Free Hacks to Instantly Reset & Save Your Kidneys Transcript

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Introduction to peptides and bio-regulators

I would get a lot of messages in regards I would get a lot of messages in regards to, you know, what is that one peptide to, you know, what is that one peptide or what is that one bio-regulator or or what is that one bio-regulator or supplement to use and [music] I keep supplement to use and [music] I keep telling that there is no such thing as telling that there is no such thing as using this and getting better. You know, using this and getting better. You know, some people would say, gee, they're just some people would say, gee, they're just not really working for me. Well, the not really working for me. Well, the signals of your diet are louder than the signals of your diet are louder than the signals of the bio regulator. I am signals of the bio regulator. I am shocked [music] shocked [music] at how little knowledge the medical at how little knowledge the medical community has about how to help people community has about how to help people reverse damages [music] and primary care reverse damages [music] and primary care is missing it. Welcome to Wellness Focus is missing it. Welcome to Wellness Focus with Dr. Bisma. I'm Dr. Bismaran, a with Dr. Bisma. I'm Dr. Bismaran, a physician on a mission [music] to help physician on a mission [music] to help you break free from symptom management you break free from symptom management and step into a life of thriving health.

and step into a life of thriving health. Together we [music] will uncover simple, Together we [music] will uncover simple, powerful ways to prevent disease, powerful ways to prevent disease, restore energy and take control of your restore energy and take control of your health naturally. [music] Your health naturally.

Kidney-focused bio-regulators and personalization

[music] Your prescription for vitality starts now. prescription for vitality starts now. Hi guys, we [music] are back and this Hi guys, we [music] are back and this time we are going to uh dive deep into time we are going to uh dive deep into the specifications of what we can do to the specifications of what we can do to help our kidneys with Dr. Robin Rose who help our kidneys with Dr. Robin Rose who is the specialist or the master in using is the specialist or the master in using peptides and bio regulators. I just want peptides and bio regulators. I just want to mention here that Dr. Robin Rose also to mention here that Dr. Robin Rose also mentioned that it is about mentioned that it is about personalization. So even though we may personalization. So even though we may discuss peptides and bio regulators here discuss peptides and bio regulators here and we may discuss some kind of and we may discuss some kind of protocols but remember everything is protocols but remember everything is personalization and if this is something personalization and if this is something that will work for you then obviously that will work for you then obviously these peptides are going to be a these peptides are going to be a gamecher but there are a lot of gamecher but there are a lot of situations where peptides and bio situations where peptides and bio regulators usually come after we work on regulators usually come after we work on the terrain and we have had a lot of the terrain and we have had a lot of episodes and we have worked on a lot of episodes and we have worked on a lot of things discussing what is a terrain and things discussing what is a terrain and what does it mean what is inflammation what does it mean what is inflammation so we are not going to talk about those so we are not going to talk about those things yet but we are going to focus on things yet but we are going to focus on certain peptides and bio regulators. So certain peptides and bio regulators. So Dr. Robin Rose the first thing I want to Dr.

Pyotaxide, kidney decline, and whole-body connections

Robin Rose the first thing I want to discuss is our pyotaxide which everyone discuss is our pyotaxide which everyone knows kidney bio regulator and we use knows kidney bio regulator and we use these pills usually it is recommended these pills usually it is recommended online to use maybe two capsules for um online to use maybe two capsules for um you know 10 days because it comes in a you know 10 days because it comes in a 20 capsule or a 60 capsule box. So tell 20 capsule or a 60 capsule box. So tell us a little bit more about is that the us a little bit more about is that the first bio-regulator you started using first bio-regulator you started using and then in your patients when you use and then in your patients when you use biorereggulators do you feel like that biorereggulators do you feel like that is also one of the first bio regulators is also one of the first bio regulators that

you bring bring along or then it that you bring bring along or then it becomes patient specific?

becomes patient specific? >> Yeah, eloax was the first one I heard >> Yeah, eloax was the first one I heard about and I basically jumped out of my about and I basically jumped out of my skin going what? Because again they skin going what? Because again they reverse the damage that life causes to reverse the damage that life causes to our genes. I mean that's kind of the our genes. I mean that's kind of the cartoon version that you know they're cartoon version that you know they're gene switches and our genes make gene switches and our genes make proteins that we need to repair to proteins that we need to repair to thrive and so the interesting thing thrive and so the interesting thing there's many of these I mean they were there's many of these I mean they were discovered in Russia and have been discovered in Russia and have been [clears throat] studied for decades [clears throat] studied for decades since the 70s actually and there's many since the 70s actually and there's many so there is a biorulator for the brain so there is a biorulator for the brain for the cerebral cortex for the pineal for the cerebral cortex for the pineal for the retina thymus thyroid yroid for the retina thymus thyroid yroid roid, parathyroid, lung, heart, blood roid, parathyroid, lung, heart, blood vessel, stomach, muscle, cartilage, vessel, stomach, muscle, cartilage, bone, test, ovary. So basically when bone, test, ovary. So basically when what the book guided me to explain is what the book guided me to explain is that when kidney declines, it's talking that when kidney declines, it's talking to all the rest of the body. And it to all the rest of the body. And it depends on by case by case like you say depends on by case by case like you say with personalizing.

with personalizing. Some people have issues with their lungs Some people have issues with their lungs with kidney decline, the kidney lung with kidney decline, the kidney lung axis. And so, you know, I I have this axis. And so, you know, I I have this thing, you know, the kidney bones thing, you know, the kidney bones connected to the eyebone, the kidney connected to the eyebone, the kidney bones connected to the brain bone. And bones connected to the brain bone. And and it really requires a very thorough and it really requires a very thorough history taking to go, okay, you have history taking to go, okay, you have kidney decline, but I'm concerned about kidney decline, but I'm concerned about your blood vessels and your parathyroid.

your blood vessels and your parathyroid. And so, they call them bundling them. And so, they call them bundling them. and and they actually work well when and and they actually work well when they work together because I mean if you they work together because I mean if you think about it even just kidney there's think about it even just kidney there's cartilage there's blood vessels there's cartilage there's blood vessels there's nerves and so nerves and so when we treat kidney with biorulas we're when we treat kidney with biorulas we're really treating the whole body really treating the whole body in response to had we get this kidney in response to had we get this kidney decline in the first place and so you decline in the first place and so you know it's it's it's not that kind of know it's it's it's not that kind of simplistic knee-jerk as as it could be.

simplistic knee-jerk as as it could be. I mean, you know, and and so I often I mean, you know, and and so I often will give people pyote attacks with will give people pyote attacks with liver and it depends if they're having liver and it depends if they're having some brain fog, I'll add brain. The some brain fog, I'll add brain. The pineal thymus aspect of bioregulators is pineal thymus aspect of bioregulators is fabulous because most of us in our fabulous because most of us in our medical training really don't learn that medical training really don't learn that much about how do I engage the thymus much about how do I engage the thymus for health, how do I engage the pineal for health, how do I engage the pineal and yet it's a big conversation. So it and yet it's a big conversation. So it just depends on each person and I often just depends on each person and I often will use the pyo attacks for way longer will use the pyo attacks for way longer than 10 days you know sometimes several than 10 days you know sometimes several months in fact.

months in fact. >> I see. I see. >> I see. I see.

Adrenal health, stress, and cortisol regulation

>> Tell me about it is do you do like 10 >> Tell me about it is do you do like 10 days and then after next month 10 days days and then after next month 10 days or do you just continue using it until or do you just continue using it until you see positive results in someone?

you see positive results in someone? What does that look like? What does that look like? >> You know each again each person is >> You know each again each person is unique. There are some people who are unique. There are some people who are comfortably in stage two. They're doing comfortably in stage two. They're doing pretty well, but they want to attend to pretty well, but they want to attend to it. So with that person, I might do the it. So with that person, I might do the 10 days and it can be every 3 months for 10 days and it can be every 3 months for 10 days or it might be 20 days every 10 days or it might be 20 days every month. So there really is flexibility month. So there really is flexibility and creativity in in how you address and creativity in in how you address each person. And if you know if they're each person. And if you know if they're not working clear enough on the not working clear enough on the lifestyle issues then got to cycle back lifestyle issues then got to cycle back to that. You know some people will say to that. You know some people will say gee they're just not really working for gee they're just not really working for me. Well the signals of your diet are me. Well the signals of your diet are louder than the signals of the bio louder than the signals of the bio regulator. So we got to regulator. So we got to >> absolutely absolutely >> absolutely absolutely >> quiet down you know the chaos. And >> quiet down you know the chaos. And there's no blame in it. I mean you know there's no blame in it. I mean you know I've sat here and cried about my food. I I've sat here and cried about my food. I mean earlier on my brain wasn't working.

mean earlier on my brain wasn't working. I mean you know and that that's I mean you know and that that's something that nobody really told me something that nobody really told me about and it's an important thing for about and it's an important thing for people with kidney disease to know their people with kidney disease to know their nervous system you know that the nervous system you know that the sympathetic nervous system gets out of sympathetic nervous system gets out of whack and there's several biochemical whack and there's several biochemical pathways that explain you know so you pathways that explain you know so you know adrenaline you know that's that's a know adrenaline you know that's that's a common term. There's a stressful thing common term. There's a stressful thing that happens and the body reacts. you that happens and the body reacts. you know, a lion is about to jump on me and know, a lion is about to jump on me and I'm going to react to it. And yet when I'm going to react to it. And yet when we realize, oh, that wasn't a lion. It we realize, oh, that wasn't a lion. It was just a coconut that fell over there.

was just a coconut that fell over there. Done. And I I tell this story, you know, Done. And I I tell this story, you know, my husband and I would react. We do have my husband and I would react. We do have coconuts falling right next to my house.

coconuts falling right next to my house. >> And and he reacts. It's like, what was >> And and he reacts. It's like, what was that? He would be done with it like, that? He would be done with it like, "Oh, it was just a coconut." Hours "Oh, it was just a coconut." Hours later, I'm still having that experience.

later, I'm still having that experience. There's this bizarre agitation. And so There's this bizarre agitation. And so that's something to know about because that's something to know about because then you can be kinder to yourself, you then you can be kinder to yourself, you know, you're reacting to everything like know, you're reacting to everything like what is going on, you know, life is what is going on, you know, life is terrible. It's like and that's where the terrible. It's like and that's where the spirituality I mean for me meditation spirituality I mean for me meditation comes in and singing and all the Vegas comes in and singing and all the Vegas stuff that we talk about is medicine for stuff that we talk about is medicine for kidney so that the bio regulators work kidney so that the bio regulators work better. So tell me a little bit about uh better. So tell me a little bit about uh since we are on this topic of adrenals since we are on this topic of adrenals nowadays. I think I rarely have anyone nowadays. I think I rarely have anyone with high cortisol. I feel like they are with high cortisol. I feel like they are usually in adrenal stage 2, adrenal usually in adrenal stage 2, adrenal stage three. But that basically means stage three. But that basically means that they have burnt out their adrenals that they have burnt out their adrenals and their cortisol production which and their cortisol production which essentially should be high in the essentially should be high in the morning is now on the lower end or morning is now on the lower end or actually like pretty much completely actually like pretty much completely depleted.

depleted. depleted. Have you seen that bio regulators work Have you seen that bio regulators work in that especially like you know let's in that especially like you know let's say we are working on the emotional say we are working on the emotional regulation and we are working on all regulation and we are working on all these other

things of v stimulation and these other things of v stimulation and making sure that we are humming and making sure that we are humming and meditating but on the flip side is there meditating but on the flip side is there a biorereulator that we can use or a a biorereulator that we can use or a glandular that we can use that can help glandular that we can use that can help us bring that cortisol back in range so us bring that cortisol back in range so that we are not so much tired have you that we are not so much tired have you seen any seen any >> I just did a podcast with Dr. Fiona Chin >> I just did a podcast with Dr. Fiona Chin specifically about the adrenal specifically about the adrenal bio-regulator and it it's an enormous bio-regulator and it it's an enormous conversation. It was a great interview conversation. It was a great interview worth listening to cuz worth listening to cuz >> Sure.

>> Sure. >> Sure. >> she's brilliant and we end up talking. >> she's brilliant and we end up talking. We we blab a lot and it's it's amazing We we blab a lot and it's it's amazing cuz yeah, you know, I mean, I get it and cuz yeah, you know, I mean, I get it and that's part of it is, you know, the that's part of it is, you know, the connection between the adrenal glands connection between the adrenal glands and the kidneys. Well, you know, it's and the kidneys. Well, you know, it's rather intimate and the cross talk is rather intimate and the cross talk is important and the adrenal bio-regulator important and the adrenal bio-regulator I cycle in pretty much everybody at some I cycle in pretty much everybody at some point. You know, it it may be somebody point. You know, it it may be somebody who's describing that they are anxious who's describing that they are anxious and agitated. I'll put that more often.

and agitated. I'll put that more often.

Injectables vs oral bio-regulators

You know, with some people it might be You know, with some people it might be two or three times a year that they do a two or three times a year that they do a 10day course. Um, and you know, again, 10day course. Um, and you know, again, each one is unique. At some point, the each one is unique. At some point, the thymus needs to be involved with that thymus needs to be involved with that because the dysfunction in the adrenal because the dysfunction in the adrenal messes up the immune system. Okay? You messes up the immune system. Okay? You know, I mean, this is where it gets kind know, I mean, this is where it gets kind of simplistic. Giving giving the body of simplistic. Giving giving the body these messages, these signals that are these messages, these signals that are gentle essentially, they they don't gentle essentially, they they don't force things to change. It enhances the force things to change. It enhances the body's ability to heal itself and that's body's ability to heal itself and that's very different from what you think very different from what you think >> but have you I don't know how much you >> but have you I don't know how much you have used the salivory cortisol or to have used the salivory cortisol or to measure the cortisol curve have you measure the cortisol curve have you noticed that the person who let's say we noticed that the person who let's say we have checked and the cortisol is really have checked and the cortisol is really low we started the bio regulators and low we started the bio regulators and cycled it and now it has become to into cycled it and now it has become to into the normal range have you done that or the normal range have you done that or this is clinically like bas based on this is clinically like bas based on symptoms. At this point, back when I had symptoms. At this point, back when I had my big practice prior to being my big practice prior to being embezzled, I did a lot of that, you embezzled, I did a lot of that, you know, a lot a lot a lot of testing. And know, a lot a lot a lot of testing. And essentially, I see that you're doing a essentially, I see that you're doing a whole lot more of what I used to do. I whole lot more of what I used to do. I mean, I'm older. I I'm mostly doing this mean, I'm older. I I'm mostly doing this because it needs to happen. I I am because it needs to happen. I I am shocked at how little knowledge the shocked at how little knowledge the medical community has about how to help medical community has about how to help people reverse damages and primary care people reverse damages and primary care is missing it. So I'm I'm kind of being is missing it. So I'm I'm kind of being that voice. I think that that would be that voice. I think that that would be interesting and useful. I'd love to see, interesting and useful. I'd love to see, you know, do 25 of them and let me know.

you know, do 25 of them and let me know. >> Yeah. Because I think for me because we >> Yeah. Because I think for me because we do have access to data I believe that do have access to data I believe that using that helps us understand what is using that helps us understand what is helping what is not and I use a lot of helping what is not and I use a lot of bio regulators and peptides and things bio regulators and peptides and things like that but then I'm also monitoring like that but then I'm also monitoring for specific things that we are noticing for specific things that we are noticing as a result of these right so tell me a as a result of these right so tell me a little bit about going

back to the little bit about going back to the pilotex and because you have extensive pilotex and because you have extensive experience and a lot of people have experience and a lot of people have approached you who are using it or how approached you who are using it or how to use it Have you found people who have to use it Have you found people who have worked on their diet or let's say they worked on their diet or let's say they are plantforward or they are plant-based are plantforward or they are plant-based and uh they've worked on their stress, and uh they've worked on their stress, they worked on their toxins and they they worked on their toxins and they have started taking pyoteex however they have started taking pyoteex however they have not seen the improvement that let's have not seen the improvement that let's say the the world is saying about these say the the world is saying about these bio-regulators and in that situation bio-regulators and in that situation what would your advice be to continue what would your advice be to continue using it or basically cycle other using it or basically cycle other bio-regulators?

bio-regulators? bio-regulators? Tell me a little bit about those because Tell me a little bit about those because generally never use pyote attacks alone.

generally never use pyote attacks alone. You know, it's like alopathically we go You know, it's like alopathically we go here's a pill, here's a problem and and here's a pill, here's a problem and and it's really different. You know, again, it's really different. You know, again, that person who's going, I'm not really that person who's going, I'm not really getting better. I have somebody who's getting better. I have somebody who's I'm going to talk to you later this week I'm going to talk to you later this week who is kind of at a stuck point came who is kind of at a stuck point came from the teens into the like I want to from the teens into the like I want to and so I want to know like, you know, and so I want to know like, you know, are you really sticking with the diet?

are you really sticking with the diet? Are are you Are are you going out to eat, you know, are you going out to eat, you know, are you getting too much salt because you're not getting too much salt because you're not paying attention? I mean, it's really, paying attention? I mean, it's really, you know, it's a lot to deal with. I you know, it's a lot to deal with. I mean, it's not an easy thing to say, I mean, it's not an easy thing to say, I want to be optimal with kidney. You got want to be optimal with kidney. You got to mean it. You really got to mean it to mean it. You really got to mean it because because because >> I agree. Yeah.

>> I agree. Yeah. >> And yet there's a joy to the burden, if >> And yet there's a joy to the burden, if that makes sense. You know, it's like I that makes sense. You know, it's like I remember this that the neighbors remember this that the neighbors probably heard me when I first found out probably heard me when I first found out my GFR was in the my GFR was in the when it was 60. I think you know they when it was 60. I think you know they heard me in town you know there there's heard me in town you know there there's a certain pleasure at realizing I am a certain pleasure at realizing I am able to be well and so you know with able to be well and so you know with that person I'd look like and I do like that person I'd look like and I do like neutral val testing I like doing oat neutral val testing I like doing oat testing you know is there an oxalate testing you know is there an oxalate problem now I'm I've uh come up with a problem now I'm I've uh come up with a new thing which is to make sure that the new thing which is to make sure that the urine pH isn't too high because then urine pH isn't too high because then calcium and phosphate can crystallize calcium and phosphate can crystallize and That's something that harms kidney.

and That's something that harms kidney. And you know there there's a there's a And you know there there's a there's a lot more than just here's your kidney lot more than just here's your kidney bio regulator. See you in 6 months.

bio regulator. See you in 6 months. There's there's so much and and somebody There's there's so much and and somebody gets an infection. You know co really gets an infection. You know co really put a lot of sludge in kidney repair. So put a lot of sludge in kidney repair. So you know their strategies for detoxing you know their strategies for detoxing from kidney from COVID spikes. So, you from kidney from COVID spikes. So, you know, as you know, I mean, it's know, as you know, I mean, it's complicated and it can be demoralizing complicated and it can be demoralizing if you're not getting better as fast as if you're not getting better as fast as you want to.

you want to. >> Sure. I absolutely agree with you >> Sure. I absolutely agree with you because since, you know, that I have, because since, you know, that I have, you know, a social presence and we have you know, a social

presence and we have social media podcast and reals, I would social media podcast and reals, I would get a lot of messages in regards to, you get a lot of messages in regards to, you know, what is that one peptide or what know, what is that one peptide or what is that one bio-regulator or supplement is that one bio-regulator or supplement to use? And I keep telling that there is to use? And I keep telling that there is no such thing as using this and getting no such thing as using this and getting better. Uh and I would get so many better. Uh and I would get so many patients who have been taking this and patients who have been taking this and who have been on these protocols of bio who have been on these protocols of bio regulators actually and cycling this and regulators actually and cycling this and still not getting better and that is still not getting better and that is when they would be like okay what do I when they would be like okay what do I do? We have done this. I absolutely do? We have done this. I absolutely agree with you that the answer is not agree with you that the answer is not that you take that and this is magic and that you take that and this is magic and it helps you right.

it helps you right. The other thing um I also want to The other thing um I also want to because you know I think over the last because you know I think over the last year I have started seeing that uh these year I have started seeing that uh these uh bio regulators are also available in uh bio regulators are also available in the form of injectables and we have the form of injectables and we have started using those as well. So tell me started using those as well. So tell me in your experience a little difference in your experience a little difference between you know the bio regulators between you know the bio regulators which are synthetic which are produced which are synthetic which are produced naturally and also using them instead of naturally and also using them instead of orally using them in injectable form. So orally using them in injectable form. So shed some light on those shed some light on those >> Yeah.

>> Yeah. >> Yeah. >> things. >> things. >> things. >> So the the Russians have clinics where >> So the the Russians have clinics where they've seen like millions of patients they've seen like millions of patients by this time. And so you know I've I've by this time. And so you know I've I've been blessed to be mentored by the been blessed to be mentored by the physician wife of the man who discovered physician wife of the man who discovered all of this. And all of this. And >> there's there's different classes over >> there's there's different classes over time. They kind of purified and time. They kind of purified and purified. And you mentioned extracts.

purified. And you mentioned extracts. extracts are louder molecules and extracts are louder molecules and they're harder for the body to integrate they're harder for the body to integrate than the bio regulators are so purified than the bio regulators are so purified they're there's not so much reactions to they're there's not so much reactions to them. So that that's a very big positive them. So that that's a very big positive but there's different classes. The but there's different classes. The injectables as you mentioned are called injectables as you mentioned are called cytogens cytogens cytogens and they are tiny. So you know they're and they are tiny. So you know they're only the amino acids. So like there's only the amino acids. So like there's two amino acids in vylon which is a two amino acids in vylon which is a thymus biorereulator. The difference thymus biorereulator. The difference between that and the oral product which between that and the oral product which is cytomax and the way I learned it you is cytomax and the way I learned it you generate the cytogen synthetically it's generate the cytogen synthetically it's identical to what the body is but it can identical to what the body is but it can be produced as an injectable. The be produced as an injectable. The cytoaxes cytoaxes cytoaxes are animal products that have been are animal products that have been purified and must be purified for a few purified and must be purified for a few months to get all the risk of you know months to get all the risk of you know pryion diseases you know mad cow disease pryion diseases you know mad cow disease not not part of it heavy metals they you not not part of it heavy metals they you know they detox it basically so it's know they detox it basically so it's safe so the difference is the safe so the difference is the injectables are potent and fast acting injectables are potent and fast acting so you start out using the injectables so you start out using the injectables but it's not something you sustain for but it's not something you sustain for long periods and then you shift into the long periods and then you shift into the orals for a longer term. So they're less orals for a longer term. So they're less potent, but they're also more longterm.

potent, but they're also more longterm.

Carnosine for kidney support and detox

And so again, it's the creativity of the And so again, it's the creativity of the clinician to understand each person's

clinician to understand each person's pathology and each person's capability pathology and each person's capability to resolve stresses and challenges to to resolve stresses and challenges to the body. And you know in in in that the body. And you know in in in that case case case somebody who bug getting in my face somebody who bug getting in my face sorry sorry sorry in the case of somebody who's quite sick in the case of somebody who's quite sick you know carefully placing the you know carefully placing the injectable to kind of deferst the injectable to kind of deferst the situation and then support it and again situation and then support it and again you know with other supplements with you know with other supplements with dietary stuff how are you sleeping oh I dietary stuff how are you sleeping oh I had a stress or I got a new dog I'm not had a stress or I got a new dog I'm not sleeping okay we need to work on that.

sleeping okay we need to work on that. You know, let let's look at your You know, let let's look at your melatonin. Maybe we use a pinealopeptide melatonin. Maybe we use a pinealopeptide with melatonin to get better sleep. The with melatonin to get better sleep. The immune system isn't working. You've had immune system isn't working. You've had six colds and infections. Life six colds and infections. Life interferes with this intention to kind interferes with this intention to kind of paddle your way out of of the of paddle your way out of of the intensity. And you can, but it takes intensity. And you can, but it takes really paying attention to what else is really paying attention to what else is going on. Are there stressful people in going on. Are there stressful people in my life? you know, and and the the my life? you know, and and the the adrenal conversation was really adrenal conversation was really important to me because I had that. I important to me because I had that. I mean, I had to get rid of people who I mean, I had to get rid of people who I cared about, but they were challenging cared about, but they were challenging to me. And the other thing that I like to me. And the other thing that I like to say with this is I discovered late in to say with this is I discovered late in the game about non- dipper. So, this all the game about non- dipper. So, this all comes with the adrenal conversation comes with the adrenal conversation that, you know, like you said, you know, that, you know, like you said, you know, the cortisol in the morning is happening the cortisol in the morning is happening at 11 at night. One day long ago, I at 11 at night. One day long ago, I decided to take my blood pressure at decided to take my blood pressure at 11:00 at night. I didn't feel good. I 11:00 at night. I didn't feel good. I was feeling like just bloozy. And it was was feeling like just bloozy. And it was really high in the morning. It was really high in the morning. It was great. 120 over 70. I'm good. But I I great. 120 over 70. I'm good. But I I wasn't aware I need to attend to this. I wasn't aware I need to attend to this. I have hypertension at night and that's up have hypertension at night and that's up at night. I don't want to go to sleep, at night. I don't want to go to sleep, you know. So, you know, complain, you you know. So, you know, complain, you know, I I I tell people make, you know, know, I I I tell people make, you know, complain about everything because it may complain about everything because it may be the idea. Oh, okay. This is what's be the idea. Oh, okay. This is what's really happening. You don't have to really happening. You don't have to whine. I, you know, I I I' I've had to whine. I, you know, I I I' I've had to navigate out of being a whiner. Like, I navigate out of being a whiner. Like, I don't like this. But it's like, all don't like this. But it's like, all right, it's happening. What do I do? You right, it's happening. What do I do? You know, my plumbing's leaking. I got to know, my plumbing's leaking. I got to get a plumber to help plug the thing.

get a plumber to help plug the thing. You know, I mean, it's it's really that You know, I mean, it's it's really that simple. And yet, you know, simple. And yet, you know, unfortunately, not everybody is like unfortunately, not everybody is like you. You go to a doctor who's like, you. You go to a doctor who's like, "They don't want to hear any of this.

"They don't want to hear any of this. Here's here's your medicine. Let's see Here's here's your medicine. Let's see each other in a few months." And that's each other in a few months." And that's not enough, you know, and so the groups not enough, you know, and so the groups that we have and the support that we that we have and the support that we give people to really believe in give people to really believe in yourself and and that's medicine. I yourself and and that's medicine. I mean, that's actually chemistry. And so mean, that's actually chemistry. And so by doing that all of a sudden you know by doing that all of a sudden you know these tools that I'm using are being these tools that I'm using are being more effective.

more effective. >> Yeah. >> Yeah. >> Yeah. >> So Robin tell me a little bit about >> So Robin tell me a little bit about carnosine. What are your thoughts on carnosine. What are your thoughts on that? And I know you that? And I know you >> everybody knows I love carnosine.

>> everybody knows I love carnosine. >> Yeah. Yeah. So I also wanted to touch on >> Yeah. Yeah. So I also wanted to touch on that that that right because I want this class to be right because I want this class to be more action-packed in regards to what we more action-packed in regards to what we can take because I understand that can take because I understand that everything is personalization but let's everything is personalization but let's say we are doing it is there still say we are doing it is there still anything that we can take away from this anything that we can take away from this conversation right so um yeah tell me conversation right so um yeah tell me what are your thoughts on carnosine what what are your thoughts on carnosine what have you seen how does it work how does have you seen how does it work how does it help us it help us >> so you know we encourage people to be >> so you know we encourage people to be plant dominant And carnosine comes from plant dominant And carnosine comes from carne, from meat, from muscle. And so carne, from meat, from muscle. And so when you're not eating so much muscle, when you're not eating so much muscle, you don't have so much carnosine. That's you don't have so much carnosine. That's also true with carnitine. Very different also true with carnitine. Very different conversation. But with carnosine, it is conversation. But with carnosine, it is a biorulator. It's two amino acids, a biorulator. It's two amino acids, which means it's agile and and potent.

which means it's agile and and potent. And the thing is is if you give those And the thing is is if you give those two amino acids, there's benefits, but two amino acids, there's benefits, but it's not the same. So there's this it's not the same. So there's this peptide bond and these the two amino peptide bond and these the two amino acids come together and they're a acids come together and they're a different thing. And so we know a lot of different thing. And so we know a lot of things about kidney decline. We know things about kidney decline. We know that heavy metals, which our that heavy metals, which our environments inundated with, damage environments inundated with, damage kidney tubules very specifically.

kidney tubules very specifically. Carnosine is an amazing tool for binding Carnosine is an amazing tool for binding dvalent. So things like lead and mercury dvalent. So things like lead and mercury and iron are actually dealt with by and iron are actually dealt with by carnosine and excreted. And so I've carnosine and excreted. And so I've actually seen self and others improve actually seen self and others improve heavy metal levels. I like heavy metal heavy metal levels. I like heavy metal testing. I think it's useful especially testing. I think it's useful especially because it's one of the things we know because it's one of the things we know that and it's invisible unless you look.

that and it's invisible unless you look. Same with things like mold and and Same with things like mold and and crystals. And so there's also benefits crystals. And so there's also benefits to the blood vessels. Sounds like to the blood vessels. Sounds like kidney. It's AES, which is these nasty kidney. It's AES, which is these nasty molecules that come along with diabetes.

molecules that come along with diabetes. If you're cooking food too hot, you can If you're cooking food too hot, you can damage molecules and all of a sudden damage molecules and all of a sudden they're nasty instead of helpful.

they're nasty instead of helpful. >> And it modulates AES. I mean I in the >> And it modulates AES. I mean I in the book I have 40 pages about why to use book I have 40 pages about why to use carnosine for kidney decline and I I carnosine for kidney decline and I I find it helpful to the nervous system to find it helpful to the nervous system to the vascular system. It it helps with the vascular system. It it helps with the stomach and the gut, you know, it's the stomach and the gut, you know, it's like why wouldn't you use it?

like why wouldn't you use it? >> Is it What is the target milligram or I >> Is it What is the target milligram or I mean how do you use it or how do you mean how do you use it or how do you recommend that people use it if they're recommend that people use it if they're considering the carnosine?

considering the carnosine? >> You know, I start slow. I think you know >> You know, I start slow. I think you know it's like everybody experiences it's like everybody experiences supplements differently. So I often supplements differently. So I often start slow and then build up like, okay, start slow and then build up like, okay, you're not reacting to it, you're happy.

you're not reacting to it, you're happy. Let's go up. And they they come as 500 Let's go up. And they they come as 500 mgram capsules. And I'll often start mgram capsules. And I'll often start people with just one a day. See how

you people with just one a day. See how you do and maximize to two twice a day.

do and maximize to two twice a day. >> And again, some people I have just >> And again, some people I have just taking one capsule, some two capsules, taking one capsule, some two capsules, you know, you know, >> cost is is a factor, you know. I mean, >> cost is is a factor, you know. I mean, when you start taking all these when you start taking all these supplements, it it it adds up. So, you supplements, it it it adds up. So, you know, how do we economize? But I find know, how do we economize? But I find that to be a really useful tool for that to be a really useful tool for pretty much everybody.

pretty much everybody. >> I see. Excellent. And uh have you seen >> I see. Excellent. And uh have you seen any limitations to using bio-regulators any limitations to using bio-regulators or peptides? And when do you think or peptides? And when do you think someone should basically not be using it someone should basically not be using it or not considering it? Any specific or not considering it? Any specific contraindications or limitations? You contraindications or limitations? You know, there there's a few things, you know, there there's a few things, you know, in talking with Dr. Chin, she's know, in talking with Dr.

Oxalates, crystals, and kidney stone prevention

Chin, she's come up with with some things that are come up with with some things that are like, oh, you know, you don't want to like, oh, you know, you don't want to start thymus first, you know, you want start thymus first, you know, you want to calm down everything before throwing to calm down everything before throwing a thymus bio regulator on board, you a thymus bio regulator on board, you know, but really they're adaptogenic.

know, but really they're adaptogenic. And so it's not like coming in and And so it's not like coming in and forcing something. It's more like forcing something. It's more like clearing the field so that the body's clearing the field so that the body's innate healing ability can improve. So, innate healing ability can improve. So, you know, for the most part, everybody you know, for the most part, everybody I'm talking to these days wants me to do I'm talking to these days wants me to do that, and I find them useful, you know, that, and I find them useful, you know, and I mean, I I I have people who don't and I mean, I I I have people who don't have kidney issues also. I mean, one of have kidney issues also. I mean, one of my neighbors came around and asked me if my neighbors came around and asked me if I would give them to him. He'd had a I would give them to him. He'd had a stroke, a guy in his late, physically stroke, a guy in his late, physically active guy, you know, works doing active guy, you know, works doing construction and driving heavy construction and driving heavy equipment, but he he said, you know, he equipment, but he he said, you know, he was like flailing to do his work. Um he was like flailing to do his work. Um he said within a month of doing bio said within a month of doing bio regulators he was felt better than he regulators he was felt better than he had in decades had in decades you know and so that's that's more what you know and so that's that's more what I hear than I I reacted to this and from I hear than I I reacted to this and from what I learned from Dr. trophy. I mean, what I learned from Dr. trophy. I mean, they really don't see hardly anything in they really don't see hardly anything in side effects. They're so simple and side effects. They're so simple and pure. The only thing is if somebody's pure. The only thing is if somebody's not really taking care of the rest of not really taking care of the rest of their story and stressed and eating bad their story and stressed and eating bad and blah blah blah, they might not be as and blah blah blah, they might not be as effective. And so, the side effect is effective. And so, the side effect is you're spending money for something that you're spending money for something that isn't working.

isn't working. >> Yeah. Yeah. >> Yeah. Yeah. >> I agree. Uh what what are your thoughts >> I agree. Uh what what are your thoughts on uh cancer? Because a lot of people on uh cancer? Because a lot of people would be like there's literature that if would be like there's literature that if we use it for a longer time then it we use it for a longer time then it could give rise to cancer. So what are could give rise to cancer. So what are your thoughts on someone who has active your thoughts on someone who has active cancer and someone who has a family cancer and someone who has a family history of cancer but does not have a history of cancer but does not have a cancer?

cancer? cancer? >> You know the Russian research using the >> You know the Russian research using the pineal and thymus bioregulators pineal and thymus bioregulators specifically specifically specifically showed remarkable benefits for cancer showed remarkable benefits for cancer medicine. And so there's there's a very medicine. And so there's there's a very strong place for it. And I have more strong place for it. And I have more concern for the

larger peptides like concern for the larger peptides like BPC. I mean, I've I've read both sides BPC. I mean, I've I've read both sides of it. You know, it encourages the blood of it. You know, it encourages the blood vessels to grow. Okay. Does that mean vessels to grow. Okay. Does that mean it's going to grow blood vessels that it's going to grow blood vessels that are going to feed a cancer? So, I'm way are going to feed a cancer? So, I'm way more cautious in that regard. But with more cautious in that regard. But with bio regulators, I feel like with cancer, bio regulators, I feel like with cancer, you don't want to just go, "Hey, I'm you don't want to just go, "Hey, I'm just going to buy this stuff and and just going to buy this stuff and and biohack, biohack, biohack, you know, it's like it's more it's more you know, it's like it's more it's more un there's uncertainty. There's un there's uncertainty. There's unexpected chaos that you don't want to unexpected chaos that you don't want to walk yourself into by not knowing, you walk yourself into by not knowing, you know." So, I think careful placement and know." So, I think careful placement and monitoring. I I've I've seen people do monitoring. I I've I've seen people do better, you know, with cancer history or better, you know, with cancer history or um I mean, you know, I have a cancer um I mean, you know, I have a cancer history and I feel very safe, like more history and I feel very safe, like more comforted knowing that these molecules comforted knowing that these molecules somehow are like keeping things clean.

somehow are like keeping things clean. >> And of course, I mean, I I you know, >> And of course, I mean, I I you know, live in a place that doesn't have a lot live in a place that doesn't have a lot of chemicals. my diet. I'm like strict of chemicals. my diet. I'm like strict about being organic because these about being organic because these pesticides harm the kidney tubules. You pesticides harm the kidney tubules. You know, I've I've talked with you a little know, I've I've talked with you a little bit about this. We we talk about the bit about this. We we talk about the glomemeulus. We get a glomemeular glomemeulus. We get a glomemeular filtration rate. We get scatin C. It's filtration rate. We get scatin C. It's about the glomemeulus.

about the glomemeulus. >> But the tubules are like where the >> But the tubules are like where the action is. And one of the things I like action is. And one of the things I like about tubules and pyotax works on about tubules and pyotax works on tubules. very grateful for that.

tubules. very grateful for that. >> Yeah. >> Yeah. >> Yeah. >> That excuse me. Um they discern and >> That excuse me. Um they discern and discernment in having kidney disease is discernment in having kidney disease is a skill set. I need this. No, I don't a skill set. I need this. No, I don't want that. At a behavioral level and yet want that. At a behavioral level and yet at a tubular level, it's deciding, you at a tubular level, it's deciding, you know, everything comes through the know, everything comes through the glomemeulus. It filters all the blood glomemeulus. It filters all the blood constantly all day, all night. And then constantly all day, all night. And then it has to go through these delicate it has to go through these delicate little gorgeous tubules that are loaded little gorgeous tubules that are loaded with mitochondria. So, mitochondrial with mitochondria. So, mitochondrial support, testing and support. Um, it support, testing and support. Um, it decides like what was in the blood.

decides like what was in the blood. Should I keep this or should I pee it Should I keep this or should I pee it out, out, out, >> right? >> right? >> right?

>> And that's that's kind of simplistic, >> And that's that's kind of simplistic, but downstream. So, okay, my tubules but downstream. So, okay, my tubules just decided to keep a bunch of sodium just decided to keep a bunch of sodium instead of peeing it out. And now I'm instead of peeing it out. And now I'm having puffy feet and my blood pressure having puffy feet and my blood pressure is elevated and my brain's not working is elevated and my brain's not working as well. I mean, you know, there are as well. I mean, you know, there are real consequences to this. Plus the real consequences to this. Plus the toxins in our life. So I I have recently toxins in our life. So I I have recently come up with some testing. You can get come up with some testing. You can get urine tests and know how your tubules urine tests and know how your tubules are doing because even if the GFR is are doing because even if the GFR is looking good, the tubules aren't looking good, the tubules aren't working. So doc, I don't feel good. Even working. So doc, I don't feel good. Even though my numbers aren't so bad. Well, though my numbers aren't so bad. Well, let's look at the tubules you've had.

let's look at the tubules you've had. And what is the disting uh that you're And what is the disting uh that you're doing for the doing for the >> what I can find easily is um urinary >> what I can find easily is um urinary beta to microlobulin and quest does it beta to microlobulin and quest does it even in the off thebeaten track place I even in

the off thebeaten track place I live they can send it off to Quest live they can send it off to Quest >> and there's also retinol binding protein >> and there's also retinol binding protein which they couldn't get for some reason which they couldn't get for some reason I have to look at why you know I I think I have to look at why you know I I think other people who I've counseledled to to other people who I've counseledled to to do this were able to get the testing.

do this were able to get the testing. And what does that mean is, you know, we And what does that mean is, you know, we all know about protein ura and that's all know about protein ura and that's serious. You know, if if the glomemeulus serious. You know, if if the glomemeulus is leaking protein and you get a usual is leaking protein and you get a usual urine test, oops, there's protein.

urine test, oops, there's protein. That's a that's a big conversation. But That's a that's a big conversation. But then I learned this not that long ago then I learned this not that long ago after I wrote the book that there's after I wrote the book that there's tubular protein ura which is low tubular protein ura which is low molecular weight proteins molecular weight proteins >> like beta 2 microlabulants that >> like beta 2 microlabulants that shouldn't be in the urine and if it's in shouldn't be in the urine and if it's in the urine the tubules are letting stuff the urine the tubules are letting stuff go that we need. And what is the level go that we need. And what is the level that we are looking for or what is the that we are looking for or what is the target that we want to achieve with the target that we want to achieve with the beta 2 microglobulin?

beta 2 microglobulin? >> I I actually haven't got it memorized. >> I I actually haven't got it memorized. I'd have to look. I'd have to look. >> I see. But that's a normal range. And >> I see. But that's a normal range. And you know, I mean, I I've seen people you know, I mean, I I've seen people kind of on the high end of normal. And kind of on the high end of normal. And it's like, let's work with your it's like, let's work with your mitochondria. Let's look at, you know, mitochondria. Let's look at, you know, are you getting too much carbs in your are you getting too much carbs in your diet so that the tubules are glycotoxic?

diet so that the tubules are glycotoxic? You know, are you exposed to stuff in You know, are you exposed to stuff in your work? You know, let let's look. So, your work? You know, let let's look. So, it it makes it so we can be we can it it makes it so we can be we can refine, you know, instead of like, h refine, you know, instead of like, h your blood pressure's high, here's your your blood pressure's high, here's your medicine, you I mean that that's medicine, you I mean that that's important and yet there's so much more important and yet there's so much more you know and so it it's this constant re you know and so it it's this constant re revisiting on yourself like you know am revisiting on yourself like you know am I I have conversation myself like should I I have conversation myself like should I do this I don't think I should do this I do this I don't think I should do this to segue into uh something else that uh to segue into uh something else that uh I have been looking into is oxalates so I have been looking into is oxalates so we talk about oxalates and how oxalates we talk about oxalates and how oxalates would affect the kidneys and then we would affect the kidneys and then we know that you know the plant forward know that you know the plant forward diet you know majority of the things are diet you know majority of the things are high in oxalates so tell Tell me um a high in oxalates so tell Tell me um a little bit about what have you seen or little bit about what have you seen or in all the patients you would be kind of in all the patients you would be kind of limiting oxalates or when would you limiting oxalates or when would you limit oxalates? When do you think that limit oxalates? When do you think that they are a problem? What is your take on they are a problem? What is your take on oxalates? You know, not everybody has an oxalates? You know, not everybody has an oxalate issue, but oxalates are like oxalate issue, but oxalates are like little razor blades in the tubules. And little razor blades in the tubules. And so, you know, I I like supporting nitric so, you know, I I like supporting nitric oxide and yet some of the nitric oxide oxide and yet some of the nitric oxide products products products >> are made with beets high oxilate. So, >> are made with beets high oxilate. So, you know, it's like you just have to be you know, it's like you just have to be savvy with this. And, you know, on the savvy with this. And, you know, on the UA, you can see I mean, if somebody has UA, you can see I mean, if somebody has blood in their urine, I'm concerned blood in their urine, I'm concerned like, ooh, you know, are we just not like, ooh, you know, are we just not picking it up yet? I've asked the the picking it up yet? I've asked the the pathologist like, "Will you look at the pathologist like, "Will you look at the sludge and tell me are you seeing stuff sludge and tell me are you seeing stuff that's not showing up on the automated that's not showing up on the automated dips?" And you know, you can use dips?" And you know, you can use chronometer.com chronometer.com chronometer.com to measure oxalates. I mean, and this to measure oxalates. I mean, and this this is close to home. My husband has this is close to home. My husband has fine kidney function, but treated for

fine kidney function, but treated for something else with antibiotics, got a something else with antibiotics, got a candida issue, and then got oxalate candida issue, and then got oxalate issue. And so we became oxalate experts.

issue. And so we became oxalate experts. He was doing all kinds of healthy things He was doing all kinds of healthy things like basil and ginger and tulsi and lots like basil and ginger and tulsi and lots of vegetables. He was getting like 500 of vegetables. He was getting like 500 milligrams a day really about 50.

milligrams a day really about 50. >> Yeah. >> Yeah. >> Yeah. >> So we used chronometer and you know you >> So we used chronometer and you know you can navigate a safer journey and still can navigate a safer journey and still be eating fruits and vegetables just not be eating fruits and vegetables just not as huge an amount. You know, you learn as huge an amount. You know, you learn what stuff like I'm going to avoid that.

what stuff like I'm going to avoid that. It's way too high. I mean, it's kind of It's way too high. I mean, it's kind of like with, you know, when potassium is like with, you know, when potassium is high in a kidney case, you know, in a high in a kidney case, you know, in a you don't really want to eliminate all you don't really want to eliminate all fruits and vegetables. It's not healthy.

fruits and vegetables. It's not healthy. But you can pick ones that are safer. But you can pick ones that are safer. And so, it's the same thing, you know, And so, it's the same thing, you know, with oxalates. It just becomes kind of a with oxalates. It just becomes kind of a hobby like, hm, how much oxalates did I hobby like, hm, how much oxalates did I get today, you know, as opposed to get today, you know, as opposed to burning? But have you noticed combining burning? But have you noticed combining that with calcium it wouldn't be as much that with calcium it wouldn't be as much of a problem? Right. So tell me a little of a problem? Right. So tell me a little bit more about that.

bit more about that. >> Yeah. >> Yeah. >> Yeah. >> You know again you know it's like follow >> You know again you know it's like follow labs. Um I recently learned about labs. Um I recently learned about brushite which adds to the oxalate issue brushite which adds to the oxalate issue in in an unpleasant way. And the the way in in an unpleasant way. And the the way to find out I like lithol link. It is a to find out I like lithol link. It is a quest test which gives you a whole bunch quest test which gives you a whole bunch of what's in your urine including of what's in your urine including oxalate crystals including calcium oxalate crystals including calcium phosphorus crystals.

phosphorus crystals. >> So just for our listeners I just want to >> So just for our listeners I just want to tell that litholink is a Chicago based tell that litholink is a Chicago based test and can be done with lab corp as test and can be done with lab corp as well as quest and you can even go to well as quest and you can even go to litholink and get it by yourself. It is litholink and get it by yourself. It is a 24-hour urine collection and usually a 24-hour urine collection and usually this test was built to see the what kind this test was built to see the what kind of stones or what quality of stones, of stones or what quality of stones, what is the composition of stones.

what is the composition of stones.

Parathyroid, phosphorus, and kidney mineral balance

However, even if someone does not have However, even if someone does not have stones, we can still use it because that stones, we can still use it because that gives us a lot of information about the gives us a lot of information about the sodium, citrate, sulfate and so many sodium, citrate, sulfate and so many other things that even without if other things that even without if someone does not have stones that will someone does not have stones that will still be able that is still useful for still be able that is still useful for us especially if we are looking it from us especially if we are looking it from the kidney disease lens. So sorry to cut the kidney disease lens. So sorry to cut you off. I mean, no, thank you. I mean, you off. I mean, no, thank you. I mean, that was awesome. And and crystals that was awesome. And and crystals themselves, even that haven't clustered themselves, even that haven't clustered together to be a stone, are like little together to be a stone, are like little dangerous things. They're damaging the dangerous things. They're damaging the tissues. And so, it matters. I mean, I tissues. And so, it matters. I mean, I had one test years ago that had had one test years ago that had crystals, you know, and I just backed crystals, you know, and I just backed off on a bunch of stuff and it's never off on a bunch of stuff and it's

never happened again. And so, it's like, you happened again. And so, it's like, you know, being your own little science know, being your own little science project, project, project, >> right? I agree. I feel like I have so >> right? I agree. I feel like I have so many patients and yet there's not a many patients and yet there's not a single I would say a protocol or single I would say a protocol or something that I'm using for all these something that I'm using for all these patients right because everyone has such patients right because everyone has such a different and a unique journey that a different and a unique journey that when you look at this person this is when you look at this person this is entirely different way that we are entirely different way that we are treating versus the second person where treating versus the second person where there's totally something else that we there's totally something else that we are working on. So I mean I I love the are working on. So I mean I I love the point that it depends on what you have point that it depends on what you have and obviously look at that and focus on and obviously look at that and focus on treat those things rather than just treat those things rather than just following let's say influencers or following let's say influencers or following someone else that has following someone else that has mentioned that this is the best uh mentioned that this is the best uh supplement and now everyone is taking supplement and now everyone is taking that and that does not make sense for that and that does not make sense for you right you right >> one thing I like one thing I like to say >> one thing I like one thing I like to say about the oxalates chunka pedra is a about the oxalates chunka pedra is a botanical which yes botanical which yes >> I always tell stories I have amazing >> I always tell stories I have amazing garden and there was a lot of weeds in garden and there was a lot of weeds in it and I was pulling them out and my egg it and I was pulling them out and my egg lady came by one time. She has two lady came by one time. She has two sisters who have kidney disease with a sisters who have kidney disease with a fistful of this stuff. She says, "You fistful of this stuff. She says, "You want this." It was the weed. I was want this." It was the weed. I was pulling it. So I found it was like pulling it. So I found it was like growing all over my garden. So it's in growing all over my garden. So it's in my tea every day.

my tea every day. >> I'm going to be actually bought a bottle >> I'm going to be actually bought a bottle of it. It's really safe with kidney and of it. It's really safe with kidney and it basically deals with oxalates and it it basically deals with oxalates and it keeps it from nucleiating and also with keeps it from nucleiating and also with calcium phosphorus. It it keeps them calcium phosphorus. It it keeps them from turning into more dangerous. So from turning into more dangerous. So it's like thanks it's like thanks >> and yeah I I love that and I use a lot >> and yeah I I love that and I use a lot of chunkra and I have seen patients with of chunkra and I have seen patients with big kidney stones that it will actually big kidney stones that it will actually break and dissolve and they wouldn't break and dissolve and they wouldn't even know that they've passed it. So even know that they've passed it. So >> it's called stone breaker. Still, >> it's called stone breaker. Still, I love that. I mean, I love that. I mean, >> we had a guest who who we knew from from >> we had a guest who who we knew from from where we lived in Oregon who had a where we lived in Oregon who had a kidney stone while he was here and we kidney stone while he was here and we gave him a big bundle of stuff, made him gave him a big bundle of stuff, made him a bunch of tea and he said in a day or a bunch of tea and he said in a day or two he was better and he he was kind of two he was better and he he was kind of in the writhing and pain status of in the writhing and pain status of >> what do I do, you know? And so we have >> what do I do, you know? And so we have great tools, you know, I mean the the great tools, you know, I mean the the botanical world is wonderful and I know botanical world is wonderful and I know in in conventional nefrology it's like in in conventional nefrology it's like don't use herbs but you know I found don't use herbs but you know I found many and you know if if I'm motivated I many and you know if if I'm motivated I have another book I want to put out have another book I want to put out which is called my kidney garden of all which is called my kidney garden of all the allies that we have and again you the allies that we have and again you got you can't just you know your point got you can't just you know your point you know it's like we really need the you know it's like we really need the clinicians to guide people and you know clinicians to guide people and you know there's There's portals into how you got there's There's portals into how you got it. Autoimmune people have kidney it. Autoimmune people have kidney consequences, cardiovascular, consequences, cardiovascular, cancer. I just want to mention uh cancer. I just want to mention uh something about this statement that something about this statement that regarding the the concept that any herbs regarding the the concept that any herbs is okay or not okay for the kidneys is okay or not okay for the kidneys obviously does not hold true. However, obviously does not hold true. However, there are herbs that are high in there are herbs that are high in potassium and because the clinicians, potassium and because the clinicians, you know, the kidney doctors are not you know, the kidney doctors are not trained in which are the herbs that are trained in which are the herbs that are high in potassium and there are also high in potassium and there are also some herbs that have heavy metals in some herbs that have heavy metals in them because of the way that they have them because of the way that they have been, you know,

let's say the been, you know, let's say the supplements have been prepared. So, I supplements have been prepared. So, I feel like those are probably the reasons feel like those are probably the reasons why a kidney doctor would be like, hey, why a kidney doctor would be like, hey, just don't use it because ideally they just don't use it because ideally they don't know what is in it and they're don't know what is in it and they're also not aware which herbs would also not aware which herbs would increase the potassium. So in this increase the potassium. So in this situation it is best to work with situation it is best to work with someone who is knowledgeable about what someone who is knowledgeable about what are the safe herbs that you can use are the safe herbs that you can use based on your labs and at the same time based on your labs and at the same time what is the source of these supplements what is the source of these supplements that also matters. So I also tell that also matters. So I also tell patients who would be using these herbs patients who would be using these herbs you know from India or somewhere else you know from India or somewhere else right where we wouldn't know the source right where we wouldn't know the source or how much heavy metals is in the herbs or how much heavy metals is in the herbs in that case it becomes important that in that case it becomes important that let's not use it until we know the let's not use it until we know the purity or until we know that they're not purity or until we know that they're not harming you. Um and then I want to just harming you. Um and then I want to just uh you know towards the end I want us to uh you know towards the end I want us to come back to the parathyroid. So there come back to the parathyroid. So there is actually a bio regulator right for is actually a bio regulator right for parathyroid. So tell me a little bit parathyroid. So tell me a little bit about if you have used it in patients about if you have used it in patients have you followed the PTH and have you have you followed the PTH and have you seen that the PTH comes down because for seen that the PTH comes down because for me at the end of the day it is not only me at the end of the day it is not only about using bio regulators right it is about using bio regulators right it is also looking at the data to see what is also looking at the data to see what is the impact on those things. So if you've the impact on those things. So if you've used it, have you seen the parathyroid used it, have you seen the parathyroid hormone actually go down?

hormone actually go down? >> So I actually asked Phil Mikens who's >> So I actually asked Phil Mikens who's making the three bio regulator product making the three bio regulator product for kidney to include parathyroid. So for kidney to include parathyroid. So it's kidney, blood vessel, and it's kidney, blood vessel, and parathyroid. That's how important I parathyroid. That's how important I think it is. Even if parathyroid itself think it is. Even if parathyroid itself isn't showing up abnormal on testing, isn't showing up abnormal on testing, which then you know it's it's far down which then you know it's it's far down the road. Um but I often am very the road. Um but I often am very vigilant following phosphorus which vigilant following phosphorus which isn't just phosphorus alone PTH isn't just phosphorus alone PTH parathyroid hormone vitamin D and I like parathyroid hormone vitamin D and I like the 125 vitamin D as well as the 25 cuz the 125 vitamin D as well as the 25 cuz that's reflects kidney calcium that's reflects kidney calcium phosphorus and FGF-23.

phosphorus and FGF-23. So FGF-23 is kind of adapting to a So FGF-23 is kind of adapting to a problem. Mhm. problem. Mhm. >> It's it's it's supposed to be helping.

>> It's it's it's supposed to be helping. But if you see FGF-23 But if you see FGF-23 rising, that's saying, you know, that rising, that's saying, you know, that whole cycle isn't going well. Phosphorus whole cycle isn't going well. Phosphorus to me is a big deal. Think of it very to me is a big deal. Think of it very simplistically, sucking calcium out of simplistically, sucking calcium out of the bones and putting it in the artery.

the bones and putting it in the artery. Too nasty. Further down the line, kidney Too nasty. Further down the line, kidney problems. So, I often will use the problems. So, I often will use the parathyroid because phosphorus is high.

parathyroid because phosphorus is high. And here's my phosphorus story. The And here's my phosphorus story. The normal range on most labs 2 and 1/2 to 4 normal range on most labs 2 and 1/2 to 4 and 1/2. But what I found in my research and 1/2. But what I found in my research is 3.5 and above. There's already damage is 3.5 and above. There's already damage in CKD. And so the normal range for in CKD. And so the normal range for kidney kidney kidney is 3.5 and above. Let's start having a is 3.5 and above. Let's start having a conversation. Let's look at what you're conversation. Let's look at what you're eating. You know, we know if people are eating. You know, we know if people are eating a lot of processed foods or a lot eating a lot of processed foods or a lot of animal foods, the phosphorus of animal foods, the phosphorus absorption is is high. If the tubules absorption is is high. If the

tubules are confused, people can be absorbing are confused, people can be absorbing too much phosphorus and there's havoc.

too much phosphorus and there's havoc. I've found that the parathyroid bio I've found that the parathyroid bio regulator will help with that and head.

regulator will help with that and head. >> Yeah. And and I've also seen PTH >> Yeah. And and I've also seen PTH normalize as well in that cycle. I'm not normalize as well in that cycle. I'm not just looking at PTH, you know, the whole just looking at PTH, you know, the whole the whole thing. I I include uric acid the whole thing.

Heavy metals, uric acid, and detox testing

I I include uric acid in that but you know in that in that but you know in that conversation but you know you know the conversation but you know you know the parathyroid is kind of again you know we parathyroid is kind of again you know we don't really talk much about it and yet don't really talk much about it and yet even when it's not into parathyroid even when it's not into parathyroid disease its relationship with kidney disease its relationship with kidney decline makes it less optimal to thrive decline makes it less optimal to thrive and you know what's my goal is I want to and you know what's my goal is I want to feel good I want to thrive I want to do feel good I want to thrive I want to do what I love and when I can't I want to what I love and when I can't I want to know why you know So that that's on know why you know So that that's on >> I uh also actually uh do a lot of >> I uh also actually uh do a lot of galactin 3. So I don't know if in your galactin 3. So I don't know if in your experience have you started using that experience have you started using that and started looking that marker. I Yeah.

and started looking that marker. I Yeah. So that I feel also plays a good role in So that I feel also plays a good role in understanding the progression and the understanding the progression and the fibrosis and what is really happening at fibrosis and what is really happening at the cellular level. Let's let's touch the cellular level. Let's let's touch back on the uric acid. So you mentioned back on the uric acid. So you mentioned that um you know uric acid also plays a that um you know uric acid also plays a huge role. Tell me that if someone has huge role. Tell me that if someone has higher uric acid what are you thinking?

higher uric acid what are you thinking? What are you looking at? What is the What are you looking at? What is the focus? If let's say you know the blood focus? If let's say you know the blood sugar is controlled the diet is pretty sugar is controlled the diet is pretty good the hydration is good. What are the good the hydration is good. What are the other things that you're looking for other things that you're looking for when someone has high uric acid?

when someone has high uric acid? >> Perhaps excessive animal food. >> Perhaps excessive animal food. >> I mean if they're plant-based right if >> I mean if they're plant-based right if they are plant-based they are on a they are plant-based they are on a plant-based diet. Do you do you have plant-based diet. Do you do you have anything specific that would point you anything specific that would point you in a direction?

in a direction? >> I might want to look at dispiosis. I >> I might want to look at dispiosis. I mean, I I like doing, you know, mean, I I like doing, you know, microbiome testing and, you know, that microbiome testing and, you know, that was that was one of the early messages was that was one of the early messages that came to me is wait till you get a that came to me is wait till you get a load of what the microbiome does to load of what the microbiome does to kidney.

kidney. kidney. >> My oncologist said that and I was like, >> My oncologist said that and I was like, okay. I use chunka pedra with for uric okay. I use chunka pedra with for uric acid as well. It works in that regard. I acid as well. It works in that regard. I might look at how the liver is doing might look at how the liver is doing maybe you know add some liver protection maybe you know add some liver protection liver bio regulator.

liver bio regulator. >> So uh I'll just add something. So I >> So uh I'll just add something. So I recently was uh working on you know uric recently was uh working on you know uric acid and understanding its role with acid and understanding its role with kidney disease and I found actually a kidney disease and I found actually a lot of papers that mentions if someone lot of papers that mentions if someone has heavy metals then that is also a has heavy

metals then that is also a trigger that would increase the uric trigger that would increase the uric acid and that means that you actually it acid and that means that you actually it is a sign of just understanding that you is a sign of just understanding that you are holding a lot of toxins and I have are holding a lot of toxins and I have had patients where we start detoxifying had patients where we start detoxifying them we would see that their uric acid them we would see that their uric acid starts coming down and no matter what we starts coming down and no matter what we would do before that nothing would would do before that nothing would change but it is after detoxification we change but it is after detoxification we would see that the uric acid comes down.

would see that the uric acid comes down. So that was pretty eye opening. So that was pretty eye opening. >> Yeah. Yeah. >> Yeah. Yeah. >> And there's actually like literature on >> And there's actually like literature on this on PubMed and I was surprised that this on PubMed and I was surprised that no one talks about it or you know no one no one talks about it or you know no one looks at it from that angle.

looks at it from that angle. >> I mean the heavy metal thing is kind of >> I mean the heavy metal thing is kind of like a there's blinders about it like a there's blinders about it >> right.

>> right. >> right. >> Are you using like what kind of testing >> Are you using like what kind of testing are you doing for heavy metals? I mean are you doing for heavy metals? I mean it is a urine based test that we would it is a urine based test that we would do and uh we would want to find do and uh we would want to find provocation provocation provocation that's really my question if you if that's really my question if you if you're using glutathione or if we are you're using glutathione or if we are just using asking the patient to sweat just using asking the patient to sweat really good after that session I feel really good after that session I feel like that's enough for me because we like that's enough for me because we usually do the testing before we are usually do the testing before we are preparing the body or anything so if we preparing the body or anything so if we are doing it beforehand I don't want to are doing it beforehand I don't want to stimulate two things in the body that stimulate two things in the body that could actually be harmful for the could actually be harmful for the kidneys which is why we see how they are kidneys which is why we see how they are before we dive deep into okay fine let's before we dive deep into okay fine let's do chilation and let's do other things do chilation and let's do other things and I have seen that if there are heavy and I have seen that if there are heavy metals in the body that is impacting the metals in the body that is impacting the kidneys we would pick them on our urine kidneys we would pick them on our urine based test that we do for heavy metals based test that we do for heavy metals >> yeah um and then I use >> yeah um and then I use >> what an interesting experience >> what an interesting experience personally I had my card my functional personally I had my card my functional cardiologist ordered cardiologist ordered a a heavy metal test unprovoked and I a a heavy metal test unprovoked and I had a naturopath order one provoked. I had a naturopath order one provoked. I did them at the same time just just did them at the same time just just because I could. And because I could. And >> the provoked test showed lead. The >> the provoked test showed lead. The unprovoked did not.

unprovoked did not. >> I see. I see. >> I see. I see. >> And how much did it show? Yeah. >> And how much did it show? Yeah. >> And I actually don't remember, but it >> And I actually don't remember, but it was it was a high level. I mean, it was was it was a high level. I mean, it was like an oh my god moment. And what I like an oh my god moment. And what I didn't mention talking about carnosine didn't mention talking about carnosine is that it Well, I think I did. Yeah.

is that it Well, I think I did. Yeah. that that that >> that's when I went from a lower dose of >> that's when I went from a lower dose of carnosine. I went up to 2 g and I have carnosine. I went up to 2 g and I have not retested with provocation. I don't not retested with provocation. I don't know. I actually am not that comfortable know. I actually am not that comfortable with it. And the nature path wanted me with it. And the nature path wanted me to be using um DMSO to be using um DMSO >> and I didn't DMSA I mean sorry and I I >> and I didn't DMSA I mean sorry and I I didn't feel comfortable with it and so I didn't feel comfortable with it and so I feel like we have tools and feel like we have tools and >> we have tools and the most important >> we have tools and the most important thing is using them at the right time.

thing is using them at the right time. If you use it when the body is not If you use it when the body is not prepared then you can actually do harm. prepared then you can actually do harm.

So that is also very important that a So that is also very important that a lot of people would come and they're lot of people would come and they're like oh we are doing detoxification and like oh we are doing detoxification and their body is not prepared or ready for their body is not prepared or ready for detoxification. They don't have enough detoxification. They don't have enough enzymes. They don't have enough enzymes. They don't have enough nutrients. They don't have B vitamins.

nutrients. They don't have B vitamins. They don't have glutathione. They have They don't have glutathione. They have not opened their liver pathways. So the not opened their liver pathways. So the detoxification will actually hurt them detoxification will actually hurt them more rather than you know help them. So more rather than you know help them. So um yeah I I love uh you know how we have um yeah I I love uh you know how we have segueed from talking about pyoteex to segueed from talking about pyoteex to all these other um bio regulators and uh all these other um bio regulators and uh uric acid and oxalates. So let's kind of uric acid and oxalates. So let's kind of come towards uh our um last few minutes come towards uh our um last few minutes together and uh tell me that out of all together and uh tell me that out of all this if you were to give us you know this if you were to give us you know your top five points that could help your top five points that could help anyone not just with specific kidney anyone not just with specific kidney conditions but anyone who is just conditions but anyone who is just looking for kidney wellness. What would looking for kidney wellness.

Lifestyle, breathwork, and mindset for kidney wellness

What would those five things be? I would go for those five things be? I would go for toxins like toxins be on surveillance in toxins like toxins be on surveillance in your life and in the world. This is true your life and in the world. This is true for all of us and we have so much for all of us and we have so much ridiculous amount of stuff you don't ridiculous amount of stuff you don't know which one's hurting you know is it know which one's hurting you know is it the plastics is you know is it the EMF the plastics is you know is it the EMF and so it's like how can I be in nature and so it's like how can I be in nature and and that's another thing is time in and and that's another thing is time in nature sunshine you know your naked feet nature sunshine you know your naked feet on the on the earth I mean all of these on the on the earth I mean all of these things again joy but joyous movement you things again joy but joyous movement you know it's like even when I was the know it's like even when I was the sickest where I felt like I was just sickest where I felt like I was just like I had days I was felt toxic I was like I had days I was felt toxic I was in bed. I felt like I had the flu. But I in bed. I felt like I had the flu. But I would like lay in bed and do leg lifts would like lay in bed and do leg lifts and you know and breath practice is and you know and breath practice is another one that I I find these are another one that I I find these are free. You know it comes with the unit free. You know it comes with the unit popular now is four take 1 2 3 4 hold popular now is four take 1 2 3 4 hold for seven out breath for eight. I for seven out breath for eight. I actually do 4 8 16. The longer you actually do 4 8 16. The longer you breathe out it changes your nervous breathe out it changes your nervous system system system >> and it changes your pH as well. Right.

>> and it changes your pH as well. Right. So um I um I think I will be doing a So um I um I think I will be doing a master class with uh someone else. I master class with uh someone else. I think it's Deborah where she uh is a think it's Deborah where she uh is a trainer in breath work and we were trainer in breath work and we were talking about how kidneys are important talking about how kidneys are important and how lungs and breath work is and how lungs and breath work is important and we have seen that pH important and we have seen that pH actually is can be changed not only with actually is can be changed not only with kidneys and not only with eating food kidneys and not only with eating food but also doing breath work. Right.

but also doing breath work. Right. >> Absolutely. Yeah, thing. I mean, I lay >> Absolutely. Yeah, thing. I mean, I lay in bed before I go to sleep. I do about in bed before I go to sleep. I do about 20 of these breaths and it's 20 of these breaths and it's consciousness shifting. I mean, it consciousness shifting. I mean, it really does change your nervous system.

really does change your nervous system. And I, you know, I mean, that that's And I, you know, I mean, that that's what it's like. Use what you have access what it's like. Use what you have access to, to, to, >> right?

>> right? >> right? >> You know, I mean, there's expensive >> You know, I mean, there's expensive stuff you can

buy and you can take. Are stuff you can buy and you can take. Are you using the things that come with the you using the things that come with the package, package, package, >> right?

>> right? >> right? >> And and again, cycle back to the joy of >> And and again, cycle back to the joy of it rather than the shame. I mean, I've it rather than the shame. I mean, I've been through all these emotions. I was been through all these emotions. I was ashamed of myself. How come I got so ashamed of myself. How come I got so sick? I was always trying to eat healthy sick? I was always trying to eat healthy and I still got cancer. I mean, you and I still got cancer. I mean, you know, so there's a lot of personal inner know, so there's a lot of personal inner rearranging and and again, loving rearranging and and again, loving yourself enough to be kind, to be yourself enough to be kind, to be gentle, and realize you can get better.

gentle, and realize you can get better. And even with people who are declining And even with people who are declining and ill, you can be better in your day.

and ill, you can be better in your day. gratitude practice, forgiveness gratitude practice, forgiveness practice. I mean, all this stuff is practice. I mean, all this stuff is medicine and then it prepares us to medicine and then it prepares us to engage in the benefit from the diet or engage in the benefit from the diet or engage in the benefit from from the engage in the benefit from from the supplements and the peptides, supplements and the peptides, >> right?

>> right? >> right? >> And a lot of um and I don't know if it's >> And a lot of um and I don't know if it's coming from myself or you know from my coming from myself or you know from my patients that or from people who just patients that or from people who just listen to you know my podcast. I have listen to you know my podcast. I have noticed that when we start talking about noticed that when we start talking about lifestyle changes or when we start lifestyle changes or when we start talking about breath work or you know talking about breath work or you know emotional work or maybe meditation or emotional work or maybe meditation or something that they're like you're not something that they're like you're not giving me what I need you're not giving giving me what I need you're not giving me the supplement that I need you're not me the supplement that I need you're not give right so I feel like even though we give right so I feel like even though we talk about it and we understand how talk about it and we understand how important these things are yet the important these things are yet the patients or who who are going through patients or who who are going through this they don't really understand how this they don't really understand how actually important they are and it's not actually important they are and it's not that we say just to say it but they that we say just to say it but they actually had it has research of how actually had it has research of how these things affects you in a positive these things affects you in a positive way.

way. way. >> It's medicine. >> It's medicine. >> Yeah. And then just the fact and just >> Yeah. And then just the fact and just believing that you can get better, you believing that you can get better, you can get out of the situation and you can get out of the situation and you will be able to come out of it rather will be able to come out of it rather than being on the other side of it where than being on the other side of it where you're miserable and you feel like all you're miserable and you feel like all the doctors and pharma and everyone is the doctors and pharma and everyone is against you and no one wants you to get against you and no one wants you to get better and everyone wants you to go on better and everyone wants you to go on diialysis. I feel like coming out of diialysis. I feel like coming out of this into this side and actually being this into this side and actually being more loving not only to yourself but more loving not only to yourself but also to others and also giving back. I also to others and also giving back. I feel like for me especially because you feel like for me especially because you know my my journey that I came from you know my my journey that I came from you know rheumatoid and crippled and all know rheumatoid and crippled and all those things to be able to do all these those things to be able to do all these things and for me one of the biggest things and for me one of the biggest thing that I feel has worked and thing that I feel has worked and continues to work is giving back. the continues to work is giving back. the more I have given back to the community more I have given back to the community or given back as a doctor or given back or given back as a doctor or given back as recommendations or educational the as recommendations or educational the more it has come back to me and that more it has come back to me and that does not mean that I have a perfect diet does not mean that I have a perfect diet I do meditation every day I take I do meditation every day I take supplements like I actually don't do supplements like I actually don't do anything right I don't take supplements anything right I don't take supplements I don't do breath work I don't do I don't do breath work I don't do meditation I don't limit my diet

not meditation I don't limit my diet not that I'm proud of it hopefully I will that I'm proud of it hopefully I will come back to the point where you know I come back to the point where you know I would be doing these things but The would be doing these things but The thing is that the reason why I'm able to thing is that the reason why I'm able to stay healthy is because of of the stay healthy is because of of the mindset of giving back and giving being mindset of giving back and giving being useful to someone else and doing the useful to someone else and doing the things that not only helps me but helps things that not only helps me but helps others along with obviously the love and others along with obviously the love and gratitude and joy and you know all the gratitude and joy and you know all the lifestyle that we just discussed. So lifestyle that we just discussed. So thank you so much uh Dr. Rose for being thank you so much uh Dr. Rose for being on our podcast as well as on our master on our podcast as well as on our master [music] class. I would have your uh link [music] class. I would have your uh link of where people can find you, where of where people can find you, where people can buy your book and we would people can buy your book and we would actually love to welcome you to our actually love to welcome you to our community and we will be scheduling few community and we will be scheduling few sessions with you in our community as sessions with you in our community as well. So guys look forward to uh you well. So guys look forward to uh you know our sessions together as well as know our sessions together as well as having her in the community where you having her in the community where you can ask specific questions that you have can ask specific questions that you have and uh thank you so much once again.

and uh thank you so much once again. >> Thank you. >> Thank you.