Introduction to Lyme and Dr. Watts

Welcome back to the conversation. Today I have Dr. Todd Watts. Hi. So glad you're here. Thanks for having me on. You're one of my most favorite people to talk to, so thank you for doing this again.

With me once again, we're here. We're going to talk about a different topic than we usually do. We're going to talk about Lyme today. Lyme disease. Now, you're known famously as the parasite guy, but you also have an extensive knowledge in functional and blood chemistry biochemistry.

You've a passion for mitochondria, energy production. You're the cofounder of Cell Core Biosciences. You love to research and formulate products which has changed the world.

And you're the first one to bring Mimosa Pudica seed to the general health market in the United States. And you know, from my heart, you're a mentor of mine and always have been somebody who I look to for answers in complex cases and really learning how to support people in this health journey.

The topic you know of this summit is Silent Killers because there's so many toxins and infections underlying chronic diseases that I think are missed in many functional medicine practices.

Also definitely missed in Western medicine. And you're one of the people that help me understand this. So thank you for doing this talk today about Lyme.

I really appreciate you and your contribution to functional medicine. Thank you. I really appreciate you having me on and I love this topic is kind of my own personal journey.

Yeah. So let's maybe we start with some myth busting and kind of help people understand about Lyme. So I'll start with some pretty basic questions like how do we get exposed to it beyond the common tick bite?

Because I think everybody thinks, Oh, I didn't get bit by a tick. There's no possible way I could have Lyme. So maybe you could start there with maybe some myth busting for us and then we can get deeper into this.

Yeah. So sure, you can get tick and get Lyme as well as parasites in that same tick. But you can also get it from a mosquito. Mosquitoes, you know, they're not biased to what they hold and within themselves, not just viruses that they can pass on, but also flea bites, spider bites.

How Lyme Spreads Beyond Tick Bites

One of the one of my mentors in Lyme disease, Dr. Allan Lindsley, is over in Wisconsin. There's tons of this stuff out there and ticks and deer me, cows, milk.

Wait Eating deer meat? Eating deer meat. Eating deer meat. And so he'll help these guys, these hunters come in and like a claimed is not from Lyme and come back and buy a check that boy sure got all the signs of Lyme again is like you didn't make it and that you know the jerky again not cooking well enough or you know it can be right those those things can be within some of the things you eat.

So that was interesting for me. I don't have that out here in Idaho so much like he like he saw where they in Wisconsin and Minnesota area. But yeah, I mean and you hear people, you know, transmission from person to person, a mother to baby kind of thing as well.

Yeah. And I've even heard, you know, I would say smart people debate that anybody who says that you you can get Lyme beyond a tick bite is wrong and it's not wrong.

Now they're even saying. I've heard rumors that like up to 85% people have lyme It is just it's not an active form and it just it's just part of, you know, what we've all been exposed to is like herpes viruses.

But 95 to 100% of people have a herpes virus in the world. So it's it's the same sort of thought mentality is is it could be there just, you know, it's kept at bay and doesn't bother you.

Yeah. I mean I, I've muscle tested positive for Lyme and I grew up in the woods. I climb trees and played in the tall grass. I had a pet deer as a kid, believe it or not.

Oh, yes. That's a whole another story. Mosquitoes love me. They bite me everywhere I go. So pretty sure I've gotten a few diseases from all of my, you know, busy life.

But. But for some reason, I'm okay. Like, my immune system is. Is doing great. I'm here. I'm functioning. So what are some other myths about Lyme? And maybe you can touch on that.

Not everybody has a devastating health crisis from Lyme. Yeah, they don't. It's a it's interesting because as I've gone through my own journey looking at looking at it, I'm sure I muscle tested at a conference I was listening to this guy talk about it.

I had all the signs and symptoms of Lyme and Babesia and he says, You got it. So then I did random blood tests and I tested for a chronic lyme and I had that for symptoms for a long time.

I just I didn't no idea what it was. Right. Why did I have all this arthritic symptoms at the age of 40? Why did I have headaches? Why did I have pain, chronic pain?

Can I get rid of mental brain fog and a bunch of the, you know, word recall issues and a variety of the symptoms that you typically see with Lyme. And and it's just like the answer from Western medicine was, I just was getting older.

That's just normal for somebody who's 40 and in the early forties. Well, you know, listening to this guy that Dr. Lindsey that he you know, that's what he specializes.

is always saw in Minnesota and Wisconsin. And it just opened my mind up to all this stuff back in 2010. And so then my world got opened up to were what else is going on?

So one of the things I see I've seen with chronic Lyme people, especially people that it doesn't really exist. Chronic Lyme doesn't exist according to the Western medicine, but lots of people feel it and lots of people say, Hey, they've done all these treatments.

They've seen 50 doctors or 20 doctors and IVs and and all these herbs and everything for lyme. Why does Lyme persist in the long term? Just blame it. You know, maybe it's the fact that their immune system is suppressed.

Maybe it's the fact that their immune systems imbalanced and we can go, you know, do a deeper dove on that. But that's where we have to be aware because I result lots of cases without ever having to treat Lyme by dealing with the other things.

Why Lyme Becomes Chronic

So what I'm hearing is our immune system can handle Lyme, but when it gets distracted with other infections, other toxins, other things going on, the Lyme can kind of rear up and cause a problem.

Is that what I'm interpreting here? Exactly. And so it could be a car accident. It could be a divorce. It could be some stressful event. Also, there's a shift to the immune system.

And then also it's opportunistic. And it takes it takes hold. Or maybe there's a toxin you get exposed to in a plateau,

morphs into more of a pathogenic form.

And then. And then it just goes crazy. Okay, well, I'd like to just stay right here where we're at right now and unpack this a little bit more. I mean, I have a whole bunch of questions about Lyme, but this is really relevant.

So, so for people who all of a sudden show up with Lyme disease and they didn't have any, you know, they weren't in the Midwest somewhere walking through fields and, you know, the woods and getting bit by ticks.

Tell me what you're seeing in your practice as some of the most common infections and toxins that are a precursor to like a Lyme flare that all of a sudden they've got this and they didn't have it before.

Yeah. So I don't ever remember being hit by a tick ever in my life. But, you know, somehow I had had these issues. So what I have seen is that there it could be the fact that there's radioactive elements that could be in the water.

Wisconsin, in the Midwest, a lot of places that you hear about the radium belt, Illinois, Minnesota, Texas has 80% of the water and is municipality water has higher than the allowable amount of radium in their water.

So 177 million people are exposed to radioactive materials. I'm sure Dr. Jay will go into that stuff. The other thing is, is then there's glyphosate. So there's the increase of glyphosate.

Chemicals can inhibit so many enzymatic reactions. And the research shows 291 enzymatic reactions that then are inhibited in the body. So then we can't detox, can make hormones repair.

It's hard to make energy when when we start getting mitochondria destruction from stuff like atrazine, colitis to and other environmental and industrial chemicals, then what will occur will then be the deregulation of mitochondrial function, which, which is what modulates our immune system because the ATP molecule made in the mitochondria will go outside of the bottom out of the cell, and then become an immune signature.

So then then we get tired, we get fatigued, and we're not using that to do all these other things that we need to do. So that's where I see that. And then the other component to it, that imbalances immune system is parasites talked about before says to tapeworms.

I just showed treatment of the nematodes. They can also upregulate T helper 2 cells which then suppress to for one in that imbalance. And then now you're exposed.

But you're exposed to stuff like bacteria, protozoans, which is Lyme co-infections viruses and all these things that will test really high in your bloodstream.

Your body's can handle it. And so my approach has been to downregulate the parasitic infections, balance the immune system out and then the body can take care of it, resolve itself.

So instead of going on, you know, a super deep Lyme protocol, you're actually solving underlying problems, root causes that allowed the immune system to be distract it and not be able to handle the Lyme in the first place.

And then once those other issues are handled now, your immune system can solve Lyme. Exactly. And you have to go back to some basic theories in science.

One is the germ theory, which is what modern medicine is all about. We kill that virus, we kill the bacteria or the terrain theory, which means that the bugs are there to help process the toxins and help us to to clear out whatever we need.

We have candida. We have fungus because there's a toxin or radioactive elements. We have bacteria as it's breaking down chemicals and toxins.

Toxins, Parasites, and Immune Dysfunction

And so they change and kill morph into different forms to do different jobs within the body or tissues or an environment. And if we take it from that standpoint, I think we understand that we need to then clean the environment up to then help get in control the things.

Now we can use some herbs to help clear that stuff and knock it down, but it's just going to come right back, which is what happened in my case. I just kept cycling and knock it down with stuff in like it could be a problem that crashed, knock it down, crash and you know what I learned is you got to bring mitochondria energy and immune function up, bounce that immune system up to keep them at bay to where you don't keep cycling.

And once I cleared parasites, I stopped cycling with all my symptoms of disease online. So this is something that we teach. Of course, you're one of my mentors.

I've learned many of these concepts from you and Jay and other, you know, other doctors in the bio regulatory medicine space, people who study train theory.

And so we teach this all the time in our programs that, hey, if you've got Candida, if you've got H. Pylori, if you've got certain levels of bacteria, we really need to go searching for toxins.

We're going to do some gut work and get you feeling better. But your ultimate goal is to do the toxin evaluation and toxin work because that's what's underneath this.

That's what's allowing an environment for these things to thrive in you, because your immune system is actually saying, Hey, you irritating pylori or fungus, come over here and solve this toxin problem.

Because that's a bigger problem for my brain and my heart and my organs that you are. I think that's a really big concept for people to understand because, you know, functional medicine here in the United States is kind of in its infancy compared to functional medicine in other parts of the world.

And we put people on these, you know, Candida killing protocols to, you know, go on a low sugar diet, take some herbs and we'll get rid of the Candida.

But nobody's addressing the radioactive elements that it's feeding on that's underneath it working. The other protein function medicine is here's more vitamins, here's more vitamin D is B vitamins.

Here's off low bulk acid, here's all these cofactors. And you're not clearing out. You're not taking care of the foundation, what we call foundational medicine.

And so for, you know, Dr. Jay and I talk about this, you've got to clean it, clean up. So if you're going to bring house, you don't want to bring more two by fours in and just start to build back in and remodel stuff.

You've got to put the fire out. So let's get the fire out before you start adding more two by fours in that house and it's the same thing within our body.

So it's not the lack of nutrition toxicity that we look at. Toxicities, create deficiencies and we come from that standpoint, you don't need to be on 20 different vitamins or you need to look at is the foundational issues, which is cleaning out these root causes.

Absolutely. And, you know, we won't even run organic acids on people until they've gone through months of gut work and toxin detox work. And then we'll run organic assets to see they're some nutrients that, you know, is going to that we need to replace here that your body is having a higher need for.

But it's going to change so rapidly as you start detoxing your need for nutrients. So in the beginning of my practice, I used to run organic acids on everyone and then I learned with a stop, there's kind of pointless to do this right in the beginning.

There's more work to be done. Yeah. So you mentioned earlier about Bartonella Babesia being co-infections that go hand-in-hand with Lyme. Can you talk more about that and explain why you see these co-infections and what's happening there and why they occur together in the body?

That's interesting. There's several more. I mean, you got mycoplasma in early years and but most commonly I see the ABC and Bartonella. But this is a protozoan similar to malaria.

So red blood cell parasite and then bartonella is a bacteria and what am I focuses on like, okay, hey, what are they doing? And you know, when I had the Big Easy, I had a lot of sort of occipital tightness, like string tightness and hyper tenacity throughout my upper neck.

So the exhibit area, a lot of sacral pain, heavy legs, my legs fatigued really quick. And then the bartonella created a lot of it's like plantar fasciitis, Achilles tendonitis, knee pain.

I used to have burning feet. I mean, my feet would just burn off, but shoes on and stuff and that was more of a easier symptom. So it's all the byproduct they put out, all the ammonia they put out, same with Lyme.

That causes a lot of the symptomatology. And as you bind that that ammonia up and you clean everything up and you clean the environment up, you get rid of that stuff, it makes a huge difference on stuff.

So when I'm looking at stuff below the knees, especially in chronic issues, you have to consider that Bartonella could be a the pain or the body. It could be created some problems there too.

So you have to go after bacteria and parasites and use binders, is what I'm hearing you say, to clear out the ammonia. Exactly. And when you do that, also, you're going to help, you know, just clear out the causative factors of why they're there maybe in the first place or if there are opportunistic infections, you want to say, hey, why isn't immune system resolving this?

You can get some really good herbs for those. And then and then you can also help upregulate the immune function, mitochondrial function. Okay. So, you know, we have a couple of minutes here in our first part of our interview and I so I'd like for you in this first part to give people a message of hope.

I mean, we've talked about, you know, a lot like people may be overwhelmed, like, oh, my gosh, it's not just my Lyme. I've got to solve toxins. I've got to go after parasites. I've got to look for these other bacteria.

And then there's viruses and I got to get my immune system back on board. So a quick message of hope before we transition into the next part of our interview. Yes.

So I'm 55 and I have more energy and feel amazing compared to what I have had the last 20 years. So I went through my forties, which is severe fatigue and a lot of different health issues.

And going through it and figuring myself out as well as my patients out allowed me to then create the products I made today. And so the hope is that you can get to why you're dealing with these problems is foundational root cause issues that you need to clear out.

And now I'm living my best life. You see me how much energy I have and I'm going all weekend and stuff. So it really is. There's a lot of hope. I don't feel like I have any issues with them now and and it's great.

I mean, I'm living my best life now, and you can, too. Yeah, I know. And it's incredible how back then, when you were going through it and it was probably horrible that, you know, you didn't see the the beautiful thing that was going to come out of it, which was now, you know, how to solve it.

Co-Infections and Biofilms

And then you created a whole entire company that sells, you know, products that help solve this for people. So it's

beautiful. You had to go through it to get where you are today to be that huge contribution to the world.

So thank you so much for being here. To our audience, I hope you found our conversation with Dr. Watts insightful and helpful. If you're a summit purchaser, stay right here, because I'm going to dove even deeper into this discussion with Dr.

Watts. I want to unpack, you know, an order of operations for getting better, some strategies for healing. If you're not a summit purchaser, click on the button on this page to get access to a continuation of this conversation and many others, and get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Dr. Watts, I want to thank you for being a valuable member of our community, and we're going to dove right back in.

So I would like to know, you know, we talked about where we get Lyme disease that you've mentioned many of the symptoms that occur when you have this.

We've talked about how just going after Lyme disease in itself is not the answer. There's more we need to do. We talked about the fact that you created a whole company in a line of supplements.

We're talking about cell core here. This is a company that's changed my family's life, my life, my business, my clients, everything because it works so well.

So I'd like to unpack some of the order of operations for healing, and I'd really like this to be helpful to people who are looking for practitioners to work with them.

What are the things that they need to be asking their practitioners? What do they need to be looking for and what are red flags where you are kind of run away and and say, Oh, this person isn't going to solve my problems.

So let's talk about order of operations. How do we solve this? When is it goes back to and they just want to give you a bunch of vitamins and a ton of ideas.

It's not going to solve your problem. You got to get to the root cause. The other thing is that they just want to treat you for Lyme disease. It's never that simple. It's not just Lyme.

So to be able to overcome Lyme disease, you have to consider all these other factors that may be a problematic issue, which is where we put together the protocols, the comprehensive protocol and the foundational protocol to dress the body in the right way.

If there's mold, mold suppresses mitochondrial function in immune function, we're to be sure that we're clearing or we get your environment clean and you're not getting exposed to it.

And then then we're also cleaning out all those toxins out of the body. If there is parasitic infections, we're going to have to address that to balance the immune system, which is super important to clear line a long term maintenance cycle through all this stuff and get rid of the rest of your symptoms.

And then there's also all those environmental chemicals and toxins which spur a lot of these problems within the body. Why it's so important to not only address infections, but the chemicals to go along with it.

Otherwise the mitochondria will be disrupted and the infections will just continue to persist. So like you ask, what's the order? So the order that we start with through working with thousands of people, Dr.

J and I, including myself personally and his wife, who almost died twice from Lyme disease is first phase we go into is supporting mitochondrial function, energy production and which would also affect immune system.

The other part as we open up drainage. So if you start to detox and deal and killing stuff off, people tend to have a

lot of hurt. Some are reactions.

They don't feel like they get headaches, they get rashes, they get more pain, they get bloating. The goal is to minimize that, to allow the body to do its natural detoxification processes, meaning supporting that, making sure they're going to the bathroom, making sure about power flows, moving through, make sure you get lymphatic movement because the organs and tissues in the cells only can drain as well as your body can.

Clear stuff out. So the process in phase one is to get that really going and support that. Phase two is where we go into the gut support. Lots of happens in the gut and so we want to work for cleaning up the digestive system and that's where a lot of parasitic infections can be.

And a big impact to the whole process is going to be clean. That up. As a quick question real quick for you, going to the third phase, I want a clarification because I get this question a lot.

So people have heard you shouldn't kill parasites until you get rid of toxins because they're feeding on toxins. And actually you got to do some parasite killing first and then get into toxins.

So can you explain that? Because I think, you know, a lot of people are trying to DIY their health and Google like how do I do this? And you do actually need to do some parasite killing first.

So, Tom, tell us about that. The great thing that phase one is you're taking bio toxin minor, so you're already binding toxins. You're supporting drainage and detoxification from from the first way.

So you're already going through that process when you're going to parasitic infections. But the the thing with parasites is that if you clear the parasites out, you're going to be opening up a lot of pathways to continue moving through the toxicity.

So sometimes they're blocking their ability to detoxify because they're in those pathways, whether it's in bile ducts, whether it's in the digestive system, small intestine, large intestine, whether they're in our lymphatic system, it can be in a multiple organs.

So so with that process, you have to address it early because it creates the imbalance in the immune system. And then you take the you have blinders through the whole process of clearing parasites.

So the whole process that we set up, right, the protocols are to supporting these toxins and clearing them out. They do feed on them. They do hold a lot more toxins for body weight than than we do.

And that's great. That's why it's so important when you are clearing parasites that you are detoxifying at the same time and not just detoxing or just clearing parasites there.

There could be some some issues there which they were buffering, some from some of the chemicals. We're already taking all that into consideration in the protocol and you're already moving through the protocol detoxifying then clearing parasites and then going deeper in phase three.

Okay, great. So just to recap where we've where we've been so, so far, we've talked about phase one, mitochondria, energy support, open the drainage pathways phase to start working on the gut, clears some stuff out of the gut, start moving parasites.

Okay you are about to say phase three when I interrupted you. Yes. And then we're also supporting more bile flow, bile production in that. And then phase three, we're going deeper with some of the formulas to go, whether like the pair of three for example, will help and absorption and deficiencies as tincture that can be more systemic versus more digestive system.

And then phase four, we go deeper into detoxification, and phase five is where we really hit into the products that will deal with, you know, the Borrelia, the Bartonella, because those sort of deeper infections.

Healing Order of Operations

So if people have them in my clinic, if they have like massive symptoms of some of those Lyme babesia bartonella stuff, then I'll slow dose that at the beginning.

So I'll take some of the phase five products at lower doses. I don't high doses because then they're going to react and it is going to be complicated.

But I'll put that into low dosing and help through that process if I need to. Okay. So very fascinating that the last step in the process is Lyme co-infections for most people where where many people think that they need to go straight after that.

So I think people's minds are being blown if they're watching this right now. When the good thing about the parasite products are comparés, they're also supportive of dealing with those infections, too, right?

Maybe not as strong or as potent, but they're great introduction and they have antimicrobial effects. So just it's an easier way, an easier process to experience that.

Whereas sometimes if you go hardcore at the beginning, people, massive headaches, massive responses to things, IRBs that are geared towards line and stuff.

So there's a process that we've found. We've had a really good aggressive results with by doing it in this process. Now, as a doctor and a clinician, we always invite you to understand your patient, understand your client, and help them through that, help them through the process.

If you see that they need to adjust something and you're going to do it, you've got that clinical experience to help them. We give the baseline for them from self worth. So like I've said, we've brought cell core into my, my virtual clinic, my family and myself, everyone around me.

And it's we've seen people have breakthroughs where they've never been able to break through before. And then we can go into lots of stories about that.

But I know I want to unpack a little bit more about some other aspects that that our viewers may have heard are important to address. Can you talk about biofilms and exactly what this is and how we address it and why it's important and why it's important to align perspective as well?

Yeah. So biofilms, what I've seen the biggest chunk of biofilms can be in a junior system. Right, which would make sense. So that's where peer one helps to break that up and clear it out.

We also have CT design, which is a great systemic formulation there that has proteases and also a variety other types of enzymes that help break and clean that biofilm up.

It's produced by the bacteria to build a protection area around it. So so that it your immune system can get to it, that that's the whole key. And if we can break that barrier down and cleans, just clean the environment up, then it's a lot easier for me to come in and resolve it.

You know, our protocol is we haven't had the issues of overcoming that problem. So, you know, it's it seems to really resolve on its own. Yeah. That with the products that we had.

Yeah, it does. Now we've talked a lot about the kind of order of operations and some of the things that we use to support removing parasites and bacteria.

And can you talk to us about lifestyle things? And, you know, we don't want to leave that out of this conversation of how to resolve chronic Lyme. And I mean, if all you do is take a bunch of supplements without changing some things about how you're living, then you're probably not going to get great results either.

Now you got you got to change your lifestyle. I mean, ultimately, I would hope that people already I mean, it's time I get to my to my clinic. They've already had perfect diets. They've changed.

They've done all kinds of different diets, their non toxic environments that they've done a lot of things to help them through that process. Right. So I don't I just take them through four different changes in them, how they can change their diet or I'll take them through different ways.

We can help move the system along within the body to spur hormones, spur immune function for energy. But if you're new into this, then it's one of those things where you're going to want to be sure that you're big.

You know, you're getting clean, nutritious environment happening. Now and then, stress reduction and getting your sleep and all the things like we can't say that enough.

I know I've spent a lot of time talking to Dr. Watts about, you know, some of these methods of solving this that have to do with, you know, some pretty heavy supplement regimens to move toxins out of the body, to move parasites out of the body.

Your immune system needs assistance with that. And, you know, I always say that you can't eat your way out of this, meaning food is medicine. But when you have this level of toxins and infections, you're going to need more than, you know, eating a whole bunch of cilantro, detoxify foods and liver supporting food.

You need a little help. You do need a little help. I mean, those things can be beneficial, but it's not going to get to the level that you needed. It at that point.

It's it's you're beyond food as your medicine. Yes the only thing herbs and in for Vicki who makes about two carbons are going to take it to a much deeper level and more effective for what people need.

Well, I still have a few minutes of your time, and I really want to open the floor to know what you know. We're going to bring Jay in here, your partner and co-founder of Cell Core.

He's going to talk about radioactivity. I know that that's a huge passion for him. So if Dr. Todd Watts could have the floor and talk about a passion right now or past, is something that you want our audience to hear and know about.

And I know you have several passions. What would you fill this, you know, last 10 minutes or so of space with? What do you want our audience to hear? But I think it goes back to when it comes down to somebody's health, you're not one problem.

It's just not somebody wants to put you in the mold box in multiple your problem. Somebody wants to put you in a line box or somebody says that everything's heavy metals.

You're wrong, they're wrong on that. It's going to be the fact that it could be all of the above.

Lifestyle, Mindset, and Emotional Healing

You have to have an open minded practitioner or be open mind yourself to understand that it's a multitude of things. It wasn't one straw that broke the camel's back.

It was it was multiple straws, right. That you know, that they did that. So you have to look at also your emotional and energetic health, because that's a big component to people getting better, meaning that how how well do they process things?

Do they have negative emotions or are they in a negative environment that creates emotions that that are harmful to the body? Emotions can be catabolic breaking down the body or they can be anabolic or build them.

You are moving you forward the energy around you. So what's your environment like? I've had people have worked

with in the McMahon six months and nothing's changed run their labs labs look so much better the you know so many so many shifts like antibodies are all gone for thyroid stuff.

But yeah, they said nothing's changed. I'm like, okay, what's going on? It's just stress in your life. What's that stress? And we talk about it. Oh, it's work.

I, you know, it does work and blah, blah, blah and work. Work. And the people I work with are horrible and like, okay or I mean, are super toxic relationship.

And it's like, you're not going to get better if you're in a super toxic relationship, whether it's in, you know, the significant other, whether is work or environment, whatever environment, whether it's a friend, whatever it is, you have to have healthy relationships and and you can't have that energetic parasite sucking the life out of you.

So I guess if there's one thing that you have to really look at is your emotional and mental health and spiritual health. Where are you on that ladder of mental, emotional, spiritual health?

And how can you improve that? And having phenomenal vibrations up regulating the way you think, the way you act and what you do can make all the change be the change that you want to be, that you want be the change that you want.

So that's what I live my life is to try and be that change, bring products to the market that actually work. I want to help people overcome what I struggle with as well for a ten year period of time.

And and, you know, it's one of those things that we're here to thrive, not to survive. I was surviving for a long time, and that's not what life's about.

Life's about thriving and make a difference in this world and being an impact to what you're doing. And that's what you know, Jay and I have a big belief in that.

And our goal is to make that big impact and be more changes. And that's what we're doing through self-care. I know how much you love people. You're literally the heart of cell core.

You're like the big, gentle genius teddy bear, like, loving interruption for people. I've experienced it myself, and I'm so glad that you went there when I asked that question, because you do care so deeply about humanity and people.

And I've seen you do it in a room full of hundreds and hundreds of people. I've seen you shine that love on people and help them. And, you know, we've all had people in our practices who did all the things we told them to do, but for some reason they didn't get that result that they were looking for.

And you're scratching your head because, you know, you've tested them. You've muscle tested them, you've done lab tests on them. They say they're taking the protocols.

You see, they are because the the measurable markers are getting better. But there's still stuck. And those are the people I remember in my practice the most.

They were the ones who wouldn't do the emotional, spiritual work. They didn't want to do that piece for whatever reason. It's hard, it's uncomfortable.

I don't know how to do it. And I think a huge mixed message here, probably one of the most important messages of everything we've said today is your body is not separate from that piece.

You're healing is not separate from that piece. You must solve the emotional, stressful, traumatic piece. You must. Know. So there's two words I would I would throw out there is to love and forgiveness, forgiving others and forgiving yourself.

You've got to let go of the past and move forward in the future, depending where you're at with the higher power. If you believe you're Christian, you believe in God.

The Savior has grace and love. He wants you to move forward in His love, not wallow in misery and be part of that is letting go of the past and letting you know, forgiving yourself, forgiving others, and just having love and that love and light fill your heart and feel who you are and your being not.

So healing within itself. This belief that right there, that is a perfect ending to this. Thank you. Thank you so much, Dr. Watts, for sharing your wisdom with our audience, for the work that you've done in the world, for your creation of so many products that have helped so many people.

If our audience wants to get hold of you, I don't know that you see many patients anymore. You're are you are you semi-retired? Are you still seeing people in practice?

Where can we be like. Well, I'm in the clinic at least a month, but I have if I'm not available. But there's other doctors. Dr. Randy is the biggest heart.

Dr. Nick and Carol. We have a great staff and they do such a great job in helping people through this full process and working through all these things we talked about today, whether it's from the emotional standpoint, a spiritual standpoint, or whether it's from, you know, whatever the root cause is, they're just amazing people.

And so Totalbodywellnessclinic.com Totalbodywellnessclinic.com. That's your people who you trained, who you hand-selected, who are there day in and day out and you make a guest appearance once a month. I I'm there usually once a month, but I go and see them more often than that.

And then I do have some cases where I'll, you know, pop in there and see these people. But I do a lot of work for self-care right now. I've been traveling like seven out of the last eight weeks, lecturing and teaching doctors and and being there.

So there's times that I'm I'm pretty busy with that. And then it's formulating and working on a lot of new products. They're going to be amazing coming out. I cannot wait.

I'm I'm on pins and needles waiting to hear. Well, thank you so much. Thank you for being a part of this. Until next time, everyone take good care. Bye now.