Introduction and Dr. Tai's Background

Hi I'm Dr. Jenn Welcome back to breast cancer breakthroughs. You are really in for a special treat because my next guest is Dr. Paul Tai Dr. Tai went from being overweight and pre-diabetic and having prostate enlargement on its way to prostate cancer, and he completely turned his life around.

And now we are teaching people how to do that. He was 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 of his enthusiasm with us here today. So, Dr. Tai, welcome. Thank you for so kind. Oh, 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 inspired. So first, can you start off telling us a little bit about your background and how you got interested in cancer care?

Okay. Well, it's a board certified surgeon in podiatric surgery. I was the came to America, by the way, a lot of people, 16 years old and no family. I came here by myself and my mother gave me $100 and she put it in my little pocket and she sent me away.

But she never, ever talked to me again. She for 16 years after she never sent me a Christmas card. She never sent birthday card. She never called me nothing.

My mother's totally deserted me in America. And so I am very grateful to be in this wonderful country. America is the greatest of all the country. And I'm so grateful my whole heart is open to America.

So I became a surgeon and I was very, very lucky before a little Chinese boy. I was very lucky to have become one of the top five reconstructive surgeons in America.

Half of the hospital was dedicated to Dr. Tai surgeries. So I. I am very grateful. But then I became very ill. I am a very, very sick little puppy. I was very wealthy.

I was very successful. But I was very unhappy because I was over almost 200 pounds, my belly was 46 inches and I had breast I had huge Oh goodness. Oh, good.

I am telling you that my problem was that I was a sick puppy. And I tell you, my prostate was so enlarged within my in my forties and fifties I couldn't I just what it can be, but I couldn't.

So I was very sick. I was pre-diabetic. My blood pressure was 200 over 110, my cholesterol was 300. My goodness I'm telling you I was so bad. So what did I do?

I quit. I actually lost my practice and went back to school, became double board certified in anti-ageing from A4M and I became a professor at A4M I wrote most of their textbooks on salivary testing and I taught for A4M all over the world.

And so I am an anti-aging specialist, but I became very sick. I had cancer and I discovered all my all that. I had cancer in my blood. And I told you I was deathly afraid.

And so I started to do research in cancer therapy. And after writing over 14 textbooks, I actually am now specializing in anti-ageing and natural approach to immune therapy in anti-cancer.

That's how I became what I am doing now. Now.

Estrogen Dominance and Breast Cancer Risk

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 about 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 this happened because you see the body of the woman.

Most women don't know this, but we have three different kinds of estrogen. All good, the bad, the good and the ugly. And so what we want is the estradiol which is the good, and we want the estriol, which is very good, but we don't want and most women needs to learn about the science and all we want is to stop.

Estrone. Estrone is the one estrogen that's become the dominant estrogen when you become a menopause. And most of the breast cancer patients with with this problem are menopausal.

They are they are over 30. They are over 40 to over 50. And in the body, there is something that changes from the epigenetic standpoint and actually creates a problem called aromatization Aromatization is when you take the testosterone the DHEA, all of the other hormones, and then what do they do?

They converted to estrone this really bad estrogen that actually has the problems of breaking down to something that we call 16 hydroxy and the 16 hydroxy.

It's the one that attaches to the receptor. It attaches to your body, it'll attaches to 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 and people don't know that you can actually stop that receptor from moving in the estrone We don't want the estrone to go into the receptor and create the problems so we can prevent that.

We can use natural ways of which to stop that problem. Can I ask you a pretty high level question as a medical practitioner? Yeah, that my understanding was that the four hydroxy estrogens are the ones that are more of the issue in that they are more responsible for DNA damage.

I, I was not aware that the 16 hydroxy estrogens were more of a problem. So can you talk about the difference there? For my understanding, excellent. Excellent. Doctor.

Dr. Simmons, you are right on, because the breakdown of estrogen to the hydroxy is they break down to 16 to 4 and to two. And so it doesn't just break down to one, it breaks down to three of them.

And the two and the 16 does have a balance. Yes, the four is very bad. Also very bad. I don't dispute that. However, if you look into the literature, if you go into the research, you can see that most of the physicians, more so the researchers will give you a ratio of the 16 to 2.

That is not ratio that we most often use in terms of diagnosing and monitoring the progress of the patient. When it comes to estrone estrogen dominance.

So you are absolutely. Where where do environmental estrogens fall into this equation? Well, it's a huge, big problem because they the single estrogens are creating the same identical breakdown with the 16, with the four and the two.

So we still have the same problems that she attaches to the receptor and it sits on that seat and it creates the DNA damages, but most importantly, it creates all of these other it doesn't allow this is the key.

It doesn't a lot of it creates a biofilm that doesn't allow your body, your own immune system, to recognize those

cancer cells. And that effect huge, big problem.

We don't want that. We want our immune system to be alive to be very specific, to ascertain, to focus on these cancer cells and kill it. You see the T cells, the and cells, all of them are very important in killing the cancer cell.

But if they cannot see it and the reason they cannot see it is because of the biofilm. And we have biofilms all over the body. We have it in our mouth.

We have it in our body, we have it. So this is where the problem. Yeah. And so these solutions that you present, do they both help with inhibiting this this overstimulation process, this breakdown process, but do they also help with the biofilms.

That do not help with the biofilm immediately? But we need to find out whether the biofilm exists, whether the biofilm is is very high in the level that's in the body.

And we want to know all of this. And with the new word test, then the new research that's coming from Europe in Europe is very, very good at doing the newer research that America is not doing.

Yeah, one of the ways that we are behind. So 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 habitats, but I do want to tell you that the the the problem with the biofilms is that it lowers the ability of the DPP, the D b e, it's a vitamin binding, a glob vitamin.

Yeah. A vitamin D binding protein. Yes. Yes. And it's very, very important so that once the biofilm, it's a protein that is covering the cancer cells, it covers the outer membrane.

Biofilms, Immune Evasion, and Testing

And so the and K 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 know measure it is a lack of lays. It is 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. And what? So I'm accustomed to using digestive enzymes to try to break down these biofilms is that what you're doing? Is that what you're doing?

No, we are doing digestive enzymes because they are very important. We are doing the biofilms, as you well know. It's it's it's just very difficult to get rid of.

Matter of fact, with antibiotics, we are having just a world of problems because we get rid of the biofilm, but we can use vitamin D with K, we can use different kind of macrophage that actually will eliminate it.

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 new work, the very new supplements that are specifically guided in research, powerful research that is showing us how we can kill those cancer cells.

Okay. And are you using specific supplements to break down biofilm? Yeah. Or losing specific substance to break down biofilm? And course, because you seeing most of the researchers will tell you this, the 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 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 more the cancers are going to become apoptotic, apoptotic, meaning to die. Because cancer cells are anaerobic. And that. They live in the absence of oxygen.

So the things that you can do to further oxygenate your body like exercise, right? That's why exercise is so very effective of against cancer and why having exercise, daily exercise improves survival because you're improving oxygenation.

Clean. You are absolutely right on point. And so what we have done is what we have done. Ahead of the class. Now, you are already in the class book. All we have done is that we have gone through the research and we have discovered something incredible, incredible.

The pinnacle of pharmacology in 2004, actually, cells from the FDA. This looked at this. This is fantastic. You're going to love this from the FDA. FDA which doesn't like supplements.

They made methylene blue going to an oxygen provider. They literally shows everybody matter of fact, even in the treatment of metal hemoglobin in MIA, which is the lack of oxygen in the blood, they use methylene blue.

And so what we have done is we put together link blue wave of all things saffron. Did you believe in saffron? Has saffron, I know is a wonder herb. It is absolutely a wonder 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 saffron tea, it will reverse it. But politically.

Saffron is a miracle. Miracle compound of nature. I love you. I think you are. You just really put together so well. You see what we have done. It is the only one of a kind in the whole world.

We have methylene blue together with several, but we don't do sertraline. We do the extract the Croatian the all along the all from central they are extracts that already together with the methylene blue and the dietary with the ocean protein, we actually bound to it.

And they will literally stop cancer. They will literally kill the cancer cell. According to Oncotarget, Oncotarget is one of the top medical journals for cancer 2016.

They show that methylene blue, then showed methylene blue. They actually showed on the research that it actually kills the breast cancer. It literally talks about that killing metal, methylene blue, killing the 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 to the tumors, what happened?

That tumors die because they cannot grow. They will retain meaning if we're looking in the pathology that the tumor they so rapidly then the inner portion the central portion then becomes yeah.

The product. Yeah, yeah. So and, 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. Every everything is metabolically dependent. So tumors need glucose to grow. Tumors need fat to make it 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. And the reason that cancers die in the center when they're very rapidly growing is because they outgrow their blood supply. Right.

So they don't have a blood supply. They don't have a supply. You make a beautiful summary of the whole entire

pathology.

Oxygenation, Methylene Blue, and Mushroom Extracts

I'm telling you, it doesn't get any better than that. If you can understand if you cannot understand, Dr. Simmons, then you go understand any of this because you are right on target.

Because what are you using? What are you using to block angiogenesis? Okay. The Journal of Clinical Pharmacology. Okay. Shows that methylene blue. When you take it together with the.

The methylene blue will stop angiogenesis. And what else you will stop? And you tell us. I tell you what the general dermal acid the the the ones from the regime mushroomed.

But the problem that most people don't understand, that's why they need doctors like you and like me, is because they don't understand bioavailability.

They think that just because you put it in your mouth, it works. It does, right? It does. And most people don't understand bioavailability. Bioavailability is the ability of your body to assimilate it.

So literally, you grab all the goodies from methylene blue from the government. Guess it's from the royal rage you muscle. And you know what? They take the mushroom powder.

And that is so stupid because it makes very, very expensive poop. What's it all? And it doesn't do anything for your cancer. So what you're talking about is you need the extract.

The muscles. Yeah. So like, you are right on and shrug. You're talking about the Rashi mushroom. Exactly. The Ricci mushroom with don't do the research from way down to 2015 shows that far different meta analysis five big studies showing that to boost the immune system for the breast cancer and ALS, the get go, the breast cancer cells.

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

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

Do you know what? And they get more into the complication then get off. They don't know where to go. You need to be focused. Focused on killing the cancer cells, focus on stopping the DNA with increasing the oxygenation.

So there are many things that you talk about, you know, like the like the sauna. Okay, look, no, the red light, like like drinking cold bath tub. You know, most people don't know.

I've been doing this for years because I'm an eight year survivor with no metastasis. I tell you what, Doctor, I know it sounds terrible, Dr. Simmons, but when I shower the last 2 minutes, I turn it completely for cold water.

And I allergic to cold water. Like Chinese boys don't like the cold. You are too much. We can't. Do it. We can. Why don't you share with people what is hot?

Why are you doing a two 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 then. I mean, this, you know, this. I mean, we walked 200, 300, 400, 500% increase in our our immune system.

But you know what? Most people don't know their immune system depends on the thymus. The thymus. This is not the land that nobody wants to talk about.

I tell you, what are they used to be an American comedian that says, I get no respect, I get no respect. I just Rodney Dangerfield. And Rodney Dangerfield used to say I get no respect.

So the thymus is the Rodney Dangerfield of organs. And it is so important. And when you get that cold water all over you from a hot water, it's like a muscle.

It's like you doing your exercise. If your muscles contract, you'll find what starts to work because you know why it thinks that you're catching a cold.

So that's all this immune system going it it's kind of like an exercise of your muscle. You have to exercise your muscle every day. And when you do it and you get big muscle, you get strong muscle, you get toned muscles.

And so the same thing must be with your immune system. You do it. I don't even need you to do 2 minutes. I need you to do at least one minute. And if you don't cold, cold water for one minute.

And I tell you, just like Dr. Simmons just said, if you cannot tolerate it, going to put it back to your hot water afterwards and it still works and. It will it well.

And I actually have seen data that says that even 30 seconds will work. So you can start with 30 seconds and then build your way up to a minute. The most I, I, I have seen the data on and you can correct me if I'm wrong, but I think the benefits start to fall off after 3 minutes.

Like I don't think you need to tolerate it longer than 3 minutes. They are anti-inflammatory effects that if you stayed longer than 3 minutes, it still has anti-inflammatory effects.

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

They break. The ice. Out of cold water. Yeah, yeah. Crazy. They are totally crazy. I would die. I would die. I would just I would just be born dead. I mean, I just cannot do it.

But clearly, that's not true. I mean, what you're saying and if you're taking two minute cold showers, quite the contrary. It's the opposite of death. It's life one that life that's really interesting for those of people that are listening to you and taking your advice.

I tell you what is really interesting, I tell you what is interesting is that after a month you will love it. You are going to like the cold because you can't from the water that you actually want that cooling off period of 1 to 2 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 changed. Oh.

Yeah. And it's really only the first few seconds of the cold that is so shocking. After that, you do great. So yeah, 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've written 14 books.

But I'll tell you, my first born. You know, I didn't have children, doctor, so I do. I have a lot. I tell you what, they always say, your first born is the one that gets all the trouble because you put that new brand new mother, you are telling you better be home by 9:00, otherwise you are going to be locked out and go no party for a whole week.

No, no desert for a month. I tell you, your first born, the last born gets away with anything they get well, everything. And you'll always say, Mama, Mama, how come Barbie can get away with all of this?

And you know what? Let me do this before. Did you ever hear that? Yeah, of course. So? So what I want to tell you is that cordyceps is my first born. I wrote my first book on concept.

But then I will tell you this, and most Americans don't know. But if you go to China, if you go to anywhere in Asia, we are talking about billions of people, billions in India and Japan, in China, in Philippines, in Asia.

They all believe cordyceps is the gold, the golden supplement. It is the one that all the acupuncturists, all the herbalists, they are for cordyceps. But Americans don't know that cordyceps come in three most different kind of species, and they only know cordyceps.

And that's this, which is only one tiny branch of the truth. So what I did was I did all of the research and I put it all in my book, which I will be happy to share with everybody.

Cold Exposure and Immune Stimulation

Because I tell you what, all the bibliography, all the research, it's all published in medical journals from Britain, pharmacology from the literature on all of it is in that book.

So what you can do is that you can take three different kinds of cortisol concepts sinensis, cordyceps, militarists and cordyceps or fuel. All fuel and the military's creates the new angiogenesis.

And this is where I want you to know. The Journal of No Pharmacology shows that militaries will kill Apple Drink that, cure apoptosis of the breast cancer.

It will kill the lung cancer, it will kill the liver cancer. It will kill it will boost your increased cells. 600%. Can you believe me? It's so 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 course and it's dose dependent.

So you can take plus or you can take more. But if you take all three, you don't buy cordyceps powder. They are not bioavailable. This is a special cordyceps that we extract it with cold water.

No heat, no alcohol, no chemicals. We extract it. And then what do we do with it? We make up 6 to 1. That means we make it six times ten times more powerful than it would be alone.

So when you take it, it will increase your increase. So it will literally increase your protection. And you know what? It's beautiful about this doctor.

So it lowers the toxicity. It's almost believable 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 you 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.

But 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 the Epic Camp.

Epic Camp Warrior. Happy Camp. Let me explain. You see, carcinomas come from epithelium. Do you? You understand this is histology. Correct? Yeah. Yeah.

So you're talking about like that, the basic cell line that it comes from. Yeah. It's. So what I do is I use special testing to actually they are only available at the university.

So they actually measure, they actually count in line. Right. But their lives section under the microscope, they count the number of epi cam cells you have in the blood.

And you do what? Dr. Simmons, this is amazing. This is after more than hundreds of thousands of tests they actually published all of that. They actually show show that when the AP cancer cells starts to come down and not go up, you continue to live with no problem whatsoever.

Yeah. What I want the cancer patients to know is don't be a fool. Don't be a fool. Because they told you that you are cured. Don't believe that you must continuously monitor because you know what they don't know.

They don't know this. They don't know that metastatic cancer cells are progenitor cells. They are the beginning cells of the metastasis. Do you know that we have research showing clearly that in lives over ten years in your body, ten years people.

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 and progesterone positive tumor, 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 are there's a subset of those tumors that will recur very far out like 20 years out. So these these tumor cells is what you're talking about, these kind of stem tumor cells?

The these stem cells. Right. And so they're they're they're existing in a kind of sedentary way for a very long time. But we all if I if I understand you correctly, we all have the opportunity to kind of correct that problem in the now.

Okay. Absolutely.

Cordyceps, Cancer Stem Cells, and Monitoring

You want to correct the problem. You want to monitor it because you know that the statistics are on your side. If you can show that the cancer cells, these are became cells are coming down, you know, you are going about it in know right where you are.

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

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

And I mean, if you ask me, those things are only marginally useful. What are the real things that people with a breast cancer diagnosis should be thinking about to really change their future, to change their trajectory?

Okay. So basically, I would go down into three different parts for you, starting starting with the larger section number one, early diagnosis. I, I can, I am just like a broken record.

Dr. Simmons. I am telling you, people think that I am going crazy, but I am not only diagnosis of cancer is the only way to go. If you are to really, really stop this without having big your problem early diagnosis because this is a very large benefit for cure.

If you start early if you start already with stage three, we got problems because it's already all over the place. So the first step is early diagnosis, testing full progress, testing the biofilm testing for every cam.

So testing for your up celebrated so that we can continue to monitor your estrogen there and making sure that we protect you principally, not that we are going to lower your estrogen, not that we are going to lower all of that.

But what we're going to do strategically, strategically, we're going to block the receptor. You see, it's kind of like a key. It's like a key, but you can have a thousand keys. But if your rock is dirty or icy or frozen, you are not going to get that cream.

And if you cannot get the key in, you cannot lock the door. So this is very important for people to understand. We are not that most patients don't want to spend.

They think we are going to lower the surgeon and they are going to be without acid. You know, that's not the case. The key is to stop the stroke most.

It's not the acid or not the estriol. But we want to obviously don't elevate. But most importantly, we want to stop the receptor. We don't want to allow the body to assimilate, to take into your cancer stroke.

That's not number two. So we know what are you what are you using to block the estrogen receptor? Very good. So Big you know, you're your expert in all this stuff.

But I am so I don't mean to to to to repeat what you already said, but consent group correct d I am christl won't re carbonyl, but you know who what is the past?

The past the course to you the best the tamoxifen so cost to you the Texas B, the Texas t a ex-U. S. that is where the word detect the don't know the word that came from the tamoxifen came up the word Texas B and the name of the true that costs to you.

It's a popular name, but the actual name of the treat is Texas. B So Texas is the one that gave the name to Tamoxifen and that is the one that is very, very important.

We created this product. Don't go. And just by any they are garbage out there. They are people that don't know what they are doing. So we you were not we know and we choose the Tamoxifen for that is natural with no side effects, no complication.

It is the most gorgeous it's the most beautiful approach. It's so classic. It is so direct. And I will tell you that I have literally held thousands. I just wrote another piece just just today.

We had another patient with with a prostate cancer that they were going to do surgery they were going to do we're going to do biopsy by sticking the prostate with 68 needles in order to do the biopsy.

I tell you what, we got it all cleaned up with Texas. Brady folded Texas being the you so the cancer patient we have I have a 51 year old Dorothy this this this lady she had breast cancer, a stage three.

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

But we are not saying that we have an to everything. We don't doctor. So but you know that I'm telling the truth to our patients, that we are not going to be able to help and not tell you.

My heart breaks for them. I'll tell you, I wish that I could help everybody, but I would learn and can make this promise to you. We have the ability to monitor.

We have the ability to discover where it has. We have the ability to stop the receptors from actually assimilating all of this toxins in and most importantly, we have the ability to increase your immune system.

You see, I am not a cancer specialist. I am an immune specialist. I want to deal with immunity. How I want to deal with you with with all of your immune system, your cell system, your time with your probiotic.

How do you know? But people don't want to talk about it, but probiotic in the stomach is huge, huge area, too, for

all of us to body, you know, 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're living, interferes with our immune system's 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 three or 11 or 14 or something crazy.

Practical Breast Cancer Strategies and Melatonin

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 lot of your approach are things that are actually enhancing the immune system because if we bring the immune system back online, it can actually do its job.

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

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

And we have 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. I mean, you reach 20, 30, 40,000 people.

I reach maybe two people a day to listen to me. Yes. They need to. So I am so grateful to you. I am so grateful to you, Dr. Simmons. I wish I'm grateful to you before let you go.

I know you're very busy, but before I let you go, can you please just talk about melatonin a little? Yes, absolutely. So I have actually shown we have published actually the ability of melatonin to shrink.

Can you believe it, literally to shrink tumors? We have rats. I can show you pictures of rats with huge, big ABC of seven, which is cancer of the breast in their skin.

And you know what? After only three months, we shrink that tumor. I tell you the problem. The problem that we have with melatonin, I want to share this with you.

The problem is that I don't know that people notice of melatonin is artificially made with chemical. I'm not sure. So you are putting in your mouth millions and millions of potential problems. Why?

Because I mean, the blood. The blood. The highest level of melatonin at two in the morning is 80 to 100 nanograms. No, no, no, no. Micron Micro, millions and millions of times we laugh.

And so what we do is we take five, ten, 250 milligrams of melatonin and when you take 50 milligrams of melatonin, people are absolutely drowning your liver with a problem for the whole night.

Instead of lot of the melatonin helping you to to stop the cancer in your liver is spreading all night working to do that. So assessing it. Yourself 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 don't want to be against you taking melatonin, but I am not against it.

I will tell you upfront, I am not against it. But don't take so much, take a certain amount that you feel that's comfortable between you and your doctor, but you are more talkative.

Be targeted if you are breast cancer, that's put melatonin on your breast every morning, every afternoon, every

night. If that goes right to your tumor rather than into your whole entire liver, does that make sense?

So it. Does. Know that melatonin was trying to work well, literally. And, you know what? It literally is amazing because it's just occurring. And I will give every woman a bonus right now free bonus.

If melatonin, if you look it up, it is the single most powerful antioxidant known to man. There is nothing to it. There is no eyeball. And if you sun when you have time, I want to prove it to you and you just question me.

I want to give you the pathology behind it. I show you melatonin transdermal when you put it right on the tube, right on your breast. It is amazing. But the bonus system, because it is the most powerful antioxidant, if you will use it not only on your breast, but use it on your face every night before you go to bed.

You use it after you clean your face and took all the makeup off. You put it on your body, your ideal face, put it on your neck, put it on your Décolletage on your chest, where all the wrinkles are and why.

Sure, wrinkles. It keeps your skin. Amazing audience for this. Probably the only probably so. I mean, I. Know you use it. I use it. I know you do. I do, too.

I'm always you know, I've been telling you, you you I voted for you to be a movie star. I'm telling you, that is a very kind. You know. Maybe maybe a little too kind.

I told you the truth. I want you to be a movie star, but most importantly, let them use it. It is worth it. It is so easy and it can make you sleepy. It doesn't do it.

I mean, in terms of during the day, it doesn't, but it calms you engage with melatonin now, research shows very clearly controls your body, controls your immune system. Why?

Because of the circadian rhythm. And if you lose your circadian rhythm, if you don't sleep well because you lost a circadian rhythm, it will decrease your immune system by 30% to 30%.

One, not with you not sleeping well, you lose 20, 30% of your immune system. So having this on your side, Dr. Simmons is godsend. It is so cheap and it just Godsend it is unbelievable.

I will help you. I, I want to be a little tiny fly on the wall wherever you are, because I want your help. I want to hear I want to learn from you. I, I mean, it is so wonderful that you give me the time to share your time with me.

I tell you, you are 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. Thank you. 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 the most valuable thing when you are on a breast cancer journey is to have hope and to know that you 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. Dr. Simmons I tell you, it is so wonderful to be with you.

I would be at the Cancer Control Society, you know, next month. So I would be speaking there. So I'm going to be there seeing patients, talking to patients.

I do consultations, I do free consultation. I want people to know about this. I want people to call for people to talk so they have time to talk to me.

I am here. I am yours. I will be yours forever. Well, I will make sure that people have the ability to reach out to you will be will 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. I it is the Brasil-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, naturopath, public.

Everybody is now invited to join to call me at 313-561-6800, 313-561-6800. And don't be shy of asking for me because I will help you and I will make time for all of you.

Well, that phone is going to be ringing 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. Jenn Bye for now.