Introduction to Holistic Detoxification

Welcome to this episode of the Mycotoxins and Chronic Illness Summit. I am so pleased today to have with me Doctor Isaac Elias. If anybody has wondered how I became an expert in detoxification therapies, it is through this man.

He is my mentor. He has taught me everything I know about detoxification therapies and so my practice is what it is today because of Doctor Isaac Elias.

So, Isaac, I am just so happy to have you here today with our audience. It just such a pleasure. So welcome. Thank you so much for your kind words. And I am rejoicing when I see how you are unfolding in, you know, through this summit and your work.

You are touching so many people. And before we dive into the details, both you and I share a true holistic perspective, both from my own somatic experiences, from integrating meditation and healing, from seeing a very big picture, which you cannot really bind in physical terms, to going down to the biochemistry and the pathways.

And will you look at mycotoxins in chronic illness and you look at mycotoxins is a key piece with so many other pieces playing into this. You got to have the whole picture if you just stick with the biochemistry, with pathways, you're going to get stuck.

You are you are undermining the body's wisdoms. And I think that, you know, your approach, my approach, and also loving using plant medicine and using a sensitive wisdom of energy.

So seeing the amazing work you do well, including the patients that you know that we share and they see your work really. You really did an amazing, amazing growth job.

So I, I want to congratulate you. Really great job. Thank you. Proud of you. Thank you so much. So tell tell our audience what your view on detoxification from a holistic, integrative perspective is.

So detoxification is really is the most fundamental process in our body. We come to this world detoxifying. We take an exhalation and we cry. We let go and we leave this world detoxifying.

We take an exhalation. We leave our body. So our our life is defined by detoxification, by letting go on both ends. So the letting go process is really the essence of the detoxification process.

And when we when we try to absorb this concept, we try to understand it. We realize it is so, so many layers and the layers, start from the psycho spiritual to mental to emotional to physical to toxins of different kinds.

Is it's heavy metals, mycotoxins to traumas, to trauma that we had to trauma that our ancestors had, trauma that our community had, and the epigenetic effects.

And it all lends itself to really understanding what is our unique individual composition and how we can change it. And I think that in my book, The Survival Paradox, I really introduce the basic concept that our innate inherent drive to survive, which is the body's wisdom, is really what causes us chronic illnesses and mycotoxins.

Toxins fall completely within this category. Mycotoxins, attempt of the of the might of my causes. Kingdom of fungus to survive. They produce toxins. And so when we look at it letting go and detoxification which will be our main focus today, I will touch on a few other topics.

It's about letting go, which is an active process, but within it also finding harmony. Because if we can reduce our

survival drive, if we can create a sense of balance, safety, open heart is the whole being all the way, not only to the cellular level, Nafisa, all the way to the mitochondria so we can take a deep breath.

We can relax, then our metabolism becomes normal. We don't get all the reactions, immune dysfunctions, the inflammatory dysfunction that drives mycotoxins and chronic disease.

So this is all built into the detoxification process. And each of us has a choice how deep they want to detoxify. We do it on a daily basis every time we exhale.

And it's important to note the exhalation is twice as long as the inhalation.

Assessing Detox Needs and Biofilms

The exhalation is a natural movement of the lungs, so the lungs is a major detoxifying organ. Amazing and major letting go. So we do it all the time, and then we can tailor and design more intense detoxification program that can be done on a as needed basis based on in necessity if somebody is what mycotoxins, the detox is essential.

You really can't can't get better without it and combine it with more of a seasonal detoxification where we become in sync with nature. And so this is really a journey that I've been a talking about contemplating and, teaching for for decades.

And I have my own detoxification experiences because for close to 20 years I would every year go for two months to the mountains to meditate. And sometimes it wasn't the ideal season for detoxification.

It was still January February, but it was when I time and I would go through a major detoxification process spiritually, mentally and in my diet, in my cleansing.

And I would do all injections. Don't I know him or toxicology every day and it would be remarkable. My health post detox would be through. It would transform my health.

So there are many, many layers. And then we have to synchronize them into the specific condition of the person. What you know, this is they have what labels they have.

And then what is the what is the constitution, what pathways are working well for them and what is their goal? Where do they want to come out when they finish detoxification.

So all of these are injuries in all of these are, steps in the journey of detoxification. So you're talking about detoxification in a way that I hear very few people talk about.

Most people talk about it just with diet or, or just with some supplements, and they're not thinking about the whole picture. And I love that you're bringing it up with respect to everything from ancestors all the way down to mitochondria, everything in between and in.

Well, I think you're telling the audience also is that it's not so black and white. It's not just here, have these cruciferous vegetables, have some milk thistle and have a binder, and sweat a lot.

Make sure you're not constipated. It's so much more than that. And this is why I loved learning from you. This is why I love being mentored by you. Because you you, I watch you, and I learn from you how to take it through personally with each and every patient, which is the part that you're talking about.

Now, can you tell us more about about how you would assess an individual? Yeah. And of course, so, you know, when we look at detoxification, we have to have a plan. If we talk specifically.

So we have to prepare. Do we have to prepare for detoxification. And the preparation is a lot on the person's. And that's when a person has to define you know, many of us go through detox, but very seldom someone takes the

time to say, what do I want to change?

What do I want to get rid of? So we want to get rid of mycotoxins. You want to get rid of heavy metals. You want to get rid of a relationship that was devastating for you.

You want to get rid of some negative anger. You want to get rid of of of traumas. You define what you want to do, and then you need to expose. You've got to expose and make the body make the side that you want to detoxify available to detoxification.

And the body is smart. The body wants to survive, but also toxins want to survive. Also fungus want to survive, just like cancer, you know, which is really my my main work wants to survive.

And so one of the mechanisms that it happens is that these organisms create an isolation. And that's the critical role of biofilms. And addressing them is part of detoxification.

Yeah. So biofilms can of course happen in the gut. But the biofilm is also in that sclerotic plaque that under itself certain viruses or bacteria or heavy metals or calcium plug into circulation is no longer normal.

There. And it's also it's also the environment of a micro, of a micro environment that the cancer cells create where they can grow because there was hypoxia.

But the hypoxic environment, the result of the cancer cells, is very similar to what fungus need, you know, so there are a lot of similarities in the environment where you get you you don't get enough oxygen coming to the tissue because it's kind of surrounded.

It's very damp. You know, people get mycotoxins in dampness. You know, when you damp, when it's sick, oxygen can penetrate as well. We'll call it environmental hyper viscosity.

But then it of course it gets translated into our body. And then you get a chain of events that don't want to make you too complicated, that eventually, you know, will affect hypoxia inducing factor.

The cell realizes it doesn't have enough oxygen. It goes into a survival mode. It goes into glycolysis. It produces lactic acid. It gets more acidic. It gets more acidic.

It activates mycotoxins. It also have something like glyphosate or pesticides. Dump all the toxins where in that damaged tissue. So we got to to or to expose.

And in order to expose we need to know. And this is in many level I take responsibility for creating maybe one of the biggest imbalances in our field.

Between the research I've laid on galectin three and modified it respecting with over 75 papers. You know, I just got a major NIH grant on on my research on galectin three and not making it known enough.

So it is now. I really people really need to understand there's a protein called galectin three, which is really the backbone and the driver of inflammation and fibrosis in galectin three builds the biofilm and galectin three drive the micro toxic response.

If it's in the lungs with inflammation and fibrosis with black mold, if it's in the brain with glial cells and glia toxins, the all up upregulate this protein called galectin three.

So the building block in dissolving and exposing is using modified introspecting.

Galectin-3, MCP, and Inflammation Control

Specifically, I would I want to say picked up all because of of borrowed science. It's my work. For almost three

decades and 75 published papers, we have shown, including in papers with the USDA that picked us all, is able to be a prebiotic, to inhibit negative bacteria to in him to or to inhibit different infectious agent and to promote healthy gut.

So if we can dissolve the biofilm, then we can start binding. So in the process of the. Yeah. Are you telling us that a cell, not only is it a binder, but it also dissolves biofilm.

Yes, that's a key thing I think I've been thinking about when I talk to you and to Eric and to other experts, and somehow people put pictures. So there's the binder and really and I'm not saying it because of my work, there are almost 10,000 papers on galectin three.

Binders are here. And the solids in another universe. And why? Because pick the salt blocks. Galectin three. It dissolves the abnormal inflammatory and fibrotic response.

So when you we all know when you give somebody a binder or when it will aggravate them, you know, in the tissue with with MCP respect to solve it, it reduce the cytokine storm.

We have shown in studies in sepsis studies have published some major papers in last year, which was very good group of critical care doctors. When we have shown that levels of galectin three at the time, when you come into the ICU with sepsis with no kidney damage, will determine who will die later in the intensive care unit and who will get acute kidney injury.

Now, this is an extreme example of what happens with mycotoxins, of what happened with pesticides. You know, we know, for example, that glyphosate has a correlation with increased level of chronic kidney disease.

So we have to understand that we got to address collecting threats as the basis. No matter what programs you do, you if you integrate picked a solid, you will get better results sometimes immediately.

But sometimes it takes a long time. You know, we just published in a different field a multicenter trial on on a on a biochemical recurrence of prostate cancer.

And our MCP benefited close to 80% of the people. But even when we followed for additional 12 months out of who benefited after six months, most of them 80% benefited from another 12 months.

But interesting. Some people it took six months until they started seeing benefits. It takes time. Each of us responds differently, so the exposure and the binding together with the last element, which is that balance in support, regulating the immune response.

Just like in the study that I mentioned, we showed that when we gave our MCP in an animal model in the most classical sepsis animal model we prevented, we attenuated the spike in interleukin six, we attenuated the nest inflammation, the kidney damage and the mortality.

And now we're moving into clinical trial of course with this. So it's really essential for people to understand yeah take this all is is a binder. But it's not a binder.

Binder is one of its properties. It really addresses the basic mechanism of of how our body operates when it has an imbalance survival response. That's why I call galectin three.

I coined it the survival protein. Right. Well that's very, very basic because the beauty I want to emphasize it is that you are exposing, you are binding, but you're also treating in the same time so you don't get the damaging, inflammation and fibrosis, which is so critical in all of this, all the tissues in the body, including the brain.

Right. So as you're talking, I can't help but think about Covid long haul. We're seeing a lot of people in our clinic with Covid long haul syndrome. And, of course, I give all my patients, practice all.

But, you know, I'm thinking about about long haul and the inflammatory response that goes on. And I'd love for you to talk about how galectin three impact us all must play a role in Covid long haul.

Yeah. And, you know, and it plays a key role if it's if it's a Covid long haul from being sick or if it's a vaccine, it doesn't matter what is the beliefs, why the symptoms are the same.

So it's it's two main, main areas. The first area is it galectin three drives the cytokine storm cytokine storm which is it's the essence of my research.

You know, the large grant it just got from the NIH is on studying and attenuating cytokine storm in sepsis. That's really through galectin three. That's my work.

So there are dozens of papers showing the galectin three drives interleukin one b, interleukin six, interleukin ten, TNF alpha and beta. And these are like this is like putting the field on fire.

And when you give our MCP it attenuates the process. It's really well established. And by a third party academic institute really I mean every every month there are 1 to 3 papers, you know, can I ask you to explain to our audience how galectin three is created in the first place?

Of course. So galectin three is a carbohydrate binding protein. It's a protein that has has a structure that binds to different ligands through the carbohydrate through the sugar.

And so these can be small oligosaccharides. But this can also be a glycol lipids. This can also be glycoproteins. So galectin three is a bus that shuttles inflammatory compound fibrotic compound immune suppressing compounds and growth factor compounds. Why?

Because it has. It is used for injury repair. How do we repair injury through inflammation and through fibrosis? That's the problem. Galectin three is very important for the first five minutes.

But it never shuts down. And when we are showing it. So once it binds to an s t ligand it creates a pin terminal five. And then these five bind to many others either directly or through ligands.

And you get a feel. You get a scaffolding, you get a lattice formation. So this term biofilm that surrounds in a microenvironment, you know, that Virginia Levingston was talking about decades ago.

That is the basis of naturopathy that medicine now recognizes. It's really the basic structure is galectin three based on top of it. Phospholipids can cut heavy metals can come because because the collecting is negatively charged, it will bind to positively charged heavy metals.

So it will bind to oxidize lipids that are binding to heavy metals. And it will drive into the inflammatory area. And then there it will cause this havoc.

So this is how it works. So addressing it is fundamental to healing right. But if I go back into the Covid because I didn't that didn't answer your question.

Yes. One thing is that in uation of the cytokine storm. So if we can people on long haul Covid long haulers are really affected by the cytokine storm.

The other thing is that the lungs have the highest number of galectin three receptors.

Long COVID, Spike Protein, and Cytokine Storm

So there are studies showing large studies of Mexico City from somebody who collaborated in the past when they were in Harvard, showed that when when Covid patients come to the emergency room in the largest hospital in Mexico City, regardless of how sick they are, the levels of galectin three will determine how sick they will get and

who will die at the time that they show up. Why?

Because of the survival. So we understand the cytokine. But here is a big thing. And that's related to mycotoxins survival. We are not the only one to survive because this wants to survive.

Candida wants to survive, right. If we balance our microbiome, if we don't disrupt it with unnecessary antibiotics and toxic, and then there is harmony, this same organism is going to be devastating, helping us, respecting the mutual relationship with, in the microbiome, which is a whole topic that I write, of course, a lot in the book, but the virus wants to survive.

And how would the virus survive through its spike in protein? And guess what? The spiking protein is practically identical to galectin three, the same molecule that we use to survive, is used by the virus.

So when you take a galectin three blocker, you're reducing the inflammation, but you're also blocking a lot of the sites. The spike is similar in its physical properties to collect its structure.

The structure is similar. It's so insane. Wow. That's big news, Isaac. Well guess what? I already shared it in in mid 2020. You know, and then the papers were coming.

One of the papers published that this is part of our journey. No, like the oncologist in Israel who who does the multicenter says Isaac. You know, your name is Isaac.

Elias. It's not Isaac Pfizer. You know, so you are not getting the attention. Right. But but because I try to do clinical trial, I mean, it's a safe substance, you know, and but we get the feedback from people who are using MK.

They're not getting sick at all. Okay. Yeah. Yeah I know we are just not talking about it too much. We know it because of the sensitivity, right? They believe in integrative approaches and using all methods as you know.

But there is the concept of the survival paradox is true to the virus itself. So so the benefit of looking at collecting three and using MCP directly for, for the Covid and in reducing the the ongoing cytokine storm.

And it can take time. Some people it is dramatic. Some people it takes time. Yeah. So tell us about the role of toxic burden when we're looking at mycotoxins illness.

So you know when when when when when we look at it it a toxic burden. We, we really want to look at the multiple aspects that created. So if we are focusing here on mycotoxins and their ability to affect every tissue, and I think is there is more and more attention given to the gut brain connection, right.

Because the vagus nerve has more, much more inflammation going up to the brain than the brain coming down. And serotonin is, is almost exclusively produced in the gut.

So mycotoxins are very devastating. But they get activated, they get activated by heavy metals mercury the classical and and LED. But they really get activated by pesticides.

They I mean and I told you in a that we've been talking about it. It's an area that I kind of knew. And I mean pick the soil. Does we remove mycotoxins driven driven compounds like if we move that is CL four was published already in 2000 in Jan sci from all places.

Journal of National Cancer Institute. I think it was the journal out of a big paper. But so we all know, yes, there are pesticides, but I didn't take enough of an active role in finding a solution.

It's kind of almost like you accept that you can't get away from it, you know? But as I'm looking at it deeper in the last two years and especially the last year, it's blowing my mind.

I mean, what's happening with glyphosate, which actually has been talking for quite a few years, but it's really it's

really criminal, you know, I mean, and to people who are listening, watching, I mean, it's logical.

Whatever's going to kill something is not going to be good for us. Exactly. Right. But glyphosate is very nasty, not only on its own, but how it potentiate mycotoxins, how it increases the production of mycotoxins, how it helps them to create more damage.

And when we look at glyphosate is not only glyphosate that that thousands of glyphosate from violations, quote unquote, where other toxic stuff is brought with it.

So we talk a lot about the life of that, but it's not the only herbicide or pesticide, of course, but it's really, really, really it's a real problematic area that needs to be addressed.

This is, you know, I've put a lot of work into addressing it and picked up soil is a great adjuvant for it. But I created a product called glide for detox where we're getting great feedback from patients.

But we also engage in clinical trials. And because it's important to create the scientific and published literature, and I'm addressing it very much from the perspective of what we discussed from a holistic approach.

And I think that for people with mycotoxins, you got to address a pesticide on an ongoing basis. And the reason why it's an ongoing basis, is that we can't avoid it.

I mean, you can't avoid it.

Pesticides, Glyphosate, and Grifo Detox

I mean, if you look at the literature in certain foods, United States is 10 to 100 times more, more, more pesticide of life than in Europe. So the think that a lot of us know is that, for example, people who are gluten sensitive, who go will travel to Italy, for example.

They certainly can eat bread, they can write pasta. And we also we always this to say, if it's a GMO, the GMO, but the GMO is secondary. The GMO allows mycotoxins to grow because of the glyphosate, and the GMO contains glyphosate.

And it's the glyphosate did create damage to in the permeability of the gut leaky gut. It it weakens the tight junctions. It allows the antigens to penetrate into the system and it will create gluten sensitivity. So yeah, we really have I'm really glad that I created the, glyph for detox, and I think it's going to be a game changer for a lot of patients.

So tell us what is in Grifo Detox and why it works so for detox again, addresses the issue from start to a mentally holistic approach. I truly believe, and I think it's our experience.

I think you have the same experience in every kingdom that when there is a problem, there's a solution. So if you look at pesticides, they affect our plants.

They affect our Earth. And they affect our waters, our oceans. So I derived solutions from all these places. I'm using specialized packaging. It's not MSC.

MSC will have a systemic effect. I'm using high molecular pectin that will stay in the gut and will bind, not only pesticides, but also lipid soluble toxins, including mycotoxins.

It's published and I'm using pectin is one is one component from from that addresses the plane. Of course the meats come from animals eat plants. Then from the water kingdom, we are addressing algae needs which have a great profile of binding of toxins and both mycotoxins and pesticides.

And then using kelp. There are studies on kelp being able to neutralize and bind glyphosate actually from 2021. But

the beauty of skin is that it's a food.

It has this wisdom of cleaning and providing nutrients. Now, this is why it is so fascinating because glyphosate is not just toxic, it's a nasty later of minerals, the known amino acid amino acids, for example, glyphosate will bind to tryptophan and tryptophan and will not allow lactobacillus to function normally.

Throwing, creating dysbiosis. My causes an increasing mycotoxins glyphosate will will bind to will stimulate and bind to glutamate receptors. So similar to glycine will create an excitatory effect in the brain and thereby inflammation.

And then you got the you know, anti anti-glare glia mycotoxins coming down coming into the brain. And then you get with all of these the galectin three for example in Alzheimer plaques, galectin three is present at 20 times the concentration compared to normal 20.

Wow. That's a yeah because it's so inflamed. But remember galectin three also stimulate mycotoxins. You can see the connection oil coming from this understanding of the survival.

But so this is a very important ingredient. And then from the earth the earth is very wise. So the Earth created something that, you know, in traditional like your Vedic medicine.

She legit, she alleges, is a fermented compound. The of what really penetrates in the Himalaya through thousands of feet until they collect it. And it's rich in minerals and it is an immune enhancer.

It normalizes mitochondrial function, but it contains folic acid, which is able to bind to it, bind to glyphosate, but also stabilize the tight junctions in the gut so you can see all the compound.

And then I, I have to add an engine something that will move the formula. And this is glycine. Because glycine is such an important transmitter a detox component.

And it will help. It will help in the detoxification of the liver. It's necessary for normal function of glutathione and some of the of the researchers of glyphosate, like Stephanie and Doctor Stephanie Singh, strongly believe that because of the repeat motif of glycine, that it really exchanges with with glyphosate and create disruption in different proteins.

And definitely, glyphosate, they can bind to aluminum and they go, they penetrate, get neutralized, it penetrate into the brain barrier changes, it dumps aluminum and glyphosate in the brain.

We know the connection between aluminum and Alzheimer's and aluminum is actually removed well by picked up. So we we we have we have published quite a new a new paper that actually we didn't discuss on the ability of specter.

So to kill late heavy metal. It's well documented in very exciting to get a look inside your mind. I feel like I'm actually like opening up your mind, taking a look and sharing it with our audience.

Because this is the mind of a formulator that's top notch. A lot of people formulate, but they don't do research behind it or a lot of people formulate.

But they're not taking in all of the elements around them. They're not taking in the research at the same time, or the bias and the biochemistry. Maybe they take in one aspect of it, but it's so thoughtful the way you the way you create your supplements ups, everything that goes behind it from from thought at on the spirit level to biochemical research, getting NIH grants.

So this is very, very exciting. Yeah. And you know, I, I have a really good research team that supports me, but I want to emphasize at the beginning of the process is insightful.

You can't if you drive your process based on on logical information, you're going to be limited. You got to you got to forget. You got to go to the non conceptual clear space for meditation not non conceptual disconnect space.

Right. When you open up you connect to a certain quality of understanding of wisdom that is not ours. It's out there. We just have to continue to connect.

You know that's how you, you do when you, when you when you work with people. I've seen it. And I mean, we did some great a segment on patients forehands, you know.

Yeah. So and then you fill the gaps with the research and then it really clicks. Now you know how big we were on doing sinus injections, right. Yes. With the sign obsessive.

And we saw that people we would say hold emotions, hold traumas and chronic sinusitis. We could see it until we addressed the sign of the gut would just not get better. Right.

You remember and you know, and you know, and we connect to to the channels. But really we know now the sinuses of biofilm that produce mycotoxins all the time, even if it's not visible, isn't a fungal infection.

So when we are using prochain airways homeopathic, what are we doing. We are taking a tight survival grasp. Drama, whatever it is, it can be an infection, a trauma, heavy metal and we are releasing it, right?

It's like, why would it happen? Right? And then when we release it, the body forgets a trauma. It's very similar to what you do when you dissolves the connecting to me.

And then what do we do for certain people will put ozone because now that everything is opened. Yeah. Then the ozone can go and just create a new a new environment.

You do just ozone is not going to work the same. You got to create. So part of a healing process is letting go of habitual patterns. You know for betrayal memories.

It's like we have to recreate our memory because our memories, our responses, our survival based. And when we numb an area, we forget it.

Meditation, Heart Coherence, and Survival Patterns

So, you know, and it's I mean, we see it with scars, of course, you know, that you do so much and I do it kind of insane. How's it going? Whatever we achieve never comes back.

But in the sinuses, something similar happens. What we are holding, let's go. And that's why it's almost universally much more effective than antibiotics or antifungals or whatever we use. Right, right.

And then from a biochemical point of view, a lot of inflammation gets created in the sinuses that can cross the blood brain barrier. Totally. And we've got inflammation crossing up this way via the old nerve.

And through the form palate. We've then we've we can swallow that inflammation. It goes down into the gut. And so absolutely correct. You know we're talking about going up I mean the pituitary is right there you know.

So right away you miss all your endocrine system. And and in so many levels, you know. And so yeah. So it's a great, you know, so if you if we do cranial sacral, if you go with a gentle way and we just open and create space.

So the contraction is and then we know or we do it before, after. So this is an example that you and me, are chatting in public about life. Right, with patients.

But it's the same principle for patients. So if I, if you would ask me, Isaac, can you give me one really important advice? Like what toxins patient to patient have chronic symptoms, you know, to patient with, with muscle

activation which often it's similar group.

Right. Group. Try not to identify with your symptom. So what do I mean? You know, you feel well and suddenly you get a headache. And, you know, it's usually when you get a headache afterwards, you get this symptom and that symptom and that symptom that happened to you like 50 times.

So you are naturally on the same path. It's a neurological path that is now the headache is calm. Everything else is going to come and you react early already expecting something to happen.

But if you can just see right now I have a headache. A moment ago I didn't have a headache, and a moment from now I may not have a headache again. If we can disconnect this habitual pathway.

And that is the core of freeing the survival paradox. I do this a lot working when I teach meditation and healing, which I teach mainly in Hebrew in Israel.

But I will teach more in the United States with my book. That's part of the detox of the mycotoxins. Because mycotoxins and live in a sticky environment, in a damp environment.

Right. Like like like damp, damp house syndrome, it's all the same environment. The stickiness is also stickiness defects. Our mind. And we want to dissolve the stickiness.

So we dissolve it. Meditation wise, understanding wise, dealing with our scars of survival. So what we talked with scavenge Jackson through the sinuses and masks through dissolving the biofilm.

Through using a modified. It was pectin which now you unofficially you can understand. Wow Isaac. How comes as the paper on acute kidney injury with galectin three and MCP and then on on Nash and then on pulmonary fibrosis.

And then there is on cancer and then how it because it's driven by a very basic process, that takes different highways and each highway will lead to a different disease.

So that's a process that the person can really work is catch yourself when the stickiness of the micro toxin is about to take you down a path, which is very useful for the fungus.

They love it when you're anaerobic. They love it when you don't breathe. They love it when there is no oxygen. When you can clean up the mess you can just catch.

Take a deep breath. It can really, really shift the process. And the shift of the process is biochemical. It's cellular, it's emotional. And from a cellular perspective, it starts in the mitochondria, in fungus, mycotoxins, unknown.

Honestly, modifiers of normal cellular function and a normal mitochondrial function. And we need to address it. So I'm using companies like Nokia that balances mitochondrial function to using modified introspection, to using adaptogenic herbs to adding different nutrients.

But as I've been thinking about it, you know, there's a lot of interest in methylation and specific pathways, which are very important. But when we are diagnosing what pathway is problematic in relying on giving people stuff for the specific pathway, we are undermining the wisdom of the body right?

People? More of a choice. We know how to survive. We just have to pick a pattern that is survival through harmony. So open heart, you know. And so it's the essence of detoxifying from the mycotoxins is realizing that this body has tens of trillions of cells, not millions, not billions, trillions.

And each cell has close to a million reactions every second. And we function in harmony. Right? It's a miracle. The fact that we can talk now is nothing less than a miracle.

If you think somebody. And then we got this argument, 50 trillion hundred trillion of organisms in our gut, including

a lot of fungi in parasite and everything, and they work side by side with us.

They support us. You know, if you take immunotherapy in cancer needs a healthy gut when the microbiome is not healthy. Immunotherapy doesn't work in cancer.

When you take antibiotics, when you take Adria, amazing. The most common chemotherapy, it won't work as well. There's this crazy wisdom when we support each other, we come to harmony.

When we lose our harmony, when we go into a survival mode, that's when our problems start. But we have built it to address it. Otherwise we wouldn't be talking.

Now, how do we address it through our heart? Because our heart is the only organ in the body that strives to survive, that survives on on what other organs call toxins.

Every cell takes nourishment and throw out what it doesn't want. The heart takes dirty blood. It has to take dirty blood to survive. It takes what other people don't want.

It connects to the universe through the breath. Endless amount of oxygen, endless amount of energy, endless infinite healing power. That's why we need to respect our environment, to have a good internal environment.

Then the heart gives without judgment. And the heart is the only organ that nourishes itself. Only after it finished its work. The blood supply for the heart.

So the first organ, the heart, supplied is itself. So the coronary artery arteries, but just after it contracted. It's interesting know all other organs if the arteries coming earlier or not, the heart it does it once it's done, it's selfless work which is a survival of the heart. Right.

So when we connect with our heart, then things it create triggering emotions for us starts melting away. And it holds for five minutes. For ten minutes we all go, right, we have a great day.

We have a bad day, but we all have the ability to connect with the transformative power of the heart. And then we get blood to the tissue, we get nourishment, we're less toxic.

You know, the electromagnetic field of the heart is big enough. It reaches every cell in our body all the time, including people around us. So it's the basis of detoxification, especially from mycotoxins, where we identified a bad thing.

We want to get rid of. Is connecting also with our heart. And guess what. Galectin three does its greatest damage in heart failure. And on which kind of heart failure ejection preserved the heart failure where the heart doesn't become too big, but you become stiff, it becomes rigid.

Mycotoxins, Cancer, and Therapeutic Apheresis

It loses its ability to give, it isolate itself. It doesn't realize that it's part of a bigger picture. Very interesting how it works. You can see the analogies, you know, between.

Right? Right. I love the way that you're ringing in medicine, biochemical medicine with Chinese medicine perspective, with healing perspective, spirit medicine perspective, and looking at how those two places mirror each other, one without the other is really lacking.

It's another rare thing to see in practitioners to me, and I really know the feedback I'm getting from my book, The Survival Paradox is really good, including from a lot of doctors in the field of mycotoxins and chemical sensitivity and muscle activation.

So, you know, it's really it's my first book in my 60s, but it's in it's a decades of learning and experience. So

beautiful. It's a fantastic book. Fantastic.

I just have one more question for you. It's called might take a little bit longer, but I've been burning to ask you. It's about mycotoxins and cancer.

Isaac, how do you see mycotoxins, illness and cancer come? So, Michael, toxins, big drivers of cancer, big drivers. Because of the inflammation and because of the cellular damage and because there's some direct relationship between mycotoxins and cancer and certain infectious agents.

So it's definitely part of the same package, because the also because the abnormal metabolic changes are very similar. And in this sense, you know, the one topic that you just brought to my mind, which I didn't touch, but this is an opportunity, is that sometimes, sometimes we need help in clearing mycotoxins, especially because they are lipid soluble.

They are hidden in tissues. Okay. And in this sense we talked about the heart, about letting the blood flow about. So in this sense something that I use that I'm kind of being what is called in, in the innovative field disruptor is a field of therapeutic of is where I am able to clear a lot of mycotoxins, lipid soluble toxins, through a therapeutic of a, which is a unique procedure.

I specialize for many years, every one of every one of the largest in the country. And, well, classically, it's used for, for genetic hypercholesterolemia, where people get heart attacks.

Don't 30s. It has been especially effective for me for the severe mycotoxins cases, for the severe muscle activation patients where they just cannot tolerate anything.

Yeah, because we are cleaning them outside their body. And within the process I will give specific views that will help the, the, the fat, the lipids, the fat tissue, the phospholipids, the toxic fat soluble toxins to really let go.

And so, you know, it's a high tech, process. But for patients where it's really a micro toxin issue, it's often a game changer and sometimes surprisingly, relatively quickly.

That's wonderful. Thank you so, so much. Thank you. Tony, tell me, tell our audience where your clinic is. So if they want to come to you for a few tests or cancer therapy, how can they find you?

So our clinic name is Amitabha. Amitabha. Amitabha medical clinic in Santa Rosa. And, you can also find Doctor elias.org in the Survival paradox.org, where it's about, my book and, and I hope that that, that my work can experience them now at this stage in my life.

What it's about sharing what I call the decades of studies just with others. That's really my focus right now. Fantastic. Thank you so much. Thank you for being here.

Thank you. And as we said to you, thank you. For.