

- [Dr. Lacey Book on Instagram](#)
- [Dr. Lacey Book on LinkedIn](#)
- [Dr. Lacey Book on Facebook](#)
- [Well Infused](#)