Introduction to Liver Health

You're not going to be able to properly diagnose fatty liver disease with just blood. Because 80 to 90 percent of people with fatty livers disease, it's not showing up on bloods.

And we discovered this because we were doing clinical studies. We're like, all these people have perfect blood liver panels. So that's why 100 million Americans with Fatty Liver Disease, probably 90 million don't know they have it.

Is it true that the liver is the filter for your body? If you think about it as a filter, it's really dealing with everything that you consume within your bodies.

If we have a healthy liver, that will reflect so much in things like our skin. That's why. Today, we Have Ziggy and Kassandra Klavian. Yeah, all right.

Zigy and Cassandra Clavian are the co-founders of Deliverance and the Liver Clinic. They have spent years studying liver health, liver regeneration, and metabolic stress.

bringing data and practical steps that help people improve liver function. What are some of the issues that people can have with liver disease? By far the most common is fatty liver diseases.

And it's estimated that 25 to 30 percent of global population has it. In the United States, it is predicted to be 50 percent by 2040. How many formulas did you guys make to get where you're at right now?

It took 18 years of R&D. I would say the modern version of deliverance had about 52 iterations, and that's just in the last nine years. What are some of the myths when it comes to detoxing the liver?

You can't just do 30 days, 90 days. People think they just need to detox their liver without really knowing much about it. Welcome to another episode of a Healthy Point of View podcast.

I'm your host, Sam Tahata. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset. Today's guests, they're coming, you know, in multiple places around the word.

That's because they are making a global difference with what they have going on. We're going to be talking about your liver, the importance of taking care of your livers and what's happening in today's world with people's liver.

Today we have Ziggy and Kinsandra Klavian. Yes. All right. Welcome to the podcast. Alright, welcome to a healthy point of view podcast, guys. How are you doing?

That's really good. Really good at the best welcome you've received. I don't think I've ever been walked by a chicken before, but I like it. Yeah. Excellent.

That was our goal. Break the ice a little bit here. So you guys have deliverance. I've had the opportunity to go through your scan, utilize your product and everything else.

But before we start talking about liver, want to talk about you guys. I want the listeners and viewers to really understand who's here at a healthy point of view.

So where I wanna start is you, guys kind of talk, about your upbringing, you know, before you guy's even met. Who wants to go ahead and take the first shot?

You wanna go first or me go? First, I'll go. First. Um, so I'm half Swiss, half British, come from, uh, my father's is winemaker and a chef. And I come, from a long line of winemakers and viticultures and, um, You know, vintners are also different because we grow wine and we, I mean, we grew vines and you take care of them and have a, an innate sense of nurturing, you know living being, which is really important for my story.

And I think how I. My mother was a nurse British and I grew up in Switzerland and UK until I was about kind of between seven to 10 years old back and forth.

my parents split up, my mother moved to the United States. So then I was raised in, uh, United States, mostly since then.

Ziggy's Background and Motivation

So I've got this lovely, kind of international outlook, you know, from the American perspective, which is amazing, but mixed with the, deep heritage and culture of, of Europe.

And, I, was destined to be a winemaker and that's what I'm supposed to do was going to go to Davis to carry on the family business and, um, learn how to take care of your vines.

It's interesting because vies are, They're like people, they grow and they get sick and have offspring and you ruin them and love them, and nurture them.

You have to take care of them because sometimes they live 70 years old. And I was in school and my best friend, who was a year older than me, passed away from a drug interaction.

Technically they called it a drugs overdose, but it wasn't too much drugs. It was basically, in a lot of drug overdoses, what happens is two chemicals interact.

and they give you a heart attack. So it wasn't excessive or abuse of those drugs. It was just a chemical reaction, which happens to tens of thousands of people every year.

That was pretty epiphanal experience. I took all my knowledge of chemistry and of science and the nature and biotechnology, and I transitioned and went into making nutraceuticals to try to prevent overdose and prevent rehab.

Just been focused on that and I started on a journey of Western medicine, which was, you know, what we're seeing now, and we live in that world where it's reacting to things, right?

And it was based off of amino acids and vitamins and supplements and things like that. And along the way, my godfather was like this Hemingway guy, amazing, taught me to be a Renaissance man.

He died of cirrhosis. So I had to see the ravages of what that can do to you. That was directly due to alcohol. but my mentor that helped me start my first company and believed in me when I was 20, he passed away from liver cancer.

And he was an incredible guy. He had such good karma that he had actually won one of those raffles you do every year, and he won a million dollars. It only happens once a year.

There's this big charity auction. and immediately gave it away, like that kind of guy, so I saw that. So I really decided in 2003, I wanted to dedicate the rest of my life to preventing that from happening.

And that was my deliverance, right? Deliverance means to set you free or it's used on church, you know, to take you from evil to good. Right. When we lose someone in life, we can either become, it can hurt us or can we become depressed or we could dwell on it or hide it with alcohol or drugs, or you can transmute that and use that into a force of good And that's what I've done and basically been on that path.

And we are a hundred percent focused and dedicated in my life's work and my wife's life work. Families lifework is to preventing liver disease. advancing liver technology, both through diagnostics, medicines, and knowledge and empowering people to have more knowledge.

Cause that's the easiest thing that everybody can afford to do, which is to just be aware. Right. Yeah. So it's been, I love what I do and it has been a beautiful journey.

Amazing. And Cassandra, how about yourself? So I'm half Swedish, half Irish. I was born in England, but I raised on a small island in the middle of the Mediterranean Sea called Mallorca.

And I spent many years in a very isolated village, which was not many people knew about. And I come from an entrepreneurial family, my father being a serial entrepreneur, having done many incredible ventures, and he was always my my mentor, or my idol.

Having brought, funnily enough, now that we're so into health, he actually brought Burger King to Sweden in the 70s. Okay. So he sold that out. And even though he was actually a very healthy guy, and I, um, I worked many years in London.

I moved to London when I was 18. and, uh, worked in software sales. And when we met, I think we realized that I was quite tired of living that corporate lifestyle.

So we decided to join forces to really bring deliverance to those who need it. That's pretty much how we started working together and a little bit about me.

Amazing. Let's dive into it, deliver. What is deliver and what is it responsible for? So delivers very well titled and looked at and revered in Eastern medicine as the general of the body.

And the reason is, is because the liver controls so many other organs. And it's very, very well known in the East, but in West, it is not an organ that we think of.

It's 25 years behind in funding for a lot of research. Most people don't even know where it it. They're not really sure what it does. I think it has a lots to do with detoxification.

And the prevalence and the importance of the liver is so under looked. So it so important that were bringing it out there. 500 vital functions. There's thousands of functions that it does.

Oh, wow. It is the largest solid organ in the body. Is the only organ of the party that fully regenerates. You could have 90 percent of your liver damaged and it will come back.

And it's constantly, constantly regenerating to the point to where. Whether you're a five year old little boy or an 85 year-old man, the average age of you live is only three years old.

So it's every, every year it reconstitutes. But so the average age of the cells in it is three. And the oldest cells will be no more than 10 years old.

It was this very vibrant organ that is just constant regenerating and the function. So some of these examples, it the master of your immune system. Um, It's also primarily responsible for your skin and your hair.

If you want to have beautiful skin, if you wanna have a beautiful hair, you have to be healthy liver. We have lot of estheticians that we work with and it's called skin from within is getting the liver really healthy.

And in turn if your liver is out of whack, You'll have bad skin and your hair is more brittle. It is the charge of red blood cells. 70% of the fat that eat is broken down.

Cassandra's Background and Joining Deliverance

So if ate a Burger King or a fatty meal or what have you, 70 percent of that fat is broke down by the livers. The liver also controls, manages, and synthesizes all of your hormones.

So it's very important for hormonal health, both testosterone and men. but also very much even more so in females because the female hormone system is much more complex, such as menopause and perimonopausal as well.

So the liver health is directly in charge of that. If your liver's not in good tick either way, you have higher chances of breast cancer and many panels of symptoms and all these other things as.

Well, so, now we can go on and on all the things that cholesterol, right? So cholesterol is produced, manufactured, broken down and controlled by your.

All the vitamins, proteins, and nutrients we eat, you know, so we either, whether it's a protein shake or a smoothie or very healthy meal, your small intestines breaks those down and well your stomach breaks it down.

Your small intestine pulls those in, right? It's right, but long, small, intestine cause we're omnivore and those go into the bloodstream and all those vitamins and nutritious minerals go to the liver and the deliver controls them and decides when those get released, how they get release.

So when I say master organ, It has its own intelligence and it's controlling the disbursement of those throughout the body. Also energy, you get up and walk out the door, and you go to the gym and work out.

The energy that you're getting from is your liver burning little packets of called glycans. So it is also your powerhouse and your furnace for all the energy you have.

And it just function, every day we're learning more and more things about the liver. It is just this incredible organ. that we can't replicate it with technology.

If the heart goes out, there's an artificial heart, or we could put you on a machine to keep you alive during surgery. We can do that with lungs and with kidneys, but the liver, you can.

So if the livers goes, it's pretty much over. It's too complex for technology to even catch up to. And it is a mass organ. The hero, really. So the liver, what are some of the issues that people can have with the livers?

You've heard of liver cirrhosis, you've hear of fatty liver. What are the some issues people have? By far the most common is fatty livery disease. And it's estimated that 25 to 30% of global population have it.

In the United States, it is about 40% now. In India, it's 50%. Most of the Western world, you know, high 30s to low 40s percent. And what is it here in the U. S.?

It's 40% now. Are we the highest? No, actually, highest is India. That's because of genetics. Oh, wow. The second highest, officially the largest is Iran, and there's no alcohol there.

So we know obviously it isn't alcohol. But there is, in U S it is 40%. It is predicted to be 50% by 2040. And it's accelerating. Wow. So fatty liver disease, if you think about that, it was about 2 billion people on the planet have fatty, liver, disease and fatty.

Liver is the foundational cause of type two diabetes. Hmm. 60 to 70% of types two diabetics will have fatty liver. Disease. I'm also over the huge belief and I've getting a lot of cardiologists and working with they're in agreement that we also think that it's probably one of the main prime movers of cardiovascular disease really because fatty liver disease is the foundation of metabolic syndrome and it is The foundational cause of type 2 diabetes and those are the two primary causes of Cardiovascular disease And we know now that more people will die of cardiovascular disease because of fatty liver, then we'll die liver disease, because it fatty, liver.

But the cardiologists and the hepatologists aren't talking enough. Okay.

What the Liver Does

So you're actually getting somewhat of these, like, especially in the UK where we're based, you getting these little fights between them and who should control the patient and a fatty-liver perspective.

Liver disease globally is up 400% in the last 50 years. You look at every other disease, like we're pushing them down, we pushing cancers down or pushing cardiovascular disease down.

Pushing those, liver disease is 40%. It looks like an outlier and it's accelerating. That's to be even more terrifying, but it sounds like it just going up.

It's growing faster and faster. And it's a modern phenomenon. You didn't really see it in the hepatological world, and it wasn't even named or categorized or considered a threat prior to the early 80s.

In the 80's we didn't even know what it was. So it's a new thing and it is a huge driver of all kinds of chronic illness. Wow. Cassandra, question for you.

I've heard people say that your kidneys and your liver are the filter of your body. Is it true that the liver is the filters for your So the filter is your largest, well, your liver is the largest internal organ.

So your skin is you largest external organ and it deals with so many vital processes. And yeah, if you think about it as a filter, every single day, it's really dealing with everything that you consume within your body.

So if we have a healthy liver, that will reflect so much in things like our skin. That's why you are what you eat at the end of the day. Everything that goes in your mouth that your consume, your liver processes, It's also the master of your immunity and also it, It stores all your your vitamins and minerals, et cetera.

So, yeah, it's it something that really needs to be treated with love and care. Now, we can use it like the backup. The kidneys are back here, kind of.

They're cleaning the blood, but the liver is in charge of them and really kind. Of it. It's the livers really what it is about. And then the kidneys or supportive of it, including the.

Blood and water. But it definitely delivers. Who's removing the kidney, so the live is removing like toxins. Correct. And, and manager managing them, um, breaking the ends, converting them.

So everything, everything is convert. Most things get converted in the liver. Okay. Like when you drink alcohol and it, by the time it gets to gets the, liver creates enzymes and then it converts that into different molecule.

It's part of the detoxification process. Sometimes like alcohol, for instance. what's the most toxic part is not actually the alcohol. It's this, it's basically the waste or the conversion of what that alcohol was broken down.

And that's where you get, um, the oncology hydrogenate and that sort of hangovers are from is that was the really poisonous bit. That's almost like the carbon monoxide that comes out of the tailpipe.

Exactly. Right. Very, that a great, great example. Yeah. Interesting. So you said something about how the liver reflects on the skin, you know, how their skin is the hair, et cetera.

You know, some people have some things that are called like liver spots, the tinea versicola, right? How is that and how do people get affected by having that on their liver?

Well, your liver is your biggest internal organ. Your largest overall organ is you skin and your skin is obviously very complex and there's many, many layers of it.

But all everything happens really from within. So like eczema and a lot of skin conditions, most of it's like an

iceberg. Most of its under the surface.

Right. And what you're seeing is just the manifestations that pops through in the other side. But. All of the, you know, the antioxidants, oxidative stress, free radicals, blood flow, oxygen, um, and also secretion of toxins happen through the skin as well.

and. You can also reverse that by putting things on your skin could come in and give you toxicity too, such as a lot of these chemicals that are in sunblocks and skin creams and deodorants and microplastics and beads and stuff as well.

But if your liver is functioning really, really well and it's getting all the nutrients and dealing with the free radicals in the skin, your will glow and be healthier.

It'll breathe more. There'll be more precipitation going up in out. But if your liver is in trouble, or it's under a lot of stress, you have a toxic load, it will actually start to manifest out.

It will come out through the skin. But people that do like certain drugs, like meth, for instance, they get a a of these huge spots, and that's literally toxins trying to get out of the body.

Wow. because one of the biggest and most important ways to get rid of toxins in the body is through your skin. That's why sweating is really important.

that's, why sauna is very good and steaming and ways, to sweat out. So sweating, is incredibly important because that is how you get to toxins. You know, we get of rid toxins through sweat.

We get, rid, of, toxins to obviously go into the bathroom, but through the skin is huge. It's coming toxins, they do come out, through the skin and they manifested liver spots, too.

We have clients. Just they had somebody that was noticing how a lot of the liver spot's actually gone away. They've been on deliverance for a couple of months.

And that's typically people see it on the scan. It's especially if they go out in the sun a while. Yeah, they kind of see like the discoloration on their skin.

Correct. Almost like. Kind of like freckles, but a little more. Their darker and their they're not they are not evenly shaped as well. Right, right. The liver spas.

Now, when I worked at the fire department, we would have some patients that had serious liver issues and they would Have jaundice. Yeah. So can one of you explain exactly what jauntice is?

So jaunice that's one the symptoms of serious Liver disease as well. so you've got your toxic load and then the oxidization and blood flow as Well as you start to get in the eyes first.

You start To get the yellowing of the ice. The yellow. Right. And that s actually in Eastern medicine. What are the doctors are looking really your eyes in your tongue.

A lot of it, because they can see your health. You can actually see a lot through the eye. Really good doctors with scopes is that you actually look and see diabetes through somebody's eyes as well, and liver health, but it manifests and you start to get the yellowing in the eyes and then you started to the get yellow of the skin and it starts to be more brittle because you're not getting rid of any toxins and getting a complete misload and unbalance of chemicals and nutrients in your body and that's like a tell-tale sign.

Then they start getting bloating, They lose a lot of other weight, but their stomach gets huge because the liver is basically not being able to do phase three, which is to elimination.

And it starts filling up and getting clogged up. It starts to retain lots and lots of water. A lot. Yeah. I've actually seen that with transported patients to the hospital where they actually have to actually drain it by actually puncturing it.

Wow. Yeah, which which that even though the liver doesn't have a lot of nerve endings, so you can't, we don't feel a little liver issues. But it's very painful, though, if it is penetrated or like boxing, it' s a really good area.

It's an area to hit. That's why I'm really, really hesitant to give a patient a biopsy, because biopsies, the livers will bleed a lo because there's so much blood there, but it s also very painfu and the chance of secondary infections.

But yeah, they'll have to drain it because if they don't, it will back up so much that it'll be fatal. What type of external things cause liver issues?

Well, alcohol obviously we know is a big toxin and a driver of it.

Fatty Liver Disease and Its Prevalence

Pharmaceuticals is actually one of the bigger ones. The number one cause of liver failure and liver damage And a very acute liver failure is actually paracetamol or Tylenol.

And that's because it dissolves liver tissue. Taking it in moderate doses, because you have a headache, isn't a bad thing. But too much of it and taking it too often and mixing it with alcohol is bad.

So toxic things to the body are, and why we're seeing this huge drive, chemicals first and foremost. pesticides, alcohol, drugs, pharmaceuticals, vaccines, heavy metals, microplastics.

These are all the things that are really, really driving this explosion of liver disease. High fructose corn syrup. If you look at the correlation between when fatty liver diseases kind of took off and exploded, that's the early eighties.

We really started seeing it. And the late seventies is when high fructose, corn, syrup was put into the American diet. That's when a lot of these preservatives and artificial food dyes and heavy use of pesticides, heavy metals and fertilizers in the food and GMOs, and that's what's really, really driving this.

Now, you mentioned alcohol. We all know that alcohol is a known toxin. Yeah. Right. Now, how much alcohol it's too much. Alcohol is I think a lot of the listeners and viewers are going to say, well, I want to have my wine.

I do this again. At what point is like, OK, that's going it just be too bad for your liver drinking that much? Yeah, Well, so there's new studies have come out that said no alcohol is good and any alcohol's bad for you and not good.

There's a lot of older studies that say, you know, a glass of wine a day, red wine specifically, is actually good for your and for heart health. Um, there is reservatrol in it.

I'm of the camp that I think low alcohol in moderation actually does have a lot of benefits. I mean, lots of things are talked, living in the city is toxic, breathing is, so I it's about low tox.

Taking things to an extreme and having none, I in any scenario is maybe not the best. So let's think about alcohol, too much of it we know is is deadly, it's terrible, there's all kinds of ramifications socially, physically, meritorially and all those as well.

But in small amounts and definitely with family and especially in a lot of cultures like in Europe, having a glass of wine with your family is a very jovial thing.

There's positivity to it. Laughter is the best medicine in the world. And I know that if I have a beer or two or a glass of wine with the loved ones or my friends and we laugh a lot, that's very good.

You know, being laugh laughing and being happy and positive is incredibly good for you. So I'd rather have her

glass a wine or to a day and be happy. And having fun and bonding.

than, than not and being miserable and stressed out and worried about every bugaboo. So I think in, and you, that's what, you know, take the thing like deliverance, drink water, Drink higher quality, um, wine, if you can try to get, biodynamic or organic, to eliminate the pesticides in it as well.

so I'm, I've of the camp. And I know some people think that that crazy, but I other people, think it's crazy to not have one. So I, I think if you can have control and you could do it in a fun, responsible way.

That's good. Cause stress is stress. Is one of the worst, most damaging things that you do to your body. And if getting off of work after a tough day and chilling out and having a glass of wine.

makes you happy and take some stress away, go for it. That's it, and then have the deliverance to just balance things out. And then, have a deliverence if you need to, or at the very least have big glass of water afterwards.

Go for a walk, get some movement, eat well, especially if do the other right things. You know, if your exercising, you've got your nutrition and you're loving your family and your with community and all these things that make you healthy.

Like the Blue Zone areas, a lot of them they drink wine. But it's a combination of things of being healthy. Being healthy is those things. Community is incredibly important.

What we're eating, who we are hanging out with, positivity. Because you remember, toxicity, yes, it comes from things we eat and we drink, but it also comes in what we breathe, what you put on our skin, deodorants.

There's electronic toxicity, too much EMF, like having your phone in your room when you're sleeping, Wi-Fi on your sleeping. Who you hang out with. Yeah, for real.

Emotional and spiritual toxicity is incredibly damaging. Because then it can also cause you, if you are hanging around a lot of negative people, you'll tend to be more negative and then you will be spreading more negativity, right?

It's like a cancer of negativity. Yeah. You're not kidding. I mean, that'll have you vibing at a low vibration. We don't want that. So, you know, when it comes to liver, Cassandra, I always say in God we trust everybody else has to produce data, so what are some of the data points that people can utilize to evaluate the health of their liver?

So we use various different technologies we have in the past. Mostly we played around with blood testing, especially for our studies. We looked at people taking bloods and looking at things like AST, ALT, cholesterol.

Blood testing is everywhere right now, and people are becoming a little bit obsessive with their labs as such, which sometimes can be a bit misleading, we've found.

So for example, your labs, you'll liver panel could be normal. And you don't know that you actually do have liver disease. So it won't catch, say fatty liver until it's quite advanced, it wouldn't show.

That was something that we found was problematic. Also giving off, sometimes people have high numbers and they're panicking and stressing and worrying when actually, you know, it goes down.

So we found that the best technology to assess liver fat and liver stiffness is a technology called fibroscan, which is it's shear wave elastography. It's a type of ultrasound.

And it's extremely fast. You had to scan yourself, you know how it is. you just lie down, lift up your shirt and we just shoot sound waves into the liver very quickly and easily and uses no radiation at all to tell you the exact state of your liver in terms of fat and stiffness.

So that is a technology that we're extremely happy to be working with. Do people ever use MRI to evaluate the the livers? Yeah. We use MRI. I mean, we, use everything from, from bloods, fibro scan and shear wave as, as Cassandra said, MRI, CAT scan, biopsy is the last resort, but to ascertain the liver fat percentage accurately and stiffness, um, fiber scan is much easier.

It's less traumatic, it's, less expensive. And I find it to be more accurate for liver, fat. We use MRIs, but we tend to use them more for confirmation.

How the Liver Affects Skin and Jaundice

Okay. So if we give somebody a, we just, w we had a couple people to show this weekend that they're okay. We've, their stiffness is very high. we got a consultation with one of my doctors and we said, okay, let's now stop panic, But let go get an MRI.

Now we want to get a much bigger picture and you start to stack that data. And it's where we are evidence-based and data-driven. so now we're going to take that MRI data, We're gonna take the questionnaire data of the blood data and the scan data And we're going to zero in exactly what is the issue.

And then more importantly, as people that practice root cause medicine, right? And preventative medicine. What's causing that? So we want to, we wanna identify it, isolate it.

Fix it and prevent what's causing it as opposed to just reacting to it, which a lot of what Western medicine is based off of, we're moving out of that paradigm, but is let's just start throwing drugs at it.

Let's see what causing that. Right. That's fine. Where the leak is rather than just trying to patch it wise. What's happening. And we use that so MRI is good.

There are, but not all MRIs are the same. I mean, an MRI is only as good as the person or software reading it, to be candid. And there's different levels of technology.

There's one group that we really like and there was a little more advanced. So we told the patient, let's get this done and let us make sure that it's programmed specifically for the liver.

Then you get a much better picture as well. And we've had, you know, we had a, uh, We had to scare with a really good friend of mine recently who's on a Fibro scan was like, this was incredibly worrisome.

Sent him to another hospital. We did another scan, verified it. Like, okay, let's hope it's not cancer or let' hope. It's. Uh, cirrhosis. Got some of the best MRI technicians in the UK.

They came down, did the MRI, and it was an isolated issue of scarring. And it wasn't cancer, thank God. We didn't need to go up to biopsy. So before anybody panicked and we started throwing people on drugs or throwing the baby out with the bathwater, we start to bring in more data points and more tech to do that.

I mean, I'm a fan. we get an MRI once a year, full body, from a preventative perspective. Yeah, I did the prenuvo, the full body pre nuvo. Yeah. And I know they're really good pre Nuvo because it helps you to look over the horizon.

Right. That's why we want people to get scans. When we first started scanning people in scale, we got into diagnostics as we needed to because 80 to 90% of people with fatty liver disease, it's not showing up on bloods.

And we discovered this because we were doing clinical studies. They were like, all these people have perfect blood liver panels. So that's why of the, so a hundred million Americans with fatty liver disease, probably 90 million don't know they have it.

because it's not showing up on blood because typically the comprehensive metabolic panel is what's utilized to

evaluate the liver liver health. Right.

Yeah. So you're saying even if you do the Comprehensive Metabolic Panel, that doesn't necessarily let you know if the person has some kind of liver disease.

It could, but it might not certain liver diseases. The liver panel, those nine things that they're really looking at. is going to show a lot of, you know, enzymatic reactions.

Remember, as Darshan always says when we chat, at the end of the day, it's a lagging indicator. So it is a laging indicator you are getting with that blood test as well.

Plus, the date could have been off. You could've had an infection, right? The day before, and your liver panel is off aswell. But if your livers fatty, doesn't necessarily, its not going be signaling maybe Some of those inflammatory or those ends enzymatic markers like an ALT or GGT, or or AST.

So you really need to look at it. If you've got an intuitive doctor and he has the time. You can say, well, if he's obese is a 90% chance he is fatty liver.

Okay. His blood sugar levels high is, and this is kind of what they do now is as well liver panels, this. other factors, maybe he's Hispanic or he South Asian, and then they'll make a basically an educated guess.

Okay. But you're not going to be able to properly diagnose fatty liver disease with just bloods. That's if it was that we would just do blood, but we had to go to fiber scan into MRI.

to be able to do that. So that's really what you need to get the full picture. OK. Yeah. Does someone's ethnic background have a play into potential liver disease?

Absolutely. Most diseases. I know you mentioned about India previously. South Asians. Anyone else? Well, Hispanic Americans, you know, people from Latin American culture, like South Florida, the Hispanic community is going to be two to three times more likely to get fatty liver disease than, let's say, a Caucasian and even more than an Eastern Asian.

There is genetic factors to that. Is also lifestyle. And the higher chance of obesity and diabetes due to cultural issues like what they're eating. But there's genetic factor on the fried food.

the fried food, the amount of carbohydrates, but there's also genetic propensities. I mean, so Northern Europeans, right? They get strokes quicker. People of African descent get heart disease quicker, Arab population get diabetes quicker South Asians have a genetic prepensity to get fatty liver quicker so genetics have lot to do with every race.

every culture. Some have advantages, some have disadvantages. South Asian specifically, they'll get much quicker. I mean, we call it skinny fat. And that's how you noticed in India that since American food restaurants or fast food, restaurants have been introduced as like a double whammy because they can't actually process that.

So that also what's adding to the high numbers of I don't know. Yeah, and that's quantifying. Already you've got a genetic predisposition for fatty liver.

And then you throw a bunch of American Western standard food and diet in there that goes crazy. That's why in the Middle East, you go to Kuwait and Saudi Arabia, they don't drink alcohol, but they love fast food.

They love their treats. The love the sugar. If you ever been to McDonald's in Kuwa, it's like on the beach. It's a big family thing. You go in your family and it like a huge thing, And so they're taking in all these breads, these sugars, all that as well.

And they are not genetically adaptive yet to be able to deal with that.

Causes of Liver Damage and Alcohol Debate

Just like Aborigines or Native Americans and other cultures didn't evolve their liver enzymes enough to break alcohol down. So that's a one or two drinks.

They might get really drunk really quick and they go crazy and develop alcoholism. Oh, wow. That happens because These cultures haven't caught up, you know, and you you had a hundred and fifty thousand chemicals into the human diet in a 100 years.

None of us have caught upon. That's why you get these explosions of cancer and all these all this. And that's a big thing that there's not a lot of talk about the chemicals and the foods and everything else that really was driving.

Yeah. Is there any correlation between visceral fat and fatty liver? So if you have a higher chance of visceral fat, generally you will have more liver fat but not all the time.

So as 90% of obese people have fatty by the disease, but 50% of people with fatty liver disease aren't obese. So if you're obese, you probably do it. But of all the 2 billion people in the world, half are not obese and have fatty.

Right? So it not necessarily, um, they call it skinny fat too, especially with South Asians. Yeah, there'll be, don't be 22, 21 BMI look great, But they have Fatty liver Disease.

And that's because there's a genetic adaptation, they're storing glycans, fat on their liver in case of times of starvation and that switch hasn't been turned off as they've evolved.

So you put them on just like a Western diet or a normal caloric diet. It's much higher actually people in South Asia when they are living in America or in London than it would be in India because they aren't just a consistent diet now and then obviously the Western food.

I want to talk about some of the myths that are out there now that we're talking about, you know, obviously liver health and someone who potentially does not have a liver that that's optimized at the level that it should be.

So is it true or false? Eating liver is good for your liver. Yeah, true. That is true, why is that? So some. Of the most nutrient dense things we can eat, eggs are incredible.

All the minerals are so many good things in an egg. Grass fed beef, gram per gram is incredible, And liver because it's such an important organ because its so dense because of so rich in nutrients and vitamins and proteins that storing it is like a powerhouse of vitality that's why in a lot of in nature, if an animal is really well fed a predator.

it will just eat the liver because that's it gets everything it needs out of the level. Oh, wow. You'll see that, like especially with like mammals and sharks and things like that.

But in in nature, if they're really well, predators, raptors will eat like the brain or the or liver, because. That's where the nutrients are. It doesn't even bother with the meat.

If I eat brain, does it make me smarter? I don't know. Make you smarter. Yeah, I. Don't go that far. I do enjoy it. Depends whose brain are you? Yeah.

Exactly. Yeah, no, because, you know, obviously you see guys like the liver king out there, guys eating liver straight up raw. And, it's like, I would cook mine with a little bit of seasoning too on top of that.

So, so, okay. So for, for good liver health, what are some of the things naturally that we can eat in the kitchen? Um, that's going to help us with good to liver.

Uh, obviously first and foremost, eating clean, you know, first is let's stop the toxicity coming in. And so low tox and what easiest ways there is, wash your vegetables properly and your, and you're veg, your fruits.

Cause a lot of them have pesticides and sex that get to get the toxic. How do you typically wash them? Yeah, we have a we make a solution. You really don't have to buy any fancy sprays from the store or you can just use a, you know, bicarbonate of soda, a little bit of vinegar, apple cider vinegar.

I really do like to use good water because if you're if your washing and chlorinated tap water, it kind of defeats the point a little bit. So you know, I really think it's worth the investment to have a full house system that will give you clean water for your cooking needs as well.

Especially if you're using the water to cook the food in because you are preparing the in that and you try to limit the amount of toxins in it or remove them rather than add more.

Same with cookware. It's really about trying to lessen the toxic load and without making people paranoid or obsessed, just think about how many chemicals are gonna interact with your food before you consume it.

But I think that's pretty much, it's very difficult to find that because many people can't afford organic food as well. So if you make sure you wash it well, I you're really helping yourself out there.

Baking sort of doesn't cost much. It's not expensive to do. The pans is a good thing. Here's two really interesting sources of toxins that we're getting all the time to think about.

one of those chemical fused air fresheners that are in your car, those are super toxic heavy. Those are the ones that hang in the rear view mirror? Yeah.

The little tree. Yeah, really. Especially those ones with all the little hairs in them, little filters. Right, right. You're just breathing that chemical in a closed loop environment.

So that's bad for your liver. It's good for the body. Your liver's defending you in that scenario. That's better for everything, but your livers like, that your living is dealing with that.

Wow. And the other is like Teflon pans. Teflon pans, you know, when you see all those scrapes at the bottom of a pan, most of that's probably you've adjusted that when your eating.

That's why if you ever do use an enamel or a coated pan never use metal on it. Use silicone or use wood or something. that gets into the food all the time.

So these are big sources of toxins that are coming in. The things that we don't really think about. We're like, oh, it's a non-stick pan. Yeah, that's convenient and easy to clean, but you could be scraping it off into your food.

I was wondering why there was extra pepper. Plastic cutting board, too. There was an extra paper in my food? Yeah. Now, I know that one, man. And I actually learned that at a young age at the fire department, because obviously we live in a very toxic world when you're working in the Fire Department.

That was one of them. If you ever if you were one of the guys at the firehouse using any kind of metal, metal utensil on those pans. Yeah, you would get in big trouble.

Oh, yeah, I hear it. So. All right. so cooking ware is definitely something cooking. Cooking ware's really important. Seed oils, right? That's another thing that's going to bind up your bind, up, your liver as well and cause problems.

Clean food. Right. You're going you have butter. Grass fed butters are totally different than regular butter, so grass fed butter is good. Coconut oil, fatty, extra virgin coconut oil good.

Extra virgin olive oil. Because those first pressings have all the goodness and the enzymes and all their greatness in it. And the antioxidants and polyphenols.

So high quality, first pressing oil whether it's coconut or avocado or olive, those are good things to do. Grass-fed

butter I love. Getting a good mix, a nutrient mix as well in veg, things like that.

the way you're sourcing your chicken or your beef from, because some of it, you know, might have a lot of hormones in it which can obviously cause effects and cause stress on the liver and can be an endocrine disruptor.

Those are areas to look at as well. And then good foods we can eat. So eat clean, right, lots of veg, mix it up, proper amount of salt, the proper number of pepper.

Plastic pepper mills, that's another source of microplastics that we're getting in all the time we don't think about. So try to get ceramic or metal. That's where all these microplasters are coming in is from areas we don't even.

I mean, you're breathing them in with those things in the cart though. You know, leafy veg, Swiss chard, cabbages. What are some of the veg that are really, really good for food?

Yeah, leafy greens and you know, really like cilantro is really great for removing heavy metals from the body as well.

Testing Liver Health and Diagnostic Limits

But yeah, I would say you no fresh water is it's very simple, like the more you No, we are living in quite a toxic world wherever we all but we just want to try and do a little bit better with whether that's the air having an air filter, whether you're drinking better water, limiting buying, you Know, plastic bottles with water in it as It is about too much info can overwhelm many consumers, but it is now there are a lot of great hacks and tools out there that can really help you.

And also using different apps to measure what's in your food. So it's all about very much keeping an eye on what you're putting inside your body. Yeah, you know, I've seen how people put like a cucumber in water and sometimes like lemon.

Do those have a good effect on your health when it comes to liver? In the morning, actually, were the best things you could do for for liver health, but overall digestive health and it has everything is half a glass of lemon and water in the.

Warm water, warm water that triggers and that kind of kickstarts all of your your gallbladder and everything you're digesting the rest of the day. That's one of the great hacks we can all do.

If you can, sometimes later in the day, bar-carbated soda, which is inexpensive, little honey and some water is very good. It's also got all kinds of great protective properties.

Apple cider vinegar is really good, a shot of that in morning, that's really as well. Good basic liver health supplements really to support your… Liver, water and lemon in a morning for your liver is amazing.

Yeah, I've done that and throw a little cayenne pepper in there. Mix it up a bit. Amazing. Now, what about when it comes to supplementation? You know, obviously you guys have developed some products that are very helpful for your liver.

Yeah. You guys definitely have a background in plant based medicine. So, you know when I used to body build back in the day, There was a product you had to order it from India and it was called Live 52. Are you familiar with it?

Yeah. And it. Was like a huge thing, this product in the bodybuilding world, because it had all of these different herbs and stuff from. India that helped detoxify the liver.

How effective it, was I'm not too sure you guys would probably be able to comment on that. But I want to talk about different supplements that people can look into to have good liver care.

Yeah, So there are some really good blends out there. The kind of old school tried and true that's been used for thousands of years, milk thistle by itself is very good.

I used to use it. We don't use any more in our product because it's very effective by its self and it is not expensive. It makes the quality of it always important.

Once again, when you do supplements, the company making the supplements is integral because the amount of fillers, the quality, you know, how much is actually in there.

Um, that's really important. How does someone vet out a company? Uh, well, I always like to do is I'll look at, look, at the manufacturer. I look the website, How much do they have science behind them?

Do they update it? Who's behind it, You know? You get it. You can kind of use your own intuition to a degree. Does this, does this look like a that really cares about me or is it a.

That's just trying to sell me a product and squeezing every little Ounce of profit out of the pill before they sell it to me. How many do I need? Um, that's really important.

Who it's from, like a farmer, right? Yeah. You know, who are you buying it from? Uh, um, dandelions, very good. Um. As a, as a plant herb that we, we can take artichokes.

Very good, whether you're eating it or some of arti-choke extracts are very positive as well. Um, you know, our products at another level, be, it, 18 years of R and D and science.

And we look at everything holistically. Um. That's a hidden source of toxicity too, is a, um, great friend of mine. Uh, and she had a big podcast called longevity, but Natalie Needham and I were getting this discussion and.

She really taught me about with magnesium stearate. So magnesium steroid is, uh, It's used in a lot of supplements and a lotta pills. But sometimes in small doses, it's actually, you know, good for you, beneficial.

But it's cumulative though, too much of it can actually be really toxic. And if you're taking too many supplements a day, you get into what's called supplement fatigue.

But if there's a little bit and you take one or two pills, so be it. If you are taking 30, 40 different supplements and all those supplements have magnesium stearate in there, that can load up on you.

You can start to get some damage and be stressing your system out as well. Because it is sometimes listed as a manufacturing process, Or as an other ingredient, you don't know how much is in there.

Oh, wow. That's a, that's, uh, big thing. And that, so they hide a lot of stuff in food and manufacturing like that. There's big controversy with McDonald's to where, um, they got sued for this next year to change it.

Jamie Oliver is the one that the years it took them to, took him to task on this. Yeah. What McDonald was doing is. The beef they were buying a letter was older quality and not the best quality to read Brown is they would give it was called an ammonia bath.

and they just wash it in ammonia and it turns pink so that the meat looks really fresh. But because that's a manufacturing process, it's not an ingredient, so it wasn't listed.

And there's lot of little techniques that they do that that can happen. Binders and fillers, that way with capsules and pills, there can be all kinds of stuff in there you might not know.

I used to make pills and a lot of our detox supplements. We only do liquid now because now that I'm knowledge-based and education and the expertise surrounding us as well, we stay with liquid because you've got more bioenergy and more magic is happening, and you keep the bioavailability and quality as you got to look at.

You know, you actually do soil samples at the farms that buy the ingredients from. because you want to make sure you're not getting heavy metals or pesticides in there.

Are you able to see like how much nutrients is in that soil, too? Yes, you are. Yeah, yeah. That's really important. What's happening globally is the overuse of fertilizers and the overviews of that's getting a lot of metals and stuff.

A lot the soils dying in the world. And because we're doing proper regenerative farming. And in order to keep these farms productive, every year they're using more and more chemicals and that's affecting the food.

And that getting into the veg and the fruit, and then that is getting in to us. So regenerative farming is important. They don't talk enough about that too.

We've got a huge problem and it's getting worse because we're killing the soil, we are not properly rotating crop rotation, GMO seeds, you know we aren't doing a lot of the techniques that our ancestors did or nature would do.

So you guys have your product, the Deliverance product. Now, how many formulas did you guy make to get where you're at right now? The best success comes from failure, and you learn the most.

Not as many nos as Colonel Sanders got, or as 10,000 failures that Edison got before the light bulb. It took 18 years of R and D and I had to completely change my paradigm as somebody that came from a Western medical background.

In about 2012, I really got into Eastern medicine. And I love the philosophy there, which is, you know, in a proper Eastern Medicine doctor, You would pay him every month and he would give you your supplements and your herbs and you're tinctures to keep you healthy.

But if you get sick, he stops charging you and You don't pay them to get better. So the whole incentive as a caregiver is to prevent you from getting ill.

Whereas in the West it's turned around, they kind of wait till you're sick and then they pounce on them and everything's expensive and they're trying to react to it.

So I really shifted to prevention of medicine. About nine years into the formulations and studies, we came across this traditional Korean medicine for hepatitis, which was amazing, 1000 years old.

I loved some of the science behind it, that's clinical studies. And then we really started working on that. And how do I make it more bioavailable? How do we bring Western technology into this?

how do we make things more bioavailable? How do you absorb it? And how to use liposomes, how we use nanoparticles. How to I pull out the best bits of the plants and leave the bits that aren't necessarily as important.

And then how are these interact with each other? Like how does this plant play with this one? Because some of ingredients we used, most herbalists or Chinese doctors said, well, that doesn't do anything for the liver.

I'm like, no, not in its own. But if you mix this molecule and this molecular together, And then you heat it up to this and then lower it to the effect it's having.

And we formulate off of doing studies. So I'll do a formula, we'll a study, I will adjust the formula. I do another study. The science and the data comes first and that's driving the formulas.

A lot of formulators and developers, they put together this great formula because it looks good on paper and they sell it. Well, it has all these things in it I need to know way more than that because we're affecting change.

I'm not just trying to sell a product. We don't sell the product in Amazon because I don' know who's buying it. Like I, we are obsessed with patient outcome.

How good are we taking care of people? Are we enriching their lives? Aren't we preventing disease? All we helping. Are they feeling good? Or are they having bad effects?

Ethnicity, Genetics, and Fatty Liver Risk

So before we put anything out there, We go through years and years of it so I would say the modern version of deliverance at about 52 iterations. And that's just in the last nine years, the nine before that, you know, when you're constantly doing and no, You know I can't take the credit for creating it on my own because no one doctor scientist could have created this because it took so many different specialties and modalities and ways of thinking to do that.

and some of these like I worked in endocrinologist in London. Who couldn't stand the molecular biologist that I worked with in Australia, and they thought like this, but I didn't need them to I just, I would work and let's figure out how we get in the cell membrane from my guy that knows hydration really well as a professor in a straight up.

And then how do I work endocrinology what's, what are we looking at here. What are the glycemic indexes of this honey versus this one? And how can it be safe for my cancer patients?

How can be it safe or my type two diabetics? Then I would look at a hepatologist and the hepatologists are like in tunnel vision for the liver. They're just looking so deep at the livers.

The liver, as we talked about, controls all these other organs. So you need to look everything, right? What do we do in the oxygen, the blood? how's it affecting the spleen?

The muscle relationship too between the, you know, inter-directional relationship between muscle health and liver health is paramount. So we look at it, that's how we formulate.

We kind of step back and bring in all these different experts and consciousness to develop and that is why the formula took so long to do. But in turn, the proof is in the pudding.

That's why it's so effective. And we hang our hat on not only the science and the data, but most importantly the results. in an ideal scenario we can get them to is we want the customer or patient to get their bloods done under a scan or an MRI, take deliverance, and then as soon as 90 days again, we'll test you again.

So if your left brain and you want to see data, you're going to the evidence. You're gonna see what it's doing to my blood panels, my metabolic outcome, what's happening over here with my lipids.

And then right brain or which to a lot of people, more important, how are you feeling? Right. How's your skin? How is your hair? You happy? Are you getting more sleep?

Less brain fog. So we're looking at it from all angles to do that. And we are constantly evolving. We're always innovating. I'm already trying to look over the horizon at the next things that we were doing and how do we help people.

God forbid if somebody was getting a rash or itch or didn't like it or why is that happening? We had one I mean, because everything's so natural and high quality or efficacy rates super high, the adverse reactions is incredibly, incredibly low.

We had a gentleman that was on a clinical trial. He kept getting really bloated after he took deliverance. That was really weird. Never heard that before.

And it turned out he was taking this probiotic yogurt and just taking deliverance at the same time as the probiotics yogurt was making him party and gassy and bloaty.

So I just said, we'll take it a different time of the day. He loves it. You know, he's been in the product for two years so that you do get some, but generally, uh, with the closer you stayed in nature, the less problems you have with

anything.

Right. Well, what's in. The formula. There's there's 17 active ingredients. Um, a lot of it's based off traditional Korean Chinese medicine, um, Ayurvedic.

Uh, one of the key ingredients in it is this thing called C and all, and that's our trade name for it. It's C-based polyphenols. And it, is there's one type of sea kelp that grows one place in the world, which is in Jeju Island, South Korea.

and they've eaten this sea Kelp for a thousand years because it gives you like cognitive effect has been made as a T. But also I found fascinating that I saw from a different angle was these like hundred foot kelp forests.

And the fish that live in these kelp forests are some of the most prized expensive fish in all of Korea. And it's because they're eating the super antioxidant-rich sea kelps.

So I'm like, that's another hint as well. My partner over in South Korea, Dr. Lee, spent about 22 million euros, 15 million pounds, and over 10 years isolating the molecule that exists in that sea-kelp.

And you're a process, we take a thousand kilos of this kelp and it's great cause it regenerates all the time. So it actually been net carbon, right? Where it sequestering more carbon than it is taking off.

Our carbon counts probably really good. We harvest a 1000 kilos. Which is like bigger than this room. Break that down and basically refine that to get one kilo, which is about that big.

And then it a four part distillation process. At the end we get 1 gram. So that's a one part per millionth extraction. But the antioxidant capacity of that molecule is off the charts.

It's 150 times stronger than land-based antioxidants. You'd have to eat like a thousand blueberries to get the same ORAC score. Super, super high antioxidate.

And it also increases neurotransmission. So when you drink deliverance, you're getting the mental clarity in minutes. And that's because we also nanomecapsulated as well.

So it's going right into the blood brain barrier and you are thinking faster and clearer. We think antioxidant capacity is actually affecting the mitochondria.

Okay. So that's like one ingredient, right? And then we've got certain ones that are affecting like the spleen. Some are helping with kidney function.

Summer oxidation in the blood. Several of them are known for its properties with alcohol. Somewhere antifungal summer antiviral, some help with parasitic.

The cool thing about Chinese medicine is we got 5,000 years of copia. or have written knowledge. So there's just this awesome database to go to and to find what works and don't work.

I'll give you this great book that we did. And I love plant medicine and plants. There's a really beautiful illustration of each plant. Then I put the molecule for the science people like myself to see what the molecular structure looks like.

The Chinese medicine name, the Latin name. and then a full description of each ingredient that's on the website, too. But you want to geek out and really look into it.

It's really interesting. And and how they work in like kudzu is one which is really cool. Kudzoo is it's like a vine with these beautiful purple flowers, but it has fantastic medicinal properties.

Diet, Cooking Habits, and Liver Support

Like in the south of the United States, it is like this pest, like an invasive vine that got here because it was pretty and it keeps like clogging up like forests and canals and stuff.

So it looked as like weed or a nuisance, Health benefits. Yeah. Wow. Amazing. Cassandra, what is one of the greatest testimonials that you've seen of someone who had some kind of liver issue where you guys have been able to really give them their life back?

Wow, there are quite a few. It's a very good question. And it's hard to pick just one, but there's always a view that stand out. The great thing that we are so lucky at the conferences like Unimonia that just happened this weekend, because we have so many people coming back to us who perhaps had a scan last year.

And they did what we suggested, and they were disciplined and took their deliverance. And perhaps they weren't able to get a scan until a whole 12 months.

But they come back and say, wow, you've completely changed my numbers. My numbers were dangerously high. I would say probably John Spence, one of Siggy's friends, close friends who's been a big supporter of us for many, many years.

And has taken the product, but people, you stop taking products after a while, if you kind of forget to reorder and maybe you're traveling and you haven't stocked up and gone somewhere else.

So we've seen that when you stopped taking it and perhaps your life gets back in the way, your numbers can creep up again. Right. So I would say probably the the best is, you know, when when somebody's had high liver, liver fat, and then we see them at another show in person and they're so happy with their scores that, often it's very emotional moment.

Wow. People come up and hugged us at the shows in the booth. Really? We had to remember that there was a guy we had. We're a biohacking conference this summer.

And this really great, just ball of energy, really cool guy ran up to us. He was really excited. And he goes, Sigi, I want to tell you the story. I met you at the Don't Die event about three months ago, and I got a fibroscan and had fatty liver.

and went to my doctor in Miami and they confirmed it, And I've been on deliverance for three month and then I went back and you guys gave me another scan and showed him the score and she said, no, there's no way that's true.

And so he said, no, but they use fibroscan as a victim. And she goes, yeah, I don't believe it. So she made me go and get a MRI and I had to pay for it, like how much did she pay?

I said I paid $1,200 out of pocket. I say, what'd the MRI say? Fatty liver disease is gone. He's like, I'm like you should, you just go back to her and she should pay the bill, right?

Because we're using a gold standard machine as well. There's one story I think with the little boy was pretty, that's pretty incredible. I'll let you hear the audio afterwards.

We got this call from a doctor we work with in Germany, the University of Cologne. And she said, Siggy, we didn't know this until after. She said I had this boy that was on the liver transplant list to be working with, nine years old, and he was set to give a liver transplant and we were waiting.

And she said, you know what, instead of while we're waiting and the food where we worried is we put them onto routine of really good food and dancing and laughing and put him onto deliverance.

We just tested him again in 90 days and his liver function has gone up to the point to where they've aborted the

liver transplants. He's off the list and is going home.

I cried when I heard that. Wow. She's a professor actually amazing lady. And that was three years ago. She says he's totally fine now as a liver issue since then.

So we get a lot of just just heartwarming stories. That was the most incredible because it was a little boy and we don't actually we're not allowed to tell people under the age of 12 to use the product.

But she's the professor she had done that but We've had a lot of family members interesting where maybe the mother had fatty liver disease or the father did.

And then we cured it and then their children maybe have acne. So sometimes the kids are taking it for acne or for the focus. The parents are taken it to manage that as well.

We do a lot with, uh, with a cancer patients. That's a big area for us to pro bono area. It's very passionate area, post cancer, um, well, not post-cancer post chemo and pre-chemo.

So somebody has, has undergoing chemotherapy, right? Which is ravishing to the body. 50% of people in the going chem I have to withdraw because the toxicity is too high.

Right. They get too sick and they have the door to kill them. And that's why they're losing hair and just really ill. and that too, so we've always made it a point to anybody going through that will treat for free.

And what we do is if it's active, we'll talk to the oncologist, they'll take one of our doctors, will put them onto deliverance to build up their immune system, build their liver so that when they do go through their therapy, there are gonna be much better defended, much more prepared and suffer less of the ravishes.

And then post-treatment, we come in to help rebuild them and to get their immune system out and that philosophy of chemo in, chema out. And we're just in the process right now.

We've been going back and forth. Just going through the committees and paperwork in a partnership with city of hope, which is a really amazing cancer hospital in LA.

I think they bought cancer centers of America or vice versa. So it's cancer is American city of hope, and we're going to be doing a joint study together on using deliverance as a positive to mitigate the effects of a treatment that some people really need as well.

So I think that's a really good area that we can help. That's awesome. And that story with the kid, man, that's a powerful story. Yeah, I'll send you the audio clip as you call me.

You know what? If you sent it, if you don't mind, out of love for the viewers and listeners to listen to. That'd be amazing. So that that those are the stories that I love.

Those are very heroic stories of why we do what we. Is that a tremendous change that you made in that person's life? So, you know, when it comes to the detox in the world, there's a lot of nonsense that's out there.

What are some of the myths that you guys have seen when There's a lot of extreme blushes and programs and you can't just do, you know, 30 days, 90 days just to people think they just need to detox their liver without really knowing much about it.

So we're not big fans of it extreme. It's really just a to be conscious and pay attention to what you're putting in and If your liver's been under some stress or you've indulged a bit over the holidays or what, of course, there's nothing better than you can do is just giving it a break, fresh water, and deliverance is really beneficial for that purpose as well.

That's why we often get asked, how many do I need? How many I do need if my liver is already healthy? Well, we want you to prevent yourself from getting liver disease as well.

So it's really beneficial to take it daily. But of course, if you know your liver's already in good shape, take as needed. It's often taken just for the mental clarity.

You know that every single dose that you take is really benefiting your lever, but also it is nourishing all the rest of your internal organs and giving you more mental quality as Yeah, that's a hundred percent sure to start there.

That's where you start to and a lot of these detox programs you're trying to sell you something to a Detox program. I think is very vital if you if and I my business for 20 years been creating detoxification programs for rehab clinics and for You know to help with addiction and things like that and that scenario we need to potentially intervene but nothing detoxifies better than the body so the liver and And the kidneys and your skin and you're body's ability to actually be so amazing.

We just need to support that, give that everything it needs. But some of these programs are out there is like this 10 day program or this diet or et cetera.

And what some are these are, they'll put a lot more supplements together, a little more pills or ingredients and what that's doing is that. Kind of an active version of trying to push your body.

I don't actually believe in that anymore. You need to let the body detoxify when it wants to and support it to do that. And some of these programs can put you into detoxification and If you dump too many toxins into the body at once, you could get sick.

You could lower your immune system. God forbid if you've got cancer. So there is a risk to some of those programs. Another one that's a lot that people don't look at properly is if go into detoxification, your body does, right?

You'll have breakouts too, because toxins will start coming out of the skin as well. And you'll see that with Ducks programs is it's very caloric intensive.

because your liver is working really, really hard. So pushing your livers into an induced detoxification without proper nutrients, dietary plan, binders can actually be damaging.

Supplements and Deliverance Formulation

And if you're not getting enough calories, It's like like the weightlifting, right? Or like running hard. You go work out really, really hard if you don't have the right nutrients, you're going to cause damage.

Right. And you could cause damaged your liver by going on an intense detoxification program if not getting the calories and nutrients in as well. So those are some of the programs.

I think sweating is still the best form. If you can sweat and support your body within electrolytes and maybe a binder, that's a really great way and an expensive way to The detox getting that infrared sauna, right?

Oh, yeah. Yeah. And infrared is great because you're getting the light. You're always the late aspect of it. Plus, that's as well. I think that when you do do that, it's if you when do you work out and if your sweat a lot, you need to get take those clothes off.

Right. If you wear those close going to back it right. That's a big thing to do. Also, we're moving a little more towards High-frequency, and Cassie's really been a big driver on this, high- frequency fabrics and stuff as well, because especially like with the armpits and the granule area, a lot of these chemical and manmade chemical synthetic shorts and pants and underwear, that's actually could be as a source of toxicity as Well, so we're moving to more like linens and bamboos and cottons personally for our children, even our staff, all the shirts we had this

weekend, we'll go into linen right now because we need a higher vibration Fabric as well.

So, wow, I like that. Yeah, that's important. You know, there's a lot of talks for many years on CBD, right? And, you know. CBD has a. Lot of different benefits.

There's. A lot. Of research behind CBD. I want to talk about what do you. Know about CBD being effective for anything related to the liver? So I worked in the cannabis industry before it really even was an industry.

I've been involved with detoxification and cannabis for about 28 years. And really interesting is we used to look at cannabis metabolites and the fat and bloodstream as a toxin.

And it's interesting, because if you do most, I'm a little off piece here, but I'll come back to it. So most drugs like methamphetamine or cocaine or heroin, all those, they're out of your system in 72 hours.

Because it so bad, your body's like, get this out. And cannabis stays in your systems for like 30 to 60 days. Everybody in the health and medical world always looked at it because it was a toxin.

It was just a toxic that binded with your fat cells and it gets stuck in you fat and is really bad for you. And I was at a cannabis and this is somebody that I actually invented detoxification programs to help get THC out of your fat cells.

And. I always had a talk about 10, 12 years ago, and we're going out to the endocannabinoid system, which is something we were really learning much more and more about in the last 20 years.

and I had this epiphany, I realized actually the reason that the body is holding on. to the CBD and the THC metabolites and fat is because it's so good for you, that your body's storing it in the fat to burn later like it would a vitamin or a nutrient.

So I was like, oh my God, my whole career and all these things that we've been thinking in this whole industry was looking at CBD as a toxin. Actually, no, it's the opposite.

It's incredibly good for you. Wow. I had to admit that I was looking at it completely the wrong way, but that's how I've been taught that. But the CBD, and especially when you've got both sides of it, where you have these two really bits with the THC side and the CBD, when he get them all fitting together and if they're really well sourced, is incredibly from an antioxidant perspective, It is incredibly good from an anti-inflammatory perspective.

Very good for pain, for glaucoma, the health benefits. It is actually one of those miracle plants that God gave us. Avocados one, aloe vera is one. The cannabis plant, there's the uses of a cannabis plan are incredible.

Like everything from the cleanest burning oil to the strongest natural fiber. And the medicinal qualities are- It's just about quality. About quality and they're fantastic.

Especially with cancer patients as well, which I'm very passionate about. A lot of them, the worst damage that you get is you can't get asleep. And lack of sleep is the most damaging thing for your health and definitely if you're sick.

A lotta them also, because they're on heavy cancer medications, they are not eating as well. They're not getting any sleep, and they aren't getting nutrients, or they ain't eating their proper diet, so they aspirating it.

And I was always been a big fan of some of the CBD oils that you would use in the mixes and like the Rick Simpson method and those as well, because those can be taken orally because if they're sick, you don't really want them smoking it, right?

And they are not doing it to get high as so much as maybe for cessation of pain, so they try to They're trying to get an appetite and they need to sleep, right?

Nobody should deny them that. Yeah. And one of the best ways to give that to somebody is through cannabinoids.

You know, the patient starts sleeping, they're getting better, got better defense.

They are able to eat, keeping food down and not suffering with pain. So I'm a huge fan of that from a medicinal perspective. I think too much recreationally can cause idleness, but that's, we're talking about medicine here.

So from a medical perspective and somebody that truly cares about healing, I the properties of it and the more we learning about it are very, very effective.

I don't know that much about, it's now there's intravenous forms of, which I, think is super exciting because by doing that, you're getting a hundred percent bioavailability by, doing it as well.

so I'm excited to see as that side of its expanding. But once again, if you've got, and it's weird in the US, you can't get a lot of those oils. You can get like the gummies and candies and whole menage of different types of cannabis products, but they're not, it is funny how the drug companies have kept out the really effective medicinal side, which would be the oils that people can put under the tongue to get right into the bloodstream.

So if really wanna get the best properties out of it, and it can be given through an infusion, then you're going to get the full bioavailability. You're not going have any of the risks of smoking it, and you really going let it get in there and do its thing.

I think that's how you can take somebody that can't eat properties and sleeping and you get it into their body and stuff to have the effect. And there's incredible anti-cancer properties with cannabinoid disease.

I've espoused that for 20 years. That is well known and it's been incredibly fought and kept into a box, but I think from a medicinal side, I get from God the aspects that it can do for medicine for people that are sick and suffering.

So what's the next big thing for you guys? Well, we, uh, cause Andrew and I, you, um, I we have five kids, five kid together. We have two together, three grown ones, one of which works for us.

Um, so we travel, where we're incredibly busy. We love our children so immensely that we take them everywhere with us downstairs right now. They're homeschooled, they're tutored.

Uh, incredibly, uh, precocious and educated and knowledgeable and incredibly healthy. So us as a family, you know, we travel and we traveled everywhere, going to conferences and speaking and seeing clinics and taking care of patients and doing studies and all that.

We're going to chill right now because we've been on the road. We've in Australia and Singapore and Bali and Greece. And they go with you guys everywhere.

Everywhere. Wow. They do. But I'm really looking forward to, you know, I really, really realize when you get a different sense of perspective how great America really is.

I mean, there are some great countries and you can explore the world. But we really have it so great here and it's such a, you know, clean and safe environment for the children.

So we're really looking forward to just resting, looking, after ourselves through the holidays. It's hard to keep up your biohacking on the go. We do that.

our luggage, it's something else. We're trying to bring the gadgets and the subs, and we do the better count, but you know what, as long as you get some fresh air, sunlight, keep up with the exercise.

And with children as well, people say, how do you manage that? I'm like, well they mirror your vibration. So I try and keep the same rhythm wherever we go.

I think we're just gonna rest and recover now, next year, we'll probably do a few more tours around the US. Yeah,

it's good holidays coming up. You know, my favorite holiday is Thanksgiving or the day of gratitude.

So that's coming out. We have a lot of biohackers coming to our place. Coming up, yeah. A lot family but and laughter. Very funny. be silly with our kids and family and our patients that that is a lot that really you've been by our boost you know our whole team is all massively positive and stuff so with energy good energy for sure yeah but i think right now especially because you we were very blessed to um that's a great involvement maha what's happening with bobby's doing and and oz and the group uh in the u.s is it's it' s also an incredibly unique time it s the only time in It's the only time in the history United States that the president has had the ear of the wellness industry, right, and not being dictated to by the pharmaceutical industry.

And this is a narrow window of time. At worst, we got two years left, maybe more, but we're transforming the health of this country at lightning speed.

So we are not actually going to go back to Europe, which we live usually half the year next year. We're going knuckle down here and try to help support Maha, support the country, do as much as we can with some really cool initiatives and keep up the momentum and help push it and spread the word.

It's very important to us. And also now Maja is starting to spread to the Europe. Oh, really? We're starting to see Dr. Malone, who's one of my heroes.

I actually got to meet in person at the Bobby's Maha Ball inauguration. Sat next to him at dinner and I gave him a hug. And he's now he was addressing EU Parliament.

Oh yeah, it is. One of the effects. Yeah. Well, I mean, think of one. Of the greatest immunologist and doctors that created vaccines that tried to warn everybody about the last scenario.

They tried. To run out of business and destroy him.

Testimonials, Detox Myths, and CBD

He's now a voice of reason and medicine and taking back control of health. And I think it's so transformative what's happening. Some of the initiatives we're looking at working with Maha and a lot of what Dr.

Phil wants to do is obviously a big influence and the big help and big proponent of we doing and you're doing, so many people are doing. is starting with the children, is what we can start doing in the schools.

And so after we had that, it was with Dell Big Tree and Dr. Phil and my lovely wife, and there's like 30 of us doing a fireside early this year. They said, what are the fatty liver statistics on kids?

I'll go find out. And I came back and children between 12 and 18 years old is 17% of fatty liver disease. Children under the age of 12 is like 10%. That's crazy.

That has to change. Yeah. And so, you know, we live in a country, in an amazing country that's spent more money on children's health than anywhere in the world, but 50% percent of our children are chronically ill.

You know, and that is, that, is that as evil and unacceptable. And, uh, I think one of the things we can help doing, with this, the, this scanning and the schools, i think is a good thing.

Because when somebody gets a fiber scan, you show them, here's your liver and you do your fatty liver disease. You make a connection with your lever and now built a relationship with an organ.

And, you know, going and giving a bunch of kids blood tests probably isn't, that doesn't sound appealing and most parents won't like it and it's not nice.

Giving a non-invasive super soft and squishy scan in 10 minutes and showing them and then tying that in with the

food programs that we need to change in the schools and getting the artificial dyes and all the crap out of the kids and change the diet.

we can prevent them from getting sick when they're teenagers and adults because they are getting younger. Right. So a lot of the initiatives that we're going to work and help and support, um, and this is all, that's all pro bono stuff.

I think, Um, That's exciting for us. Um. We've had some people working on a couple of years and we were really getting into and start some studies. You might actually do one of them at university of Miami is, you know, cirrhosis right now is that, they tell you it's irreversible.

we're very confident, and I've got some top stem cell doctors on this working with us as well, that we think we can actually use. So imagine needle the size of a hair filament put into a liver where it's fibrotic with programmed stem cells to open up that dead tissue and open that liver back up.

And I think through stem-cells, because remember, 50% of the people on the liver transplant list die before they get the transplant because they can't make it then.

Our goal is to try to at least keep them alive longer so they get to the transplant with deliverance and diet and protocols. But I think with some of the stem cell technology, we might be actually reverse cirrhosis, then you don't need the transplants.

So that's super exciting from an innovative perspective. Yeah, I bet. Um, but at the end of day, the more knowledge we can do, that less people have liver problems.

I just told these hepatologists, it says, you know, what we're trying to do you'll have less patients and then everybody wins. Right. So guys, we're going to have a little fun really quick.

Yeah. So one of my favorite podcasters, Stephen Barlett, with the diary of a CEO. Oh, he came out with these conversation cards. I'm going have you grab that.

You'll open it. Each of you gets to grab one card out of there. And then once you grabbed it, you'll read it and answer it You go first, baby. Ready when you are.

Are you doing one or just us? No, just you guys. OK. Is it ever appropriate to hurt someone's feelings? Richard Hammond. That's a question. Am I supposed to answer it?

You answer. Oh, I'll answer, OK, got you. No, generally it is not ever appropriate to hurt someone's feelings in my opinion. Would you answer it the same way?

At first you would send the awesome because funny ego kind of cases. Well, sometimes people deserve it or they But but at the end of the day if I did do that I would I wouldn't feel bad later because no because it's you know, we're trying to spouse positivity and not to do negativity but it funny how the ego at first is like, you Know, maybe they deserve but no.

No, there's no reason to No, if you've ever seen a kid yourself more, really? Yeah, If you ever see a kids say it hurt my feelings, you'll never you could never consider hurting someone's feelings again.

No. Yeah. I'd say no. Is that Richard? Is the Richard Hammond from Top Gear? That's fantastic. What do you think? Me personally? I'm not the best guy to ask that question.

Yeah. The chicken says nay. You know, I try not to hurt someone's feelings, but sometimes you got to be honest and truthful with someone. Right. And if it's gonna hurt your feelings.

I think honesty is the That's a good point, actually, because some people can take things personally and you have no intention of hurting their feelings.

I think probably what differentiates it is if you intentionally want to hurt someone's feelings, so that is wrong. That is why I read it was what I intentionally do it.

So one thing that I do is I always get permission. You know, so I'll ask somebody else, you know. Hey, Carlos, do I have your permission to be very direct and firm with you right now?

You. Know, once they tell me, yes, I got permission. So there you go. That's a good way to do it. Yeah. But you need to. Be honest with people. Some of these people need.

To hear it, even if they don't want to like it but. If you look at it, the way that I questioned was like to say it to somebody like, yeah, even if they were evil person, would you, is an evil when I say, it just hurt their feelings.

No, but if, if there were bad person and I said, well, I'll tell them the truth for sure. Yeah. Cause you do need to do a little tough lover. a truth slap with a fish sometimes.

Sometimes. Or if you've got sarcastic British humor, you can be teasing with it, which, sometimes could be meant with no malice, but could end up hurting people in the wrong way.

So Siggy, what do you got? When do feel the most emotionally connected to yourself? Tony Hawk. When, when do I most, emotionally feel connected in myself?

I think probably with my children. You know, when you're with your children, especially you kind of being silly and you this and reflect and, you see things in them and then you, and your having a happy time and laughing with them.

When you pray, I mean, praying sometimes is very emotionally connected when your grounded and it's just you and God and thinking. That's like a very special.

Practice your gratitude, because I practice a lot of gratitude and that's important because you reflect on it. Well, she connected. Yeah. Digit because as a, you know, being a tough guy, most of your life, we get you try to get more centered when you're older because you want to be, ideally balanced between masculine and feminine.

And to do that, and then you become I think you become a stronger man when you're more connected to your feelings and you address emotional issues and open yourself up.

And that's why having a fantastic wife like you do and I do. It really gives you that balance. There's a great thing that Cherokee is saying that said a woman's highest calling is to show a man to source and to God, and show him emotionally balanced in that side of life.

And a men's greatest responsibility is to protect a woman to allow her to do that. Wow. Amazing. So with my partner, yeah, with true love of my children.

Nice. Guys, so as we start wrapping up here, if there is one person that's listening or viewing this podcast, what is the one thing that each of you can leave them off with?

I always like to thank people for listening and giving us, all of us right now, the most precious thing we have in this life, which is time. And it's the one thing we have the least of, right?

And that's one think we need to, uh, to use properly to enjoy and appreciate. And the, the thing that we can all do for our health and wellbeing.

Family, Future Plans, and Closing Advice

It's instant. Does it cost you any money? Uh, and it, it is just be conscious. Being conscious of being present right here. Now what we're eating. what we're drinking, what were saying, how we are acting, emotionally affecting other

people and vice versa.

Just being conscious, that's the best thing you can do for your health, everybody can and everybody could do it immediately, just be conscious. I'd just also like to point out that, you know, often people listen and they feel that there's a loved one or perhaps they personally are suffering from something, and then just not sure how we could help, but they can always reach out.

All of our team are dedicated nutritionists and specialists. You'll never get a bar or an AI chat or any of that when you contact us. Our customer support team our amazing.

And if it's more complex question, it gets kicked up to all our nutritionist dieticians and when needed, our MDs. So I would say just email us info at loveyoliver.com if you have a question.

If you don't know where to get a scan, we're working on getting as many locations as possible up and running. But you can also Google Fibroscan to see if can just get one like a referral from your gastroenterologist, which is sometimes tricky depending on insurance.

And that's really what we are trying to change to make it really accessible. We don t want price to go in the way of helping people. I'd encourage people to reach out.

You can DM us on Instagram. I'm gonna be setting up a code as well that will help with like a discount code. So whatever you want that to be, Sam will announce that.

People can use that code Awesome. Guys, it was a pleasure to have you guys on a Healthy Point of View podcast. Thank you for sharing all of the information and allowing people take true control of their health.

Pleasure to be here. Thank you very much. Guys, you heard it from both of them. It's extremely important. Number one, live in the presence, be conscious, right?

Lifestyle is extremely when it comes to taking care of your health, especially your liver health. So you might know someone or it might be you who could have fatty liver.

You got to take that first step, that proactive approach and do something about it. Guys, make sure you take this podcast, share it to all of your friends, your family.

It might that one person who gets it that you can change the trajectory of their health. Make sure like, subscribe and all that other fun stuff and we'll see you for the next one.