Introduction to Toxins and Dr. Isaac Ilyas

This segment we're going to break down the science behind toxins. Now toxins comes in all different categories. But we're actually going to be specifically breaking them down and talking with someone who's a true expert in this field.

Not only is he an expert in the scientific field and, research, he's also an expert in integrative health, Chinese medicine and acupuncture. So it's my kind of gut.

Since my mother's Chinese medicine. So this is Doctor Isaac Ilyas, and he's an expert in the field of integrative medicine, focused really on cancer and detoxification and complex disorders.

It's also a very well-respected physician and very published researcher and bestselling author, educator, and Mind-Body medicine practitioner. He partners with leading research institutions such as Harvard and the National Institutes of Health, Columbia University, and many others.

So coauthor studies on innovative therapeutics for a lot of different therapies, such as cancer therapies, looking at different toxicities such as heavy metal toxicities and other toxicities.

And he is spends decades looking at the mind and how the mind plays in such an important role in this accumulation of toxins affecting every organ in the body.

So I can't wait to introduce Doctor Isaac Ellis. I am so excited to welcome you to the summit. I can't wait to talk about this beautiful topic. Yeah, thank you for having me.

Yeah, it's it's such an important topic. Right. So, you know, I think that whenever we use the word toxins, that there's so much to this actual word of toxins.

Right. And there's different categories of toxins that are there. But one of the, one of the main challenges that I think is that is I have a patient in front of me, and we're talking about very specific toxins.

They use the same word toxins and talk to their doctor. Their doctor will likely roll their eyes. So what we're trying to do is to come up with a more of a scientific way to analyze exactly categories of these toxins and what they actually are.

And there's no one better than you on the face of the earth to do so. So, but let's start with a topic like what is what is a toxin? And how should we think about this?

You know, it's it's I may take it a little bit even bigger than, than the introduction toxin is anything that is not, healthy for us and is not supposed to be in our body.

So when people talk about toxin or toxic, influences, they think chemical toxicity. But there is emotional toxicity, there's psychological toxicity. There is epigenetic and genetic toxicity, which means trans from previous generation is already imprinted in our DNA and are expressed in this body.

And so we come into this body and suddenly we get all these diseases or complaints and we don't know where they came from. So within this we can focus on the on the more biochemical, you know, material toxins, without understanding the toxin, there's two basic parts to it.

One is the toxin itself. And the second is our response to the toxin. Very important, because some people can handle toxins better, they can eliminate them without producing a byproduct of symptoms or reactions.

They have better liver detoxification, different elimination system and different way of dealing. We think that they're toxic on all levels. So in this sense, you know, I do a lot of research on galectin three.

Is the the alarm protein that drives our inflammatory response, our, our dysregulated immune response. And it's really what I call a it's really a Pandora's box, a protein because it's also a survival protein.

But you respond to survival from the from an automated point of view because we are built to survive. We know every cell in our body.

What Counts as a Toxin

We respond to matically through the sympathetic nervous system. And in this sense, we are connecting to the brain right away. And we respond one by fighting, which is an inflammatory process.

So inflammation is not the cause, it's a result or, or we respond by hiding, by running away, by creating micro environments and by creating fibrosis, dysfunctional tissue begins.

A brain begins in internal organs. So when we look at this, we can understand that these processes can activate toxins, can allow toxins to penetrate into areas that they are not supposed to be in.

And it's a great example is that when microbiome we need our microbiome in the gut. But if our microbiome. But if we flip the gut and put the microbiome inside our peritoneum, we'll be dead in hours or days, because the same material, the same symbiotic relationship with if we have with this 100 trillion organisms, you know, and how they help us to absorb, they help us to eliminate toxins, they help us to support our immune system.

If they're in the wrong place, they become damaging to us. So that's another component, which is which is which is quite important from this perspective.

So looking at this in mind, you can and going back to the to the more substantial physical chemical toxins, there are a few basic categories. The the category of heavy metals especially positively charge heavy metals lead, mercury, arsenic, cadmium, nickel, cesium and then also the negatively charged heavy metals, fluoride bromides that are often associated with pesticides.

And we are bombarded with them. They do they do happen naturally in the up, in low amount in nature. So the body can handle small amount of them. But then we got our industrial and environmental toxins and this is very tricky.

You know, you can have I live in the North Bay in California. I a patient from the South Bay, Silicon Valley, it doesn't get much more expensive and lucrative than living there.

But if the planes landing at San Francisco International Airport are flying above these beautiful houses, they're getting MTBE byproducts, which you see in the urine analysis, which they're not aware of.

And then you get some fog coming from the coast and some mold hiding in the basement and some mycotoxins. And you got yourself a very tricky combination of industrial toxins and mycotoxins.

But I think the biggest category of toxin that I knew about, I a little bit overlooked. So I did a lot of work with heavy metals. I published picked the soil and and removal of heavy metals 20 years ago in the multiple clinical study that we published.

It's how effective it is in removing lead mercury, positively charged heavy metals. But we all wear habits related to the idea that a little bit of pesticide is okay.

You know, there's no way around it. So the key pesticides in the United States, in the United States, in an exception, many, many industrialized modern countries ban some of this pesticide is glyphosate roundup.

And we are looking at about 300 plus million pounds a year. So, doctor, one 1 pound per person per year, that value accumulates. So you live in a nice place in a suburb and you have organic vegetable garden, and they spray the park a mile away from you with, the grass with, with roundup.

And it sure enough, it circulates through the water table. It can go 10 or 15 miles and ends up being in your garden. Then what it does, it disrupts the gut lining.

And this you know very well the gut brain connection is is very important. And you know, it's not our discovery. The spleen stomach school of thought that's been in Chinese medicine for for millennia.

And actually I was I'm a licensed acupuncturist and I, we're a unique, study group, but we study some ancient texts in the book of difficult question in the 90s.

And by looking at the population, we extrapolated that in the 21st century, Alzheimer is going to be an epidemic. And sure enough, it is because we were seeing as a weakness in the nourishment, the pesticides, the weakness in the connection with the earth and these holes in our in our, in the solidity of who we are also would affect the brain.

So now we are there. So if you look at pesticides, it causes inflammation of the gut lining. You know, leaky gut dysbiosis. It shifts the bacteria from from beneficial bacteria to more aggressive bacteria.

So it's not only that glyphosate is toxic, but there's something called life. Was it formulations that are not regulated, believe it or not in the formulation are extremely toxic.

So you got this. This disruption of the barrier of the gut. We then allows larger molecules than you are supposed to to come into the body. We respond with an inflammatory immune response.

We call it autoimmunity many times. And this molecule will also go and disrupt the brain. So glyphosate specifically is very similar to glycine, the smallest amino acid that is key in the brain.

It's a never protective it's key in production of glutathione, the main antioxidant for clearing toxins. And it's key in connective tissue. So you get the life of that exchanging risk listing.

Heavy Metals, Pesticides, and Environmental Exposure

Curating is the health of the brain and also delivering some heavy metals into the brain like aluminum. And then once you start inflammation in the brain, never neuroinflammation.

It's the basis of every brain degenerative disease. But the same glyphosate will go into the kidneys and really has a very detrimental effect, well-established on chronic kidney disease.

You know, one thing that you are aware, and many people are not, including the integrative medicine field, but with your population, you know it very well.

Chronic kidney disease is our true epidemic in this country. So many doctors are not aware. 17 one 7% and I do a lot of research with I have an Aids grant for researching acute kidney injury and sepsis and removal of galectin three with a series.

So it's a true epidemic. And the problem with chronic kidney disease is that you don't see it until it's too late, because the kidney is reserve. So you are burning your reserves, you're burning your reserves, and suddenly you're going to kidney failure.

Heart failure. So in this sense, we have to address pesticide removal on an ongoing basis because almost everyone has pesticide in the bloodstream. So the accumulation of all these toxins, let's just unpack all that for for a second.

So you have toxins, and then you have the way that we act to respond to toxins. And the way that we respond to toxins is different per person. You know, that's why, you know, someone gets Covid or someone else gets Covid.

They want to respond to different ways, right? Whether it's Covid or mold spores or whatever it is. Right. Exactly. And breaking down the toxins. The first thing that you mentioned, which I think is just we're going to get that get into that a little bit later is sort of the psychosocial emotional toxins that are there wreaking havoc on the body, which we cannot ignore.

And then you have the physical toxins, the physical toxins breaking down, as you said, like heavy metals, the positively charged, ions and heavy metals.

And then plus complex organics that are toxins like glyphosate and roundup and stuff like that. And so what now, what really bothered me is what you said earlier is that I have currently an organic garden behind this wall right here, right.

But I'm in the city, and you're saying that the roundup and glyphosate and all this stuff can can spread out, like 15, 20 miles of some one down the street is actually using it. Yes.

You know, that's definitely a little bit more into other where you live geographically because you've got some petroleum toxins that are coming in and other stuff, and they're very nasty.

The problem with them, they're fat soluble. So now they go into fatty tissue. So it's really important for this structure of detoxification. If you're going to break tissue as part of detoxification you gotta make sure that you know one how to eliminate the toxins so they don't end up moving from a fatty tissue into your brain, into your heart, into your fat, into your kidneys.

And you want to make sure that you don't have the inflammatory response. So, you know, when I explained about the survival response, I talked about the the nervous system response versus a biochemical response.

So galectin three will drive an inflammatory response. So for example, when you use modifies it respect and pick the soil, the only available galectin three blocker you will be able to bind heavy metals.

But you are regulating the inflammatory response. So there is no excessive inflammatory response. That's why you don't have the healing crisis. And that's why you see the effect in so many health conditions, because you actually regulating this excessive response now in the body.

The response is yeah, we said and we talked about the inflammatory cascade, the fibrotic organ degeneration and no hardening effect. And macrophage pain is the immune cleaning cells play a big role in it in the brain the equivalent of the microglia.

So galectin three is part of a survival response will disrupt the in the blood brain barrier. Now that's key because if you disrupt the blood barrier very similar to the gut, now molecules are not supposed to get in, are getting into the brain.

They're creating an inflammatory response, and it will cause brain degeneration. So when we look at brain degeneration, it breaks my heart. Neuro inflammatory diseases I mean some which are are not easy to treat.

You know, when there is a very clear destruction of certain production of neurotransmitters like let's say, Parkinson, but you can still help, but especially Alzheimer and memory loss.

These are treatable conditions, especially early, are truly treatable. But to do it, we have to to understand when it's coming from where it's coming from.

So if you look at toxin and the effect, the either will create a change in metabolism and in a toxic environment, and as a result of the response of the tissue or changes in pathways, or they will create an oxidative stress, an

inflammatory response.

These are really the the backbone. So if you look at the brain and the Alzheimer plaque, galectin three is ten times the constant ten times the concentration compared to a normal tissue.

If you look at the why because of this inflammatory response. If you look at something we called perfusion injury reperfusion, you know that talking about your big one in your family, you're very familiar with it.

Blood doesn't get to the tissue, especially to the brain. Doesn't have to be just a stroke or even a Tia can be my new disruption in circulation. The microglia will respond with an inflammatory damaging response driven by galectin three.

So example, if you put MCP there, if you blow galectin three, you reverse the damage. So so this whole stopping of the destructive survival response is key to eliminate the damage from the toxins.

And then you can also eliminate the toxins. So I've made a big focus of my work in the last two years in addition to my research on kidney. And this raises into developing a way to remove pesticides and environmental toxins, also negatively charged.

I developed a product called glide for detox, and we're getting the first data from our trials. And it's remarkable how we're able to lower levels of glyphosate in the urine mycotoxins.

But people have to understand you didn't lose your brain function overnight. It's going to take time. But brain health can be reversed because the brain tissue is alive and dividing.

And since the principle of life, if everything changes, brain function can change as well, right? So what you said is very profound. So I have someone in front of me that either has Parkinson's or Alzheimer's.

And he said there's really three things to really look at. Right. There's the actual inflammation that's stimulated by these toxins. And upregulation of galectin three in the brain sees all this.

Right. So that's that's wonderful. Another form that is we just have a hypothesis. They are a low oxygen state for you or someone with uncontrolled sleep apnea.

So I a big deal right. Or someone with COPD and smoking and stuff like that is is a big issue. And then the third one, which I think this is really profound and especially in the field, Chinese medicine is a low flow state, meaning that the decrease of blood flow to the brain is also a huge factor as well.

And this one speaks to me, a lot as well. And mostly is because that, a huge portion of our population right now has CCI, which is cranial cervical instability, where the, the, the association between the, the spinal cord, and then the skull, it's a little bit off kilter, right?

Chronic neck pain, stuff like that. You and. Yeah. So what happens is that there's a study that just got a publish showing that those people with even a small amount of two degree like CCI, which is I feel like it's 50% of the population, has a 30% reduction in blood flow per 24 hours to the brain.

And so anybody with spinal issues now, right, is under also undergoing this, this sort of low flow state, which is a huge portion of the population. And, and I feel like, you know, orthopedics and chiropractors and spine and brain really should all be kind of put together, which is sort of the beauty of like Chinese medicine and acupuncture and, myofascial release is that, there's definitely a component of that to it as well.

So this person in front of me with Parkinson's, with Alzheimer's disease, then we have to think about the flow of the blood to the brain. How is your symmetry? How is your spine?

You know, how is your teeth? Airway we have to worry about, you know, if you have, like, sleep apnea, which is

about one fourth of the human population now has some sort of upper airway resistance and decrease, in low oxygen state.

And then we have to worry about the toxins and not just about decreasing the toxins coming in, but also how can we what can we do to eliminate these toxins.

Gut Barrier Damage and Brain Effects

And so but like you said, and I really want to reflect on what you said, is that someone like this, if caught early, there is a return of function, if caught early when we optimize these things and that that is a lot of hope to the people listening.

And we know that we, you know, that's why hyperbaric, for example, have helped in long haul Covid. What the problem is. But you know, I know it because I meditate a lot and I spend 20 years, 2 or 3 months a year in the mountains.

And I used to do a certain practice when I used to look at a certain angle, and I blocked my neck over weeks in the mountain and actually affected my blood pressure, but so I could feel I know this and, you know, so really easy for people who do.

This is a very simple exercise. You relax your shoulder and you put your hand on your occiput, and you put the other hand on your chest and you really just relax and you kind of open.

And what it does, it lifts the space here. And what will people feel when they do it? Suddenly the everything gets clearer. So it's very common because we all hold, you know, so the working on opening the whole chest and creating space is key because the brain is so sensitive to oxygen changes that you think how much of our metabolism goes to supply a very small part of the weight of our body?

You know, and in this sense, what you said about the neck is key in sometimes opening. It is a very gentle work. It's not this very, you know, not always in aggressive manipulation.

I, I do cranial sacral on all my patients. And that's so when I talk, for example, about so beautiful phrases, filtration of the plasma when I really detoxify people and remove the inflammatory compounds if possible before I will do level therapy on the face and inside ozone in the sinuses.

So I clean those infections with acupuncture and then I will work from a level of healing and cranial sacral in opening the space. And this is part of it.

And then then you can really remove the toxins because of the better flow. And in this sense, simple thing like exercising at home with a oxygen generator if you can, you know.

But bringing more oxygen if people can afford it, but bringing more oxygen into the system is key. And part of it is learning to breathe properly, you know, to take a deep breath, you know, just to breathe from the top of our lungs.

And and this is, of course, a cultural thing because our, our attention span is shortening and shortening and shortening. So how it expresses itself from a breathing point of view, we exhale before we inhibit it.

We don't have time. You know, Chinese medicine talks about inhaling all the way to your kidneys. What people inhale just to the lungs. It's an immediate survival response. Right?

Right here. So we don't have this proper oxygen ventilation. And so these things that are accumulating like you mentioned, statistically addressing them and addressing the biochemistry of blocking galectin three and removing pesticides on an ongoing basis.

And then addressing is the end result, which will already be improved. Supporting proper mitochondrial function,

which is really the breathing of the cell itself.

And that's how you get to transformation. People's memories comes back, you know, and, yeah, especially with things like memory, like Alzheimer's, early stages, you can you can really make a difference.

And you know, I these very effective of course also and I don't want people thinking, you know, all of a sudden we do all these miraculous things and memory comes back.

It takes a lot of work and a lot of time, a lot of, you know, a lot of work and, a lot of relationship developing because, you know, especially with people with brain health issues and mental health issues, there's got to be a big support network to sort of support all this.

As well. But as you said earlier and, what you said, just so powerful is that the ability to breathe in all the way, not just into, like the first part of the lungs, all to all the way to the bottom, towards the kidneys and allowing the cells to actually breathe to stimulate this mitochondria or the energy energy units within each of our cells, which the brain is the most dense mitochondria on is absolutely important, you know, and this is really reflected in other people on this.

Someone as well, you know, we talked to Doctor Daniel Ayman and Doctor Bruce Wexler, and a lot of people. And you know, what I always ask is, what is the one thing that people can do at home to kind of improve detoxification?

That's all. Everyone always says. You got to learn how to breathe. You know, that's like step one, right? So, you know, whenever we look at these, these toxicities.

So once again you have psychosocial. You have heavy metals, you have nonmetals. You have false sobel toxins. And yes, in Texas we have a lot of petroleum byproducts.

We have a lot of MTBE which I can't remember what it stands for, but it's really, really long. And we have a lot of it down here. But, you know, a lot of these things are, you know, going and coming back to that a lot of these toxins are no longer legal.

Like no one's been using this for decades. Why are these toxins still around in our soils and everything like that? Because they bio accumulate, especially with the water soluble penetrate deep in the fat soluble stain tissues.

So for example, Israel has been DDT for almost 30, right? You know, so Israel ban DDT for 60 years. You find elevated level in breast as if women 60 years later.

Now some of them are still allowed. Petroleum is still there. Small planes, not the big planes. Small planes still use leaded gasoline and MTBE products, of course.

I've of course present with all all the jet fuel. When you burn energy from coal, you got a lot of lead, a lot of of pollutants. But then we are flooded with glyphosate because what happened?

You got the genetically modified crop, which is resistant. It doesn't get killed by glyphosate. But but the bugs on it develop resistance. So the amount of pesticides per, per mile of wheat or soy is increasing and increasing and increasing.

And okay, you can see these, epidemics of diabetes and metabolic syndrome, and then you got type three diabetes and same rates and metabolic disease. And in this sense, the good news, if we stabilize the blood brain barrier and address galectin three, if we remove toxins, if we support the circulation, Chinese circulating Erb like salvia.

And that'll kind of Lamborghinis, Tibetan herbal formula called pain. My basic very fascinating results. And so now we're bringing more blood supply into the brain.

And then we modify the intracellular metabolism, the key botanical compounds for no kill. But also berberine does some of these curcumin does some of it.

Metformin is a drug does some of it. Suddenly the cell moves from a survival glycolysis response which is an inefficient production of energy with damage to the brain into a normal metabolic function.

And the cell reverses into a normal cell. And normal cell cannot be sick because it's normal. So this is doable. And because this is doable, it's not easy.

You know, in my book, The Survivor Products, I have a little bit about neuroinflammation. And I tell a story about this amazing story about a person with two cancers and severe Parkinson.

And there was a TV program on him. But then I tell my story that I genetically an AP genetically could not remember names. So my mother doesn't do well.

My my my siblings don't do well.

Brain Health, Blood Flow, and Oxygenation

And by changing my my perception and my attention to it and treating myself with IVs, with freezes, with supplements, I've been able to improve the baseline that they came to this world with.

That's an epigenetic transformation, you know? And just like I tell about my my story was holding the pain of my grandfather, you know, in the Holocaust in my chest.

So the idea is that there's a lot of power in it. And now when we go back to the breathing that you mentioned in detail, when we inhale, we are connecting with the whole universe.

People don't realize a molecule of air in our mouth while my nose is connected with the whole universe. There's no more separation. When we inhale deep, we are taking the outside world into our body.

We are connecting with it. And that's the value of breathing. And so yeah, that's you. Right. That's a very simple, tip. And when we breathe deep, when we have enough oxygen, we are no longer in this survival mode, right?

When we load our air, we can feel within seconds of survival. My gosh. And in this sense, the breathing is in a in a direct way. Breathing air in a deeper way is not contracting to life experience outside in a deeper way is creating harmony between all our cells in our body, and eventually the cell will self-regulate into normal breathing.

Might or control malfunction, and then diseases go away. You know, the same mechanism is diabetes, autoimmunity, cancer, response to infections. The mechanism is universal.

The road is complicated, yet it's so simple because we are built to do it. We just forgot to do it, you know. So and let's go back to something that you just said is really profound.

And this is sort of a trans good great transition period is you're talking about, that your, your grandfather story in the Holocaust and, you know, and this and there is something such as, inherited traumas that can go down in different generations.

Can we talk about the what how much trauma can that be implicated in a lot of chronic brain health disorders? Huge. I mean, we can talk in enough about it that this is something because of my training in meditation, in healing, I teach on a volunteer basis many years, and I do this diagram when I draw the moment, our effects from the past and not to complicate things, our effect from the future and the potential for multi-generational healing.

They do it for probably 20 years now. Epigenetic is coming into it, so traumas from the past can pass on from multiple generations. If the trauma is repeated among many people for many generations.

And the Holocaust is a great example, where I'm named after my grandfather and we were never told he died at 50 from stomach cancer. He couldn't stomach his dramas.

My grandmother, who made it to almost 150 years later on a grave my mother mentioned to 10 or 12 siblings were killed by Hitler. Ten out of 12. Oh wow. Nobody told us.

And I had this pain in my chest since childhood. And when I worked on releasing it, it disappeared. Now, I mean, you can even see visually my chest is reopened, but my mother was able for the first time to watch movies about the Holocaust.

I didn't tell her I did my work. So this is a multi-generational, healing. And the brain is really important as a thinking organ. But a lot of neurotransmitters are produced in our gut and in our heart.

So the brain is a very big control from the heart. So the hard brain connection is key and is the more we can move from our brain to our heart and we can open our heart, the electromagnetic field of the heart many people don't know is 100 times bigger than the electromagnetic field of the brain.

So every cell in our body is affected by our how, by how our heart feels. And people around us are affected by. So when we connect to our heart, when we move our thinking process into our heart, luckily possible, believe it or not, and it takes training.

Like now when I talk to you and I think about what you're saying, I don't feel it in my head. I feel it in my heart. Then there is an effect of healing for ourselves and for others.

The center of communication from an from a connection point of view is in the brain. And that's why the brain is such an amazing organ. And because it's influenced by so many other parts of our body and our environment, we it really can be damaged easily.

But it also can be. And that's the value of, you know, people don't sleep if you night, they can't remember. They take a few nights sleep and suddenly they can remember if somebody has a kidney disease, they sleep a few nights, they still have a kidney disease, you know?

So if your brain is there's so much functionality in the brain and so much of the brain, we have no idea what it does still. Right. You know very well that we have to look at to just dismiss a supercomputer that is more sophisticated than any computer on Earth, and it's here to serve our heart, you know?

So that's that's that's the that's why heart issues can really be reversed. I mean, it's why brain issues can be reversed. And the artist is exactly. I want to tell you, my, my conflicts, that I have and I'm sure this is something that you've experienced practicing all these years as well.

So, you know, when, when I first started practicing integrative health and I learned all these tools, these these herbal therapeutics and mindfulness and mind body medicine, breathing, supplementation and advanced liver and kidney detoxification.

Right. What I find is that, you know, a lot of people are experiencing symptoms and in the medical and when they go into the medical system, they can experience kind of like a lot of like medical PTSD, where they go to talk to the doctors and the doctors say, hey, you do your normal, your blood test look good, whatever, whatever.

And they accumulate sort of this, this medical trauma. And so, we're seeing the patients at the apex of accumulation of, of medical trauma. And by that time, a lot of these patients, I've already solved, studied a lot of the things that are kind of kind of out there.

And what we have found is that when we ask them to just pause for a second and then look back into their world of what their life was like, what traumas the accumulated, the parents accumulated, and looking at relationship time.

But relationship ties within the timeline of their life. That's where we see the biggest miracles happen. In physical transformations. Right. Memory coming back, improvements in, hallucinations and people, with neurological disorders.

We're seeing, a lot of, like, autoimmune markers just disappear, after, some, some, you know, trauma, release therapy and events and stuff like that. And so what we did is we switched the order, you know, instead of doing all these crazy stuff sort of in the beginning.

Well, let's just switch the order for a bit and say, let's start with the appreciation that there's a psychosocial social trigger that can trigger our body manifestation.

And all of a sudden our outcomes became dramatically better, and our process became simplified and the patients got happier as well. And so I kind of want to hear your thoughts on how do you address someone who you you can see that they are suffering from either trauma or inherit a family trauma, but usually it's both.

Right. And how do you how do you talk to the people that are listening to this right now, listening to us right now? Like, how do you start even addressing the things that have happened to before in the past that people might be suppressing as well?

Well, you know, it's like it's so important. And actually, you know, I'm happy to talk about it. And I feel the pain of these people, you know, it's profound.

So the first principle is patient within medicine. We in medicine forgot that medicine is done for the patient. So if I remember I mean, my medical clinic, my clinic, I mean limitless like the waiting room is in the middle of the clinic.

It's the biggest and most beautiful space and all the treatment rooms are around. We are all serving the patients. There are no diplomas or no white coats.

The patient right to somebody. What they think is important, not what I think is important. And and so you got to let the patient reflect their priorities and what where they are.

Then what you said is so true and and different approaches for this different healing system. One system is called it's called memory reconsolidation.

We recreate our memories all the time.

Trauma, Epigenetics, and the Heart-Brain Connection

So how can you inject a scar with broken into scar actually goes down and never comes back. It's you numb the scar. The brain doesn't get the this the the stimulation that there's a problem, it forgets about it and it doesn't realign.

We do the same thing with traumas. So it's a lot of the process. I teach in meditation and healing. And that's why eventually it's really my third act and I'm moving into it more and more is to really show it with the mind.

You can heal anything. But of course, if you have a lot of toxic, burden, you got to have the right diet, the right detox. So it's so profound. What what you said.

And there are certain meditation that are specifically working on this meditation that teach us to exchange difficulties with love and compassion, because these traumas are coming to our body.

It doesn't matter if we think them right or don't think about them, they are there. Do we respond in a reactive way? If we use them to exchange and use the energy to transform them into love, compassion and healing?

They just they don't become something to fight. They become wood to the fire of open heart. Now you would say,

oh my God, this is so esoteric. Not really. How does our heart work?

It takes dirty blood from all over the body. You don't give us dirty blood. What every organ and cell didn't want. The heart is dead. We connect with the universe and we give clean blood without discrimination.

Nourishing ourselves first through the coronary arteries, nourishing our self in order to nourish others. In this part of nourishing the soul, self-love is part of loving others.

So this is a process you can get to only when you address what you said. So in many levels what you said, you are so correct and some people will go very deep and for some people it takes many steps and often when I see a patient I will have a plan and I will know where it's going to take me.

Now I'm doing it faster, okay? It will take me 1520 years to get to the real issue. I see the real issue, but they can't deal with it right away. You have to bring in peel and peel and peel.

And the more you align in this way, the simpler the tool that you need. So if a doctor needs right away to use all the sophisticated treatments, they haven't, dive deep enough into that basic, basic truth of things.

That right? The journey of healing is a journey of letting go. That's what it is. We let it go by create space and we let go. Let go by melting our hardness in the how does it right, the heart flow.

The moment the heart contract and doesn't flow in the lung doesn't move. We are dead in 60s. So life is the movement and anything that stops this movement and trauma is a multi general issues like multi general issues are key in this way because we are not at the moment we are affected from something.

It already happened that we are holding to, to knowingly or unknowingly like like you talked about. And that's really the profundity of the experience.

When I do a more sophisticated treatment, like so beautiful phrases where I remove inflammatory compounds, through filtration of the plasma before I will do a treatment with healing, with sometime injection with acupuncture, we will create a spaciousness and letting go experience.

And then when the person comes into a more sophisticated treatment, they can really let go. And to support this, what you said you clean the plasma okay.

So the plasma is really clean and then you will repeat the treatment usually only two weeks later. I will repeat it two days later and you will think, wow, the nothing will come out right.

No, 2 to 5 times more will come out because the tissues are letting go now because the plasma is cleaned. So it's all a process of letting go. And the more we let go, the more they space, the more blood will come into our brain.

You know, that's like this whole talk is really about letting go. You know, earlier all the time. Yeah. Letting go while physically the, the space between the neck and the head, the maneuver, as you said about earlier, letting go of the toxins that we talking about.

And then there's a psychological letting go of resentment and of the things that are in the past that are continuous are continuing that really affect us.

And I'm so happy that we're, we're we really visit this, because, you know, one of the things that I don't want people to like attach onto is sometimes people will take like a feverish amount of notes, but kind of neglect the mind body side of things, you know?

But it's something that I really want to, to really focus on. And just because not only is it truly essential, but from just from our data standpoint here at Texas Center for Lifestyle Medicine, that's what we see.

You know, when we start with complex lives and all these, you know, supplements and protocols in the very beginning, people don't heal. They may temporarily feel better but don't truly heal.

And it's just not worth the practicing medicine if they're not truly healing. But recognizing and seeing people transform in front of my eyes and letting go of the traumas, that's what's truly, you know, inspiring to to all of us and really allows this evolution of what medicine, you know, should be practice.

Right. I want to tell you something. It starts with you on a personal level and with people like, you know, and the reason is that you didn't compromise on the idea that the patient is in a box of a disease.

And if you can write the book, there is nothing there like we talked about. Right? I have a patient who got his own ecology, some of the tumors on the surface, the tumors get bigger just from the stress, you know.

So yes, you understand there's always the flow. And the flow means that you can peel and peel. So when this is your approach and it's radiating from your being, you know, you have a conviction about it, right?

It's affecting your patient. You see, when a patient come to a doctor and tell him, look, I have metastatic don't tell metastatic, let's say breast cancer.

The doctor right away has a prognosis in his head, even if he doesn't say it, if it says it is like, oh my God, what is this right? Who are we to know?

But even just thinking about it, we have restricted the possibility of the patient. And that's why, you know, anything and everything is possible because everything is changeable and not everyone will be a miracle.

But anyone can be a miracle. But it's not easy because miracles are things with low probability and our habits, we keep repeating them. So the more we change, the more we become different than we were, the more there's a possibility for a different outcome.

And what you described with letting go of traumas. We are changing our selves in this network of people that have created this outcome that we are experiencing, which is what I described in my own story.

And what happens is so many people. And that's why there is a magical journey of healing. And as medicine makes progress, we have to make sure that technology doesn't make us lose this very deep wisdom of healing, that it's beyond an algorithm, you know, and beyond the one single molecule and beyond and you drug.

And for me, it's interesting because on one level, you know, I do very high level energy grant research with top right, top doctors. And I do this as I say, when I get interviewed, he doesn't drive what they do.

It supports what I have observed. You know, so my observation come from this multi-dimensional understanding, the research that supports it. Like I said, you know, galectin three is going to go up before interleukin six in sepsis.

I got it, grant approved it. Now the NIH gave me a bigger grant. What happens if I pull out the galectin three will prevent the death from sepsis, you know, but I understood it because I understood the concept of a survival response.

You are going through the same thing, and it's kind of mind blowing. You're doing doing it within the insurance based system. It gives us hope, you know, what you're doing is giving hope to a larger know to everybody saying this, I feel honored to be part of this and this discussion will honor for for you to be on as well.

So let's let's transition to the final topic. And this final topic is, something that you know very well about. And it's, modifies such respect and, and it's and galectin three.

And by the way, this is something that the I dove into five years ago, at the advice actually, of one of my nurse practitioners who's who started the practice with me.

And I just want to take a deep dive into all your research in 2017. And, and I'm very familiar with, with, with a lot of the stuff that we're talking about, but let's talk about, like, you know, for, like, stuff like modify citrus pectin, which is a supplement you can get like, what is that?

Why is this so important? And what does that have to do with brain health. Because galectin three is like the bus that carries the inflammatory, damaging compounds and delivers them to the area of injury.

And, and and instead of getting the injury to go away, it creates perpetuating inflammation. It's a single protein that the next molecule comes to. It creates a pin damage that bind to a pin.

Galectin-3, Modified Citrus Pectin, and Detox Support

And you get a biofilm in the gut until sclerosis fibrotic tissue in on the on the brain, dysfunction in the brain and amyloid plaques, etcetera. So you have to disrupt it and modify it.

It's respecting specifically all the research is on pick to solve the 80 published papers specifically breaks this lattice formation, removes the damaging effect, and in the same time removes heavy metals and regulates the inappropriate immune response.

And this is why it's a foundational supplement to use with any other program. It will enhance as a supplement lifestyle. It will enhance drug therapy, you know, and for example, in the field of cancer immunotherapy, if galectin three is elevated, immunotherapy will not work.

So now it's much bigger than me and my journey. There are so many centers doing it, and I have some focus and more on removing it with filtration of the blood.

But it's surprising, you know, the power of modifiers. It was being that it's becoming acceptable. I just a few minutes before the interview, I got a letter from a very high impact internal medicine journal asking me to write a review about Modifieds.

It was in in prostate cancer. Who would be? This would have happened a few years ago when they read the multi center trial with 80% response in biochemical relapse when I'm the last author.

Yeah. So I you know it's not an overnight success. It's an overnight 30 year success. But but but yes. So I think it's a it's a foundational supplement in for the nervous system.

Galectin three disrupt the blood brain barrier in galectin three enhances inflammatory and hypoxia induced damage to the heart. And when you block it, you will attenuate the result.

So when we started giving a motivated respecting for cancer purposes in our studies, one of the most common comments we got is my memory is getting better.

And this is what triggered me. You know, in the 90s, I think the 17 year old joints are getting better. My blood pressure is lower. And that's when I that's when I figured it out a little bit ahead of the curve.

But now is an acceptable, you know, concept with thousands and thousands of papers. And so basically what we're trying to do is to decrease that vehicle, the bus that forms that that five finger pen summer together to deliver toxins everywhere.

Right. We're trying to down regulate that. And that's huge implications in cancer, brain health, etc., etc.. Listen, I you know, I actually don't really, really, really, really deep into this, in 2017.

So that's why I literally been taking Texas C since like 2017. You know, when whenever we, we think about, like supplements and stuff like that. From a foundational standpoint, people think I got to do vitamin D every day.

You got to do omega three every day. You gotta take a multivitamin every day. But those are in the category of sort of like these nutraceuticals. Right?

But if you have something that can decrease your toxic load on an ongoing basis, no one is really talking about that as sort of a foundational thing to do, because we do have a toxic world.

You know, I'm not going to move away from Houston, Texas anytime soon, right? You know? Right. And factories over there in East Houston and there's, there's all sorts of stuff and petroleum engineering, stuff like that.

So we do live in a toxic world. Our bodies aren't really made for this world. So the least that we can do is to decrease the amount of toxic input. Right.

And then also talk delivery to our cellular, cycles into our organs and stuff like that as a foundation. I'm so happy you, you touched on that. Well, listen, this has been a fabulous talk, and I can probably sit here and talk for three more hours with you.

But, I want to end on this this this one question that I asked a lot of the speakers is, what do you now know that you wish you knew when you first started your medical training?

The great question, because I started, I studied medical training, knowing that there is something else. So I went to medical school. Like, I had to push myself through, but I didn't know what it is.

Closing Thoughts on Healing and Open Heart Medicine

And I know now what it is. It's all about an open heart. Wow. And so if I knew it earlier on, my life would have been simpler and I would have been maybe some of what I realize now, I would have realized a little bit earlier.

And the other thing that connects to it is we change all the time. So no matter what change you have, don't hold to it because then there is no letting go.

Life is a flow. Life is a journey. And as long as we flow, as long as there is change, there is powerful healing. And when we connect to these two principle, we connect our infinite healing potential.

That's amazing. You so heavily researched and published and and I asked for one thing that you wish you knew. And that's an open heart and that's beautiful.

So so I want to thank you so much for the lesson. Thanks for being on. Really appreciate you. Yeah. And thank you for your amazing work. My gosh. Thank you, thank you.

Oh by the way, how do people find you by the way? You know, my my book is called The Survival Paradox. And they come up here to to Doctor Elias Dr. elias.org.

Or they can look pick to solve.com about the most effective respected and I'm sure that is fine. Excellent. Well thank you so much for being. Thank you.

Thank you for having me. Take care.