From Toxins To Healing: Detox Strategies For A Sharper Mind Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and guest welcome

Hello. And welcome to a very special session for the Reversing Alzheimer's podcast. I'm one of your host, James Maskell. And today, I have the honor of being with, say, a G.

Say r and I have been friends, for more than a decade. And this man has been leading the path towards creating structures, for health freedom, for health connection, for true, robust physical, mental, emotional and spiritual health.

And I'm so grateful to be seeing him now playing a critical role in moving forward. This new paradigm of health care. Welcome, safe. Thank you so much, James.

It's, pleasure and honor to be with you because you've been at the heart of, root cause resolution medicine now for over a decade, right? Since we first met. And, just really appreciate your work.

So happy to be here. Absolutely. Well, I guess I wanted to just start by by sharing that, you know, one of the most impactful books that I read last year, that, that led me or that really encouraged me to think that this was the most important work to be doing on the planet right now.

It was called the, The Indoctrinated Brain by Michael Nails. And what it essentially showed is that all of the insults that are going on in the world, whether those be, you know, chemical insults, like, you know, toxins and fertilizers, whether it be, psychosocial insults like forcing everyone to be in the home and loneliness and isolation, or whether it be, you know, lifestyle insults or all of these, like, toxins in the environment, social toxins, toxins, they all end up in the brain and, you know, never mind spike protein and that kind of stuff.

And ultimately, this is the attack that is going on on the human brain. And this is why we have these rising dementia rates in people in their 40s, 50s and 60s, as well as the numbers in their 80s.

Brain health, toxins, and the GreenMedInfo database

And so why I'm excited today to have you on the summit is because I believe that you have such, a clear understanding of all of the different things that drive health outcomes and what to do about them through your incredible database of premed info.

And so I thought you'd be a great person to bring on to talk about, you know what? You know what you've learned and what you think is important to know with regard to maintaining a healthy brain over a lifetime.

Well, I love that. And, I had spent a good 20 years now in the biomedical literature indexing on various topics related to what you're doing. So, you know, when it comes to our Alzheimer's disease database, we actually have 2200 abstracts, each one of which I indexed.

As I went through the incredible journey of, you know, diving into PubMed. And there's at present over 30 million studies. Right. And just going and looking for those clinical pearls, some of which show that an intervention as simple as consuming beet juice.

Right. Or, a small dose of coconut oil could improve memory and cognition within a matter of 90 minutes. So it's not even a matter of like days or weeks.

It literally affects you almost immediately. If you are aware of some of this evidence. And of course, a lot of it has been censored and or ignored. So what I did with green Med info is I decided, let me put all this together into an open source database resource that you can access for free anywhere.

And so far now we have, you know, 10,000 topics. And a lot of them concern brain health. Absolutely. Dementia, Parkinson's, Alzheimer's disease. These are exactly the most exciting aspects of the work that I do because people just have no clue.

They have no clue that these are options for them to utilize. Now. Awesome. Well, why don't you take us through, you know, some of your favorite insights, that you can give because, you know, listening to this, we have people who maybe are already in dementia, people who are, seeking to avoid dementia.

We have caregivers of people working with dementia. We have all kinds of health professionals who maybe read a book that says dementia is reversible. They don't believe it.

They want to hear, you know, what's going on. And so, you know, all of those people are listening now. And so, you know, what would you like to share as a as a starting point with them?

Well, you know, there is a lot of, overdiagnosis of conditions. In fact, just the reification of a condition itself is itself a sort of disease vector.

I think you were pointing that out in a way with, you know, the indoctrinated mind, meaning there is such a, you know, physiological response to information that is potentially intended to delude you or make you think there's something wrong with you.

Let's just take Prozac, for example. You know, this is a chemical that supposedly interacts with one, you know, neurotransmitter, serotonin, in such a way that it's supposed to affect the presumed deficiency of serotonin in your brain.

Right? It's it's considered a chemical disorder. And it's not true because it's only after you take this extremely toxic fluorine containing chemical, fluoxetine, right.

In the case of Prozac, that you end up with a chemical disorder, an imbalance. So there's a lot of like psychological manipulation that goes into medicine, especially psychiatry.

Key nutrients and regenerative approaches

But when you start shifting towards understanding the metabolic substrate for many of these conditions, as simple as insulin resistance, which doesn't just affect the cells of our body but our brain as well.

So some people are starting to look at dementia and Alzheimer's through the lens of type three diabetes, and starting to understand why medium chain triglycerides in coconut oil could immediately reverse symptoms of, you know, cognitive decline memory issues because it's not a lack of Prozac or any drug on the planet that causes these problems.

Neuro biologically, it's a lack of essential foods as well as essential patterns of experience. You know, listening to music, you know, having a social group, being married.

These things have profound, risk reduction potential and therapeutic potential for these conditions. In fact, that's one of the things we do, as you know, James, like, so for Alzheimer's right now, we have 518 substances indexed.

And the ones that have the most research we can find than the highest quality rise to the top. And of those 500, you have vitamin D that is like decaying.

And to me it's a reflection, of course, not being outdoors, not actually getting UVB. You cannot produce vitamin D without it, and certainly you can't get vitamin D in the form of vitamin D sulfate, which you can get from sunlight.

It's not the same thing. So a lot of it's derived from lanolin and it's it's not the same thing. So you need to get the actual original experience or nutriment or informational source that was removed because of the modern way in

which we lived.

I think you jumped into that. I'd love for you to get into all of them. But like, I think the first one is so interesting. You know, it makes me think of, you know, people moving in to the Sun Belt in their retirement, like adaptively.

They're just like realizing that they need more sun in their retirement. I think that's really interesting, right? Yes, exactly. And even in Parkinson's disease, one of the hallmark pathologies, right, is the demonization of the, substantia nigra, which is, you know, dark.

That's why it's the Niagara. And what happens is that melanin is essential to actually take in the entire electromagnetic spectrum as we know it, you know, from x rays to gamma rays, melanin will convert it into either a neutral effect.

Right. So really good for non-native EMF exposure all the way into a beneficial effect. Meaning you can take sunlight and melanin can convert it into metabolic energy.

Right. It's literally like a solar panel. And so a lot of this has to do with the fact that we're not eating the right things. Even bio melanin is essential in our diet to supplement the melon ization of our tissues.

You know, so a lot of conditions that we are associated with psychiatric disorders and even, you know, basically what's happening is that, you know, melanin is a key later to so the more chemicals you're exposed to, it's going to neutralize key light.

That's chemicals not available for producing, the incredible it's almost like a photosynthesis like effect because Maillard melanin can split the water molecule and can release energy and oxygen.

So the thing about melanin people don't understand is, is actually as essential as the mitochondria in your body for metabolism in your brain, in other tissues.

So there's a it's a large topic. But what I'm saying is, you know, if you incorporate certain compounds which include curcumin, which the most research we have other than vitamin D, and even reversing some of the hallmark features of Alzheimer's, which includes, you know, the amyloid plaque misfolding, some of that can be actually regressed and reversed with curcumin.

And some of this is human research. Then we have, you know, neural stem cell proliferation. And if you can consume broccoli, sprouts or sulforaphane, it will actually stimulate, relatively quiescent, almost immortal stem cells in your brain to start proliferating, creating new, healthy, differentiated tissue.

So, I mean, that's another field, right, of nerida genic substances. And knowing that you can reverse brain damage and you can yeah, pretty much regenerate regenerates a good word.

I know that you had a book called regenerate, and, you know, I'd love to just, you know, I'm glad you shared those. Those three. And I think that anyone can go on to read that info and look up all the rest of them, but I think that's a really great starting point.

You know, obviously, like one of the things that we're we're looking at here is most people think of, this is this is called a neurodegenerative condition.

Right?

Regeneration, detoxification, and environmental healing

So the body is the brain is degenerating and ultimately, like one of the hard things about making an impact in this space is that most doctors don't think that regeneration is possible.

Right? They're not trained in regeneration. And I think that's the theme of your work really is regeneration. That's the name of the book. So why don't you just give us a quick a little bit on regeneration as a, as a theme and, and you know, what does it take to regenerate a brain.

Yeah. Great question. So that was one of the things I noticed early on when I reported on, basically there was a blog I wrote that was viewed millions of times that that, you know, early in the internet, that was a lot.

And basically it was just, six tissues. You can regenerate through nutrition and included, you know, neurological or brain tissue. And, that's what everyone's looking for.

You know, we all know that we're dealing with just an unprecedented assault on our physiology. Based on just the facts of science. Right? There's probably 100,000 novel chemicals that we are exposed to daily that have never been characterized for toxicity and certainly not synergistic toxicity.

And yet we wake up every day and we're relatively healthy. I don't think about it, you know, so the resilience we carry with us is at least equal to the hellish Kali Yuga level, the toxic waste dump that we live in, not just in terms of chemicals, but non-native EMF.

So in the face of that, why we're here, why every day we are living miracles. Because we are going through insane levels of regeneration within our body.

And so I've always been interested in those substances that can help to stimulate and in some cases, you know, even repair tissues that should, should really not it shouldn't be possible.

So so that's where, you know, on my neurodegenerative disease database, we have 4244 abstracts. Right now. There's 662 substances. And many of them are actually, regenerative.

You know, we know will stimulate the proliferation of stem cells in the various tissues that you want to activate. Resveratrol is a really good example of that.

But, you know, part of it and a big part of it is just detoxification because a lot of our cells accumulate, very, very toxic compounds to cordon them off from faster proliferating tissue.

So adipose tissue that really good way to store lipophilic toxins and toxicants. So we have to keep that in mind. You know, that's also why some people have a lot of problems with overweight is because their metabolism is saving them from that, literally dying from the amount of toxicity they have in their body.

Now, of course, we've all been gaslit by allopathic medicine that likes us to focus on germs and genes as some primary cause of most. That allows us to ignore the environmental causes, because in many ways, that's been the first impact that we make.

You know, we we believe somehow that, you know, most of our ailments are a known idiopathic. And, the obvious causes which are at the end of our, our fork or spoon or that are just clearly all around us, you know, those aren't being addressed.

Yeah, sure. I know you said substances that can regenerate, but I'm really interested as well as to an environment that regenerate as well. What are some key things in the environment?

You know, I would just add for myself, you know, three years ago, four years ago now, I moved to the countryside and I lived in New York and I lived in LA.

And the impacts on like my psyche brain, like the, you know, like ultimately from living in like, peace in the countryside and hearing birds and waking up to birds and it being silent at night.

I've really noticed the, the impact of it and just I've just felt that this is healing, like I'm in a healing environment and

I'd love to just understand what you think of that.

On that end, the built environment is a central part of the problem and the solution. So yeah, exactly. If you're plugged in, if you're grounding and your bare feet actually touch the earth sometime in a week, that's like amazing.

Like very few people actually experience that anymore. Or you're getting sunlight through your glass, but it's filtering out all the UVB so you're not even really able to produce that essential biomolecule, you know, which interacts with thousands of genes in your body, which is you can vitamin D sulfate.

So but in terms of even semantics and, you know, the energetics of being in nature, I mean, it's profound, you know, the healing energy you can receive.

So yeah, I think the brain is looking for that signal of calm. And if it can come from the outside, great. If it's from the inside, because you're in the optimal dietary situation, you're not chronically stressed and dysregulated.

Dysregulated. That's that's the key. Right. So yeah. Beautiful. Look, I mean, ultimately our goal here at this, this summit is really to set out, a foundation, which is that we want anyone who's, you know, interested to be able to know that one. Yes.

Alzheimer's is reversible in certain cases.

From population science to individualized reversal

And be to find a guide that can one help them on that journey back towards reversing that cognitive decline and to through that process gather enough data about the process of, of reversal so that we start to really understand what matters.

You know, what matters when it comes to reversal, like is is a pound of blueberries a day for, six years more important than reconnecting with a childhood friend, you know, and we don't really.

We know a little bit about that, but we don't really know. And I'm really excited to see from the data set that is being created from the clinics that are using our software to be able to really understand what is the fastest and most efficient way for each phenotype to make that journey back towards, healthy brain health.

And, I know that, you know, ultimately, all of the data that you have, in your, in all of the studies that have happened, are interesting, but I'd love to just get your take on the sort of journey from, science at the average to science at the individual.

And what do you think the future holds for, where we're going as, as what the next generation health system, you know, might look like. Wow. Good questions.

Well, you know, I've been so fascinated by the way in which we treat conditions like Alzheimer's. As you know, there have been hundreds of hundreds of trials and none of them have actually translated to producing drugs, for example, that actually slow the progression of the condition.

In fact, I would argue all of them accelerate that condition. If you look at aricept, the primary Alzheimer drug, for decades, it's basically acetylcholinesterase inhibitor and it's like it's basically like pesticides.

It's like, nerve agents, like venoms. And it's just they are titrating just a small enough amount to create an effect, which is usually the active placebo because they've been poisoned.

They get extremely, some level like, say, that they weren't in the control group and they confuse the poisoning as some therapeutic effect and they actually get a benefit from it.

That's how powerful the belief is, right? And you know, this model. So or the stuff like phase of nutrition where 20%

of what happens after you eat something really depends on your mindset, right where your is out with, if you're eating with your family and everyone's upset versus you're just so happy to be with friends, it's a completely different physiological response.

So the does Sibo and plus perceive effect are overriding. You know, preempting I believe, of the role that even the biochemistry of these interventions are delivering and that's really the return of, group great responsibility to the patient.

Right. That's hopefully taking, you know, control of their health, realizing that they often are contributing to their malaise just by the way they're responding or thinking about things.

And imagine what gratitude does. Like every day you wake up, you're live no matter what you're complaining about. If that's your attitude, your whole cart, your system calms.

You know, your blood pressure, heart rate variability increases. And that's just a decision you make spiritually, even do it for your own self-interest if you're smart about it.

So we're seeing the model of medicine shift radically. And in my experience, we just had the 70 1776 of health freedom in this country with the Maha movement, with the appointment of Secretary Kennedy, we are now seeing internationally a incredible movement to reclaim our bodies.

Right. It's no longer a political, you know, trope or talking point for, you know, left and even the right's now adopting it, but it's trans partizan, you know, this is like the future is you can't control, you know, what happens to your body.

There's no such thing as freedom on any other level. So I think we're in a radical new era of, taking responsibility for your health, you know, really learning from doctors which are professing and educating and then taking what works and then implementing through your end of one and, remembering the miracle of, of nutrition, like, if you're concerned about memory issues or dementia or you want to reverse a neurodegenerative condition, Mother Nature is just laughing at us because she created this thing called a walnut.

You know, literally has a skull that looks like a human skull, has a bi hemispheric meat in it that's full of the exact fat you can't hardly get anywhere else in nature.

Omega threes that your brain is substrate it off of. And it has meanings with neuroprotective compounds that can actually reverse certain aspects of Alzheimer's that improve cognition and memory.

It just works. And it's it's also because food is information literally containing exosomes with micro RNAs that regulate the majority of the protein coding genes in our brain.

So it's like we now understand that we require certain foods in order to be optimally healthy. And that's why these so-called conditions, most of them are still like it's always been the case, nutritional deficiencies as well as toxic exposures.

That's 99.99999% of why people get sick. But these models still being deployed are so gaslighted and so just sad. You know, that we can somehow use a drug or a chemical to affect a condition that's related to malnourishment and poisoning, you know?

So we're all starting to wake up to that. Yeah, I think we are. Yeah. I really appreciate the way you said that. Like the 1776 moment for health. I'd love for you to just, you know, dive a little bit further into that.

And you mentioned that this was an international movement as well.

Health freedom, politics, and the new movement

You know, obviously this is, you know, here we are, may, 2025. I'd love to just, you know, get your pulse on. Yeah.

So I think you said that was very interesting.

You know, obviously, the Bobby Kennedy's effort started as a Democrat, went independent and ended up on the Republican ticket. And, you know, it's so interesting for me that when I first started in functional medicine and when we first met, think about the places where functional medicine clinics were.

You had like Asheville, North Carolina, and Ashland and Austin and big cities, right? So it was all like blue territory hippies, you know, this is the kind of areas that that that was proliferating.

And it's so interesting now that at the moment that like, we are shaken loose of the decades long, control of, you know, of medicine from pharma and, and other partners, that this comes from the other side and, it's very interesting to me, you know, how this is all going down because, you know, in the meantime, you know, it's always been tricky for me because I, I believe in, the, you know, I believe in community.

I've written books on community. But I also believe strongly in how freedom. And a lot of times those things sort of come into, you know, come into friction or tension.

No better example in that than the pandemic, right, where health freedom is super critical. But also taking care of one another could have been important if it was pushed as the number one thing that we could be doing.

It was the opposite of what was recommended. So I just love to get your thoughts on this sort of this moment that we're in of, of what I see is unity, around these topics for the first time in history and how you see that.

Yeah. I mean, it's an incredible, unprecedented moment of opportunity for those of us who have, by necessity, dedicated our lives to understanding the true principles that, you know, healthcare is based upon and what's actually interfering with it, you know, and that is everyone's concern.

So I'd say that we are looking at a revolution when it comes to Americans standing up for their rights. And, really just demanding of their government, a truly representative government, that certain things be protected and considered sacrosanct, like parental rights and for medical choice, access to alternatives to the pharmaceutical model of medicine.

And, we have a merger commission now. We have an executive order that, to me represents just such an incredible win and victory for all those, like voiceless parents.

You know that a lot of them had vaccine injured children, for example, who for so many decades, you know, just put everything into trying to get the truth out.

And, now we are making major strides, you know, in terms of look, look at the USDA, plate guidelines, right? I mean, basically, they're still loaded, full of things like seed oils and, you know, a lot of carbohydrate from grains.

Still. And, if we shifted that just to a ketogenic diet or something that is lower carbohydrate and increased the saturated fats, right. Add high quality nutrient rich vegetables, etc., and some quality protein, then it would all automatically like basically displace, I'd say the majority of the psychiatric conditions in this country because we're all just being poisoned and malnourished.

And psychiatry and conventional medicine has absolutely, you know, on a predatory level, capitalized on that reality. And people have woken up to the problem.

They see clearly that we can change our health destiny with food and growing food properly and detoxifying, not poisoning ourselves. And that's just beautiful.

I think it's a mainstream thing and it's global because when we were working on getting Bobby confirmed, like there's millions of people out there that came together, unprecedented response at the Capitol.

I was there, right? So I got to experience it on the ground level. They didn't know it was going on. They had have their phones ringing off the hook, 600 calls a minute, and the phone system crashed.

135,000 emails were sent from constituents to Congress, within a matter of two weeks. And that is what got him confirmed, because they would have probably really I mean, even 30 minutes before that vote casting was a no.

I mean, this was really close, but this is a sign that we are taking back our government. Bobby represents, for the first time the people's will and mandate, which is why Trump could help to, you know, get him in because he had the people's mandate.

So we're seeing something really profound, which is a non selected by the elite president. Right. And his appointee are now really going in there doing the types of things you and I would do on behalf of our children and ourselves to make the world a better place and to get transparency and provide these solutions.

So I'm excited, James, I think it's incredible for us. And, you know, you should be congratulated as well for all the work you've done, you know, over the years to educate and make possible this, incredible timeline.

Beautiful. Well, thank you for that. And I don't think, you know, it's interesting like I appreciate it. And I also know the functional medicine revolution hasn't happened yet.

It's about to happen. But, like, you know, we've been doing this for a long time. We stand on the shoulders of giants. But it takes anything meaningful, you know, a real change in society, a real way, change in the way things is done.

It takes decades. It's not years. And luckily I started, I was young, luckily I met people like you early on, who, you know, had blazed a trail in different ways and, you know, rebuilding the architecture to create enough capacity for a parallel structure to exist that can reverse chronic illness and can help people avoid the pitfalls of modern psychiatry, modern neurology, all of them.

So that, you know, sending people in the wrong direction. That's a, that's a lifelong, commitment. And I'm, you know, committed. I'm not even halfway through yet, so we'll see.

But, hopefully this is the moment of acceleration. And I just want to honor you for all of your work. And I'm excited about our work together. Do you want to share some of the things that you're working on that people can follow and that, we can, we can work on together?

Absolutely. I'm excited to work with you, James. You know, we're both always so busy, you know, just doing our activism. And, we, we only get to connect, occasionally.

Global coalitions and closing remarks

But, as I said, my primary role right now is the Global Wellness Forum, which is a coalition and a think tank formed by, you know, all these organizations and individuals that throughout now several decades, but especially in the past five years, were proven to be battle tested, you know, true to their principles dedicated to this movement, which is really all about it's based on love and connection, really, like you said, a while ago to not Han, you know, said that the future of the future will be basically community.

And we have a massive, beautiful community. So what I realized is let's just take all these existing organizations have solved incredible problems. Look at Ndic and stand for freedom.

And, you know, then, honey, moms across America, let's just all work together. And when we have a solution or an action that needs support, let's say, you know, the fluoride removal here in Florida, that was my nonprofit stand for the freedom and start in Collier County.

Now, there's 21 counties. We were able to get to remove fluoride with the help of Ladipo and others citizens just

standing up at these commissioner meetings.

And then, now it looks like the entire state, another 30 counties are ready to remove it. Utah? I think it is. Utah is about to have a bill to potentially ban it.

So like we're at a point now like where all that effort has come through and it's just a matter of honoring each other really. You know, like every brand, like your, your own and everything you've done is like, hey, welcome to this family.

It's not only in the US, we have the World Council of Health that represents 43 countries and 230 different member state, member organizations. We have global ambassadors now, people that stood up, you know, in different regions of the world during this very difficult time and said, no, I'm sorry, you're not deploying a potentially lethal genetic experiment on me.

I do not consent. Some of them were deplatformed, some of them were put in prison. You know, it's been amazing to see what you know, the consequences have been.

But now they are being honored and we're coming together globally. So we have a de facto global coalition. And it's a very exciting moment when Bobby was running for this, incredible position.

We had 100 different countries and respondents from them, so they really wanted to sign the petition. So we are clearly seeing, like I said, that 1776 of health freedom is a reclamation of bodily sovereignty, which of course was not protected in the Constitution.

Benjamin Rush said, you've got to put a protection in. Otherwise, medicine will organize itself as an undercover dictatorship and will literally take over your country.

And that's actually what we also happen, but not just in the US, globally. So there is a place for global organizations and coalitions that represent We the people, both nationally as well as internationally, and it's based on sovereignty movement.

So from the individual to the, you know, city or family, city, state, federal, global, we all have respecting each other's individual quality and then working together as a network, you know, versus Tedros and, his funder Bill gates get to decide when the next pandemic is and when to lock the world down because they want that one vote could do that as well.

Come on. We are so over. That is never happening again. And that's why we're doing this sort of thing. And if people want to follow my work, Green Med Infocomm is another place you can go. It's a free newsletter.

It's been there for years. Happy to share, the information there. So thank you. It's been an honor and pleasure. Look forward to a very successful 2025 and many, many years to come on this transformation journey.

Thank you for all the gifts that you've given here today and, everyone who's listening, thank you so much for being here. I hope you've enjoyed this session.

There's many more awesome sessions this week as we talk about reversing Alzheimer's and all of the lessons for all the other diseases that, could fit underneath that, we've been messages the founder of Green Med Info.

And, you'll be hearing a lot more in the coming months about all the things that he's got going on. Thanks so much for tuning in. And we'll see you next time.