Introduction and Dr. Ou2019Bryanu2019s Background

Welcome back, everybody, to the Parkinson's Solutions Summit. I am your co-host, Dr. Sandra Scheinbaum. And I have with me Sherlock Holmes of Detecting chronic disease.

And he has fascinating information to share, very cutting edge. So welcome. Dr. Tom O’Bryan. And I'm going to let you share about your background. So before we talk about Parkinson's, I would love for our audience to know about you.

Can you talk about how you came to this field of functional medicine? Yes, of course. Of course. And first, thank you. Thank you. I'm happy to be here.

I think this is a critically important topic. And people that are on this summit watching this summit, they've got some interest in this topic. So it's critically important for you.

Okay. 1979, my ex and I could not get pregnant, so I was an intern at the time and I called the seven most famous wholistic doctors I'd ever heard of.

And I asked them, What do you do for pregnancy? And they all told me what they do. And I wrote it all down. I put a program together. We were pregnant in six weeks.

My neighbors in married housing. We lived on campus. So I had said they were pregnant in three months. So now we're four months pregnant, just as happy as can be.

Talking to our friends and our friend's sister who lived in Wisconsin, in Wisconsin, the schools in Chicago, we're in Chicago. She would drive down from Wisconsin because she'd had three miscarriages and no one could help her.

And I said, Well, I don't know, but it certainly can hurt you. And she had a she got pregnant and had a healthy delivery after our baby. But and that just got me into this whole world.

You know, there's not much in medicine that's all. Or every. But this was every every couple that had any type of hormone related concerns. Whatever they were, every single one of them were eating foods that they did not know were a problem for them.

They didn't know because they didn't get sick when they ate the food. But with gluten, as an example, for every one person that gets gut symptoms when they eat wheat, there are eight people that don't.

They get brain symptoms or skin symptoms or joint symptom. They don't get gut symptoms, so they eat a pizza and they think they're fine, but they've activated their immune system, creating this inflammation that manifests somewhere else in their body, not in their gut.

And to give you an example about this gluten thing, we're going to talk about gluten much today, But just to give you an example, Marios, had you Vassiliou Professor had Gervasio, who runs the Tertiary Neurology Center in Sheffield, England.

Now a tertiary neurology center means you go to see your doctor, you've got some brain concerns, whatever they are, he recommends something. It doesn't work.

You go back to him three months later, you get on this medication so that four months you go back to. It's not working. He sends you to a neurologist.

The neurologist does some exams, make some recommendation, it doesn't work, or it works a little bit, but not very well. You go back, but it takes six months to get back in to see him again because of their schedule, whatever it should be.

And if it's a smart neurologist, they refer you to a tertiary neurology center. Now this is the third place the patient has gone right. And these are the geek of geeks they love just to explore and investigate.

What is this this person's got and where is it coming from?

Gluten Sensitivity and Brain Inflammation

And they published a paper that said, when the cause of a person's complaints are recognized and identifiable, the number of people that have elevated antibodies to wheat is 5%.

But when the cause a presenting complaints are not identify abo these guys, the geek of geeks can't figure out what's going on. The number of people with elevated antibodies to wheat is 57% and they put them on a gluten free diet.

They get better because the gut the ratio is 8 to 1 for every one person who's got problems in the gut with wheat, there are eight people that don't. And the most common system of the body that's affected is the brain, which is why I'm using this example here for the Parkinson's Summit, that it is just a fact of life.

You have to be tested accurately to see if you have a problem with wheat, because some people do and some people don't. But if you don't test properly, you'll never know.

And the old test that most doctors are using, they're inefficient. They're not comprehensive at all. And a new era in laboratory medicine came out in 2016 Mayo Clinic has written a number of papers about this, and that test is very, very accurate.

It's called the wheat Zoomer because you zoom in on the problem and when you do the wheat zoomer and the neural zoomer plus, which looks at 53 different markers of inflammation in the brain, you do those two tests, and then you've got a pretty good idea if wheat is a problem.

And how bad is the inflammation in your brain? So every patient that comes to us, I demand the wheat zoomer and the neural zoomer. Plus, because brain disease is the fastest growing, as far as I know, the fastest growing concern in our country today and in the world.

And so we want to identify and really scare the hell out of people. Excuse me, but you see these test results, you go, Oh, my God. And these tests are very, very accurate.

But I don't feel that bad. No, that's because you still have enough brain cells to not feel so bad. By the time you feel bad, you've killed off so many brain cells, it's much more difficult to arrest and turn this thing around.

Wow. So it would behoove everyone to get that test that you're describing. Oh, absolutely. Yeah. So the wheat zoomer and the neural zoomer plus is from Vibrant Wellness.

I don't have any association with the lab. I've spoken for them to teach doctors a few time because I have seen such great results. But, you know, I don't have any stock up.

I wish I did. You know, we don't, you know. So Parkinson's disease is climbing at an alarming rate. It's skyrocketing faster than Alzheimer's. What are your thoughts as to why?

Oh, there's no question. If you read the science, there's no question at all about it was 2010 when we read I read the first paper on this concept and it was mind blowing.

So there's two primary mechanisms that every person can have some control over. There is two there. There are a number of reasons of why this is happening and what might be contributing to add one and make it sound so simple.

But there are two that people actually have control over and have demonstrated to arrest the symptoms of Parkinson's. When you read the science, if you address these two things, you've got a good chance of slowing down dramatically or sometimes even reversing Parkinson's.

So there is two concepts. The first one is in this paper in 2010, talked about that we've heard and you'll have many speakers talking about alpha synuclein.

It's a protein that gets twisted and it's been identified as a primary trigger in the development of Parkinson's. This twisted protein in the area of the brain called the substantia nigra, and it caught this protein is in there and the immune system trying to protect you fights this weird protein that's not supposed to be there, creating the inflammation that kills off the brain cells in that area and you kill, not brain cells, killing off brain cells, killing of brain cells, and eventually you kill off so many brain cells, you start to notice some symptoms.

So where is this alpha synuclein misfire folded protein coming from? Well, it was 2010 when I read the first paper on this on free symptomatic Parkinson's.

That's what I never heard of. Pre-Symptomatic. Parkinson's. What is that? And you read the paper and they said the problem starts in the gut. When you have an abnormal microbiome, that means the good bacteria and the good viruses.

And there's lots of viruses, lots of bacteria, the environment of the gut. And when you get something called dysbiosis and I don't mean to be geeky here, but it means too many bad guys in the gut, not enough good guys.

When you get dysbiosis, alpha synuclein in your gut gives misfolded it gets tweaked in such a way that it can't function the way it's supposed to.

Why Parkinsonu2019s Is Rising

And they identified that that misfolded protein creeps up the nerve. So it's inside the gut, but it goes through the walls of the gut, into the nerves of the gut, and then back up the nerves neuron by neuron.

But itsy bitsy spider went up the waterspout neuron by neuron up the vagus nerve to the brain, and it has a magnetic attraction to the substantia nigra.

And so that misfolded protein goes in the substantia nigra creates all this inflammation in that area which causes the collateral damage, killing off brain cells, killing off brain cells, killing off brain cells and the result is eventually you don't have good motor control anymore.

It starts in the gut. And that's why almost every Parkinson's patient has a 20 year history of a bad gut. They get bloating, they get constipation. Yeah, I've had it for years, Doc.

As long as I take my Metamucil, I've been okay. But that's not working so well anymore that they've had to do something for their gut and nobody picked up on it.

Nobody realized what was going on. Now we have the technology to do the right tests to identify the environment of your gut and start to turn that around.

And that's part of the whole procedure when working with Parkinson's patients is you have to build, rebuild a healthy gut microbiome That's a critical component, but it's not enough, But that's a critical component.

So that's the first mark. I said there were two. That's the first mechanism that's been identified that control abuse to

the development of Parkinson's.

The second mechanism is the response of your immune system. Now remember your immune system is the armed forces in your body. It's there to protect you.

The Army, Navy, Air Force, Marines, Coast Guard, we call them IGA AGM cytokines, different cytokines. They're just branches of the armed forces there to protect you.

So the question when you have inflammation in what's trying to protect you from where is the inflammation coming from? And there are so many studies now identify that these toxic chemicals that so many people have accumulated in their bodies, that they are contributing, that the numbers of people that have accumulations of these toxic chemicals in their body and develop Parkinson's is sky high.

It's just unbelievable how high it is. And then there are many, many studies that are showing this now. So you've got these accumulated chemicals. Well, I don't have any chemicals, really.

You put nail polish on in 4 to 5 minutes. The phthalates are in your bloodstream from nail polish. And if you're a guy putting nail polish on, then you're probably also using makeup and 162 chemicals that the average woman is exposed to every day they get in your system and this stuff.

And while there's no evidence that that's toxic to you, That's true. That's true. And that's how the chemical industry gets away with all of this. They passed the legislation in 1976 called the Toxic Substance Control Act, which says you've got to prove that the amount of chemical you're exposed to is toxic to humans.

It's not you know, you get a little bit of phthalates in your bloodstream from nail polish. It's almost not measurable, just a little bit. But give me a five year old girl, this painting, her ten little fingers and ten little toes once a week, and now she's 25 or 30 married, gets pregnant.

And now so Chicago, 2016, 346 pregnant women in the eighth month of pregnancy. And they collected urine on them and they measured five phthalates chemicals used to mold plastic.

There are many, but they just measured five. And they took the results and they put them in fourths, the lowest the next, the third in the highest. And then they followed the offspring of those pregnancies for seven years.

And when the kids turned seven years old, they did Wechsler IQ tests the official IQ test. Now there's not much in medicine, that's all or every. But just like I said earlier about couples and food sensitivities, this was every every child whose mother was in the highest level of phthalates in urine in pregnancy, although she was healthy and had no concerns, had a healthy pregnancy.

But if she had the highest levels in her urine, every child was in that category compared to the children in the lowest category. These children, their IQ was seven points lower, 6.7 to 7.4 points lower doesn't mean anything to anyone until you understand a one point difference in IQ is noticeable.

A seven point difference is the difference between a child working really hard, getting straight A's in school and a child working really hard, really working, getting straight C's that this child doesn't have a chance in hell of ever excelling because his mom was the highest and fell eights during pregnancy.

Then just go to Google and you type in, fell ill at ease, validates and neurogenesis nerves growth. Here come the studies. The higher the phthalates, the higher the amount of inhibition of brain cell and nerve growth.

But the amount that you're exposed to when you go to Starbucks and you get a coffee cup with a plastic lid on it and you put this hot coffee up to your mouth with the water or the coffee hitting the underside of the lid and tapers out into the into the opening that you drink full of phthalates.

And you get these minute amount of phthalates every single day and they accumulate in your body. But the

amount of phthalates you get from a coffee cup with a plastic lid is not toxic to humans.

And that's how they got away with it. So and people though the consumer groups have been screaming about this since about the nineties or 2000, because more studies come out, more studies come out.

And so Obama in his administration tried to toot his horn that we've done this job, now we've passed this legislation. So there's now because until that time there were only five chemicals that had been forbidden in 1976, five out of the tens of thousands that we're exposed to every day.

So Obama comes in and Tutsis learn of what a great job they're doing to protect people. So they rule. I think those 34 chemicals now that are restricted out of tens of thousands.

So it was all a marketing gobbledygook, no teeth to it, you know, But it look good on paper. Look good. And so what we're up against is a world that we're being exposed to these toxins every single day, and they accumulate in your body.

And some of these toxins have been demonstrated. When you're high in these toxins, your risk of developing Parkinson's, specifically is much, much higher.

It's unbelievable to see this. And there's so many classes of chemicals. So you just describe phthalates, but there is so many others. It's know it's it's endless.

Let me give you one other example that doesn't relate directly to the brain, but it's jaw dropping. And you can easily interpret what it means for the rest of your body.

This was published in the Journal of the American Medical Association in 2019, and they looked at couples at assisted fertility centers. And, you know, when you're at an assisted fertility center, you're spending tens of thousands of dollars to try to have a baby.

Gut Dysfunction and Toxic Exposure

You know, these couples are so stressed out, they're trying everything they can to bring a child into the world and to start a family. And the editors of the journal the American Medical Association, made a comment saying this is an elegant study using sophisticated biomarker to demonstrate their point.

Now, the editors of the journal, the American Medical Association, arguably the top journal in the English language, they don't give good housekeeping stamp of approval very often.

Right. But they did. So I saw that, whoa, This has got to be a great study. Okay. I can't question this, whatever it is. So I read the study and they ruled out all of the factors that might contribute to success or failure in all the efforts that couples were doing, like obesity, alcohol, cigaret, smoking, exercise or lack of exercise.

They ruled all those out in an elegant way, sophisticated biomarkers. They ruled it all out to identify just one concept how many servings of fruits and vegetables were the couples eating?

Was the woman eating right? How many servings per week? And they put those numbers into fourths, the lowest the next, the third in the highest. And they look to see what are the results by how many servings of fruits and vegetables you eat.

And we all think, oh, the more fruits and vegetables you eat, the better. Right? And so I'm sure that's what we've been teaching for years and years and years.

Well, the more fruits and vegetables, the better. Turns out those women in the highest category of consumption of fruits and vegetables, which was 2.3 servings per day, which is almost nothing, not very much at all compared to those woman that were not having many fruits and vegetables a day.

So those in the highest category had an 18% less likelihood of getting pregnant. And if they got pregnant, they had a 26% less likelihood of a live birth.

They lost the baby miscarriage or stillbirth compared to the women eating the lowest amount of fruits and vegetables. Now, that's mind boggling. It's like, wait a minute, what did you just say?

And the editors of the journal, the American Medical Association, this is an elegant study using sophisticated biomarkers to demonstrate their point. Do not challenge this study, but it's completely different than what we would think.

But they also had a group of women, a subcategory of women who were eating organic, and they looked at those categories the lowest the next, the third in the highest of servings of organic.

And you were categorized as being organic if you ate three meals a week, not 21 meals a week, but three meals a week of organic. And it usually meant if people are trying to be organic, they're doing other things for their health, they're trying to balance their lives out.

If you were in the highest category of organic servings per week, it was the exact opposite much higher success and much higher likelihood of a live birth and a healthy baby.

So it wasn't the fruits and vegetables, it's the chemicals and the conventional fruits and vegetables. And I think arguably and I've not found a study on this yet, I've looked and I just haven't found one.

But arguably the most sensitive tissue in our bodies is the fertilized egg that's inside the uterus, that it's just trying to get its feet on the ground.

So to say, you know, this little being to develop, arguably, I would suspect that's the most sensitive tissue in the body. And I think the next most sensitive tissue is the brain.

So when we're talking Parkinson's, we oh, we're talking the brain. So I think that this example of assisted fertility centers with this elegant study using sophisticated biomarkers that says the more conventional fruits and vegetables you eat, the worse off the outcome, but the more organic you eat, the better.

I think that concept would flow over to the brain and brain function nicely. Very nicely. Absolutely. That makes complete sense. The title of the summit is Parkinson's Solution, so I'd love to hear your thoughts on what are some solutions.

Let's say you have a diagnosis of Parkinson's yet to do. You you can't put your toe in the water. You just can't. I mean, if there's so much damage, if your brain's been damaged to the point to where you're having symptoms, you need to deep dive all the way in.

You know, it's when I have a patient like that, I sit down with them and I say, you know, please excuse my language, but I have to read, too, from the book, The Book of Life.

So you don't mess with this. You have to do a deep dive. I know of no other way that you have a chance of arresting the development. Show me anything that's been demonstrated to arrest the progression of Parkinson's.

You know, you have some of the symptoms for a few months or a year or two. You know. Okay. Okay, great. I guess that's helpful. But it's still progressing.

It's still progressing. Shortening your life. So I know of no other way except I had this in the world of functional medicine. And you're a very strong part of leadership in that world, Sandy.

But we I think we both would agree if you listen to the Giants in the field of functional medicine, they always say the same thing. At the simplest level, it's good, the good stuff and take the bad stuff out.

Bottom line, that's it. And in Parkinson's, we're talking about the bad stuff, meaning all of these chemicals that we've accumulated. Now there are categories of chemicals and the big picture classification, they're called exo toxins and endo toxins.

Exo toxins means they're out in the environment and you breathe them in like plastic blinds on your windows. You're inhaling phthalates. And but endo toxins mean toxins that have accumulated inside your body already.

You've been exposed a little bit at a time and it's accumulated like lead poisoning. We know that nobody extremely rare that someone gets a huge dose of lead and now they have lead poisoning, but rather it's a cumulative over time in the water in Flint, Michigan, a few years ago of really unfortunate those tens of thousands of kids where it affected their brain development.

But the the toxic campaign arms are in small exposures that our body is insufficient in getting rid of. And the result is they accumulate in your body.

Those are exo toxins. So you have to learn both how to clear the exo toxic environment in your life, meaning the world you live in. You need air filtration systems in your house and if you can't afford them, you go to my website.

The Dealer.com forward slash plant, and you download the handout from NASA and house plants. There are 210 inch houseplants and two six inch house plants in a ten by ten room absorbs over 74% of the toxins in the air.

Naturally did all the work on that because their astronauts were going loopy in space and the space shuttle. Could you repeat that, please? And they would say, and I just looked each other and they never talked to the press about that, but they found out it was the air was toxic up there from the amount of plastic inside the shuttles, inside the containers.

And the phalanx they were getting was causing inflammation in their brain. So they financed the studies on house plants. Turns out a house plants absorb the toxins in the air and they generate oxygen back out into the air.

And so you read the handout and you go, whoa, oh, And that's one little thing that you can do. You have eight rooms in your house. You go buy 20 little house plants right there, ten bucks a piece.

And we show you which ones, the pictures up. You say, Oh, I see that all the time. Really? That one? Yeah, it does. And for those that say, well, I don't have a green thumb, they'll die.

Then you buy more. You know, you can't, like, negotiate with this. You got to get you have to stop the exposure that's coming in and you learn about foods and you start moving towards organic as much as possible, and then you move towards finding out what foods are causing inflammation in my body.

Gluten or dairy or lectins or eggs, You know, what is it for you? So you you avoid and you don't just well, I could have a little once in a while if your blood test comes back and says you have a problem with wheat, well, I can have a little one's oil.

Well, no, you can't, because the single exposure you've got over two months of inflammation from a single exposure. You can't afford this. You can't afford to put your toe in the water.

You need to dive in the deep end. You need to be overwhelmed. You need a health coach to walk with you in this world of. All right, okay, I buy this. You've shown me enough science. This makes sense.

Nothing you're telling me is going to hurt me. So how do I. How do I shift my lifestyle into less exposure to more of these toxins in my life? Right. How do I do that?

And so you work with you don't try to reinvent the wheel yourself because it's overwhelming and it's extremely difficult to do you get a health coach?

Amen to that. So that's the world of exo toxins. You have to learn. You have to stop your exposure because these exposures trigger inflammation in your body.

Detox Strategies and Advanced Therapies

And 14 of the 15 top causes of death, according to the CDC, are chronic inflammatory diseases. So you have to get rid of the inflammation. You have to lower your inflammation index.

Well, I don't feel bad. You know, before I ever had a symptom of Parkinson's, I didn't feel bad. Well, yeah, but you were still killing off brain cells.

Killing off brain cells, Killing off brain cells. That's called low grade chronic systemic inflammation. And you have to learn what are the biomarkers?

How do I tell what are the blood tests, what are the urine tests that identify if I have this low grade chronic inflammation going on? They're called antibodies.

So what tissue is my body fighting? That's why you do the neural Zimmer Plus test, because it looks at 53 markers of inflammation in the brain. And anyone who's been diagnosed with Parkinson, you're going to have 20, 25 markers elevated because your brain's on fire.

Well, obviously it's on fire, obviously. And then six months down the road, you do the test again, don't do it beforehand. It's a waste of money. It takes a while to calm down this inflammatory cascade once you change your lifestyle.

Six months down the road, you say, wow, there's 12 markers elevated. Well, yeah, but it was 23, six months ago. Look, you're almost halfway down now. That's great. Keep up. You're on the right.

Well, wait. Well, what do I take to get rid of them all? Get rid of all the inflammation. There's nothing that you can take. You have to change the lifestyle.

All that's causing the inflammation. And then you take the anti-inflammatories that help, like tumor risk and vitamin C and vitamin D, and your coach or your doctor will guide you through all that.

Do not try to reinvent the wheel. You have a life shortening disease. You need expert help with this. You get my book, you can fix your brain. I had I argued with Rodale Press for two weeks and the title they wanted some different time.

I said, No, this is the title You can fix your Brain and it's number one in seven categories on Amazon. You know, for brain function, you know? So I'm really proud of that book.

It's a great book. Yeah. And you just start learning all of these little things you do and you work with your coach and this. So that's the world of Exo Toxins.

Now, what about Endo Toxins. The toxins that are already stored inside your body? There's a lot of things to do for that. Also, there is anything you do to start flushing out these toxins is going to be helpful.

Anything. There's things like infrared saunas, modest exercise, like walking. The magic number that join the American Medical Association is 9826. You walk 10,000 steps a day, you reduce your risk of dementia by 51% just by walking, not fast walking.

If you want value, you can, but you don't have to just walking 10,000 steps a day because your lymphatic system is moving in, your flushing all this stuff all day long, just a little bit at a time, and you learn about infrared saunas.

But there is no evidence that this kind of stuff detoxes your brain. There's only one protocol now that has been

demonstrated to detox your brain. Only one that I that I'm aware of is called illness paresis and Innisfree freezes.

We've all heard of kidney dialysis, where these machines filter your blood to help your kidneys out. Well, that's it's the technology is many generations above that now.

Many, many generations. And we have things called plasmapheresis, and there's generations of that. But the highest generation is called in freezes. And you sit in a La-Z-Boy chair and you've got a needle in one arm.

And this taking blood that goes into this machine and it gets filtered by three different sets of filters, and then the blood comes back in the other arm, and it goes for about 75 minutes, 90 minutes.

And you see this this bag that's sitting on the machine there, that is this yellow gold type of color to it, and that is toxins. And you can measure that and you measure the heavy metals that are now in this bag, the toxic chemicals, the organophosphates that are in this bag.

And you do in as for pieces, treatments, there's only I believe it's 12 centers in all of Europe. And I don't know that it's here in the US at all. I don't know.

I looked in a couple of months ago, I didn't see any here. They they've got different types of plasmapheresis, but not Innisfree. So it's I and you do as page e r s.a.s.

in its Innisfree and a very famous dog who is one of the best in the world, in my opinion. He's on national television interviewing, and he said, This is the only treatment that detoxes the brain.

And so there is a clinic in Switzerland that my wife and I had gone to before called Swiss Mountain Clinic, and they have in a spirit is there. And I've done these treatments and I've looked at holy cow, because it pulls out microplastics from your blood, pulls out heavy metals, pulls out these organic chemicals.

And it's it was jaw dropping to see all of the garbage. And we live clean lives but you're breathing the air from chem trails. You think that's harmless? Really? Really.

And then all the chemicals we put on our body every day, women 160, 263 chemicals de men about 80 is the average between the shaving lotions and the amount of stuff that's in the shampoo and the toothpaste.

You know that commercial toothpaste have a sign on the tube that says if these symptoms occur, cause poison control. So why are we putting anything in our children's mouths and in our mouths by which if you eat the toothpaste, you have to call Poison control center.

Don't you think that's a bit toxic? Perhaps. And so you have to learn this stuff. You just got to learn. So Swiss Mountain Clinic and I called them an hour ago.

I hadn't thought about it before, but I called them and I said, I'm going to be interviewed at this summit. And for Parkinson's. And it's about how to improve when you have Parkinson's.

And can you are you willing to make some kind of an offer or anything and know, kind of an incentive for people who said, yes, yes, we've been talking about this in general and please give them the code and make up the code and tell them 25% off on all your housing in your food.

Now, this center, there's no place like it I've ever seen in the world. I mean, you go to your room and you live there for a week or two weeks or three weeks, and when you open your room and you open the balcony doors, you just want to yodel because you're in the Swiss mountains and it's spectacularly beautiful, is built on an ancient Druid holy site, literally hundreds of years of history of this holy site.

The water purification systems are the best in the world. They have walls now. They come from Germany. They generate oxygen into the air. They do IVs of different nutrition.

It's really the best clinic that I've ever seen. Swiss Mountain Clinic. And so the code is drtom because I'm making it up. drtom25 so drtom25. You use that code and they'll give you it.

And not every meal, they're all organic, highest quality. The chef is a one star Michelin chef. Unbelievable what he does with vegetables, fruits and vegetables.

It's just delicious. And you can have fish if you need some meat. You know, I don't know that they know that they do have beef on occasion. I don't think it's on the menu, but regularly.

But you're there and I have seen the worst. The reason I called them was because I was at the clinic this summer when we were in Europe. Marcy and I and our son were at the clinic.

And when I walked in, you know, this happens a lot when I walk in, people kind of sometimes their jaw drops a little bit because I've been on a lot of events and so my white hair is noticeable, I guess, at your time.

Right. And I was talking to this woman who was there. She has Parkinson's and she has the shuffle walk. You know, the shuffle walk is where she just feet go like this.

She can't lift her legs and bender knees. And she this was her. I think it was I'm not sure I think it was her fifth time there. And she is. And she has to in a series of treatments when she comes.

So she was about to have her ninth treatment of freezes, plus all the IVs and the other chelating detox protocols they do and all the testing they do.

And but she had the shuffle walk and she said, But I'm going to get there. Dr. Klingler told meI'm going to get there. And that's the world famous doc who really talks about the value of illness freezes for brain function.

I saw her two days later in the cafeteria and she's walking normally her she's bending her knees and she has a stride low, short in stride, but she's not shuffling her feet.

And I looked at her and I said, Look at you. And she's, Oh, my God, yes. And she said she started crying. She got out of the chair after her ninth treatment, and she started walking.

So it must have been, you know, who knows what happened. But my thought is it must have been enough of these toxins have been pulled out. The inflammatory index went down.

And what she has left was enough that she could walk more normally. That wasn't being inhibited by the amount of inflammation in her brain. That's my guess as to what happened.

And I've spoken to Dr. Klingler. He's told patients, go rent an apartment near the clinic. You stay there until you're better. So because people feel trapped, understandably, you know, because there's not much out there.

But you have to learn in your lifestyle to reduce the exo toxin exposure. And you need the proper protocols to reduce the endo toxin exposure. You have to rebuild your gut so you have a healthy microbiome because that's where it all began.

All disease begins in the gut, and I'm not just making a shape. This comes from Harvard Medical School, Our friend Professor Fasano, who is the professor of medicine, Harvard Medical School, professor of nutrition, Harvard School of Public Health, the chief of pediatric Gastroenterology, Mass General at Harvard, the director of the Celiac Research Center at Harvard, the Director of Mucosal Immunology.

That's the lining of your brain. The lining of your gut, the lining of your lungs at Harvard. Five titles. Five titles. One title is a lifelong goal for someone at their top of their game.

He's got five. We think he's going to win the Nobel Prize because it was he and his team that identified in 1997 the

mechanism by which this thing leaky gut occurs.

And they've been writing about it now for 25 years.

Practical Lifestyle Changes and Resources

And he's always so careful of what he says. So he's never misquoted. But this is the paper he wrote a couple of years ago by himself. The title All Disease Begins in the Leaky Gut, The Role of the proteins annually in a development of chronic inflammatory diseases.

This is what they're teaching at Harvard Medical School. Now you have to rebuild a healthy diverse microbiome, and to do that, you need a coach who's going to walk with you on how to go shopping and what to buy and not buy because the pickles you bought are loaded with sugar and you can't do those.

Well, here's some good ones. These are fermented pickles that actually help build a healthier microbiome, right. As an example. And now this is not the pickle diet, but I'm picking something that is so what?

Because so mustard ketchup. Open the door of your refrigerator. Every single thing in there. You're probably going to have to change if you've never read labels before.

Yeah, that's why that's why you need a coach. And these are things that people can start doing now. Right. Away. Those who might not be able to get to Switzerland to afford that state of the art, but they don't have to be discouraged.

They can say, I can do something, I can start now, I can just get rid of those ex of toxins as much as possible, and I can eat the kinds of foods that can heal my gut and put that all together with changing my lifestyle, working with a coach and and having hope that there are solutions.

Yeah, yeah. There is no question that you can see improvement. My rule of thumb is three weeks. If you're not better in three weeks, I don't care if you've got stage four cancer, you better notice that your energy's a little better or you're sleeping a little better, or the pain in your hips is not constant.

It's like three times a day really bad, but it's not constant anymore. You better notice there's a change or we're missing something. Yes. You can't put your toe in the water with Parkinson's.

You need to dive in and you dive in on lifestyle right away. You know, take you a few weeks of transition, you know, to do that. But you eat, you don't have time to mess around with this.

There is no drug that's going to fix this. You can suppress some of the symptoms, but it's false hope. Excuse me, but they won't tell you this. But it's false hope to think that there's a pharmaceutical that's going to slow down the progression of this, as far as I know.

You know, and I'm not a world expert in Parkinson's, but I am in functional medicine. And you need to understand the change in lifestyle. So stop throwing gasoline on the fire.

That means the air you're breathing. Get purifiers at home, get houseplants in every room, the food you're eating, get the health coach to help you figure out what to eat and what your family's going to like and recipes that you're going to like, you know that you use.

Start with those things. The world of exo toxins that you can right away and you start with home detoxing, working with a functional medicine practitioner right away.

And then when you can you look for the more advanced protocols. Absolutely. Wow. This has been a fascinating conversation, as always. Dr. Tom, where can people find you?

Oh, thank you. Our website is thedr.com. thedr.com just don't spell the word doctor out and get lots of handouts lots of videos. There's a number of different things you just explore Look around health care practitioners.

We have a online education program and we related disorders and the development of autoimmunity and you learn the mechanisms of where autoimmunity comes from.

All disease begins in the gut and you learn how to test it, what to do for it. That's called the Certified Gluten Free Practitioner program. And you'll see that on our site also.

But yeah, so there's a lot of information there. And for those of you that are attending this summit, because you yourself or a loved one is concerned about this nasty, nasty disease, Godspeed to you on your journey to learn how to live a less inflammatory lifestyle.

Thank you so much.