Doctors Attack Detox & Root Cause Medicine—They’re Dead Wrong Transcript

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Vagus Nerve and Detox Claims

There's some medical phrases that medical professionals use sometimes and it really bothers me because I don't know what they mean. A lot of alternative health care professionals just put a bunch of random words together and then hope it means something and they use that as buzzwords to sell whatever supplement number.

This is crazy what he's saying. When I had toxic black mold in 2016 and the gas leak at my house in 2024, I'd terrible symptoms and it all had to do with toxicity.

But my symptoms were like Vegas nerve, Vegas tone symptoms, meaning The vagus nerve goes from your brain stem to your gut. It controls all your digestion.

And then that's part of the autonomic nervous system. That also controls sweating. You can sweat too much or too little. Every single organ in the body can be dysfunctional because your nervous system is not working very well.

So how do you tone your vagus nerve? Honestly, detox, take vitamin B1, and there's other supplements for nerve health. some sort of muscle like you're trying to give your vagus nerve a six-pack like at best toning your vegas nerve means like, you are trying stimulate your parasympathetic nervous system but like if you could selectively regulate that then ICU rounds would just be like karaoke and vibes.

So there are things that you can do for your Vegas tone and that has to do with lights and sound and exercise and rest and a variety of things and it's in the research But I think before that, there's biochemistry that needs to be corrected.

But you can do both at the same time. So don't let him stop you from trying things to get your nervous system under control. I've been there, I had patients go there and you get better.

You have to do something to heal your system. It's not just about healing other organs or some organs, or part of the body. The nervous system controls everything.

Just like your hormonal system, those are the two things that control everything in your body. When people say like I'm going to detox and go on a juice cleanse or like cleanse my body of all the toxins that are inside, that doesn't mean anything.

If you have a liver and working kidneys, you're fine. It is the greatest thing that you can do is to Detox your Body. I've heard this many times on social media where medical doctors like him say, if your liver works and your kidneys work, you're totally fine.

And how do they determine if you liver and kidneys are working? They run a blood test, and you have normal labs on your livers and kidney markers. But that doesn't mean that they're working just fine, And if they are workign fine how is it that this person has so many toxins and all these toxins need to be cleaned up?

If her liver, kidneys were working fine She would have no toxins. I run this test on many, many people. Everybody's toxic. And then for the next six months to a year and a half, we're detoxing them.

Toxicity, Cleanses, and Polypharmacy

Sure enough, if we rerun this tests and they get better, their toxicities go down or they go away. Their symptoms go way. They feel better. The energy is up.

Brain is working better." So I've been using open evidence AI digging into the research about toxicity and I'm

asking questions. toxins come up often related to chronic disease.

So when a medical doctor like this says, don't worry about toxicity, these cleanses don' work, they don"t do anything, that's a waste of money, it is completely false.

It's in the science. You can detox and you can get better. But you have to go to like a holistic practitioner because he's drug-based doctor. 900,000 medical doctors only use drugs.

it's really sad. And the drugs are toxic. That's the problem. Its part of the problems. So the more toxins you take, the More drugs you Take, The sicker you get and the sooner you die is called polypharmacy.

It's a real thing. it's in the medical literature. And we got people like this guy saying, oh, don't worry about it. Just take more drugs. We will prescribe them to you.

They're totally safe and effective. But man, detoxing is one of the most important things you can possibly do. You're not going to magically get rid of toxins in your body that don't exist by drinking celery juice You can take a test called total tax burden It's available to anybody.

It is on this webpage right here. Run this test. Its a urine sample. Ship it to the lab. They come back with a report and it tells you how many toxins you have.

Then start detoxing and a year later redo the test and watch your symptoms go away. Just ignore what this guy is saying. He does not have any clue. His never tested anybody for toxins.

Hes never detoxed anybody ever. Only prescribes drugs. I don't know who he is but based on what he says I know that I'm 100% right. You know what is detoxing your body?

Dialysis. Okay. Sure, in the medical world, dialysis cleans up your blood, but we're trying to prevent that. But that's his world is end stage pathology and disease.

You're near death, you see him, he will drug you to try to keep you alive. They will recommend dialyses to trying keep your alive were way before that If detoxing your body worked the way that people think it did, then every hospital floor would just be juice bars and saunas.

No, it would be more like EDTA, IV chelation, fulvic acid and humic acid. And someday it should be like that. But the hospitals, you know, It takes a while to get that done.

Yeah, that's a really good thing. Hospitals should detox people without a doubt. He's absolutely right. Juice, juice bars and saunas not I don't think so effective.

Although there's tons of research on sawnas, but it's more there is more science behind detoxing than that. All right, here we're going to talk about number three chiropractors.

I'm a chirapractor. Here we go. Three chirepractor say you need to balance your hormones. like your hormones fluctuate throughout the day when they do fluctuating throughout.

The day they actually also fluctuates throughout, the month and some of them fluctuated throughout The year. But there are panels of hormones that you can take where you collect saliva samples throughout Or you take saliva samples throughout the month.

I've run these on men and women to see where your hormones are at. So balancing the hormones means that you can have, let's say, a normal level of progesterone and a level estrogen, but yet they're like this within normal range.

The ratio is too far off, or this way.

Balancing Hormones and Root Causes

That's part of balancing. And I actually don't even work on hormones so much. but I work on organs so that they work better, so they make more hormones or less hormones.

And I have one patient, she had terrible symptoms, tons of anxiety, and inward trembling, just was a total mess. We ran a lab test on her and her cortisol was crazy high.

All the other organs were normal. So does she need to balance her cortisol and bring it down and balance your hormones? 100% yes. And I tried a few things, but I sent her off to see a medical specialist and they found a tumor on her adrenals.

So she's gonna get that tumor taken care of and then guess what? Her hormones will be balanced. You wake up your cortisol and your testosterone are at the highest level and it's very different from the end of the day.

And this last one pisses me off more than anything. That's when people say we need to find the root cause of your… Oh boy, finding the root cause of your illness.

I've made several videos about this so far. So you can get a diagnosis, let's say autoimmune disease, such as like a garbage diagnosis would be chronic fatigue syndrome and say, oh, that's auto immune disease or Sjogren's or rosacea or something like that.

That diagnosis that disease name, it's just describing symptoms and labs. that what it is describing. But then you have to go earlier. There's something earlier that happened that caused that now could be genetics.

But when you look through, I use OpenEvidence AI, and it says the rest of the causes are toxins, infections, a bad diet, you know, another lifestyle choices.

So you can have a really good effect on autoimmune diseases with detoxing, cleaning up your body of all kinds of organisms, making sure your diet is right for you.

And then there's genetic issues and a lot of those genetic issue can be tested and the solutions are commonly supplements, sometimes drugs, but mostly supplements to supplement the genetic deficiency where there is going to be some kind of a biochemical missing agent and then you supply the agent by taking nutritional supplements.

So finding the root cause is something that I've seen this over and over again on social media. I'm so glad medical doctors are getting on Social Media because I am seeing the ridiculous things that they're saying.

Like if you're not finding a root Cause, what are you doing? You're treating the symptoms. And if your treating a disease, guess what? Your just treating symptoms and that's why people stay on drugs and they are on the same drug for the rest of their life.

and now they have polypharmacy and thats a problem and actually help people get off drugs because we get them better. and I've had people get off their arthritis drugs and off the steroids and their inhalers and all that stuff.

And I don't tell them to get out the drugs. That's not my license. I let the MDs do that. But I'm the guy supplying nutrients and herbs and correcting their diet and detox, detox detox.

Over time, they just get better. It's just not a quick fix. it takes months to and a few years. So yeah, finding the root cause is vital. It's the most important thing you got to do.

And guess what? There's usually many root causes for one person. Different types of pathogens, different types toxins, Different organs needing nutritional support.

different organs need drainage, making sure you're on the right diet. Sometimes you need to flip your diet around to

a different diet, so there's many factors here.

it's not just finding one disease and then giving some drug to treat that disease. or illness. In real medicine, root cause means very specific things like infection, ischemia, genetic disorders, autoimmune disease.

Chronic Illness, Cancer, and Lab Testing

So ischemia is not a root, cause auto immune disease is that a real cause infections. Yes. But here, this is terminology that I see over and over again, where somebody is given a diagnosis and they're like, yep, that's my root.

Cause I have Crohn's disease, That's My Root Cause. No, Crohan's Disease is NOT a Roots Cause, There's genetic, there's infection, toxins, gallbladder dysfunction, small intestine dysfunction.

Pituitary dysfunction on and on. So it's never just the disease name that is the root cause. Malignancy, etc. He also mentioned malignancies. Yeah, that's a problem.

Cancer is definitely a problems. Again, what's causing cancer? Genetics, yeah, but also mold mycotoxins that causes Cancer. It's in the research too. I'm not just making this up.

Aflatoxin, that causes cancer. What else causes the cancer? Toxins, heavy metals, chemicals. There's lawsuits all over the news about various toxins causing cancer and of course we know our terrible standard American diet is causing Cancer and we about the mechanism, high insulin, etc.

etc.. There is one main mechanism of chronic illness and there's over 20 more other mechanisms but there is 1 main mecanism. Like, those are root causes.

Those have mechanisms and those have treatments that have been validated time and time again. And those treatments are drugs. He's talking about treatments, right?

Not actually curing. You know, and it's kind of messy, medicine is a bit messy….and have hundreds of studies to support them. Typically, when someone says, we need to find the root cause, it usually means, I'm not gonna find out what's wrong with you, but I know that this supplement is going to fix you.

So he might just be watching a lot of social media where people are saying here, take this nutritional supplement, multivitamin, it fixes the root cause without a proper workup and assessment and a properly plan.

And there are people that will sell you a multavitamins and say, just take it for the rest of your life. It has everything that you need for rest your live.

yeah that's never a true statement because your body goes through different needs etc etc so so typically you find a root cause and then you can address that and Then you switch over to the next root Cause and, then, you Switch to, the, next, root, cause, and guess what there's a blood test for this is called mvx plus it's at lab corp which is a nationwide lab system, and it's one blood draw, one vial, you go in the morning fasted, it tells you your biggest red flags.

Is it infection, is it inflammation, toxicity, malnutrition, or mitochondrial dysfunction? Those are the five things that have been known for decades to be the underlying problem related to complex chronic illness.

So if you have let's say malnutrition showing up on that blood test, you work through that for the next few months and then you keep redoing the test let say every six to eight weeks and it'll tell you the thing to do maybe detoxing, maybe tackle the immune system and help that eliminate pathogens.

So all the things that he's frustrated about He doesn't know the answers to, and as a matter of fact, he's made other videos just like this.

Beliefs, Ideas, and Closing Remarks

I think he is just taking this opportunity to try to bash alternative or holistic medicine. And now it's a tribal thing because the last thing he does is he quotes a guy that I've been communicating with and debating with on through internet videos.

It's kind of a mess, but here's how he finishes it. In the wise words of Dr. Antihero, don't get scammed. Take back your health. Yeah, don't get scammed.

Take back your health. You got to improve your Health instead of treating disease and symptoms. There's this concept about ideas versus beliefs. And if you have a belief system, it's hard to take in new ideas or evaluate them and then come up with a new belief.

So let's all focus on ideas, investigate them, try them out and not have this belief System that will prevent us from progressing forward to help more people.

Like I said, he's done this video before and now he is redoing it. I think it is just click bait, rage bait whatever. And it's telling me that he's got some tribalism going on.

You're saying having beliefs is a bad thing? I just think it is better to have ideas. I mean you can change an idea. Changing a belief is trickier.