Bolstering your immune system amid COVID-19 || Dr. Al Johnson Transcript

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Johnson Medical Associates

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dr johnson i'm thankful that you are on dr johnson i'm thankful that you are on the show today and i know our listeners the show today and i know our listeners are going to have a tremendous amount of are going to have a tremendous amount of value value value uh over the next 15 minutes of our uh over the next 15 minutes of our conversation but could you tell our conversation but could you tell our listeners a little bit about yourself listeners a little bit about yourself yes thank you for inviting me to your yes thank you for inviting me to your program program program uh i've been in practice in dallas since uh i've been in practice in dallas since my background is from a family of my background is from a family of physicians my mother and father were physicians my mother and father were both physicians my uncle both physicians my uncle and a cousin was so i grew up knowing and a cousin was so i grew up knowing very little about anything else in the very little about anything else in the world but medicine world but medicine from that and i went to college in from that and i went to college in kansas city missouri kansas city missouri did an internal medicine residency in did an internal medicine residency in north miami beach florida north miami beach florida and then came to dallas in to dallas in 1980 and it's practiced here ever since 1980 and it's practiced here ever since so with the increase in immunity so with the increase in immunity awareness today obviously with that awareness today obviously with that amount of experience amount of experience um over the last 40 years and and um over the last 40 years and and certainly certainly certainly practicing in many different facets and practicing in many different facets and by the way the fact that your family by the way the fact that your family has a long history of being medical phys has a long history of being medical phys professionals as well uh certainly lends professionals as well uh certainly lends to the credibility of you and your to the credibility of you and your your authentic uh knowledge and your authentic uh knowledge and certainly the the genuineness of your certainly the the genuineness of your of your approach and your expertise so of your approach and your expertise so with that being said with that being said with the increase in immunity awareness with the increase in immunity awareness today today today what could you share about the topic what could you share about the topic that people that people should know well immunity is important should know well immunity is important as we see in the news every day as we see in the news every day with kovid they're talking about how to with kovid they're talking about how to strengthen your immune system strengthen your immune system what strengthens it where does the virus what strengthens it where does the virus really really really affect individuals and that the affect individuals and that the individuals that are individuals that are elderly those with other elderly those with other health risk factors such as diabetes are health risk factors such as diabetes are more more more

susceptible to it and so the question susceptible to it and so the question always is always is is well what can i do to boost my immune is well what can i do to boost my immune system system system and as we see in the papers they're and as we see in the papers they're talking about talking about zinc zinc helps boost your immune system zinc zinc helps boost your immune system vitamin c helps boost your immune system vitamin c helps boost your immune system b vitamins vitamin d b vitamins vitamin d all those help boost your immune system all those help boost your immune system selenium does so so selenium does so so taking a good multi-mineral multivitamin taking a good multi-mineral multivitamin is important is important making sure your vitamin d levels are making sure your vitamin d levels are adequate adequate adequate uh and sometimes that takes taking 5000 uh and sometimes that takes taking 5000 inter national units of vitamin d a day inter national units of vitamin d a day and vitamin c like one gram three times and vitamin c like one gram three times a day a day is shown to decrease allergies and help is shown to decrease allergies and help support your support your immune system one of the things that immune system one of the things that that that that if people get infections fairly if people get infections fairly frequently frequently frequently and are sick fairly frequently they may and are sick fairly frequently they may be be be truly immune deficient and not know it truly immune deficient and not know it what you saw in the extreme case with what you saw in the extreme case with the bubble boy in houston years ago the bubble boy in houston years ago where he had no immune system and that's where he had no immune system and that's called gamma globulin and gamma globulin called gamma globulin and gamma globulin is is is a protein that helps you fight a protein that helps you fight infections and if you're gamma deficient infections and if you're gamma deficient gamma globulin deficient gamma globulin deficient then you may not fight infections free then you may not fight infections free well well well and have frequent either ear infections and have frequent either ear infections sinus infections sinus infections pneumonia that type of thing pneumonia that type of thing a lot of doctors do not look at gamma a lot of doctors do not look at gamma globulin globulin globulin there's different tests there's a test there's different tests there's a test that looks at the total gamma globulin that looks at the total gamma globulin and then there's a test that looks at and then there's a test that looks at gamma globulin one gamma globulin one two three and four which better helps two three and four which better helps define define define uh just what part is deficient uh just what part is deficient because you can't have a total normal because you can't have a total normal but uh igg one as we call it deficient but uh igg one as we call it deficient so that's wonderful because i i know so that's wonderful because i i know most people most people as simple as vitamins and and as simple as vitamins and and taking the the proper supplements they taking the the proper supplements they do not pay as much attention to that as do not pay as much attention to that as they should and they should and when they struggle with some kind of when they struggle with some kind of immunity deficiency or some kind of immunity deficiency or some kind of virus or or virus or or what infection or something that their what infection or something that their body isn't equipped to fight body isn't equipped to fight they could have prevented that by doing they could have prevented that by doing something as simple as something as simple as taking those supplements and those taking those supplements and those vitamins and and the proper vitamins and and the proper uh antioxidants uh as you mentioned and uh antioxidants uh as you mentioned and one of the themes of of the well one of one of the themes of of the well one of the topics of this the topics of this particular show today is creating a new particular show today is creating a new movement it's creating something new movement it's creating something new is going from a place where you are is going from a place where you are dissatisfied dissatisfied dissatisfied uh to a place where you're satisfied uh to a place where you're satisfied because you've created in you because you've created in you that new movement and i and i mentioned that new movement and i and i mentioned that the new movement that the new movement has to start with creating momentum has to start with creating momentum there has to be momentum first there has to be momentum first before movement begins and sometimes before movement begins and sometimes those momentum those momentum to create that momentum is taking small to create that momentum is taking small action steps action steps and multivitamins and supplementation and multivitamins and supplementation and those very small over-the-counter and those very small over-the-counter uh type of of of care uh type of of of care uh is exactly that momentum creating uh is exactly that momentum creating it's a small little action steps that it's a small little action steps that can can can lead to the movement of an of boosting lead to the movement of an of boosting an immunity an immunity uh to have a stronger immunity would you uh to have a stronger immunity would you say say say oh exactly and on top of that oh exactly and on top of that foods make a big difference in how foods make a big difference in how people feel people feel and how their body is affected because and how their body is affected because foods can cause inflammations foods can foods can cause inflammations foods can cause cause cause brain fog they can cause fatigue and so brain fog they can cause fatigue and so understanding your nutrients is understanding your nutrients is important and tests can be run important and tests can be run to look at your nutrients and their to look at your nutrients and their functional capability in your system functional capability in

your system and then foods can be looked at to tell and then foods can be looked at to tell which foods may affect you which foods may affect you i had a patient just a while back that i had a patient just a while back that was said she was falling asleep on the was said she was falling asleep on the way home from work in the car way home from work in the car couldn't couldn't figure out what was couldn't couldn't figure out what was going on going on well i asked well what's different what well i asked well what's different what do you eat at lunch do you eat at lunch you know what'd you drink at lunch and you know what'd you drink at lunch and she said oh i she said oh i added tea in well come to find out added tea in well come to find out the tea was what's causing a delayed the tea was what's causing a delayed reaction and causing her to be really reaction and causing her to be really sleepy sleepy sleepy uh and could hardly keep her eyes open uh and could hardly keep her eyes open on the way home on the way home so there's these little subtle things so there's these little subtle things that people need to look at when they that people need to look at when they have significant have significant problems that may not be hard to fix you problems that may not be hard to fix you just have to define it and so testing just have to define it and so testing can be done can be done to figure out food sensitivities people to figure out food sensitivities people can go online and look at can go online and look at a four day rotation diet and then keep a a four day rotation diet and then keep a diet a food diary diet a food diary of what foods they're eating and what of what foods they're eating and what symptoms they're having and then sort symptoms they're having and then sort out for themselves if there's out for themselves if there's foods that adversely affect them yeah foods that adversely affect them yeah i'm glad you bring up the point that i'm glad you bring up the point that there's things that people could do there's things that people could do today online today online um because it does lead to the um because it does lead to the understanding understanding understanding that 10 20 30 years ago and you can that 10 20 30 years ago and you can speak on this doctor 10 20 30 years ago speak on this doctor 10 20 30 years ago the resources that the resources that um that we have available today weren't um that we have available today weren't available back then for someone to available back then for someone to take more of a personal responsibility take more of a personal responsibility for their own health and their own for their own health and their own immunity building immunity building can you speak to that can you speak to can you speak to that can you speak to what people can do today that what in what people can do today that what in terms of terms of providing that that immunity care and providing that that immunity care and and and and and increasing their ability to to take and increasing their ability to to take better care of their own health and better care of their own health and wellness wellness wellness that just wasn't available 10 20 30 40 that just wasn't available 10 20 30 40 years ago years ago yeah definitely uh that's so true yeah definitely uh that's so true uh sometimes we're overwhelmed though uh sometimes we're overwhelmed though with the amount of information or with the amount of information or misinformation misinformation misinformation and i see people every day that come in and i see people every day that come in and are confused and are confused by what this source said or that source by what this source said or that source said said said and what is really true and what is really true so yes there's good information there's so yes there's good information there's good apps out there good apps out there to help you like the exercise apps the to help you like the exercise apps the apps that help you apps that help you track how much calories you're burning track how much calories you're burning today how much today how much calories you're taking in during the day calories you're taking in during the day how many steps you're taking how many steps you're taking they help you with like we're talking they help you with like we're talking about the four day rotation diet to about the four day rotation diet to explain it to you explain it to you and to help you with the different food and to help you with the different food groups groups groups and what foods are related to what foods and what foods are related to what foods and then how to separate those out so and then how to separate those out so you can tell what you can tell what you may be reacting to so yeah the apps you may be reacting to so yeah the apps are really great are really great there are some people like that have there are some people like that have chronic fatigue or chronic joint pain chronic fatigue or chronic joint pain and ache and ache and when they start looking on the and when they start looking on the internet they really get confused internet they really get confused because because because they can have anything from lyme to they can have anything from lyme to cancer to lupus to rheumatoid arthritis cancer to lupus to rheumatoid arthritis or or or whatever they look at as i tell patients whatever they look at as i tell patients i can find all these symptoms on every i can find all these symptoms on every page in my medical textbook which is page in my medical textbook which is over a thousand pages and it takes a over a thousand pages and it takes a doctor at times doctor at times like myself that has done this for a like myself that has done this for a long time to sort out long time to sort out what really is the underlying factor and what really is the underlying factor and once you once you are able to find what is the underlying are able to find what is the underlying factor then you are able to treat it factor then you are able to treat it effectively for that individual what are you finding for that individual what are you finding today today today in in your medical facilities and the in in your medical facilities and the thousands

of patients that you treat thousands of patients that you treat is the most concerning thing um is the most concerning thing um that people are struggling with today i that people are struggling with today i mean i i know that from mean i i know that from my experiences and working also in my experiences and working also in in some of the clinical field i know in some of the clinical field i know that patterns are that patterns are are usually a prediction right patterns are usually a prediction right patterns are a prediction of something that are a prediction of something that is commonly being experienced or is commonly being experienced or something that is something that is on the rise that could be problematic on the rise that could be problematic what are you finding today is a what are you finding today is a problem on the rise or what concerns you problem on the rise or what concerns you the most today about the most today about where people are with the health and where people are with the health and wellness that is something we should wellness that is something we should look out for look out for well number one i think people are have well number one i think people are have been used to been used to fast foods foods that are easy to get fast foods foods that are easy to get and not just eating plain healthy and not just eating plain healthy organic food if possible so and organic food if possible so and so they're looking at all kinds of so they're looking at all kinds of different foods mixed together eating different foods mixed together eating the same food repetitively the same food repetitively and then it has preservatives in it so and then it has preservatives in it so exposure to chemicals exposure to chemicals either odors or fumes on top of that either odors or fumes on top of that comes indoor air contamination comes indoor air contamination from mold and mold toxins and so from mold and mold toxins and so that then adds to the other that then adds to the other unhealthy lifestyle of no exercise unhealthy lifestyle of no exercise a high carbohydrate pre-prepared foods a high carbohydrate pre-prepared foods type situation and so type situation and so most of the patients i see are most of the patients i see are complaining of fatigue complaining of fatigue and they just can't think they aren't and they just can't think they aren't able to able to analyze situations function at the level analyze situations function at the level that they were functioning before that they were functioning before and then have other symptoms along with and then have other symptoms along with it whether muscle aches and pains joint it whether muscle aches and pains joint pains pains pains indigestion brain fog as they describe indigestion brain fog as they describe many times you know doctor there's a many times you know doctor there's a whole lot whole lot more information that i want our more information that i want our listeners to to hear from you because listeners to to hear from you because what you're providing right now is what you're providing right now is really valuable really valuable um in in not only health uh um in in not only health uh excellence but also in the ability to to excellence but also in the ability to to to do more and to do more and i always say that it's very difficult to i always say that it's very difficult to perform at any peak level perform at any peak level if you're not feeling well if you don't if you're not feeling well if you don't feel good if there's something going on feel good if there's something going on with you where with you where where you get up in the morning and where you get up in the morning and you've got this ache and that ache or you've got this ache and that ache or this problem that problem this problem that problem and and a lot of it can be solved with and and a lot of it can be solved with just good nutrition exercising just good nutrition exercising being mindful of what's around you your being mindful of what's around you your surroundings and so on and so forth surroundings and so on and so forth uh but if you don't pay attention to uh but if you don't pay attention to that you're not going to ever feel as that you're not going to ever feel as good as you need to feel in order to good as you need to feel in order to thrive in the way that you want to thrive in the way that you want to thrive thrive thrive and i know your facilities have so many and i know your facilities have so many great services great services that tackle these issues that when we that tackle these issues that when we come back after the break come back after the break i'd like for you to share a little bit i'd like for you to share a little bit more about what you do more about what you do to help others feel better whether it's to help others feel better whether it's building their immunity or breathing building their immunity or breathing better or or just learning what areas of better or or just learning what areas of of their physical being needs to be of their physical being needs to be improved in order to thrive so when we improved in order to thrive so when we come back after the break could you come back after the break could you share a little a little bit of that with share a little a little bit of that with us us us oh most definitely be my pleasure so oh most definitely be my pleasure so we'll be we'll be right back after the break welcome back right back after the break welcome back to the jmamy show to the jmamy show i am jayme we have on the phone today i am jayme we have on the phone today one of the premier one of the premier doctors in dfw actually around the doctors in dfw actually around the country a 40-year veteran in the medical country a 40-year veteran in the medical care field care field uh dr uh johnson dr johnson uh dr uh johnson dr johnson you've got a state-of-the-art facility you've got a state-of-the-art facility that is that is admired by many here at dfw could you admired by many here at dfw could you share with our listeners share with our listeners really what your facility offers and really what your facility offers and what kind of care what kind of care could they expect to have when they could they expect to have when they visit your

facility visit your facility most definitely and thanks for asking uh most definitely and thanks for asking uh johnson medical associates are focused johnson medical associates are focused on on on finding the cause of your problem uh finding the cause of your problem uh as i tell the patients that i've seen 10 as i tell the patients that i've seen 10 15 different doctors 15 different doctors that you aren't going to have effective that you aren't going to have effective treatment until you define treatment until you define what actually is the issue and so we what actually is the issue and so we are focused on the issue looking at the are focused on the issue looking at the cause the underlying cause cause the underlying cause many people go to physicians and they many people go to physicians and they say i have this problem and say i have this problem and sinusitis they get an antibiotic or an sinusitis they get an antibiotic or an allergy medicine allergy medicine and if that doesn't fix it then they say and if that doesn't fix it then they say well what's next or what can i do well what's next or what can i do so at johnson medical associates we have so at johnson medical associates we have a group of tools that we work with a group of tools that we work with one is i take a very thorough history one is i take a very thorough history looking at sequence of events before looking at sequence of events before they were ill they were ill and once they got ill where they were and once they got ill where they were living living living what they were doing uh what type of what they were doing uh what type of activities they were doing activities they were doing and then we map out tests that will help and then we map out tests that will help us define what's going on whether that's us define what's going on whether that's an allergy from seasonal allergens or an allergy from seasonal allergens or food allergy or whether it's exposure to food allergy or whether it's exposure to toxic chemicals at work or mold toxic chemicals at work or mold at work or mold toxins at home the black at work or mold toxins at home the black mold produces a chemical mold produces a chemical which is not alive but it's a chemical which is not alive but it's a chemical that you absorb in your system that that you absorb in your system that affects your brain and your mitochondria affects your brain and your mitochondria the mitochondria then tend to shut down the mitochondria then tend to shut down and not produce that atp and not produce that atp and once we define what is going on from and once we define what is going on from the blood test the blood test from diagnostic tests such as what i from diagnostic tests such as what i mentioned mentioned mentioned or sometimes cat scans mris ultrasounds or sometimes cat scans mris ultrasounds no we have all that available to us to no we have all that available to us to to order to order to figure out what is the problem what's to figure out what is the problem what's been missed been missed in their search for health in their search for health once that occurs then we figure out what once that occurs then we figure out what the problem is the problem is and then have a specific treatment and then have a specific treatment program for that program for that so if it's allergy we look at avoidance so if it's allergy we look at avoidance which is the first thing then which is the first thing then immunotherapy immunotherapy immunotherapy which helps boost your resistance that's which helps boost your resistance that's allergy shots allergy shots if it's foods we worked on avoidance if it's foods we worked on avoidance and a lot of food sensitivities we work and a lot of food sensitivities we work on rotation we work on nutrients on rotation we work on nutrients to either help heal your gut boost your to either help heal your gut boost your immune system as we're talking about immune system as we're talking about and then if there's been tissue damage and then if there's been tissue damage we use we use a hyperbaric oxygen treatment and for a hyperbaric oxygen treatment and for those that aren't familiar with it those that aren't familiar with it hyperbaric oxygen hyperbaric oxygen treatment occurs in a chamber many of treatment occurs in a chamber many of you you you seen jock cousteau and the dive chambers seen jock cousteau and the dive chambers they use these they use these chambers for treating the bins and chambers for treating the bins and diving accidents but in medicine diving accidents but in medicine for years they've used it to treat for years they've used it to treat diabetic wounds diabetic wounds which increases the oxygen to which increases the oxygen to all parts of the body 10 to 15 times all parts of the body 10 to 15 times normally your red blood cells are what normally your red blood cells are what carry oxygen in your blood vessels carry oxygen in your blood vessels with hyperbaric oxygen when you're in an with hyperbaric oxygen when you're in an enclosed chamber under pressure enclosed chamber under pressure breathing 100 oxygen it saturates the breathing 100 oxygen it saturates the whole blood vessel whole blood vessel so that's how you're able to deliver 10 so that's how you're able to deliver 10 to 15 times more oxygen to the tissues to 15 times more oxygen to the tissues so it not only will heal a wound it so it not only will heal a wound it heals brain heals brain injury such as stroke helps with injury such as stroke helps with cerebral palsy helps with autism cerebral palsy helps with autism helps with encephalitis when the west helps with encephalitis when the west nile nile nile encephalitis was going on we treated encephalitis was going on we treated quite a few patients with west nile quite a few patients with west nile encephalitis when they weren't encephalitis when they weren't recovering recovering recovering so we see a lot of traumatic brain so we see a lot of traumatic brain injuries where the brain has actually injuries where the brain has actually been injured by been injured by either a trauma from an automobile either a trauma from an automobile accident accident accident or in the case of

veterans with ptsd or in the case of veterans with ptsd they have traumatic brain injury from they have traumatic brain injury from blasts so blasts so just gun guns going off bombs going off just gun guns going off bombs going off uh it's a percussive injury to the head uh it's a percussive injury to the head and then we see sports injuries where and then we see sports injuries where kids have concussions and uh kids have concussions and uh they aren't recovering uh hyperbaric they aren't recovering uh hyperbaric helps heal that brain helps heal that brain in in the concussed individual in in the concussed individual there's a recent study out that shows there's a recent study out that shows that that that 80 percent of the people with concussion 80 percent of the people with concussion the kids with concussion the kids with concussion are better after five days of one hour are better after five days of one hour hyperbaric treatment and they're symptom hyperbaric treatment and they're symptom free after five days free after five days in this new study so it's really in this new study so it's really interesting uh interesting uh when we start looking at the cause and when we start looking at the cause and how to heal things how to heal things well when you're specific with the well when you're specific with the treatment well treatment well there's clearly no reason why a person there's clearly no reason why a person who is mindful and intentional about who is mindful and intentional about having good health and having good health and and feeling well and well-being and and feeling well and well-being and building their immunity system and building their immunity system and creating creating creating that part of their life as that new that part of their life as that new movement uh there's no reason for them movement uh there's no reason for them not to not to to do that with all the resources to do that with all the resources available dr johnson i really appreciate available dr johnson i really appreciate you being on the show can you tell our you being on the show can you tell our listeners listeners listeners uh where they could find you in in your uh where they could find you in in your centers and your information centers and your information yes uh i'm at in richardson texas yes uh i'm at in richardson texas uh it's johnsonmedicalassociates.com uh it's johnsonmedicalassociates.com or hyperbaric centers of texas.com or hyperbaric centers of texas.com my main number is 972-479-0-400 my main number is 972-479-0-400 so be sure that you can visit the so be sure that you can visit the websites there's a lot of information websites there's a lot of information there and and we're happy to answer any there and and we're happy to answer any questions that you may have questions that you may have dr johnson muncie and i appreciate you dr johnson muncie and i appreciate you being on the show and i look forward to being on the show and i look forward to seeing you and meeting you one day soon seeing you and meeting you one day soon my pleasure my pleasure