Doctors Said Anxiety — It Was B1 Deficiency & Infection @Brandon Buckingham Transcript

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Opening: Near-Death Hospitalization

Let's go over this video by this YouTuber. It's called I Almost Died. You're going to see why medicine almost let him die. it's a very interesting story.

Woke up in agonizing pain with my feet swollen, unable to hear anything and barely able to breathe. My wife called the police and eventually an ambulance arrived and rushed me to the hospital.

Upon my arrival, they told me that my lungs were filling with fluid as my liver, kidney, and heart were all simultaneously failing. Doctors scrambled for answers as family and I prayed to God that I would survive through the night.

But how did I get to that point? And what causes a human to have so many health problems appear all at once? Well, let's rewind all the way back to June of 2025 when I was filming a documentary about Kia boys in Detroit and our car was shot up with me sitting in the front seat.

And this set off some pretty intense anxiety and insomnia that would linger with the rest of the year.

Detroit Shooting and Lingering Anxiety

So what is that? It's a vitamin B1 deficiency. B as in boy. You can have long term stress or a short term very acute stressful moment like he did and it depletes your B-1.

It whacks your nervous system. and he starts getting anxiety, high dose B1 like an IV quantity is something that he should consider and that's my recommendation for that.

That's a simple fix right there. The next video I filmed was at the Shambhala Electric Dance Music Festival where I had what I would consider a mental breakdown of sorts.

I'd never been to an EDM event before and after days of camping on the floor bass, slamming my head, preventing me from sleeping, I actually had to leave the festival altogether and stop filming.

So he went to an electronic music festival. I have two questions. Number one, you slept on the floor. Does that mean you sleep on dirt? And number two, did you use heroin?

Later in the video, he says he didn't use any drugs, so he slept in dirt or camping for five days. Extra added stress, B1 deficiency. But what happens when you get sleep in a dirt.

You get an infection. So that's his diagnosis, he's B1 deficient, He's got an infection.

Festival Breakdown and Worsening Symptoms

That's my diagnosis. There you go. He got a infection, vomiting. So it's in his stomach, it could be a parasite, could bacteria, something. This is a big mistake.

People think they need to exercise to get their health back. No, you have to remove toxins and infections and add in nutrients. Exercising is good. It's really good when you're healthy.

So now he's got sharp chest pain, inability to catch his breath. Inability to the breath is a B1 deficiency. And the

chest pain is also a loss of oxygen in the cells of the muscles, including the heart and maybe even the diaphragm.

And his lungs can't expand and contract normally because the muscle are tightening up. The word anxiety actually means tightening. So when all these muscles are tight, you have chest, pain you can breathe very well.

You go to the E. R. you think you're having a heart attack or something and they say, oh, it's just anxiety. and they send you psychiatrists. That's not the solution.

At this time, my health was certainly deteriorating as I was vomiting most days of his trip to the point where I couldn't even sip a beer without puking.

I knew something was very wrong with me, I just did not know what it was at the time. And for those that are unaware, My big brother Kyle suffered from a massive heart attack on September 4th, 2019 that ended up taking his life.

and ever since that day, i've worried about my own longevity and if i was going to die from my heart at 34 or if something is possibly wrong that I wasn't aware of.

So he's got the chest pain and it can be really scary.

Family History, Vomiting, and Decline

I have heart disease in my family. And when I had mold toxicity, it affected my heart. I went to the emergency room in May of 2024. Same symptoms. It doesn't matter that it came from mold or the gas leak.

Trouble breathing, high blood pressure, rapid pulse, can't breathe, chest pain, left arm numbness. it was terrible and very scary. And I was asking my grandmother, how did my grandfather die?

and how did my great grandfather die, et cetera, trying to investigate do I have heart disease, although the blood tests are normal, the EKGs were normal on and on, so it's very scary when you don't know what's causing it.

I enjoyed my time with Craig and the boys, but something was definitely off with my health. i was having numbness in my hands and feet with intense anxiety, and then once or twice a day vomiting continued.

The numbiness in the hands or feet is absolutely a vitamin B1 deficiency. A few weeks later, Craig Jones invited me out to Culiacan, Mexico to visit his Fair Fight charity Jiu-Jitsu Jun, as well as film a potential video about the ongoing cartel war in the Sinaloa territory.

During the Mexico trip, I was quite sick to say the least, and it was there that I finally put my foot down and decided that i would not be filming for the rest of the year and I would return home to address my health as I had been regularly vomiting for almost two months at that point.

My grandmother passed away on September 26th and I was having really negative thoughts about not wanting to exist." Really negative thought about, not willing to exists.

Those are not his normal thoughts. That is his brain cells dying. When the brain cell start to die, you get really nasty thoughts, thoughts of not want to be here and questioning your life decisions.

Why did I marry this person? Why do I buy this thing? And then you realize, well, wait, these are not my thoughts. I married this person happily, I bought this house happily.

But these negative thoughts are NOT yours. They belong to the infection that he has, they belong the vitamin B1 deficiency. So there are people, 25% of Americans are on psych drugs.

And they had bad thoughts, Well, their health was bad. And when your brain cells start to die, that's what happens.

Also, but when you're muscle cells die you get the tightness and the anxiety.

The whole underlying theme here is cell death. So you have to repair the cells. How do you do that? Step one, detox. Step two, nourish. The puking had turned into an all-day, everyday occurrence where I couldn't sit bone broth or have jello without vomiting and I was fighting thoughts of just wanting to give up.

Urgent Care Visits and Failed Treatment

I've seen patients like this where they're vomiting frequently. One guy I treated, he had vomiting spells that would go on daily for a week or two and then he was okay for four weeks then to go in again for another week to two.

And yeah, that was parasites. They put him on parasites supplements. He got rid of worms. and it took about four to six months and he was completely cured of the consistent vomiting.

I tried cold plunges, saunas, IV therapy, numerous medications. See all these things are external therapies like cold plunge and sauna. They're good for long-term chronic illness but he's got an acute situation going on and doing medications like he said it's going to work if it is an antibiotic or some kind of anti-parasitic drug but nothing else is going No social media, meditation and nothing could stop my anxiety, insomnia and constant stomach problems.

I dropped weight all the way from 195 pounds down to 165 pounds and I genuinely began feeling like I might die. It sounds dramatic but my whole body was cramping, my chest was pounding, I couldn't eat or drink anything, My hands and feet had gone numb.

And having exhausted my at-home remedies, I decided I would go to the urgent care for the first time on October 27th. There I was given an IV of fluid and treated with anxiety medications and Zopran.

So what? They put him on anxiety medication? This video is brought to you by MyOffice. We use new and old clinical discoveries solving complex chronic illnesses using only diet and supplements.

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My book is available on Kindle. If you want to buy supplements from my office, we have this store which is for patients only, And we've this door which for everybody else.

Collapse, Hospital Admission, and Sepsis Diagnosis

But if you just want jump into direct care immediately, just contact the office directly. They didn't even bother to do a history maybe and find out something deeper.

When a patient says, oh I have anxiety, they're just going to give you anxiety drugs. And non-stop vomiting. I returned to the urgent care once more and they did the same thing.

They did same things, but they didn' even do something different. He mentioned Zofrin, that's for nausea. So they put them on anxiety drug and then an anti-nausea drug.

IVs, stomach meds anxiety med and absolutely nothing worked. For the next eight days I spent the majority of my time vomiting and getting in and out of the bathtub and shower.

It was indescribably brutal. Then on November 5th I went to the emergency room begging for help and they wouldn't give me medicine this time despite me blacking out and falling in the lobby.

They gave me a bag of saline for dehydration and kicked me out the door within 45 minutes. When I hear some celebrity going to the hospital and they're dehydrated, I never believe it.

There's always something deeper than that. my weight had dropped from 165 down to 157 standing at six foot three and that brings us to the morning of November 18th when my body finally decided to give out after 79 days of vomiting and what I would describe as suffering they called an ambulance to bring me to The local hospital when I arrived at the hospital they took my vitals and discovered my blood pressure was as low as 70 48 which is potentially life-threatening.

On top of that they put me on a scale and I weighed only 150 pounds at six foot three having lost over 40 pounds in under three months. They did some blood work and ran some tests on me and ended up finding out I had a long list of health problems including sepsis with acute renal failure.

That's what matters. Sepsis means he's got an infection. an acute kidney injury, pneumonia of both lungs, so infection, acute liver failure by AST standing for aspartate amino transferase, which is a liver enzyme that is normally between 15 to 48 units per liter, with mine coming in at a ridiculously high 2,809. He's got an infection in his liver.

I also had acute pancreatitis. Infection. A toxicology test was performed to rule out me having any harmful substances in my system on both October 28 and November 18, with me coming back positive for cannabis and benzodiazepines as I had a prescription for anxiety medication and was smoking marijuana in a futile effort to quell my waning health.

but I came up negative for every other substance. tell you why. I was so sick with my organs failing, I wasn't really able to get up or control my bowels.

And on top of that, i was vomiting profusely, but eventually I got an official diagnosis and my body began responding to the medicine.

Recovery and Lessons on Timeline History

That diagnosis from the doctor was that I had sepsis pneumonia, which in my case was a bacterial infection that got into my lungs and eventually my blood causing my liver and kidneys to fail along with permanently damaging my The first doctor who talked to him should have known because he spent nights on the floor at that electronic music festival.

That's what a really good history does. As a matter of fact, there's a type of history called the timeline history where somebody gets sick and you ask the question, what did you do just before you got sick?

What was your circumstance like? Did you go on a trip? And not everybody has an answer, but he would have had to answer. And I think when doctors see a patient like in the ER, for example, they just listen to the symptoms.

Are they really taking history? I mean, this is obvious. When I first saw this video, I was like, oh, yeah, that's obviously like an infection and a B1 deficiency.

And that was coupled with Coxsackie virus type B, which more commonly causes hand footed mouth disease. But in my rare situation, it caused me to go into heart failure.

Eventually, the tuberculosis results came back and I was deemed negative for TB, Which was fantastic news. After several days, The blood tests began to show my liver, kidney and pancreas were improving and seemingly on their way to returning to normal.

I've talked to patients who went to their doctor saying, I have this problem and they needed an antibiotic, but because the patient is complaining, they're given an antidepressant.

I've seen that before. There's so much reliance on psychiatric drugs. Instead of actually being a clinician, don't just give out psychiatric drug because people are complaining of depression or they say they have anxiety.

You got to go deeper than that and find the cause. I'm recovering little by little, day by day. My liver, kidney and pancreas are all fully recovered back to 100%. I no longer vomiting regularly for the first time since July of 2025 and I have gained 15 pounds since my release from the hospital.

The lesson here is timeline history is super important. And when you say anxiety, doctors will go to the anxiety drugs and they test it for a bacteria later.

They tested for TB. I guarantee they did not test for parasites. A guarantee he's got a parasite. Even if they do a stool analysis, they rarely find it.

What I got to do is take pair one and pair two and see what comes out. He won't be fully healed until he gets those parasites out. I hope this is helpful.

Just want to share with you this clinical story. He's a really good storyteller. Really got sucked into his story and I want share it with because of some really lessons to be learned.

If you need help improving your health and you want a practitioner that does the timeline history, we solve complex chronic illnesses using only diet and supplements.

You can contact my office.