Introduction to Dr. Isaac Elias

Well, I am so excited to introduce our next guest. Doctor Isaac Elias is an expert in the field of integrative medicine, focusing on cancer detoxification and complex conditions.

He is a respected physician, researcher, bestselling author, educator, and mind body practitioner. Doctor Elias partners with leading research institutes including Harvard, the NIH, Columbia, and others to coauthor studies on integrative therapies for cancer.

Heavy metal toxicity, and more. He is the founder and medical director of a meta medical clinic in Santa Rosa, California, where he has pioneered the use of therapeutic aphorisms as an adjunct of blood filtration treatment for chronic degenerative conditions.

Doctor Elias, welcome. Thank you. Thank you for having me. Absolutely. I'm excited. As I mentioned to you before, we got started. I first got introduced to one of your core products that you developed called cortisol, maybe ten or so years ago.

I didn't know who you were, but, once we got introduced, I said, you know what? Like, I got to give this guy is due because I've. This product has been fantastic for me.

And this isn't really a pitch other than to say that, I had some real detoxification that I needed to do. Maybe 10 or 11 years ago. Really bad skin, issues.

I had some joint pains and and really needed some cleaning up and packed as I was one of those things that I stumbled across. I read some good reviews, and found some people that I trust that were recommending it, and I gave it a shot.

And, it really, really worked. So, anyway, I have got, like, a, a one gallon, tub of it actually downstairs. So, I've been using it off and on for ten years, but back then, it really, really saved the day for me.

So, amazing job with this product. I'm just curious kind of how you got into that practice disorder. It's not like, you know, vitamin D or vitamin B12 where everybody's got a product, like there's, there's really only one of these, and I'm just kind of curious where it came from in your in your mind.

You know, at first it's amazing that you're introducing it for detoxification. While the initial role of picked the sort of modified seed was picked, it was in oncology.

Really? Well years. I discovered the detoxification in early 2000. So it's a story I write about in my book, The Survival Paradox. I am a native of Israel.

I mean, in my early 60s, I finally wrote the book. And so I was 12 years old, and we were walking in our neighborhood to Doctor Ruth and Leo Coin, which were in organic chemistry in Israel usually at this time was a pioneer in citrus industry.

And out of the blue with turned around and said Isaac, one day they will find a cure for cancer from the citrus peel.

How Modified Citrus Pectin Was Developed

24 years later, when the first research by Doctor Avram Rise, which I collaborate with now, came on, motivated, respecting, blocking galectin three and preventing metastasis in animals.

I called you up. I said, Ruth, it's either calling you from San Francisco. I was studying Chinese medicine. Then in the practicing the licensed acupuncturist.

I had my medical degree from Israel, but it wasn't transferred yet. I don't I don't expect you to remember what you told me, but I remember and she put me together with this researchers that expert in pectin.

And we developed this unique modification. And so it was the first commercially available. And now we have over 80 published papers. 80 but it started with oncological support, nutritional oncological support.

And then as I was working with him, I was noticing joint pains are getting better, memories improving and the gut health is improving. I realize it's actually attenuating the basic inflammatory, inflammatory and fibrotic pathways.

And I discovered it's removing heavy metals, which I discovered because regular pictures were used in Chernobyl on children. And so I made the connection and I got, you know, I got patent, it was my discoveries.

And but now it's so much bigger than me. Close to 10,000 papers on galectin three, And the reason why you are describing is so significant. Because people who don't have your level of discrimination say, oh, it's another binder. No, no.

When you take binders, you get an inflammatory response. You get sick when you take back the soil, you get better because it's attenuating the inflammation.

It's regulating the galectin three driven survival paradox. And so, you know, we talked before the before the interview about our own journeys with meditation and healing and the the decade I spent on my own every year for months in the mountains, contemplating so and all these various Zotero teachings boil down for me to something very simple that our heart is infinite healing potential.

And that's what drives our illnesses is this survival paradox. And of course, from a spiritual point of view, as long as we don't recognize that everything is changeable, we hold to what is not going to stay the same.

That's the deepest definition of survival. But from a practical point of view, the survival is what drives every disease. And that's the paradox and especially neuroinflammation.

And maybe if it's okay, I can share like one one slide and kind of like a demonstrated you know. Yeah please. Yeah. Open that up. And it's interesting you I familiar with the title of your book I think you're one of your assistants is sending me a copy, but I didn't really know what the survival paradox was about.

And interestingly enough, I've got a book coming out in December, and I talked about this very same thing, which is that we have these amazing, adaptive responses that end up leading to chronic illness.

Right. Exactly. That's exactly all. Absolutely. So what happens because we are built to survive, we are innately built to survive. Every cell in our body, our organs, our whole body, including the brain, which is the focus today.

So initially an embryo only, it helps us to create healthy, healthy organs, cells. But as we go through life, it becomes our repair system. So because it's automated and it's built in, the initial response is automated.

We can control it because it's so innate. And then the autonomic nervous system responds and it it activates immediately upon upon sweat. And this is a fight of light where you get the increased heart rate, dilated airways, you know, the sympathetic response.

The fight part is the inflammation. The flight path is a hiding them. The biofilm, the arterial sclerotic plaque, the micro environment, the epoxy environment, the Z damage brain tissue is the Alzheimer plaque, which is ten fold galectin three.

And we can balance it on the sympathetic system by moving to a parasympathetic system like we know that, for

example, there is research on the brain with scans done in UCLA, that people who meditate the longer every day, the number of years and how trained they are, they will preserve the gyrus.

It's installed in the brain. So in the diagram here you can see what happened. We activate sympathetic system and we try to rest. But is that a traumatic event.

Epigenetic genetic pesticide and toxins injuries of life. We move to these damaging areas with it's we did with it with its damaging effect. So that's the first level.

And then it affects the cell metabolism. But then we get the biochemical response and the biochemical response is already is already it's already coming from is already coming from a protein called galectin three, which I've been researching for this decade.

So this is a protein that this is an terminal. And that's why it binds to different ligand nasty ligand. And when it binds it creates pain to mass. It creates a lattice formation.

And this prevents tissue for getting oxygen. And this drives every chronic disease. So for example these are some of the ligands that drive that are attached to here.

So from a point of view of the brain is AGS is the end, G2 is and they are one glial antigen. So we are getting is that the microglia are activated and it doesn't stop working.

And that's why it's small change. It's small changing the in galectin three will end up causing a big change in the way that we function.

Survival Paradox and the Biology of Chronic Disease

You know, we can see the different things that can cause this oxidative stress, chronic inflammation and then all this stuff, it kind of gets us sick.

So the idea is that today we want to focus is what can we do about it? Because we can do a lot of things about yeah. So galactic three is a protein that the body makes.

It's it's so it's got to serve some valuable function. Right. You and I both know there's nothing in the body that goes to waste. So it serves some valuable function.

You know, give me an example of when it's it's it's in main it's maintaining balance and useful function versus when it gets tipped over and breonna's lane inside the cell, not outside.

People get confused. It helps, for example, normal kidney development. It also is it turned on the alert system. So it turns on the cytokine storm. It's very valuable when you turned it on.

And when we are young we can turn it on and turn it off. The problem is that contrary to then to the autonomic nervous system, it doesn't turn off. Right. So we're losing control.

We're losing control of this switch. Right. Is that well, this is our survival response. And because it's so innate in us, we just don't know how to turn it.

It's built in us. You know, you and I, every person listening knows we live in a reactive life. We have a stimulus and we react to it. The transformer is when you move from reactivity to responsiveness, when you move from your head to your heart and it's very different.

The head needs to think, it needs to analyze the heart flows without holding to anything. The moment the heart starts thinking we are dead in 60s, you know?

So it's a fundamental difference. And we want to have time a lot to talk about how today, but it's really where the transformation happens on the deepest level.

And that's why galectin three is the most damaging inside robotic heart disease when it makes the heart stiff. So if we if we look at this response, it may trigger the initial response to infection, but then it causes the whole deterioration.

And part of my thesis was it because initially people were dealing with chronic illnesses, in addition to developing the soul, I developed a concept of removing galectin three through therapeutic for resistance through filtration of the blood.

And I have a medical device company and I've a lot of research. And so my first NIH grant, I made this an assumption that galectin three will in stimulus of sepsis will rise before interleukin six.

And if I block it or remove it, it will actually attenuate the interleukin six rise, the kidney failure and death. This was pre-COVID, no, many years pre-COVID, in my thinking.

Now, of course, Covid everybody knows the cytokine storm is what kills people. No matter if people are sick because of Covid or the reaction from the vaccine, it's the same pathway.

So there's no difference. So so so so this galectin three is kind of upstream of a lot of inflammation. Exactly, exactly. So you can see in our research that we published in a very good critical care journal, you can see that galectin three will go up two fold maybe two fold.

Interleukin six will go up a thousand fold because it's downstream. And that's why all these treatments that try to block interleukin six, none of them work. It's too late.

It's like you have a water fountain and you try to hit the water with the bucket at the top instead of of of closing the hole at the top. So we have shown when we blocked galectin three, we attenuated everything else.

And now we have a second very big grant. Because if we prove safety in large animals, we're going into the clinic, into the sepsis, into the ICU. And with what I think we may be able to offer the solution that is so needed to treat sepsis, you know, would have saved a lot of lives in the last 2 or 3 years, so that on one level, but the same process and as we age, our ability to shut damaging things off is lost, is lost, is lost because every injury in some of the injuries are not, genetic, epigenetic, trauma, habits.

So part of the deep healing is letting go of these habits and trauma. As you see, we see now an epidemic of muscle activation and allergies. But everybody is all over alert.

Everybody is in overactivity. I mean, all these illnesses, you know, Jason, they are reflection of the bigger environment, right? The micro cosmos macrocosm, which I write a lot in my book about it.

So while you can see I have a little bit of, of a larger view, I, I, I make my discoveries in my work based on the biochemical processes into a cellular, how these things will affect what will happen to a cell when it's safe compared to what will happen to a cell when it's, when it's, when it's feel threatened.

You know, this is a great example. And throw in another slide just because for the fun of it. So this is this is the same in the brain. This is just in in cancer.

You know that's a normal safe cell. It uses glucose in a very good way. You know p53 is active suppressing cancer. Glycolysis is not overly active. And then you get a Ampk blocking them to one.

And then glucose comes very well into the mitochondria. 36 ATP per one glucose. The brain is happy. Then you got stress. You've got galectin three inflaming the area.

The receptors for glucose, for insulin now blocked. Ampk is blocked. Adenosine monophosphate kinase M2 one gets activated. So it's survival response HGF gets activated.

Hypoxia inducing factor. These enzymes get activated. You block the mitochondria. You go to lactate much faster. Metabolism extremely damaging hypoxic.

The brain cannot handle it. And then you get narrow you get narrow inflammation. That's what happens here M2 one is activated. Ampk is not working stimulates this enzyme.

And here you go. You know this is blocked and everything goes into unhealthy metabolism. And this and this. You know we can see this on the on the more macro level.

Two, right. With hormones we have things like adrenaline. Right. Which is an unbelievable fuel source which is so fantastic when you need it. But you cannot run. Absolutely.

So and so we get this metabolic chaos at the cellular level. And and which again the body is, is designed to sort of move in and out of that. Right. It's not a it's not a dangerous situation in the moment.

But when these what what I find too is that we get we get pattern locked right at so many different levels of biology. Right. And then even when we remove the stimulus or the stimuli that that originally caused that, whether it's mold or whether it's a traumatic event when we're young, sometimes the body can remain in this sort of pattern locked because it is so adaptable. Right?

So it's it's really interesting. And I think this is where I think about, you know, things like this all in, in some of these other, sort of inflammatory modulators, like it can actually get us unlocked from these parts.

It's really important. The inflammatory modulator will affect the inflammatory response, inflammation is not the cause of anything. Inflammation is the response.

That's why this book is a paradigm shift. Now in the book at the end, I hint on how do you get rid of the survival paradox? That's a big one. And that's when we realize that everything is changeable.

So what happens because somebody and it's really important to recognize and respect it also psychologically because the body wants to survive, it will always do the best it can at the moment.

Galectin-3, Sepsis, and Neuroinflammation

So when we had a stimulus when we were young or our ancestors had them, when my grandfather had it in the Holocaust because ten out of his 12 siblings get killed by Hitler and and we never talked about it.

And then I'm named after him and it affected my health. That is pain in my chest all my life, you know, with yoga, with everything. Then and I realized and I let go of the pattern, suddenly my mother was able to start seeing, programs about the Holocaust.

You was never able to without me telling you that's a multi generational healing. So what happens? The best we can do is what you call a process symptom.

It's a symptom which is a result of the best we could have done. The problem, just like you were. So eloquently articulated, is that we hold to the patterning and we consolidate the memory and we recreate it.

That's the idea. When you discover injections, right? You inject a scar anesthetic for 45 minutes, the scar gets smaller, and whatever it got smaller, it will never come back. Why?

Because you disconnected the connection from the physical trauma to the brain. So this in this sense, from a biochemical level, only galectin three blocker can do it, you know, on this.

That's why I picked. This is such an essential supplement in your stories in a very you know, it's not in one of the prime uses of it even, you know. So then, of course we want to see what causes it in general and what causes in the brain and in the brain.

Yeah, it's galectin three, but it's also pesticides in mycotoxins and heavy metals. And guess what? The combination of them, you know, there's not we always we always love to isolate.

You know, like I always say, the only protocol is they don't have a protocol. But I know no. And I wouldn't have said it ten years ago. Pick the sole motive that it was picked in.

Is a foundation, a supplement. Everyone needs to take a good vitamin C from food. You can get vitamin you are blocking is a driver of aging. And we see it in our biochemical relapse studies in in prostate cancer on a long term basis, but on a basic way.

And then you got to get rid of your toxin and you get to prevent absorption of toxin. And you have to maintain your circulation because there is no good quality blood coming to the tissue.

The tissue goes into its survival mode and then the whole cascade starts again. So for example, looking at the brain, galectin three will disrupt the blood brain barrier.

So larger molecules that are not supposed to go in will go in, for example, glyphosate attach to certain heavy metals and then and then when you have lack of supply of, of oxygen or blood to the brain.

So of course drug tags. But we have we have problems with supply to the brain that takes a fraction of a second. And we don't notice all the time if we block our neck.

You know what happened. It's called perfusion injury. Reperfusion blood doesn't come for a second and then it comes back. Galectin three. Remember survival injury repair.

It goes immediately to the area and start an inflammatory damaging response. It activates the microglia. And our study the study published this year showed.

And when you apply modified Introspecting to such an injury you reverse and attenuate the damage. Okay. So I'm going to pause you there because this is really important what you're saying when it comes to the microglia, you know, and I've attended enough, functional neurology classes that when the microglia start to get inflamed, it's very hard to shut them off.

In other words, they don't naturally shut off very well. And this is why when you get this sort of inflamed brain, this chronic fatigue, these these these head conditions is cluster headaches and migraines and what have you doesn't easily resolve.

And this is why so many people struggle is because that inflammatory response in the microglia level is so hard to to turn off and attenuate. So I didn't realize this, that that.

Net, modified secure Spectrum can do that. Yeah. There are quite a few papers that were published, but especially because galectin three does it systemically to the macrophage turning them into inflammatory macrophage.

And then you have all this cytokine storm or you have the three TNF TGF beta one, the fibrotic pathway. That's all you said. It's the upstream that goes both ways and you end up with a dysfunction.

But in the brain it does it to the microglia. So yes. So you have you have this another substance that goes into the cellular level and regulates the functioning of the brain is from an I'm from Magnolia, but it's called hon.

Okay. So this slide originally is really from a from a from a slide on Nokia. Also I in cancer actually. But the same for neuroinflammation. And because this is really what happens is that.

So you think about these abnormal cells in the brain. So what happened or not it hinoki oil will stimulate PQ three in PTEN it will block ECT. It will block M to one, it will block EGF and it will stimulate the Ampk.

So it will push the cell back to here. And that's why people will take a little bit of an alcohol. And you need much lower dosages for brain. Just one capsule, you know, twice a day of 250mg when you when you use it in, in this way, then you are you are getting an intracellular regulation.

And and this is why we have, you know, we have, discoveries in papers on the antioxidant, anti-inflammatory, synergistic effect of more than 52 Spect in a non-alcohol.

So that's the intracellular effect. So if you do this and then you get to clean your brain and you got to balance your gut, you know, you are you are a practitioner and deeply involved with Asian medicine.

So 20, 30 years ago integrative medicine functional medicine discovered the gut brain connection. You know? Yeah, it's the basis of the spleen, stomach in Chinese medicine for decades because we have that mental digestion and we have the physical digestion in the gut.

And of course, they're going to affect each other. 90% of serotonin is produced in the gut, so whatever disrupts the gut will disrupt the brain. And in this sense, we are in a losing fight where we have glyphosate coming to our body every day.

We really don't have a chance because it disrupts the gut lining. It causes large molecules to come out that will create, you know, auto immune response.

And then the gut sends signals to the brain. You know, when you cut the vagus nerve, you have the reduction in Parkinson. It's the gut brain connection.

And then we got this amazing, synergistic, harmonious friend in our gut called the microbiome, which is so important for us. And they help to produce the right network transmitter when they are disrupted by glyphosate.

Now throw into this micro toxin, especially orca toxin A, you know, in some heavy metals and then some dysbiosis and, and we are in trouble in, in this sense.

So for me personally, I've noticed a certain patient that I was expecting to get better, were not getting better well enough.

Detoxification, Glyphosate, and Brain Support

And then I realized, wow, I bought into the concept that a little bit of glyphosate is okay, you know, which is ridiculous. You know, I'm sure you have so many patients when they tell you when we went to when we go to Italy, we don't have gluten sensitivity.

We can eat pasta, we can eat breads. Germany the same. Then we come here, we get sick. Why eat the glyphosate that we, you know, and the GMO here. So I'm working.

It's a product called life for detox. And we just we're doing a clinical trial. We just got our first full four cases. And it's remarkable our ability to reduce the level of, of, of of glyphosate, you know, when, when, when we checked the urine.

It's very promising. And so now and also we're seeing some reduction in the, in the, in micro toxin. And I'm trying to find this side which of course I can't.

But it's okay. Here it is. I just want to show an example of this. So this is really a trial that that that is going to allow us you know it's really a winning.

Oops. It's this one. Here we go. So I just want to show. So this is people taking to twice day as you can see very high level of life for that. And you can see the reduction.

So it's interesting. You can see the reduction the higher it is you know it's you can see the proportion. Right. So this is pretty much every population a little bit under it.

So this is really three basic things that are that are dramatic for the for the for for the brain. And the other part is we got to maintain circulation and antioxidant support to the brain and support the mitochondria and also different compounds in order to deliver carnitine.

And they'd be l using the in ancient Tibetan based formula called my basic, which a lot of research on the brain and some of the sophisticated herbal formulations will also have a an antioxidant benefit will also have an immune regulatory because somehow this is the wisdom of botanicals.

You know this very different when you use it a live substance and a mineral. So for example, in life or detox, because life, whether it affects our plants in meat, affects our water, affects our minerals.

There's a principle in Chinese medicine. And everywhere when there is a problem, there will always be a solution. So I picked solutions from the mineral Sheila G and folic acid.

I picked alginate in kelp because kelp is alive, so it can also be negatively charged. If I picked high molecular pectin, not MCP because in the gut and and then I picked glycine to help we exchange with glyphosate.

And we're getting great results especially with pick the soil because of the galectin three. So it's it's one of my crusades, among a few others right now is to really bring this to the forefront, because I usually don't talk about a problem unless I can offer a solution, because what's the point?

You know? Yeah, no, I agree, and glyphosate is such a a tricky one, right? Because it is essentially everywhere. Right? And I've been eating organic for a long time.

And and even when you get organic food there's still glyphosate right there. So they're finding it in the Arctic right in snow. So it's it's it's really, made its way around the planet.

And so to say that we can avoid it is, is sort of, you know, ignorant and, and this becomes the solution is finding these natural ways. Right, to, to help escort this out of the bottom.

Huge fan of saunas. Right. Sauna can do this. And cool wet as well. But but using these, these tools, you know, like modified citrus pectin and and another one I love this is the algae, right.

Things like, spirulina and grow are getting really good clean sources. Right. And they're similar in the sense of modified citrus pectin when it comes to binding things and modulating the immune system.

And you can take these ongoing, which is I'm sure you love, binders, you know, like the clays and the charcoals and some. Yeah, of course, but you can't take them forever. Right.

You've got to actually, you got to get off of them because they start to bind things that, minerals and things that you need. Right. So we can't stay on those forever.

So this is really becomes the solution is to get into these natural plant based products that can escort these things out of the body on a continual basis, where you run into, into problems in, like and it's very safe, you know, because some of these other like chlorella or they can also deliver heavy metals from one place to another place, which is a picked up.

So it will not do it, it will clean with the gradient. We have shown reduction with DMPs. After a DMPs challenge, we have shown reduction in mercury. We've shown a reduction in uranium or everything that's published.

It's human data or you know so we've showed reduction. How does it do that? How is it that it's that it's escorting these these heavy metals out of the body so effectively.

Yeah, there is the secret in the MCC are the side branches of a natural, naturally. Natural sugars like a rubbing nose and then and some other one like silos and it's called remnant galactose.

One and two. Now, I'm not one and two like in the picture. So 10% is one electron. And two we published with the USDA. Well 1 or 2. And then two is the immune regulating, a carbohydrate in mistletoe and one electron.

And two has a very strong affinity to bind to heavy metals, especially lead. So it binds to it and then it excretes it very, very slowly, you know. And so it's really like a systemic scavenger of heavy metal.

Now because heavy metals bind to oxidize lipids. And those those lipids can be bound can be found in biofilm. Well, the basic structure of biofilm is galectin three.

It's a backbone really. So you react. So you break the biofilm and then you bind to the heavy metals and you regulate inflammation. That's really what happened to you.

You detoxified and you didn't get aggravated. You got better. You know. And that's that's the magic of, of of Spector. So when people say, oh, I use this as a binder, you know, it's like an insult phobic disorder.

Yeah. You use a binder as well, but it's so much bigger than a binder because it regulates the damaging effect. So it has the ability to break up biofilms.

Yeah. Because the biofilm, the basic structure, the galectin three, is like the bus driver and it ties to two glycoproteins Co two glycol lipids. You know, and it ties to different molecules.

As long as there is some kind of collector when it gets it, it will bind to it. And it binds to galectin three, binds to receptors on the cell like insulin receptors, for example.

So it will change the moment you change the extracellular milieu and the membrane milieu, the cell environment will change. And we have to remember we are a community of about 50 trillion cells.

And we are rounding up in each cell. You know, adjacent has close to a million reactions a second. So you and I and everybody listening or watching, we own miracles because for 50 trillion cells to manage together with 1 million reactions a second is truly a miracle.

But every cell has a boundary. It takes nourishment and it throws off toxins, but it knows that it's part of a community. And when the time comes, it will have to go into apoptosis.

When the cell decides it wants to survive, it goes into a survival response. It creates a micro environment. It doesn't listen to the environment. This is pure definition.

What happens in cancer. That's the definition of what happens in autoimmunity. That's what happened in a more indirect way in metabolic diseases. But they still communicate.

So the organ that regulates all of this does it by providing nourishment and safety to every cell. And what it is, the heart, because the heart is the only organ in the body that thrives and survives on taking all the junk from everybody else so the heart doesn't get dirty.

Blood, it doesn't function. It connects with the universe because our drama is nonexistent for the universe. And, you know, a little bit we talked before, people don't recognize it's mind blowing when we breathe.

We are connected to the whole universe with this little bit of air, the whole universe, past, present, future. We are connected. That's why if we don't take care of the environment, we're not taking care of ourselves.

The reflection and then the lungs that do this exchange and then we nourish without discrimination. Right? The water is a stiff artery. It doesn't discriminate.

That's typical of the heart. It's the mind, the thinking that it screw things up and who does it hard nosed. First, it nourishes itself through the coronary artery, nourishes itself in order to nourish others.

Heart, Healing, and Where to Learn More

And it's part of nourishing others very different from narcissistic things. So this observation I've made to my best knowledge, they were not made before.

And I told myself, wow, the heart is also the only organ that nourishes itself after it finishes its job only at the end. Once it's done, it's selfless work.

So okay, now I'll take some blood. You know no other organ, does it? Think about it, you know. So this means that we have the physiology to transform suffering and poison and toxins into love, compassion and nourishment.

Physiologic. So the not surprising that meditation, like extending the suffering with love and compassion, are thought within our lives. And we can feel a difference in the day while meditation is to try to expand our mind.

Take years, right? Because here we are fighting a survival response. Here we are connecting with what we really are. And that's the essence of every spiritual practice.

Is this authentic as it is, is reconnecting with our heart? In Judaism, it's called the become the fixing. You know, the going back, the fixing of our dualistic experience or it doesn't matter which tradition. So when you do it, then when you talk, you talk from your heart.

You know, I talk to you and I'm talking from my heart. I think from my heart. Not always, but I'm trained in it, you know. And then we know that the heart is mono, a transmitter and then the brain, there's a huge flow.

The electromagnetic field of the heart is 100 times bigger than the brain. So what do we feel in our heart is right now affecting every cell in our body and people around me, if not like a few yards.

It also transferred often when you when you talk on zoom, you know, and that's that's the value of reminding ourselves. And we all fall into into fight into inflammation, into contraction.

But we always have a choice with every breath and with every thought to change it that same. And that's why the heart is infinite in potential, because everything changes when we forget it.

We go into a survival mode, we get damaged and the brain leads the way because it's such a sophisticated computer. And in this sense, how can we help it?

By detoxifying like we talked by regulating the this the intracellular space, by regulating the blood brain barrier, by understanding the gut brain connection and by creating a sense of community within ourselves and outside of us.

And, you know, there are some nature teachers are fragmented. If you look at the beehive, it's a great example of a bee is part of a much bigger community, you know, and it's the health of the community.

So the more we recognize it, the more our body will be able to heal and recover, and the more our communities will be healthier. So that's that's a real, journey of healing.

But for the brain specifically, it's really detrimental if we fall into this pitfall. I love that. And that's that's really seems to be kind of the essence of this, of this, presentation today, which is that we take care of the brain by taking care of other aspects of ourselves. Right?

We we we fix the brain through the gut, right brain through the heart. Right. And with these, simple tools, we can not only, recover from, from various neuro injuries, but we can prevent them.

Right. And this is, I think, the biggest thing for for many people I know, as we get into our 60s, 70s and 80s, there's this real sense of, I don't want to lose my capacity, my mental capacities.

Right. And so by detoxifying, by preventing the glyphosate and the aluminum and, and some of these things, and the injections that make their way into the brain that end up causing all this neuroinflammation and damage down the line, it's really protecting us.

So, so I think this has been this has been amazing. I fell in love with with your product more after this talk than I already did. I didn't realize it did as many things as it did.

So, I'm I'm shocked at that. I thought I was already a big fan, but, it's amazing. So, I just want to thank you for all the work that you've done, developing these products and researching them with integrity.

Right? I mean, this is a really, really critical part of anybody that's sustaining supplements is that it's got to come with integrity. So thank you so much for from you.

And please let people know where they can find more of your work. Yeah I see they can go, you know to talk to us that com and then they can go to the survival paradox is a transformative book.

That's the feedback I'm getting. They can look at pictures all.com. And as part of the summit we will provide people, excerpt from a book about collecting three about modified it respecting the new inflammation and maybe also the detox chapter.

So because there's also a holistic view to detox, we didn't have time to touch. But I talk about it and then I give 80 pages of protocols. But I'm always interested in changing of the way people perceive and think.

And then the solutions come literally. I love it. Well, thank you so much, for everything you done and for joining us today. Thank you.