Introduction and Guest Welcome

cancer cells are hungry for oxygen. Is that true or not? This is the biggest problem. Cancer cells live off no oxygen, it's acidic, and this is why it is so problematic.

And what we do is we want the oxygen to take over because the more oxygen that you have the better the biofilms are going to go away and the most the cancers are growing to become apoptotic.

Apoptic meaning they're going die. This is Dr. Talks. Welcome back to Rescue to Breakthroughs. You are really in for a special treat because my next guest is Dr.

Paul Potts. Dr Psy went from the overweight and pre-diabetic and had a prostate enlargement on his way to prostate cancer and he completely turned his life around and now he is teaching people how to do that.

He is an anti-aging specialist, he had cancer himself, And he started to do research in cancer therapy and a natural approach to cancer. And, he is bringing all of his brilliance, all his enthusiasm with us here today.

So, Dr. Tai, welcome. Welcome back. It's Dr Jen. You are in for a special treat because my next guest is the one and only Dr Paul Tai.

Dr. Tai's Background and Health Crisis

you will be infected by his But more importantly, you will gain so much knowledge and understanding and practical information in this talk, information that you must have, that that need in order to have all the tools that YOU need to heal.

So first, let's welcome Dr. Tai. I'm so happy to have you here because every time I talk to you, I am so inspired and I know the audience is going to be so.

So first, can you start off telling us a little bit about your background and how you got interested in cancer care? It's somehow, I am a board certified surgeon in podiatrics surgery.

I was, became, America by the way, as a little boy, 16 years old and no family. And I came in by myself and my mother gave me a hundred dollars if she put it in my little pocket and she sent me away and never ever Come forgive me again.

For 16 years after, she never sent me a Christmas card. She never set me up a birthday card, She'd never called me, nothing. My mother totally deserted me in America.

And so I am very grateful to be in this wonderful country. America is the greatest of all the countries and I'm so grateful my whole heart is open to America.

So I became a surgeon and i was very very lucky for a little Chinese boy. I was lucky to have become one of the top five reconstructive surgeons in America after the hospital was dedicated to Dr.

Tai's surgeries. So I am very grateful. But then I became very ill. I'm a very, very sick little puppy. It was very wealthy, I was successful, but I very unhappy because I over 200 pounds.

Oh my goodness. Oh, goodness! What a horrible, horrible story. My goodness. So you got sick. You got very sick? Is it okay? Yeah. Okay. Excellent. I'm telling you that my problem was that I was a sick puppy.

And I tell you, my prostate was so enlarged in my 40s and 50s. So, I was very sick, my blood pressure was 200 over 110, and my cholesterol was 300. I was so bad.

Estrogen Dominance and Breast Cancer Risk

So what did I do? I quit. I actually left my practice and went back to school, became double board certified in anti-aging from A4M. And I became a professor at A 4M, I wrote most of their textbooks on salivary testing, and I taught for A-4-M all over the world.

But I became very sick. I had cancer. And I discovered on my own that I have cancer in my blood. and I tell you, I was deathly afraid. So I started to do research in cancer therapy.

And after writing over 14 textbooks, I actually am now specializing in anti-aging and natural approach to immune therapy in anticancer. That's how I became what I am doing now.

So you have a pain to purpose story like most of us, right? You originally started all of this to heal yourself. Yeah. And so we often talk about what the beginning phases of breast cancer are is a state called estrogen dominance.

Can you talk that a little bit and the kind of conventional approach to that? Absolutely. So the beauty of this science is that we know a lot about how all of these happen because you see the body has the woman, most women don't know this, but we have three different kinds of estrogen.

I call them the bad, the good, and the ugly. And so what we want is the estradiol, which is good. We want the astro-estriol which very good but we don't want.

Most women need to learn about the science. All we need is to stop estro. Estro is one estrogen that become the dominant estrogen when you become a menopause.

And most of the breast cancer patients with this problem are menoppausal. They are over 30, they're over 40, over 50, and in the body there is something that changes from the epigenetic standpoint, it actually creates a problem called aromatization.

Aromatisation is when you take the testosterone, the DHEA, all of the other hormone And then what do they do? They convert it into estrone, this really bad estrogen that actually has the problems of breaking down to something that we call 16-hydroxy.

And the 16 hydroxy is the one that attaches to the receptor, it attaches to your body, It attaches your cells and it causes DNA damage. It causes all of the problems creating this breast cancer and people don't know that it's preventable.

People don´t know you can actually stop that receptor from pulling in the estrone. We don't want the astrone to go into the receptor and create the problems.

So we can prevent it. we Can use natural ways of which to stop that problem. Can I ask you a pretty high level question as a medical practitioner? Yep.

That my understanding was that the four hydroxyestrogens are the ones that are more of the issue in that they are responsible for DNA damage. I was not aware that six, the 16 hydroxylestrogen were more a problem.

So can you talk about the difference there from my understand? Excellent, excellent. Dr. Simmons, you are right on because the breakdown of estrone to the hydroxys, they break down to 16, to four, and to two.

And so it doesn't just break it down one, it breaks down three of them. The two and the 16 does have a balance. Yes, the four is very bad also, very I don't dispute that.

However, if you look into the literature, we go into research, you can see that most of the physicians, most researchers will give you a ratio of 16 to 2.

That is the ratio that we most often use in terms of diagnosing and monitoring the progress of the patient when it comes to estrogen dominance.

Biofilms, Immune Evasion, and Testing

Where do environmental estrogens fall into this equation? Well, it's a huge big problem because the xenoestrogens are creating the same identical breakdown with the 16, with a 4, and the 2. So we still have the problems that it attaches to the receptor and it sits on that seat and creates the DNA damages.

But most importantly, It creates all of the other. It doesn't allow. This is the key. it doesn' allow, it creates a biofilm that doesn''t allow your body, your own immune system to recognize those cancer cells.

It's a huge big problem. We don't want that. we want our immune system to be alive, to very specific, ascertain, focus on these cancer cells and kill it.

You see the T cells, the NK cells. All of them are very important in killing the cancer cells, but if they cannot see it, and the reason they can not see is because of the biofilm, we have biofilms all over the body.

We have it in our mouths, in the bodies, so this is where the problem is. Yeah. And so these solutions that you present, do they both help with inhibiting this overstimulation process, this breakdown process?

But do the also help the biofilms? It will not stop with the biofilm immediately, but we need to find out whether the biophilic exists, whether it is very high in the level that's in a body.

We want to know all of this. And we have the newer tests, the new research that is coming from Europe. Europe is doing very, very good at doing the research America is not doing.

one of the ways that we are behind. I'm not aware of tests for biofilm, so I would love to hear more about it if you're prepared to speak about that. If not, we can get right on to talking about these natural inhibitors.

Yeah. We, I want to talk about the natural but I do want tell you that the problem with the biofilms is that it lowers the ability of V, D, B, E. It's a vitamin binding protein.

Yes. And it's very, very important so that once the biofilm, it is a protein that is covering the cancer cells. Okay, it covers the outer membrane. And so the NK cells, all of the immune cells that naturally God gave us to actually work on killing those cancer cells.

They are not able to do it because they cannot see. So we do measure, it is a necklace, a very specific protein, and we have ways now that we can measure this.

And we are doing this for patients all over the world. Great. So I'm accustomed to using digestive enzymes to try to break down these biofilms. Is that what you're doing?

No, we are doing digestive enzymes because they are very important. We are the biofilms, as you well know. It is very difficult to get rid of. As a matter of fact, with antibiotics we're having just a world of problems because we cannot get We can use vitamin D with K, we can't use different kind of macrophage that actually will eliminate.

And so we use the biofilm levels to guide us. It gives us where we want to go. How high is it in the body? How much of it is created from this biofilm?

So this is why, but the most important of all of those is the fact that we are using now the newer, the very new supplements that are specifically guided in research, our whole research that is showing us how we can kill those

cancer cells.

Okay, and are you using specific supplements to break down biofilm? Yes. Using specific substances to breakdown biofilms and push, because you see, most all the researchers will tell you this, that cancer cells are hungry for oxygen.

Is that true or not? This is the biggest problem. Cancer cells live off no oxygen. It's acidic and this is why it is so problematic. And what we want and what oxygen to take over because the more oxygen that you have, the better the biofilms are going to go away and the most the cancers are to become apoptotic.

Apoptic meaning they're going die. Because cancer cells are anaerobic. They live in the absence of oxygen. So the things that can do to further oxygenate your body like exercise right that's why exercise is so very effective against cancer and why having exercise daily exercise improves survival because you're improving oxygenation you are absolutely right on point and so what we have done is what What we have done is that we've gone through the research and we had discovered something incredible, incredible.

The Department of Pharmacology in 2004 actually says from the FDA, listen to this, this is fantastic, you're going to love this.

Oxygenation, Methylene Blue, and Saffron

From FDA which doesn't like supplements, they made methylene blue into an oxygen provider. They literally show everybody. Matter of fact, even in the treatment of methyl hemoglobinemia, which is a lack of oxygen in a blood, they use methylene blue.

And so what we have done is that we put together methylenic blue with of all things, saffron. Did you believe it? Saffron has a… Saperon, I know, is a wonder herb.

It is absolutely a wonderful herb, in fact, if you feel like you're coming down with something like a cold or some kind of viral illness, If you drink safferon tea, it will reverse it.

Lafon is a miracle, miracle compound of nature. I love you, I think you are. You just really put together so well. What we have done is the only one of a kind in the whole world.

We have methylene blue together with saffron, but we don't do sappron only, we do the extract, the crochin, all from sapping. They are the extracts that already together with the methylene blue and the diatoms with ocean protein we actually bound to it and they will literally stop cancer.

They will kill the cancer cells according to Uncle Target. Uncle target is one of the top medical journals for cancer and 2016 they show that Methylene blue they show, they actually show it on the research that it actually kills the breast cancer.

It literally talks about that killing the methylene blue, killing cancer, but the most important part of this is that we actually can create angiogenesis.

This is unbelievable because if you don't have the blood supply to the tumors, what happens? The tumors die because they cannot continue to grow. Cavitate, meaning if we look in the pathology, the tumor, they group so rapidly that the inner portion, Yeah, necrotic.

Yeah. So, and what you're talking about, angiogenesis, the development of blood vessels, because the tumor in order to grow, it needs a supply of nutrients, right?

Everything is metabolically dependent. Tumors need glucose to growth, tumors need fat to make its cell walls. Tumors need protein in order to create new cells.

And so the way that it's getting all of these things is through a blood supply. The reason that cancers die in the center when they're very rapidly growing is because they outgrow their blood They don't have a supply.

You gave a beautiful summary of the whole entire pathology. I'm telling you, it doesn't get any better than that. If you cannot understand Dr. Simmons, then you don' understand any of this because you are right on target.

Sarah, what are you using to block angiogenesis? Okay, the Journal of Clinical Pharmacology, okay, it shows that methylene blue, when you take it together with the curge, methylenine blue will stop angiogenesis.

And what else will it stop, angiogenesis? I tell you what. The denodermic acid, that comes from the reishi mushroom, But the problem that most people don't understand, it's why they need doctors like you and like me is because they don' understand bioavailability.

They think that just because you put it in your mouth, It works. It doesn't. Most people don't understand bioavailability. Bioavailable is the ability of your body to assimilate, to literally grab all the goodies from the pethylene blue, from this gerodermic acid, and you know what?

They take the mushroom powder and that is so stupid because it makes very, very expensive poop. That's it. It doesn't do anything for your cancer. So what you're talking about is you need the extract.

Absolutely, you are right on. You're talking about the reishi mushroom.

Angiogenesis, Reishi, and Cordyceps

Exactly, the Reishi Mushroom with the research from Wang on the 2015 shows that five different meta-analyses, five huge big studies showing that it kills the It boosts the immune system for the breast cancer and it kills the, the breath cancer cells.

So this is key from these meta-analysis for these large, large studies. And I do, I'm a very dull boy. I tell you I am no good and then- I don't think anyone is buying that you're dull.

In fact, there is nothing dull about you, but if you tell me that You see cancer from a very simplistic manner. I believe that in that people make cancer far more complicated than it needs to be, don't they?

You know what? They get marred into the complication. They don't know where to go. You need to be focused focus on killing the cancer cell focus and stopping the DNA with increasing the oxygenation.

So there are many things that you talk about, you know, like the, the sauna. Okay. red light, like taking cold baths. I mean, you know, most people don't know I've been doing this for now eight years because I'm an eight-year survivor with no metastasis.

Tell you what, I know it sounds terrible, Dr. Simmons, but when I shower the last two minutes I turn it completely to cold water and I am allergic to You are too much.

We, um, thank you. And why don't you share with people what is happening? Why are you doing a 2 minute cold shower at the end? And I just need to say that for the people that think you can't do it, I, just want to let you know that you, can cool it down and heat it up again and you still get the benefit.

So you don't have to end on cold for any of those people that simply can't fathom it. You just need to get the cold in. So tell people what is happening when you are taking that cold shower or doing a cold plunge or however you're cooling.

Okay, the whole thing is to stimulate your immune system. You know this. I mean, we want 200, 300, 400, 500 percent increase in our immune systems. But you know what?

Most people don't know the immune's system depends on the thymus. The thymus, this is a gland that nobody wants to talk about. I tell you what, there used to be an American comedian that says, I get no respect.

Rodney Dangerfield used say I got no respects. So the thimus is the Rodne Danger field of organs. and tell you it is so important. And when you get that cold water all over you from hot water, it's like a muscle.

It's you doing exercise. If your muscles contract, your thymus starts to work because you know why? It thinks that you're catching a cold. So that's all of this immune system going, and it's kind of like an exercise of your muscle.

You have to exercise your muscles every day. And when you do it, you'll get big muscles. you get strong muscles, You get coned muscles and so the same thing must be with your immune systems.

You know what? I don't even need you to do two minutes. I need to you do at least one minute. And if you cold, cold water for one minutes, and I tell you, just like Dr.

Simmons just said, if cannot tolerate it, go ahead and put it back to your hot water afterwards. It still works. It will. And I actually have seen data that says that even 30 seconds will work.

So you can start with 30 second and then build your way up to a minute. The most I've seen the data on, and you correct me if I'm wrong, but I think the benefits start to fall off after three minutes.

Like, I don't think you need to tolerate it longer than three minutes. There are anti-inflammatory effects that if you stayed longer that three-minutes, it still has anti inflammatory effects.

So the Swedish, you know, all those Vikings, those big Viking people, big horns coming out, they all went on the right after they are in their sauna, what do they do?

They put it in the ice. But clearly that's not true. What you're saying, and if you are taking two minutes cold showers, quite the contrary. It is the opposite of death, it's life.

That's really interesting for those people that are listening to you and taking your advice. I tell you what is really interested. What is interesting is that after a month you will love it you are going to like the cold because it's hot from the water that you actually want that cooling off period of one to two minutes and then you can get out and you don't feel cold you feel hot you know because the internal temperature comes back and it changes everything Yep.

And it's really only the first few seconds of the cold that is so shocking. After that, you do great. Absolutely amazing. We already talked about the reishi mushroom a little bit.

Can we talk about cordyceps mushroom? Absolutely. So this is my favorite. I have a love affair with Cordyceps. i wrote the only book that i i've written 14 books but i tell you my firstborn you know you have children dr simon i do i have tell you what they always say your firstborn is the one that gets all the trouble because you just a new brand new mother you I tell, you you better be home by nine o'clock otherwise you're going to be locked out and do no party for a whole week no no dessert for whole month I'll tell your your gets away with anything.

They get away everything. And they'll always say, mama, how come Bobby can get a way with all of this? And you never let me do this before. Did you ever hear that?

Yep, of course. So what I want to tell you is that Cordyceps is my first board. I wrote my book on Cordysep, but then I will tell this, and most Americans don't know.

But if you go to China, if go anywhere in Asia, we are talking about billions of people, billions in India, in Japan, believe cordyceps is the gold, the golden supplement.

It is one that all the acupuncturists, all herbalists adore cordysep. But Americans don't know.

Monitoring Metastasis and EpCAM Cells

that cordyceps come in three most different kind of species and they only know cordiceps sinensis which is only one tiny branch of the tree so what I did was I Did all the research and I put it all in my book which I will be happy to share with everybody because I tell you what all those bibliography, all of the research, they're all published there.

Medical journals from Britain, pharmacology, from the nutrition, so all it is in that book. So what you can do is that you could take three different kinds of cordyceps.

Cordycep sinensis, Cordyceps militaris and Cordysep ophio. Ophiol and habilitaris creates the neoangiogenesis. And this is where I want you to know the Journal of Ethnopharmacology shows that militaries will kill the natural apoptosis of the breast cancer.

It will kills the lung cancer, it will killed the liver cancer and it'll boost your NK cells 600%. Can you believe it? It's amazing. And so I'm the only one that has the extract We created this because I am taking it myself for my own survival.

So I have taken the cordyceps and it's dose dependent so you can take less or you could take more. But if you take all three, but don't buy cordiceps powder.

They are not bioavailable. This is a special cordyceps that we extracted with cold water. No heat, no alcohol, and no chemicals. We extract it, then what do we do with it?

We make a 6 to 1. That means we make it 6 times, 10 times more powerful than it would be alone. So when you take it, it will increase your NK cell. It will literally increase protection.

And you know what is beautiful about this, Dr. Simmons? It lowers metastasis. It's unbelievable because most people, you see, Dr. Simmons, I feel badly for many of the cancer patients because they think just because you remove the breast tumor, just, because, remove, the lymph nodes, Just because.

You did the surgery and the chemo. They think that because the marker went down that you are cured. They don't know that after you remove all of that, that your body still has millions, millions of metastatic cancer cells.

They are called epiCAM. EpiCam, why epicAM? Let me explain. You see, testosterone must come from epithelium. Do you understand this is histologically accurate?

Yeah, you're talking about the basic cell line that it comes from. And so what I do, and I use special testing to actually, they are only available at the universities, okay?

They actually measure, the actually count in live, live not dead live section under the microscope. They count the number of epiCAM cells you have in the blood.

And you know what, Dr. Simas, this is amazing. This is, I mean, after More than hundreds of thousands of tests, they actually published all of it. They actually show that when the epichem cell starts to come down and not go up, You continue to live with no problem whatsoever.

What I want the cancer patients to know is don't be a fool. Don't a be fool because they told you that you are cured. No believe that. You must continuously monitor because you know what they don' know?

They don''t know this. They don't know that metastatic epicanth cells are progenital cells. They are the beginning cells of the metostasis. Do you know, that we have research showing clearly that it lives over 10 years in your body?

10 years people know that, but they know it in a different context in that they are told that if you have a hormone positive tumor of you of an estrogen or progesterone positive.

Then there is a certain risk that that cancer will come back early on. like within five years, but then they also know that there's a subset of those tumors that will recur very far out, like 20 years out.

So these tumor cells is what you're talking about, these kind of stem tumor cells, the stem cells. And so they're existing in its sedentary way for a very long time.

But if I understand you correctly, we all have the opportunity to kind of correct that problem in the now. Absolutely, you want to correct that problem.

You want monitor it because you know that the statistics are on your side. If you can show that these cancer cells, these epiCAM cells are coming down, and you're going about it in the right way, those are getting better.

So, I would love to review for all the people listening to this because nearly everyone listening this is either dealing with a breast cancer diagnosis themselves or they have a very close family member that they're watching this for.

So what should people with breast-cancer diagnosis that want to do it all, right? Everyone knows that surgery is available, everyone knows the chemotherapy is, available that radiation is.

And I mean, if you ask me, those things are only marginally useful.

Natural Breast Cancer Strategy and Immune Support

What are the real things that people with a breast cancer diagnosis should be thinking about to really change their future, to change. Okay. So basically I'm going to put it down into three different parts for you already starting with larger section.

Number one. Early diagnosis. I am just like a broken record, Dr. Simmons. People think that I'm going crazy, but I have not. Early diagnoses of cancer is the only way to go if you are going to really, really stop this.

without having major problems. Early diagnosis because there is a very large benefit of cure if you start early. If you already start with stage three, we got problems because it's already all over the place.

So the first step is early diagnosis testing for progress, testing the biofil, for epichem cells, and testing your salivary so that we can continue to monitor your estrogens and making sure that protect you principally.

Not that you are going to lower your estrogen, not that are you going lower all of that, but what we're going Strategically, strategically, we're going to block the receptor.

You see, it's kind of like a key. It's like key, but you can have a thousand keys, if you rock. is dirty or icy or frozen, you are not going to get that key in.

And if you cannot get the key, in you can not lock the door. So this is very important for people to understand. We are NOT, and most patients don't understand, they think we are going lower the estrogen and they are gonna be without estrogen.

No, that's not the The key is to stop the estrone and mostly not the estradiol, not estriol. But we want to obviously don't elevate it, but most importantly, we We don't want to allow the body to assimilate, to take in to your cancer, the estro.

That's the number two. So we want… What are you using to block the estrogen receptor? Very good. And you're an expert in all this stuff, but I don' t need to repeat what you already said.

but constantly glucurate, DIM, chrysanth, Bountry carbonyl. But you know what is the best? The best The coastal U. The best, the tamoxifen. So coastal u, that Texas B, T-A-X-U-S.

That is where the word that came from the Tamoxifen. came up the word Texas Bee. And the name of the tree that calls to you, it's a popular name, but the actual name the of tree is Texas bee.

So, Texas is the one that gave the named to Tamoxifen. That is very, very important. We created these products Don't go and just buy any. They are garbage out there.

There are people that don't know what they are doing. So we, you and I, we know and we choose the tamoxifen that is natural with no side effects, no complication.

It is the most gorgeous, it's the beautiful approach. Its so classic, its so direct. And I will tell you that I have literally helped I just spelt another patient.

Just today we had another patients with a prostate cancer that they were going to do surgery. They were gonna do biopsy by sticking the prostate with 68 needles in order to the biopsies.

I tell you what, we got it all cleaned up. Caxus brevifolia, taxus B, the U. So the cancer patient we have, I have a 51-year-old, Dorothy, this lady, she had breast cancer stage three.

And I tell you what, we brought her, metastatic epichem cells from 2.4 million to less than 500,000. This is real beauty. The beauty and its ability to actually monitor, the ability, to use these natural ways.

But we are not saying that we have an answer to everything. We don't. Dr. Simmons, you know that I'm telling the truth. There are patients that are we not going to be able to help.

And I'll tell you, my heart breaks for that. I tell ya, I wish that I could help everybody. But I can make this promise to you. We have the ability to monitor.

And we have had the able to discover where it is. receptors for actually assimilating all of these toxins in. And most importantly, we have the ability to increase your immune system.

You see, I am not a cancer specialist. I'm an immune specialist, and I want to deal with immunity. With all your system, your NK cell system your thymus, Probiotic, I know that people don't want to talk about it, but probiotic in the stomach is a huge, huge area for all of us to study dementia for problems all over the body.

Yeah. And I think what you're saying here is that, you know, the body really does have an innate ability to heal, right? But it requires an intact immune system and so much of what we're doing, so, much, of how we are living interferes with our immune systems ability, to function as it should.

I mean, even something so simple as vitamin D. I can't tell you how many people come to me and they have vitamin D levels of 3 or 11 or 14 or something crazy and the immune system simply cannot function with vitamin d levels at that low.

So a lot of your approach being, having an interest in immunology, a of approach are things that are actually enhancing the immune system. Because if we bring the system back online, it can actually do its job.

You're just empowering your own body to do the job that it was already knowing how to. It did the jobs for many, many years. We have cancer cells all the time since our baby.

Melatonin, Circadian Rhythm, and Closing Remarks

And you know what? The immune system has kept us safe. But now we have now allowed these cancer cells to progress, to create these biofilms. So we need to stop all of that.

And we had the power to do it and between you and I, and, I love the fact that you have this ability to teach all your patients to, teach, you reach 20, 30, 40,000 people.

I reach maybe two people and they don't listen to me. So I really am so grateful to you. I am SO grateful, Dr. Simmons. Uh-huh, I'm grateful too you! Before I let you go, can you please talk about melatonin a little?

Yes, absolutely. So, we have published the ability of melotonin to shrink Can you believe it? Literally to shrink tumors. We have rats. I can show you pictures of rats with huge big MCF7, which is cancer of the breast, in their hip.

And you know what? After only three months, we shrank that tumor. I tell you, the problem that we have with melatonin, I want to share this with you. The problem is that I don't know that people know this, but melotonin is artificially made with chemicals.

They are not natural. So you are putting in your mouth millions and millions of potential problems. Why? Because in the blood, in blood the highest level of melatonin at two in a morning is 80 to 100 nanograms, nano, micro, millions and millions of times less.

And so what we do is we take 5, 10, 100, 50 milligrams of melatonin. And when you take 50 mg of Melatonins, you are absolutely drowning your liver with melatons.

So the whole night, instead of the melotonin helping you to stop the cancer, your livers is spending all night working to do that. softening it and getting rid of it.

It's so weird. I don't know even if you know this, but we literally now are starting to see poisonings of melatonin because it is so abused. So what we want to do, I do not want you to be against you taking melotonin by mouth.

But I am not against it, and I will tell you upfront that I'm not. Don't take so much. Take a certain amount that you feel that's comfortable between you and your doctor.

But use more targeted, be targeted. If you have breast cancer, let's put melatonin on your breasts every morning, every afternoon, and every night. And that goes right into your tumor rather than into you whole entire liver.

Does that make sense? What's that? The melotonin will shrink tumors, will literally, you know what? It literally is amazing because it's just a cream.

And I will give every woman a bonus. Right now, free bonus is melatonin. If you look it up, it is the single most powerful antioxidant known to man. There is nothing to it.

Someday when you have time, I want to prove it to you. You just question me, and I will give you the pathology behind it." I tell you, melatonin transdermal, when you put it right on the tube, right under your breast, it is amazing.

But the bonus is this, because it's the most powerful antioxidant, if you use it not only on your breasts, But use it on your face every night before you go to bed.

Use it after you clean your faces and took all the make-up off. You put it…on your…face. Put it in on the neck. On your decolletage, on you chest.

When all of the wrinkles are…it wipes your wrinkles. It keeps your skin smoothing. Or just this. Happily. I know you use it. You know, you do. I do too.

Oh, well you look amazing. Kelly, I vote for you to be a movie star. Thank you. That is very kind. Maybe a little too kind? I work for you to be a mukubi star.

But most importantly, let them use it. It is worth it, it is so easy, and it doesn't make you sleepy. I mean, in terms of during the day, but it calms you.

Melatonin, now the research shows very clearly, controls your body, control your immune system. Why? Because

of the circadian rhythm. And if you lose your circadian rhythm, if your don't sleep well, because you lost the circadian, it will decrease your immune system by 30%. 30%, one nut with you not sleeping well you'll lose 20 to 30% of your system.

Having this on your side, Dr. Simmons, is godsent. It is so cheap, and it is Godsent, it's unbelievable. I will tell you, I want to be a little tiny fly on the wall, wherever you are, because I want to help, I wanna hear, to learn from you.

I mean, it is so wonderful that you give me the time to share your time with me. You are very generous. Thank you so much. Thank you for saying that and you are very kind.

And honestly, I see it more of a privilege to my audience to have you and to get to learn from you than anything else. So the pleasure is all mine. And I think that you did a wonderful job of explaining some of the physiology that's happening with cancers, but mostly you gave people hope, which is the most valuable thing when you are on a breast cancer journey, is to have hope and to know that that have so much more power than you think.

And so thank you for doing the work that you do, for bringing your energy, your insight, and most of all, this wonderful message of hope. Well, Sharon, I tell you, it is so wonderful to be with you.

I'm going to at the Cancer Control Society next month, so I would be speaking there. So I will be there to see patients, talking to patients. Do consultations, do free consultation.

And I want people to know about this. And if they have time to talk to me, I am here. I'm yours. And I will be yours forever. Well, I will make sure that people have the ability to reach out to you.

We'll be sure to include all of that information. In the meantime, where do they find you? Okay, it's very simple. All they have to do is call my office.

It is the Brazil American Regenerative Medical Society. I am the president of the Society for Doctors. They were originally created for MDs and then we have now started to invite chiropractors, naturopaths, public, everybody is now invited to join to call me at 313-561-6800.

561-6800. And don't be shy of asking for me because I will help you and I would make time for all of you. Well, that phone is going to be bringing off the hook and we'll make sure to put a link to get in touch with you as well.

Thank you so much for being here and for sharing all your brilliance. It's Dr. Jen. Bye for now. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

Each day is a new opportunity to make choices that empower your well-being. For more insights and strategies, subscribe to our podcast and visit our website, www.doctortalks dot com.

Stay connected, stay healthy, and join us next time on DoctorTalks, real talks from real doctors on the issues that matter to you most.