Can Plant Compounds Help Support Your Body During Cancer Treatment? Transcript

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Introduction to Brian Dickerson and Flavent Relief

Hello and welcome everybody. My guest today is Brian Dickerson. Brian Dickerson is a health care attorney and natural health center with more than 30 years of experience in the health care, food, pharmaceutical and nutraceutical industries.

He is a founder of Flavent Relief, a natural health product company focused on flavonoid rich plot extracts and formulations designed to support immune health, run health, inflammation balance, and overall wellness for people and animals.

Brian, welcome to the Cancer Breakthrough Summit and I am delighted to discuss today with you. Integrative wellness and immune support. So as I read I mean bio, it was said that the company flavored relief is focused on flavonoid rich plant extracts.

What are flavonoids? So flavonoids are the cells within the plants that make a plant really green. Make it red. Give it the colors and it protects the plant from outside.

Pests. The sun chemicals. And it's the plant protector. So the flavonoids protect the plant cells. They've been protecting the plant's mitochondria to give the plant balance and a healthy immunity in itself to survive outside in the nature's world.

And how would you define the difference between the flavonoids and alkaloids? Because when people hear about plants, they mostly hear about alkaloids as active.

What Flavonoids Are and How They Work

Let's say, of such of such plot. So what the flavonoids are the flavonoids the plant actually produces, the flavonoids when it's in a state of stress, when it feels either the too much ultraviolet rays, when it has to much heat, or in some cases, too much cold.

It produces those flavonoids. For those flavonoids. They then protect the internal cells of the plant so that the plant can survive the harsh conditions.

So in a lot of just the normal growth and cultivation of the plant, when the plant is coming to harvest, when you're talking about partially dill, red onions, at that point in time, that plant is going through a lot of changes and it creates a lot of flavonoids at that point in time.

So then when you consume those vegetables, those plants, you're then receiving the benefit of those flavonoids. And that's different than alkaloids, which are in the plant at a normal rate, where the plant doesn't normally just create or lower the level of flavonoids.

So how are those flavonoids more well placed to neutralize the free radicals, support cellular integrity of the plant. And also for us when we are eating the plant.

So the the flavonoids go to kind of like if you're describing it as a fire station, they're the firefighters and they know exactly where to go in the body from basically talking with the plant and the other cells and identifying where it needs to go and the humans and the plants, it'll go to the mitochondria to help support the mitochondria, because it knows that is very important for the livelihood of the plant.

And if the mitochondria is in an old cell and dying, it helps accelerate the so that bad or foreign cell dies off. So you could have more fresh cells.

So it is the pathways that our body communicates and that the plant communicates that actually tells the way to where they need to go, the receptors okay.

And that helps. I mean, when they know where to go, that helps with what kind of, that comes with what kind of benefits. Well, so for example, inflammation, the body has inflammation, plants have inflammation.

And it's having the right balance of inflammation. And with the receptors that we have and the can of flavin and the can work with a Cox two receptor where the body is telling, being told in the brain where there's inflammation and where it's proper, where it's not enough, where it needs more, where it's too much.

And the weeds work with those receptors and go directly to the body to ensure proper inflammation in the body. Similarly, if there is a foreign cell that is in the body, your brain is able to receive that protocol, that receptor knowledge, and it sends the flavonoids to where those foreign cells are or where the inflamed cells are.

So where I mean flavonoids relief intervene. And how do you pick which plant to achieve this kind of benefits. So when we're when we're growing the plants, we're number one using heirloom seeds.

So they are old school plants. There's no GMO, there's no scientific modifications. The old school that we really want to use based upon what we know, which flavonoids come from, which plants and where in the plant, for example, like Jenin comes from citrus, and it's really heavy in the pith of the citrus fruit.

You can get it in the leaves, you get it in the flower. But we do an extraction that we are able to pull the flavonoids together as a whole. So you'll have quercetin, luteola and Backlund and rooting all together.

Choosing Plants and Extracting Active Compounds

And we're really differentiates. What we do is anybody can go buy quercetin in a capsule at a pharmacy or online, and that's, that's an isolated flavonoid.

What we do is we bring the flavonoids together from the natural standpoint. We keep them in their natural standpoint, we have them in NCT and that shows where they're the most balanced and they're still can't say alive, but they're still active.

Whereas if you're doing a capsule, that capsule is a dry powder. And good luck with getting the bioavailability with ours, the plants extracted, we then know which extractions from which plants have the higher in the higher root and or opinion as to what to use in our specific products.

And so we have an extra strength that has higher can. And that's for the modulation of inflammation and the pain receptors. The immunity has the higher course Backlund root which is for mitochondria support.

So we bring the flavonoids that we know exist in the extractions and put them in the products designed for what they're trying to support the body for.

Yeah. So what exactly do you have in your, I mean, pharmacopeia that you use to support the immune function? And what kind of advice of dietary advice are you able to give that work with the products that you are developing?

Well, I think everybody knows that the the sugars and the enriched flowers and are highly processed, ultra processed foods are not good for the body. And what I can tell you is if you drop the flavonoids in a petri dish that have those ultra processed foods, the flavonoids will dissolve the petri dish.

I mean, dissolve the actual whether it be sugar, whether it be any altered processed ingredients. And so that's what it does in the body. And so that's what we have developed the immunity specifically for because that helps with the mitochondria.

It helps support it. It helps give it the strength it needs. And it also helps with the on the old cells and the body

getting rid of those old cells. And so you have nice fresh living cells, not old, not hanging around that need to be eliminated from your body and cleansed from your body.

And that's that's really what plants did they do? And they've been doing it for thousands of years. They cleansed themselves through the flavonoids. And we used to do that as humans with the diets we ate.

But now the diets that we eat are so poor, we're not getting the flavonoids our our parents or grandparents, great grandparents, they got the flavonoids naturally from the fruit, the vegetables that they were eating from the ground.

You don't see that anymore. And that's why you have so many problems with people with immunity issues. And this is taking people back to where they need to be.

And I get it. Not everybody can sit down and have a good broccoli parsley, good dinner. Well, this is going to help support your nutrition and your diet.

So you get that in your body. So when you say this is going to help your body to get what it needs, can you tell us more about the plant extracts you are speaking about and name them?

So I will tell you this. The the plant that is the easiest for anybody and everybody to grow on themselves and has the strongest amount of flavors that work together is just plain dill.

We grow a variety of dills and dill. Seasoning is great. When it gets dried, it starts losing some of its bioavailability. But one of the easiest thing to do is dill.

Parsley. We look at parsley and celery and dill as garnish as decorations, but in reality those have always been consumed celery, dill and partially have some of the highest levels of content.

And if you take them with a fresh cutting and eat them, you're going to get great flavonoid by availability. Another one is Okinawa potatoes. Purple potato from Japan has some of the highest anthocyanin of any plant as far as percentage wise, and the anti-science are absolutely great for fighting free radicals in your body.

And if you actually go and cook the potato, put it in your refrigerator, store it for about 24 hours, then eat it. He didn't eat it. The other thing you're doing is you're creating a resistant starch out of those potatoes, and that resistant starch is helping with your microbiome development and your gut.

And as we all know, your gut health is what really controls your brain health and your overall immunity. So if you can eat the potatoes, the Japanese sweet potatoes, Okinawa potatoes, that resistant starch aspect, put it in the refrigerator, eat it, read it.

The next day you're going to get the benefit. You're not going to get an insulin spike and you're going to get the anthocyanin benefit as well.

Diet, Immune Support, and Key Plant Sources

So that's fascinating. How how are you? What are you doing to share this knowledge and all this education with with the public? Well, we have our website which is relief.

We've got information on the website, our social media pages, which from Instagram to Facebook to TikTok, we're always educating on there as far as what plants to eat, what plants have the benefits so that people can get their own flavonoids on their own natural basis.

And then I'm on podcast like this, talking with great people like you and your organization, and we just speak around the country and try to get everybody to realize the benefits of going back to natural plant diets.

And I'm a mediator. So I'm not saying don't eat meat, but I'm just saying definitely eat the plants, eat what has the

benefit and has worked for us for thousands of years.

And the flavonoids have worked with plants for thousands of years, so don't change that aspect of it. Go back to it. By the way, I want to mention that it was a pleasure having you at the Belgian Sequencer conference.

And and every time you speak, it's really, really fascinating. A lot of information is very much appreciated by the public. No problem. It was a great support your organization and be at that conference.

So what is I mean, the let's say the bouquet of flowers that you would recommend to take on a on a regular basis to support a long term wellness. So what what we have that I think is really great for supporting the long term wellness and your overall health is we have an immunity and I take the immunity every other day.

It's not something you have to take every day because I'm also eating a lot of fruits and vegetables. So I get the flavonoids naturally, but I take that every other day and take a three ML dropper, and that just keeps the the in corsets an opinion and routine in your body and keeps it at a really good level.

I know this is a little bit off topic, but we have brain health and I take the brain health every day. So what is specific about this band health product.

So brain health. It's a liquid. How does it work and what is inside. Yeah they're all liquid. So all of our the main base products are tinctures that are MCT oil because that's the best carrier oral for flavonoids.

And then the immunity just has the higher course in routine. The brain health is a higher Narrogin and first. And then we have back then and then we have quercetin.

And the reason we've done that is their studies out there, specifically with John Hopkins University talking about these flavonoids working with brain health and traumatic brain injury.

And so I have CTE from college football. I'll get my I would get migraines that would just shut me down. And back then I would take probably 4 or 5, etc.

to to be able to live, to be able to actually work and with our brain health because it's got the high narrative in, in, in, it has good corsets in it helps control the proper inflammation and a great brain health aspect of it.

I've, I think I've had three migraines this entire year, where in the past I would have three migraines a week. And so that brain health is beneficial for people like me that have had traumatic brain injuries.

But also it's been very beneficial for people that have had brain fog, whether it be from taking medication that causes brain fog or aging. It helps with clarity and it helps with focus.

And I can also tell you it helps me with my ad with focus big time. So that's fascinating. But you mentioned the research and John Johns Hopkins. So can you tell us a little bit more about the research that has been conducted with those products?

Well, so that's not specifically with our product. That was with the flavonoids. So John Hopkins was studying specifically the flavonoids and what flavonoids could help with brain aspects, everything from a traumatic brain injury to CTE.

They've done their study on all timers and ADHD, and what they were able to show is the vascular health of the brain is key and important to your stability and towards whether you have migraines or whether you have the brain fog and the narrow gene in and the course of ten the opinion help your brain have that proper balance.

And so you don't have the lack of blood flow output it that way, or the the problems with improper inflammation in the brain so that you have a healthy brain aspect.

And that's the key to. It when it comes to research. Because this is a breakthrough. Cancer summit is any research on those flavonoids with cancer. There is a plethora of research throughout the world, many in the Mediterranean region, Japan, China and China.

Just in frontiers of pharmacology for Chinese doctors. Oncologists had their studies published, and what they basically did is they went and analyzed all previous cancer studies that they saw with flavonoids from 2016 to 2026, and they did their analysis of what they have found, the flavonoids helping.

And it comes down to going back to what those plants are. And it's that mitochondria and that support and what they have basically produced in this article came out October 12th.

Brain Health Research and Flavonoids

It's in it's on the NIH website, is that when you have a proper diet and you have these flavonoids, the flavonoids help the mitochondria balance as far as supporting healthy mitochondria and new cells and engaging and enabling the mitochondria and old cells to create that.

So clearing out the free radicals and freeing out the old cells that your body doesn't need. And the one thing that was very interesting, I think, in the article is they went to talk about, even though there this article was talking about using natural products in natural plants and flavonoids as a health wellness supplement in a cancer system.

What they also talked about is that they found that the flavonoids actually helped when it came to patients that were receiving chemotherapy. And the reason it did is they described the system as when you have chemotherapy in a cancer cell, the chemotherapy is pushed out from the cancer cell.

So it doesn't stand the cancer cell to actually neutralize or create that and destroy the cancer cell. What these doctors found out in the study is that with the flavonoids, the flavonoids actually were able to encapsulate and keep the chemo in the cancer cells to effectively have that chemo kill the cancer cell.

So it actually worked and helped the chemo to a person that actually decides to use chemo. And then the other benefit of it is the flavonoids help protect the cells life outside of where the chemo is to keep those good cells live and active.

So there's there there. Reporting definitely showed the benefit of how the flavonoids help them out at help the development of Aptos and clean out the old and dangerous or foreign cells.

But also it can help with your using if you have to be at that stage and use actually chemotherapy or another source of medication. And where can people find this those, those research.

Because generally, I mean, unfortunately conventional doctors or colleges, they are not interested at all in discussing a diet with a nutritionist, support with with their patients.

And they tend to say it's whatever it whatever you want, it doesn't matter. Well, the NIH website is really good as far as NIH and doing the searches.

And on this one, if you just do a search on flavonoids in cancer models, that's the key phrase, the search phrase that you can do either on Google or AI, or if you go directly to the NIH website to find that specific article.

But what I can tell you is, if you just with AI today, if you just put in flavonoids and wellness, flavonoid immunity, wellness, flavonoids supporting cancer, health, stuff like that, the research out there, the AI just pulls it up and can summarize it for you.

Where I would tell you, five years ago we were doing the old school research and pulling the articles, reading all the articles and finding where these plants were.

Five years ago, I was finding where the flavonoids were in the plants, where today, someone who has ailment or needs to get more healthy, what they can just do is go on to AI and put in their.

And I just I just did it two days ago. Give me some of the best flavonoids out of some of the best plants available where you live. And I was just curious as to what is naturally growing down here in South Florida that I'm not using or I'm not aware of.

And it pulled up 3 or 4 plants that I was not aware of that have high, flat content, and that I can just put my garden and grow myself. Yeah. But of course, I mean, there is a fit.

I'm taking a, you know, a tincture compared to having a pot of with plenty of vegetables, because what you are bringing is a concentrated form. Tell me more about the extraction process and how you make sure that all the flavonoids you are interested in are taken out of the plant and get it to your your product.

So the extraction process, it is different based upon the plants and the cultivation process is different. And what I can tell you is by accident in February of 23, one of our cultivation.

Flavonoids, Cancer Research, and NIH Studies

So we have shipping containers that we have our cultivation in and we have it set for different temperatures, different light. And on one of them, as I was leaving, I turned off the AC and I clicked on the highlights.

And I came back the next morning and it was 170 degrees inside the shipping container that had three levels of nothing but gorgeous tropical plants the day before could barely touch the doors to open. It.

Had to go get gloves to open the inside door and all this steam is coming out. It's super hot and it had literally fried every single plant that we had in there.

And at that point in time, I thought that I just destroyed all of the flavonoids. I destroyed our entire that two month grow period, and instead of just burn it or throwing it away or put it in the compost pile, myself and my chief science officer, we started, well, let's extract it and see what we get out of it.

And what we found is we were absolutely obtaining higher flavonoid content from these plants that looked like they were dead, because they were put into so much stress by the high heat, no, no circulation, that they were produced in flavonoids like crazy to try to protect the plant.

So total accident. We learned one method to accelerate flavonoid growth in plants. And so when we are cultivating, we have the plants at a certain time period that we will cultivate and cut at young age.

And or we will put them under high stress temperatures, whether it's temperature light and that stress then creates the higher level. Then we extract it and the extraction process can either be cold water, it can be hot water.

I mean everybody does tea. And that's just a very basic do it yourself extraction process. There's different temperatures that will extract different levels of flavonoids.

But when you put your green tea bag and in your hot water, that's what you're doing. You're extracting the plant extract from that green tea, those leaves, and you're getting the epic straight from the green tea.

And so hot water has some benefits. Cold water has some benefits. There are some alcohol related extractions you can do because when you're extracting from these plants, you're extracting the ethanol with the plan as well.

Because a lot of times that ethanol molecule is attached to those flavonoids. And that's where we want that whole bond. And when you do that, you really don't want to break up that ethanol because that's combining and grabbing the flavonoids together.

And so then we have a process of just a waiting or an aging process at that point in time. And then when we know the flavonoids are at the level that we need them.

And this is just came from experience, you can see the colors, the bright rust, a bright orange, bright yellow for Apple, Jenin. Then there we get the tests to see exactly the level of the flavonoids and the combination, and then it moves to the next level to actually go and be put in the product with the toil.

That's I mean, that's so specific and is beautiful that I love this story of the plants steaming and you discovering just by, by accident the benefits of this, of this process.

It's really, I mean, requires a lot of observation and taking risks and open minded approach. And I think that's really reflects your own own, journal come from being an undertone.

And now you are speaking like a real expert in a plant extraction. So what is your own journey? How did you come go from the law to becoming a plot expert?

I represented a lot of food companies in my career. I represent a lot of pharmaceutical companies, pharmacies in my career, health care practitioners, and and 20 1415, three different client contacts of mine who they didn't even know each other.

From Law to Plant-Based Product Development

All were at the point in time. One was done with big food because of just things the big food was doing with the ingredients. Another one was done with big Pharma and another one was done with a pharmacy.

And they started different companies and they asked me to represent them in these new ventures. And it was I had to reeducate myself because representing the health care system, representing food companies, I had my own thoughts on what that was.

And then you get introduced to this new natural world with natural plants, and it is an enlightenment to seeing what my old grandfather, who always lived on a farm, what he would always pick, what we'd eat, fresh radishes and everything right out of the garden and kind of picking up on that old school world and looking again and seeing that actually had the benefits.

And so with my clients, we went into a learning process of seeing what plants did, what benefits, how it supported the body better. And they went through a lot of trials and tribulations, is trying to figure out how they could do something that would actually benefit people and make money.

There's a bunch of people out there with great ideas and great products, but it's actually getting it to the point where people can actually use it and see how it benefits and works.

And as a lawyer, I'm always trying to find a way to make something work. A lot of lawyers out there, I'm sure you've ran into them. I they call it no, they always stop the business, but I'm always trying to make sure how we get business to work.

And what I was doing on my ranch is I was using the products on my horses. And so we had rescue horses. And a horse does not have any type of need to pretend it's working or not working.

There's no placebo effect with the horse at either you see at work or it doesn't work. And I started using the natural products that the clients and I were working with on the horses, and saw just remarkable transformation on some of these horses.

And we started creating like skin saves for horses that had horrible wounds. And it evolved from creating a natural product in the flavonoid product for the horses.

And then 70% of horse owners have a dog. So we started doing it for the dogs. And what I can tell you is when Covid hit post Covid, we had a lot of people that used the horse product, which is equine health solutions, and they started using it on their own and we get these calls, can I use this product on me?

And we're like, well, that's for the horses. Now from a scientific standpoint, it's the same product, but we're marketing for horses. So it's a different dosage, different recommended doses, so different style.

And at the same time, I had some very close friends and family members that were suffering from autoimmune disorders and immunity attacks, I'll put it that way.

And so that's when we started converting, did our first human study in 2021 with the flavonoids and on inflammation modulation and regulation. And that was doctor DiNardo Barilla that did that with us.

And it's just growing. We keep doing the studies. And what's what I love about this is you actually the horses and dogs, you get to see them live again.

And we got rescue horses and rescues dogs that were going to be put down. And they're still alive. They're still doing great. And then you also get to see the results for the humans that contact us after using the product and just great benefits and that you get more.

You feel better after that than just winning a trial, because when you're winning a trial as a lawyer and you understand this, it's just you're fighting all the time.

And this takes out that where you're actually fighting for people to have better lives, not fighting against adversaries all the time. And so it just makes it a lot more enjoyable.

Nice. How many how many products I mean, plant Relief is offering and for how many species, including humans. Heavy species do we work with? Yeah, definitely. Horses, dogs, humans.

We have the cat line that we work with, and I know of a lot of ranchers that use our horse line on cattle and then also for deer. So because there's we with the class of ten, there's a bunch of studies, a great study, February 2023, in February 2024 on Cawston and how it can help your body fight off parasites.

And just make sure you have a clean system. And everybody needs to realize if you're around dogs, around horses, and around animals, you're going to get parasites.

If you're anywhere outdoors, you're going to get parasites, and you need to be aware of that. And the product has been shown on deer 3800 parasitic eggs per gram.

After 30 days of using the flavonoids, out of 100 deer, 96 of the deer had zero parasitic eggs. Yeah. So it's it's nature's way of balance parasites. And so that's one of the things that's also beneficial.

Animal Health Products and Practical Use

But we've I'd say 5 or 6 different species. Yeah. And these bubble food I mean if we says source results. So the way it's killing parasites without without many much side effects compared to other products that are actually available on the market.

That is very true. So, what, what exactly I mean, how many users are recommended? I mean, there is you mentioned the brands, you mentioned the immunity, the parasite inflammation.

Is there anything else that. So working with different doctors and different needs that they've had with their practices, we have a cardio health and that has the flavor to help more with just circulation neuropathy.

We've had a lot of doctors approaches needing help with neuropathy. So again that's just helping with the the

health system, the body system and the mitochondria working and clearing out the bad and keeping the good alive and promoting the good.

So extra strength, brain health, immunity, cardio and neuropathy are the tinctures. And then we have our derm spray, which is a great external spray to use for any purposes that you may have a skin irritation from, simple as bug bites to a very bad skin irritation to a very bad wounds.

As far as cuts, we have a mud that's started with the horses and evolved to the dogs and the humans and the the mud has the flavonoids in it, and it is basically like a, a mud product, active charcoal.

And on any type of opening on the skin, it's great. It also I learned from my nephew it's great for his zits. So pimples. He loves using it for that. But there's all kinds of benefits.

And I know a lot of people use it as a face mask, but we also have a heat cream and a cooling cream. So imagine whatever type of sport cream you want.

We've got a cooling with the flavonoids and a heat with the flavonoids. And again it helps with the circulation and it helps with inflammation balance.

Have you ever encountered a bad side effects and mean as a as a result of using those natural formulas. I can tell you we had it in a dog and what was in the dog and wasn't a it's not a horrible side effect, but the owner left the bottle out and the dog drank the entire bottle.

And the dog had very, very bad diarrhea. Yeah. And it was more on the other dose. And the problem with the product itself. Yeah. And and if you the easiest way because with humans you can take it and you can tell what makes you feel better and not feel better.

And going to the horse world where everybody's like, how do you know exactly which dose is going to work for 1,000 pound horse versus a 1,500 pound horse?

And horses metabolisms are different like ours. I mean, so people ask, how do you know for sure? And the easiest way I say it for horses is you just look at their urine.

If you've given them the flavonoids and their urine is a normal clear color, then you're right on point. If you are giving it. And they have gold, really dark urine and it smells, you're giving them too much and you don't want to give anything too much.

So that's the easiest way to to tell. Like if you're giving yourself too much or not, because your body knows what it needs and your body is going to use the flavonoids to the extent that it needs it and it doesn't.

Italy, admit it out of your body. So, ladies, gentlemen, for humans and for animals like flavonoid formulations, tell us again where people can find you and your family.

What is your website of your company? The website is flaventrelief.com. And if people want to look for their dogs, it's just canine healthsolutions.com and equinehealthsolutions.com.

And if they have questions about dosage, about what should I take for this kind of element, that kind of element, how can they get answers to the questions.

So we have an FAQ on each of the websites that they can ask their questions. And we'll have the frequently answered questions to those questions. We also have on all of our websites.

But specifically for Flavia, we have with front row MD.

Where to Find the Products and Final Thoughts

We have a clinician review. So you can go in there and you can type your questions, and there will be clinician reviews of the product and giving you examples as far as what those clinicians, those physicians use the product for and why.

So that's available. And then for the horse and the dog and we're evolving it for the human. We've got little questionnaire. So if you have 55 pound dog and this is the issue.

This is the product to look at. We're developing that right now with AI and the doctors for our relief.com site. So that sounds awesome. Thank you so much.

Thank you so much Brian. And things. That was very, very interesting. I mean, not enough people are speaking also about the animals and the the animals are only considered for species for for research.

And fortunately and having a company with so dedicated in formulations that can help. So then I think it's a it's a pleasure. It's a honor to have you on this on the summit.

Thank you. Well, thank you very much. Thank you.