What does Toxicity and Autoimmunity have to do with an EBV Viral Infection? Transcript

(Transcripts are generated by AI and may contain errors)

Summit Introduction and Guest Background

Welcome back to the reverse Autoimmune Disease Summit series everybody. This of course is the fourth iteration. We're on the autoimmune detox and we're talking about the four corner pieces of the puzzle.

You are your own individual puzzle, but each of us has our own unique genetics. We have our own unique gut health, which is the second piece of the puzzle.

We have our own unique history of trauma, how we manage our stress. And then the fourth corner piece of the puzzle, of course, is toxic burden. And each of us has our own level of toxic burden and our body's willingness to unload those toxins.

So it's a whole dynamic process that there's no one size fits all for. And so I am bringing experts in to talk about this and how we can individualize it for each of us.

And my guest, right now is my dear friend, Doctor Kasha Hines, who is a CEO and founder of global EV Institute, which is I've seen Barr virus and holistic nutrition and naturally, she's an international leader in recovery therapy for Epstein-Barr virus infections and the Amazon bestselling author of the Epstein-Barr virus solution.

She's a doctor of Clinical Nutrition Board certified nutrition specialist and a certified nutritionist licensed by the by the State of Washington. Trained at the prestigious Best Year University, she also trains other clinicians in her methodology in her EBV Practitioner Workshop and EBV Clinical Training and Certification program, and she runs the EBV Recovery program for people with chronic Epstein-Barr virus.

She's been in clinical practice since 2005, providing individualized support to several thousand clients with complicated GI and autoimmune challenges.

Welcome to the Summit Series again, doctor Kasha, I love having you on. So I know you guys have been here, I guess, but people like you and like, we have so much to talk about right now.

We have so much to talk about. Let's go. So one of the things when we were just starting this morning, right, we were talking about the fact that, oh, we can talk about this and we can talk about this and, and one of the things that we were talking about was, okay, so current food resourcing, you know, you are saying salt is not solid, corn is not corn.

Microplastic in all stools tested and 90% commercial salt research is showing that that. So I'm going to let you go with that right now and we'll, we'll just put a quarter in you okay. Let me go fast and give some samples.

Just because people I think were in denial, saying, you know, I eat food, there's, you know, we've been eating food for hundreds and hundreds of years so that there's that for you.

So there's here you know, we have made so many changes in that environment in the last few hundreds of years. 200 years, not 50 years.

Soil Depletion and Nutrient Loss in Food

And when you look at even old studies from 20 years ago, 15 years ago, it's very clear that American, population is depleted and deficient in basic nutrients.

They're just not meeting even meager American standards. They're not very high standards in key key nutrients like magnesium, zinc, antioxidants, like, vitamin C.

Very simple. But if you look, if you look at studies, It's interesting because even protein level in produce is decreasing, and the DNA complexity in the soil and microbiome of the soil is really important.

And that's in organic soil. It's much healthier. In commercial soils we're losing the most nutrients. And so if you look at, detoxification you have to have a couple of components.

You have to have, nutrients that run detoxification properly. And, and very simple things like very simple thing selenium. Selenium is extremely sensitive.

So soil quality it's hard to get selenium in the soil right now. It's not what it was 50 years ago. And so when you without selenium you can't have proper satellite function.

But you cannot make your most important antioxidant in the liver for detoxification goes on sale. It's one of the ingredients you have to have that and you know, and, and and the list goes, common things that we do.

Let's talk about this for a second, because I want to hit on a couple of the studies. In Peru, there are over 350 kinds of corn. Historically. And so in the Incan tombs, archeologists tick corn out from these hundreds of years old.

Right? Tombs are there are are these ears of corn still intact? Studied them. They had more nutritional value than the corn that is being pulled out of the soil on this planet today.

There's there's not much nutritional value in in the commercial for produce. We we grow and, you know, when I moved to this country only, what, 25 years ago, I moved to Michigan.

And I remember eating tomato for time, and then I was eating, strawberry regular, you know, tomatoes, strawberry. And I. I couldn't pinpoint what was wrong with those foods.

I was not tasting the foods I was used to tasting. Just because the the farming, you know, practices have been so aggressive in this country, and we're losing topsoil, so there's, like, not not much left.

And even I have to say, even in the organic produce that I eat here, I do remember the intensity of flavors of certain seasonal foods from Poland and sometimes from local, you know, that was local when I was growing up.

It wasn't it wasn't so commercialized. I don't get that flavor from organics. There just don't have the intensity. So you can see that we have shifted the, the DNA, the the nutritional makeup of what we eat.

And, and that reflects the studies. And we are so deficient and you have deficient. You can't run, you can't run your processes very well and detoxification is one of them.

And then, you know, on top of that, American diet doesn't provide enough fiber. You don't have fiber, you don't move two stools a day. You are retired saying you are redistributing toxins that should be evacuated through the stool and getting out of the system twice a day.

If it doesn't happen in the colon, the colon will still reabsorb what it can. It keeps re absorbing the little bits of anything water, you know, anything else that can take out of that stool.

And if you have, toxins in them, they will be reabsorbed. So even, you know, you have there's double whammy and then there's triple whammy. Many years ago, environmental work environment, EPA had a study showing that the concentrations of toxins inside your home and right outside your home, there is eight times concentration outside inside.

Just because of the way we built and the way we insulate, the way we seal. And and then we have forced air

redistributing all the toxic debris. And then people live on the communities, aging communities.

They move to Florida, they move to golf course communities there. They have contamination in the water. That's some of the worst heavily sprayed areas.

I have been on rants for years, and you're the first one that I've heard say about this, because golf courses are contaminating our planet. And all of the golfers that are listening to me right now, I'm so sorry.

I know it's offensive for you to hear this, but how are those Greens maintained with a whole boatload of toxins and it just goes into the groundwater?

Yeah, yeah. What people don't understand is, And I hope our listeners will hear me on this. We are a closed system in a way. Think about it. The water you drink is the same water dinosaurs we're drinking from.

This is the same system. Up and down, up and down. Recirculated. So the concentrations of toxins that we're getting is higher. There's nowhere to go. We need to clean that somehow. So yeah, I mean, you know, the you probably heard of studies on what's going through umbilical cord in pregnancy, what the infants that are born now are coming with, they're already intoxicated, so to speak.

And then also breast milk, which is got the jet fuel and and oh, there was a study years ago also on women breastfeeding and jet fuel was in every sample of breast milk dependent, regardless of where the woman lived.

Toxins in Water, Homes, and Everyday Exposure

And, you know, jet fuel impairs your thyroid. There's your thyroid epidemic right there. People don't know that microwaving destroys nutrients. It's hard to get studies, but I have found studies are in my book.

And, boy, like 97% of flavonoids, cancer protecting flavonoids from broccoli. I lost just in microwaving, whereas 11% is lost in this steaming huge difference.

So if you rely on, you know, you go to a restaurant, we don't these days so much, but, I would have a sneak peak and I would see that in restaurants or microwaving on me.

That's a quick thing. I didn't ask for microwave meal, and, I had a case of LED toxicity, most likely for from garden hose. Garden hoses have lead in them.

There's garden houses you can buy that, without lead. Very special product. You have to know about it, but you don't know about it. If you are a gardener and you use the produce, you're going to garden.

You're going to get lead in your produce, you're going to need that. And then people who have bone broth, if you really make bone broth and cook at 12 hours, where is LED stored in bones, what happens if you get everything out of your bones because you're cooking and cooking?

You going have let out of the bones into the broth. And that's been documented in, bone broth, from organic chicken. Organic chicken doesn't then qualify as you know that free we have lead enables you and I know we do.

Yeah we do. And especially with the lead you know, history of lag that we were exposed to in gasoline before until I said I desire spawning and you for the better.

But yeah. So, I would say, I would say yes. We talked about salt. It was 90% of commercial saw that has microplastic and every single person tested, had microplastic in there.

So this was a European study. People are from different countries, I think Finland, you know, Italy, they had they had micro plastic, plastic really confuses our immune system can lead to cancer or immunity.

And plus of course Epstein-Barr virus viruses like that can trigger autoimmunity. That's well documented. So I think people don't understand they're looking for a detox this and detox that. But, you can't detoxify if you don't have sound.

B vitamins. B vitamins are depleted in stress. B vitamins need to be supplemented daily for women because we are peeing peeing it out. The B vitamins are coming out our ears.

We're losing those vitamins. And so now more than ever, the nutritional status is really paramount because and even in functional medicine, I see this oversight.

People don't don't, don't, don't bring it in. And, that, immunoglobulins are our immune cells ourselves. And every cell requires nutrients, and they have nutritional needs.

And the nutritional needs are nutrients, basic nutrients, very basic nutrients like B vitamins, magnesium, zinc, antioxidants, lots of calcium. And so, like in terms of viruses, if your nutritional status goes up or down, the virulence of virus says increases because of the genome, changes in the virus due to low nutritional status.

I hate antioxidants, but they thrive in low nutritional status and so ago. So we have more infections. So one of the things about vitamins, you know, is also 35% of Americans with genetic testing are we're finding out that they are under methylated.

So then sometimes that taking B vitamins is actually as a supplement is worse for you because your body doesn't know how to break it down and it has this overload of something it can't manage.

So kind of knowing that status. Right. Or if you're low and co Q10, are you going to be able to take the B vitamins from your food and be able to make it into ATP units of energy?

Right on that Krebs cycle. We have so many genetic issues these days because of the exact same thing that we're talking about. Our depletion, our toxicity, our our in our bodies.

Right. So this is, I remember the very first time that I listened to Doctor Robert Roundtree at the Institute for Functional Medicine talk about the toxicity of the environment.

And he was going through, oh, my gosh. I just remember thinking back further and further into the back of my chair. And this was probably 10 to 15 years ago.

And, he was talking about. Yeah, the children's playgrounds when it rains, cadmium is, is is released and oh, when you eat rice, you have arsenic. And oh.

And, you know, and I just remember going, oh, you know, like everywhere there's toxicity, you know, and it's like we have these, these bodies on fire because of all this inflammation, because of this toxic overload that reinvigorates Epstein-Barr virus.

And it triggers our genetics to create that epigenetic expression of autoimmunity and cancer and heart disease. And I just remember going, oh my gosh, you know, and so I can I can feel like our viewers kind of feeling that same way.

And then so what is it that we do with this information. This is really important piece. Right. Because it's very important because we are not genes. The expression of our genes depends on actually what we do.

And, you know, let's say I'll give you an example of myself, regardless of my genes, I had, you know, I am committed to a sound, foundational diet, organic for many years.

It's not free of pesticides, but at least pesticides, exposure, supplementation, you know, just being aware. Basics. Exactly. And I remember I was in my 40s and and a colleague of mine who has a big, functional medicine practice,

tested my female hormones, and, she was amazed that they were normal.

Like, we don't see these. It still shows it to her. PA, you know, it says this is what it should look like. Why is my normal and why is women's not normal?

What is the difference? The difference is choices. Because at the end of the day, the the what happens is we have the bucket that you mentioned. You know, we have a bucket full.

And so the body the body is amazing the way in. But if the bucket is full you have to start somewhere. The body will start rearranging things and working for you.

You just need to give it a little bit more and puncture that bucket. So some of the toxicity of these lessons is very simple. You know, it's very simple.

If you if you have to go off, keep your keep your shoes in the trunk of your car and don't lick the ball and take some herbs for liver before and after and be complex.

For example, if you feel good on it, just like you mentioned, if you're okay with that, so things that we can do, I think it's like, you know, you drive, you know, we we learned in America without a car in America, you can't really function. You can't really get to places.

So it's a given that a 16 year old, you know, gets driver's license and driver's classes, and then you drive right? So we have a new vehicle that we have to learn to drive.

Detox Support, Genetics, and Daily Habits

That's the bottom line. And, you know, it should be discussed in school. It should be discussed by the doctor. You know, this is it. You know, you need a new car, a new license.

Let's let's learn to drive. What does it mean? It's not an option not to have. It's not an option to drink, tap water anymore. It's just not an option.

So there's just one thing to be aware of. Get some kind of water filter. It's not an option to just mindlessly pick and ice, paint. You do wash the paint that has no volatile compounds.

Simple, you know. Is it? We have seen over. See you guys. Yes, yes. So, so so, you know, you have another extra coat. It doesn't glide on quite as nicely as that lead based paint does.

You know, I wouldn't even know about that glaze, but I do. You can actually sleep in the same room with it the night you put it on, you know, I mean. Yeah. Oh, amazing.

That paint the paint as compared to the old days when, you know, it would be like fumes everywhere. Yeah. That no vioxx. And you know, and, you know, simple things that people don't understand in this culture.

You know, I'm from different cultures. So we're kind of more aware, I guess, I've been in the States for 25 years. This is the first house in my life in the States here that does not force their, Hallelujah.

And I was we we were talking was my has been looking for, you know, places in America that don't have so much mold because we, you know, we've been having this, but you wound up in the Pacific Northwest.

Well, listen, my husband was saying Arizona. And then we're looking at statistic. It's the second worst mold. Why air conditioning. You know, houses are so sealed.

Yeah. Create normal temperature inside when it's so hot outside. And that and, Jason Tester, who is a mold assessor, says, you know, it creates this moisture inside the walls that you don't see.

And I know in the 60s, they sealed the homes. The windows were small. You know, what we do in Poland? We open the windows. Yeah, and get drafts. That's what we did, you know, we we throw them open.

You know, I sleep with my windows open. We have the windows open during the day. Yeah, yeah. You do a lot whatever you have stewing in the household. You know the particle boards have formaldehyde.

The is open. So I think, you know, simple things. The air we breathe, air filtration could be good. The water we drink. You. We just have to have a filter.

And you know what? Can we control all these things and the choices of what we buy. We can control these things. We totally can. Yeah. My husband came with very high glyphosate, which is the most powerful, most common, pesticides, herbicide on this planet.

And, and the clinicians were saying, you know, it's not food. That's not food. It's got to be water. This is just who I am. And it doesn't matter where you live, you know, we are on pristine island here, you and I, and we were living on well, well water.

But it's still picking up the rain. Yeah. And the rain is picking up chemicals. It's, you know, was that it was still a, a closed system testing away and being smart.

Suddenly you feel better, and it's not big changes, just creating new habits, learning to drive. And I, you know, I think another piece around this is also to not think about a detoxification process as an isolated event that you do every once in a while, that you live your life as you know, people will say, that 21 day detox you put me on.

I never want to do that again, you know? And I'm like, that's actually how I eat every day, you know? It's not the 21 days. And I take those supplements all the time.

I will for the rest of my life. I take a supplement that we carry called Fem protect, which helps remove harmful estrogen metabolites through my liver because I have genetics that do not do a good job with that.

And when I test, sure enough, I have these really elevated four hydroxy estrogen metabolites. I take them protect. I don't have that problem. And, you know, I don't eat soy.

I don't have these issues with, you know, eating things that are estrogen mimicking or putting things in plastic. I'm really clean, but we have this environmental issue with a huge load of estrogen reproducing and mimicking, you know, things in the air, water and soil that no matter what.

So you have to do things that assist if you know that that's what's going on. I also take another supplement that I will take for the rest of my life called Complete Detox, which actually matches my genetics.

And it's going to happen until I die, because my genes are not so great at getting rid of stuff. It likes to hold on. So you know, this keeps me clean.

When I do my data, I wind up having enough selenium. I haven't, you know, like all these things work. My thyroid is perfect, my estrogen and my progesterone are in a good ratio with each other.

I'm I'm detoxing properly. And when I was diagnosed with rheumatoid arthritis, I was not detoxing properly. I didn't know any of these things. So, you know, it's it's really being in a collaborative relationship with your body that instead of thinking, oh, this is a deprivation, you're actually looking at your body and, and saying, gosh, you know, you've been carrying me around all these decades.

How can I support you? Yeah, how can I help you? Right. And it's like a whole different thing, you know. So I think that that's a it's an important mindset change that we live in a very toxic world.

And we need to help our bodies in whatever way that they need, which includes watching out for mold in our

environment. Right. Doing the things that you've been talking about, making these changes.

Yeah, yeah. One one low, low hanging fruit is also Wi-Fi technology because it's relatively easy to turn it down. So let's not forget that because it's a it's a toxin.

It's environmental. It's a fox. And it can confuse a lot of things in the in the body. You know, it's interesting that you say that, you know, you hold out to toxins.

Me to my face do is not so good. But let's say I just maintain, you know, regular lifestyle and some supplements and the and the only thing that can happen is if I don't move my balls twice a day, I will get a headache.

And now I understand why. Because I'm backed up the toxins every toxin, and I'm holding onto them. So I need to make sure that I have the movements that normal bowel movement flow.

And it's it's just that's what it is. It's just the simplicity of it is amazing. And the fact that the body has capacity and intelligence way past our brain's ability to comprehend this.

And it's it's amazing. I mean, we have more neurons and synapses than the stars in the universe. So so we we don't we don't appreciate the body enough.

And like you said, we need to love it, embrace it, and support it. Like, what else can I do? I am so sorry that I wasn't helping you all these years because I had no idea.

But now I'm a better steward, so you can do the magic for me. I don't even have to thank you. Do you? Take over and you do what is beautiful and never rests.

You go to sleep. Your heart is still pumping, your liver is still dumping, your lymphatic system is still draining. Your lungs are still exchanging oxygen.

Your brain is still functioning. Your body never gets a break until you die, you know? So it's like, what do you mean, deprivation? What do you mean? I can't have warriors, you know?

I mean, I don't get that. Like this poor body. Why would you stick sugar in. It's gasping right. You know there's there's one there's one layer that I have to give people.

One is that when you nutritional status in particular zinc decreases, you don't pick up the flavor so much. And another layer is that, you know, if you've lived in America all your life, you go to a place like Poland or, a small country with more local produce, you'll be blown away with the flavor or simple things like strawberry or cherries.

Oh, my God, I you know, I hear this. I went to Germany. I had an egg. Oh, my gosh, it was the most amazing thing in the world. No it wasn't. It was a normal egg.

It was an egg. No. Yeah. So in America we look at food as fuel as necessary.

Epstein-Barr Virus, Terrain, and Autoimmunity

And so there's a lot of sugar and salt pumped into, you know, restaurant foods or food products because you can't that the, the product is the, the nutrient, level is dropped.

So the flavor is not there. I remember one of my patients was excited, she's starting to eat vegetables. And she took a picture of, you know, frozen corn and frozen peas.

It wasn't organic, but it was vegetables. And each of these bags had two ingredients corn, sugar, peas, sugar. Why would you add sugar? Sugar is toxic because it's not sweet enough.

Why is it not sweet enough? Because it lost the nutritional. How beautiful. My daughter just brought this to me. Oh, how nice, I know. See, it's all rainbow vegetables.

A couple of eggs, right? It does have some Tallulah sauce on it, because we love our Tallulah and my family. Yeah. Well, you know, I'm I'm. I'm sympathetic to people that haven't experienced what the food, should.

Yes. Taste like and herbs cleaner ups and spices. Help that as you are just saying. But if you can experience what it should case, then the food will create this amazing experience of pleasure.

Yeah, and that's what draws us into the right foods. It's not happening here that much because, you know, the pleasure is it shouldn't. And so that's what books are that books.

That's because there's not much flavor otherwise. And when we do that. So yeah we go in this three talks detox roller coaster with food. Yeah. Yeah. So what is the impact in the next couple of minutes.

All this has on Epstein-Barr virus? I want to make sure that we talk about detoxification role for Epstein-Barr. Because the CDC says 95% of Americans has Epstein-Barr.

Right. So let's talk about like, what is this? What is this and what can people do with it? Well, the first thing is, do you have, medical chronic medical use that doesn't seem to go away.

No matter what you do. You have autoimmunity that doesn't respond to functional medicine, you know, is you have celiac and you gluten free, and it's still not going well.

Is there something that needs research that says if there's something going on like that, you need to exclude chronic Epstein-Barr virus? And that would mean that exactly that, you know, traditional status is tanking.

You know, the first thing that will tank your nutritional status is stress, because physiologically, you're peeing out, you're sweating out nutrients like b-complex.

We talked about a major player for IBD as well. And, if you're antioxidant level drops, that's going to boost to the virus. If you eat junk food, that's going to boost the virus.

It's very sensitive to antioxidant level. It creates massive doses, massive amounts of oxidative stress. So antioxidants are the most important. You know, we we don't know that zinc.

Zinc is a mineral. Selenium is a meal, but they're also antioxidants, and they can store the virus. So, in people that have strong nutritional status, the virus cannot really do much.

No, we most probably we probably both have the virus in us. I totally do, and I want I'm so happy you're making this point because, the medical medium Anthony Williams has kind of said, and I've seen Barr virus is responsible for all your ills.

And you know, and I'm like, well, we all have it, you know. And so let's talk about like how to be a hospitable host for it and how to be an inhospitable host, which, you know, is this I just gave a Covid Vaccination Alternatives webinar last night, and 2000 people showed up because they want to know, what else can I do besides vaccinate?

And it's you know, I talked about the role of the virus. And when you talked about asking us is outnumber the stars, so do the number of viruses that are within the US and that we're exposed to.

Right. So this terrain versus germ theory and how they work together like if you're terrain which is fed by nutrition is inhospitable, then I've seen is not a player now nor is my Lyme.

I'm also positive relying on everyone. You're not a disease. You're not a disease I identify with. And that's that triggers, you know, that avalanche of, chemicals secreted in stress and the rest is history.

Yes. I think, you know, that's why people can recover from something like when they learn how to turn down the volume on all kinds of toxicity, fumes, you know, air, water, food.

In our community in particular, dioxins are problematic. Dioxins are in fireworks, in burning forests, burning wood fireplace, wooden wood burning fireplace.

So, you know, I teach people to stay away from those, that can reactivate any that's. Well, so environmental toxins, Wi-Fi, Wi-Fi for those communities particularly detrimental, they're just more, high, like moisture around that.

We'll talk about in a month. So you guys make sure you tune into that one on the summit, because it's a really good one. We really deal with the toxicity of of of EMF in that one and why.

Environmental Triggers and Closing Takeaways

Yeah. And and that is real for this community that really needs to be cleaned. And and then with the mixture of Wi-Fi technology and molds together, that's not a good mixture.

Yeah. Because we have some evidence that if you, if you expose black mold to like say what a router Wi-Fi router is going to start producing, mycotoxins much faster.

And so and so, you know, and the way that the houses are built today, the craftsmanship, the shortcuts, you know, that that, that, bothers me. Yeah, that we, you know, so it's about 51% of commercial and, commercial properties and homes have molds.

And you mostly you don't see it. Yes. You know, so there's like, yeah, that intensity. And then if you have Wi-Fi, in combination of Wi-Fi exposure and mercury in your teeth still, then you have this current building that there, there's some, not very pleasant studies as well with our combination.

And if you are ready to add other triple that's that can reactivate you really too. So yeah, it's just being aware and doing, not being overwhelmed but just taking positive steps.

And I think positive steps is beautiful foods, enjoyment and feeling successful. They have clean water you know and all owning those windows and breathing the air, you know, getting getting out in the park, just not licking the grass in the park because that's sprayed with pesticide to be with the trees.

Right. Changing your carbon dioxide and oxygen with the trees, you know. So, well, there's there's lots of studies on the trees and the chemicals they secrete.

They actually know you're coming. It can secrete chemicals that actually have powerful qualities. So that's, medical prescription. In Japan, that's very common.

They have a culture of, forest bathing. They it. Yeah. They do that really important. Yeah. Yeah, yeah, yeah. So we, we have back to basics, doctor kinds.

Thank you so much for sharing even a fraction of your wisdom with us today on this. It's a big subject, and I really appreciate you taking the time. Thank you for doing this.

All right, everybody, until next time, be well.