Introduction and Guest Background

I welcome back to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura Frontera. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Jonathan Landsman. Hi, Jonathan. Welcome to the summit. Laura, thanks for having me. It's a pleasure to be here. Very important topics we'll be covering today.

No doubt. If anyone is interested in cellular health, it's a good place to be. It is. And, you know, you're a bit of a legend in the health space. So I'm really honored to have you here.

I'm really glad that you were going to be sharing your expertise today. And, you know, you've been around for 35 years. You've been in the health and fitness industry.

You're the host of Natural Health 365.com, which is actually one of the most popular natural health websites in the world. And it offers a free newsletter, podcast, videos.

You really cover it all. And you give the best information in science and natural health solutions. And I can't believe this. You've created over 500 online programs.

That's incredible. I know what it takes to just build one online program. You're the creator of six bestselling online educational programs. You've got programs on cardiovascular, fatty liver, doctor's class, and so much more.

And you really are an industry expert in cancer. And we're going to cover that today. We're going to cover cellular health and avoiding cancer cell growth naturally.

And we're going to go into some really important topics that nobody's covered on this summit so far. So I'm really excited to get started. Just welcome, welcome, Jonathan.

And thanks, Laura. That's a huge introduction. But definitely I don't take most of the credit. Just thank God I've been able to interact with so many great integrative health care providers.

I've also had my own incredible personal experience and I'm looking forward to sharing with you. But definitely these are important topics because I see this all the time.

Laura. People don't get these kind of things right. They struggle and struggle even when trying so hard to do other things. And that's exactly what we're going to probably touch on first when it comes to emotions, if that's where you want to go first.

Yes, I do want to talk about emotions, but I would also love to know your personal story. So however you want to weave that in, if you want to weave it in first or tell us as we go, whatever suits you.

I think you covered it really well in terms of everybody just wanting to know the basics here and get to the meat and potatoes of this and I've been in the industry for over 35 years.

So brick and mortar, you know, health and fitness facilities and taking care of literally thousands and thousands of people every single year or through that and then transitioning to online.

But in the online world, I've, you know, met a lot of great people when we're focusing in specifically on cancer. Stanislav Basinski, blessed memory, doctor Nicholas Gonzalez, you know, very dear friend of mine.

And so a lot of different people in the cancer space that have spoken to me over many, many years in terms of different things that they've done, things that they've witnessed.

So there's no doubt, Laura, as I get older and I have spoken to so many hundreds and hundreds of providers, they too have been changing. I started by thinking food is it?

And don't get me wrong, food is important. And they started that way with physically telling people, you got to change the way you eat. It's the most important thing.

And I've heard time and again how many of these providers, including myself, I'm seeing it time and again, much more as, like I say, as I, as I age, that emotions are a bigger part of it because you can do a lot of the really healthy foods and supplements.

We're going to talk about some things that I've noticed over the years that people have got to kind of consider, I think, a little bit more than, what they've thought about in the past, perhaps, and certainly very little of this stuff that we're talking about today is published online.

Emotions, Fear, and Cellular Health

Most people are not talking about these things at all, but there's no doubt things like fear and anger, resentment, guilt. You know, the biggest thing, the biggest umbrella problem when it comes to emotional well-being is fear.

And obviously, I think inherently in that word, whatever it means for each person is very difficult to think about these things and to talk about it because we're so afraid about one thing or another.

But I do know for a fact that when somebody really handles that fear, they overcome it. They transform, if you will. It's not like they didn't have it before.

They don't understand what it is, but they just look at it in a whole different way. And we can certainly talk about that a lot more. You know, once that happens, life is so much better.

And when it comes to cellular health, it's extremely important because our cellular physical health, the way our cells function, the way we take in nutrients, the way we get rid of those waste products, and how everything in between functions so well or not, is so strongly based on how we emotionally are.

And if we're in a very fearful state, certainly that's lowering our immune system. It's severely compromising our cellular function. People are so concerned these days about leaky gut not absorbing enough nutrition.

You know, people hear this idea of never eat your food when you're very, very upset about something or angry or, oh, hello, this is all about emotions.

And so if we don't get these emotions right and really kind of look at them differently and not have them control our life, we don't do that. We're in for a lot of trouble, even if we're taking organic food and the best supplements are trying to meditate, exercising on a regular basis.

I have so many stories of people who have actually said to me emotions. That was the thing that made the difference. And health care providers who are now saying it to me more than ever in the last few years, that this is what we have to get, right.

Yes. I'm so glad that we're starting here and that we're going off the beaten path of what most people in this summit are talking about. In my own experience working with clients, trying to restore, you know, immune health, gut health, they've done everything right.

But the one piece that they've just not been willing to dig into and to heal is the emotional trauma or the negative feelings or the low vibrational feelings.

And I've actually had conversations with people before where I said, I can't help you any further until you heal this piece. And so I'm going to refer you to somebody who specializes in this.

And I have to tell you, sometimes people get upset about that and offended. They want to supplement. They want a food. They want some special thing that will solve the problem.

And they don't want to address this huge piece that's uncomfortable, that, you know, you might have to revisit some negative things that occurred in your life.

So can you dig a little deeper there? Why are emotions step one why do you focus on this so much, especially with your work around cancer, chronic disease, right.

Because of what you just basically said, it is central to how our body physically works. I think the difficulty law is that a lot of people are conditioned, certainly in the last many, many years, to just do what you were talking about, just recently, for the last minute or so, about looking for that magic bullet.

The Western mindset is to go to a conventionally trained physician and just look for that surgery, that chemotherapy agent that I'm going to pump through me with some radiation therapy.

I'm going to go for several weeks, many, many sessions. And, you know, just I'm done. Yeah. And so it's looking for that magic bullet. And a lot of times I feel like most people aren't even aware of how conditioned they are to be looking at things that way.

Emotions are happening countless times a day. They come into play with everything that we react to during our day. But I know from my own personal experience, you know, this fear can look like so many other things, right?

Fear is the big emotional state that sort of drives things like anger. Laura I was an expert at anger when I was in my 20s, and I would like to say even, a bit in my early 30s.

And obviously it was getting better and better. But one of the biggest things that really changed it for me was looking at how anything that's more fear based, all of these other emotions, you know, where we're mostly angry and resentful and we expect things a certain way and they don't happen and we're frustrated.

All of this is really born out of this big fear umbrella, if you will. A lot of that is control. A lot of what we we want is more control over our life.

We want people to just do what we want them to do for us. And when it comes right down to it, at least for me personally, Laura, it was a big realization that it's very, very self-centered.

That really hit me. And I agree with you, some people listening to this right now, what do you you know, they react like very upset. It listening to someone tell them that it's a very selfish, centered behavior.

But when you strip away everything, Laura, that's what it is. If I'm angry at you because you're not doing something that I want you to do, it's about me.

If you say something I don't like, we see the way culture is today. Social media encourages it. Everything's about canceling people out who don't do exactly what you're supposed to do.

And everything's supposed to be uniform. And you know what, Laura? That's not the way life is. And it's a very, very stressful way to live, not just emotionally, mentally, but also very physically.

Again, I base a lot of what I say often on the work of, like, Candace Pert. I don't know if you know that individual. She was a PhD and blessed memory.

She gave a lot to the field of the molecules of emotions. Right? How our emotions, the way we feel every single

day, has a lot to do with how our hormones are, the chemicals that we produce.

So this is a very real physical thing, even though we're talking about emotions that are kind of hard to see in a certain sense. Once you realize this, Laura, it's actually easy to pick up all the time.

We just all intuitively know when we're close to someone that's always agitated and angry and resentful, or feeling depressed, chronically and guilt ridden.

And if you even just talk about these topics with them, well, I don't really know what I'm angry about. I don't know what I'm really frustrated about.

This is a very deep thing. But when you see on the outside that someone is like that, they are truly physically troubled on the inside. And you can do, like I said before, all these other things, but it's not really going to help until you start thinking about this a little bit more.

And I think, again, pardon the pun, a lot of people are afraid to talk about this or think about these things like it's going to get even worse. And Laura, I'm here to say it only get so much better now.

Yes, you have to talk to someone who you really care about. Thank God I had my spouse. My wife was a great help. I talked about this endlessly over the years.

She really helped me to see things. And I know any man out there who knows they have a good woman out there. They're surely going to tell you when you're doing things right or wrong.

But you know, all kidding aside, that was a good thing when I was younger. I didn't view it that way. I didn't want to hear it. And the struggles kept going and the stress kept going.

And I have no doubt the level I was at in my 20s, if I kept grinding that outfit 30 plus years more where I am today, I would have most definitely been in way worse shape physically, mentally, emotionally, spiritually, you name it, everything.

So listening, being able to process things, look at things differently, become other centered is so important. I hope I'm not going on too long, right?

To get a little bit more under centered here. I'm just staring at the camera here, looking at everybody watching us, but I just want to get a little feedback.

Am I going a little to offer? What do you think about what I'm saying? I think this is critical. I think back in all the people I've cared for over my 20 years, in medicine and, you know, I think any practitioner has been around a while, has seen a 45 year old drop dead of a heart attack or a 35 year old have a rare cancer or, you know, a 50 year old just have compounded multiple chronic diseases.

And one of the huge pieces, of course, there's there's toxins in the environment and there's genetics and there's all these things. But the emotional piece is so vital.

We've also on the flip side, we've seen people heal their bodies and heal their cancer and heal their chronic health conditions by shifting their way of being and their emotion and how they react to a situation.

So this is a long overdue discussion. I think for most people listening, it's very important. So, one other thing I'd like to add, Laura, and that is that, you know, not to get too off topic, but yes.

And now we're going to get into some physical things very soon. Yes. Sometimes physical things are so, the way you eat toxicity that's in your body physically, that when you relieve that physical burden you will change emotionally.

But it's just important for us to talk first about the emotional state, the way we perceive things, the way we look at life is very important no matter where we are, we can make instantaneous changes by being more other centered, you know, like that.

But the bottom line is certainly Mercury toxicity can make someone, you know, literally mad, right? And you can see the emotional problems. But yet if you could lift that mercury toxicity, that burden off of the body, person feels much better.

And so that's behaving differently. Yes, that's true as well. But the emotional part, if people can just start looking at how they're reacting to things and start just practicing this idea of why did someone say what they said, is it really worthwhile?

For example, someone just called the other day for my advice because I'm older? What do you think? I gave this gift to somebody. And I mean, it's just a silly little example.

And they were clearly upset by it but still wanted to check in. Should I be upset or not? I gave this gift to somebody. They got a similar gift from somebody else and now they want.

And obviously a much younger person. So they're just wondering, is this right or not? You know, they wanted to give the gift back and exchange it for something else.

I said, look, there's no problem with that. Don't be upset. It's just someone who's actually checking in with you. They're being respectful. They don't want to hurt your feelings.

They're just being upfront with you. And they're being honest. Yeah. Now there's two ways to look at it. How could that person take my gift and want to give it back to the store and get money?

It's a silly example, but there's a thousand examples like that where I mean, with spouses. My goodness, I could go on and on for an hour about how my wife would say things when I was younger. I didn't want to hear any of them.

Just for the record, Laura, most of the most significant things in the world, she was 100% right. I just had to listen to it and understand she loves me.

She wants the best for both of us, and that's why she's bringing up what she's bringing up. Stop thinking of it as she's attacking me. And that's a big man thing.

Not to get sexist or anything, but for men out there who might be looking at things in maturely, it's a personal attack. The bottom line is stop taking everything so personally.

Really start looking at life. Is everybody around you and everything that is happening is happening for a good reason. And now that really starts opening you up to feeling very differently and in a much healthier way about everything.

And that is guaranteed, guaranteed to help you with your cellular health and your immune system and any kind of serious illness that you're dealing with, especially if you're concerned about cancer.

Absolutely, absolutely. I, I think of, I used to be that person that reacted to everything.

Dental Toxicity and Oral Health Risks

And now after a lot of emotional intelligence, you know, work and working on my emotions, when something bad happens, I try to stay in a neutral space and think about curiosity and curiosity about where this person is coming from instead of taking things personal.

And I think if you can get to that neutral space of not taking things personal that is hugely impactful to your health,

just pause and try to find an interpretation of the whole situation that's working for you, not an interpretation that's destructive to your body, to your mind, to the people around you.

I'm glad we spent so much time on this topic. Yeah, just one last quick thing, Laura. And it was done by a spiritual mentor of mine who just basically said, if we just think for a moment, good visual, we're human beings with our head above our heart.

So the emotions are obviously coming from the heart, our feelings, it's all fine, it's all good. But our body is designed that our head is above our heart and that our mind should always lead our emotions.

There's nothing wrong with our emotions and our feelings, but we should be processing them more by thinking about them more. So it's a great tip you just gave at the end.

Pause for a moment. Know that no matter what, if it's more of a stressful emotional state you're in to start kicking in and thinking more about it, how can you make this better?

How can you make this situation improve? You can be a lot better off. Absolutely. Well, today we're talking about about topics off the off beat on the on off beaten path.

That's a tongue twister. And so first one, emotions. Not something that everyone's looking at or talking to when it when it comes to what causes chronic health conditions and cancer.

So the next kind of off the beaten path topic we're going to talk about today are dental issues and how they're connected with cancer and quite frankly, all chronic disease.

So this is a really important topic. So I'd love for you to shed some light on this. Why the heck is dental health so important? Again, the same answer for everyone to be crystal clear about.

This is certainly one particular area that everyone needs to address. If they want to avoid serious health problems, and that's the dental health problems that happen, mainly from visiting the wrong kind of dentist.

There are four different areas we'll talk about real quick. I did an entire summit on this, the holistic Oral Health Summit, where we dive deeply into this and how to take care of it, and why it's such a problem.

But without a doubt, any person who's dealing with a cancer diagnosis, some of the top cancer clinics in the world, this is the first thing they do. The spiritual healing, the energy healing, the supplements, the foods, any of the gadgets that might be used on in person.

All of that is fine and very helpful, but the first thing they'll do is clean up tissues in the mouth, Mercury base, silver fillings. Millions and millions of people are walking around and slowly being poisoned by this every day.

All of these things I'm talking about, Laura, do directly impact the quality of your blood that bathes every cell in your body. It dramatically hurts your immune system.

Your immune system is your best chance to detect a cancer cell that we all have, and to take care of that cell the way we want them to and get it out of the body, killed and removed without replicating out of control.

All of us are going to live with cancer cells all the days of our life. That's not the issue. It's the replication out of control that eventually takes us out of this world.

That's what nobody wants. So let's get serious about cleaning up these issues. If you have mercury based silver fillings in your mouth, yes, forget about what you see on the internet.

They do leak out mercury vapors all the time. That's a fact. Okay. And so to get a biological dentist well trained in this who understands the impact of these issues that we'll talk about now in the next couple minutes, and how to

take care of them for you is very, very important.

You cannot do this by yourself. So mercury bay silver fillings, get them out of the body. There are better biocompatible materials that you can use. That's what should be put in there and never have this in your body.

There is no biological reason to have mercury in your body. Kills nerve endings. It's just highly destructive on the immune system, wreaks havoc on the digestive system, makes the blood system the bloodstream extremely toxic, the lymphatic system very toxic as well.

Don't do it. Get it out of the body. Number two root canal treated teeth. All root canal treated teeth. And I know what they say to you. This is a great way.

If you're still in pain after a drilling fill procedure for a cavity, it's going to save your tooth a big deal. Every root canal treated tooth in time say safely 12 to 18 months and certainly people are walking around with these things for years.

Become fully infected in one degree or another. And then the immune system has to work so hard every day dealing with this added toxicity. And imagine, Laura, we're talking about mercury based silver fillings in a mouth infected root canal, treated teeth that are spilling all of their bacteria, and the waste product of those bacteria into the whole body.

You're chewing, you're mixing it with saliva. It's going into your digestive tract. It's causing the leaky gut. It's causing the blood to be toxic. All of this is going 24 seven in the body that has to be removed.

And the problem is, Laura, it's a tricky thing to say to a lot of people have never heard this information because my root canal treated tooth feels fine.

I have no pain, the tooth looks great. I don't feel so bad. No big deal. But Laura, it's the bathtub analogy. It's one thing after the other. When we take that sort of cavalier attitude of a it's not a big deal.

I only have 1 or 2 root canal treated teeth. It's just a little sunscreen that I'm putting on my body. It's just a little bit. I went out to a restaurant and it's genetically engineered food, and it's non-organic, you know, once or twice a week.

Not a big deal. And on and on and on. When these things keep going, year after year, as we get older, as our minerals get depleted, as life goes on, and then we get hit with that emotional stress, you bring all of this together.

Now the toxins are spilling out all over the bathtub, all over the floor. You got the floor is going to cave in and go down into it from the second floor to the first floor, and you've got a massive problem.

And that's what people are seeing in their health. Where did this come from? I was so great for years and now I feel horrible. It's the ignoring of these things and letting them go on for too long.

So I hope that makes it very clear. The last to gum disease. Same thing. So little bleeding gums, I'm brushing my teeth, or I'm doing even a hydro floss.

And which is good for gum disease to kind of bring it down. But if you're bleeding in the gums and you spit out, you see that blood in the sink, don't just say, well, it's not a big deal.

What if you have bleeding out from your shoulder or your back or your leg? I mean, there would be something you would say, wait a minute. I gotta take care of this. This is serious.

But somehow with gum disease, it's overlooked. And, Laura, the problem is, most conventionally trained dentists are terrible with this. They are not educating people at all about any of these topics.

Gum disease is happening for years and years. Pockets are getting bigger and bigger. They're not even measuring

the gum pockets with a little probe. It's so easy to do and most of these offices are not doing it.

The people are going in for cleanings. They're completely clueless. They walk out of the office and then walking around with this gum disease, and there's more toxicity logging into their cardiovascular system, their heart.

It's polluting the blood. And again, when it comes to cancer, your blood is everything. The pure your blood, the healthier it is, the healthier your whole life is going to be.

The last one is cavitation not cavities. Cavitation is bone infection. So a lot of times it's coming from even properly extracted teeth. Unfortunately for many people, poorly extracted wisdom teeth as an example, where they leave the ligament in there and they don't really fully take it out and clean it out.

Well, this can happen whether it's properly taken out a tooth or not. These bone infections can happen. You don't know. Similar to root canal treated teeth, you don't necessarily know.

It's not like you're walking around. Oh my God, my jaw is killing me. These bone infections. I got to go to the dentist. You don't see them. And most people the single best test to kind of get an idea that something is wrong is a 3D cone beam x ray, which is giving you that 3D look.

Most people are only been doing that. Millions of people are getting these little bite wing x rays, you know, the little film, and you just stick it in the mouth, bite down deep.

They do a little radiation for a second. They give it a snapshot. It's not even going to really give a good look at what's happening in the jaw bone, lower and upper, where a bone infection could be festering.

The single only way to know for sure if a dentist, a good, well-trained biological dentist, takes that cone beam X-ray, that three dimensional look. Hey, something doesn't look right there.

There's still going to have to cut a thin little cut in the gum. Go in there. And in many cases, if someone has taken care of everything else, in many cases, that soft, mushy, rotted stuff that's in the mouth is a problem.

And people's health issues can be completely changed, especially when we're talking about cancer cell growth by just cleaning up those areas, sealing it back up and letting the body relax.

That's the way I put it with the immune system can now direct its strength and energy to where it belongs, detecting these cancer cells and taking care of it.

So I hope I didn't, throw out too much in too short a period of time. But these are four areas that must be looked at and taken care of. If you're dealing with any serious health issue, autoimmune disorders, diabetes, heart troubles, even emotional mental anxiety issues.

Get this toxic burden from these four areas out and away from you, and watch how much better you feel and lower. I can speak from personal experience.

I've done it myself and man, it was, great to do. I'm very thankful that I was able to do it. This is this is such good information. I've always I always say your mouth is a doorway for infection to your body, so you must address your mouth health.

And can you give some tip, a tip real quick on. I know people are wondering how do I find a biologic dentist? Do you have a good tip on how people could locate somebody like that in their area?

The simplest one that I know of that works really well. As the International Academy of Oral Medicine and toxicology.com dawg, you'll get it. I a omt.com.org.

That organization has a list of. It's nearly a thousand at this point. It's hundreds and hundreds and hundreds of

biological dentists. So you can choose from you may have to travel.

You should make phone calls ahead of time. Listen to how the office help answers the telephone. Are they patient? Are they pleasant? Do they resonate with you?

With all due respect to all of them, out there, they can get certified by the International Academy of Medicine and Toxicology. They could call themselves biological dentists, but at the end of the day, you have to find an office that feels right to you, and you can probably find one that's pretty close to you.

And there are dentists like this biological dentists, integrative dentists, functional dentists that are like this throughout the world. You just have to make a little effort and ask around, but you can find them.

I certainly did, took me almost an hour and a half each way, three hours of driving time in the chair four different times to get rid of on four different visits, my mercury base, silver fillings alone to take care of it.

But it was worth the effort. Every day I thank God one of the most significant things I did was clean up the areas in my mouth. So happy! Excellent. And I know people are wondering about those white amalgam fillings.

Do those pass the test or should those be removed to. Well, when you say white amalgam, if it's mercury and metals, it doesn't pass the test. If it's white filling, it's basically plastic, right.

Or that biocompatible type material that is way safer. That's a thumbs up. That's okay. But anything with metals, it's going to mess inside your mouth with the meridians, the invisible energy pathways that are connected throughout the rest of our body, as well as just what the metals leach out into our body.

Physically, that's a no go no matter what. Awesome. Thank you for breaking that down. This has been so valuable so far. So I think people are going to be rewinding and taking notes and going back.

So make sure to do that. Can we talk about some of the biggest mistakes that people make, even people who see themselves as healthy? Because I know I talk to people all the time and say, I'm doing everything right.

I'm healthy and then when you start to dig in, what they think is healthy might not be healthy and probably has a lot to do with the information that we're fed from Big pharma, big food.

So what can you say about that? Well, yeah, you're 100% right. That's great. You just go into any store and most of the packaged food. Not that we should even spend our time in the middle of the supermarket is inundating people with labels.

Read those labels. Hey, I was even to blame for this early on. Read those labels, educate yourself. The problem is, directing people's attention to the labels is calories, calories, calories, and just these macro things like fats and protein and sugars and it really diverts people away from what they should mostly focus on all the time.

Now, before I get into it, simply put, it's quality. Just focus on the quality of the food that you're eating. Of course, it's ridiculous to think that eating a ton of calories every day beyond what you feel like eating, that's okay.

I think most people know that's not good. So forget this whole idea of how many calories am I eating? How many calories should I eat for my body weight and protein?

How many? You know this and that based on my body weight? It's silly. Focus on the quality of the food and the way I describe it is it's very simple. Go around the edges of the supermarket, look at what you're eating every single day and you're home.

Healthy Eating Mistakes and Consistency

Even if you do go out to a friend, you know, family, relatives or restaurant, look at what you're eating and is it a

whole real food? I know it sounds so simple and easy, but these days, Laura, it's getting more and more cloudy.

Fake meat, you know, 100% organic, plant based burgers that are total garbage. On the surface, it sounds like this is great. Jonathan, look at all this vegan options and non-GMO that aren't necessarily organic, but look at all this plant food.

I'm going to get away from toxic meats. I heard meat is not good for my heart. All these things become very confusing when you're just not keeping it simple.

Is it a real food that you can find a piece of broccoli that grows cauliflower? Right? Things like kale and Swiss chard. Plants that actually grow? Do you take them in, prepare them whether they're raw and chopped up in salads or lightly steamed or boiled?

And then do you eat that with. Yes, processed food like olive oil. But is it a high quality olive oil, organic extra virgin olive oil from a reputable source, not these olive oils in a bottle that can actually mix in other oils even though they're legally allowed to say olive oil.

So yeah, we want to mix in things. Sometimes we want to make dressings, we squeeze some lemon juice, a little sea salt. Yes. The sea salt was processed from a place on Earth, I get it, but I think people see my point processed to a point not highly processed stuff that we're eating on a regular basis.

When we move away from that and we focus on just really great quality, organic, locally sourced, as much as you can. I'm down here in Florida. Thank God so many farmers here working their butts off, you know, organic, pure environments focused on the quality of the soil that grows quality plants and quality animals that are healthy.

That's what I want to support. That's what I want in my life. I'm not looking to really go outside of that and lean into anything else that might be a new fangled fad diet or some fancy label that's telling me this is something healthy to eat.

I mean, the cereal boxes alone are a joke. And Laura, I know our audience probably like, oh, I don't need cereal boxes, but think about the millions of people looking at soda bottles with zero calories, which is all artificial sweeteners, or all these box cereals that are heavily processed, sugar loaded products in a box telling you that they're healthy for your heart.

It's absurd, but it's got so many people brainwashed. I hope that to this people maybe who are watching a thing, I know that, but take this information and share it with someone that has never heard this.

To have them think about it, you can talk to them about it. That's why I keep doing this every single day and I never get tired putting it out. I mean, quality of food is important.

Don't eat when you're when you're not hungry. That's another simple thing. And we could talk about some other things too. But chewing better your food needing more minerals.

I'm happy to go into that as well. Vitamin C and vitamin D, we hear that kicked around a lot. But Laura, that's a biggie. Vitamin C and vitamin D is so misunderstood by so many people.

Even within the natural health world. I could go on for an hour about that and consistency is my last point about the mistakes that people make. Oh, Laura.

Jonathan, I got what you said. I tried that for a few days. I tried it for a week or two. It doesn't work for me. Well guess what a lot of these things may be needing to be tweaked a little bit, improved, but most certainly you have to be so much more consistent.

And I see that as being the greatest enemy for so many people. Hey, I'm all excited. I'm motivated about what I just heard here. I'm going to get going and do it.

I'm off from work for a week. I've got no stress. So to have a great week and then if you talk to them seven months later in their whole life, they're nowhere close to what they were doing that one week that even felt better.

They felt better doing it. But you asked them seven months later, how are you doing with that? Why? Well, this happened, that happened, threw me off. I'm just not doing it anymore.

So consistency is king. And I learned that a long time ago. Lawyer training, high performance athletes. They paid me a lot of money to tell them what to do.

And the biggest thing was not for me to tell them something else. No, but it was just to remind them, you know, you're not being smart because you're not being consistent, and that's what's hurting you the most.

So I hope that list of six items made sense. Yeah. And what I'm hearing is, you know, pick the things that you can do right now and be consistent with them.

Set yourself up to win so that two weeks from now, four weeks from now, two months from now, six months from now, you're still doing that thing. And, I mean, we could talk a lot about how you can habit stack and how you can, you know, link a new, a new healthy activity to something that you already do.

That's that's healthy. And so you did mention something, though, that I think people are going to want to know. You said I could talk about vitamin C and D.

Can you throw it out there? I don't want to leave our audience hanging. So could you give us your best tips on vitamin D and C? Just because you brought that up and I'm sure there they are.

Anti-Cancer tips as well. And then once we wrap up with that, we'll talk about where people can go to study more about this. But you threw it out there. So let's go there.

Yeah. Yeah. Absolutely. Vitamin C is essential. Linus Pauling a blessed memory. He was a brilliant man. Two Nobel Prizes he's won.

Vitamin C and Vitamin D Guidance

I mean, I don't know anybody else that can match his intelligence, his vision, his intuition, everything he did in this world to try to help people out when it came to vitamin C, Linus Pauling was just brilliant, he would say.

And it's so true to this day from so many the health care providers I've spoken to, that 6 to 10,000mg of vitamin C in the many forms that there are, people can look into that.

It's beyond the scope of this conversation. But a liposomal version, a powdered version from foods as well. But it's not a a really practical thing to think, okay, I'm going to get all my vitamin C from just food sources alone.

That's completely naive. It's not true. If you're really in a very physically depleted state and you're suffering physically with some sort of ailment, you are grossly deficient in vitamin C, and to think that you're just going to munch on food all day long to get enough vitamin C, it's not going to happen.

So from all the forms, 6 to 10,000mg throughout the course of the day, not just one shot, but really dripping it in, if you will, with, say, an visualizing an oral I. V.

treatment. Right. This great without the needles. Right. Without all the expense just streaming it into you throughout the day. Like, for example, an ultra fine vitamin C powder that you just throw into your water and just have it dissolve and sip on it throughout the day, get you water so you're well hydrated.

But now a double benefit. You're getting the vitamin C in you. It's extremely important. So many people out there, even in the natural health space, is so worried vitamin C is going to cause kidney stones.

And again, with all due respect, for the purposes of this discussion, it just doesn't happen. I've spoken to integrative health care providers that are doing massive amounts of vitamin C for cancer patients.

We're talking starting them off at reasonable 10 to 25,000mg in I. V. treatments. Right. And then as they want to move their blood levels up and the person can tolerate this, well, they're taking 50, 75 to 100,000mg of vitamin C as a way of making the body not a great place for cancer cells to thrive.

Vitamin C is extremely useful for improving immune system function, for neutralizing all the free radical damage that's going on a person. If we can just visualize a seesaw, vitamin C and vitamin D, we just want to ramp those up to just kind of calm down what's going on inside of a body that just doesn't have enough of it.

From all the toxicity, all the stress of being sick, the way they physically feel it, the list goes on and on, they absolutely need more. Most animals on this planet know mechanically without even thinking about it.

If they're under stress, their vitamin C output shoots up in their body. We don't have that ability, by and large, in this, you know, throughout the world as human beings.

So we need to. We used to, but that was a very long time ago. Now we need to bring that into our life. And it's just important to ramp it up and to take it throughout the day.

If you take a little extra amount, you concerned about your bowels and all of this that comes up. Make sure you have it more on an empty stomach. Don't have it with food, but just keep playing with this and you'll be amazed how much you can actually tolerate.

And the truth is, Laura, the sicker you are, the more vitamin C you can tolerate, and the more vitamin C you need to sort of balance out, neutralize what's going on with you.

Obviously, it's not a magic bullet. Get away from that toxicity first, which is what we're talking about with the poor oral health issues. But in bringing in a great antioxidant, vitamin C is amazing.

Vitamin D similar kind of misunderstandings. Yes, the sunshine is great. Have our skin exposed to the sun most people are living way too much indoors.

I thank God again. I'm down here in Florida. We're we're below 30 degrees latitude. Unfortunately, I was up in New York. It just wasn't going to happen or never.

Let's say I was naked in the middle of the day, just in the summer, which is again, right. We're laughing because most people are not even going to do that.

The reality is you're not going to generate on a yearly basis throughout the year. I'm not vitamin D from sun exposure when the angle of the sun is just not so direct above 30 degrees latitude, most of the northern hemisphere, it just doesn't happen.

And there are studies, after studies, epidemiological studies that have shown that no matter what somebody is eating, it doesn't even matter. Their level of disease is so much less if they're closer and closer to the equator, what would that be?

Sun exposure. Get anything? I want to share a crazy statistic with you. So I work in. I live in San Diego. Nice sunny place. We've got sun 300 days of the year here, and, I worked for many, many, many years, 15 years in an osteoporosis bone clinic.

And I tested vitamin D levels, 2500 vitamin D levels on thousands of people. And this is what we see. And it's going to blow your mind. 50% of southern, southern, Southern Californians are deficient in vitamin D despite living in a sunny environment where we all go outside quite a bit.

And, you know, there's a lot of reasons for that. But to your point, don't rely on just the sun. So keep going. No, you can't rely just on the sun because of the way people practically are doing it.

But then, you know, eating, you know, to say some raw dairy products and mushroom rooms, you know, you see all that again, it's like the vitamin C, you're not really going to get enough on board on a practical level, to really up your vitamin D level.

Where to Learn More and Closing

So vitamin D3 if you have K2 with it, boron, magnesium, zinc these are co-factors that help you to absorb vitamin D3 supplementation. Really thumbs up for that.

And again, the, a lot of research has shown clearly that if you're deficient and we're talking about taking a blood test for vitamin D, and like you said, most people way more than 50% across the board, from what I've heard from health care providers, most of the people are below 30 nanograms per milliliter in their blood.

You know, measuring in their teens and 20s. That is ridiculously low for a blood level of vitamin D. So vitamin D3 supplementation really important at a minimum of 5000 international units a day.

And the guideline brothers have talked a lot about this. People can look up their research on vitamin D and looking at like 5 to 10,000 international units a day, every single day, consistency, and then doing that for months to raise the levels up.

Where should you be across the board? Most integrative health care providers are saying as a very low 5060, but more like 70 to a 120 is perfectly good.

That's where we want to move people to. And you're right, people, even in sunny places, they're wearing clothes on most of their body shorts and even a t shirt.

It's just they're not going to generate it from sun exposure alone. Supplementation is going to be really, really important for the vast majority of the people listening to this presentation.

Excellent, excellent. This has been an extraordinary talk. I could listen to you and interview you and talk to you over and over and over again. And I fear we've only barely tipped the amount of information that you can offer our audience.

So where can people go to study more about these issues and to learn more from you specifically? We dive very deeply into all of these topics at Natural Health 365.com.

Right on the homepage, enter your first name and email address. Sign up for our newsletter. Get a lot of great big announcements of things that we've got going on everything in our world.

Just sign up for our community. Love to have you. It's no cost at all to get our newsletter every single week. This is that incredible. Thank you so much.

And I just want to personally thank you for the contribution that you are in the integrative and functional medicine and natural medicine space. You paved the way and you lead the way.

For many people like me coming after you to be able to support, the population on this planet, which we are the hope for, for, you know, people healing.

So thank you so much. Thank you. Laura. Great work. Yeah. Take care now. Bye bye.