Introduction to Dr. Zach Bush and the Ecology of Health

Welcome back everybody. I don't think much of an introduction is needed for the beautiful being known as Dr. Zach Bush. But it is an honor to have you here having a discussion at the Summit on Cancer.

You know, which you and I had an opportunity to talk before the recording about the theme of this conversation today. And the title of this is The Ecology of Health.

a micro and macro vision into our capacity to heal and where I feel like I'd love for us to go or for you to go, because you have such a beautiful way with words and expressing kind of polarizing ideas and heavy topics in a very loving and, I don't know, like just truth telling and truth seeking way.

I think the audience should know if they don't know you already, that you are no stranger to the cancer world. You did. You were big in research. that was one of your areas of expertise in your academic years.

And then you moved from the bench into the bedside, into your care of patients, but more specifically into the realm of hospice in latter part of your career.

So cancer is not a foreign concept or foreign, you know, ideology for you. But I think your ideas around it have evolved quite a lot over the years, and I'm really curious of it.

In fact, there's a quote on your one of your websites that says cancer cells are the most isolated, damaged and fragile cells in the human body. Their mechanisms of repair are destroyed, they cannot produce adequate fuel, and they have lost their cell identity and natural function.

And when I read that on your site, doc, it gave me goosebumps because it feels like I could be reading a newspaper about what's happening in the world around us today, about events happening around us today.

And I was just hoping that you could just sort of speak to cancer, maybe in general, but more specifically, this idea of sort of the cultural cancer or the cancer of our entire ecosystem.

Beautiful. Well, it's an honor to be with you always, Nasha. You are one of the great visionaries of our time. And it's it's just a blessing to be with you here.

And I appreciate everybody who's weighing in on this summit, including most of all the audience. if there's anything I've learned over the many years of speaking on stages and podcasts and webinars and all the rest, is that, there's nothing that happens in the universe that's real.

That doesn't happen in the context of community.

Community, Witnessing, and the Biology of Cancer

I really do not believe that, biology happens if it's not witnessed. so, this is something that's starting to be proved out pretty thoroughly at the physics level.

but I think we have a tendency to relegate areas of science to one or the other. Like, we're very comfortable with Einstein talking about relativity or some astrophysics, just talking about quantum theory.

But we we feel as scientists, biologists, doctors, and ultimately as, you know, a community or, or patients, in embracing the fact that, everything is in motion and everything is relative, it's either real because it's witnessed or it's got a potential opportunities because it's unwitnessed.

And so the fact is, we we don't actually crystallize the reality around us or within us until we are witnessed. And that is the process of cancer ultimately is, a cell that begins its journey in the womb of a mother.

and, so that begins this extraordinary journey into the ultimate community, which is a human body. one cell becomes 70 trillion cells that are not copies of itself but are highly differentiated, each one knowing its destination, its identity, its unique role function, expression, and each one of those being tied in and interconnected in a multitude of levels of biologic communication.

the fiber optic cables is one of the things we still study in my laboratory. the connective, you know, kind of communication network is able to move light, energy and resources between cells at extreme rates of speed.

And, we have these bundles of fiber optic cables, thousands of cables per, per bundle, that, of course, between each cell of the body, we then have hormones that kind of give a macro, you know, network of communication to the system.

And then down at the, at the chemistry level, we have something called redox signaling molecules, which is a big focus of our laboratory in the way in which nature makes these seems very critical to the function.

And of the community as a whole. And when these three major communication networks start to fall down at the chemistry level of the redox wireless communication network.

So if your cell phone wireless network, when that starts to fail, you slow down or perish, you slow down regeneration, you slow down. so cell communication.

And that leads to a dysfunction of protein synthesis and protein repair, which then leads to a decrement in the maintenance and function of those fiber optic cables.

As of now, you're not moving the light between the cells in the same way. And so as the dimming of the cell occurs, we refer to this as a loss of metabolism.

metabolism is a description of the release of energy from the food that you consume. And so the potential energy that comes in a glucose molecule of sugar or fatty acid in your food, those things ultimately get turned back into light energy via the work to the mitochondria.

And that light is coursing from cell to cell. Biology is about a thousand times brighter than in physics. to get a single cell to to work. And so the difference between physics and life is a concentration of light energy.

one bacteria will produce about it somewhere around 100 to 1000 times more energy per cubic centimeter than the surface of the sun or star. Well, in multicellular organisms has to make another ten jumps from more in the thousand to 10,000 times more light per cubic centimeter than the sun.

And that then allows enough information to, you know, of course, through a small system to coordinate what we would call life. So life is extremely bright phenomenon.

It takes an enormous amount of energy to create it. And as we dim the lights, of metabolism within the human biology, we get to to see the chronic disease epidemic unfold just as it has.

And so we've played this experiment out on billions of people over a 50 year period. And so it's the most studied and scientifically true reality is that we are dimming the lights on physiology, biology, not just in humans, but on the planet itself.

And so there's a lot of focus on climate and climate crisis and global warming and all that. But all of those are simply symptoms of a this dropping metabolism of the Earth itself. Wow.

And we have participated in that. And so this has happened multiple times over the history of human right time. But

it's also happened really deeply over the history of the planet itself.

never before have we witnessed, an extinction level event that is now threatened by that drop of metabolism to a rate that is no longer compatible with life.

but, we are we are in it now. And so we are dimming the lights of humanity. We're dimming the lights of the soil systems beneath our feet. and we are beginning the journey into, you know, new possibilities that we will do well to witness to one another.

And we do well to witness the disease of the human condition today, there's a scary amount of normalization that naturally happens subconsciously, where we normalize disease all the time.

But ultimately, I think we are seeing the rise of compassion, and I hope the rise of awareness of these diseases that are affecting our children and grandchildren so deeply right now.

So it's an important moment and an important conversation to have. So thank you for the invitation. Proof that just. Wow, big concept. Just saying that.

And it's interesting at the time of this recording, by the time everybody sees this, I think it's important to know that Dr. Zach is sitting in Israel right now and I'm here in Mexico, and in a few moments we will be witnessing, a strip through North America of the full solar eclipse about to happen.

And so I think it's also very interesting of the choice of words you used about this dimming of our sort of cultural light or ecosystem light, and this, this potential to expand or reinvigorate or re invoke that light, bring back the light.

How Environmental Damage Dims Human Health

I think that this is a very timely and powerful conversation. And so you just spoke to sort of the dimness and about the sort of concept of cancer. Maybe let's take a little bit more to talk about.

You know, how you see that playing out, you know, more in the clinical like in the patient listening. How does this relate to them in just like a reality of day to day and then let's talk about how we start to bring back the light.

Yeah. the dimming of humanity was first symptomatically witnessed at a large population scale in 1980s, about five years after we added chemicals to our soil and food system that that have an antibiotic type effect on the microbes within soil systems.

But in this case, very critically, the microbes inside of our cells, which are called mitochondria. And so we started to to inadvertently poison these mitochondria in the late 1970s.

And by the mid 1980s, within just a few short years, suddenly the America was facing the obesity epidemic. UBC epidemic was a demonstration of the failure of our bodies to take the potential energy that was coming from our food and turn it back into that light.

And so what happens when you can no longer move that at the cellular level? You basically back back the the supply chain up to the liver. And so the liver now starts storing fat that should have been burned as glucose or fatty acids as the cellular level.

And then the liver fills up pretty quickly in the process of putting fat into the liver, you develop inflammation and fatty liver and it's downstream inflammation, then leads to two conditions over time.

The first one to appear is diabetes and insulin resistance. And so by the late 80s, we see this huge explosion of type two diabetes that, of course, compounded every 3 or 5 years ever since.

And then longer term, you see that you can no longer store enough in the liver. And so he starts storing it in the

visceral fat around the liver, in the belly.

This is the fat that ultimately drives cardiovascular disease, which is the number one cause of death in most industrialized nations for over 100 years.

That suddenly radically accelerated in these 1980s and 90s and also led to then the the phenomenon as the lights continue to dim. Now you're looking at like early 1990s of a dysfunction of the immune system itself.

And so as you fail to do cell repair, your your terrain that is most damaged every day is going to be the first to show signs of challenge and the membrane and you know that the body of, of the population in your cells that takes the most demand in a lot of ways is your gut lining.

is this membrane in the body covers two tennis courts and surface area, and it's composed of tens of billions and tens of billions of cells. And those are all held together by tight junctions.

And so we started to see the enough of the glyphosate and other herbicides, pesticides in our in our system at that point to disrupt that, that foundation of life for us.

And when the gut comes apart, it exposes your immune system to everything. And so now you're in the constant food fight, you're in a constant on your water fight and a constant air fight every time you breathe, every time you drink, every time you eat anything company.

The system now is penetrating that that barrier, that at one time was an intelligent gatekeeper. And now it's become a sieve. And with that you get immune activation, immune overwhelm.

And this leads to the condition that we call chronic inflammation, which is the foundation of the chronic disease epidemics that that really got underway in those those first couple of decades.

And so as you start to disrupt that gut membrane at these deep levels, and the failure of that brightness starts to occur, you're not repairing fast enough.

Your immune system at some point is going to actually cross react to your own body. And this is called autoimmune disease. And so autoimmune disease of the thyroid, for example, by 2002, we saw 1 in 4 girls with autoimmune thyroid antibodies testable in the United States by age 12.

So, you know, we were really unleashing the immune system against its own body. by the by the early to mid 90s. And in this we saw new diseases created, really, celiac disease became a household name, which is, a severe autoimmune condition triggered by the consumption of gluten that's contaminated with, like, say, we've published that in peer reviewed science and even ten years back or something like that.

then you start to see the downstream effects on the cells that are a little bit deeper protected, but have that time and metabolic demand. And those cells are by and large, the neurons of the body.

a typical average human cell takes about 200 mitochondria to power to its full potential. A nerve cell will take 2000. And so 2000. Mitochondria live in every single neuron in your best health.

And right now, you know, we're seeing a decrement about 3 to 4% of those mitochondria per year starting at age two. And so a very young age, it's you're losing that light potential within your neurologic system.

And for this we've seen the advent of attention deficit disorder autism spectrum disorder. And then as we go into older ages, Alzheimer's, dementia, the the occurrence of Parkinson's dementia, males, and then another five years goes the injury gets deeper explosion of Ms.

als these in these rapid conditions of neurologic degeneration. All of this occurred, you know, over this short ten year period, pretty much between 1996 and 2006, when we saw the neurologic, you know, diseases just all launch

across all age groups, all socioeconomic groups, all populations of the world ruined.

And so it's been a really interesting career for me and you to live, because we were born into this industry right in the early 90s when. Actually, maybe we shouldn't speak for you.

I think you might be under these, but, a. Couple of years older than you. But not have never guess a woman's age. And there you go. Good job. But, there's this process of, you know, empowering a group of doctors in the early 1990s that we're going to be the, you know, the first personalized medicine.

We're going to do all kinds of amazing things nobody's ever done. Nobody guessed. In 1992, when I started my journey, that we were going to be the generation of doctors that would see the explosion of more disease than anybody had ever dreamed up.

and so we didn't see this coming. We didn't predict this in any modeling governments and predicted doctors and predicted this literally shocked the world.

as the late 1990s unfolded. And by the early 2000, we were pretty clear, that we had a very deep crisis on our hands. And so by that time, you know, we're starting to see this massive uptick of cancers in children and elderly, and that was suggesting that we had reached this threshold effect where we were dimming the lights on humanity so fast that we were now seeing two year olds, three year olds showing up with osteosarcoma, which was a disease.

We saw an 80 year olds. And so to see that rate of, you know, penetrance of something is as devastating as cancer occurring in such young ages suggests that somewhere in the mix, we had done something absolutely devastating to our biologic capacity for this generation of light or metabolism within the solar system.

And it's downstream consequences of a failure of regeneration. And so that's we're now 20 years past there. And, we see 1 in 2 males with cancer now in the United States and other Western countries.

but I think more terrifying than that is actually the, you know, one more decade past the cancer, as you see, the collapse of fertility. And so by 2010, 2014, we're seeing this rapid decline in sperm counts globally.

And, now it's it's hard to find somebody who's not working on in vitro fertilization or, you know, some sort of technology or band aid, or last ditch effort to become pregnant.

And so it's it's something that we haven't really come to terms with as a scientific community, unfortunately. And that's really slowing progress toward solutions.

because I think we're we're kind of failing to see the big picture as a global community. And I think we're afraid of what may have caused it, because we don't know that there's solutions.

And so when we're afraid that there's no solution, we're afraid to admit we've got a problem, I think. So that's where we're at. While that that just so many goosebumps.

I mean, you spoke so beautifully about what we've seen in a very short period of time and like my medical career started in the mid 90s and, and watching I would go to conferences and I would have to ask the question, like, how many of you have been directly touched by cancer?

And at that time there might be in a room of 500, there might be 20 people who raised their hands back in the early 90s.

From Conventional Cancer Treatment to Terrain-Based Healing

I have to ask that question differently today. I have to ask, how many of you have not been directly touched, impacted yourself or a very close loved one by cancer?

And now I might get to a few hands. I could count on one hand how many hands might go up in a room of 500. That is such a big change in such a short period of time.

And you spoke. You alluded to when we first talked about this process starts in the womb of our mothers, even our grandmothers, and that this moves on and on.

And the concept here, as we used to think of diseases that you mentioned, as well as cancer being the diseases of the aged, of the elderly. And yet in the last couple of months, it has just been exploding up the airwaves around the incidence and the prevalence of more and more cancers being diagnosed in younger and younger people.

And you just spoke beautifully as to the why of that. And I'm always just shocked when people are kind of surprised by this information. And it's I don't mean this disrespectfully, but I'm just curious as to why it's not just obvious that we've got problems and we're not asking the right questions and that we're not approaching it.

What I was just reading an article out of, I think Jama this last week is their solution is that we just need to start screening earlier. Okay. Well, that will just tell us what we already know that there's a lot of people out there with cancer at younger and younger ages.

It doesn't change the why. And I think that that's what you speak to is that cognitive dissonance, that boy howdy. If we really ask the right questions, it would be overwhelming or seemingly overwhelming because we don't many people don't think we have a solution, but in fact, this is one of the beautiful things you bring to us is you are very solutions oriented.

You see hope in the midst of the darkest, bleakest moments. You've share that with me on the podcast you and I have done together. but you've shared this message wherever you go.

So when someone hears this and feels overwhelmed and feels like there's no hope, where can they start this journey of of healing the collective, communal, you know, ecological cancer that impacts their internal cellular cancer process as well?

Where can they begin? Yeah. I mean, it the story got simpler and simpler for me over time. I, I started I started making chemotherapy in 2005, 2006 kind of time range.

So I was developing chemotherapy at the University of Virginia. And so at that time, I would have told you, well, you know, you've got to get, you know, toxin into the cell system as quick as possible.

Try to poison these cells. if you've got a small enough to or a tumor that's immediate or immediate will bite it. Surgery as soon as possible and then follow that with some radiation to see if we can change the trade behind the cancer kind of thing.

so those were the three tools I was given, you know, to work with. And, what I saw over time was, a revolving door of cancer in our centers, you know, and so you can knock down a tumor with any of the three mentioned modalities, but the speed at which those things come back, and terrifyingly, they often come back much more aggressive, after intervention, it was clear that we weren't actually changing the terrain.

We were we were throwing a Band-Aid at the situation, and nobody had taken me through the metabolic story. We just, you know, walk through or nobody had ever mentioned that to me.

I was very much, you know, in a generation of doctors that was still believing that that this was something that was happening to cells rather than exploding within a cell, you know, and so there's there's this belief, I think, across the board of patients and doctors alike, that disease somehow sneaks up and attacks a healthy cell, when in fact, disease is the expression of a cell.

When it's lost, it's rooting in health. And so that was a change that started for me in 2008, as I was developing a new breed of chemotherapy. I was using vitamin A compounds and finding I could be much more effective at killing

cancer cells by feeding them nutrients rather than trying to poison them.

And develop in their understanding and expertise in the way in which nutrients, are metabolized or processed through mitochondria. And was able to show that many cancers of the endocrine cancers I was treating to, you know, breast cancers and more common things, they they as a process of becoming cancer, they lose the enzymatic capacity to process nutrients.

And when that happens, the nutrient itself can become a trigger for the cell to remove itself from the organism. And so we call this apoptosis as this gentle self removal from suddenly realizing you're part of the problem.

Going out gracefully. Realize I'm causing great harm, I'm going to duck out right now, and I'm going to call on a stem cell and replace me with a new cell that has all busted original function.

And so to watch cancer cells, you know, eliminating themselves under the microscope was, you know, I thought, this is incredible. This is the future. This is the secret.

and what I found over time, anyway, was the pharmaceutical companies didn't have a mechanism of, of really utilizing that, that information in their, in their business model.

And so I found that I my research had been preempted by blocking patents to a number of different nutritional inputs so that people couldn't bring those out as chemotherapy agents.

And so that was, you know, a change in my mindset of like, wow, I wonder what this new academic medicine thing is targeting. If we're if we're starting to block our capacity to think outside the box of our current cancer model, what else are we failing to think creatively about?

And what what I slowly kind of found in my own life is like I had spent 17 years in academic medicine learning not to question anything and really forgetting to ask the question of where does health come from? Wow.

And that's been the slow journey of the last 15 years of my life, discovering one day after another the beauty of nature within us is so undeniable and so grandiose in its capacity to not just repair, but completely, you know, disappear disease.

And so that became really fascinating to me. I was, you know, after that, John, through at technology, metabolism, Cancer Research, I did do the hospice stuff that you mentioned as well.

But by that time I had started my own nutrition center for reversing disease through food. And and I was watching Death and Dying on a daily basis as a hospice doc.

And I was watching people heal deeply through their reconnection nature. And so that was the contrast that I got on a daily basis that gave me a deep, deep conviction that, the playing field had been altered or the playing field had been misread decades before this, so that my patients die in their 80s and 90s, hadn't been given any empowered questions to work from when they were 40 or 50 or 60.

And so this was my hope then when I left in 2010, was, what if we started a new program where we really start to to to learn health rather than have it prescribed to it to us through a pharmaceutical model?

And I had to begin learning because I had no idea how it so began or how so was nurtured, or I didn't know I hadn't been asked and to ask those questions I had never asked of myself.

And so we started asking those questions. Start my own little tiny, tiny laboratory with some colleagues. In 2012. And it's just awesome. The way that nature works is that, you know, she doesn't wait for us to be intelligent at all.

Like she nature's just so eager to blow our minds on daily basis. If, as human beings, we will just take a moment to pause and observe the beauty within the system that we call nature, it is ultimately a system of community.

It is a system that develops its own culture of of wealth at the biologic level. So the planet has been doing this for billions of years. If if our current science is accurate, it looks like for 4 billion years life has been iterating for more and more adaptation.

And through its capacity for adaptation, it it breeds more and more diversity through the biodiversity. It feeds back to more rapid, changes of our capacity for adaptation.

And through that you get celebrated by diversification. So we went from single celled organisms to the bounty of of what this world has produced over the last couple hundred million years, from dinosaurs to dolphins to humans.

I mean, we have just we have had to, as scientists come to terms, the fact this planet is really good at bringing stuff out of nothing, there's this entropy phenomenon that's happening all of the time on this planet.

Something is coming out of nothing all the time. And so it starts to make you ask what's what's in the nothing? Where is all of this actually coming from?

And as I ask that again and again, again to my patients, we started to realize that, whoa, there's actually is something in the nothing in that nothing that we would call an energy field is the electromagnetic template by which you organize yourself in your mother's womb, because those 70 trillion cells that came out of one had no blueprint.

There was no map. No, none of those cells had. Yeah. Had somebody bossing them around emerged from the vacuum space within the womb, and you became you by some template that wasn't biologic.

It was a template within the electromagnetic field. And so in the spiritual realm, we've often referred to these things as souls. but in the biomedical or bio physics environment is pretty easy to understand.

Spontaneous Remission, Nature, and Intrinsic Health

Is, is the electromagnetic field template by which you are now expressing biology and the way in which physics can communicate with cells to become biologic?

You know, expression is through water. And so the water at the at the molecular level is this extraordinary trans mission between the physics and the biology.

It's the cell that will line up to the electromagnetic field. And then in its behavior in around molecules and ultimately cells, it can understand how to translate the template into a physical manifestation.

And so just this, you know, exquisite, mysterious thing. And as I watched my patients die over and over again, I was starting to realize that what I was witnessing in those final moments of death that I had come so to hold so dear to my own personal experience, I was actually witnessing that electromagnetic field become the dominant expression again.

I was watching biology fade and this electromagnetic field come forward. I was watching this so come forward more visible through the biology that was basically fading.

And so there's something when you see somebody who goes through a near-death experience, their heart stops. You shock them. You do all this stuff in the ICU and they come back into the body after 15 minutes.

It's not unusual that you suddenly catch a glimpse through their eyes. That looks a hell of a lot like the first glimpse you saw with the first baby you delivered.

I got chills again. That that child coming through the womb of the mother and that individual that just crossed the veil to the other side and then pop back in for a second to say goodbye.

They have the same thing in their eyes. What they have in that eye that is so mysterious and captivating is a state

of complete peace and self-awareness.

most of us have no idea of what that would look like to look into another person and see self-awareness, in a crystalline state. But if you get to to sit with a newborn child, you will witness.

If you get to sit with somebody who is dying, you will witness it. There come these moments when the egoic shield slips away, or in the case of the infant, hasn't even occurred yet.

Where you are seeing the original design, you're seeing the biologic awareness of the original self. And there's such a peace in knowing exactly what you manifested from and exactly where you're going.

And so we have these bookends on life that that have this crystalline, clear clarity. And what basically happened over the course of my clinic, 2000, you know, 2020, during that decade, I became less and less convinced that there was any biologic mechanism of true healing.

We could put through journeys of repair. But that's different than healing, right? Healing, for me, has become synonymous with this concept in medicine of spontaneous remission.

It's a term that we had to develop in medicine, and so that we can write something other than miracle charge. Exactly. These are very bizarre situations that are actually very well documented.

And again, they have happened frequently enough that we have to have a medical term and CPT medical code for it and everything else. But spontaneous remission is the phenomenon in which somebody has very advanced disease.

Cancer is a common example of it, but it can happen in anything. And it's riddled their body with tumors all over the bone in the brain and whatever it is.

And then suddenly they start doing kind of well clinically. And the doc is kind of like, well, I don't know what's going on and come back in a month and they're doing even better.

And then you get a CT scan and you realize the cancer that had been all over the body is nowhere to be found. They simply have reverted to some sort of physiologic expression of self that shows no history of the disease, which, again, is much different than a repair process that we would take people on through chemo, radiation, surgery.

Those processes leave behind scar tissue gaps of tissue that where the tumors have been. All of this, this is a situation where the body has no evidence, no memory of disease, nothing ever occurred back that we have seen that and seen it frequently enough that we have to put a name to it and a code to it suggests that we are totally missing the way in which health occurs for our concentration on disease.

And so this became a bit of a problem for me as a doctor running a medical clinic, because I couldn't find a single modality that also wasn't falling into that disease mindset.

Even if I liberated myself from that mindset for a moment, my patients were being taught that they had to come to a medical center to get the wisdom of a doctor, to get the treatment special from a Chinese medicine doc or an acupuncturist or whatever the heck you're going to reach for.

It still had us in this modality, and so we started leaning in forward about 6 or 7 years ago when my clinic, still going on, started leaning in like, is there a process that we could tap into this energy field rather than the cellular things?

And it basically was the question of, can we go directly to the source of the physics instead of all the biologic downstream consequences of being disconnected with the physics?

And so this has been a very interesting journey. And and so we've created an eight week course seven years ago

called Journey of Intrinsic Health. Yeah, that's titled for its its purpose, which is health.

It has to be intrinsic to the individual because their health was so profound at the moment of conception that that organism could self-organize into a 7 trillion celled organism, you know, order of things that would be beyond the magnitude of comprehension.

And then they would play with 1.4 quadrillion bacteria and fungi and the rest that would then fuel that thing to a capacity to actually be fed. And then those 1.4 quadrillion pass that on the 14 quadrillion mitochondria, that would break that back down to light energy, the coordinate enough, you know, concentration of energetic possibility that you would keep repairing and regenerating to the original design.

Wow. Well, that's that's where we're at now and kind of understanding the physics. And so it's been really exciting to to empower people coming into the program of literally anything that you've been told by a doctor before isn't very relevant to your journey, because ultimately you're having a dimming of the lights.

And so no matter how many diagnoses you've been told and no matter what prognosis you've been told, if you can fundamentally change the amount of light energy inside the cells and then return to its communication to to that original energetic design that's vibrating within you all the time, then then we can hope to bring you into a moment of spontaneous remission.

And so planning for spontaneous remission became kind of a passion of mine. And like we said, we all have the capacity is clearly it happens by accident.

You know, you know, a surprising number of people in the United States and average is that we have to discharge 10% of people from hospice after nine months of care, because we're realizing, well, we were wrong.

They're not going to die, actually, and they're going on to live another chapter of life. And they did something. Someone will go through spontaneous remission.

Someone will go through more of that repair, regeneration process. a significant portion actually just we're having so many, you know, drug drug interactions that we thought they were dying.

And first thing you do as a hospice doctor, you stop all the medications. And so your patients suddenly bounce back because it was actually the drug toxicity that they were they were dying for, not not their own bodily function or dysfunction.

So lots of reasons for that 10% discharge rate. But that's accidental. We accidentally discharge temporarily. What if we go ahead and just become a little proactive there and be like, no, here's exciting sort.

Like we get all get discharged from hospitals, you know? And in that journey, you also realize that it's you that you can be discharged to hospice and then let go of your body on your own terms without a bunch of medical intervention, and you can even release yourself into your next expression.

And so not only can we all be discharged from hospice, we could stop considering death of the biology as an end or a failure, and we could start to see that as a natural pathway.

And then we suddenly start living like a lot of our indigenous wisdom and cultures have done in the past. So, so that's some of the brushstrokes. We keep going for hours, as you know.

But, I think we're we're, on a goal of not exhausting the, the, the the bandwidth of the ears that are listening talk. What is so amazing to me is you always you.

You just plant the seed of hope. You also plant the seed of possibility and expect Haitian for miracles. Not to be surprised by a new wording for it, because it's too uncomfortable for us to even entertain the idea that these experiences happen organically all of the time, and we just need to sort of be ready for them instead of resistance

to them.

So I think that's a really beautiful way to leave this to our our listeners who will be listening, maybe hearing from you for the very first time to want to dig deeper and learn more about you will have lots of links and how they can track you down and find you and find this program that you speak to.

Because we do want people to know that there are choices and there are options, and that miracles are absolutely expected, every day in our lives and our experiences.

So I'm grateful for that. And, Zach, you are out there changing the ecosystem around us. You have so many passion projects around changing this literally from the soil to the soul.

And I look forward to seeing what continues to transpire from that. So thank you so much for your beautiful energy, your beautiful words of wisdom, and your beautiful time.

Honored to be with all of you. I think there's much for us to be excited about. I think that, we are all scratching the surface of human potential and, I certainly was the first to come up with the miracle idea.

I think it was Einstein that said there's only two ways to see the world, which is everything's a miracle or nothing is a miracle. But you can't come up halfway in between and start picking and choosing where the miracles lie and where they they fail.

And I think that's easier for a physicist to embrace than a biologist. Yeah, because we get we set the rules, set the deck wrong for the for the biologists.

We told biologists and doctors, you will fail if anything dies. And we told the physicist everything births and deaths all the time start bird deaths, planets, blah blah, blah.

There was no judgment on death for the physicist and so they were able to, I think, ultimately loosen their grasp on, ripping on the life and let it go.

And in so doing, you start to live. So it's in our fear of death as humans and as doctors, we squeeze so hard on to live like that. We aren't living, you know we are.

We just start slowly dying the moment we're aware of the concept of death. And so we're clinging to this thing. We're afraid that our our parents will die or grandparents will die, or we're afraid we will die.

We're afraid, you know, our job will die. We go into this scarcity mentality very, very early on in the journey. And so I just, you know, for all of you, you know, you don't need to take any, any human experience. You can just start beginning with that, this release, this stranglehold that you have on life out of the fear of death and just start to wonder what that feels like.

What does it feel like when you realize life is coming through? You know life is something you're chasing and hoping to hold on to. And this is where I think our current, you know, concentration on data.

As you know, the biohacking industry has gotten a hold of us and everything else is there is no data that makes you healthy. There is no no data experience that's going to take you towards health.

really what happens is, is the future is already happening in your body.

Collective Trauma, Cultural Cancer, and Restoring Hope

It is emergent all the time, and the only data that you should hope for is that which you haven't imagined yet. Because as soon as you witness somebody else's set of reductionist data points, as you're success or failure, you know you're got 4.2 hours of sleep.

Not this. And yet 2.1 hours of this type of sleep. And the other. Now you're anxious all day like, man, I got to get this thing fixed. This is my main problem.

Yeah, no. Probably not. Your main problem is probably way upstream. Whatever your you know, you're concentrated on right now as your health outcome. It's a vibrational experience to be alive.

And I would just honor each of you that would start to release all of the the other expectations, data sets, everything else. Like where am I supposed to be in this health journey?

How do I avoid cancer? How do I live with this, and what do I do if I get these diseases? Instead of being in that space of anticipation, I think we need to shift into a higher vibrational frequency, which is curiosity.

Yes, I wonder what I was originally doing in the womb such that I knew how to design myself. Like, yeah, what was that like? To just like, you know, make a figure over here and then make a video again and become a liver over here.

Like, what did that feel like to become? that's an interesting thought process for us to start to get into as a community is like what we we did it. We became us.

We we self-organize people. We are miraculous. We did something that's physically impossible. Biologically impossible. We came out of nothing within the womb, and here we are.

And so we have done the impossible. not just in a conceptual way, but in a daily basis, where disappearing and reappearing every millionth of a second.

The physicist told us, well, that's true. Why am I still carrying the diseases? The before you're like rejecting the same frequencies of doubt, fear, guilt, shame into my biology.

And I'm not letting those go because the only thing that can last more than a millionth of a second is the human emotion. That would screw up the relationship between my biology and my original design.

And so I need to free myself up of human emotion if I'm going to remember my original self. And each of you can start practicing this on a daily basis of going into that silence and really being disciplined about not letting your emotional matrix become your reality.

Your reality is you occurred far before there was any human emotion, and it will persist far after any human emotions are generated within the human mind or heart.

And so this is our time to embrace the history of humankind. If we are going to stay in play because we have too much collective trauma, that we are now passing on generation to generation.

And I want to reassure all of you that are listening and have a disease in your body that is a collective expression. I'd like to hear your comment. Master, you mentioned the term cultural cancer.

Getting into a little bit on on what you meant by that. And then I'll respond to that. I think for me, I see it that we might be expressing the cancer throughout our body, but it's come through us from experiences in our communities, our cultures, our, you know, the world in, on and around us.

Beautiful. I want you guys to notice, deep in that information right there, this is something that's being expressed through you from a collective, you know, injury, a collective wound that is in in your ancestral path and within your own lifetime triggered many times.

And so what we are seeing at this process of cancer is that cancer is actually accumulation, of forgetting of that original thing, it's accumulation that then leads to a very to repair and the very repair you get isolation.

With isolation you become cancer. And so that pathway, there is something that was set in motion at least four generations back. More likely seven, 17 generations back at the patterns were set.

And then they got compounded with each generation that set forward more injury in the different forms that they come chemical injury, emotional, psychological injury, stress, etc..

and biologic injury, you know, car accident, trauma, things like that. So all these layers can keep coming on to you. but what we find is that the, the most potent carcinogens that we, we now know of don't express themselves until the fourth generation.

so each generation will have worsening disease and might have cancer in the mix and all that, but we don't see the full expression of the damage. And so the fourth generation is doing that.

And so in my, you know, signs of there besides pesticides, all that stuff that we, we concentrate so much on, we still have no idea how bad this thing gets because 1976 was kind of the first time we started broad spraying glyphosate in, and now we're spraying about 4 billion pounds a year into that environment around us.

We won't know until, you know, 2050 exactly how how desperate that situation is for those children being born in 2050. it's going to be grim because we're already seeing so much damage in generations two and three.

A man, when fourth generation goes, will find out. And so I say all that, not out of fear of where we're going, but out of a sense of urgency to where we need to go because we are going down a path to rapid extinction of fertility, rapid extinction due to disease levels that within our children that we can't even fathom or we start to heal.

Yeah. And that's the playing field now. And I really want to bring it to that. Clear of a point is that if we are not each being part of the solution today to find that spontaneous remission, then we are guaranteeing the disappearance of our great grandchildren under that burden of disease, because there is not enough technology that's going to help them at that point.

So we need to be the ones to erase that. The whiteboard of of collective trauma forward and backwards. We need to become, each of us, dedicated to a lifestyle that's reconnecting us to nature.

And we do promise this, that nature has solutions and grace that is much deeper and more profound in its capacity to repair than the disease and and the mistakes that we we created in our environment to form these diseases in the first place.

it's about a ten x phenomena. And so the, the, the healing of nature touching a human cell is ten times faster than the discriminant function. Previous to that.

And so we can take glyphosate, for example, and destroy cells over a period of time. But if we just for a moment put those cells in touch with a complex communication network of the microbiome, soil systems, gut system in seconds and seconds, you are generating a new gut membrane.

You're generating himself, you're generating life. And so it is split second response times of biology going into that spontaneous remission of like, oh yeah, I don't need any of that.

I was this and I'm going to just simply re express that. And so we get to see that in a microscope on a daily basis. And it was always a blessing to see moments of that clinically as well.

And I'm convinced that if we keep dancing this dance together, something really spectacular is going to happen in the in this hospice moment. And we we have a really good shot at being in that 10% of discharges.

You know, there's going to be species that do escape this, this this process of extinction. And I believe we could stay in play if we're willing to start doing these spontaneous reconnections, the spontaneous remembrance of who we were designed to be in the womb and what it felt like to be alive, rather than what it feels like to be afraid of

death.

Oh my gosh, doc, so many beautiful pieces for people to hold on to here and for those of you listening, if I hopefully I'm not alone in this feeling, but I feel like, Dr. Zach just turned up the light, to block out the dimness that we've all been collectively experiencing.

So with that, Dr. Bush, thank you so much for being the amplifier of the message of hope and and transformation. Dr. Winters, always a pleasure to be with you.

Audience. Best of health to all of you. Light it up. Light it up. Right.