Parkinson's Disease and Neuroinflammation: Robert and Dr. B Explore Environmental Medicine Transcript

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Opening on Environmental Toxins and Indoor Air Pollution

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to make the homes more airtight so they could conserve on the cost of the heating fuel for the winter particularly in the northeast. Well that air tightness now decrease the circulation of air through your home and now you've got all this off-gassing from the paints and the furniture and fabrics and finishes on your hardwood floors and you know the glade plug-ins and the Febreze fabric softeners and all the smell good stuff that people wanted to have to cover up the smells of the mold that they had in their house to get rid of that musty smell that indoor air pollution actually became worse than outdoor air pollutions.

Welcome to the Deeper Healing Podcast. I'm your host Danielle Howley. This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer.

You're going to hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them. You are going hear from medical experts we trust that are pioneering new approaches to healing the body.

Because we deeply know we're designed to heal. Let's dig in. We have a very special guest here today. We Have Dr. Michael Bowerschmidt with Deeper Healing, the medical director, and we have Robert Rogers coming all the way from Oregon.

He is a founder of the Parkinson's Recovery and he's an author of a Parkinson recovery book. And I believe you have. A lot of passion for Parkinson. So why don't we roll right into it?

How did you get into this Robert? Well, I had been a faculty member for a number of years at the University of Texas at Austin and the university of Kentucky.

And the truth of the matter was that my mother was diagnosed with Parkinson's disease and she wound up taking a Number of different medications for Parkinson and other kinds of conditions.

Unfortunately, mom died of a stroke that was really prompted by taking I think 12 or maybe 14 or 15 different prescription medications. And she really at the end of her life, I don't think was even aware of what she was taking.

I was sitting in front of here and she would just popping pills one after another. Then I said, well, Mom, what are you taking that for? And he said well I do not know, but I just think I need it.

I really thought, OK, it seems to me, speaking as a researcher, I can't think of a more challenging task or research agenda to embrace than to begin to investigate.

Podcast Introduction and Guest Welcome

OK. What really is causing these symptoms that are associated with the diagnosis of Parkinson's disease? And better yet, what type of natural options and treatments and therapies and methods and approaches can people embrace that will enable them to celebrate a relief from their symptoms?

So I decided, OK, I'm just going to change my research program. I mean, a kind of step out of these tenured faculty appointments, and I just gonna set up Parkinson's recovery.

So, why founded that in 2004? Well, that's an amazing, amazing passion. Why don't we let Dr. B take on that? Big question, top environmental physician.

You mentioned a couple of good points. One is the polypharmacy that many of our elderly are subjected to, oftentimes needlessly in my position. The basic concept that I operate under is I have two basic rules.

1, the diagnosis is not the disease, and number 2, it's always about everything. And what I mean by that is you're absolutely correct. you mentioned the constellation of symptoms that we call Parkinson's disease.

You know, and this kind of goes back. My father was a HVAC, heating ventilation contractor, And I'd go on service calls with him every now and again. I just found it amazing that he'd be able to pinpoint the problem, you know.

It says, yes, the furnace is broken, but here's the problems. And then backtrace it to the reason why it broke to begin with. and that really is not what we do in medicine.

We make the diagnosis and then we write a prescription. That is treating, it's like trying to put out the fire without arresting the arsonist. or trying to bail a boat without finding the leak.

It's an exercise in futility that will buy some temporary relief but doesn't solve the long-term problem. So my goal has been, you know, find the reason that they have the symptom and treat that as opposed to just treating the symptoms.

Robert Rogers' Personal Parkinson's Origin Story

So long as we're in this chasing our tail, our pharmaceutical tail of symptom, treatment, symptom treatment diagnosis, we are never going to advance medicine.

So that raises the second question as well, if we need to find out why things are broken, it's really kind of necessary to understand how we work to begin with.

And when you start asking that question, You get a lot of quizzical looks on people's faces about, well, how do we work? And you're a researcher, right?

Okay. And your research was in biology, psychology. What was it in? Well, I was more into human resources, organizational behavior, but I also wound up becoming the director of the health administration program.

So I began to get involved in a lot of the health, the administration issues, and then I transferred over into really looking at more the factors that cause these particular symptoms.

Right. And so you really are kind of a systems approach guy. If the system's broken, what is it upstream that caused the breakdown stream? Well, if you try to look at that for the human body, you kind of go down to, If you keep going to what causes this, what cause is this?

It all comes down the very thing that keeps us alive is also the reason why we can't live forever. And you know, we're alive despite that first and second law of thermodynamics that should have us in an early grave.

The first law thermodynamic means energy cannot be created nor destroyed. but it can be changed. And we don't violate that law because we can take one molecule of glucose and through the magic of biochemistry, turn it into 26 or more molecules of ATP, which is our energy currency.

But the second law of thermodynamics states that any system is going to go to maximum randomness, minimum free energy, for human beings, a little pile of minerals and a lot of water vapor scattered across the universe.

So what keeps us organized, quite literally organized is our ability to change that molecule of glucose into energy. But every time we do that, the basic chemical equation that allows that thing called reduction oxidation also states that every we make that molecular of energy, we also make this free radical or oxidant.

And oxidation is the process by which things rust. So the very thing that keeps us alive is also the blueprint of why we can't live forever. We're basically slowly rusting.

The one thing that I love that you always say is, I want us to rust more slowly and I wanna us have as long a quality life as possible. So Parkinson's will obviously steal our quality.

What are the things that are, that, you see that can be underlying? That's, and actually I was leading up to that in my own roundabout very secuous way.

But, you know, because if you understand the framework of how we get sick and the whole concept of deeper healing is to address those things that make us rest more quickly.

A bad diet is going to rest us more, quickly emotional stressor is gonna rest this more. Quickly. The more we pull the fire alarm in the brain, the less we can be in rest and repair more and more in fight or flight mode.

I believe I was just listening to just a previous podcast that you did about emotions and illness. I think you were addressing this very topic. Then the third is the environment, which is, the enormous amount of toxins and toxicants, toxins being biologic, toxicance being man-made, that we're exposed to that accelerate our rusting.

Metals, molds, chemicals. indoor air pollution, and then finally the new thing, electromagnetic fields. But all these things will accelerate our rusting.

And then, finally, what's wrong with us physically? Well, if we've had a traumatic brain injury, we're going to screw things up in the central nervous system.

Hormone dysregulation, just high blood pressure, whatever other physical ailment we have that just demands energy. and takes it away. So for me, I don't care.

You can call the diagnosis Parkinson's disease, you can called multiple sclerosis, she called myasthenia gravis, called autism, whatever ADHD, call it whatever you want.

To me it's neuroinflammation. What is the cause of the inflammation? Where is inflammation coming from that's causing this dysregulation in our nervous system and the patterns of how our brain is talking to itself?

Systems Medicine and Root-Cause Thinking

From the diet standpoint, it's pretty obvious. The United States has a pretty crummy diet. But the one rock that nobody really likes to look under that is speaking directly to Danielle's point is environmental toxicants.

And two big ones stand out for Parkinson's. One is lead, and the other is pesticides. These have both been heavily linked with onset of Parkinson's disease.

I've seen a number of, we have people coming in from across the country and we've had several from the Midwest, big farming areas, you know, and stories of oh yeah, I was riding on the back of the sprayer while my dad was dragging it through the fields and were spraying glyphosate and Roundup on everything.

And yeah. How did I get leukemia? How do I did get lymphoma? Why is my brain not working anymore? And particularly, I have a tendency to get off on tangents and I'll turn this into like an hour long lecture on things.

So if you feel the need to interrupt me, please feel free because I will carry on interminably otherwise. Well, the thing that I loved about the farmer, talking about chemicals, he was directly being doused in chemicals.

But what hit me about his story was, he said, not only am I sick and everyone in my town is sick, this is our food. This is a literal food supply. Yeah.

Our corn flakes and this what we're feeding our children. And this actually goes directly to Parkinson's because what happens is, say you have your standard aluminum skillet and you throw in some tomato sauce or some other acidic product.

Well, now you're leaching the aluminum out of the skillets. Now, if those tomatoes happen to have been treated with glyphosate or anything else you're putting in there happens to been treat with Roundup or glyphasate.

Glyphasate was originally developed as a descaling agent for metal pipes. So there's this thing in chemistry called valence. And valance means a positive or negative charge associated with a particular metal.

Aluminum oftentimes will have a plus five to a seven. Iron will plus three to plus 5, things like that. Well, what the glyphosate does is it takes that positive or negative charge and makes it neutral.

Well now that aluminum that was in the pan in presence of the Glyphocate has now become effectively electrochemically neutral and can pass immediately from your stomach straight to your brain.

Aluminum is another link with Parkinson's disease along with many other Alzheimer's and tau protein and all this other fun stuff. So if you're talking to a group of people, because obviously, Robert, I imagine you have an audience of who have Parkinson's or who has a family member with Parkinson.

One thing you would do is clean up their environment, so 100%. But then you are saying they need to look at what is already in their bodies. It's called total body burden and environmental medicine is, and this is the, this why I have that second rule is always about everything.

You know, there you, you weren't born with Parkinson's. you. Weren't preordained genetically at the age, 67, You're going to start having cogwheel rigidity and the shuffling gait and you know blank faces or anything like that.

It was, it was cumulative over time. There is a straw that breaks your camel's back. But your camel would have been perfectly fine had it not been for all the straw they were already carrying.

And that's really the issue is that total body burden. This is why within any given family, you can have one person that is desperately ill from the same exposure and somebody else is going, what's wrong with you?

I feel perfectly. It's individual and it's total. What are some things that if you had a magic wand and you said, I have a big group of Parkinson's people in front of me, what are things you would suggest that they have checked?

Gosh. Well, certainly when you're talking about the ability of the brain to be in what we call a neuro-permissive environment. Dr. Mark Gordon actually came up with that word as neuro permissives.

And that is under what conditions is the bring there to do the best job it can. Well, the neuropermissive environment means balanced neuroendocrine system.

So, you know, having a proper balance of the hormones and even things like the sex hormones that people associate with reproduction actually are very important for the brain to function effectively.

This is on top of usual things where you associate it with the brains like serotonin and dopamine specifically in the case of Parkinson's. Having the appropriate hormone balance systemically, not just central nervous system, is important.

Avoiding of the things that induce inflammation, so now we're back to the clean diet and we are back not pulling the fire alarm in the brain. Clean air, clean food, and clean water.

What do I need to do to help my body dump the toxins that are already there? And, you know, am I paying attention to my blood pressure? Am I sleeping well at night?

am i getting enough oxygen while I'm sleeping? Do I have sleep apnea? All these things cumulatively impact the quality of life regardless of the diagnosis.

Environmental Exposures, Total Body Burden, and Detox

Roger, so I am curious, You've had your foundation since 2004? 2004. Yeah, and you've written a book, which we got a chance to look through that earlier.

So what are you most commonly seeing and with all of your research that you have done with Parkinson's patients? So what my research has revealed, just as Dr.

Bowers-Smith was describing, there are a multitude of factors that cause these symptoms. It's almost limitless and almost surprising. What I've discovered actually is in my interviews with people across the globe is most people I'd say 95, 98% of the individuals who go to a medical professional and who have a diagnosis of Parkinson's are told that this condition is degenerative.

And when the person goes home, of course, they get traumatized, their awfully upset, and worse, They believe it. They decide, okay, I've been told there's no chance that I'm going to get better.

Now, sometimes what the medical professionals will tell the particular patient is, OK, look, you're going to get worse. But we've got maybe some medications that might slow down the progression.

Now, when they use the word progression, they don't mean it's going be getting better. They mean the progressions means it is going downward. So, OK. You can take this particular medicine and research would indicate that maybe instead of going this way, You'll go a little bit more gradually.

Well, that's not very hopeful. So I think people basically leave with the depressing feeling that there's nothing they can do. There are no options available.

And after 20 years, I thought at the beginning that I would identify maybe five different kind of therapies approaches. Of course, detox would be one of them.

But, you know, we will be able to organize a system and a program of recovery for people that would simple that they could follow and that will enable them to get well.

Well as it turns out, it's that not the case. Everybody's situation is different, and there is no set of a number of therapies that are going to help everyone.

And what we found is that there are, I've counted now, 120 natural approaches, natural therapies. that are helping some people recover, not everybody, but what you find is if you look at any one therapy, I've now documented evidence that would show, look, these individuals found that doing this or this therapy has been particularly instrumental in helping them to be able to celebrate a relief from their symptoms.

So we know that there are answers, but that's why Dr. Byersmith's work is just so powerful and so helpful because what he's doing is he is looking at the causes and addressing those causes.

That's right. Yeah. And as you know, I'll tell patients also, and forgive this analogy, hope you bear with me for a second, you've got somebody, an angry bear.

And it's one thing to try to give the bear a little bit of Ativan and quiet them down. But if you don't find out who's sticking them in the ass with a stick, making them angry to begin with, you're never going to have a quiet bear.

And so I'm all about finding the guy with the stick. You know, and the rock that nobody seems to want to look under is the environmental component. It's really kind of sad because, I assume, looking at a picture, we're about the same age.

You know, I was born in 1954. And at the time when Iwas born, the only two problems in the world were heavy metals, which had been around since the Bronze Age, and mold, which is mentioned in Leviticus.

But nobody knew anything about mold other than, yeah, it was growing outside because nobody really cared because itwas everywhere anyway. But then in 1948, A. I.

Dupont came up with this thing, which was marketed in 1954 as Teflon. And Teflon, as we now know, is a forever chemical that is huge hormone dysregulator and disruptor.

But ever since then, it's been a mad dash of better living through chemistry. It's gotten to the point that as of this year, for every living man, woman and child in this country, I could take a dump truck and dump 250 pounds to 500 pounds of chemicals in their front yard on a daily basis is how much we've got in our environment right now.

And then on top of that, in the 70s, when we had the OPEC oil crisis, remember, the speed limits went down to 50, 55 miles an hour. That was a minor inconvenience.

But the major problem was that they changed the building codes. to make the homes more airtight so they could conserve on the cost of the heating fuel for the winter, particularly in the northeast.

Well, that air tightness now decreased the circulation of air through your home, and now you've got all this off-gassing from the paints and the furniture and fabrics and finishes on your hardwood floors and, you know, the Glade plug-ins and the Fabrice fabric softeners and all the smell good stuff that people wanted to have to cover up the smells of the mold that they had in their house to get rid of that musty smell that indoor air pollution actually became worse than outdoor air pollutions.

And then on top of all that now is this new thing called electromagnetic frequencies or EMS which we're literally bombarded with. I mean, everything in our office is hardwired and minimal exposure to anything.

And we're supposed to have, you know, exposure would be great at anything less than a hundred milliwatts per, or microwatts, per meter squared is great.

Everything in the office's is hardware, but just from people coming, the stuff coming from outside and from the neighbors, offices and things, I'm registering easily five, 6,000 microwatt per meters squared, just in a very protected office.

People will walk in with the earbuds or the smartwatch, and my meter will pick up 1.4 million microwatts per meter squared. And people are walking around with these Bluetooth headphones.

You know, mine's wired. Just for a visual, my mind is wired here. these Bluetooth headphones and not only is it going from the computer to the headphones, but it's also going across the brain and literally frying your brain because we know the electromagnetic frequencies open up the voltigated calcium channels on the cells.

You open these things up, calcium floods in, and oxidative stress and accidents flood out. particularly in the form of this stuff called peroxynitrate, which is the singularly most caustic substance our body knows how to make.

It's what we use to destroy bacteria and viruses and cancer cells and dead cells in our bodies. And we're exposed to this on a daily and oftentimes 24 hour a day basis, particularly now with 5G and all the satellites and the antennas sticking up everywhere.

So I feel compelled to add something to this, because I fell the anxiety of the person listening, like, oh my god! But the idea is that, you know, we can protect ourselves to a degree, but there are also steps we could take at home to

help our body detoxify better.

Because, y'know, when you use the word detoxified rather liberally, it's really not quite accurate. Our body actually should go through a process of depuration or cleansing.

And the distinction lies in how our body gets rid of things. It's actually a three-step process. The first thing we have to do is take something that our, that are body has and turn it from something it can't get rid off or lipophilic and turned it into some we can get it over hydrophilics or water loving.

So it goes from fat loving to water-loving. Many of these toxins are stored in our visceral fat and then our fatty organs or, you know, liver and things like that.

That's the first step, but the second step is then you have to be able to attach it to a molecule to get it out of the cell. This is called phase two.

And then phase three is getting it outta the body. But oftentimes between that phase one mark and the phase 2 mark, you can take something that is less toxic and turn it into something more toxic.

So now if you had that accelerated phase 1 process, In impaired phase two, which many of us do, methylation is one of the big things. So people that were walking around now, everybody talks about the MTHFR gene defect.

Well, you know, 40% of have it. 10% percent of that 40 percent have really bad. But the bottom line is if you have any kind of impairment in that second phase, You can actually build up a toxic burden quicker.

So if anybody out there is a drinker, you know that you have some people that sit there and they kind of can toss them back and toss and back, and don't seem to be impaired at all.

Well, they've got a real good phase one process and are turning that alcohol and acid aldehyde. But then that same group is likely going to wake up the next morning with a horrible, horrible hangover that lasts for a lot longer than it should because their phase two is diminished.

They just can't get it out of the body once they've converted that alcohol into that acetaldehyde. That's an example. But that can happen with a variety of different chemicals and medications in particular.

You'll take the pro-drug that gets turned into the active drug, and then the act of drug hangs around in the system longer because the you can get out the of body.

And if you've ever been told, don't drink grapefruit juice, when you take this medication, that's a pretty good example of that impairment that occurs where you a level of a toxic metabolite as a result of taking a medication, by taking the grapefruit juice with the medication.

Now when you say, you've said to me, I really like to see Parkinson's patients early. Yeah. If someone has an early diagnosis, I really like to see them quickly because I want to what is going on that is causing the neuroinflammation.

Right. And the other thing is, if you're starting to have symptoms, you know, Parkinson's disease, the degree of your disability is related to, do I have any substantial nigra left to make the dopamine?

Well, it's not like a light switch. You turn it on and off. It's either on or it off, There's grades and there's degrees. And if you can find out what it is that's causing that neuronal death, that like lead or pesticides, and get them out of the body, I can't fix something that is structurally changed.

I don't have the capacity at this point to resuscitate dead neurons. Okay. But I sure as hell can stop them from dying. That's different than slowing progression.

Yeah, because the slowing progression is they're just replacing the dopamine. They're trying to replace the stuff that is not being made anymore, as opposed to stopping the reason that it's not been made to begin with.

Okay, I think that's a really important point. Really important. So if you had an early diagnosis, you would start looking for… Lead, aluminum, mercury.

Heavy metals in the body, neuroinflammation. The questionnaire that we have at the center would ask a lot of questions that would go all the way back to birth.

Yeah, well, because we're looking for what is the total exposure of this person over their entire lifetime. And just a little hint, you know, probably one of the, the questionnaire goes on for several pages.

But to me, it's the singularly most important question on there is, Do you have a reaction if you're exposed to smells or odors? Like if walk by a perfume counter, do you get a headache or a nausea, or do feel like that one of us has got to leave kind of feeling?

Trauma, Nervous System Reset, and Natural Therapies

Perfume counters, candle stores, new car smell, you know, bed bath and beyond, bath & body works, any place with heavy fragrance, even the soap aisle at the grocery store.

or the fertilizer place at Home Depot or Lowe's. If you like, I just can't go in there. I feel bad when I'm around that. Your total body burden has exceeded your body's ability to deal with it and you need help now.

You need to get in a sauna. Find somebody that knows how to engage in depuration or cleansing and not just simply take a supplement. And there's a whole reason for that that I couldn't go off onto another tangent if you're interested.

But if simplify it, it's like it is not pushing more in if your bucket's full. Yeah, we got to get it out. We got an empty bucket. It's not about pushing anything in.

Let's dump the bucket and let's reset. Well, I want to hear a little bit more because I feel like we have Dr. B here. We have this researcher here, and he has this book with a lot of knowledge and tips.

Tell us a bit about the book that you wrote and, you know, if you can give anybody listening out there some, they recently had a diagnosis of Parkinson's or maybe they've been bouncing around to different doctors and how can we give them hope?

What should they do and what kind of advice with all the research that Well, I think the first place to start for anyone who has been formally diagnosed is to acknowledge and honor the fact that the body knows how to heal itself.

It just needs support. Amen! It needs to be able to remember how, to do what it knows, how do well. The body knows how to cleanse itself out of toxins, and so sometimes you just have to realize, oh, wait a minute, something's out-of-balance here.

And as Dr. B has so eloquently presented, there are many, many reasons, very many toxins many many different factors that influence these symptoms. So one of the great secrets of healing is get the bad stuff out first.

What my research has also revealed is, of course, those thoughts will affect everything. So if I think it's destined to get worse, I will get worst, period.

I don't care what else happens. But there is another underlying, from my, research influence that affects everything, and that winds up being trauma. If I've interviewed so many individuals and for each individual, if we touch on the particular topic of traumas in their life, everyone will report oftentimes some very significant and serious and awful traumas that they've had.

Some of them occurred when they were born, some of the childhood, and some as adults. They had a horrendous marriage, they had horrendos boss. It can be physical trauma, accidents, it can even be going to a hospital to visit a dear friend who is seriously ill.

That's very traumatizing. I think the problem is when a person has all of this trauma that again is stuck in at the cellular, at at a level of the body at this cellular level.

The fact is that they will continuously be on alert, they anxious all the time. If you're continuously anxious, that sympathetic nervous system is always on fire.

People are go-go. The body can't sustain itself if it's always all on full drive ahead. It just doesn't work. So how do you address that? Well, you can obviously address how you respond to anxieties and stresses that you experience.

But also you can just recognize, look, these go back a long way. Maybe what I need to do is to begin to embrace some of these wonderful natural therapies that will enable me to purge out all of this trauma that again has been stuck like super grew at the cellular level in our body.

Now, most people don't talk about traumas. But as I see it, that really is at the core. And one of the reasons why people do all these natural therapies, but they still confront problematic symptoms, chances are they haven't quite been able to find therapies that will enable them to successfully release the traumas that have so plagued and dramatized their life.

I would agree in large part, and I think the trauma is because there's not a single patient that has come in that is has not had a traumatic experience as a result of their illness, if not the cause of the illness.

The problem sometimes, I've had, you know, one of my first patients actually wrote a book about it after she visited, after we were treated with me, and it turned out that she was having anxiety for a good part of her life.

But it turns out her daughter was also anxious at age 16 at the time. but she had been anxious her entire life. And it really went back to the time of birth when both of them almost died during the birth process because of complications.

Mom went into shock and her daughter was born in horrendous circumstances and neonatal intensive care and mom and daughter separated for the first few days.

I mean, this kid was having pulled the fire alarm in the brain. Now that said, there is also other factors for folks and trauma to me, emotional traumas are just part of that total body burden.

And anything we can do to reduce the burden is going to positively impact their health. So whether we attack the trauma first or we attacked the chemicals first, or the diet first really is of little consequence.

They all have to be dealt with because it is always about everything. And I also agree that, you know, how people look at their at their state. I deal with a number of cancer patients as well.

And, you know, the folks that do the best are the ones that kind of go, that are able to practice acceptance and gratitude and accept the fact that the cancer diagnosis was made and then take the steps necessary that they want to take to make their life as fulfilling as they can and be grateful for that opportunity, as opposed to the or maybe not surprisingly, are the ones that say, I'm going to beat this.

I don't care what it takes. Because they have automatically set themselves up to be in a battle with the cancer and they're always in fight or flight mode.

And if you're in fighter flight modes, you cannot be unrest and repair mode, these two positions cannot held simultaneously in the body. So the more you're yanking that fire alarm, I absolutely agree, the harder it's going to be to get better.

And I think if you dig far enough, everybody's always going have some trauma that they're going be able to uncover. I mean, life is that way. You know, and I agree as part of the total body burden, but I resist the idea that it is the impact or the reason.

It is a reason, it another reason but not necessarily the reasons that people crash and burn. So we use at Deeper Healing, we have brain align neurofeedback that really helps reset the nervous system and takes people into that parasympathetic.

What do you do? And with your research, what do recommend people do to help with the Nervous System and the trauma that they've had? Are they things that can do at home or are there therapies that should seek out?

What does the research show? Well, I think it depends on the individual and what their proclivities are. Some people find meditation is very useful, other people simply cannot do that.

Other people fine mindfulness is something that really makes a big difference. So we've got a lot of wonderful books and researchers we have interviewed who talk about how helpful mindfulness is.

And of course, that's just a very large, cumbersome word that just says, be in the present. Don't worry about the future. don't agonize over the past.

Just be the in present and ofcourse that makes a huge, huge difference. So I think there's some things that people can actually do on their own by recognizing that that they can reset their neural system.

And of course, one of the other wonderful recommendations that's also easy to do is to something different every single day. Crawl, now we crawled when we were little, but if somebody will actually, even if they are 65 years old, if every day they will just spend a couple of minutes crawling on the floor, maybe with their children or grandchildren, they'll find that the are forging new neural networks, which makes a huge difference A lot of people will say when I make this kind of recommendation, so look, I do crossword puzzles and I'm always challenging my mind with trying to solve those difficult challenges.

Well, that's not doing something differently. So the idea is brush your teeth with your non-dominant hand. I mean, anything that you can do that is not a routine function will enable you to be able to forge new neural networks.

And actually, what's interesting is Even if physically a person is at the stage where they are seriously disabled, if they simply think about doing this function, this process through what it might mean, they can still forge new neural networks.

Now, there are some clinics just like your clinic that I really recommend people go to because you have a very systematic way of being able to look at causes of these particular conditions.

Most people will pursue medical treatments and they'll go to medical professionals that prescribe medicines, which is fine, but that's not looking at the underlying cause of these symptoms.

We've also identified some cutting-edge therapies that wind up being the delivery of frequencies. So when frequencies, the right frequencies are delivered through sound, and or through light.

We're seeing, in terms of the research evidence, amazing and remarkable results. So there's something called photobiomodulation. Now that's a big, heavy, terribly awkward word.

The reason why they created that word was that it's really low-level laser therapy. And you'll find when you do research that that is labeled as the therapy back 30 years ago.

But the researchers could not agree on how low is low. So they changed the name. Most people don't know what that is, but it's just literally light therapy.

There's been some devices that have been invented. We first interviewed one of the companies that was creating these devices back six or seven years ago.

a company called Delight.

Younger Onset, Hormone Disruption, and Clinic Information

They were creating these little devices and had no information about whether or not it would help persons with Parkinson's. Well, they wound up doing a study of people with Parkinsons and found remarkable results.

And that particular therapy has been one that researchers are on the bandwagon. If you do a research just for 2025, you'll see hundreds and hundreds of studies that are ongoing or had been published of an analysis of using photobiomodulation therapy to affect a variety of different diseases.

One of them that I'm most excited about is autism, children with autism or even adults. They found that in this wonderful study, they have marvelous results in using this particular therapy.

You've got a TBI, traumatic brain injuries. Even if a person has been injured two years previously, they're still getting some results. Obviously better to do it at the very beginning.

So in other words, I'm saying that for people who are discouraged, there's nothing out there. We find that these new therapies, the delivery of sound therapies.

The analysis of voice profiles that gives indications of what's out of balance in the body. and then giving back to the body the frequencies that the party needs.

Those kind of therapies, I think, are the future of medicine. And so we can really all be quite encouraged to know that there are a lot of answers out there that are present now and that will be coming down the pike in the feature.

Amazing. Yeah. From my perspective, that's great for fixing the problem that exists. My goal is to get rid of the reason for the problems to begin with.

Yeah, I'm curious. This is a really random question, but I would like to know, and I guess, there might be a number out there. What is the youngest person diagnosed with Parkinson's that you know of?

I mean, because you think about it being like an older person. I've seen them in the 40s. You know in 40 year olds. Do you anyone like in their 20s or 30s?

Because I always hear their older 40's, 50's and 60's. Listen, I'm 70, 40s, not old. So I had a friend who had brother and he was in his 40's when he passed from Parkinson's.

But I didn't know if it's something that's becoming more and more common and we're seeing Parkinson now at a younger age. Well, we're seeing everything at a younger age.

I mean, there's 20 year olds out there now that have abysmally low testosterone levels from environmental toxins. Yeah. And I just saw, I did a review today, a 14 year old who has a testosterone level of 25. Now a fourteen year-old male with a, his estrogen level literally was 25 point one.

His testosterone was twenty five. Oh my goodness. At 14. It's like, this kid, it should be 700. And why is that? Explain that to our listeners, why we're seeing such low T, low testosterone.

Well, I'm absolutely convinced it's the environment. Thalates are huge hormone disruptors, and thalate are in all the plastic water bottles. But it's binding the…

Well, it either interferes with production or it interfered with the receptor sites. So, you know, if you look at

hormones as cellular messengers, and this is the same true whether you're talking about the neuroendocrine system or the endocrinine for the rest of the body.

Your neurotransmitters, your hormones are cellular messengers. They're telling the body what it wants it to do next. Well, if the message can't get through because of receptor site blockade, I don't care what your hormone level is, you're going to have a symptom of deficiency.

The problem with this is the production never comes online with these teenage boys. And, they're walking around glued to the video game because they've got no ambition and they are depressed and irritable and cranky.

And it's like, check your testosterone level and get them away from the crappy food and the plastic water bottles and life will be better. We are getting the equivalent of a credit card's worth of plastic every week if we're eating a traditional standard American diet.

There's a 19-year-old I'm aware of whose mom found Viagra in his room because he can't get an erection. It ain't got to do with the fact he doesn't have a girlfriend.

That's got everything to with fact his testosterone levels in the tank. You know, and he's cranky and is irritable and losing muscle mass. And like, yeah, it's, we're, poisoning ourselves and it showing up with earlier onset of neurodegenerative diseases.

It's showing with autism, showing it up ADHD, is showing as heart, earlier heart disease and strokes. You name it, its happening because we are slowly killing ourselves by how we living and eating and not taking care of our environment.

Yeah. Well, Robert, tell us tell everybody how they can get your book. Oh, well, it's Road to Recovery from Parkinson's disease. It's on Amazon. We have a number of different online courses for individuals that are interested in understanding what might be affecting their symptoms and what can they do about it using some natural approaches and therapies.

The main website is parkinsonsrecovery.com. And I know my members of my audience will be most interested in learning more about Dr. Bowersmith's clinic and how they can get involved with that.

So I'd really love for him to talk more what would happen when one of the members my of audience would make an appointment with him. I would love to talk about that, Robert, not to jump over you handle a lot of the onboarding.

So I know this really well. If they go to, so there's two things that I think would be really important for your audience. One is for anybody out there guidebook to help them with their lifestyle things, which is just being clean, clean living.

The second thing is if they want to become a patient. Deeperhealing.com. There's a form and a phone number and we have people who will help them. We have People from all over the world, all Over the United States.

and then figure out what are the next steps, what makes sense for them. He always says with Parkinson's, sooner is better, don't wait until things have really gotten very deteriorated because he feels like we can do the most help by getting to those root causes and reversing them back.

We do everything in-house, we do testing, We have literally everything They may be recommended a stay-in-heel program where people come in for an intensive, and we will literally clean them, like clean their body, soup to nuts.

And it's very, very powerful. You can see lots of that information on all our platforms, including on our site itself. Soon this podcast will be out there for them as well, so they can dig into this issue.

Honestly, I think filling out just the questionnaire The questions that we ask, we were like, whoa. I didn't realize this

could impact. Yeah, like no one's ever asked me this before.

And it's very individualized. You know, every person that comes in, I think that's the thing too with our practitioners is they're really going to sit down and listen and get that whole history, do a lot of digging.

When we say we go deeper, there's no pun intended there. We look for diet, we look the emotional balance, so we looked for the environmental factors, and look at what's already going on physically, We figure out an elimination plan and then what we need to do to rebuild.

Yeah, and there's a lot of blood work that's usually involved. There's, usually, some specialized testing. Some people come with some, which is good, but I mean, heavy metals, molds, pesticides, you know, like, I think for those listeners that are out there that, are like really, what are they going to do?

How are, they gonna dig deeper? It's really looking at a, lot, of environmental factors that you may not even know that. Are contributing to your health that no doctors have ever talked to you about, that we are actually able to do testing and discover what is causing the damage and the inflammation to the brain and your mitochondria and yourselves and causing that deterioration and rusting that Dr.

Beat was talking about earlier. And to kind of wrap this up with a nice bow. Robert, you said something that just hit my heart, which is this. When you get a diagnosis like Parkinson's or something serious, degenerative, and they tell you there's nothing that can really be done here, And you you go into that mental dark place of belief level, when you've said you have seen the opposite, Like, none of us is getting out of here alive, but if you can do anything to extend your quality, give yourself more quality.

And know at the end of all of this, your body's always in healing mode. There's never been a truer thing said. And I know both of you have seen that and are witness to that.

I'm a witness that I've seen thousands of people come through that have been told there is nothing that can be done. They've been to the top hospitals, they've bend to lots of doctors, and they have recovered.

Come into a wheelchair and 12 weeks later, be out driving your own car again. I mean, those stories are there. How did you find us, Robert? I keep meaning to ask you that.

One of your clients with Parkinson's told me about it and said, well, you need to investigate that and I thought, oh, this will be wonderful to interview Dr.

Bauer-Smith because I want more people to visit your clinic, which by the way, we want to make sure everybody knows it's in South Carolina. Is that right?

It's South Caroline. Charleston. Beautiful place to DeeperHealing.com, it is a very beautiful place to stay and heal. It's beautiful weather and it's a, very clean area and our center is incredibly clean and its made for people who are compromised.

So we're prepared for you. We're not afraid of those hard cases. Well, thank you for being there for all the members of my audience. It makes a huge difference.

Thank you, Robert, for elevating this conversation. Yes. And for your 20 plus years of research. Yeah, it's important work. Online we have loads of courses and a free toxin quiz.

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