Introduction: Food Toxins and Chronic Disease

All right, everybody, welcome back. We have, something to talk about here today that whether you know it or not, it's affecting you. That's a guarantee, because everybody here eats.

And if you're eating, you are being exposed to certain toxins. A change in the reality of food supply and agriculture. A change in chronic disease levels that we're all seeing.

We can't answer why they're happening, what we're going to get into answers today. Brendan, thanks for joining us. My pleasure. Thanks for having me. So Brendan Moorhead has been diving deep into this topic, and I've been excited about this conversation in terms of toxins in our food supply.

So thank you for bringing this forward to us, because every single person needs to know this right? Yeah. Agreed. So I, I had the opportunity to interview Doctor Joseph present a few years ago.

And he's been a natural, empathic doctor for I believe, over 40 years. You founded the best your university up in, Washington state. And in recent years, he's been saying, like, his main message is, as far as you can tell from reviewing the literature on many diseases.

The primary cause of disease is mitochondrial function, dysfunction, rather caused by toxicity, toxins from from our environment and our food, but primarily from food and water.

So which of course is our environment. But, so food is a big part of it. And, and shockingly, actually organic food is not entirely, exempt from exposure to some of these.

And that was for that that I can get in tournament. Yeah. Go ahead. Yeah. No, it's surprising to see because it's so prevalent that I mean, really don't know where to go anywhere and what's safe and what's not safe.

Like, you openly say that even organic foods are certain things you have to look out for. Yeah. So the problem with so I want to say it first, organic is far better in general than kind of food as far as exposure.

But we have this, small molecule called glyphosate. It's very, very, very mobile. It's in rainwater and it's 65 or 75% of rainwater in the United States.

So that's getting to everything. It's also in the water in the, you know, irrigation ditches. So it's going from one farm to another. They also spray herbicides, like, leaves it on the ditch channels to control weeds, as if the weeds are really a problem there.

And so that's poisoning the irrigation water. And then you have the issue. But this is, this is going to be, perhaps an eye opener for some people, but organic farms can use manure from and that manure does not have to be from organically raised animals.

It can be conventionally raised animals. So everything that's going in the mouths of those animals are coming out. The other end is going on to organic farms that includes a lot of conventionally raised grains, and those grains are drenched in, you know, glyphosate and atrazine, which is another, herbicide and which damages complexes two, three and one, two, three and five of the mitochondria. And the other thing about what goes on to conventional crops that ends up in conventional manure is, released sewage sludge.

So, sewage sludge is allowed to be, you know, a applied as fertilizer to conventional crops. And it's called biosolids. That's kind of the, euphemism for it.

And the thing about biosolids is there's a lot of heavy metals going into biosolids from, from, you know, just municipal, municipal water supplies, industrial, you know, basically everything gets flushed down the toilet and

many things that come out the, tailpipe of industry goes into municipal water supplies and ends up in, sewage sludge slash biosolids.

And the EPA has come up with a concept that they call sludge magic. And that and our sludge magic is the idea, the magical thinking that the organic matter poops.

Yeah. The organic matter in sewage solids, biosolids binds irreversibly and immobilizes irreversibly all the heavy metals that are there.

Glyphosate, Organic Food, and Heavy Metal Contamination

Oh, wow. Right. So arsenic, lead, cadmium, mercury, maybe thallium. Not sure, but those are those top four. The the arsenic, lead, cadmium and mercury are pretty high in, sewage and biosolids.

So that's going in and contaminating the conventional soils. And by the way, conventional soils get a lot of cadmium as well. Because they're when I say conventional or conventional soils or conventionally grown food, I just mean in a mainstream chemical, highly mechanized industrialized agriculture.

So the phosphate fertilizers that are mined. So the ore, often contains a good deal of cadmium. So cadmium comes along for the ride to the, non-organic, you know, the conventional forms in the world.

And so you get a higher amount of cadmium in the soil and legumes, in particular soy preferentially absorb a lot of cadmium. Oh, man. Oh, women with osteoporosis actually have been found to have been eating.

Typically they have a lot of cadmium in their kidneys, 16 year half life in the kidneys for cadmium, and it damages the ability of the body to convert 25 oh age vitamin D to 125 oh age vitamin D, which is the Council of Trial Council trial.

However, pronounce it version that is actually the ultimately the active form that is used to to manage calcium. So, so women with osteoporosis very often tend to be high soy consumers.

And so that's the mechanism there. So back to sludge magic. That's how the heavy metals, the phosphate fertilizer and biosolids are getting into organic food via the gastrointestinal tract of eventually raised cattle.

And the more that is so mind blowing. And then so then. Yeah, so then organic, non-GMO soy is going to be potentially high in cadmium because of that.

There's going to be some higher cadmium in, organic soils that are using manure. Honestly, my brain is a little fried right now because it's turning into sludge, you know, because there's so much when you think about it, how do you escape all that?

You know, it's it's it's it's like so prolific. Go to Mars. That's the solution. Just throw this planet aside and go to Mars. They don't have an atmosphere there or water.

But you know, we'll get back. So how do you get around this? So are we going straight to biohacking? Why not? Man, everybody's jaw's probably already dropped.

And now it's like, what do we do about this? Yeah. Let me get back to you on that. Yeah. So, you know, heavy metals is is, you know, it's actually quite a trick to get heavy metals out of the body, and you don't just want to attack it with DMPs and you want to say and there's, you know, there's inspiration for that, that they'll just attack with that.

And it can really mess people up because they make money for that. Some people can handle it just fine, but a lot of it has to do with, their the, the relative efficiency of their detoxification enzymes, which think company can help shed light on as far as like which, you know, snips you have and which of the GST the, you know, based enzymes

that conjugate to with iron in phase two liver detoxification.

Right. So there's those transferase enzymes and but if we're going to look at it that going after heavy metals, you have to go all the way back and say how inflamed is the person?

Because if the person is really inflamed, they're going to be really sensitive. And they may react to just about anything. If you're mobilizing metals, they can react to even good.

NAFTA promoters, you know, like some kind of cruciferous vegetables extract. They can get inflamed from that because it's just moving things too fast.

So you have to deal with their inflammation. So one of the things that's actually kind of cutting edge, a lot of practitioners are starting to use I don't know if a lot is the right word, but the ones I'm following, you're starting to, use peptides, right?

So BBC V or to oral peptides you can take orally, you have to inject. And then there's others. To frag 17 and stuff that are anti-inflammatory and can help calm down the neuro immune activation that has been generated by Lyme disease or just dysbiosis.

You know, if somebody has really bad, really imbalanced gut bacteria and then they have intestinal inflammation, which is, by the way, aided and abetted by glyphosate, because glyphosate is an antimicrobial that, disproportionately kills beneficial bacteria more than, this biotic bacteria like Klebsiella pneumoniae, now, that organism and others, may be more prone to producing more bitter group runner days.

Which, does your liver, Sandy work by differentiating the, toxins that have been conjugated by the different parties? Step any anyway, that the gluconate ation, the UT enzymes and those, toxins tend to be the fat soluble toxins, like mycotoxins.

So if somebody has mold toxicity, which is pretty common, then, the that can be d conjugated in the gut and then reabsorbed. So glyphosate is doing that.

It's causing dysbiosis and it's causing dysbiosis and it's causing intestinal permeability which is which dysbiosis does by itself. But also glyphosate upregulate Zon UAN, which is a signaling molecule that tells the tight junctions in the gut to open.

And it's done so judiciously when the body is normally regulated. So just, you know, judiciously samples what's in the gut. But if you have glyphosate up regulating it, a lot, they just stay open and stuff comes through.

And there's more lipopolysaccharide from, you know, the the exterior of gram negative bacteria. And that is very inflammatory to the liver. So whenever inflamed.

And then one of the things that happens in that is some of the membrane transport of proteins in the hepatocyte membranes, where they're transporting bile conjugated toxins and versatile choline into the biliary kind of liquid, which is like the, you know, headwaters of the whole, you know, biliary tree that drains down into the into the, gallbladder.

The, those membrane proteins, under inflammatory conditions, can retract inside the cell and then toxins are not getting out. So as phase two conjugates are backing up, and then phase one and activated intermediates are backing up.

And that's where like the cytochrome P450 enzymes in phase one are typically oxidizing something and making it temporarily more toxic but more reactive.

So it can conjugate more easily in phase two. And the, when phase one, intermediates back up, that's really damaging to the parasite. Eventually, to save itself, it puts it back in the bloodstream because as we all know,

dilution is the solution to pollution.

Even the liver knows that. Right? Yeah. No, but that's what happens in society or in the liver. When you're in a crisis state, you're just like, well, just dilute it for now.

Yeah. So anyway, so now this stuff's in the bloodstream. And guess what? Glyphosate makes things. That makes the blood brain barrier also more permeable.

And a preferentially, preferentially helps aluminum and other certain other toxins get into the brain. But aluminum in particular and cadmium get into the into the kidney cells.

So basically glyphosate is making things more permeable, making everything absorb more toxins, and is also indirectly causing that and pretty directly to the liver to have this breakdown in function, because, one of the cytochrome P450 enzymes, don't ask me the number right now.

I don't try to memorize these things. I just know they're there and I can look them up. But, it's one that makes, bile acids. So glyphosate directly impairs bile acid production.

It's also directly impeding certain site from P450 enzymes that are involved with, among other things, beginning the transfer, the bio transformation process of estrogens and getting them out of the body.

Because a body like estrogen is in cycles, especially in women, because there's a period when the body, the female body needs growth signals, estrogen is essentially a growth signal, and then it needs to come back down.

Detox Pathways, Inflammation, and Gut Dysfunction

So it's just known as pulsatile wave. So your body needs to get rid of estrogen in a timely manner. But when you have glyphosate in the picture that's not going to happen.

You know it's going to get or the pathways are going to get deranged and you have more of the, the estrogens getting converted to the more toxic metabolites like the, the four and the 16, right.

So and then and then committee has to come in, catcall methyltransferase to and that's the phase two part of handling this is the carotid artery can be involved as well as surgeons.

But the Conti part comes in and then if you have a bad Conti enzyme, a slow Conti enzyme, and or if you have methylation issues, which would affect the supply of acid DNA combining E which come to use is to methylated these things.

Then you've got double, triple trouble. Yeah. You know what? What's incredible. Everyone has to appreciate what they were just given access to, because I think everybody agrees that people are sicker now because of our food.

Right. And there's a lot of people still arguing that maybe that's not true, that environmental health is not a concern. But what we don't hear, we hear the genetics of it, that there's certain detox pathways, growth hormone, you know, glucagon in the methylation pathways, all these things that support or don't support what we're facing, what we don't hear, what you just laid out, the exact insults like exactly what is happening step by step in the way you just laid it out.

It's undeniable. Like, here's exactly what's happening and here's why it's a problem, right? And that's what everybody needed to hear, I believe, because there's there's always a little bit of gray area in environmental health.

Why does it make me sick? I think one of the areas where there's still controversy, where there shouldn't be, and I think because of the sort of incentives there needs to make sure that we don't all know the truth is with, you know, early childhood development with children.

And that's where the word glyphosate really gets used the most. Right, in terms of functional medicine, etc.. So what have you seen in practice in terms of, you know, the current child growing up today?

Is the child different, outcomes different? Is there a giant change in what's happening in, you know, sort of environmental health versus their outcomes?

Well, I'm probably not the best person to ask that in terms of my practice, because I have not been working with children. But I, you know, I do know that.

So for example, back to Doctor Possono, you know, quoting from the research, anybody can pretty much look this up as well. But the, organophosphate pesticides, they've done research on children of mothers that had some, you know, everybody has some level of organic phosphate pesticides, the children born to mothers with the highest level, I think they were using quintiles.

So the women with the highest in the highest quintile or volcano phosphate pesticides in their body, compared to the women in the lowest quintile of organophosphate phosphate pesticides.

The difference between those two cohorts, or those two groups, was a seven point difference in IQ in the kids. Wow. Of those two mothers. So organophosphate pesticide has a big impact on the children's IQ.

And seven points is a big difference. Yeah. People that I don't know how they come up with this estimate, but, but estimate that that's, that's essentially the equivalent of a kid working hard and getting straight A's and a kid working hard and getting CS.

So the difference in the, the, the prospects in life for those two vastly different, it's it's it's beyond tragic. And there's and there's also been a study also you know I obviously I get all of my examples from doctors are just okay I'm on a I'm on a chair with him right now.

So, there was research done in I think Seattle, Washington, where they, they, had children that were eating, non-organic and they put the they were eating like 75% conventional, I think it was.

And they went to 75% organic or something like that, or it was 100. I'm not sure it was 90. But anyway, they made a big shift from conventional toward organic.

And in 30 days their, their, the quantity of pesticide in their body dramatically plummeted. So, you know, assuming we're dealing with kids that have reasonably good genes and stuff, because obviously there are some kids that are pathological, detoxified kids with autism have messed up detoxification.

So that kind of rapid shift may or may not occur. I mean, have this fast and autistic kids, but but there's actually a like a documentary called Secret Things Secret ingredients.

That, Jeffrey Smith created, of the, Institute for Responsible Technology. So in that movie, they, they focus on one family, and they had an autistic child, and the mother and father also had some health issues.

And just by going organic, their health issues resolved, they must they probably did a few other things that I'm not recalling, but, that was one of the main things that they credited for their son becoming.

I think he was basically no longer, diagnosable as, as autistic, but it's like 11 or something. And, you know, it's been about period. So it was a delightful, that's incredible.

And this is a coming from a place where the belief is it's not reversible. It's something that you have. Right. And it's a condition versus your body reacting to poor choices and poor choices, not necessarily the fault of the parent.

You're doing what everybody else is doing, but your child may not be wired for those things. Right? I would say we have to be really sensitive on the topic of autism, because first of all, I don't want to be interpreted to say that all

you have to do is go organic and stuff, right?

It's not that simple. Most of the time. And, it's also not just a matter of, I would say of, of just of choices. Although if it's diet then, yeah, there's choices, but there's other there's typically other factors involved with autism.

And and the genetic analysis is super important. But they're also discovering that, you know, there's depending on who you listen to. Like, you know, this group of autistic children, my God, 80 plus percent or whatever headline pathogens.

And then there's other studies like, oh my God, the glyphosate levels were astronomical, or oh my God, all these kids, they went autistic within three weeks of this particular vaccination.

All these factors seem to have. But so it's kind of like, any disease can be caused, almost any disease can be caused by almost any toxic insult to the body that just regulates the body.

So this is one cause of autism. But if there's one, the one that correlates the highest is glyphosate, right? It's crazy. That's the the it's as close to a correlation coefficient of one as you can get.

I wouldn't say anything higher. It's 99.7 or something like that. If you look at the graph or when they when glyphosate, you started to really escalate in the I think it was mid 80s or mid 80s.

Right. I think it was mid it is either 86 or 96. And I don't like to never remember that one. But if you look at it, they both just start to take off right at that point.

Glyphosate and autism. And the thing about glyphosate is and then the other thing about about autism is they find a lot of aluminum in the brain among but aluminum.

So, you know, there's so there's the hypothesis. Well, there's a lot more aluminum in the next generation or the like, vaccines, when they got rid of the, the mercury part.

Right, story, they didn't really fully get rid of the mercury part, but it's not on the label anymore. And so and then they started using aluminum as the official adjuvant, and, glyphosate transports aluminum into the brain.

Glyphosate transports all kinds of things into the brain because it makes the blood brain barrier leaky. That's probably if there's if labor is like the main cause, it's because of that mechanism.

And then whatever else can get into the brain, including wine pathogens or whatever, lime gets right into the brain with or without glyphosate. But life is a helper. Get in there for sure.

Yeah. I think, your point, people need to understand that everyone's looking for that cure, that switch to turn on or off. And this is why it's such a tricky subject and referred to as more of a spectrum than a condition, because so many things cause it.

And what we need to look at is not the things, but the genetic profile of that child who couldn't cope with whatever happened to be the trigger. It just if something came before that, if a whether it was like mold, you know, glyphosate, whatever it was, the order it came in is the order that you're gonna discover that it affected them.

So it's really understand your innate wiring capacity to deal with any toxic insult and then knowing what all the potential insults are. Right. And there's many of them.

And this is why it's hard to point your finger on a cause called the cause is really that inability to deal with all of this stuff, all the things you're talking about.

So, one thing I want I wanted to ask you about is you, did something incredible. You hosted a summit called eat for Earth. And a lot of people are still buzzing about that.

Blown away. And you talked about how our food system is endangered. The planet is endangered. People drew a lot from that summit. And to really change the way they think, can we dive into some of the things that you uncovered there?

Yeah, sure. So, much of what I said just now from, quoting from Doctor Persona was part of it. 1 or 2 of it. I did two interviews with him. Okay, so he's in there, and those are great interviews.

First one is a little bit grainy because the webcam one is, laptop while I was traveling was an older one. I'm like, oh my God, this one's so grainy. But the contact was great.

And, you know, it really blew me away hands down. Was getting to meet and talk to Walter Yana twice. Walter Yana was a scientist from Australia, and he.

So Australia has this Commonwealth Scientific and Industrial Research Organization. I think that's what CSIRO stands for. Okay. So he was both a soil scientist and a climate scientist.

And, very, very intelligent guy. And but he's able to make things really clear and simple.

Children, Autism, and Environmental Toxicity

And in our conversation, we talked about how when it comes to climate, water dominates the, the equation as far as, heat retention by the planet. Okay.

Water vapor is a far more powerful greenhouse gas and carbon dioxide. But the climate models were based on carbon dioxide because, you know, back in they started doing that with after Carter.

Wanted there to, you know, commissioned, task force, I guess, to, to investigate. Anyway, so they basically made the center. Well, hydrological cycles are too complex and massive for us to model, so we'll model carbon dioxide.

We'll assume that it was carbon dioxide, carbon dioxide, a greenhouse effect is amplified that will then cause more water vapor, which will then break that cycle.

But then they have to keep adjusting the model because it doesn't really work that well. So, but the the real kicker is that the greenhouse effect is only accounts for, I think he said 4% of climate dynamics and, energy flux, heat flux.

So the rest of it is what it's hydrological cycles. Not now. Water vapor is is a greenhouse gas, but water is acting also over here as, as in other ways.

So you have the flux of energy up into the atmosphere via transpiration, which is the water that's moving up through plants and getting transpired into the atmosphere.

So that's one way that water is moving. The heat is moving into the atmosphere is being carried by the water vapor. And yes, the water vapor behaves as a greenhouse gas.

But how is that heat actually getting out away from the planet, mainly via rain events that open up an aperture in the atmosphere of all the like, all the greenhouse gases.

And I'm not sure if I'm explaining that part correctly, but, during rain events, a bunch of heat escapes into the upper atmosphere, back out into space.

So that's there's like this flux of heat from the Earth, back out into the atmosphere. And it depends on healthy soils, healthy plants, healthy ecosystems, transpiring water into the atmosphere.

And then it depends on normal cycles of storms and so forth, opening those apertures in the atmosphere so he can get out from the lower atmosphere into the upper atmosphere and back out into space.

So that's basically and those hydrological cycles. He named about ten of them. I wish I could say I had memorized them, but I think I had them memorize it years ago. Now I don't recall it.

But I gave you the gist. But, and there are, there are things that we're doing that are impairing that process, one of which is we're creating what what he calls humid hazes.

Persistent humid hazes. And that's occurring via, the dust that we're putting in the atmosphere by certifying the planet, and also by burning things like forests and cane fields and grasslands.

So we put a lot of particulate matter up there. And then diesel, you know, we burn a lot of diesel. So that puts a lot of, particulates up there. And that is creating these abnormal types of clouds with the problem.

The humid haze is that don't rain. So then you have four, four of these, events, which in the tropics would happen like daily, right. If you've lived in, if you ever spent some time in the tropics, especially during the wet season for that particular tropical area, it's like every afternoon it rains.

Yeah. Cools down so it heats up. It's building. It's getting humid. Storm, storm brews. You have that 4:00 rainstorm cools off. That's not happening as much anymore.

So they're having abnormal rain patterns, like deficiency of rain in, you know, in tropical areas. And, so that's that was like a big from Walter. Gina is realizing that how climate actually works is not what we've been told.

And yes, there's a heat problem and yes, there's a carbon dioxide problem. But actually and this is coming from another one of the interviews, the carbon dioxide issue is less the greenhouse gas effect and more so the fact that the ocean absorbs a lot of this excess carbon dioxide, like the majority of it, and it in water turns into carbonic acid.

So the oceans are acidifying. And if that happens faster than then, the organisms can take the carbonate and put it into shells and, you know, exoskeletons, which then drop to the bottom of the ocean as they die.

If, if, if, if it's accumulating too fast, the carbonic acid, then the pH drops, acidity increases. And at a certain point it's dissolving their exoskeletons and their shells.

So already we're seeing that like, for example, terra pods, Petro pods, the terror pods. So the termites, they're little tiny snails, they're a plankton planktonic organism.

They're like snails. They're the base of the food web and the like, the like Arctic type areas and like, subarctic, like Pacific Northwest. So, okay, the, I think krill and I'm not know, not sure that krill is kind of more of an equivalent organism.

So, small fish and then salmon or even small fish, and then the seals are eating the salmon, the workers are eating the seals and the salmon. So that ecosystem is at risk.

If the terra pods dissolve, you know, and their populations crash. Another one is the, the algae, not the algae. The, we're calling totally blanking out.

I had unfortunately, I had horrible insomnia last night, yesterday. And I'm a fast oxidizer, so my adrenaline just goes crazy when my when I'm hungry.

So anyway, this photosynthetic, the planktonic photosynthesize is that build a, like, a little shell exoskeleton around them. Okay. And those, those little exoskeletons are at risk of dissolving.

I think some of them already are. And we've seen in some oceans of the world, like a 40%, phytoplankton, this would become, phytoplankton vital meaning they're like plants and they photosynthesize.

Plankton, meaning they're, you know, like tiny things floating around in the ocean. So the phytoplankton, 40% drop.

This was as of 2010. I have not seen anything reported since then.

So I don't know if everything's, like, copacetic for the moment or if they don't want to talk about it because there are some scientists, they're like, yeah, we're all dead.

It's just it's, it's all over except for the shouting. And we've got until 2040 to 4050. And that's what some scientists have said. I hope they're wrong.

And but and I tried to interview one of them they wouldn't like.

Climate, Soil Health, and Regenerative Agriculture

There's a couple scientists. They just didn't want to talk to me. And I figured because they probably just don't want to ruin everybody's day because they're going to say something really negative.

You know, but I hope that's not the reason they didn't, say yes to the interview, but, it might be very dire. So that was one of the things we talked about in, in the, the conference.

But the other thing is, okay, so you've got these really horrible stories that are things are happening that are really bad. And we didn't know about them.

We didn't know about phytoplankton. That terrifies we, you know, etc.. Yeah. This website is this is back to Walter Yana. We just have to regrow the what he calls the soil carbon sponge soil.

So I was carbon that we can draw down all kinds of carbon from the atmosphere. He says. We can have with we did the right thing on 1 billion hectares, which is about a fourth of the total agricultural land put in pastures.

And a lot of this can be done in pastures. It's a lot harder to convert the thinking and the, the practices of, of farmers on arable land. But it's probably easier to get pastoralists to do their grazing differently.

And there are ways of grazing animals that are profoundly beneficial to soil compared to really bad grazing habits. That just ruins right? So there's a good way and a bad way to do everything.

Cows are not the enemy. It's management. Bad management is the enemy. So, bottom line is we can rebuild the soil carbon sponge and the whole photosynthetic machine and the evapotranspiration machine, that, you know, these technologies, let's say natural.

This the planet had it all figured out whether God did it or, you know, evolution, whatever. It all worked perfectly. And all you have to do is stop interfering and get the soils working better, because then we're actually going to have a cooler surface on the planet, and we're going to have, functioning heat flux back out into the atmosphere, and we can suck a lot of carbon dioxide back out of the, atmosphere into the soils.

I think where I was about to say there's water in it says, yes, we can draw down 20 gigatons of carbon every year. That's twice our net emissions. Wow. Carbon into the atmosphere.

So this if, if, if we could just get everybody focused on this, we could fix everything in a decade. Oh, and yet you're not hearing about this anywhere?

No. And we have this stupid distraction. You know, one of the things I was going to say is, like, in terms of, like, to echo what Jordan said about toxins being the main cause of disease.

And I think an alternative world, we kind of know that. But it's like the rest of the mainstream is like, no, it doesn't matter. What you eat now just happens.

You know, disease happens. We can't do anything about it. But, well, which are you? But anyway, so, you know,

the World Health Organization, which, you know, is kind of lost much of their credibility recently, but they did some good research.

They've done lots of good results over the years. And one of the things they concluded quite a few years ago is that toxins are like one of the main causes of disease.

But anyway, now we have this other who sponsored thing that's really distracting, that, yeah. So I think a lot of attention has been drained away from, from, from that, from the, the planet.

That's. Yeah, it's mind blowing. You know, when you think about all we hear is beef is bad. Beef is the source of all of our problems. Worst message possible.

So, yeah, it's really it's just greed. Because I don't think it's just stupidity. I think that, that there's sort of an unholy alliance between the tech elite because they, you know, and just in general, Investors, you know, you know, it's the next frontier Monsanto has been working and others like it have been working on owning food.

Right. The one thing they had not yet conquered, I mean, because they conquered a lot of crops and a lot of things then conquered animals. Yeah. Can we just turn?

Can we just make all of our fruit, all of our meat in a factory, using intellectual property that we own, then go nice new industrial, nice. New frontier. Awesome.

Yeah. No kidding. Like, good for investors. That's what. So I mean, if somebody hears this term eat for Earth like you're talking about sort of, Well, okay.

Okay. Well, I had a Lume cube, and it just didn't have as much battery life. Okay. No off it. So when we talk about eat for Earth, at an individual level, you know, anybody that's listening to what just happened here, I'm sure, you know, I'm going to be compelled to say, well, what can I do?

So how do you start? How do I eat for how do I do what I should be doing? Yeah. Just go on a really long, fast. So. Well, first of all, the first step is, well, you could go organic, so that's like a baby step for some people.

That might be a big step, but, next step, or a parallel step would be, get to know your farmer. They don't have to be organic if they're still if they're doing organic things, they don't have to be certified organic.

So farmers markets, you can try to, you know, gauge whether you trust what somebody is telling you and talk to them about how they grow things. And a lot of people say, yeah, you know, we don't use this. We know that.

We use a little bit of this, we're learning about regenerative agriculture. We're not certified organic. Yeah, we might do that. But it's, you know, it's it's a lot of money to get certification or whatever.

So you can get some, you know, fill that out. Now there are some labels, some certifications that have been coming out the last few years that pertain to, quote unquote, regenerative agriculture.

So what is that the regenerative there's and there's differences of opinion there. And unfortunately, there's this divide where the, I'll just say that the vegan and vegan, movement that is very against using animals, is very and I think they have a point in being kind of, concerned that regenerative agriculture tends to always claim that animals need to be part of the process.

I think the animals are an important part of the process. When it's appropriate and you can there's there's a whole conversation there. But I also don't think that we should say that mechanic agriculture is not regenerative because animals aren't involved.

I think we need to have more cohesive definition, more inclusive definition of regenerative regenerative agriculture. That does not say that one of the pillars of organic agriculture is that you use animals and you use their manure.

But it's a great if as long as you're not putting, you know, conventionally raised crops through those animals. Biosolids, you know, heavy metals and stuff.

Then it's great to use animals, and I won't get unless we really want to. I won't get into, like, why animals are such amazing for so amazing for soil fertility. But, organic agriculture generally has to do with regenerative agriculture generally has diversity.

So you use diversity, you don't do mono cropping. You have a lot of plants because that creates a lot of diversity in the soil organisms. And just to get better, healthier soils, the other thing you do is you keep the ground covered at all times.

Non or non regenerative agriculture, both conventional and organic. There constantly clearing the all the crop off, all the crop, you know, waste the stubble and then just leaving this open soil to oxidize and put contact side in the atmosphere.

Right. If you're the soil organisms. So whatever you gained in that growing season in soil life, you didn't kill it with the sun and the, you know, desiccation and rubbed in and whatever.

So you got to keep the soil covered. And, yeah, it's funny, I haven't even looked at the, four principles or like four main principles I have looked at more.

So keep soil covered. Get diversity typically include animal, impact and so forth. And, gosh. What else? There's something else in there. It's embarrassing.

It's that I haven't even thought about the four principles, but again, like, I'm totally sleep deprived and actually hungry once again, even though I tell you hours ago, so, you know, so regenerative agriculture look for so there's the regenerative organic, certified rock label and then the ecologic is ecological outcome verified.

You know, of that comes from the Savory Institute as part of their the land to. This is so, you know, I'm totally spaced because of this, so. Yeah. Don't worry, I, I don't know the amount of output from your brain in the last little while, and most people would be asleep by now.

I hope I'm not putting other people to sleep. No, no, no, I what? I mean, it's just there's so much you laid out on the table. It's like mind blowing how you retain all of this.

Like the supercomputer that's between your ears. You know? Really, I have to look this up. Land to. Yeah, let's look it up anyway. So why are you looking it up?

I mean, I, I can, I can type and search and talk and things sometimes anyway. So I'm sure some people will notice that your headrest, looks like it's highly textured or maybe, you know, something going on there, but it's that you're you're literally right behind you.

That's a matter. Is that a mitochondria like, oh, this. Yeah. And this is by the way, it's land to market. That's sort of the name of the program within which the EOF program resides.

Okay. This is, five different frequencies of red and infrared LED lights from, platinum LEDs. Yeah. Okay. Because I, I think it's important to to point that out because the very beginning, what you said is that, you know, we are currently in a state where our poor mitochondrial function is causing all this disease.

Right? And a lot of that has to do with food. So we're focused on fixing our food. So you just finished telling us some things we can do to eat better, but it's so difficult to get things right when it comes to food, especially with what's being offered and who knows what it's going to look like in a few years with all the forces that you're talking about that are trying to make changes right?

So there's you also have to work out the other half that assume that you're not getting the best. And then what can

you do to support the damage being caused, like what you're doing right behind you.

Right. Yeah. So let's get into more of that. So I was talking about, you know, how can you source better, how can you treat your food better. So like how do you get these things out of your body?

The toxins that you've accumulated. And, you know, part of it is also, you know, the other, the other part of the equation with conventional food and also to a degree with organic food is that the mineral nutrient density is not is not what it was.

So there's there's a graph that was created by a guy named August Dunning, PhD, and it's out there on the internet, on SlideShare. If you Google his name and you look for Eco organics, it's the name of a company that he had, and he was telling the story of nutrient depletion.

And he shows that from early in the 1920s, early in the 20th century to, I think the year 2000, he was basically in some minerals and 85% decline. Please look at some of the reports you can find on the internet.

They just look at like 70s to 90s or 50s to 70s, aware of the USDA doesn't seem to make it easy to find the data that he found. Because you look at that broad swath of time, you'll see a dramatic drop, and it correlates with the increase in mechanization, where they start chopping up the soil more or less with tractors and stuff, and, and then applying the first wave of, fertilizers and then the, then the first wave of pesticides, all these things had damaging effects on the soils ability to deliver micronutrients.

So why is that important? Because the added that the foundation, this is not the only factor in metabolism, but we're we are enzyme machines. And that is a term I'm borrowing from doctor persona.

And so enzymes often require a cofactor. And often that cofactor is a mineral. So if we're short on minerals and and life is a, key minerals that's patented as a key later in particular, it really goes after manganese and iron and cobalt and molybdenum.

And, you know, there's actually a lot of minerals that goes after, that just binds them. So, we need these minerals to, to run our, our detoxification enzymes in particular.

Selenium is pretty important. Manganese. Well, yeah. Manganese for certain. And and oxygen enzymes and and of course as B vitamins, that's easier to get, you know, from food it's not as depleted in food, but, so you want to make sure that you have that you test your minerals and your vitamins and your toxic burden to see where you're at.

I would say that's like a first step is people should know where they're at. And of course, look at their genes because we have, you know, disadvantageous genetic variants.

You may be where the enzymes are a little bit, inefficient. And sometimes that inefficiency is its inefficiency, that binding to its cofactor. So maybe if you can supply cofactor.

But that depends on whether it's a vitamin or a mineral. You don't want to oversupply certain things. You can, but you can kind of oversupply riboflavin safely.

And that's going to help support more. Ha. That's going to support that's, you know, not to fully support GSR, which is recycling through time because that requires riboflavin.

So there's a lot of extras. There's certain practitioners that have been for decades just giving people a ton of riboflavin. So like Frank Shellenberger in Carson City, Nevada, he's big on just giving people a lot of riboflavin.

A few other things he does, of course, but that's just like one thing I thought, that's really smart, because if you look at riboflavin, it's just it's pervasive as far as what it's used for.

It's so important to, mitochondrial function, energy production and, and that the, you know, we used to get a lot

from eating more beef liver and things like that.

Practical Food Sourcing and Regenerative Farming

So, our more modern diet is maybe a little bit lower in riboflavin than traditional. So get, you know, test these things, see what your where your genes are at, check your inflammation if and you'll know like if you're a really sensitive person you may want to use things like peptides.

You want to do things like that to simmer things down. If especially if you just react to everything because like some people, they're going to get great results from like broccoli seed extract and milk fish.

So, taking, you know, this product or that product that combines, let's say milk thistle and, you know, dye and all the methane from which is a modification of indole three carbon, all from, cruciferous vegetables, you know, they're up regulates, nerve to and helps to balance, you know, these things you can take in certain ratios to balance phase one and two detoxification pathways in the liver.

And that's another point is like it would be a good idea to figure out before you embark on detoxification. Are you currently a pathological detoxify, which means you're phase one is more active than your phase two, or more efficient, let's say.

And so you have a if you have a tendency for phase two to not be able to keep up with phase one, then you get an accumulation of these right activated intermediates.

And that's really dangerous. And so most people get worse when they try to detoxify. So it's important to figure that out and then sort of like, okay, I may have to actually take a few things to calm down phase two and other things to, to raise, excuse me on that phase one to calm phase one down and upregulate phase two.

When I had my full on chronic fatigue syndrome. I used to notice that on certain afternoons where I was just like, I felt so heavy and so dead and like, I just like, I couldn't do a frickin thing.

If I ate grapefruit, I would suddenly go, I just instant improvement in I and I could start to function again. And I did not know what that was about.

I just somehow intuitively gravitated to try and grapefruit as something, you know, and it has an orange and orange and an or is an orange in or the orange and and anyway, it's a fire flower.

And I think it's been classified as a flower mode. And it down regulates some of this, cytochrome P450 enzymes or maybe just one key one. I'm not sure. Yeah.

So that can potentially resolve a state of pathological detoxification and help to rebalance things just by chilling out an overactive, cytochrome P450.

And it's not necessarily it's only overactive for the context, because if phase two can't keep up, then it's overactive in that context. Yeah, it's really cool how you can really get personalized, and when you truly do things for what you need.

Yeah. It's so effective because you're dealing with the root as opposed to the pain point. Well, you talked about, you know, that phase one and phase two, you when you remind me of something that we learned in our research, which is in the glutathione pathway, the stem one gene, it's potential there is potential to have a copy number variation.

You may not even have the gene. Right. And we learned something very odd that people that had both copies that were, you know, supposedly doing well were directly correlated with having autoimmune conditions.

And this seemed odd because we would think that these people do a good job. But this is exactly you're saying

they're they're hyper detoxes. Where's it going if there's no exit.

Right. And that's why we were saying, if you're going to get into a detox regimen, you better make sure you're pooping and peeing properly before you start.

Yeah, that's one thing is open those drainage pathways. Yeah. Yeah. And so yeah, so what you're saying is right on. And people need to know that it's you got to be functional.

Don't go in blind and say that this pill or this YouTube video and only solve one piece of the puzzle. And the beauty is that it's not that complex. If you want to put the pieces together, like you've been listening to Brendan for a little bit here, and you've already been told much more than I'm sure you've heard previously.

So it's the puzzle pieces are there. Just need to make sure you're doing it well and A to Z, not just one piece or one segment, and then trying to figure out why it didn't work.

Right. So, so you do still practice, right? You see patients. Yeah. I don't call them patients because I'm okay. But yeah. So what do you call. Oh, I actually, I call them members.

I have a program, so they're a member in the program. I run it through a private membership association. Okay. Very cool. And so that's awesome because that's what it should be.

You know, if you're coming to your health, it should be an ongoing quarterback as opposed to someone calling you when they work something. Right? Which is kind of what we deal with medical as is.

Like, I can do whatever I want, and when something breaks, you have to fix it. That's your job, you know, I'll do whatever I want. So, in your work, do you deal with a lot of women?

Yeah. Okay. Actually. Okay. So that's what I wanted to dive into that because everything we talked about so far. Right. And then add on top of that, I'm a woman.

Right? Meaning that all of the hormonal considerations, which for sure exists in men, but estrogen dominance and toxicity. You touched on the four and 16 hydroxy estrogen.

Right. So is what I'm saying even something to consider that the sort of the outcome is much worse for women. And are you seeing that it's there's there's more nuances or more detail work required.

Yeah. They do have they do have that added complexity and they are even go ahead. So all I was going to ask was that is it that existing call a female hormonal conditions like fibromyalgia, endometriosis, PCOS, all this stuff is just being exaggerated in nature?

Or is it just a another layer of problem they have to deal with? I'm not sure if I understand the question, meaning that, I am not me, but a woman may be wired for fibromyalgia genetically and based on her habits.

And the current reality of our exposures. Is that same woman now suffering from a much more aggressive version of fibromyalgia? Or is this environmental exposure just causing new problems that they wouldn't have had if they weren't do this in this environment or this food environment?

Well, I think it's kind of both if I'm understanding the question. So, I mean, because all these things like fibromyalgia and so forth, did we have these things for 50 years ago?

Right. You have to go back 70 like, no, I don't even think there was a diagnosis of fibromyalgia in the world. You know what I mean? Like, right there was but it was like really rare.

So what changed? You know, things have been changing gradually over the last hundred years. And, and there's been an escalation of things and there's, you know, yeah, the, the uptick in, things like to say usage, for example, a

major, major watershed point.

We're just it's, it's just regulating. So much stuff. And, so and the female cycle is very sensitive to the things and one of the, one of the whole classes or categories of toxic substances are xeno estrogens, meaning right.

Estrogens. So a lot of these things, you know, like phthalates, BPA, that mercury is a, is a metallo estrogen. It has estrogenic effects. So as these toxins, that are, that are estrogenic, accumulate to just really whacking out female systems, mycotoxins.

So mold toxins are highly estrogenic, in particular certain ones. I think it's, zero. No, I think that's the one that's highly estrogenic. And, And so why are we having so much problem with, mycotoxins?

We've had mycotoxins for eternity, but according to, Doctor Dietrich Klinger, I I'm sure I think this was. He said he was quoting research that he did with another doctor where they put they exposed, mold to emfs electromagnetic frequencies.

So they had some more unexposed to in some mold that they did exposed to that electromagnetic frequency. And the excretion of mycotoxins went up like 600 fold or something.

And, the, the toxicity of the particular mycotoxins went up like there was some change in the molecules that made it more toxic.

Mitochondria, Minerals, and Personalized Detox Support

So we have an exponentially, higher exposure to toxicity from molds, apparently from, EMF. So that's just in the last few decades that we've had this massive avalanche of EMF exposure.

This keeps intensifying. And the explanation or the theory behind this is that, these organisms perceive, like, you know, they can feel these frequencies and they perceive it as an attack and they just defend more that mycotoxins are about.

They're just defending their territory. Right. You know, the most famous mycotoxins of the world is, is the, penicillin. So penicillin was is a mold toxin that kills bacteria because the molds, like, this is my turf.

Get out. You're dead. It's very effective against bacteria. And so they have a lot of things that are very effective at killing other organisms. So when it when something is that complex, like you're dealing with the hormone issue is the foundational starting point. Then then there's the other food environmental exposure EMF, all this stuff.

Where do you start? Do you start with the actual condition, or do you believe that that condition is, sort of, you know, it's it's a it's, outcome of all of this.

And let's start here. You have to do a kind of in tandem. Well, I like to get the whole picture and view. So I do a super detailed assessment of history, the person's history, their family.

You know, history as well. They're, just more in broad strokes and family, you know, all their symptoms, symptom clusters, look at their own lab tests to figure out what lab tests might be next, but, and just get that whole picture and start to come up with hypotheses about what the causality is.

But ultimately, whatever's going on there is kind of a general hierarchy, a sequence to go through. So I mentioned that you want to quell neuroinflammation.

That's the kind of thing in general. Job number one. And if it's present because that's just it's just making the person too sensitive to everything that kept their bodies in this defensive posture and, and even benign supplements.

It can, can be they can react to, and if they're in a mold environment like you have to look at is their current

exposure, that's like another one of the job number ones is, is there current exposure.

You got to get them out of that. So a lot of people have mold exposure and they don't know it. And it's not like you can necessarily always just smell it.

Oh my house stinks I know I've got mold. It's not that easy. And and then there's a lot of resistance. People have a lot of resistance to even looking.

They don't. And retaining that idea like, no, I could never move. Well guess what? You might just die there then. Or just really suffer for 20 years and then die, but, the, So that's another one.

There's a lot of, there's, you know, there's a lot of focus on heavy metals, but that's not necessarily the first thing to go after. So you want to get the, the major inflammatory influences and mycotoxins is way up there.

And then as we mentioned look at look at the genetic picture. So could there be, vulnerabilities, that are causing them to be more likely to get dysregulated into oxidative stress and inflammatory pathways?

So as a result of having the mold exposure, other toxins, which could be heavy metals and like I said, but so there's certain pathway I won't get go there right now.

But keep me with the sequence. Then you want to if the person then you want to strengthen the foundations because the person's energy needs to be adequate in order to detox and through for the immune system to function normally and, you know, start to combat the infection that maybe it's not been able to defeat or sometimes the infection has been actually reasonably well controlled, but their nervous system and their, their neuro, immunology is still hyper reactive to the vestiges, even just fragments.

There's this one guy, I think it's Bruce Patterson that I, have understood to be the to have found that, in Lyme and, and Covid post like long haulers.

The it's the monocytes I think that are carrying around fragments of the organisms that they've destroyed, but they haven't been able to get rid of it.

So it's still it's still, an antigenic stimulant that's causing the body to be reactive to this pathogen that's basically maybe gone or at such a low level.

And so, so that's where back to the top where we're like, hey, maybe these peptides to re re modulate the immune system. Then you can start to go after residual toxicities and stuff once these are calmed down.

So then and so where was I with the strengthening the energy. And you want to do that carefully. So the support adrenal function maybe support thyroid function, support mitochondrial function.

But don't push it too hard because the thing is these people are typically if somebody is really messed up I say these people, but I'm thinking of a population of people with chronic, complex illness where, you know, it's chronic disease syndrome is ish.

Kind of thing. Maybe Lyme. They're not sure. Maybe it's mild to and the, the there's this thing called the cell danger response or it's a, it's more of a concept.

We don't know that it is the, you know, thing, but it's a really great, well founded, idea. There's a lot of evidence behind it that the body goes into certain stages of responding to a threat.

One of them is it transforms mitochondrial function from energy producing to defensive mode. And, if you push them, they're just going to do more of that, which is produce more reactive oxygen species.

They're not going to produce more energy. They're just going to produce more inflammation and oxidative stress.

So you don't want to push the mitochondria, can support them a bit with like antioxidants.

Certain ones I could do ten my focus and so forth and see. But don't like throw a bunch of, l-carnitine and stuff like that. There's a time for that. But, it's probably not in it with somebody in, cell danger response, which is also going to manifest in things like what they call, sirs, what is that chronic?

I always use the abbreviation. It's chronic, inflammatory response syndrome. So that's a concept of Doctor Richard Shoemaker. Now, not everybody follows, you know, his model.

Some people find fault with it. But it's as far as, like, how he treats it. But it's a good model for as far as, like, what's happening, this chronic inflammatory response.

And there's mast cell activation syndrome. All of these kind of fit into the same pot. They're just different ways of organizing how you look at it. The bottom line is you have to calm things down, and then you have to support energy in a gentle way so the person can begin to detox.

And once things get settled down, then you can do some detox. And again, like you were saying, you've got to open the drainage pathways. So you if you look at yourself in a funnel, you know your poop is coming out at the bottom.

And then somewhere up here you've got the gallbladder delivering the gallbladder, you've got to have that bile secretion, working well. And so unfortunately glyphosate and heavy metals are impairing all that.

And it's the dysbiosis that's impairing it. So one of the after you get probably the first step in improving, drainage. And, you know, getting the bowels moving is simply to go and try to correct dysbiosis if it's there, because that's just going to keep dysregulated in the liver with the lipopolysaccharide.

So you've got to deal with it. So that's why you know all they say all disease begins in the gut. You start with the gut. That's largely true. But there are some things that are even higher priority like trying to calm down the neuro immune response.

Some of this you can do all the same time. But addressing that, dysbiosis so that the, the monkey is, to use an old fashioned term, will work and keep moving things out through the gastrointestinal tract and liver.

You don't want to burden the kidneys too much, you know. And when there's overflow from the liver, then the kidneys are getting damaged. Because they're not they're not, you know, they are a detoxification organ, but they're not meant to be the primary one. Right?

Heavy metals are extremely damaging to the liver like candy. And as you mentioned. So, and then once you get that stuff, it's good to also get the lymphatic system moving.

So learning some lymphatic self-massage and there's some machines out there that help with static drainage, that can be useful, especially if there's if there's a pathogen load, because a lot of those pathogens may be hanging out in the lymphatic system.

So as you're killing them, you want to make sure they're getting out of the area you and moving quickly. So what happens is they get dumped back into the bloodstream from the lymphatics and then go to the liver.

You can't have a congested liver. You just have to have that working before you work on, lymphatic drainage. Once you get all of that going, it sounds really complex, but, you know, it's just kind of one, two, three.

You just you just knock it off. Some people can get stuck on one for a while and something to move quickly through, and then they can be like, you know, 0 to 60, you know, all the way, all the way in Top Gear and a week or two.

So it just depends on the individual. And and then so how do you get this stuff out. Well there's different things you can use, as I mentioned, to, to balance phase one and two and upregulate, let's say you're tired, you know, production and conjugation, by the way, on the topic of beautifying is really important.

There's too much emphasis on just supplying the science, right? Thing is if you can't recycle it. Yeah. Oxidized glutathione on is and oxidant in it combines with oxygen to produce superoxide.

And that is one of the key drivers of inflammatory stress. There's this whole cycle this whole pathway where emfs life indirectly via NF kappa beta, I think certain heavy metals, etc..

IL six and interleukin six, which was stimulated by Covid, among other things, and infectious. All these things are are causing the body to go into into an attack defensive attack mode where it takes nADPh oxidized OXA oxidase, nADPh oxidase.

Easy for me to say. Let's call it NOx. So the NOx enzyme is taking nADPh. And actually it's creating superoxide because it's going to use that to shoot things go crazy, come out guns blazing, shooting at, you know, perceived pathogens or pathogens.

And so we have this upregulation of superoxide, which can be caused by something that's not even a pathogen like Emfs.

Womenu2019s Hormones, Mold, and Chronic Illness

So this is another just regulatory influence of BMS. But so nADPh is getting routed from instead of participating in regenerating and recycling through the fire, it's now creating superoxide.

And then superoxide, is supposed to be controlled by superoxide dismutase enzymes. So there's another place to look at your genes. See if that's an issue for us.

Look at your manganese. You need your manganese for superoxide dismutase to work. And then if it's not so so what does what superoxide dismutase is supposed to do is turn superoxide into hydrogen peroxide.

And then the peroxidase enzymes like you iron for oxidase, like the fire reductions and like catalysts, they can then take the hydrogen peroxide to water and oxygen.

So that's how things work for us to control the oxidative and the oxidation. The oxidants that we're producing intentionally, the body's intentionally producing oxidants to go after an invader or perceived invader.

And but these things can get dysregulated. You can have deficiencies of the cofactors, like selenium, which is a cofactor for the poor oxidation, and copper and manganese, which is our cofactors for two versions of the catalase enzyme.

And then you have. So here's what happens. So if superoxide is getting produced in excess, it's not getting shunted off into hydrogen peroxide. And then and then water and oxygen.

Then through a variety of steps this few steps it goes and combines with nitrate nitric oxide. So you have superoxide superoxide combining with nitric oxide to produce pyroxene nitrate. Right.

So that's the proxy nitrate cycle. And that's being implicated in more and more diseases. So it's like a new frontier like oh my gosh. We see proxy nitrate.

Upregulated in all of these conditions. So that's another thing that it's being discovered and it's, and I didn't get on that topic. I guess I was basically saying that that there's all these things that can be happening that are just, keeping distracting the body's resources from detox, you know, because now you're using up the nADPh.

There's a guy that calls it, nADPh, pH steel, Bob Miller, nADPh. Still, because it's stealing the nADPh resources. Over to that, wartime use instead of this time, use would be anti-aging.

You know, detoxification, water skiing. Yeah. You know, energy. So I saw have it in. Where was I? Yeah. You know, I mean, everything you've laid out, it's.

This is stuff where people wanted to know the actionable side of it. Meaning that these are all bits and pieces that you hear right? In different conversations.

But we don't know what to do with it. Right. And and I. Yeah. Really honored that you gave us this time because you've made it so clear, so concise. Right.

And the the you've condensed, concise, but well, concise meaning and the way that the number of things that you just laid out, you know, we could have just talked about one portion like the, you know, like you said county like just that.

And but you, you gave us the whole map. And if anyone replayed this lesson 2 or 3 or 4 or 5 times because you've been given the map, here's exactly what you need to do and start working on it bit by bit by bit.

Start working out in the Or in the order you were told so you don't cause yourself a, you know, a plug up or clog up. You know, do in the right, the right fashion.

But this is it, man. It's, it's you know, obviously, we know that food is a concern. We know that from glyphosate to everything else that's being ingested, not only through our food, but through our skin and through what we breathe.

There's no, no doubt that chronic disease in general, it's a part of life now where it used to be an anomaly. Right? Like you said, fibromyalgia wasn't a thing seven years ago.

It's now a given, you know, some kind of hormonal disruption in the hormonal disease. So, long story short, is I want to thank you because this was mind blowing for me, and I hope everybody enjoyed it as much because you were able to really actionable in an actionable way, I should say, deliver.

Here's exactly what you do, right? Here's all of it. Here's what you've been your members have been benefiting from. And we just got a sneak peek into, and I should ask you that maybe before we go, how do people work with you if they want to?

Well, good way to connect would be to, actually download the free the free report. Right. So and I think I'm changing the name from how to Stop Agricultural Toxicants from Killing You why Eating organic is not enough and how to biohacker your DNA to protect yourself or something along like that.

To this, I think I'm simplifying it to, yeah. Biohacker. Detox. Right. So look for that one of those, you know, the real long tail or the short title and, download that.

So that's going to present what I've just discussed in more detail and in a more organized fashion. And it's, it's, it's each topic is done for. It's concisely. But there's a, there's a lot of detail there.

And then it comes into some pretty detailed steps people can, can take. And then you know, also so there'll be links in that to, you know, where they can go to schedule a free, great conversation.

I actually meant to embed my scheduling form on a particular, you know, they could go to bio individual blueprints, dot com. Okay. It's own website right now, but it will be in a moment.

So and it does forward to a page that's functional. So bio individual blueprint.com. Also check out the first event you'll get on my newsletter there.

Go eat for earth.org. If you want to sign up for a free viewing period of this, before Earth interviews that we talked about, right. And, what else? Yeah.

And I want to say that, you know, I love the DNA companies concept of storyboarding, right. And because that's essentially what I've been trying to do, it's like there's these different stories, there's there's cycles.

It's a cycle, there's a story. It's this thing that could be happening as a result of these various influences. And you kind of got a map, all these things to figure out.

You don't still have to map them all, but it's a good idea to look at your genes and look at your symptoms and figure out, okay, it looks like maybe the proxy nitrite cycle is happening.

And there's, you know, you can look at you can look at certain tests where, look, if there's DNA damage evident, in certain metabolites that show up in urine and that would be potentially caused by proxy nitrate because it's, and the carbonate radical, which, comes off of that, which is, off of that cycle is are damaging the DNA.

But, yeah. So that's but generally I, I work with people and as both in one on one and in group context in a group program. And so those are some options we could talk about if you're, one of the listeners.

Yeah. That's amazing. I we're going to share the link so people can download that guy that you produced. And I, I've signed up for the newsletter myself because I'm anxious to learn more.

I suggest everybody does. It's a blessing that you have access to information like this when we're all struggling. The reason you're here today is to figure out the why, like what's going on while you're it is, you know, you have access to it.

Thank you again. Brennan. This was incredible. It was, you know, all the answers that I personally was looking for, you sort of laid out and more. So thank you again for your time.

Oh my pleasure. Thanks so much for having me.