Cell Danger Response Treatment: Where to Start Transcript

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Introduction to Cell Danger Response

If that molecule of glucose goes through this whole round properly, you're gonna produce somewhere around 30 molecules of ATP. Two versus 30 is a huge difference.

If you are producing two molecules ATP, You're going to have chronic illness. You won't want to get out of bed. you won' want get off the couch. I mean life just is horrible.

if it's going the other way, if its going in the correct way you'll be the Energizer Bunny. Hi and welcome to The Balancing Point. I'm Dr. John Needers and I am here to make traditional Chinese medicine functional medicine and integrative health, simple, practical and fun.

So you can restore balance, boost vitality and enjoy a healthier life every single day. Hello and welcome to another edition of The Balancing Point. This is Dr.

John Needers, I'll be your host today. And today we're doing a continuation of a recent theme, which is cell danger response. which was named by Dr. Robert Navio, brilliant scientist, and is completely changing the way the medical world is looking at complex chronic illness.

So things like chronic fatigue, ME-CFS, fibromyalgia, Lyme disease, heavy metal toxicity, et cetera, all these things that zap people's energy to the point that they can barely get off the couch or get out of bed.

So today, we're gonna take a beginning look at treatment. What can you do without professional help to start recovering from cell danger response? And I'm also gonna repeat some things from a prior episode just to bring people up to date.

So here we go. Today we're going to talk about the treatment of cell danger response.

Treatment Framework: Remove, Repair, Restore

And this is the beginning of the treat. There'll be a second presentation coming soon where I will talk specifically about certain herbs, supplements, and types of treatment that are excellent for cell-danger response Now the thing that I hope you remember is that none of these are one size fits all.

Everybody's just going crazy with AI these days, and that's fine. But if you've got a chronic complex condition, please don't use the AI to diagnose you.

I could tell you a dozen really bad responses that I've seen in patients who tried to treat themselves for cell danger response by using AI. So anyway, you need a practitioner for this.

This is a very deep, deep problem. It's not superficial. I mean, if you go on AI and say, I have a runny nose, what might I want to do? It'll give you some great content ideas.

And so it's much better if you see some practitioner that understands cell danger response. This is a relatively new concept, and it is brilliant new concepts.

So, two major aspects to treatment. I actually could have said three, you need to remove, repair, and restore. Now the first section is remove. You have to move or remediate the danger.

So it could be an infection. I'm going to go over different labs that can be used to diagnose each of these things. If there's a chronic infection and one has cell danger response, they will never get out of cell dangerous response in

all likelihood.

until they treat whatever the underlying problem is. It could be parasite, fungus, bacteria, viral, etc. Electromagnetic overload. This is a hugely, hugely overlooked problem.

Our cells are constantly, constantly communicating with each other and they're doing that several ways through electromagnetics, through light, etc., and they're constantly talking to each other.

It's a very amazing conversation that if you actually get the right equipment, you can actually hear the cells talking each to other, so if get too much electromagnetic overload, it's going to screw up those signals, basically.

Number three, trauma, psychoemotional stress. This is really, along with electromagnetic overload, those are the two things that are most commonly overlooked.

People have had trauma in their life, maybe severe trauma and they're quote over it. Often they're not over it. The thought may not be coming up consciously, but their body may still be in a trauma response state and that will shut down the mitochondrial energy.

So the next section, and this is why I put two, is support the Mitochondria. Treat the gut. I've got multiple Documents, research sightings by very, very good practitioners who say all inflammation starts in the gut.

But many other things start in your gut, the ability of your brain to function properly, you have to have a healthy gut etc. We know that Parkinson's patients have different microbiome than healthy patients.

So, the gut is critical. You have to remove any offending invaders, you have balance the microbiome so you get the right blend of bacteria in there, and the last count I've seen, estimate, is in a healthy human being, there are 100 trillion bacteria, in their gut.

That's a number that's incomprehensible, huge. and then you have to increase assimilation. If your gut is damaged, you will keep leaking chemicals that are very inflammatory into your system, and you won't assimilate the good stuff, right?

The bad stuff gets taken up, the goods stuff doesn't, because there are completely different mechanisms by which those two things happen.

Diet and Mitochondrial Fueling Basics

Then you have to have all of the components needed to fuel the Krebs cycle. That is now, you know, they keep changing the name of citric acid cycle and then tricarboxylic acid Cycle.

I learned it as a Kreb cycle, I'm hanging with that. And so you need the Components to Fuel the Kreb cycle And the electron transport chain. Now, i'm going to talk about this, but you don't have To get freaked out if you Don't know biochemistry, okay?

These are big, big picture items. And easy to understand, by the way. Okay, so dietary choices, this is critical. Carnivore diet, okay, very popular. Often B12 is the one you should not leave to chance.

A strict vegan diet needs a reliable B-12 source. So these are things you need to check. Iron, zinc, calcium, iodine, vitamin D and omega-3s. And then vitamin C, folate, Vitamin E.

vitamin K1. Now people are generally supplementing with vitamin k2 which is superb. It's the most important thing to prevent buildup of calcium in your soft tissues like your heart and to get calcium into your bones and teeth.

Magnesium meat isn't especially magnesium dense, so you would need to supplement with magnesium. Potassium, it's possible on a meat heavy diet, but often you don't get enough calcium.

manganese, iodine, thiamine. So these are all considerations for different types of diets. In a vegan diet, again, B12 is the one you should never leave to chance.

When I see kids that are vegans or vegetarians, and they're typically picky eater, They generally have two forms of anemia. They have iron deficiency anemone and vitamin B12 deficiency.

And they can balance each other out on a blood test. So you'd have to go to a deeper level. On a standard blood tests, a chemistry panel, if you look at MCV, which is mean corpuscular volume, you can generally get an idea.

If that's the size of the red blood cells, if the cells are too small, that usually an iron deficiency. If they're too big, it's usually a B12 and or folate deficiency, but in some cases, they cancel each other out, so you have to really look more deeply.

So anyway, If you're a vegan, its a different animal. if you are a carnivore, It's a difference animal that we're going to deal with. No pun intended.

Okay. Don't get freaked out by this. I did the first time I saw it, but you don't have to because I'm going to explain it really, really simply. So if you look at the very top, you'll see carbohydrates.

Okay? Think something that's going break down into glucose, a molecule of glucose or sugar. Then that comes down And if you look at your chart, if go to the right, you'll see it goes through citric acid and then it continues around the citic acid cycle.

Then it gives off NADH down to left and FADh, which are two compounds that start the electron transport chain. Grouping at the bottom you'll see some kind of it's actually a double Phospholipid membrane so fatty membranes and there are two of them and they face outward and inward and The gunk gets stuck in the space in between those little orange pieces.

That's the gulk Now to produce What we need for fuel, adenosine triphosphate, ATP, you have to go down the NADH and FADh in Stations 1 and 2. Then that goes over to station three, if you have enough coenzyme Q10.

If you're taking statins, you probably don't have a co-enzym Q 10 unless you are taking some. Then it goes to section four, or station four. And then at the end, the very right blue, You see ATP synthase and then glutathione.

Now, if that molecule of glucose goes through this whole round properly, you're going to produce somewhere around 30 molecules of ATP, and older books have different numbers than the newer books, but 30 is close enough.

On the right side, the very right, side of your slide you'll see some things in red. They're probably too small for you to read them, but those are things that interfere with the citric acid cycle.

If you look on the inside of that, you will see in very small writing, Fe, that's ferrous for iron, and you see a few other things. You'll be B1, B2, molybdenum, et cetera, B1.

And so those are the necessary building blocks. If you don't have those, you're not going to make enough ATP. You're going be exhausted. So if it takes the correct pathway, your produce about 30 molecules of ATP If it goes to the pathway on the left, You'll see acetyl-CoA goes ketogenesis, right?

And then you create a butyric acid compound. If it goes that way, you create two, two molecules of ATP.

ATP Production and Energy Pathways

Two versus 30 is a huge difference. if you're producing two molecule of the ATP, You're going to have chronic illness. You won't want to get out of bed.

you won' want get off the couch. I mean, life just is horrible. It's going the other way. it was going in the correct way you'll be the energizer bunny.

Okay. So this is very, very critical. Not that you remember any of this, but that if it goes on the good pathway, you create a lot of energy. If it does on a bad pathway you, create almost no energy, that's all you need to have as a takeaway.

Now, phase number one, remove the cell danger response triggers, CDR triggers. So the first priority is identifying and eliminating the root causes, perpetuating the Cell Danger Response.

if you don't remove a trigger, No downstream intervention will hold. I've had patients come in here literally, literally with a full typewritten page in very tiny print of supplements they were taking and they we're getting worse because it doesn't do any good if you don't remediate the danger.

So you've got to remove it. Again, infection, electromagnetic overload, trauma, and then you have to support them by the chondria and treat the gut. So resolve infections, screen for and treat chronic infections.

It could be Lyme disease. Many people have Lyne disease that has not been properly diagnosed. There are multiple different criteria, depending if you're in New York, if your in California, If you are looking at the CDC recommendations, and ultimately there's one Lyman researcher who's quite brilliant, who says there is one key band, And if that's positive, you will eventually test positive for Lymedisease.

Just because you've been checked once, if it was 10 years ago, who knows? And then Borrelia is Lyme disease. Bartonella is a co-infection. Babesia's another co infection.

Epstein-Barr viral reactivation. HHV6 is horrible for chronic cell danger response, mycoplasma, mold exposure, parasites, fungal overgrowth, and bacterial infection.

So address intestinal dysbiosis and gut permeability, colloquially called leaky gut, which sends perpetual absolutely perpetual and endless cell danger response signals from the gut immune axis.

Long COVID and vaccine injuries, we've seen a ton of both. And so spike protein antibodies, which can be tested, should be under 0.9. We find many patients above 25,000. And this is years after exposure to COVID, having COVID or vaccination for COVID.

So you've got to test for all of these things. so you know exactly what you're dealing with. Now you can deal with a lot of things symptomatically, but if you miss one of these, you might get symptomatically better on one or two things for a while, But you won't cure the underlying problem.

Toxin and environmental triggers. Assess and remediate mold, mycotoxin exposure. Water damaged buildings are a major cell danger response driver. Many people are living in homes, apartments where they swear, they just swear there's no water damage.

And we, you know, I've had one family. I have treated mom and the two kids. They had slightly different system symptoms, but a huge overlap. We tested everything else and finally we said, look, You've got water damage somewhere." And she said, no, we just replaced all of our pipes, et cetera, etc.

I said you need an inspection. The inspector came out from underneath the house just shaking his head. He said it's a lake under there. You got a broken pipe and it has been dumping your contaminated water in there for a very long period of time.

They cleaned that up. We did a treatment to get rid of the mold and mycotoxin exposure. One of kids is now in college playing baseball up north. The other one's in high school playing football, baseball, etc.

And mom is very healthy and happy. So, you can't assume that you haven't had a mold or mycotoxins exposure I

found a lot of people who got exposure from their car.

In fact, one of my people I work with couldn't figure out the mold and mycotoxin exposure and then found that the passenger side floor was soaking wet.

She got rid of the car, because at that point, there's just not much you can do. OK, so that's mold and mycotoxin. Reduce heavy metal burden. I just gave a patient an article this morning about the Maui fires a few years ago and astronomically higher levels of multiple heavy metals in their urine.

Removing Cell Danger Triggers

And if we did an oligo scan, which is the best test, for heavy metals, they will be very, very toxic. So if you had fire exposure, smoke exposure you have heavy metal burden.

There's not any doubt about that. Stay away from smoke and you may need to get the heavy medals tested. That's a not an extremely expensive test if it's done with an oligo scan.

If you do a blood test that can get very expensive and that's less accurate. Limit EMF exposure. You'll find people Wi-Fi routers near their beds, prolonged cell phone use, and so the brain operates on certain frequencies, right?

And that's well known, you know, alpha, beta, delta, theta, gamma. And Wi-Fi routers are the worst frequency for you to get into a healthy sleep. It absolutely interferes because your brain starts picking up those brain wave frequencies and it will not let you get in to a deep sleep, you may be asleep but not a deeply sleep Avoid mitochondria toxic medications where possible, acetaminophen, SSRIs like liloxetine, valproate, beta blockers.

Now, don't ever stop these without consulting with your physician, but they are mitochondrion toxic. Filter your drinking water. The drinking is full of all sorts of things that you get out of the tap.

You can pull up reports from East Bay Municipal Utility District about the level of toxins in your drinking water. Absolutely avoid plastic. This, most of you I'm sure are, but this is huge.

There are tons and tons of studies out there on microplastics for different illnesses, for fertility problems. There's a great website out there or podcast looking at plastic problems for infertility.

And of course, choose organic food where feasible. Here we go, unresolved trauma. This is one of the most underestimated cell danger response perpetrators, or perpetuators, if you want.

The brainstem directly activates the cell-danger response in response to perceived danger, directly. this isn't going through the frontal cortex. Where reasoning happens, this is directly from your brain stem, which you have little, If any, control over.

and it will continue to activate even when no physical pathogen is present, so that trauma response. So you need to engage trauma-informed care, EMDR, somatic experiencing, trauma focus therapy.

We are our most highly represented Group of patients are therapists, therapists of all kinds, and we have people that are good at EMDR. We have. People that.

Are good. At somatic experiencing many who are very good and trauma focused therapy, cognitive behavior therapy. Family systems therapy etc. we've got.

cards for all of these people, and you need different therapists for different types of problems. So, if there is significant sympathetic, parasympathetic imbalance, acupuncture to treat the vagus nerve is very effective, extremely effective.

There are other things that you can treat your vagous nerve with also, but I'm going to talk about those in my next

section. Okay, six cardinal elements of the health cycle as described in Navio's salugenesis framework.

Absence of any one can perpetuate pluricausal chronic disease. So that's multi-causal chronic diseases, any of these. And so cardinals elements, it's like in Chinese medicine, there are certain things that are considered cardinals.

We may see a hundred different symptoms that might point at liver depression, chi stagnation. But sighing is a cardinal element. If someone's going, that's a Cardinal Element of liver depression and or cheese stagnation.

And so it's kind of automatic. So here, these are Cardinals elements of the health cycle. Now, I agree with all of these, and I've been doing most of them for decades, but it's nice when you see someone of Navio's research putting this out there.

So sleep, restorative sleep. Prioritize seven to nine hours of uninterrupted sleep if you're getting up two or three times a night to urinate. You need to see somebody for that because that can be changed.

And so in that sleep, that's when that CDR3, which I talked about in the last episode for differentiation and repair is most active. That's where healing happens.

Let's just keep it simple. You don't heal during the day. Your running on your sympathetic nervous system. Healing is just, you know, your blood will clot, but you're not going to heal.

you heal, during this sleep stage. So maintain a consistent circadian rhythm. Same sleep-wake times every day. The less you vary that, the better. Avoid blue light two hours before bed.

Use dim, warm lighting in the evenings. I actually use red light, like in our hallways. So if I have to get up to go to the bathroom or get a glass of water, there's redlight.

You need to get sunlight on your face when you wake up. As soon as practical, go out, stand, sit, lie in the sun for 15 minutes. Create a safe sleep environment.

You need a cool room, 65 to 68 degrees. Now, actually, if you take a hot bath or do something to warm you up, it's a little easier to fall asleep. But once you fall sleep, you want a cold room 65-68 degrees, It needs to be absolutely dark.

Blackout curtains and quiet. So consider mouth taping. I hate mouth tapping, so I'm putting it in here because it's Navio's suggestion, but you should be evaluated for sleep apnea.

Sleep, Movement, and Nervous System Regulation

Okay, now I have a beard and a mustache, so mouth taping was not a lot of fun for me. So that's why I'm saying that. But get evaluated for sleep apnea, which severely disrupts mitochondrial activity.

People with sleepapnea have twice the number of heart attacks and have the twice diabetes risk. This is a big deal. If you snore or if you stop breathing for any period of time, you need to get in for a sleep Apnea evaluation.

Movement, now we all know this, all right? Everybody raise your hands if you already knew this. Okay, everybody raise their hand. Exercise signals the cell to produce more energy, right, you're doing something, so you need more.

Movement is one of the most powerful mitochondrial biogenesis activators, means it's actually helping your mitochondria get started again. Now, during active cell danger response arrest, like severe fatigue, then do not push it.

I see a lot of patients that because they were once athletes, they really try to push or they've got a significant other

who’s trying to coach them and push them through it, Bad.

Very bad. Your mitochondria aren’t working. What that means is you won’t recover from even moderate amounts of exercise. It will just waste you. You’ll get worse.

So gentle daily movement only. 10 to 20 minute walks. Qigong. Gentle yoga. Not a hot house yoga, but gentle yoga And remember, pushing through exercise intolerance worsens cell danger response.

Now, if it’s severe, you won’t want to do anything, but you’ve really got to move. You’ve got get the chi moving, right? Otherwise, your mitochondria won’ t turn on.

As your energy improves, You could go to a zone two aerobic training three to four times a week. followed by strength training two to three times a week.

But you should check with your practitioner, whoever you’re seeing for this, and you shouldn’t be seeing someone and see when it’s appropriate for you to up the training.

Nervous system regulation, ta-da. So about a, I think about year and a half ago, and I don’t do time very well, suddenly I got a flood of people coming and saying, hey, can you balance my negative, my vagus nerve?

And I just start laughing. I can’t not balance your vagous nerve. Acupuncture is in some ways designed to stimulate the vagus nerve into appropriate levels.

There are tons of points on the ears, on Acupuncture points for nerve stimulation of the vagus nerve. And so it’s the break. The vagous nerve is the brake on fight or flight.

It’s like, whoa, let’s stop this. So humming, gargling, singing, cold water on the face, extended exhales or acupuncture are all valuable to balance the Vegas nerve and people that have been singers, I really, I encourage them to sing at least twice a day in the morning and in evening.

It’s really great. Throw some cold water on the face. Now extended exhales. Navio has some suggestions and I have some other suggestions which are consistent but a little different.

So then there are devices for balancing the nervous system. There’s the Muse, M-U-S-E, which is a headband that basically gives you biofeedback. It’s auditory. There’s HeartMath, which also does bio feedback, and that one is more visual.

And then, there’s a Pulsetta, a device that you put on your neck, that balances your vagus nerve. All of those work, we have experience with all of them through our patients and through ourselves, and they all work.

The current one that seems to be working the best for people might be Polsetto, because you don’t have to do anything with it. You just stick it on and let it do its job.

Next is DNRS, Dynamic Neural Retraining Systems. He suggests Primal Trust or similar limbic retraining programs. We’ve had people successfully use the GUPTA protocol.

One of the nice things about the Gupta protocol is there’s a free version that you can do, which is very helpful. And if it works well, you then pay for the advanced version.

But you could try it out for free. He also recommends somatic breathwork. He’s talking about a four, seven, eight breath work. So you inhale the four.

You hold it for seven. you breathe out for eight. Now there are as many combinations as you can think of. I prefer, because it’s easier for most people, a four-seven.

So you inhale the four, you exhale to seven or more, and the longer you go, the better. And I do it as straw breathing. You pretend on the seven count, out count that you're blowing through a straw.

so you purse your lips, And you could actually blow through the straw if you want, but you push your lip and breathe very slowly outward. and so that difference, four and seven, will stimulate several things with your breathing and you'll have a better heart rate variability score.

There's also box breathing, slow diaphragmatic breathing. Anytime you breathe slowly and feel like it's breathing into your lower abdomen, that's diaphragmatic breathing because the diaphragma is then pushing down, it is actually massaging your organs And if you breathe in that way, you will stop being anxious.

If you breath in your chest, You will be anxious, if I want to make someone anxious I get them to breathe their chest really fast and they will get anxious You can get neurofeedback for deeper autonomic nervous system recalibration And then yoga, Tai Chi, meditation and acupuncture all help transition the cell from defense mode to healing mode.

That's why these things have been around for thousands and thousands of years. We have no idea how or at least I have no idea how far back meditation goes.

We know acupuncture goes back at LEAST 2,500 years. Although Utsi, the Iceman, had the acupunture channels tattooed on him, and that was 6,000 years ago that he died.

So we don't know how FAR back this stuff goes! Tai Chi, yoga, thousands of years old.

Social Connection, Nature, and Environmental Cleanup

Pick one, pick two if you like. You can alternate days on them, but just do something. Okay, social connection and nature. Now what happens to most people with cell danger response is they don't want to see or talk to anybody.

They don' have enough energy to do that. So you have to be careful about your connection. But Navio's research, and he's quite a researcher, identifies social connections and nature connection as cardinal.

Remember, you can't do without them. Cardinal, as Cardinals elements of the health cycle. These are not optional. You must have social connection and you have to have nature connections.

So practice shinrin-yoku, or forest bathing. It's actually prescribed in Japan as preventive medical care. Their insurance system will pay for you to go out in the forest for a certain amount of time and do forest-bathing.

And they've done many tests, and it shows that your immune system cells can actually double after four hours. So this is absolutely critical. Now, you might not be able to go for four hours, but at least pick a few days a week and get out in the woods.

Trees breathe, and they breathe out oxygen. And that's what you need. So it's an oxygen bath for you. Also, different colors stimulate the body in different ways.

Green is just a wonderful stimulator. Okay. Even, as Navio says, even brief exposure to natural environments measurably reduces cell danger response biomarkers.

And you could look that up in Science Direct. Prioritize meaningful relationships. Social isolation actively sustains the cell-danger response. The word here of importance is meaningful.

You don't have, you know, if someone you don' like wants to come over and hang out with you, tell them, no, I don"t have the energy, but you need to get out, see people, meet people.

Again, it is, these may be short interactions, right? But you to do them. Toxin reduction and environmental cleanup. Use a HEPA air filter in the bedroom and living space.

Again, multiple studies showing people with a Hepa air-filter in their bedroom sleep better. They sleep deeper and they have fewer health problems. Use glass and stainless steel instead of plastic containers.

I think everybody's pretty clear on that by now. Choose clean personal care and cleaning products. The environmental working group database is a helpful resource for this.

You can look up what are the best personal products, the cleanest, and which cleaning product are safest to work with. Then grounding or earthing. So this is direct skin contact with the earth.

You know, some people do the grounding pads and mats. I haven't found that my patients that have purchased those have really done all that well. But it's been known for hundreds of years that direct skin contact with the earth.

And I would recommend Jerry Tennant's work on this, T-E-N-M-A-T, where he shows how the body is actually like a large battery or a group of batteries.

And you've got to figure, until very recently, people spent 99% of their time in contact with the earth, right? They slept on the Earth, they walked on Earth.

They didn't wear rubber-soled shoes. which block the flow of electrons, and so they were building up static electricity. So for my patients with insomnia, I will have them go outside and do some grounding, bare feet on whatever they can find, grass is great, sand is concrete not so good, but better than nothing.

Now you can sit down, just put your feet down. It's fine. Your body knows what to do. And so that will reduce the free radical load and support cellular signaling.

So diet and nutrition emphasize colorful phytonutrients. So the polyphenols trigger AMPK, which I'm not going to go into in great depth right now, but it's critical for health and energy.

Nutrition, Fasting, and Closing Remarks

It supports mitophagy, that's the proper dying of cells, and it sends safety signals to the mitochondria. So Chinese seasonal eating has been a thing for hundreds and hundreds of years, eating different colored foods that are available at different times of year, and they each support the cycles of the year.

Like in spring you want to eat almost all green foods, right? In summer you wanna eat foods are more fruit based. And so just check out Chinese seasonal eating.

Adequate protein and 1.2 to 1,6 grams per kilo, is what Navio recommends to support cellular repair and glutathione synthesis. Practice time-restricted eating.

He's recommending 10 to 12-hour eating window to activate AMPK again and stimulate mitophagy. Avoid, avoid, like the plague, ultra-processed foods. Now, I have a lot of patients that think they're doing great because they are doing protein bars, but when you look into the ingredients, many of them have refined seed oils, which probably are worse than sugar.

But sugar, of course, is bad. Alcohol, artificial sweeteners, and high fructose corn syrup is a killer. So ancestral seasonal variation, interrupt the endless summer of constant calorie abundance with periodic fasting.

Now, don't overdo it. There are tons of books and information on different types of fasting, I am not going to get into that at depth because so many hundreds of people are speaking about that.

So, up next is part four, and this is basic and advanced testing for all of these conditions. That's going to be followed by part five. I've never done this type of series before, but in that one I'm going give the herbs and supplements that I use and Navio recommends for specific manifestations.

So again, you've got to be tested for infections, toxins and environmental problems, toxicants. Toxicants are manmade. A toxin is like a rattlesnake bite or eating a mushroom and getting sick.

toxicance are things that humans have put into the environment that are very dangerous. Mold exposure and mycotoxins, dirty energy fields, gut dysbiosis, heavy metal toxicity, trauma, and sympathetic parasympathetic imbalance.

And by the way, that trauma and the nervous system imbalance can actually be tested for on blood tests. So there we go. I want to thank you for tuning in.

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We'd love to hear from you.