Harness The Power Of Detoxification During Your Menopause Transition Transcript

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Introduction to the summit and guest

Hello and welcome back to Mastering the menopause transition summit. I am your host, Dr. Sharon Stills and I know I sound like a broken record, but I have another great interview for you today.

We are going to talk about supplements and the survival paradox. And don't worry if you don't know what that is, because you will know when we're done with this interview, we're going to be talking about breast cancer and environmental risks and prevention.

And so this is going to be chock full of a lot of good scientific information. So you might want to grab your pens and your paper for this one because there's going to be a lot we're going to be thrown at you.

And I have a very special guest to do that with Dr. Isaac Eliaz. He's an expert in the field of integrative medicine, focuses on cancer detoxification and complex conditions.

He's a respected physician, researcher, bestselling author, educator and mind body practitioner. He partners with leading research institutes, including Harvard, NIH, Columbia and others to coauthor studies on integrative therapies for cancer, heavy metal toxicity and others.

He's the founder and medical director of AMA Taba Medical Clinic in Santa Rosa, California, where he has pioneered the use of therapeutic apheresis as an adjunctive blood filtration treatment for chronic degenerative conditions.

So I want to know about that. Welcome. Welcome to the summit. It's really an honor to have you here. Thank you for having me. I'm really happy to be. Welcomed as we were chatting before we came on, I said, You're the Galectin 3 guy, aren't you?

I remember learning and studying from you years and years ago when I was early in my clinical practice. So I'm, I'm like fan girl, super excited to have you here.

So for those who don't know you maybe just tell us a little bit about how you got on this path and why you're doing what you're doing. Yes. So I'm I am a native of Israel and I am in my early sixties.

Dr. Eliaz's background in integrative medicine

And I started my journey in the healing age as a teenager in Korea. My father was a civil engineer where I learned taekwondo and yoga. And since then I was interested in yoga and yoga therapy.

And when I went to medical school in Israel, I was already a yoga teacher. I was learning shiatsu in Chinese medicine, and when I got my medical degree, I finished my internship.

I came to United States. I did the master of science in Chinese Medicine. So I'm also a licensed acupuncturist. And over the decades, I learned different medical and healing systems.

What according to Vertical Way, each system a few words classical, homeopathy and herbs, etc. and it also got very engaged in meditation which focused on healing really, and engaged meaning for 20 years.

I would go away for about two months, a year to meditate in the mountains and for a day in ten years I did a half day retreat and half day worked and they got to treat the most legendary meditation masters in the Himalayas.

And this all together is expressed in my new book, The Survival Paradox, where I finally put decades of experience and studies into this concept. It will talk about very relevant for women's health.

And in addition, I'm active researcher. I engage grants around Galectin 3 this protein that will also discuss and how it affects every field in our health by grants, for example, on sepsis actually, which is very relevant for COVID, but and on the cytokine storm.

So within all of this, I was always interested in women's health. We did a lot of breast cancer of hundreds and hundreds of patients for decades and really recognized early on the need to treat women differently in different ages and I was just mentioning to you, we, we created the first gender age based multi nutrient.

It was based on an herbal formula. One formula was more for nourishment and production of blood and energy in the childbearing years where a woman has to build a family in this career and is a lot of things to do.

And the second formula is more about nourishment when estrogen level goes down. So even our supplements are built around this concept of understanding as a movement.

And the women are so attuned to movement and so sensitive. And it's hard to keep our rhythms in, in a world like ours these days from a from a demand point of view, from a from pace point of view.

So when rhythms get disrupted, our body doesn't like it, and especially women's health doesn't like. We are rhythmical creatures, that's for sure. So I'm curious, what is what does this mean, this survival paradox, the title of your new book?

So the Survival Paradox is really a paradigm shift in our thinking about health and disease. We are all aware, especially, you know, in our field, that that inflammation drives almost every disease chronic and acute.

But we don't didn't recognize that inflammation is really not the cause of any disease. It's an outcome. And what causes inflammation is a survival paradox.

And what do I mean? We are built to survive. Every cell in our body is built to survive. Every organ, every tissue, us as people, community, countries, our earth.

And as a result of this survival response, which is automated within us, it is what causes us inflammation, struggle and organ degeneration. So because it's built within us, it's automated.

So immediate response to the survival paradox is an automated, autonomic nervous system response. This sympathetic system, we either fight creating inflammation and the result, for example, in COVID is a cytokine storm, which is really what kills patients.

Or we fight or flight, we run away, we hide, we create fibrosis, we create areas of microenvironment. As of microenvironment, a cancer can grow where biofilm can be built elsewhere.

The survival paradox and Galectin-3

That can be an area that the body is not in control very much worse. Things can grow out of our control and the classical tissue for this because it's really a fact based is the best where things can be stored and hidden.

And suddenly you wake up one morning and there's breast cancer. So when we really understand this, then we can see what does the what does this survival, inappropriate survival response do to us and how what can we do about it?

And we talked about the nervous system, but within minutes, our body biochemically turned into survival response in the proteins that drives it is collecting three, so collecting to be the bus that takes different inflammatory compound sticky molecules that get tumor cells to stick together, a molecule that's surprising immune system and a

molecule that damaged the brain.

And it drives into the area of injury and it tries to fix things as part of survival. So we always want to do the best. When we are young, we can survive without creating inflammation, right?

We get a scar, we get a cut. It heals without a scar. When we are older, we get a scar. So when we heal, we produce more inflammation and we produce more scarring, which is a dysfunctional tissue.

So when we understand is when distended, the real journey is to learn how to how, how to ameliorate. The damage is of the ongoing survival response. And then on the deepest level, how can we transform the survivors?

And so a couple of things you mentioned that I want to backtrack to for the listeners. So first with Galectin 3, could youjust speak for the ladies listening what they should ask their doctors for and what they should want their levels to look like so they can get that measured?

Yes, of course. So A so if we look at Galectin 3, as I said, is a carbohydrate binding protein. So it has a an amino acid, a peptide site, and it is a site that catches carbohydrate.

So it catches different lichens. The inflammatory lichens bind and create a pentameter and then create a lattice formation coating. So the level of Galectin 3 can changebased on the population.

So some people will have high level, some people will have low levels. And we don't address Galectin 3 based on levels because galectin something needs to be addressed for anyone who is breathing, especially if you're over the age of 40, because over time it will go up and it's innately will cause survival driven damage for some people because of their genetic predisposition.

All because every inflammatory process is struggling process and generally a physical scar and infection and emotional dry trauma and multigenerational trauma which they are trying to fix, they will generate more Galectin 3 and these people will need more motivated respect.

So basically addressing a lecture to me is the basis of really of supporting longevity and it will enhance different treatments. If we look, for example, in women's health, we'll see studies that modify it is respecting synergistic wizardry.

Amazing is in synergistic with Taxol is synergistic with radiation therapy. If we're talking about cancer. Why? Because it allows us to expose the damages to the cancer tissue.

It allows the immune system to respond better and it reduces the damaging inflammation. And so this level happened on a cellular level, on a tissue level and on an organ level.

So women can just ask their doctors to run. Yes, I. Galectin 3 or. It's approved by every medical insurance. It's inexpensive and it's formally used for heart failure because this is the FDA approval in 2008.

Since then, the company we developed went out of business so it didn't get other approvals, but the safe levels of collected three are much, much lower than what the test shows.

The test is again for patients who already have heart failure, which usually have kidney damage and they are not clearing Galectin 3 properly. So for me, any galectin 3 over 12 is a concern, right?

Mm hmm. Yeah. I've been running it at regular labs ever since I first heard you teach about it many, many years ago. So. And you mentioned modified citrus pectin.

Could you just elaborate on that a little? Because of course. So pectin is a low, long chain of carbohydrate, of a certain sugar, not glucose that is present in the initial peeling the albedo, the, the, the, the white part of the citrus fruit.

And it is a very high molecular weight. It doesn't get absorbed. It can be in the gut. It can help it in fiber. It can absorb some some sleep, it can bind to some lipids.

When we modified very specifically and we create a modified pectin that can be absorbed in the specific pectin that had all the research. Now 80 published papers is going back to soil because there's a lot of ground science over my work over the decades.

It gets absorbed into the bloodstream and there it becomes a galectin 3 blocker. But it also removes heavy metals and it also regulates and enhances normal immune function.

So when you take modify it respecting you will see you will see the benefit in a very wide range of diseases naturally, because inflammation and survival response drives every disease.

So for example, we just published a multicenter trial on prostate cancer, which has a lot of similarities hormonally with breast cancer and so this is post initial local treatment.

Just like a woman removes breast cancer locally and a man removes the prostate and then the cancer starts coming back. PSA starts coming back. Let me give you a multifaceted perspective.

We see benefits in 80% of the patient age zero. So why not? Because it kills the cancer, because it changes environment and allows the body to deal with the cancer.

And in this sense, we have a lot of women with breast health and breast cancer who have benefited somewhat in such a perspective. And so I explain this as part of the simple supplement solution for the survival protein.

The other deeper solution is how can we reduce the survival response by becoming less toxic, by letting go of things that create a survival response for us.

The main one connecting back to our heart and from a physiological level. How can we remove different obstacles to a normal metabolism which is, you know, you know so well, it's critical for estrogen metabolism and it's critical for thyroid metabolism.

It's critical for outcome of health. And in this sense, in addition to the life space and the IMF and and the radiation and stress and lack of sleep, we are bombarded with pesticides and toxins bombarded.

And we almost you know, we were almost drained. It's interesting. I was just recognizing you two years ago and then I'm very active now in developing preparations for removal of pesticides and glyphosate very successfully.

I just got the first subject from the clinical trial. Amazing results, but I realized, wow, we have been drip. We have been brainwashed to accept that a little bit of toxic material is okay because it's only a little bit.

And you know what? I don't think it's okay. So we really have it's part of addressing our well-being from when good hydration and good sleep, which is critical for women's health because of the rhythms.

These pesticides disrupt our rhythms. You know, the zino estrogen, the organic phosphate, they change the brain, causing narrow inflammation, excitatory, neurotransmitter, take control.

We don't sleep as well. And we know the relationship between melatonin and breast cancer and and a good night's sleep. So it all comes together. And there is the nourishing part that we can talk about as soon that will be what woman, every woman needs to emphasize and then the cleanup to allow the innovation to happen.

And that's a dialog we go through our life every single day. Every cell does it, and we do it throughout our life. You know, it's an ongoing project between detox, nourishment and transformation in between.

Exactly. Exactly. And I totally agree with you about no amount of pesticide should be acceptable. I know a lot of the

labs I work with, I run levels on patients and they say, oh, it's fine unless it's over the 80% or something.

And I'm like, No, no, no, no, no, no. We can't normalize that. It's okay to have 80% toxins in our body. That's just absurd to me. And so. You know, when in the same times every bit of heavy metals and they have mycotoxins, they didn't sleep enough and you know, it all ends together in the cell, you know, is bombarded or people don't realize we are made from 50 trillion cells.

Okay, trillion, okay. Not million, not billion, trillion. And each cell has close to 1 million reactions. A second. Can you even imagine this this ongoing movement?

It's really infinite number and we still function as one being, which for me, I love saying it. Each of us is a walking miracle. And how do we do it? By creating and recognizing that we are community.

As long as the cell realizes it's part of a bigger reality, it accept that it's going to express itself and it's going to die.

Modified citrus pectin and detoxification

When we go into survival mode, when when a cell goes into survival mode and doesn't want to die, it will create a micro environment driven by collective me.

It was creating its own environment, its own rules, its own metabolism. It starts growing fast. And how do we call it? We call it cancer or we call it autoimmunity or we call it.

But cancer is the classical one. And from this sense that breast cancer is a classical spot because it's not really an organ, you know, it has metabolism like the stomach, like the liver.

And it's has such a high percentage of of of of fatty tissue, each can store a lot of toxins. You know, interesting. Even now, 60 years after DDT has been abandoned in Israel, 60 years, you find elevated levels in DDT, in women's breast, 60 years, I imagine glyphosate being sprayed every day in the in the ground, right.

£1 per year per person if bio accumulates. So it goes into these areas that are bio accumulating and then at some point it becomes too much and it disrupts our metabolism.

So this idea of coming to harmony, the reason why I'm emphasizing it, because in Chinese medicine, this we call it the feminine principle. Women have the ability to create community.

Women have the ability to nourish. Right. It's a part of giving birth Mother Earth. And this has been disrupted with a crazy pace, with zero estrogen, with not sleeping.

We know, and working at night and sleep cycles. So as a result, it is a major effect on women's health and specifically on women and estrogen related cancers, which are much more than breast cancer.

People don't know. Colon cancer has estrogen receptor lung cancer, estrogen receptors, thyroid cancer, estrogen receptors. Glioblastoma has estrogen receptors.

So many, many cancers can respond to abnormal estrogen metabolism into hormones that relate to estrogen such as is prolactin. I don't want to get too technical.

So the the basic thing is we want to come into harmony. So the survival and the setting is a survival paradox. And balancingGalectin 3 is one important piece and then also allow showing us to metabolize estrogens probably properly, which you know so much of your work is.

What does estrogen is breaking into at the beginning to good estrogen or into cancer promoting estrogen? Well, this depends in some level to our genetic as an innocent piece, but also to how loaded is our liver with other tasks, how backed up is the liver with toxins?

I mean, if you gave people what we have like issue of liver detoxification, if you give them a break for a month where the toxic input would be minimized, they will clean the back up and suddenly they can do well, even with partial capacity.

But we are always in this struggle that we have to catch up and survive. And that's what Survival Products is, is a profound concept in the book. I explain it in a big way, and then a guide to Metabolism.

And I go into every organ and into immunity and into the microbiome, and then I give the solution, of course, detoxification, how to transform our skulls of survival and how to free the survival product, which is really a meditative process that we are doing.

We are all capable of doing it, but from a biochemical level, the reason why I feel that blockingGalectin 3 is the most important supplement, and I didn't say this even five years ago, maybe five already said, but ten years ago, if you look at my health programs, 15 years ago, not everybody got picked up.

So now I'm saying it because the research is overwhelming in kidney and liver, in lungs, in heart, in brain inflammation, in autoimmunity, in cancer, in sepsis.

I published some very important papers because when the body goes into a loop of survival and cannot turn off, everything catches on fire. Everything catches on fire, nothing stays fresh and nothing stays intact, you know?

So are you saying a modified citrus pectin is something everyone should be taking preventatively? Number one, if I don't take one supplement, it would be more effective to respect because we can get our vitamins and minerals from food.

We can get a lot of stuff, you know, and there are a lot of great things. I take a lot of things, but we got to block Galectin 3 so it can reduce Galectin 3 if we are more relaxed, if we have good hydration.

So there is better communication and less inflammation if we if we sleep well, but we have lost this world, you know, only only few people can really keep to it.

And in this sense, if we if we look at intelligence compared to people in the 1780s, this intelligence which included within them in the seventies, eighties, the centuries have much lower levels of Galectin 3, which goes with age.

Now the people who are 70 and 80 has a few people who will make it to be over 100 years old because it is low. If we are surviving, if we are living by creating a stronger survival response, it creates more inflammation and fibrosis.

It's going to shorten our life and the beauty of it is that we know the biochemistry. We are not guessing because when you haveGalectin 3 coming outside the cell or if you have inflammation and danger coming, the macrophage the macrophage turning to inflammatory macrophage macrophage are the other immune cells that clean the mess, and when they become inflamed they excrete in the area of the problem.

More Galectin 3. We then will block the insulin receptors and will and will and will attenuates in normal metabolic function. It will block ampk and which produces normal energy.

It will enhance into one. The cell is not getting oxygen now hypoxia inducing factor goes up PDK for the people, no biochemistry gets activated, mitochondria get shut down.

We go into glycolysis very fast, very devastating and in the root of cancer, becoming more aggressive with the immunity, diabetes, etc. So this is extracellular.

There are some compounds which can help intracellular early bird bearing co coming. No kill is a very big one, but here we see how a systemic effect of Galectin 3 is going into the cell, into metabolism.

And in this sense, every cell, including a cancer cell, has a choice to turn into a normal cell. If we could get the

cancer cells to take a deep breath and relax and not feel in danger.

And in my book, I, I you will see I have a I have a personal relationship with the with the cell that the psychology of the cell to the cell that was smallest independent unit, the mitochondria also within the cell.

Right. But looking at the cell, it is important boundary. You decide what it takes out in it, inside what it puts out, decide what it wants, what it doesn't want.

And it has a relationship with the environment just like we do. So if we can get the cell to feel everything is okay, it's going to be okay. It's not all on you.

You do your job. And then when the time comes, you know, just like everything changes your time will come. Now just relax. The cell takes a deep breath.

The mitochondria opens up there. No more age.

Breast cancer, estrogen metabolism, and environmental risks

If you put inducing fact there is oxygen we produce 36 ATP from one molecule that the value of intermittent fasting we give a break to this pattern of all the time struggling and then suddenly the cell becomes normal.

So this is a process of re differentiation, you know, getting a cell to be less cancer cell, for example, to be less aggressive. Often with post radiation, post chemotherapy, we get more stem cells.

We get cancer cells to be more aggressive. Why? Because they survive the treatment like we just talked about. And when you survive something, all your survival mechanisms enhanced and the result is more inflammation, more struggle, more fire.

So it's a dialog that happens in the way we live. Our life is the way we feel. We think we treat ourselves, we treat others. And there are supplements and dietary changes.

I'm sure a lot of them, you know, your guest discussed. But I want to also hear a little bit of a bigger model because we do have a choice with every breath, with every thought, we have a choice.

Are we going to struggle and fight and survive? I fall into this you for everybody, for all. We are going to just realize, you know, everything is changeable and we just we just drop the reactivity.

And it's really the final solution, which is very hard to actually it's the deepest way to transform. The survival paradox is by connecting with our heart.

I mentioned in a way, it's not just like a buzzword, because every cell in the body, every organ in the body takes nourishment and lets go of what they consider toxic.

What they don't want is what toxin is, right. So I mean when food for certain animal they love it and the other species, it's toxic for them. So this is why, because every cell wants to survive the only organ in the body whose survival responsibility is to take what's to take the toxic stuff from others, connect with the universe with the breath, and then give without judgment is our heart.

So our heart is built to take all the struggles and whatever comes to the heart from the perspective. The heart belongs to the past. It was already released by the cells before, right until it got to the how the heart connects with the universe in world for the universe.

Our drama is not so big something a lot. Now when we say universe, it's not a buzzword. If you think about it, the molecule of air in your mouth right now is connected with the whole universe.

It's not there's no argument about it right? So we are totally connected. That's why we have to keep our environment clean. We don't give our environment clean.

We lose our filtration system, our nourishment system. And then it comes back to the heart. And the only thing the house does, it offers blood with no judgment.

Right? There is a rigid artery. And who does the heart nourish first? I love it when they came to this recognition. Well, I got to share this with the world.

Who does the heart now is first it nourishes itself through the coronary arteries. So self-love is part of loving others, not narcissistic love. Because you know what?

The other amazing thing about the heart, very important for women's health, because women have the capacity to connect with the heart in a very you know, it's built in.

Interestingly, the heart doesn't nourish itself unless it finishes its work. Every other organ gets blood and nourishment before. When does the heart nourishes itself?

When you finished its work and it puts the blood up. This is a selflessness of the heart. And in women principle have this a lot. You know, the selfless mother, the giving, the nourishment it's built in.

And estrogen is a hormone that creates this nourishment. One of the one of what? One of the ways that I like to look at it in nature. I'm a beekeeper, and I've been a beekeeper in a very early age.

And I came back to actually have some I have some videos and I thought maybe I can share, but I don't know if it will work. But if you look at the Beehive, it's a great example of women's health.

First of all, it's a feminine driven kingdom community. It's ruled by the queen. Okay? The main principle is to fertilize the queen when the when the beehive gets weak, all the men gets kicked out.

Every working bee is if a female bee was all girls were not developed because they didn't take royal jelly. And the big queen lays in the springtime eggs that are greater than her body weight every single day.

So when you look at the beehive and they're just standing next to me behaving like magic and you see the community, you see the harmony it is as it sees a selflessness.

Everybody knows where it has to go to. How far is it getting nectar? Is it getting pollen? You see how community can work when it's not under survival, under stress.

And so in this sense, it's a great, great analogy for women's health and bee beehives are under existential threat. You know, and we all know you hear about it being last year, 60% of beehives died, 66 zero.

Okay. And it's really interesting. So last year, I was giving different medicines to bees and they died. This year, I'm treating them holistically. I'm giving them my medicinal mushrooms, I giving them probiotic and giving that protein.

And they are doing so well because I'm supporting them, you know? And so it's a great image, really. It's a great image. The bees are great image for for women's health.

And in this sense, when we when our supply of estrogen is harmonized and when we break it properly, then estrogen and are damaging the problem is that it doesn't happen as often.

And that's why certain campaigns like DAM is so important, you know, in combating breast cancer. It's beautiful. Beautiful. I think you are a poetic biochemist.

I love the the visions and the analogies you bring in there. They're beautiful. So so what do you think? Breast

cancer is really a toxic environmental genetic I mean, environmental problem.

Do you think it's a genetic problem? What do you think is the you know, I yeah. It's a great question. I think it's a combination. And we know I mean I mean, American Cancer Society, you know, recognizes that the majority of cancers are environmentally driven and lifestyle driven.

And in this sense, we do have the genetics and know there is in Judaism there is a beautiful saying in Hebrew saying says that as a culture, if we value shooting it to an out, which means everything is predetermined, which is our genetic, but we have a choice, which is our epigenetics, so we can decide which gene is going to to express itself or not, including zebra according to for example, there are studies on dam showing that women with black are positive who take dam.

There is an improvement in their breast tissue compared to cancer risk and there is a reduction in the abnormal BRCA expression. Amazing, right? This is a epigenetic expression.

So in this sense, breast cancer, because of the tendency of the breast to accumulate heavy metals like mercury, for example, you know, and and fat soluble toxins and organophosphates and and pesticides.

And because of other issues that are more lifestyle, that relate to tools, understanding of the breast from the flow of digestion and environment plays a big part in breast cancer.

But of course, there's clear, clear familial tendencies and genetic tendencies. It's often like I'm I'm I'm mainly a clinician and a healer. So you can see it in the pulse.

You can see a breast cancer pattern in a woman when she's a teenager. And the same pattern at some point with will will come as cancer, you know, decades later.

And you can change the pattern. You know, you change the pattern. You change the driving force. It is going to bring the breast cancer. And we know that. Right.

That culturally and geographically, the areas with less cancer and then once people one certain population change their diet the cancer happens in the same way.

So in this sense, breast cancer is very responsive to environmental manipulation and also needs to be addressed as the interesting thing for me, you know, is that there are not a lot of supplements for breast cancer.

It always blows my mind. They're like zillions of supplements for prostate BPH and you know, and this and that. I mean, there's really there are some ingredients.

You know, we did our work with Breast, the friend we started is like I think over 20 years ago we were really an aberration. You know, we did in vitro study, animal studies.

We never got to proper clinical trials because it's hard to get big hospitals to really engage in and in urban based. But the thinking behind the formula was very much the thing that I explained today is the recognition that women's breast health needs to be addressed is a standalone issue in relationship to the total body health.

And for some reason, no, it didn't pick up enough. There's not enough attention into it even now, you know, and I think it's it's critical and also for women to know that breast cancer, when found early on, have a great prognosis.

You know, I mean, 93% of women, it's, you know, stage one with a small tumor will survive and will not die from breast cancer. So but there's no doubt that it's driven by all these inflammation, survival driven factors like like we mentioned, like like pesticides and mycotoxins and heavy metals and stress and abnormal sleep patterns.

So for women to really recognize that menopause is a very sudden change for women, men, testosterone goes down. For women in the home, mothers. And it really it's a major shift and we're not always prepared for it.

Right. Women, it's hard to prepare. Body is used, so the preparation for menopause should really start in the forties. But understanding that at some point this is going to shift, there's going be less nourishment.

You know, estrogen drops different, different other, you know, heat with like heat inflammation and hot flushes. A response is going to really happen there.

We have to deal with it differently than during the the years of of of of fertility.

Breast Defend formula and breast health support

But anything that can keep rhythms in women is critical because women are basically women have a lunar base to 20 you know, a monthly cycle. They I know.

And even the moon the moon is the moon. It's very important to recognize the lunar energy is very soft, is very feminine compared to the sun, which is very strong.

And so women often will be in tune with the lunar cycle. Women in communities gets a period in the same time they're the community element. So anything women can do to maintain the rhythm, like waking in the same time, sleeping in the same time, sleeping in every real dark room.

So you really allow your melatonin to really go up having good hydration. Why is good education is so important? Because hydration is nourishment. It bring moisture to the body and estrogen bring moisture to the body.

Estrogen is building nourishing hormones. It builds it builds the endometrium. You know, it builds it up. It is the ability to create. When we are balanced, it will create healthy tissue.

We're imbalanced, it will create unhealthy tissue. So really understanding rhythm and what we can do about it. That's why if you look at it, our urban based supplement in one of the is not there anymore because we're not good in marketing.

One is based on building blood and energy, early age and the other one is built on nourishing, on building nourishment and fluidity in the postmenopausal different basic Chinese herbal Formula postmenopausal and and and in Beijing tongue the eight ratios doing doing you know the fertility so it's a movement and the more we can respect it, the healthier we'll be.

And it's it's a challenge now. It's a challenge with the COVID, with isolation, with with the with lack of diversity, with struggling opinions politically like COVID.

Yes, vaccine, no vaccine? Yes. Mass. No mass. I'm right. They are not right. It's great. The struggle, the community sense is really weakened and it has a direct effect on women's and so. So many, so many nuggets in there.

I'd like to go back to a few things. So you mentioned in breast defend your supplement. What exactly is in that? So Breast Defend is a really interesting supplement to six ingredients, but they're not as obvious.

So the leading compound is is the aim, which is a metabolite of Ice C, which has a very important effect in all kind of breast cancer cells, estrogen positive triple negative inhale in you and our studies on this formula cell line in animals we actually tested them both estrogen positive and triple negative.

So this like the the head of the rights of the people of the pyramid, then we have a bio visualization. It's always good a lawyer which is an herb studied a lot for breast cancer.

And then we have Quercetin and co coming across that in specifically prevent drug resistance to some of the chemotherapy drugs like Andrea lysine and anti-inflammatory and calculation, which helps circulation and normalizes the cell.

And then we have Astragalus and I struggle with this immune supporting, but I struggle. This woman is a terrific Chinese medicine apology. It's also a community herb.

So we give it this kind of to bring back the sense of community and within strengthening of the immune system. And then we have three medicinal mushrooms and bigger medicinal mushroom, one of the unusual cylinders which is not used often, which is specifically for breast and and Kobe, all of us in Reiki.

But we take these herbs and we grow them an immune enhancing anti-cancer adaptogenic herb. So we feed them botanicals which are good for breast health and for immunity and for circulation.

And the mushrooms potentiate these properties. Mushrooms have a way to ferment and potentiate ingredients, so it's surprising that I created this from it and agree that it trusted formula for some of the three ingredients.

This one is only six Zsa Zsa breast it amazing results amazing is supportive nutritional adjunct nutritional support together with monotherapy with eight eyes on what is inhibitors together with with tamoxifen.

It has really been of of great benefit and we showed that it's synergistic with more effective spectrum we published it to this effect fantastic. And it's very potent.

So like just for general breast health maintenance for women with no risk, one capsule a day will do it. Maybe one capsule twice a day. If you are dealing with an active issue and you want to have the proper oncological nutritional support, you need to up to three twice a day with food.

So it is different dosages are geared towards the different people. So what do you think about women who are metabolizing and like their 216 ratio is fine and giving them dim even if their ratio is fine?

A I think that Diem in general has a lot of other properties, so I would still give them diem. But if the metabolism is fine, I would give you like a lower dose.

So if we embrace different just to twice a day and, and, and watch that change in the metabolism definitely they get a metabolism of of 2 to 16 is less significant in postmenopausal because the level of experience are very low you know.

Right but if be HRT and you got to be careful because if you lower 16 too much, then they're at risk for osteoporosis. Right, right, right. Exactly. So you have you have to watch all of these.

So, for example, I give this and then they give the rhythm gold to give the nourishment so they work. What is really what is rhythm? Rhythm gold is this specific multi nutrient for women that we actually created almost three decades ago that we upgraded on a regular basis.

And it provides the nourishment to work with that with the breast effect. So and you know, as so women will will report the hot flushes is better the joint pains are better and the memory seems better.

But it's more from a nourishment perspective. It's not that we are treating a symptom. We're creating a more harmonized environment. And yeah, it's an excellent supplement.

I love the name of it. And you mentioned before and I'm sure some women are stuck on this, you said there's a pattern that you can detect in even young women that says they're going to have breast cancer.

Could you speak a little more to that? I'm sure women are going, what's the pattern? How do I know? The person with the pulse is a pattern of struggle.

It's a pattern of reference often to people who know Chinese medicine. Then when they look at the pulse, they look at the quality and they describe it.

So they say the pulse is rough, but how does a rough sensation come from the pulse? It's supposed to flow in one area.

Patterns, meridians, microbiome, and community

It's when it flows in two directions. There is a struggle. So as you see this struggle along the stomach channels in this area, you know, the area is under pressure.

And if it's from a very early age, it's probably in the family has breast cancer. You know, it's a certain pattern. So it comes also from from a from a behavior because often in general and in women, it can be more often the idea of self-acceptance, accepting and loving as if I want to be pretty, I want to be I know people don't accept themselves when we digest our food and we accept our nourishment.

The energy goes down when we rebel and we don't accept the energy goes out and the stomach channel is right along the breast. So that's when they throw it to me.

It's now when into it is build frustration and anger and traumas. The gallbladder and liver get involved and then you move to the side channels and then you get axillary lymph nodes spread.

So based on the patterns, the cancer will be less aggressive or more aggressive. So as long as we can clear the stomach channel and now is the and the spleen and the earth element, we are clearing this pattern in, for example, one area in the body when nourishment in community is very strong, is between us and our microbiome on microbiome is 1 trillion, 100 trillion organisms.

And when the microbiome is healthy, we don't get leaky gut, we don't get systemic inflammation, we don't get narrow inflammation that affects the whole body.

And we and we get better digestive system, better immunity. We know in cancer, if you give immunotherapy and you disrupt the microbiome or the microbiome is imbalanced, it doesn't work.

Amazing. The microbiome is part of it's supportive synergistic effect supports treatment that help us we could also help the microbiome. If we die, the microbiome is not going to survive.

So in this sense, the digestion, the nourishment, the earth element, which is hard to it's hard to do in the building, you know, now. So then placebo is an epidemic.

Everybody's small intestine bacterial overgrowth, right? Because of lack of diversity, because of disruption to our community. The gut, same principle like what we took today.

So in this sense, the nourishment, the acceptance and the rhythmic movement and the eating properly, the all go to the symptoms that I should. Appreciate that you bring up the the stomach meridian and the connection.

Because I always talk about the teeth and the upper molars that lay the breast milk is on the panic meridian. With so many problems. You just I want to reemphasize, this is always for women with breast cancer.

Check your molars because you'll be amazed. You have women we don't know, even if they have like an abscess, that only an eye kit will will show and you deal with it.

And suddenly they respond to the chemotherapy that in this point they are definitely not. So I'm glad that you are emphasizing that it's that same because these days we relate to the digestive system.

Excellent well and community I mean, I think that's just so beautiful and so important. I have a a dream post summit of creating communities, red tent communities where women can come together and nurture and grow and be in harmony because tendon befriend women do much better.

It improves their immune system when we are in community, when we have a sisterhood. And so it's really a lesson for the men, I can say, you know, if you look, for example, women CEOs are much more successful, like in all my organization that always put a woman in charge of smart.

I'm smart. You know what I mean? There's the principle of communities so, so, so important in the insight. So women, you know, people we all have the ability for insight, but we lost the ability to take the time to really see it anymore.

But for women, it's critical. They can't afford to lose this, that it's who they are, you know. Yes. And then once you push to the fighting mode in the and being, you know, and now there is work is more for, you know, for evening out and equality.

But still, it's just it's a struggle. You know, the inequality is still there and you always have to prove yourself. You know, it creates a struggle. And struggle is counterproductive to nourishment, to to to to to just being receptive, you know, the the the womb they use the uterus is a receptive organ, you know, so this receptivity, this community, this nourishment, it's very powerful.

And that's why if we look at miracles in the clinic, most of them are women. And if they are not women, they are men who got connected with a feminine quality and then a woman next to them.

I mean, you can see in the stories in in my in my book or certain people who just let go and accepted. So in my in my book, I sprinkle different stories of patient because the patient is who really who we learn from.

We just have to have the wisdom to just sit quietly and watch, you know. Yes. Where is your clinic located? So my my my clinic is in Santa Rosa. And when I say that I have a pioneering therapeutic offer, is this is this concept of of filtering the plasma which is used in that it's it is very limited.

It is mainly for high cholesterol genetically. But I use it for inflammatory conditions a lot with cancer. So I'm considered what you call in the professional language a disrupter and a global level.

And I have and that's why I've written AIDS grants. And and the idea that you treat the person outside their body because you are filtering the plasma outside the body, it's bigger than us.

So there are no that there are no side effects. So it's a complex process. It's similar to dialysis, but a little bit more, more, more specific and very, very safe.

And it really reduces inflammation for Lyme disease for long haul COVID and of course, for cancer together with treatments because. So yeah is this like I use for rhesus because one of the clinics I work with in Switzerland does I knew story.

Yes so they also do this but they they are free this is not is selective. So they are very good in removing for example antibodies. But they also remove your IV you mean, and other proteins and you know, so you feel very tired Wednesday after it.

This is more selective. You don't feel tired because you're removing specifically the inflammatory part in the plasma. Are you the only one doing this in the country?

Well, I started now that I feel people I've been doing it for a decade. I mean, literally, you know, speaking of there being international conferences, they publish you need them a researcher and now it's starting to some people are developing but I comfortably say that I am the series is dying United States interest and people who were hearing about it but it's a specialty so I really focus on it now.

Therapeutic apheresis, clinic work, and closing remarks

I look at it we big it's a focus it's not another thing somebody does because you really need to know it's a powerful

treatment. So that's how I work with many doctors and patients who do their care, and then they send me patients for their services and on the way, if they want, they get a little bit of my decades of understanding, which is something is going.

How do you have time to do research, clinical practice, take care of these. Well, tell you how and I swear I feel like I'm always on vacation because I love what I do and I take care of myself, you know.

So I spend for example, I spend some of the year in Hawaii where I work in Hawaii. And I mean, I work really hard. So I start my day at six. But for some reason at 7:30, there are no more meetings because they got to jump to the ocean.

I swim in Maine, I meditate, I come back, I work the day, and then when it's sunset here, it's already late. Everywhere else I go, watch the sunset, meditate again.

I come back, I can do some calls internationally. So I always feel, you know, when you come from your heart and you're excited about what you do and you know you're making difference.

And for me, the reason why I'm suddenly on the summit, I was too busy treating and researching is because I've been in this almost 50 years, you know.

So I really distilled some insight with some of my crazy connections and the people I learned. So I feel like on a mission to share it with. People know, just to share as much as I can save it.

In Israel, I teach a lot in volunteer based and meditation and healing because I really want to show that the mind can really shield anything that might mean anything.

But we need to help it sometimes with the right food, with the right environment, and it really works. So I do have time. I somehow manage. Yeah, yeah, I know.

Based on our conversation today, I will create a compilation of certain important chaptersfrom for my book about survival paradox and Detox and how to dealwith Galectin 3 and then do recommend people read the book because it's not a book about what to do.

There is 80 pages of protocol. In the end, it will it will create a paradigm shift about how you think about life. Because our life journey is to transform our survival and our heart is built to do it anyway.

So it's easy to connect to it because physiologically we're doing it. We just don't know it, you know? We just have to connect our mind and our conscious and our intention into what is happening anyway.

And that is thank you. Thank you for for being here and contributing and with your poetic biochemistry. So thank you. I'm sure you all have a lot to take in, but there's some really beautiful nuggets in here.

So and be will everyone be blessed and we'll be back with another interview.