## Introduction to Dr. Margaret Christiansen

Hello, everyone, and welcome back to the Reversing Alzheimer's Summit. I'm your co-host, James Maskell, and we are super excited to welcome, someone who is going to add an extreme amount of value to your understanding of Alzheimer's, where it comes from and some of the root causes.

We are here today with Doctor Margaret Christiansen. She's been a leader in the space of functional medicine and working with these kinds of cases for decades.

She's been in tension with the problem for that long, and she understands it very clearly. Has built a whole center in Dallas now, helping practitioners find a place to work and also helping thousands of patients over the last decade.

So it's an honor to have you here, Doctor Christensen Thank you. Thanks so much, James. Yeah, we're all about, trying to make everybody healthy again.

That's exactly right. Well, let's jump in. Part of the genesis of me getting really like, doubling down into this space is is my own father's experience.

And I shared that with Doctor Berg earlier this week on the, on the summit. And in his case, it was black mold. I mean, I'm sure there's some other parts that played a role in that, but he was black mold.

He lives on the other side of the world. I couldn't I didn't know that was happening until it was not too late because he's, you know, had a bit of a comeback because we've taken him out of the mold environment.

But, you know, part of the reason why I wanted to have you to be here is because, you know, such a depth of understanding of bio toxin illness of all varieties.

And it wouldn't be a surprise to you to hear that one. My dad would get a major cognitive, a major rapid cognitive decline for mold. And then when taken out of that environment might start to, you know, have a comeback and regain function.

Yeah. That's true. And, you know, not just, you know, not just cognitive decline, but just neuropsychiatric issues in general. Severe anxiety, bipolar schizophrenia, you know, all all degenerative neuro, neurodegenerative diseases are going to have a bio toxin component.

Toxic mold is very, very common. And we learn nothing zero about any of this during medical school or training or residency. And it wasn't until I got sick myself and my family did, and my former husband that, you know, I really learned and took such a deep, deep dive into it.

## Bio-toxins, Mold, and Cognitive Decline

And we know that there's a number of different mechanisms of action, not just a toxic mold. It's a Michael toxins that the mold makes. So you have mold itself.

The the bacteria that grows. It's actually a fungi, but it can produce toxins in it. And that is what is so damaging. Now the outdoor moles, those aren't really a big deal.

It's these are molds that grow on sheetrock, in water damaged buildings and or carpets or anything that's organic. Materials inside of a building tend to produce these really severe toxins.

We can talk about the mechanisms of how bio toxins end up disrupting all those many different functions. Well, I

personally would like to learn about that because, like, I knew enough to be dangerous in that.

Like I got the kind of insight from Doctor Burke went down to South Africa, I realized no one knew what I was talking about, knew that I was right, took action to take care of it.

But yeah, I'd love to understand the mechanism and and the mechanism in the mechanism out because ultimately, you know, recovery is on the mind as well at this point.

Well, let's just talk about bio toxins in general and what a bio toxin is. So a bio toxin is a very tiny, tiny fat soluble molecule. Mold mycotoxins are can be one of them.

You can also see that again from yeast and Candida overgrowth and have toxins. You know, we have heavy metals, we have plastics. We have, Lyme and in viruses and there are co-infections, that can also get inside these cell membranes and mitochondrial membranes inside the fat layer.

And of course, the biggest thing that has really, really impacted so negatively cognitive function is the spike protein. That was developed in a lab in Wuhan.

And with our taxpayer money. And unfortunately, the people who got the vaccines got much higher doses of spike protein than just actually getting Covid by itself.

So if already you're toxic bucket is kind of full. You your standard American diet, you're not getting any nutrients. You've been rounds and rounds of antibiotics because as a kid maybe you had ear infections or tonsillitis or strep throat.

As an adult, you're having sinus infections or bladder infection or whatever it is that you're having a lot of antibiotics for all the time. Those antibiotics are, against suppressing our immune system, but those recurrent upper respiratory infections are telling us that you've had there is some exposure.

That's that's creating this immune dysfunction. So anyway, so you got all this exposure to these fat soluble toxins, mycotoxins, spike protein, heavy metals, pesticides, plastics, all the particulate matters in the air.

Oh my God, all. I bless all you people who are in California and having to deal with those wildfires, the massive amount of chemicals and toxins that are in the air.

What's happening is those those are all coming in through the body and through. And they're you're breathing in them, in there, impacting your olfactory nerve, your smelling nerve, which goes right back into your brain, right past your pituitary gland and into the part of the brain that's called the limbic system, which is what regulates everything unconsciously.

So here you have these bio toxin exposures that can build up over time, and particularly mycotoxins. And the heavy metals. And a lot of the components of vaccines shut down our detoxification mechanisms.

So those get into us, we can't get them out. In the meantime, you're breathing in this stuff or your sinuses are all inflamed chronically for whatever reason.

And you're being exposed. Your brain is going to, running. The hypothalamus is going, oh my gosh, what's going on here? My hormones are all out of whack.

I don't know if I if it's up or down, do I sleep, do I eat, what do I do here. The amygdala is scanning the environment all the time saying when is that tiger going to jump out at me?

And it's sending the signals from your brain down to your adrenal glands to dump adrenaline. So you're in constant fight or flight, whether or not you may be aware of it on the external, on the internal that's happening and what's there.

What's the other piece of limbic system, your hippocampus. That's your memory center. And we know that again exposures to bio toxins in general. Mycotoxins in particular spike protein as well are directly impacting our hippocampus.

And that is one of the you know, it's one of the top things that, Doctor Brett is in talks about in terms of underlying triggering factors for cognitive decline and dementia.

And so identifying those and helping them to get out is, is is a key piece. And then there's basically 4 or 5 different mechanisms whereby these bio toxins, impact all the different systems, our body.

But I'll let you ask, you know, before I go into that to see if that made sense, what I just said, it makes total sense.

## How Bio-toxins Disrupt the Brain and Body

And you know, what I really appreciate about you sharing is that, like, you know, a lot of those things you're talking about, you may not know it's happened surface for years, and it's only when it spikes above to become a symptom.

Do we really want to see what's happening below. What are some early signs that people missed? Do you think that this process is happening? Well, if you understand how the different impacts that bio toxins can have, then you can see, okay, what kind of symptoms can you be having?

But let's let's just use mold mycotoxins because they're just so common. But it was 50% of houses and 60% of commercial buildings have had some water damage.

So they can again, they can create neuroinflammation directly, just like I described. Just kind of the breathing in, they are really irritate the nervous system.

So that's, that's one way can do it again. They can mimic or look like some of our hormones. So for example around looks like estrogen and or has estrogen like effects in the body.

So what can symptoms can you see from that abnormal bleeding infertility issues PCOS, weight gain. It's a such a common cause of weight gain. And people can't you know women can't figure out what's what's going on with them.

They may not be having any other symptom, but they're having weight gain because our body's trying to store that away. And we can see again, Michael Thomas toxins causing direct neural information.

They can mimic other hormones. There's there's ones that disrupt thyroid function. And then there's ones that disrupt, for example, testosterone function.

So that's mimicry. I already mentioned the HPA axis. Once you get some of these toxins in you like and we'll mentioned heavy metals too, and you start creating this disruption in the normal circadian rhythms and hormones in the body, then you have that HPA axis.

The hypothalamus pituitary adrenal axis gets all disrupted. And again anxiety, depression, word finding issues headaches, migraines. So those are some of the other symptoms that you can have.

Those toxins themselves both mycotoxins. And that to let me tell you that spike protein is so toxic to gastrointestinal tract. And if everybody remembers, you're a 90% of your neurotransmitters are actually being produced in your gastrointestinal tract by your good guy bacteria and those signals of, hey, everything is happy and healthy and going on, okay?

In here is what goes up and gets sent up the vagus nerve to your heart, into your brain, into your lungs. But if that's all been disrupted, the mycotoxins are toxic to the lining, the intestines.

They are neurologically toxic to the vagus nerve. They kill off the good bacteria. The spike protein does the same thing. And again, we are seeing much more of that in people who got the vaccines.

Good news. You can reverse all this stuff. So I don't want to freak anybody out. But so again so you're you're actually disrupting the lining of the gastrointestinal tract.

And then what does that cause IBS, you know, so irritable bowel syndrome, inflammatory bowel disease, any of the autoimmune, and diseases Crohn's, colitis, etc.

in the gut. That's one of the ways it can show up. Part of it has to do with your genetics. How is it going to show up for you? And then so you got this, then you have direct damage to mitochondria.

So again, everything that's going on in neurology and in Alzheimer's, it has to do with mitochondria, mitochondria the powerhouse of the cells. Your neurons have thousands of mitochondria as do your heart muscle as do your adrenal glands as do your ovaries and testes.

So any place that has high levels of mitochondria that are producing energy all the time, well, you know what those mitochondria has that same double low, double layer membrane like the outside of the cell has.

And it's that fatty layer inside that membrane where those toxins stick and disrupt function. So what happens when you disrupt mitochondrial function?

All kinds of stuff. Fatigue. You know, again, the chronic fatigue syndrome. And that's that's the biggest thing again. And if it's in your neurons are chronic fatigue causes brain fog.

If it's in your heart, the chronic fatigue in your heart causes cardiomyopathy and pericarditis and and that kind of inflammation, mitochondrial damage is a huge piece behind what triggers autoimmunity.

And so all the autoimmune syndromes any any one of them, if you're having thyroiditis, if you're having a Hashimoto's, if you're having eczema, chagrin syndrome, you know, getting colitis, any of these autoimmune rheumatoid arthritis, there can be there is a toxin component.

Why it's so important to go after all of these different toxins and be able to identify what's going on. And then if you have mycotoxins, that's a whole I mean, then you've got two patients, you have yourself and you got the house or the park.

Yeah. It's such a good point. Well, I'm really glad that you're bringing this up. And, you know, I know that if people are interested in mold, there's going to be other topics about mold.

And you've a lot of work of your career on hold. But while I've got you here, I'm just as hot. I'd love to just go further into the spike protein. Now, this year I've just had my eye out for dementia related stuff in the news.

Was shocked by the Korean study that showed the, you know, the rate of Alzheimer's from vaccinated people. And maybe you could just break down, you know, the mechanism by which of that and what you think is happening that is connecting the spike protein and essentially turning the body into a sprite spike protein production factory, and how that is leading to a cognitive decline.

Well, again, there's there's multiple different mechanisms. And one thing that a lot of people don't know is that there was a lot of different batches of these vaccines and, some of them were highly, highly more toxic than others.

And unfortunately, in the within the spike protein itself. And I talk about this in my I did a, summit on it's called Hormonal Havoc the Covid fallout and How to fix it and actually have a summary that I'll speak about at the end.

But we talked about how there's multiple different segments of this genetically engineered spike protein that can impact the nervous system. So it is a bio toxin.

So again it can get into the mitochondria. It can get into the cell membrane through the cell membranes into the cell. And it hijacks the the machinery within the cell to produce more to replicate itself.

Only they didn't put a stop button on replicating.

## Spike Protein, Neurological Injury, and Recovery

And so some people two and three years down the road are still producing a lot of spike protein. Now, what we know about that is that people who've had high body burdens to begin with, of all those things that I talked about.

So they have standard American diet. Maybe they've had some muscle toxicity that been a lot of antibiotics for all their life. Maybe they're in a super high stress job and all that.

And then so they were already kind of on the brink, but they were maybe feeling okay. But then along came the spike protein. Whether you got it, whether you got Covid or you got the the vaccine, but the people who are the sickest are the ones who had high body burdens to begin with. So they're already there.

Detoxification capacities, their immune system regulation capacities were already compromised to begin with. And then you throw this, you know, genetically engineered device on top of it.

That's where we're seeing tremendous declines, not just cognitive but also neuropathies, sky high levels of neuropathies of motor, motor disorders, movements like Parkinson's, ALS, etc..

We're seeing in fact, the neurological brain fog was probably the number one symptom. So if you think about any place that has high levels of mitochondria, what does the nervous you know, again our brains and nervous system.

So anywhere along the nervous system depending on your particular genetics and your underlying root causes and toxin exposure, it depends on how it's going to manifest.

Again, it can be heart, it can be gut, but it can be. The whole nervous system can be inflamed to impact all different parts of the body. So the work of Doctor Suzanne Costa, she was one of the frontline critical care, docs.

She's a neurologist here in Texas is absolutely amazing. That has, delineated that. I would also highly recommend a book that's called the Indoctrinated Brain.

Yeah, yeah, I listened to it while I was like, I was I fell in love last year with driving the lawnmower, which is a very American thing. And I've never done before, but I have a property now, and I listened to the whole thing when I was driving.

I had to stop it every so often because what was saying was extremely triggering. I want to ask you about that. Yeah, yeah, it seems like, you know, my area of focus now is really just on this, like cognitive decline because of the work we're doing here.

And the summit is sort of the launch of, you know, to the public of this, you know, practitioner network that we're developing and, you know, to work on exactly this kind of thing.

And it was it was crazy to me how almost everything that happened in the last five years, right? The the loneliness, the fear and the vaccines all end up with kind of the same dysfunction in the brain and it all ends up in the brain.

I feel like that's why we're over the target, because this is what it's going to take to, like, bring us back. Yeah, absolutely. And, you know, that's I mean, it was very, purposeful, the division, you know, none of the none of the things that we did closing schools, closing churches, closing, you know, borders, all of it, none of that did anything other than create more fear, which is purposeful.

So how do you brainwash people? You isolate them and you feed them fear upon, you know, wave upon wave

upon wave upon fear and confusion and all the misinformation and disinformation we now know was actually coming from our authorities, including our medical authorities and our medical boards, and not from all the people being accused of being, quote, the disinformation dozen.

Yeah, they were all right. Yeah. So anyway, in terms of kind of neurological decline, it's it's huge. And what we're seeing is absolutely huge. You know, along with it again, one of my areas is fertility.

And so we're seeing massive drops in fertility rates, heart issues. And then anything neurologic is skyrocketing, including among children. Good news is, James, that there are ways to turn it around.

So maybe we can talk a little bit about some of those things. Yeah. What are the foundational elements. You know you mentioned a lot of different bio toxins.

What, what your stance on have in common with the reversal. Yeah. So again kind of foundational elements I talk about this all the time. Clean food, clean water, clean air and a clear mind.

So working working on those areas. So clean food organic and anti-inflammatory diet. And if you need to you know really working with a nutritionist. But getting rid of all the sugar in the process in the seed oils, is is so critically important.

Lots and lots of good fats is also part of the diet because our brain is mostly fat. And this whole thing of putting putting people on statins and cutting their cholesterol down to nothing, that's a whole scam in and of itself that needs to be dealt with anyway.

So lots of good food that's clean, that is highly nutrient dense, and cutting out all of the processed foods and sugar and, and food colorings and you know, food kind of FTC number five, whatever.

I mean, how long is it did it take us to get it off the market that we know? Can we imagine how many other things are being contaminated? So clean up your food, clean water.

Again, that is absolutely critical. Getting a filter even even just a Brita filter for your to put in your frigerator is better than nothing. Stop drinking out of plastic.

Get yourself one of those glass water bottles that you and that has like a little plastic thing on it so that it doesn't break. But drinking out of the stainless steel or, water glass.

And then you need to add electrolytes and minerals to that water. Our nervous system works on electrolytes. It's electrical. There's there's sparks jumping from one neuron to the next.

And if you are missing selenium, I mean, yeah, it was sodium chloride potassium. Those are those are the from the electrolytes. But then the minerals as well like selenium like zinc like chromium like you know, molybdenum, all these micronutrients are critically important.

And we're not getting them anymore in our food supply. So hydrating, hydrating, hydrating with electrolytes and minerals that allows us to flush, flush, flush.

Oops. It's not okay, Peter here. That makes a lot of sense. So that's a great foundation. Some of the things you mentioned there, like the plastic and the microplastics, we have other conversations in this summit very specifically and looking at those kind of things.

So that's great. That's a great foundation. Yeah. Yeah. Well clean air. So clean air, so clean. Lot of clean food. Clean water, clean air. I mean, everybody should have a high quality Hepa air filter in their bedrooms, at least to sleep with and also in your working space.

If you are concerned about wherever it is that you're working, but that all those, all those particulate that are in the

air and if you're in a moldy environment or whatever and you're and you're breathing that in and that's directly impacting your all factor, which feeds right back into your brain.

## Foundational Lifestyle Steps for Reversal

So, clean air is is critical if you are a parent and your kids are in school anywhere, even college and all that, you insist that, and you find out what kind of air quality testing they're, they're doing at schools, actually, that is one of the better things that happened because of Covid is, is that they they did tend to clean up a little bit.

And then the third piece and the fourth thing that I say is a clear mind when we're talking about things like this, it can be a very triggering, like, oh my God, I'm going to do this.

And then and then we were fed so much fear, so much propaganda over the past five years that it's so easy to get caught up in that. And anxiety. And then if you also have a history of chronic stressors of any sort or trauma, including physiologic traumas like head injuries, head, neck or spine injuries, that just that is going to triple your the likelihood of you having some neurological difficulties, whether it's cognition or some or something else.

So learning how to calm down our brains. And you've done this so nicely with the vagus first and all of that. And we have a lot of different devices that will use alpha stims.

We have a lot of programs that we for people to like primal trust or anti hoppers DNR as or good amygdala. We have got to turn down the volume a little bit, being so mindful of what you are consuming at all levels body, mind, spirit.

But what are you watching on TV all day long or on your phone or whatever? Getting rid of all those, because our minds and our brains, and particularly our children, are being guarded and we can't keep up.

So daily prayer, meditation, movement, nature, all the things that you're you. That's such a great job, James, that helping educate practitioners in that lifestyle piece. Yeah.

Well, yeah, even for myself, I would say like moving to the country three years ago has been a big shift, you know, as funding. My eldest daughter, spent her years zero to 4 or 5 in, like, New York and Los Angeles.

And then my youngest daughter has done all of her time here, you know, growing up with no sound like silence. Yeah. It's amazing how like, you don't really know the difference.

Nature and nature because there's, you know, you can't really like, split it all apart, but the, the difference in them is, is significant. And, I always think about you can really have two different, you know, two different ways to grow up.

The emergency around every corner versus just, birds chirping and clear. And it's been been remarkable. So what what would you say? So, like, let's say you you, concerned about this and you have done your best to set those foundations.

When someone interacts with a clinician like you, what are some of the next levels of diagnostics and therapeutics that they can expect? And, like a, a leading functional medicine office.

Sure. Where we're going to get a full panel of, you know, your basic bloodwork, kidney and liver function and all that. But we're also looking at all your hormones, a complete thyroid panel, looking at, you know, free T3, free T4, the thyroid antibodies, reverse T3 besides just a TSH.

And we're always going to do an adrenal stress index. We want to see how are your adrenal glands handling this kind of stress. Are you super high cortisol all day long.

Are you flatline or are you bouncing up and down in between? Because our adrenals are the first place you start

that are going to impact and everything else, then we're going to do, often a total tox test of some sort that is looking for mycotoxins.

We may be looking for heavy metals, for plastics, pesticides, exposure, depending on your exposures, a really good history is going to nail. At 85% of the time, we can get the information that we need out of a really good history.

And that's what has been forgotten in medicine. And so so we'll do those. And then we will again, depending on how somebody else is presenting, do a test that looks for example in neural antibodies.

It's called a neural zoomer that can look at antibodies. Again many different types of neurons and neurotransmitters in the body. So we may do that. If you have, an autoimmune component, then we will look at something that's called a map test that comes from syrinx.

And that can look to see how just how disrupted is your immune system, your innate versus your adaptive, and how out of whack and out of balance they are.

And that is another huge piece. I didn't really, talk about that in terms of one of the mechanisms of how bio toxins and mycotoxins in particular act is they totally throw off that immune system.

And so we can look for that. How is how suppressed is your innate immune system. That's the one that you had since you were a little kid and baby. And that's the one that's being suppressed by toxic mold makes you much more, in fact, susceptible to infections.

It's also suppressed by the spike protein, by Covid. And then it turns on the adaptive as there's all your cytokines and antibodies and all your auto immunity coming from there.

So we can we can look for those, and then we can use diet and nutrients and brain calming and and we do a lot of oil changes on people. We're changing out all the fats in their body.

And we're use a lot of phosphate, alkaline ivy and orally. The quality of what you get is huge and important. So you can't just buy any kind of fossil calling off the market.

But anyway, so we so that's those those are some of the things that we're, that we're going to look at oftentimes will be looking at organic acids, organic acid test things like an oat or a nutrient.

Now those are, common tests that are out there can tell us how is your mitochondrial dysfunction, what nutrients does your body specifically need? What how do your fatty acids look, you know, do you have enough good omega threes relative to omega sixes?

Do you had evidence of toxin exposures? A lot of that we can find in in in a neutral as well.

## Functional Medicine Testing and Treatment

But the basics are going to be a very complete a blood work panel and very extensive hormone testing. And then and then we'll look at other other pieces.

Yeah. That's great. Well I just wanted to connect two things. You said that, but I'm just wondering about could you, could you foresee a situation based on what you just said, that one's ability to recover from an infection may be limited because of historical of having the vaccine historically, because I know friends now who have been really struggling with ongoing persistent infections.

And I I'm just wondering, just putting those two pieces of data you brought together, whether that is, is is a possible, likely scenario. Yeah. No. Absolutely, absolutely.

So, you know, unfortunately, we know now that the quote, Covid vaccine is not a vaccine is is a gene therapy technology labeled as a vaccine. But we know that, that, that people who got it are actually much more likely to get infected with, with whatever, you know, more Covid or something else.

Epstein-Barr virus is another, that's a mono virus. We're seeing a massive amounts of that recur. People whose Lyme has been under control of sending comes back, that kind of thing.

But the answer is yes, we can we can help with that. So it's a multilayered approach. We, we use we're using kind of various different kind of spike protein detoxes.

Ours includes using ozone. We use a lot of hospital choline. We'll use some of, doctor McCullough's protocols using meta kinase and bromelain and some others.

But you can but again, you have to figure out where are all the disturbances and and try and where are you going to put your liver that's going to get the biggest bang for your buck.

And a lot of times I I'll start with low dose hormones in terms of using natural over-the-counter progesterone and DHEA, which are those are two things that you can get progesterone in women if you cycle it with.

The menstrual cycles are very, very supportive. The adrenal glands, it helps and supports the thyroid. It helps to support heavy bleeding and fertility issues and, and or menopause issues, PMS etc.

that can be super helpful. DHEA is also available over the counter. I might I'll throw in a plug here for doctor anti-tobacco standings down the hall from my office.

She has a great one that's called a balance cream. That's got a progesterone in it. And, some pregnant alone. And, she also has a DHEA that's called Java that you can use externally, but we'll give DHEA by mouth 5 to 15mg for women, 25 to 50mg for men.

DHEA helps to support the adrenals because, again, people who have been sick and go and can't figure out why they're sick and their immune systems are completely dysregulated out of whack, they're sending these constant signals of distress again from the brain to the rest of the body.

So you're making adrenaline all the time. And again, you may be anxious. You may not be able to sleep. You may be having headaches. But if you can, if you give a little DHEA, oftentimes that can support that.

And if you're having sleep problems you can use it at night. And then also with a little natural progesterone in the second half of the cycle for women.

And then, you know, depending on your menopause and stuff, that that's a whole nother story. But hormones can be super helpful to help support this. As well as just basic nutrients, methylated B vitamins to help support all the detox pathways.

Lots of cruciferous vegetables that have sulfate groups in it support the detox pathway. You gotta be pooping. You got to be pooping minimum once a day.

I'm my preference is 2 to 3 times a day. That's where those electrolytes and minerals and magnesium come in. So those are some very basic things that you can do.

And just lots and lots of hydration and lymphatics. Yeah. You got to work your lamps. Yeah. Yeah. Just a little bit about you little practice and the team that you have brought together.

And are you brought that together. And how are you holding people in Dallas? Sure, sure. Yeah. So, if you'd like more information about, kind of what I do and for the kind of the big general public you can go to mold detox diet.com, and we have, courses there for laypeople to teach them about all this stuff, as well as an advanced

course if you're a practitioner, if you're if you're a super hack person, and if you want to understand the immune system and particularly you've got like mast cell dysfunction, I didn't mention that nasal and histamine.

So that's, that has a lot of information. And on that website you can also get my guide book. That's a summary of the summit I did of 50 interviews with all these different people talking about what's been happening since Covid and how to address it, and I actually have real protocols in that e-book, the hormonal Havoc, the Covid fallout and How to Fix It, that's all available at Meal Detox Dotcom in Dallas.

And if you're a Texan, you can come here. If you are out of state, you need to come here in person. And, but we have I have a large, multi-specialty clinic here.

We have, a number of different practitioners, here, including Doctor Brandon Brock, who's, who's absolutely amazing, functional, neurologist, orthopedic doctor, nurse practitioner.

He just got a PhD in cardiology. He does amazing, amazing work. And we had again, we have an a Quebec A here and I've, a number of other practitioners.

So we do everything from I. V. therapies again. I the ozone PK cerebral icin is a fabulous peptide to help get the brain back online. We have, a number of different lasers that we'll use.

Doctor Brock is very good with using, lasers to help target certain areas of the brain.

## Clinic Overview and Closing Remarks

We have, an arc LED light bed. So again, we're using a lot of light therapies, oxygen therapies, nutritional therapies. Because, all you do, all you want to do is you want to just change out.

What you got going on in here? Whatever you put in you is going to turn into you. So be careful about. And that's what we do. We help you put in what's good and nurturing and what's missing in your body.

That might be even sleep and laughter and fun and play. Enjoy. You know, we're going to encourage that. And then we try and take out of you with no longer serves you and that's a crappy diet and, all the toxins that you're dealing with.

And so that's our area of expertise and specialty. Beautiful. Well, thank you so much for coming on and sharing your wisdom with our community. And we're so grateful that clinics like yours exist.

And I know it's been a a journey to build up to the capacity that you have now to really help people. But I know it's a real gift to Texans and to people in Dallas and and further abroad as well.

Thanks for all your work. Yeah, I think you're welcome. And my clinic is called Carpathia Health. I forgot to say that crp Carpathia was the ship that picked up the survivors of the Titanic.

We have the Titanic of Western medicine treating the tip of the iceberg and foundering because nobody's looking at what's under the. You know, what's under the water.

So that's what we do. That's a great name. Well, I'll put the details in the notes. And thanks so much for being part. Thanks for that. Okay. Yeah. I always have hope for the healing.

Yeah. Well, please share this with someone that you think would be happy to hear it. And we'll bring you many more sessions here on the Reversing Alzheimer's Summit.

Enjoy. Thank you.