Cutting-Edge Regeneration Strategies: Therapeutic Apheresis, Herx-Free Detox, & More Transcript

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Introduction and guest background

When we go deeper and we see what drives inflammation. and what ends as a result drives degeneration, we find the survival paradox. And why is it a paradox?

We are all wired and built to survive. While we want to live, the result of getting stuck in this survival response is actually inflammation, fibrosis, degeneration, and shortening of our life quality and our span of life.

That's really the paradox." This is Doctor Talks. Dr. Elias, I am so excited to have you on this segment of Regenerative Medicine Summit. You're somebody that there are a number of people that I consider giants in this field and you are definitely one of them in regards to regenerative medicine and so many other areas.

So, thank you so much for being here. Thank you, so, much, for having me. I always enjoy talking to you and I learn a lot from our conversations. Well, thank you.

I want listeners just to understand the wealth of knowledge that you have. Dr. Isaac Elias is a leading expert in the field of integrative medicine, specializing in cancer, detoxification, immunity, and complex conditions.

He is respected physician. researcher, bestselling author, educator and mind-body practitioner. Dr. Elias partners with leading research institutes including Harvard, National Institute of Health, Columbia and others to co-author studies on integrative therapies for cancer, heavy metal toxicity and other.

He is founder and medical director of Amitabha Medical Clinic in Santa Rosa, California, where he has pioneered the use of therapeutic aphoresis as an adjunct blood filtration treatment for detox and chronic degenerative conditions.

Dr. Lys, I'm so excited because we're going to be talking about atheresis and then also some other components that I know that you've written an amazing book called the Survival Paradox and we've been talking about the survival paradox protein, correct?

Yes, of course. Yeah. So tell me a little bit about, in your book, yeah, you talk about this survival Paradox protein and you've studying this for decades.

In fact, your, even doing a study with the National Institute of Health. in regards to this protein. So, tell me a little bit about this proteine and how can it be, is it good?

Is it bad? What does this proteins do for us? Right. Before we dive into the protein, it's important to understand the concept of survival paradox. Survival paradox is really a new paradigm.

It's a paradigm shift from our understanding in integrative medicine, people like you and me, and now in conventional medicine because of the cytokine storm in COVID, that inflammation really drives and it's the fire that moves so many diseases.

But inflammation is really not a cause, inflammation actually a result. So when we go deeper and we see what drives inflammation, And what, and as a result, drives degeneration, we find the survival paradox.

And why is it a paradox? Because we are all wired and built to survive. Every cell in our body, every organ, us as people, communities, our earth, et cetera.

As part of this, when we face danger, will respond innately and automatically. So the first level of response is through the sympathetic nervous system.

to the autonomic system because it's autonomically, we don't control it. And the sympathetic response has two basic parts.

Understanding the survival paradox

It fights, which equates to inflammation, struggle, friction, or it hides, it runs away, to creating microenvironment, biofilm, fibrosis. where we create an environment in certain tissues that is different from the body's environment, which is ideal for the growth of cancer or photoimmunity of metabolic diseases.

So while we want to survive, the result of getting stuck in this survival response is actually inflammation, fibrosis, degeneration, and shortening of our life quality and our span of life.

And that's really the paradox. So we talked about the sympathetic response, which is innate. But deeper than this, the biochemical system reacts within minutes.

I've shown in my Phase I NIH grant that when we induce sepsis in animals, we get Galactin-3 spiking within minute, and only later interleukin 6 will come up.

And only late the kidney will get damaged. Galactin-3 with Pectosol with modified cypress pectin, we attenuated the IL-6 spike. We prevented the creatinine spike, and we prevented death of the animal.

So we got these certain proteins which are called alarmins. The key ones that I've been engaged in for almost 30 years made some of their most important discoveries that blocking it with modified respectin will reduce inflammation, fibrosis, and as a result, so many other conditions.

So this survivor paradox protein, It responds within a minute and then it drives the process. It's really the ultimate upstream protein. The image I like to give is a waterfall.

We are all trying to affect cytokines. They're trying put down the fire. Really like putting buckets at the bottom of the waterfall and trying get the water.

Much more efficient, Michael, to shut down a water fall at that top. That's what addressing Galactin-3 does. If we looked at the biochemistry of what happened when Galactin-3 gets to the cell, it shifted from a normal metabolism to an emergency survival metabolism.

From normal mitochondrial function, for example, to glycolysis, right? And as you know so well as being an expert in integrative oncology, the Warburg effect is a hallmark of this issue.

There is oxygen. But the cell is in a survival mode, right? It goes through this very rapid, hundred times faster, inefficient metabolism. So galactin-3 is like the alarm, it's like a bus or the train.

It drives through the problematic tissue and then it brings on inflammatory compounds, growth factors, hyper-viscosity compound, sticky molecules, and it drives metastasis.

They drive the primary tumor. He drives auto-immunity, he drives metabolic diseases. So when we understand it, we realize that galectin 3, per definition, is antagonistic to regeneration.

It drives degeneration. He drives destructive forces. Now, we need to fight, but just for a few minutes and then we to relax. it's a little bit easier with the nervous system because we can take a deep breath, go out to nature, meditate, listen to music.

We shift. With the biochemistry, we get stuck in the loop. And that's what happens to people. Certain people have a

tendency to overuse galactic 3, and they will have shorter lives.

And certain people have much lower level of galactin 3, and these are the centarians. We know it's published. Centarians have a much low level in the blood compared to people in their 70s, 80s.

And when you look at the 70's, the 80's group, you'll see a few that have lower levels. Well, these ones are going to become the Centaurians, so when we understand it, we can understand that if we address galactic 3 And that's why modiflacy prospecting is really a foundational supplement.

So while a lot of the work on it, as you know, while it's in cancer, we are just about, in fact, by the time this is aired, We will be presenting, so I can say we presented in November in the equivalent to us going Europe.

Our data on 18 months follow-up on biochemical relapse of prostate cancer. People who responded for six months moved on. It's a multi-center trial already, and the youth modifies it respecting 15 grams a day.

And there was 90% benefit, nine zero. compared to the baseline 18 months earlier, where the one side effect is that people feel better, have less joint pain, pain have more energy, memory is better.

So while the focus was on cancer, the whole role of Galactin-3 in fibrosis, inflammation, and the understanding that Galatins is the driver of inflammation.

When you look at it, you understand, wow. If we want to regenerate, first of all, we have to stop the destructive process. You can't grow a plant when the fire is on.

It's going to burn the plant. Only then you can nourish the earth and things will grow. And that's how the body functions. So in this sense, we have on the very simple level, this amazing protein, and that is why when you address it with modified cytospectine, all other therapies are going to be more effective.

If you look at the electin 3 research, there are about 10,000 published papers on every disease. Really, there's a big paper from 2018, A to Z, literally every disease.

If you look at the publications on Pectosol, about 80 publications, so many health conditions. Why? Because we are addressing an issue really at an upstream inception.

So that's one level. And then, of course, it's not as simple. Then we can see what can drive us to get into a survival crisis. And that's what we'll talk more during this interview.

What gets us not to feel safe? What get us threatened? If it's toxicity that is chemical, emotional, psychological, genetic, epigenetic, the environment around us, it all affects us.

That's the beauty of it. You know so well, being in this for so many years, and I know a little bit. The more we hold a bigger picture, the more, we can use very simple tools to get very powerful results.

When you need to use a lot of tools and a lots of gadgets, there is usually a deficiency in the understanding. So, Galactic 3 offers a window into a different understanding, people who read the survival paradox will tell me, it changed my whole perspective about my health.

including many, many doctors. And that's why I always get excited talking about it. I don't get bored. You know, I've done a few of these summits by now, you know.

But then in regeneration, it's very important. In regeneration it is a key factor. So my research with NIH actually is on pulling out galactin-3 through therapeutic aphorisms.

It's the first time. and there's one device in cancer that relates to TNF alpha receptors, is the first time that we're taking a pharesis device and we are literally pulling the needle in the haystack.

The whole amount that can be pulled, in extreme cases, 200 micrograms.

Galectin-3 as an upstream driver

You can't see it with your eye. And we have shown, so we're actually studying sepsis and acute kidney injury, deadly acute conditions in the intensive care unit.

So first, you know, we had the large animal seposis model, then we were gonna move into the clinic once we get to the regulatory phase. But it's really like pulling the needle and like the whole thing collapses, I'm so excited, because so many years and my inventive creative mind just to know Is it working or am I just crazy, you know?

So I'll find out, hopefully I will find it out. It's quite a journey before I find that. Yeah, because you've been working on this for decades and to be able to get to this point and do these studies with NIH, I mean, that is just incredible.

And with some leading amazing researchers and clinicians, really from top universities, nephrologists, critical care doctors, yeah, there is an excitement because It's amazing, nothing has changed in the treatment of sepsis for like 30 years.

Somebody has sepcis and their kidneys get damaged, 60%, they're not coming out of the ICU. 60, 6-0, you know? And whatever, yeah, this is an extreme case, but the same thing happens on a minute microscopic homeopathic dose in inflammation.

And if we can change it, the body will naturally regenerate. The body wants to regenerates, but it needs to be given a chance to generate. And it's always struggling, it is always putting out fires.

And you know, after the fire burns, there's scorched earth. After we get cut, There is a scar. But when a baby gets cut there is no scar because their regeneration quality is so much stronger.

They don't have a lot of emotional, psychological, lifelong traumas, imbalances that create scarring. So really melting the scar of survival, which is one of the three chapters of solutions in my book, it really a prerequisite to really regeneration.

So we need to create the milieu for regeneration to happen. With some of the tools that you use, you know what I'm talking about. Sometimes we don't detail it.

because of regulatory issue, know what is behind you, but you know, what I'm talking about. Yeah. And, and, it is fascinating. I mean, you're, talking, about the survival mechanism and the Survival Paradox.

It's what kept us alive from the tiger eating us up. it's a very necessary and hardwired component of our existence. Now, when we don't have a tiger to fight and we, don' have to you know, play dead.

You know we, now we have the normal daily stressors, but we react in the same way. We react with that, going into that inflammatory fight or flight mode.

And by being in that and that continual state, then to escalate, we we then have these survival paradox protein, the Galactin-3, that's that continually being, stimulating all these cells.

and we are continually then in shift in that inflammatory state to promote inflammation, which is when our body degenerate faster, the opposite of regeneration.

Regeneration is, when we don't have these inflammatory signals that are continually taking place. So, tell me a little bit about the Galactin-3. It's a protein and you mentioned that it's the kind of the top of all the inflammatory signaling like the IL-6 and TH2 and Th17 and mTOR and all these different things that we look at, at cancer and probably NF-kappa-beta and, and.

All these difference inflammatory drivers. So how does it activate all these different things? I mean, how is it the biggest thing and how did you figure that out?

Yeah, you know, so initially my work was in cancer, but I noticed that people's blood pressure is getting better. Their joints are getting bigger. their memories and realize, wow, it's attenuating inflammation.

You know, Michael, if you want, If you let me share, I'll show you a quick slide that really reflects it. So what happened, you have Galactin 3, which is the protein, and then you'll have this carbohydrate recognition domain with a different ligand that you are going to come and they're going create a pentamer structure.

See if the one becomes five, and then this nest, so here you literally get a lattice formation, literally a biofilm, you know? Literally what Virginia Livingstone was talking about, like decades ago.

And of course, it's not only in a cancer cell, It creates a micro environment. Then what happens, look at the ligands, right? So cancer ligand, immune system, disruption ligand because it blocks the function of CD45, hyperviscosity, fibronectin, damage to the collagen, sticky molecules, right?

It creates clotting and stickiness, blood vessel growth, damaged to nervous system, no inflammation, NG2, AL3B1, big in cancer, gags. So with all of this, you suddenly get an inflammatory response, and this is why it's the upstream.

It's a bus. You see, there are so many therapies, right, to address one of these components. But here you are disrupting the lattice formation, you're stopping the whole process, it is so fascinating.

So it's like, cause we have all these, these novel therapies, you know, peptides, stem cells and all, all of these kinds of regenerative therapies that people paid a lot of money for.

But obviously, like you mentioned, if we haven't stopped the fire. And then by try to throw regenerative medicine onto something that's still burning, there's only so far we can go.

And obviously it's going to then revert back to where it was before. So the key to stop the fire, to start the inflammation, To address it at the top is as crucial before you start doing all these other expensive novel therapies.

Yeah, completely. And I don't have the slider about our Galactic Suite controls on one thing, all the interleaking chain and the other part. TGF-beta, but I want to show you one more slide with your permission.

This talks to you a lot in cancer, so this is really down what we are doing. So you get galactin-3 receptors right here. Galactine- 3 will disrupt insulin receptors.

That's why it's so implicated in diabetes. It will downgrade P53 and PTN. You get AKT being activated on the cancer pathway, right? But you got AMPK, the adenosine monophosphate kinase, being blocked because now you've got M2O1 activated.

Well, guess what? The cell has the sense that there's no oxygen coming in, right? Because it's blocked. You get hypoxia-inducing factor, and then you get your PDK pyruvate, broadened as kinases, if you want to know.

So this is, of course, a Warburg effect, but that's the abnormal metabolism in diabetes, in auto-immunity, and in every chronic disease. So understand, we are dealing with it right here, I don't have this specific slide, you got the macrophage turning into inflammatory macophage, because they got a signal from galactin 3, or because the know there's a problem and they're excreting galactic 3. So right here, they are starting the process.

So we are changing it before it comes to the cell, and we shut down this whole mess. And then within the cells, there are substances that help, right?

Regenerative medicine. Metformin is used, berberin used. The key natural compound intracellularly is onokeol.

because the nuclear form of agnolia will upregulate P53, will block AKT-MTO1 and initiate AMPK and block HIV and TNF-alpha and NF-kappa-beta.

And that's why if you look We are using now a lot of Pectosol and Honopur, MCP and HONOKURO together in people with neuroinflammation. It's amazing the feedback, like I've never expected.

Why? Because we are blocking extracellularly and we're blocking intracellerally. So really what people have to understand is that when we shift the metabolism, We are creating regeneration.

It's happening. An abnormal cell is becoming a normal cell. That's regeneration! Now, I know, you and I drift toward cancer. There's the idea of re-differentiation medicine and cancer, right?

Can we get the cancer to become less aggressive? can we make it feel safer? So both by reducing the survival drive of the cancer, so we talk biochemically, but now when I work with people and I do healing, it's like, when they go into the caner, what is not allowing the cancers to take a deep breath, to feel safe, you know, feel like it has to move fast, right?

And people find amazing things. So everything goes, and what you mentioned in your very eloquent definition, If we create the right environment, we will naturally allow regenerative medicine to work.

So for example, if we talked about therapeutic aphoresis, why therapeutic is so dramatic?

Apheresis and detoxification in regeneration

Because it's a selective treatment. You don't remove just blood or plasma. It's not plasma exchange. you remove selectively the bad lipids. the LDL, the oxidized LDN, and the lipoprotein A, which really doesn't allow oxygen to get into the tissue.

It drives strokes, heart disease, a silent killer, it drives cancer. You remove the inflammatory cytokine and it's a positively charged Toxins have metals that are bound to lipids.

Now, what does it do? It creates space in the place which is really inflamed. For example, in cancer. You can give great medication if the area around the cancer is a very strong, different microenvironment with no normal circulation.

with a biofilm, which is really this lattice formation, medicine is not going to get there. In Chinese medicine, we talk about helping blood circulate during the first two days of chemotherapy.

It's an ancient concept of the same thinking. So we are exposing the cell to the immune system. For example, PDL-1 inhibitors will not respond if there are high levels of galactin.

No, it's published. You do the aphoresis, you are changing the environment of the patient, then you give peptides. Totally different, different results.

And now, now we are talking, Michael, we're talking high tech, but let's look at our body. When we come to this world to grow, the first thing we do is we take an exhalation.

We let go, We detoxify. and only then we can nourish it. when we leave this word. It's the last letting go we do. We take an exhalation, if anybody wants somebody dying, this profound last breath, and everything changes.

So, we are built to detoxify. Our exhaling is twice as long as our inhalation. If we paralyze the muscles, our lungs will collapse, will exhale. So, detoxification creates space for transformation, for the change of oxygen in the capillaries in lungs, and for nourishment through the heart.

And that's the process that happens. So when we look at regeneration, We got to look at it as a process that starts

with the detoxification. If anybody wants to take a deep breath, you can't just go like this.

You have to exhale. Now it's much easier to think. A deep breathe, same concept. So understanding it suddenly makes what we do much more effective. So with apheresis, I mean, what does that look like for a patient?

I, mean what, does a kind of machine looks like? And, and I think that's easy to do. No, not at all. And it's really important to have people who do this and do that.

It's like highly specialized dialysis. So it's really a specialty, you know, it is what I focus because of my research. I mean, I still do my other stuff on one-on-one, but it really is a speciality to do it right.

Because it an expensive process because the filters are very sophisticated. You have to separate the blood from the plasma. Often you'll need a central line, special central lines, unless there are good veins.

So you pull out the bloody, and it separates the cells from fluid, from plasma, then the plasmas go through a filter. And what I do from an integrated point of view, I will run very specific IVs for the specific patient before, during, and after.

So I create a whole process based on how much detox they can take. And I also develop different frequencies that are not the conventional frequencies of how to use it.

Ideally, what will do a lot is I would coordinate with other doctors when the patient comes. And then immediately they go back to get the regenerative treatments.

Of course, I do some of them in the clinic, like different peptides. It allows patients to really be in a much more supportive place when they come and get, for example, cancer treatments, including alternative cancer treatment because there's a greater exposure of the tumor.

It's very effective with chronic infections like Lyme disease because my philosophy, unless it's an acute infection, is we are built to overcome infections.

We just need to support the body. If we can overcome an infection by supporting the buddy, we really overcame the infection. if we overcome infection, by taking antibiotics, We suppress the infections.

Sometimes it will kill it. Acutely, definitely. It hasn't settled in. But chronically, it is very rare for the patient to really heal. Just like we see in cancer, right?

The patient who haven't done conventional treatments, A few of them, not a lot. They're the ones who really have the amazing Miraculous healing, right?

Because the body still has its full capacity. So it's a dance between using integrative medicine together with conventional treatment and making it work better, which is really the goal of integrate oncology.

It's not about the one in a blue moon, amazing miracle. Everybody has this. And it is about, can you help every single patient in one capacity or another?

And that's doable, you know it already, so I'm experiencing this, same thing with regenerative And regeneration doesn't always go in the order that we want.

The regeneration may be emotional, it may psychological, you know, maybe in a way that, we don't really anticipate. And as part of allowing regeneration to happen, is not to have a preconceived idea about what is going to happened.

Cause the moment we have preconcived idea, We are naturally limiting our possibilities. Because we already decided what's going happen. That's a profound statement, not easy to digest.

It's almost like a surfer on a wave and you're at the edge. You're doing integrative oncology for many years and I'm doing it. In times when there were very few of us, now it's very popular because so many people do IVs.

We were kind of alone, right? Often we would talk to ourselves, once every few years. I remember there was a conference in San Diego in 92, nutrition and cancer, Patrick Aquiline was good friend of mine.

He organized a great conference. When we have dinner even 25 years later, I talked to him about it. Everybody rushed, you know, wow, we got to talk with each other actually, finally, And so these were days when you kind of were in the journey.

It was mysterious, it was creative. It was at the edge, it was amazing. You want to keep this freshness because this is what regeneration is about. It's about things being fresh.

And it's important, like you're talking about the antibiotic and where we're suppressing the infection or do some of the chemo and all of that, and it suppresses the disease process, but it inhibits the body's ability to develop intelligence in regards to what it's dealing with.

So for instance, like you're saying, you know, if we fight an infection and we do it ourselves, we overcame the infection. And we, over came it because our, our immune system, or our innate intelligence was able to recognize what was going on and then shift the body back into a homeostatic estate, to homeo stasis.

by supporting the body with natural things where we then remove agents that are then causing the inflammation. And we are supporting. The mitochondria instead of having it.

done regulated by things like Galactin-3, then we are able to run at full speed and we're able generate great tissue that creates healthy joints, healthy skin, and healthy hair.

When we do the protein folding, you know, that requires a lot of energy and that protein-folding, yeah, But we need to create these perfect proteins to build tissue.

And if we don't have that energy, if you have Galactin-3 there that down-regulates energy then they are going to be misfolded and then we're not going create the right kind of cartilage or right kinda bone or skin tissue and we can't regenerate.

So it becomes so important to address that and to have a tool like Afaresis to clear all that out. That's amazing. Yeah, so that's like more of a high tech.

It's a powerful tool. You can't, it doesn't matter how many chelation treatments, or it's another scale. But in the same time, on a more ordinary level, we have to understand we can regenerate if the body is very toxic.

And we all hear about it and I'm aware of it. I've done a lot of pioneering work on heavy metals and published because Modify Deep Perspective is a very active, very effective cheletor of heavy metal, multiple clinical data that we published.

in lead and mercury, but as much as I was aware of it and mycotoxins that are getting a lot of… We are all brainwashed that a little bit of pesticides is okay.

It's okay, you can't avoid it, it's everywhere. And it is really not okay there are no healthy levels of glyphosate. So one of the things in regeneration, we have to address pesticides specifically because they disrupt the gut lining.

Glyphose disrupts the good lining, the gluten sensitivity epidemic in this country, so many patients will tell you. That when they go to Europe, they got to Italy, there's no glyphosate.

They can eat pasta. they can it bread. It's gone. Well, guess what? You're not gluten sensitive. it starts with a G. You are glyphasate sensitive, well, you are roundup sensitive and all the other toxic part of the formulation.

So it's a work that I'm doing now and we are just finished the first pilot of a clinical trial showing that we can actually reduce glyphosate in the most acceptable urine test, very significantly.

It's the product called Glyphodetox. But I think it is very important, it has the same attention. So we have the biochemical level, we're getting rid of toxins.

Mind-body medicine, breath, and heartfulness

And then on a deeper level, how can we use our mind resources, meditation, regenerative organs, our nourishing organs to change our body? And that's where meditation and mind-body medicine becomes so, so important, especially for the regenerative process.

I know from my own experience and having done it in the last 10, 11 years, one level is because I felt I got to a certain level of training and second level, I'm too busy and I hope to get back to it.

That I used for 20 years I would go two to three months a year to the mountain and just meditate. And the specific training I had that comes from Buddhism was what we call effortless training.

You don't do anything, you just let go of everything. And it would be, and I would do, I admit, some very strong, like to do a homeotoxicology with blood that I mix and inject.

I will do like six weeks every single day I did. I would come out and I will look 10, 15 years younger. Everything would change, my skin, body, physiology, everything would changed.

It was a very deep peeling off and it brought me to the recognition of the power of healing through meditation. Now I did it in an extreme, 10 years every day, hours a day.

I don't expect other people to do it, it was part of my craziness. But it allowed me refine certain meditative methods. that I mentioned a little bit towards the end of the book and really what I teach a lot in Israel, but I'm going to teach as of next year of 2023, of this year actually, in the United States more.

I really want to offer it because our mind really has an power to heal, an infinite healing power. And this is where, and the key shift is from a destructive, reactive, survival-driven lifestyle that comes from our head.

from our ego, from thinking, figuring, reacting to our heart. When we connect with our hearts and then we shift from reactivity to responsiveness, where we respond to stimuli with love and compassion instead of with struggle.

And each of us has the ability to do it. So it sounds like very esoteric words, but you know me a little bit, I always bring it back to physiology. So if we look at our body and I'm rounding up to 50 trillion cells, and it's an image I never get tired to share when it came to my mind, we got 50 trillions cells.

50 TRILLION. I mean, for people to get it, million times a thousand, okay, billion, times 1,000, trillion, time 50. And each cell has close to 1 million reactions a second.

So if you and I talking now and not falling apart is not a miracle, don't ask me what is the miracle. And the whole system works together in hormone. That's what we call mutual support, mutual respect.

A cell knows it's going to be expressing itself, doing its work, and then it is going into apoptosis, another cell will come. When a cell goes into a survival paradox and wants to survive when it not supposed to, It creates a microenvironment, you don't have to listen to the body anymore, right?

And you start growing on its own. How do we call it? We call is cancer. The more ego-driven, the more aggressive it is, they're more aggressively cancerous.

That's an example. And down to this cellular level, every cell has a membrane where it decides what's going to

come in, nourishment, and what is going throw out, toxins.

It negotiates with the interstitial space, you know? Right? We talked about it. The only organ that is different is the heart. the Heart is only the organ, that accepts what every other organ threw out, right?

All the venous blood from every single tissue. That heart doesn't say, I'll take from the liver, but I'm not going to take it from kidneys. Brain I really like you, But you now, the legs you didn't behave today.

They heart takes from everywhere. In fact, for the hearts to give blood, it has to be taken. The heart has to take away difficulties, connect with the universe, with infinite healing of the Universe, through the lungs, the breath.

The exchange goes on in the lung, and then you nourish, right? Detoxification to the right heart. transformation with the lungs and nourishment. That's what we talked about how we come to this world, remember?

A few minutes ago. It happens every second. So we are built to take our difficulty, our suffering, what you don't want, transform it. So it's different than detoxification.

When you detoxify, you're also producing toxin. when you transform, toxins are the root of the fire of nourishment, much deeper quality of healing. So physiologically we do it, even if we're not connected to it mentally, emotionally, psychologically.

But because we have a physiological tool for regeneration and healing, it has a huge Electromagnetic field, electromagnetic field of the heart, no, this shape, hundred times bigger than the brain.

So it gets to every cell in our body. In fact, it affects people around us up to five, 10 feet. And then in a weaker way, keeps going. Electro magnetic field goes forever.

so in this sense, when we connect it with our mind, with certain meditations, then everything is possible. Because why is everything possible? Because everything is changing.

The heart always moves. the moment the heart gets stuck, the moments it gets fixated, we are dead in 60 seconds. Your heart is always moving. In another way, your mind always thinks, always stops and analyzes, exactly the opposite.

And then it reacts. your heart accepts what it has, gives without discrimination through the aorta. And the first organ, the heart, nourishes itself through the coronary artery.

So it nourished itself in order to nourish others and as part of nourishing others. And then the last part to add to it is that the heart nourishes itself only after it finished its work.

Totally selfless, right? It pumps the clean blood out and only then it goes to the coronary artery. I often say anatomically, we could have nourished the hearts with the left atrium.

The blood is clean there, and calmed and it stays there during the diastola. There's plenty of time for blood to really get in. No, no, the Heart does its works and then only it nourish itself.

So when we connect to our heart, heartfulness instead of mindfulness, we connected our infinite healing potential. And that's where regeneration happens.

Because regardless of what toxins are coming to the heart. The heart can still send clean blood. But if we have a lot of toxins in our body, it won't be able to clean enough.

We have lots of toxin in the environment. We won't get good quality air, right? So we have internal inflammation, which we talked about, and we had global warming, global inflammation.

Exactly the same. Just the skin thinks there is a boundary, but it's affecting us. So you can see how the increase in chronic diseases and inflammation is happening in our environment as much as in us, so for people who are, I don't want to put energy into the environment.

Why would you actually putting energy in yourself? It's a good thing to do from a selfish, as the Dalai Lama likes to say, being selfless is a very good think from the selfish point of view.

That's what happened. And that's really the ultimate regeneration. I love how, I mean, when you look at, you know, like what you're doing is that you looked at it on a cellular level, organ level and you recognize that the way the body is structured, that it has a…

I should say it's a higher intelligence and it is how nature intelligently work to be able to continue to function and continue exist, continue regenerate.

And when we operate in opposition to how we were naturally created, that is, and we're driving disease and then impacting everything on a cellular level physiologically.

when we are operating spiritually and emotionally and mentally in an opposite for who we truly are. Totally, totally. It's really who we truly are. That's why it's so, in one level, easy to get there because it is almost too simple to really digress.

Because like you said, it naturally is who you are, we naturally have a heart that takes difficulties and gives clean blood. We just have the head and the ego and toxins internally and externally that make us not see who are exactly.

And then the result is inflammation, the results is degeneration. And we're talking about how in the regenerative process that it's not something that we can guide with our mind or tell the body that this is what you need to do.

It is something, that the intelligence exists already and you have to allow that intelligence to play out. And you become an observer and just kind of observing the process and by doing that, you give it the maximum potential to reach that regenerative, the peak instead of thinking that this is all I want to do.

And now you're limiting the creation, your limiting your body, or limiting all these different processes. I love that. Yeah, and this is very important what you said, because you describe a physiological process, but you actually describe also a meditative process.

Because when we meditate and we have an amazing experience, we tend to hold to the experience because it's amazing. But the moment we hold an experience no matter how amazing it is, We are limiting the next experience.

And anything that we're holding to eventually gets frozen. No experience stays, everything changes. So the trick in meditation is to keep moving. keep moving, not to hold to anything.

When we don't hold anything physiologically, our blood is less sticky. We have less hyperviscosity, we have more inflammation. We have less inflammation.

We regenerate. That's why the power of regeneration, it's really infinite. And what I like to say, and it is true, is not everyone will be a miracle, but anyone can be.

Closing thoughts on regeneration

Because everything is changing. Regenerative medicine is so important. This summit is important and the way you presented today, It's not about a tool.

It is about an understanding. It's about understanding and about then dropping the conceptual limitation. Dropping. Every time when you feel that skepticism comes in, it's our mind's limitation, we are limiting our healing.

And it is a journey. It is amazing. I mean, somebody who thinks, you know, has created a lot of things, and it spends a lots of years just letting go.

Because when we let go, you create space. And when you're creating space, you give an opportunity for things to arise. So when we want to melt a fixation that is at the root of survival, holding to what is always changeable, we create a space the fixations become looser, like cutting the ice into many pieces.

But when bring the warmth and the love and compassion of the heart, We're just melting the fixation. And that's why compassion and the wisdom of spaciousness work together to create this infinite healing potential.

When we can drive, when we come from this place, then less dramatic tools become more dramatic in the results. That's really the essence of true regenerative medicine, because we regenerate every second.

As long as we let go, good enough. If we don't detoxify well enough, if we hold to our emotions, hold our thoughts, our opinions, we're limiting our regeneration, renewal, rejuvenation.

And that's when the breath, I mean, becomes such a powerful tool because it becomes a programming of the rest of themselves and rest. You know, if you have an expansive breath and create that expansion to open up for possibilities for, you know where you don't hold the judgment where like in Buddhism, they talk about craving and grasping and we need to kind of let that go and then just allow and open up and breathe.

And the breath is incredible because the mind is hard to change, but we have to breathe and the exhalation is passive. So the excalation, is a process of letting go.

Then the end of the acceleration, there is this gap between the exhilation, which is passing, and inhalation which active. In this cap there's a very big place of stillness.

So we use a mechanical letting go process and we let it guide our heart and mind. And that's why the breath is such a good tool for meditation, where the breathe allows us not to get distracted, the exhalation, and this small gap allows to let go, but not let it go too long so we don't get caught again in the mind because the next cycle of breath has come.

And it's really what happened in life. You know, in Chinese medicine, we define longevity, not by how long we live, by but how many different things we have done.

So in order to do something different, something new, we got to let go of something old. And the breath does it. The breath excels with letting go, and now there is space for something to come.

That's why the breathe is so key in every tradition. But today we're looking at it from a regenerative, you know, based on the topic I talk about, I will shift the explanation to the Yeah, and getting away from that because we need now when we live in this modern society where we have stimulations all over the place and the body looks upon that as threats, whether it's 5G, EMF, things from CNN or whatever it is, there's always something that is a threat.

So we, we need then to be able to shift away from being in that threat state, that survival mode. And then, and that is, you know, cause yes, yes we can do, modified citrus, pectin, yeah, Pecta-salicy, We can also all these things are great to bind to the Galactin-3, You know that drives the inflammation, but even before that, Don't want to create Galactin.

I mean, we won't collect in three as a survival mechanism, but we want them as short spurts. Like when we need to run away from the tiger. But when you see animals, they don't keep running after they are saved from a tiger, now they rest.

Now they heal and regenerate. Yeah. We keep on running. Cool. Great. Well, Dr. Elias, I'm so grateful for everything that you're doing. This is such peaceful and powerful information.

And to me, this is the foundation of regeneration right here. Then you can build upon that. But this a foundational piece. Thank you so much for describing it and giving it such a great visual for people that are watching.

Thank you. Thank for the opportunity. Stay connected, stay healthy, and join us next time on Doctor Talks, real talks from real doctors on the issues that matter to you most.