Calming Body Inflammation: Start With Your Brain First Transcript

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Introduction and Dr. Conners' Background

Hi. Welcome back to the conversation. Today I have Dr. Kevin Conners and Dr. Conners. You've specialized in alternative medicine care for over 25 years.

Welcome to the conversation. Today. Oh, thanks for having me. We're really excited to hear from you because you've been around the block a few times and you're a certified and functional neurology.

You've written a lot of books, including Stop Fighting Cancer and Start Treating the Cause The 3 Phases of Lyme and The 7 Phases of Detoxification. You've got courses for patients on cancer, rife, Lyme, autoimmune disease, genetics and more.

And before we even started this hit record for this interview, we were talking about what functional medicine oftentimes is missing. So I'm really excited to get into this conversation today.

We really want to really uncover for our audience and highlight about brain inflammation and how that actually affects the whole body, not just the brain.

So could you jump right in and and and unpack for our audience why we need to address inflammation in the brain and why that's so important as it relates to the whole body?

Well, I think most of your listeners will understand that the brain controls everything. So here you have different lobes of the brain that function differently.

And if you have inflammation of the brain, it's going to affect those areas. So a lot of people overlook that. It seems so simple. Right? Well, okay, I get that. But it seems so simple.

You hear people with have a diagnosed with chronic Lyme or chronic mold or something like that that may have peripheral symptoms. Maybe they have the pain or ache or pain or inflammation in different parts of their body.

They may be going to a practitioner that's tried to decrease inflammation at that site. Maybe they're getting PEMF on their knee or they're getting laser on their ankle covered scenario.

If you're going to a chiropractor or a physical therapist or something like that, they're working on the site of injury. Well, it's easy to overlook the fact that our symptoms, no matter where they are in the body, could actually be originated in what's called your upper body neurons in the brain.

So if you have, let's use that example. So if I have inflammation of the brain for a reason, it we'll talk about those reasons in a couple of minutes. Minutes.

And let's say that inflammation is in the parietal lobe of the brain. That's the sides of the brain up here. Your parietal lobe is really your major sensory part of the brain, meaning that all the sensory input from everywhere in your body goes back to the parietal lobe.

Why Brain Inflammation Affects the Whole Body

And so if you smash your big toe, let's say it's your right big toe, you smash it on the dresser in the middle of the night for the bathroom. Where do you feel the pain?

Well, hit my right big toe. But really that paid that that you smashed your toe is a receptor that fires the nerve through it or all the way back to the chord crosses are the chord back up to the brain.

So you actually feel at the opposite side of the brain parietal lobe. So that's really where you're really sensing the pain. The injury might have been at the big toe, but your sensory the pain of the opposite side of the parietal lobe, well, it could go both ways.

So if I have inflammation of the opposite side of the parietal lobe, which has the neural back to my big toe, I could actually have throbbing did my big toe that is actually originating from the sensory part of the parietal lobe.

And that's not that uncommon. You hear that with with like chronic labor product mold patients like I betcha they'll have paid that will move around their knee was so bad and it was really hurting it even swallowed it feeling that they could hardly move their right knee and then two days later their right knee is just fine, and then their left ankle hurts or their hip is hurting and this is just too weird.

How could this possibly be this paid just kind of, you know, migrates around the body and it that's a sign that really it originated in the brain. And that's the real issue that's taking place.

Now, I know some of our listeners right now are having an Aha moment because they have this classic migrating pain that we know occurs with Lyme. And they probably worked with people and they've been told about this migraine pain.

But I doubt anybody's ever connected that it's, that it's originating from the brain. Yeah. And it's and people have kind of given Lyme this kind a esoteric thing that or that's a symptom of why well it's it's really not it's a symptom of any damage in the brain that can cause this inflammatory response that's happening in the brain.

You can have more people probably experience inflammation of the frontal lobe or the prefrontal cortex that never related to brain inflammation, because the prefrontal cortex is our executive function of the brain.

It's not the sensory function. So it has to do with how we feel, how we are thinking we could get cloudy, thinking it could affect the deeper parts of the brain from the prefrontal cortex so we could get anxiety and depression.

And how many people are on medication for these types of symptoms that they think that they have a neurotransmitter, a balance, or they have an imbalance in it?

You know, serotonin or, you know, whether uptake, serotonin reuptake inhibitor or something like that. But it really is you're not getting to the source.

So again, you and I had this discussion of functional better so doctors could make the same mistakes as conventional doctors in that they're just treating the symptom and not digging deep enough to find the cause.

And if you don't find the cause, you could chase symptoms with supplements, too. Are you really helping the patient by just trying to raise the symptoms?

We have to get to the cause if we're really going to solve the person's problem. It sounds like what I'm hearing is if you're working with a natural medicine practitioner, which our audience mostly is, is this you know, people are watching this conversation right now.

Are they already a pretty savvy about functional and natural medicine options? And it sounds to me that if you're working with a practitioner who say supporting your gut health or helping you detox, that your practitioner better be lacing in your brain support and trying to work on and identify what could be going on from an inflammatory tree perspective in the brain.

That's what I'm hearing. Like this better be a pretty central part of your recovery process. Well, I think it has to be, because look at the percentage of people in their symptoms, all that everybody symptoms could be tied to inflammation of the brain.

I'm not saying it is, but you have to at least investigate that. And there are so many causes of this great

inflammation that you need to you need to dig through.

Well, I want to get into those causes and really, you know, give our viewers some great take home pearls of information today in the time we have together before we move into the causes of brain inflammation, is there anything else that you wanted to shed light on about that need to address the inflammation in your brain?

Or are we in a good spot to move on to what the causes? Also, I think I think we do have to address just a little bit of neuroanatomy for understanding. And what I got to tell you, you know, a lot of your your folks are doctors are going to have to explain this to you.

So your in your brain, you have neurons, right? That neurons carry that communicate from one area to the next in the brain or that around the court and outside the brain to the rest of the body.

And then you have these other cells called glial cells, that the glial cells are separated into several different types of glial cells with different names that have different functions.

Most both your listeners probably heard of the blood brain barrier. That's a barrier that actually asserted glial cells, makes the astrocyte glial cell, makes that blood brain barrier it's so astrocytes surround the blood vessels in the brain created a barrier so that large molecules of chemicals don't get through.

Brain Anatomy, Glial Cells, and the Blood-Brain Barrier

It's to protect the brain so that when you consume glyphosate that you consume, you know, heavy metals and toxins and chemicals and pesticides, hopefully you have it intact.

Enough blood brain barrier that is astrocytes wrapped around the blood vessels that it's darker to allow those things it now probably is it those could become damaged through the consumption of a lot of these things I just talked about and through radiation through all sorts of things could damage that blood brain barrier added things get through you know, heavy metals get through chemicals get through, bacteria get through, viruses get through.

And then if those things get through, another type of glial cell has to deal with those. Those are called the micro glial cells, totally different type of cell.

A micro glial cell is kind of like a macrophage in your body. Everybody, if you take it eighth grade biology, remember seeing a video of a macrophage that engulfs a bacteria through the process of phagocytosis, dissolves that bacteria gobbles it up and it was really cool video if you remember something like that.

But those things like Pacman that are going around. Kind of like that, well, that's what micro glial cells do in the brain. They're very active. They're like little pocket octopi that are swiveling around in the brain and they're grabbing onto things.

They're getting rid of things. They are they're they move around a lot. They're active cells that will burrow to grab on to bad guys and get them out of the brain.

So those are the micro glial cells and those are so important. Active micro glial cells are so important to keep your brain clean, keep your brain the inflammation down to the brain.

And unfortunately, it's when we have insults to the brain, it's damage to those cells that cause further insult. And that's the thing that's often overlooked in, I would say, dysfunctional, that I said in general medicine is is that is a major cause damage micro glial cells and that's what causes ongoing chronic inflammation.

So I know that that is the burning question of everyone watching right now is what's causing the damage and what's causing as a result that inflammation.

So let's let's unpack those things. I know there's probably a long list. Well, there is a long list. It really everything I'm

talking to you about has been extremely well researched in the last few years.

With it, if you remember a few years ago, the National Football League had this great big giant lawsuit about concussions. Yeah. Junior League dying and right.

Right around that. I'm a San Diegan, and he's a he's a legend and a beloved person in our community. And I remember when he died. Yeah. So that really sparked billions and billions of dollars going into studies about post concussive syndrome.

And all the things I'm telling you is what came out of that. So they found that people with concussions that they found deeper, even people that were not concussed clinically but they had multiple head trauma is over the over years and upward with the same type of syndrome and that the deeper studies that continued to be funded they found that it was a just concussion patients.

It was people that had chronic viruses. Anything that the you had damaged blood brain barrier you could get things could cross the blood brain barrier that and so you got pesticides, chemicals, heavy metals that could cross the blood brain barrier and get in there and they could damage these microglial cells.

So concussions multiple, you know, pre concussions, if you want to call it that. And any insults like chemicals and viruses and bacteria could, if they cross the blood brain barrier, they could damage the microvilli or cells.

Okay. So we've got a lot of chemicals and toxins that can get in there. And I think people are not really understanding how common this is in our environment and how common it is in our modern world.

So it's not just about getting your head hit on the head. It's it's sounds like it's pretty easy for us to get damage there to the micro glial cells. And most of your listeners will probably go, Oh, yeah, I remember when I fell, skated or studied it, or when I was ten or 12, it can happen years later, you end up with these issues.

So if so, if any of these insults happen and you end up with these damaged micro glial cells, now there's a level of damage and there is a level of, I guess, you know, a curve that could, you know, worsen over time, that worsen with with other insults that are happening.

I could give you some examples of. Yeah. Well, we've we've got just over 5 minutes left to unpack some of that. So let's also work on giving some solutions here for people, too.

Okay. So I talked about damage to micro glial cells. So in the in the geology world, a damaged micro glial cell is actually called a pride like grow ugly or so.

So the micro glial cells is prime debris that's damaged. So I said that normally it swivels around like an octopus looking for things to grab on to and get a gulf and get rid of it.

It's very active and healthy. Well, a pride or damaged micro glial cell now loses that ability. So it just kinda sits there. It still could have some activity if it comes across that day, but it just sits there.

So it's not doing its job, cleaning the breed. Okay, it's not doing its job getting rid of bacteria and viruses that you may be exposed to. And in that prime state, it gets worse.

In that prime state, it can either be at what's called an M1 state or M2 state. This is imported. Even though what I learned neurology, the EB one state is a pro-inflammatory state, so it's just sitting there spewing out inflammatory chemicals called cytokines.

In the M2 state, at least it had anti-inflammatory state. So it's it's spewing out anti inflammatory cytokines. So it's helping decrease inflammation.

Now what they found with people that had injuries is that they would either be in the blood state at a different time

and then the body could shifted to the M2 state.

So it would be anti-inflammatory, but then further insults like another concussion or another virus or another, you know, you need a food allergen or another, you know, exposure to glyphosate or could push it back to the blood state and it increases the inflammation again.

So try to make this not confusing, but our goal is brain health is to keep any damaged micro glial cells in the M2 state. That's what our goal is. If you could think of that at a bite, I try to tell my patients they already know you have damaged microbial cells.

Our goal is to keep that in the M2 state. So they're at least anti-inflammatory. You can't fix them, though. You cannot reverse. They're not. Fixable.

Are they? Can you regenerate, Mike? Micro glial cells? Are you born with or have the amount that you will have your whole life. After about the age three, you will not really regenerate any more micro glial cells.

Oh, wow. Okay, so what is one to do to keep it in the two state?

What Damages Microglial Cells

Well, interest did what they found. They tested all these drugs. Of course, this is medical research, right? So they're waiting to test all these drugs.

Steroids would be the first thing. The test, of course, steroids are going to decrease inflammation, but only acute inflammation. It will only get rid of the inflammatory cytokines.

It does nothing to flush ab wood prime microbial cells to the M2 state. The only thing that they found was flab. It avoids naturally you can find those in food.

Yeah. So I mean, it was a big boost to the alternative perspective to alternative doctors that were paying attention. But there was a very many that were really these studies.

There's a lot coming out and it was really interesting because it proved everything that alternative doctors as far as take this to decrease inflammation and there's a lot of supplement blends out there that are anti-inflammatory.

They all have flavonoids because it's been proven in other tissues. That flab is the quirky amid the buzz. Well, the green tea extract the reservoir trial, the quercetin, those kind of things that are what push M1 glial cells to the M2 state and the only things that will keep it that way.

No, there are some lifestyle things that we could talk about too, but definitely it's the flavonoids from a nutritional supplement Teri perspective that will work to help decrease that traded.

So they said, wow. This is really enlightening. We're going to continue this conversation. I'm going to pause this right here and I'm going to thank everyone who's watching for joining us today.

And if you found our conversation insightful and engaging, and if you're a summit purchasers, stay right here because we're about to dove even deeper into this discussion.

If you're not a summit purchaser, you can click on the button below or to the side and get access to all this information and get ready to keep reclaiming your health.

If you're watching this, thank you for being a valuable member of our community and we're going to dove right back in. So, Dr. Conners, I want to keep going with this discussion right now.

So we just got done talking about bio flavonoids being a solution to keeping those micro glial cells in the m to stage

this is so fascinating. And we and you talked about some of the foods that people can eat.

Now, a question that comes to mind is how much of this do you need to eat every day? How often can you even do this with food or do you really need to bring in supplements?

Do we know the doses or what should be? The answer, though, at the end here really has to do with so the more symptoms a person has that are related to this, the more as far as more I know a number of prime viper glial cells.

There are billions and billions of glial micro glial cells. If they were all primed, you'd be dead. Probably right? So that's never taken place. But the more microglial cells you have, the greater amount of symptoms you have, and where these prime glial cells exist, but they don't move around anymore.

So if they existed, the parietal lobe and they're squeezed out inflammation, you're going to have chronic inflammation of the parietal lobe. And the symptoms that you're going to have are going to be like paid to ugly, dubbed as weird feelings.

And they're going to be you know, they could move around at different times because that inflammation is going to move around in the brain and it's going to affect different neural centers.

But it would all be in the parietal lobe. If a lot of these micro glial cells are in the prefrontal cortex, you're going to have emotional changes, personality changes.

The this is what you see with with these professional athletes. They might have buried their college sweetheart, had this wonderful relationship there and here he's getting multiple concussions.

His personality is changing now. He's becoming abusive at A-grade, played off the handle. And this is not even who he really was before that because it's affecting his prefrontal cortex.

His personality is literally changing, which is how he handles stress has changed. He can't handle it as well. He's got this chronic ramped up, micro glial imprinted going on and this spewing out inflammation constantly deleted buds after the last concussion or years after the last concussion.

Can I just ask a question? Is this similar to what happens in our, you know, beloved family members with dementia or Alzheimer's? And they start to act completely different, like you have a, you know, a patient, kind, loving, you know, family member who then becomes angry and, you know, short tempered and mean.

Is that part of what's going on or is that. It's it's very similar, but a different mechanism with dementia. So at dementia, you have tail tangles blocking these neural pathways that change a person's personality with micro glial part, probably you got inflammatory micro glial cells that are just sitting there spewing out inflammation.

So a different mechanism but really similar outcomes are interesting. And then another question that comes to mind is how does how does one determine how far down the path they are here, how much cellular damage has occurred?

Can you measure the difference between M1 and M to micro glial cells? And, you know, just some more information on that. I think people are wondering, oh, my gosh, how do I figure this out?

Well, what question they might have is, can I do a test for this? Is there a lab for this? Unfortunately, there isn't really good unless you're going to donate your brain and they're going to dissect it, put it on a nobody's going to want to do that.

You just have to go off your symptoms. So the greater about a symptom is that you could assume that you have a greater amount of either a greater amount of pride, microbial cells or a or a higher percentage of your pride microglial cells are the M1 State.

Okay. That it could change so it go-between it wouldn't have to. So let's say I felt I had. Okay, here's a perfect example. I had a doctor called me a few months ago about his daughter.

She had Lyme disease years ago, like ten years prior, really bad emotional things, really bad, exciting issues had to, I don't know, the whole set of story.

Keeping Microglia in the Anti-Inflammatory State

But then she slowly recovered how it slowly, slowly recovered because your body's trying to heal. So as inflammation is coming out of the brain, the blood cells might have shifted to the EB to this person is a natural doctor so probably had her out a lot of inflammatory things not understanding this pathway.

There wasn't any information on it at that time. But and so now they stated this to state it now this person, something happened and it could have had it could have been another exposure of a virus or bacteria like Lyme disease could have been I got COVID, could have had I got head trauma, I fell down I hit my head on the side of the wall.

Could have had a anything else that could either a push those EB two cells EB to probe glial cells back to Edward or created more probably or cells. It was a bad enough trauma and now her symptoms just like go all came back that nobody could figure it out.

So just add the conversation to here read her history. I literally explained to by my doctor Fred what was probably going on and I have a video and all this information.

So I said to the video, he's like, Oh my gosh, this answers every question. I thought. I'm like, having a aha moment right here. As we talk, I can think of one particular client I worked with in his thirties and we worked for about a year, shaping up his gut health, working.

He had parasites, he had all kinds of things we detoxed and then he had a head injury about a year into it and it's like he went backwards. All his symptoms that had been resolved that he was doing so great.

And he called me up one day and said, You know, Laura, I'm back to where I was. I had this head injury and now I'm all those things that we saw. They're coming back.

Okay, so we'll talk about how to get the person back. But let's first talk about what can what could be contributing factors to keeping these cells in a blood state.

Yeah, let's talk about that. So what are the things that they found in this study? The the biggest thing that they found in the studies was alcohol. Oh, well.

So alcohol I mean, if you had people with probably four glial cells, they have stopped drinking alcohol, period. They just can't drink alcohol. Alcohol just pushes things and keeps these micro blood cells a day of blood state.

And here's the issue. You got these football players. What's the big thing? Partying like crazy, right? Hitting their head and they're drinking afterwards.

Yeah. So worst absolutely worst thing you could do. So alcohol has got to come off the list now, having a little bit of wine once in a while. Maybe the person could tolerate a certain amount of that, but most that I know.

So that is if you have a person that says I got worse, would I drink alcohol? You know. Yeah, you should. You think are do they have a food sensitivity to something of that alcohol baby is it it has to be reacted maybe many times people think they get this hyper histamine reaction it it's really stimulated Edward brain.

I just want to pause on this for a second so people who think that they have a full histamine reaction could actually be having a microglial cell reaction.

Yes. Wow. Okay, keep. Going. So other things that are overlooked, but many times functional berries that doctors touch out, there are food sensitivities. Hmm.

So if you're ready, you know, labs where you're fighting, especially gluten and especially dairy because you have Cassio morphine receptors in the brain and gluteal morphine receptors in the brain from the gut.

And if you have glee added sensitivity ability, you have antibodies to glee added or it's peptides and you're eating gluten. It's going to fire those receptors of the brain and it's going to push micro glial cells to the red one state.

And then you feel. You're going to feel wherever those are. So again, your symptoms are going to be based upon where those bite prime biker glial cells are physically city.

So so this would explain why food when people have food intolerances it might manifest as joint pain or it might manifest headaches or it might manifest as a skin flare or something that's kind of unrelated to the digestive tract, because where it's whatever part of the brain is influencing that part of the body where it's showing up. So this is huge. Aha.

Moments right here for people watching. This is incredible. So I like to unpack it and restate what you said in a code. Oh, that's good. It's good. It's good that I've spoken about this so often.

I just go too fast sometimes. No. Right. Well, we have a mixed, you know, community of people watching us. There's practitioners watching us and there's consumers of health care watching us.

So we want to make sure everybody gets everything they can out of this. And I don't know, as a practitioner, I like it when people speak in real common terms to get helps my brain pick it up faster.

So another thing that I found that that makes things worse is over exercise. Oh, my gosh. Go there. Okay. So over exercise does the same thing as alcohol.

So and unfortunately, these this is this is just a, you know, a giant, you know, picture for athletes here. You got athletes who have had concussed. Oh, they are probably glial cells.

They're drinking alcohol on a regular basis with their bodies. And they are pushed really heavily in the exercise spectrum because they have to stay competitive.

So they're doing everything wrong. And this is where their lives are falling apart. Their their personalities change down. They're abusive to their spouse.

They you've got trouble, you know, with the cops. They, you know, they used to be really good kids. What's better with this person?

Symptoms, Testing Limits, and Real-World Examples

And then their their career is shortened because of injury, because of, you know, of this the same inflammation of the brain. So so there's things that will make it worse as we kind of touched on some of those.

Now, let's try to shift to how do you actually get this person better feel like their life is falling apart because again, physically, where these microglial cells are sitting is going to affect that person's symptoms.

It could be it it doesn't have to just be of the cortex. It could be the deeper part of the brain called the midbrain. The that's where houses your memories.

That's where it houses your autonomic functions. So it could send a person into sympathetic overdrive. It could said to her, said it could they could end up with other organ issues because you're in your midbrain and your autonomic functions control all your organs.

It could so it could manifest in so many ways, depending on where these micro glial cells are damaged. So if we let's concentrate it out, that's how do you fix these people? So, first of all, you can't test for what is there a test for micro glial damage?

Can I just do the test? I want to do the test, though. There's not a test for it. Now, we could just we have to make some assumptions. We've we've I think it's right for a functional but that's a doctor to clean up the diet to do food sensitivity tests so that you're not dealing with food.

Everybody's you get them off to alcohol, make sure that they're not over exercising because some people think that that's the solution, especially to the better the athlete of the past so the exercise could be beneficial has been proven in these studies, but they have to really be careful, cross it over.

So people that have been really, really sick for a long time and have an exercise sub exercise bike, they'd literally walk you to the mailbox and back is what all they need to do.

So you have to go very slow with these people and go just to tolerate because you could tip over really easy or that it takes a few days to get back to where you were before.

So looking at those dietary parameters, making sure that they're not eating foods that they have antibodies against, clean it up that clean it up. Possible bicycle toxins, it bolded by air, but it did.

Environmental sensitivities that they're dealing with are really important. But getting them on a fairly high dose flavonoids is a really a part. You just you there's just no way you can get this in your food.

You have to be taking this in a supplemental for that. You have to hydrate ever. The flavonoids are found in foods. And that being said, they have a fairly short shelf life.

So that means you have to take them throughout the day. Oh, so not just one and done. It's it just really can't be because you know you take a hundred milligrams of resveratrol at the body by do it it's really got out of your system so.

Three times a day what's your sweet. You really these people have to be diligent set it alarm three times a day is reality you know or even bowler where they're really sick really splitting it up to really flush their system with this stuff to help pull that out of the body.

Is there any particular bio flavonoid combinations, mixtures, brands, anything that you want to share that you have found works? That's easier to use different words with different people.

Curcumin tends to be maybe one of the more important ones. I'm a little picky on the grade tea extract because all of the green tea extracted supplements comes from China and a lot of it is tainted.

So I have some specific companies that I like with that because they really are able about tested it. And then the buzz well here is a really good for the brain and the gut inflammation and resveratrol is really reported quercetin is really important and different people will respond to higher doses of different things, you know, so people will go, Oh, I take this quercetin and nettles for this company and oh my gosh, it made me feel just completely different.

That and I just take just straight curcumin and that just changed my life. So everybody's a little bit different how their body chemistry works with that too.

There anyone who shouldn't. So what I'm thinking is so I mean I want to get back to that the client I was telling you about who hit his head and everything returned.

I want to go back to him in a minute, but I'm thinking about my own daughter. So she she had a singable episode. So for if you're wondering what that is, a viewer, that means she fainted and it happened at school in the heat where she was standing in a line and she just fainted and nobody caught her.

So she hit her head. She was 13 years old. Now she's 18. And, you know, she's she's young. And is there, you know, somebody like that who's had a one time head injury, should you just automatically, like you probably should be on something to support that lifelong or is there anyone who shouldn't take it?

Or I would say, yes, you should know the only people that probably should it is if you do like a really good food panel, like a, say, X array, ten or so, they will test for a lot of the flavor to our foods.

Right. So you want to test to make sure you don't sensitive. You could be sensitive to turmeric and you don't want to take curcumin. So that would be the only people that really should add to that.

So if you've done a food test and find that you're have antibodies against a certain bio flavonoids, that would be the only reason not to take it. Right. Okay.

Yeah, yeah. For instance, my daughter rides horses competitively. She's a really good tease for a lot of horses. Bagged her head. Even with the helmet, she's taken this stuff.

So this looks through the heck out of you as a as someone who studies this and understands it, to have your beloved Hodor riding horses, it must be like, Oh, gosh, gosh, please don't fall.

Well, it is. But we do. They're going to follow the world and we're going to have these things. And it's not just concussion. You know, you're exposed to chemicals all the time.

And, you know, you don't know if you ought to get to the controversial of the VA vaccines. But that was that's are even worse because those are micro, a little bit of which crosses the even tat blood brain barrier.

So it's even worse. So they buy told, oh, it's safe. It's this really small small dose of a little bit of probe.

Triggers That Worsen Brain Inflammation

Is it is it a micro dose in a micro-sized size therefore it crosses into cells, can damage nucleus is in cells because of cancer or across the blood. Right. They're a barrier.

It'd be a major cause of brain inflammation and micro glial private. What's the main cause of those microglia in them particles. They made source relatively the that vaccines.

Yeah of course yeah. So you got to be careful to say it because they'll be they pull by YouTube videos all the time every week I get out of this YouTube video has been removed so.

Well which what today. Yeah so we're getting sprayed aluminum is being sprayed on us for me. I mean it right everywhere. Ghettoized particles of toxins that easily absorbed it, easily cross the blood brain barrier.

We are being systematically murdered like that. Yeah, I agree. And I think one of the big takeaways here today is, you know, people are thinking about watching this interview.

They're thinking about the times that they've hit their head or their loved ones have hit their head. I mean, I'm sitting here counting like, okay, I got in a car accident.

I got in a ski accident. I got in a lot of like I'm counting that. But don't forget to count that you're living and breathing on planet Earth. We're living in a first world country where we're exposed to toxins and infections constantly.

So it's not just hitting your head. I don't want people to forget that right now. How do we fix it? Yeah, what do we do? Well, take it slow, but always are going to your beer biggest thing that's going to be your it's going to be your literally your double what is taking flavonoids stayed away from food sensitivity so getting a food sensitivity panel for the good folks so where is the doctor where you're going to test for for peptides of glee added peptides of different things cooked in raw foods and try to stay out of that you need a good variety of different foods is going to

be important to try to stay on an anti-inflammatory diet try to stay away from pests.

I mean, we live in this little world. There's no way you could I mean, I'm certainly not perfect. We go out to eat and it's not all organic. I mean, you just got to do your best to trust God for the difference at some point in your life.

But doing these things can be helpful. Taking Forever. I take flavonoids on a daily basis just because, you know, I played sports all my whole, you know, my high school career and everything.

And I, you know, hit my hand a lot. So besides it being obvious that this conversation I'd have to go to at least eight flavonoids to stay healthy. So it's we that's the biggest thing that getting sub exercise exercise to tolerate is really important to do to over push it don't over exercise that's important as well.

And then as far as other things that you could do to really prevent it is just get a good workup for the good doc. Good, functional. But as a doctor that's going to test for you know you're you could you could other things you could test for is is mycotoxins and glyphosate add heavy metals in your system bad add other things that you the more you can keep yourself clean, the better off you're going to be.

So that's the way you're going to be able to heal your blood brain barrier. You know, that's another thing you can talk about, too, using things like ginkgo and add super easy.

That could be has been shown to actually heal astrocytes, which are the blood brain barrier. So that could be helpful. This is such a talk. I keep talking to you for another hour.

So we're coming up on an hour or so. One of the guys, we were gone for like 40 minutes. We got some more time. So while you have our audience attention, what other pearls would you like to share with them?

Well, I hate to say it, but you could actually get one step worse with brain inflammation. Well, after have always said it's like, oh, my gosh I a pride like real cells at and well I'd say that's just not good hope what am I going to do.

Well it could get worse because if these insults occur like this over and over, one step worse, when I believe that pride like microglial glial cells is you end up with antibodies to Darrell tissue.

Autoimmunity sets in. That, autoimmunity sets in that that's worse and that's really what is the cause of M. S. and other debilitating diseases. I think it's can be a piece of the dementias I think for sure started onset dementia is a by mind is probably has it ought to be tied to it slow onset dementia which is both those that you see out there probably it doesn't necessarily have to have an auto be a tie.

So I understand for listeners autoimmune disease when you make antibodies against self tissue, so you have your immune system which is supposed to just kill things you have two sides of that immune system.

How to Support Recovery and Reduce Ongoing Damage

The acute immune response is to kill a bacteria or virus and you have the B-cell response which then searches out and makes antibodies against said virus or said bacteria.

So that by word, acute side can then go back and kill it and fight and kill it. Well, with that cycle goes on over a period of time that by the B cells can start making antibodies ferociously against self tissue because it can't find that thing which the immediate immune system is tried to kill.

So when it makes antibodies to self tissue, now we have a problem because every time we flare at a build response like, like flaring up, that AB would probably quickly outsell every time that happens.

Not only do you get inflammation of the brain and you get all these weird symptoms, but you get further destruction. If you have autoantibodies to neuronal tissue.

So if you have antibodies to your biology cells in the brain, those are the biology cells are a different like are glial cells called the oligodendrocyte that surrounds the neurons and it makes the neuron communication go super fast.

So when that starts to well you have antibodies to biology cells now every time you flare an immune response like drinking alcohol, whether you have have primary or glial cells, every time you do that, you spew out all these inflammatory cytokines.

It's going to cause a destruction that when you have antibodies, it gets first, which is going to be the biology cells in your case, and you're going to destroy your biology cells.

You're going to get more debilitation, you're going to get more symptoms of debilitation because those neurons are going to be able to fire as well. You know, you can move your arm as well and your abs is progressing well.

So there's a step worse. So this is really a call and a plea to everybody watching that you really take care of your brain. And, you know, I was thinking as we were talking, you know, some people might be listening to this thinking, well, the damage is done.

You know, what can I do about it? But it sounds like there's a lot that can be done and you can stop progression. Yes. And that's the key takeaway to this.

You don't have to remember all the neurology of everything I just talked about. Oh, I already forgot what I wanted up to our category. It's just all goulash in my brain.

But you have this proinflammatory side. They made it that spewed out inflammation. It they these damaged viper glial cells. You have to squelch that. You have to squash that you have to move it, add to it at high inflammatory state.

Or it could get worse if that's taking place time after time after time, you're going to develop antibodies, neuronal tissue. And now those don't ever go away.

And I'm seeing that there's no. There's no reversing it. All it is is. So you got somebody with M. S. that comes to you. You already know that all these things that I just discussed don't take have taken place.

Your whole purpose is to go. How do you fix that again? You're going back to it. You got to decrease the inflammation. So we're going back to build, exercise tons and tons of flavonoids, make sure that they're healing their blood brain barrier with different nutrients, make sure they know their food sensitivities, clean up their mold sensitivities, clean up all that stuff.

You got to just cut it. They be cleaned, work at other detox pathways, work it on their gut. It's just a long process. I want to I want to point something out here that and, you know, I try to get this across to my community as well.

Healing your gut and detoxing is not a one and done. This is something that is ongoing and you're going to consistently be exposed to toxins. You're going to consistently be exposed to microbes that get into the body and set in and cause problems.

And so this is a this is what I want you to take away from this is you're learning the strategies to keep yourself healthy in this world that has a million different ways to kill us.

Like, let's just say it, you got to be on top of that. You got to be smarter than that and you have to have strategies. So that's what I want you to take away from. This is strategy.

This is one of many strategies that you'll be hearing from all the incredible speakers that have spent a lifetime figuring this out and helping people. So this has been an extraordinary interview.

Dr. Conners. This is so eye opening. I have my homework for me. I'm taking notes of all the things that I do. I love

this. That's good. So I love the way you talk to your patients as well.

I mean, it is a lifetime. You know, that's why I wrote The 7 Phases of Detoxification is to combat that idea that people are going to do this box detox and know that they're going to be done.

Autoimmunity, Long-Term Progression, and Final Takeaways

It's like if your rate of detoxification does not exceed your rate of torque suffocation, you are getting toxic. And so it's just a simple, you know, mathematic analysis there.

So you it's something you need to be working out on a daily basis because, you know, we're exposed to things that our ancestors never even heard of. We are.

And those of you who are watching this to the end, you've got a leg up on the rest of the population that isn't getting this information. And we're at a point in history where you must take your health into your own hands.

Nobody is coming to fix it for you. And if you stay in the Western model, which I worked in for 20 years before I shifted teams, they are not going to solve this for you.

These types of discussions that we're having right now are not things that I learned in my Western training or in all those. And so you must take your health into your own hands and align yourself with people like Dr. Conners, like me, like the other speakers that you're seeing here.

And Dr. Conners, if our audience would like to get in touch with you and would like to learn more from you, how would they do that? Can you share that with us here?

You can find us on all the social media things until they take all our channels down. But definitely at our website we have a very secure website. connersclinic.com Say that one more time slower C-O-N-N-E-R-S So Conners Clinic that's my they and we have a ton of stuff there.

You'll see that we mainly are focused currently on taking care of cancer patients, but we have, you know, a history of take care of autoimmune patients.

My first book was on Autoimmune Disease and Lyme. Disease and Lyme. Disease and lot of cancer So we have courses on autoimmune diseases that are all inflammation and we take care of patients.

Anybody that comes to us, we believe we have to take care of them. So thank you so much for what you do in the world and for sharing your wisdom here and just this small snippet of time that we had together.

I know this is going to be a favored talk. I can already tell you that. So thank you for saying yes to this and sharing with us today. Well, thanks for having me.

Until next time, everyone take good care. Bye now.