Welcome and Summit Overview

Hey and welcome, everyone. Thanks for coming today. Doctor Tom here with, the healing from Lyme Disease Summit, live Q&A and, breathwork session. We're going to be doing that self-healing, guided experience.

Totally excited for that. Want to thank everyone for joining us. And also want to thank you, for being part of this summit and getting this information out to the broader public.

And getting learning all you can, you know, sharing these healing possibilities, with the world. So, when you come in, please make sure you chat where you're coming from and be great to know that so we can connect everybody.

It's always, you know, Nate, I'm staring at essentially a blank screen here. So it's always nice to hear where everybody is from. And then, also just if you don't mind chatting where you're from, that's great.

And then also any questions you have that have come up from day two here in our summit particularly or kind of any general questions you have, please be sure and ask those.

That's what we're here for. And I'm just really so excited because day two is, for me, just one of the, you know, I mean, every day is amazing, but I'm just so excited with Doctor Nathan and Doctor Song and, you know, and actually it's they.

Doctor Kristen. Doctor Nathan. What a power packed day for talking about mass activation, talking about mold toxicity, and how to really reverse some of the sequelae of that.

And one of the things that we talked about with Doctor Nathan a lot was about this, you know, the the limbic system and the vagus nerve and how to retrain the limbic system and work on these different things.

I think the one of the important parts that we know here is that there's a whole bunch of different approaches to improving your limbic system function, calming down the vagus nerve, getting you into that out of that fight flight or free state, and getting back into that sense of safety and being able to move forward and as we know from yesterday, we were talking with Ari went and there is a little bit of that stress and an uncomfortable sensation that we need to be able to push the body forward and really start to, you know, supercharge healing.

And that's how our body works. But we don't want it to be overexaggerated. Right. And that's really what we talked a lot with Doctor Krista and Doctor Nathan about, and such a critical, critical aspect here.

So once we get through our Q&A here, I am going to take us through a guided session where we're going to introduce, we're going to have some music and breathing and then and really just work on ways that we can get in resonance with our heart, with our physiology, get in our body.

Because so many of us, you know, when we experience a trauma, when we experience chronic infection, we kind of want to get away from it, right? It's a normal nervous system reaction to protect us and keep us alive.

And so the beauty of it is we can use our physiology to get us into these deep states of healing. And we're going to have an experience of that today.

So and I you know, again, I go about limbic re training a little bit different because of my personal experience with healing. I really like to get us in our bodies, get us experiencing what our physiology is doing on our own behalf.

So that's going to be, for me, that's so, so much fun. And oh, there we go. Oh, the summit resource page. The link for that one's pretty, simple one. And that one is Tom moorcroft.com/summit 2023.

And so that's just the place where we make it easy for you to just click and learn more about our speakers. So hopefully that's a helpful resource for you.

And again any other questions please? Pop them up for us. And again, today's one of those things like, I really think that it's like super interesting.

Because I'm looking at, the folks who we talked to today, while we're waiting for our next question to come through, and like Gina Felber from Primal Life Organics, I literally someone asked me when I was in the office, like, what's the, you know, is this tooth powder good for my kid?

And it was so good that I literally said, hold on. And I ordered it in the visit because our family needed it. We've used it to this day. It's been something like 6 or 7 years.

And then subsequently we met and just really hit it off because we're all in that same mission, you know? So it's it's really great. So Joyce, Jill was talking about Dr.

Jill, was mentioning, electro current stimulation. And, you know, it's interesting. When is the best time to use it? I think that's a great question for across our entire kind of, experience here.

Right. So how do we sequence things? And I think, when you look at when we're talking, especially when you look at, you know, talking with Doctor Song today about when do we add in probiotics in the antibiotic protocol.

Doctor Nathan really streamlines this approach. We really have to look at it from a person's very specific, health situation. And I was just talking to someone before we hopped on this call.

A patient, and, you know, they have mold exposure. They have Lyme in co-infections. They're taking a few herbs from a natural path they're working with, but they haven't made the progress that they've wanted.

And we've been working on things. And what we found out, Joyce, is that we needed for her really to back her kind of, thorn in her side, if you will, has really been gut stuff.

So we are working on that primarily first. Because none of the other things are working, but she's a fairly tolerant person. So for her, if we wanted to use something like, you know, an electric current stimulation, you know, the frequency specific microcurrent or some other kind of electrical therapies, you could do that probably for her at any point.

But the thing is, once we get her gut back on track, I'm willing to bet she's going to be a little more on the sensitive side, and she's going to need to, have us using, kid gloves a little bit more.

And so really, the the thing about when to use it has to do with what your practitioner and you are comfortable with and how sensitive you are. And so as an osteopathic physician, when we're doing in-person stuff, the thing I would do is go to, you know, hands on can be done by a skilled practitioner right away, and you could potentially use a frequency specific microcurrent or something similar to that sooner in your treatment if the person is sequencing it properly for you.

Because if you overdo it like yesterday, we're talking about soreness and stuff. If you overdo it when we're if we're particularly if we're stimulating the cervical region and the, vagus nerve there, that can be a thing that could really trip you over the edge.

So in general I start with my limbic and, and vagus nerve, retraining things on the simple things that are most likely to not trigger you to get into that fight or flight state.

But I'm going to gently move you in that direction. And then an external treatment, such as a frequency specific microcurrent or similar, I would add in typically a little bit later.

But again, it's very individualized. And it just has to do with your personal sensitivity and what system that your body is really, working on. So, let's see here what else we got going on.

Yeah. And so we were talking about s.a.t, yesterday a little bit. And, there was a question about the ozone that we were talking about. And. Yeah, so rewinding just a little bit on that one, you know, in Lyme and some co-infections, some folks, have found that ozone can be helpful.

We were talking about rectal insolation as well as tympanic and in suffocation for those folks who can't get in and get IV and certainly, all have their place, you know, and the thing about S.a.t was most people I know who use it, do talk about that.

S.a.t probably is going to shorten your duration of therapy by about six months, or give or take. The problem is, I don't know what the duration of anyone's Lyme therapy or mold therapy is.

Because we don't know what that endpoint is. There's no clear, like, hey, if you have Bartonella, I'm going to give you these three medications, these two herbs, and you're going to be better in six months.

And so, you know, or let's call it a year. And then if I give you that plus s.a.t now you're better in six months because we don't know what the endpoint is.

Treatment Sequencing and Therapy Priorities

Overall, it's an interesting therapy. It's one of those that I personally haven't seen do all that much. I have one patient where I think it may be helping, but most of the folks who have done it, albeit a very small number, probably only 3 or 4 in our practice, have done it on their own.

We haven't really seen a be a big needle mover. And I did mention that Doctor Marty Ross did a really nice blog post on this, talking about the evidence behind it.

And there's really not a lot in live in Bartonella to say for sure, if you're working with the practitioner, has a lot more experience with it and knows how to sequence it properly for you.

That may be helpful, but it is one of those kind of fairly expensive treatments that we're not really sure. So for me, I tend to not use my patients as guinea pigs.

I wait, watch and wait. What else is going on? Because there's a lot of other options, but it is something that theoretically, if we get a little more research on it, could have a place here.

I just haven't seen it be a big deal right away. Let's see what else. Well, yeah, lots of stuff. Yeah. So, again, with the ozone and the s.a.t, these are things I think in general.

My my, my sense is that we really want to be focus on the core things. We know that work, you know, and I mean, I think there's always something else to try, right?

You know, I have a hyperbaric chamber. I think they're phenomenal. We use them a lot with our patients, but they're not right for everybody. And you got to buy one, and then you got to put it somewhere.

Or you can go, if you're lucky. And you can rent one. Well, you can rent from companies through your doctor, which is usually what I recommend people start with.

And then if they like them, upgrade. The next part, though would be, you know, you could go somewhere and try it out. All these things make sense. But you know, if you're not doing the diet lifestyle stuff, you're not getting the right sleep, the right proper hydration, the right mindset doesn't matter how much ozone or or how much hyperbaric you do, you're not really giving yourself the optimal chance to heal.

So I start with infectious diseases, at least at looking at the infections. And we also look at the terrain of the body. So we're looking at the gut. We're looking at how that functions.

We know that gut and brain function are very, very, integrally related. And if you're not sleeping, it could be that your guts off. If you're have a lot of, you know, inflammation in your body, it could be that you're not sleeping or that your guts off. Right.

And and also all those infections and there's other toxicants you're exposed to. So our goal is to empower you to do the things you can do at home to really kick up this experience of healing.

And like in my experience, I was 70 plus percent better before I even found the docs. So the first bunch of docs had just been conventional, didn't give me any tools, and I went on this mission.

And that's why I want to share all this with you. The other part of that is when you're on the flip side, the doctors did things that I needed to do, but they worked really, really well, and I didn't have a lot of the side effects that a lot of people have.

And I'm pretty sure it's because I did this lifestyle and movement and breathing and sleeping changes first. So figure out where you're at at in that place.

Work with your provider to make sure that we're looking at all things. But I look at like, say like just let's take we've got Lyme disease and Bartonella, right.

You know, and so they keep it really simple. You got Lyme disease, you had a rash, you had a tick bite. You found it three weeks later, they, found the rash.

They gave you ten days of docs to cycling like they did to me. And then six months later, your symptoms come back. Then they diagnosed with Lyme again.

So should I go and use s.a.t or hyperbaric or whatever? Probably not. You should probably just get someone to treat you for Lyme disease and then see where that goes, and then add on those other pieces.

And it's challenging, right? Because I mean, so many of you, if you've experienced, like me, we spent all this money time and all this money to get all of the things to get us better.

But the problem is, the more we start to look in different places, the more we start to spend $1,000 here, $3,000 here, six grand there. Oh, now, oh, now I found what's really wrong and I don't have the money to do it.

So I'm always just saying, like, all of these things are really good to think about. Just remember like let's look at infection and toxin load and do the low hanging fruit and so it's like medical triage.

What's the worst case scenario. What's the most likely. So what's most likely to help you heal from Lyme. And if we miss it, what would be the worst thing.

And then we know healing from Lyme we need and any of these infections. And it is environmental toxicants really. So much of it has to do with the terrain, with our gut.

And the reason I keep come back to the gut is 70 or 80% of the immune systems live there, or cells live there at any point in time. So we just have to remember that that's a place that's a framework for thinking, doesn't tell us exactly what to do for you, because I've seen just as many people who need their gut microbiome fixed with a post biotic versus the amount of people who actually need to then just treat their Lyme with antibiotics and their gut heals.

I'm not. I'm not telling you what for your order to do it in. I'm just thinking from a bigger picture. Think about it in, that, direction. Let's see what else we've got going on here.

How do I recommend. This is a great question, Warren. Thank you so much. How do I recommend, you know, finding, let me see where the whole picture went.

And we have something just switched here. We've got diagnostic testing in a minute, and I'll come back to it. But Warren has a question about how do I recommend, finding a qualified medical professional to investigate concerns of chronic Lyme, but these are other issues.

The first thing is, all I'll say is it's challenging, right? Because Lyme is a great place to put your name up and say, hey, you know, I've got I treat Lyme and so many people kind of half ass it, to be completely honest.

And that's really what the summit's about. I'm not throwing anybody under the bus, but, you know, we want to look to people who have reputations and names.

And that doesn't mean if they're not Neil Nathan or Richard Horowitz or myself or Doctor Engels that they're not good. Right. So, Doctor Darren and myself both have Lyme training programs.

We I am doing not as good a job as I should getting those people out, but on our Origins of health.com website, if you look under, I'll find out exactly what the link is in a second here.

While I'm talking. But we do have a group of people, and we have a lot more people just coming into our mentorship program. But under the services on my website, if you go to practitioner training, there's a list of the folks there.

And post summit, once we get everything rolled out, we have, we're adding all the people who are in our mentorship program that haven't done our full program, so they have full access to myself.

Doctor Darren comes and helps me out once in a while and joins as a guest expert. We've had Jill, Krista on there and Neil Nathan. So we're getting we're trying to solve that problem for you.

Warren. And in the middle of this summer, I have a program coming out for, coaches, health coaches, nutritionists, therapists, and people who need to know this more.

So this is an area where it's hard to find. And so I would look I would start with the people on the summit, you know, who treat Lyme, obviously, we have people like Doctor Terry Walls, who knows how to fix your immune system and get you out of a wheelchair.

If you have Ms., almost everything she's talking about will help with Lyme disease. But if you're looking for Lyme treatment, I'm pretty sure Terry would say she's not the best one either.

But, you know, people like Doctor Jessica montalvo, Doctor Christine Schaffner, doctor Ebony Cornish, are great people that I see. Doctor Jill Carnahan I'm just looking at everybody in the summit here to give you a few.

Jill. Alyssa Song can handle most, mild to moderate cases and probably some pretty advanced cases. Maybe not super chronic Lyme in kids. She is an amazing resource.

The other thing is, Global Lyme Alliance has a listing of people who, are practitioners who, you know, will treat Lyme. Elad. So as a practitioner, a referral service and that's I'll add a org.

So that's the international Lyme and associated Diseases Society. And these folks are great. But the difference is they're putting members up who are want to be known as treating Lyme.

They're not vetting those people. Same thing with GLA. They're putting people up who are willing to step up and say, hey, I'm I'm here to treat Lyme with you.

And so the next step is really vetting these folks. And that's what I'm trying to do with our, our mentorship program.

So I have a lot more of that by the middle of the summer, where you'll be able to find people and get their so and any questions, you can always reach out to our team.

But that's a place to start. And thank you for the question. And then another one is why is diagnostic testing for dogs and animals better than humans? Great.

I love this question. What is the scientific expert explanation? Shouldn't the test be able to detect the bacteria or the immune response from the same blood sample?

So, and why don't we just do the dog test on humans? I am not the world's foremost expert in what kit is used in a dog. But what I do know about, dogs is that, their immune system reacts better to Lyme disease than ours does.

And that has always been the reason that when we go to like, and LDA Lyme Disease Association, they also have a physician referral program. They, they have a scientific, conference every year.

And whenever I go, they have the veterinarians coming to tell us about the, the sort of the March of Lyme and other co-infections across the country because they're testing is more like 86% accurate with a C6 peptide, where as it's nowhere near like that with us, it's like with all the Lyme screening and the two tier testing, if we follow, which I don't follow 100%, we kind of add our understanding of science and the clinical reality of chronic Lyme in here.

But by the book, you're missing about 50% of true positive people with the human approach that is most commonly used. So that's why people like myself and Doctor Darren are using alternative interpretations based upon your symptoms, where you live and the style of testing.

We do come back to the dogs. The important part is their immune systems react way differently and better than ours do. That may be because of all the chronic stressors we have in our lives, our accumulation of toxins.

We live longer. So we do, you know, have a different physiology than a dog that's going to live ten, 15, 20 years rather than most humans, which are hopefully 70 to 90 years.

And it really does boil down to, to the best of my understanding. The human immune system versus the dog immune system to this particular bug, because there's a ton of bugs that we respond really well to.

The other thing is in dogs, they tend to get very mild symptoms or extremely severe, usually life threatening symptoms. So in a human, Lyme has sort of evolved to infect us for a longer period of time.

And so from if you were to go back in evolution, you go, oh, would you want to host? It's going to be a short lived host. And if I infected, it's probably going to die or I'm not going to live long because it just kicks my butt like in a dog.

Or do I want a human where I could actually find a way to hang out for a longer period of time, and that I think the biggest thing with testing in animals is their immune response to it, like cats.

I mean, we can test cats for Lyme and far as I know, they don't really get Lyme disease the way dogs do or the way we do. And so that's kind of some of the background on that one.

It's a great question. And I have to tell you to one of the things I love about an opportunity like this is to share this information. There's a lot of negative press out there from sort of the conventional right side of medicine, if you will, on the more liberal medical, approach to Lyme disease, if you will.

Is more open to these other interpretations of testing and better improved testing. There are people all over the place within that spectrum of thinking about Lyme disease that are working really hard to make better testing, folks like the Global Lyme Alliance, arts funding, better Lyme testing.

People are working on it. And even the people who say, oh, chronic Lyme doesn't exist.

Finding Lyme-Literate Practitioners

There's a whole bunch of them still working on better testing. So much thanks to Hygin X for supporting our our conference, but more importantly, thanks to them for actually making a better test.

So their immuno blots now are night and day different than anything else we have in terms of sensitivity, specificity, saying that a true a positive is a true positive or a negative is a true negative.

And the part I love about what we're seeing is we know these are immune system tests. It would be nice for us to be able to get one test where we did a direct test of Lyme, and I'll come back to that in one second.

And in and an indirect, which is our immune reaction to it. So part of the situation that we run into here is that, doing an antibody test is, is one approach where we're looking for your body to essentially take a photograph of the infection and then us be able to see it when we do the blood test.

Right. So that's an antibody. There's other side is this direct test where we're looking for Lyme disease in the sample. The biggest problem with looking for Lyme disease in the sample is it's not a blood borne pathogen.

Right. It I mean it's not it doesn't live in your blood. It's a tissue organism. So when you get bit by the tick the first thing it does. And this is the reason why it gets a rash.

Is it goes and it finds your skin right. And it infects part of the skin. And it can lead to that rash in some people. About 50% of people in medical studies.

But then it hangs out in different places within the skin like fibroblasts, and then it'll migrate to other tissues. So one of the reasons we see a lot of gut issues, a lot of gallbladder issues, you know, a lot of muscle and joint pain is it likes the tissue.

So it's going to go to the softer tissues, the muscles, the the gut itself is like a floppy, you know, smooth muscle thing likes to dive in there and then, you know, your joints.

It's not really causing much problem in your joints. Usually, you know, and generalized joint pain is going to be part of the infection for sure. But and migratory pain, as Doctor Horowitz points out, so.

Well. But when it gets into particular joints and does a lot of damage, it likes to really get to the membrane, the lining of the joint. And that's where like if somebody has a swollen knee, a lot of times the orthopedist, if they have to go in and look around to find out what it is, they're like, that membrane doesn't look like an injury from sports.

It doesn't look like it twisted your knee when you fell down the stairs. There's holes in it, right? It looks like it's been eaten. And this is what's so interesting.

So we know that it's the tissue in most of these areas where Lyme likes to go. And that's why it's not. Blood's not a great place to sample for Lyme. If you get a DNA positive in your blood, it means that within the last 42 hours that was alive.

And so it is, is as much as people want to argue this, it's diagnostic of having Lyme in alive recently because otherwise it would be cleared out of your blood within two days.

Right. So if it's a dead so DNA is going to look for living stuff or dead stuff, and so the dead stuff in your blood would be something that was alive and is now dead, and it's just not cleared out yet because it's going to get cleared out in two days if it's in the membrane of your joint.

We don't know if it's so if you went in with the orthopedist and they pulled out a sample of that membrane and they said, hey, you have Lyme DNA. Well, the problem with that is we don't know if it's alive or dead until someone does like a culture test and finds out if it's viable. Clinically.

We like, in our normal practice, ordering a test, we don't have that available. That's really specialty research only at the moment. So, that's part of the problem is like in your knee, it could be you have post-treatment, post-treatment Lyme stuff.

You have dead Lyme in your knee membrane or you have living Lyme in your, in your knee membrane, or you could have both. So you could have post-treatment Lyme and chronic Lyme at the same time, or you could have one or the other.

But we can't tell in your knee. So that's where the challenge comes in. So DNA and direct testing in our blood can be done. If it's if it's positive it's almost invariably positive.

But if it's negative it pretty much means nothing because it means it's either there or it's not there. And if it was there we missed it. So but we can't tell you the difference.

So that's unfortunate. So we rely on this antibody test which in my case some of my antibodies to things are good. Some are bad because I have a congenital low IgG level, which is why a lot of your doctors are checking for those for you.

So that's a really important thing to think about as well. So that's a long winded answer to that question, but it's an amazing question. And I want to say thank you so much for asking it, because the diagnostic testing, it's not like we're not just, you know, we're not not using the dog test because we want to miss it in people.

It's we don't react to Lyme the same way dogs do. And that's really the bottom line for that one. So tips to get rid of long term recurrent sinus infection kind of goes away.

But never really does. This is actually awesome. This is a great question. And I so thank you so much for asking this. Kathy. Sorry. Melanie and we are going to do part of this session.

We're going to jump into in about 5 or 6 minutes here is going to incorporate, one of the modalities that we use to open up your nose. Now on day, let's see what day day tomorrow is at day three.

Which will start at the top of the hour, we will be hearing I have an interview with Patrick McEwen. One of the most important things I do is incorporate variations on do you take breathing?

Because it very commonly will open your nose very quickly, right away. When we do it, it's not going to work. But what it's going to, well, it'll work temporarily is what I mean.

Then it'll come back. But if you practice this over time, you're going to find ways to have it be more and more and more permanent. And the beauty of the taiko breathing method and some of the breath holding we'll do today, is it very it incorporates increasing carbon dioxide levels in your blood, increasing, nitric oxide levels, which leads to vaso dilation throughout your body.

And you always see me do this. I love that because it opens up the nasal passages first and foremost with that nitric oxide, because it's created in the pair, in the sinuses that are in your face.

And then it goes to the rest of your body where it helps brain circulation. And it helps if you have Raynaud's, because I'm always kind of doing this and I make this hand out movement, but the hands out, it's because it'll improve the circulation in your feet, in your toes and your hands and your fingers very quickly, and you'll get more and more, benefit, particularly with your nose if you practice this over time.

And so we're going to do a little bit of that tonight.

Testing, Diagnostics, and Animal Comparisons

We'll come back to that and a lot of our other healing sessions on tomorrow actually we have special guest Myles

Nichols, who I did, co-hosted the Microbes and Mental Health Summit with.

And Myles, is, certified to train, breath retention through Wim Hof breathing technique in Wim Hof. And so that's another variation is very similar. So in the next 24 hours we're going to be giving you a lot of information and little tips on how to do that.

Melanie. And then if there are any questions that kind of still linger after that, make sure you jump back in on one of the live Q&A. Tomorrow. Be a really great session for you.

Saturday I'm going to do something like super duper fun and, but we'll be in our the, the whole summit and these sessions are set up so that hopefully you'll have a direct experience of opening up the notes.

Because the problem is, if we can't get into the sinuses to get it outside to works, I can tell you, oh, take Biocide and and put it in, you know, put two pumps in a one ounce, nasal squirt bottle that you buy on in one of our friendly neighborhood online retailers.

Put some saline in there, shake it up and spray it in your nose a couple times a day on both sides and really wash it out. But the problem is, if you're like this, that it's all completely closed, it's not going to work as well.

So the first thing we need to do, and this is why we're doing all these sessions for you guys, is get the physiology of your body working in your favor, right.

It's going to work better than any Flonase you've ever seen to do a breath retention practice over time. And so we're going to give you a lot of experience with that starting today.

Peptides something to start with if you have Lyme. If so which ones. And do we take long distance patients. So Kathy, thanks for the question. Another amazing one.

So, we do take long distance patients. It kind of depends on where you live. You can reach out if you go to Origins of health.com. At the top of the page is, click to apply.

And, it'll walk you through a quick application. Some people think it's kind of long, but we want to make sure we're giving you the right information and connecting the proper way.

But we list out the areas that we can directly work with someone. So myself and Doctor Jess Montalvo, who is the other physician in our practice, are able to cover about 15, maybe 16 or 17 different states at the moment.

If we can't, we do have information about our thrive with Lyme Masterclass, that teaches you about our Thrive at Lyme Blueprint, which is our group coaching program that does also teach about 70% of the stuff we're doing in the office anyway.

So if you're interested in that, just go do an application to see if that's the right fit for you. Because we'd love to help. Peptides are incredible.

One of the things I see with peptides are, thymus and alpha one comes up a lot. I think we talked to Kent about that. A lot of people called the Lyme or the mold peptide, especially the Lyme peptide, because it increases natural killer cells, increases B and T cell function, and it modulates the immune system.

I actually personally use that, thymus and alpha one to increase my IgG levels. So I don't have to be on IVIg, which is really kind of cool. Because I don't like getting human blood transfusions unless I actually need them.

And I've done really well with that. My big issue in Lyme disease. And it kind of goes back to that question about, you know, what do we use when that we were talking about earlier is it's usually not the right thing to start with.

Right. Because the problem is it I've seen so many people get great results for 2 or 3 months, sorry, 2 or 3 weeks.

And then it peters out and it's not really the right one to start with.

So I often will start with the gut rebuilding. I do like a lot of CJC and F of Maryland. These growth hormone stimulating peptides and then layering in something like the thymus and alpha one, if you're looking at oral stuff and you can go check out some of this stuff on our store, which is just, you know, in the menu bar from Origins of health.com, I carry a lot of Kent's products.

The BPC 157 is often a great place to start because it's an anti-inflammatory, orally, very much in the gut. And ultimately that becomes systemic if you can get it subcutaneously through your practitioner.

It's a great way to bring down inflammation earlier on, maybe combined with that CJC and a bit more, but then we can move forward and transition over to Thymus and Alpha One.

And that's where I find in Lyme. It works really well. Now if we're doing it with orals we've got the BPC 157 oral. The other one is KP. V is a really great one earlier on.

And for people, especially with mold toxins or just immune dysfunction and inflammation because it's a fragment of alpha melanocytes stimulating hormone.

So it is one of these that low MSH is one of the things that make it harder to get better from a lot of these things. So we can bump that up. And it also has some Marcell stabilizing properties because again with that thymus and Alpha one, one of the reasons it may not work is we're stimulating the immune system too much getting too much out of you know mast cell support one the mast cells aren't ready to get the extra support.

So I don't always you don't always just jack up the immune system right away. The other thing I would say, though, is if a child has pans or pandas, this is a great place to start because I'm not worried about the other problem.

I'm worried about me and modulation. I want to bring the lid down quickly, and that's something where typically orally, you're not able to get to the doses you need quick enough, and that.

So if a kid if you want to use thymus, an alpha one, as a primary treatment in pans, you definitely need to be working with a practitioner who's skilled at using it.

Otherwise, if you're using thymus, an F one orally, I would use it as an adjunct. You probably can't take enough pills to get the immune modulation early on in pans, but if you're using something like thymus, an alpha one, or even low dose. Now track some that I talked to Doctor Darren about in a couple days in the summit.

These are good things to have in the mix. Move up in the ladder, let them work in the background, and then later on they're going to allow you to remove other things like they do the immune modulation.

So hopefully those are a couple of quick tips. And from the oral perspective looking at BPC versus CP v, depending upon your situation ultimately and possibly moving in that time again.

So we have the oral version that that's definitely a reasonable way to do that. There are a lot of other ones that we can use. I've actually been using a lot more semaglutide recently, which a lot of people, I think, hear about as Ozempic, because of all the weight loss stuff.

But it helps, modulate, insulin sensitivity. We have a lot of reactive hypoglycemia and reactive or, and just like insulin intolerance in chronic infections, it's not the first place to start.

Definitely something that needs to be prescribed by your practitioner, but something to be aware about. Let's see. So we've got positive muscle arm in test negative for Lyme.

Hi CMV, sometimes I think Lyme is dormant and we'll show up once the mold is better. Have I seen this? And oh yeah. High LED and high mercury. Hey, I had that too.

Thank you very much. Also, Lisa, for the question and for the comment about the hat. Maybe I'll wear a different one and hat tomorrow for fun. Yeah. You know, so the arm in testing, I don't know if it's, for you if it's their antibody tick test that they work with Leona Gilbert on or if it's a T-cell testing.

But the problem is they offered to it two different types of, indirect tests. So B cells and T cells, the B cells are more what we usually talk about is antibody testing.

And T cells are more commonly used in research but are very, helpful. If one is negative but the other one is positive, between antibody testing and that the La spot style, the T cell test, that's okay.

We really got to look at your symptoms. But if you if you say if we just make the assumption that T cells and antibody tests are negative, like you did your T cell test at arm in or in fact, though, you did a lime immuno blot it I Gen-X and you did the whole kit and caboodle and they're all negative.

Let's just take that as an example. But you have positive mold and symptoms consistent with all of them. The mold could be suppressing your immune system enough that you're not making those antibodies.

And one of the big things is that, mold toxins are directly toxic, or at least some old toxins are directly toxic to a lot of the good bacteria in our gut.

And so that's a really critical thing to remember, that it acts like an antibiotic and kind of can knock down, your gut bacteria, your good gut bacteria, and that can be impairing your immune system.

So it can be kind of, you know, definitely suppressing your immune system. And Lyme is smart. You know, I've said it throughout the whole thing, like Lyme doesn't fight reality.

It's just like, hey, there's something else going on. I can just hang out, be dormant until it's my time to shine. It's okay with taking its time. It's been around for over 13 million years in our ecosystem, way longer than humans, so it'll hide out.

So a lot of times what you'll see is once you, it's almost like the layers of the onions. Yeah. You peel the Lyme layer or sorry, the mold layer. And then you get a lime layer, you peel that, you get a bit easier layer up.

Now you got a little bit more mold to deal with. Now you've got line because your body's going to start working in priorities. And it's going to focus on the thing it needs to work on.

And then it's going to check that off its list and then work on some others. So it certainly could come out. And then, I mean, the amount of immune suppression you get from lead and mercury, I know from personal experience especially my mercury was ludicrous, elevated.

It's a real thing. And then when you look at like high C and V and EBV, when you look at all the research on reactivated viruses, it's really a diagnosis of exclusion.

If you look at like doctor, Allen Lerner, who passed away, a few years ago, he was a very, at the time, very old. So, you know, not unexpected, but he was publishing on, you know, reactivated EBV and CMV since before the early 2000s.

You know, it's a long time. It's like he got to check off line and get check of all these other. And he wasn't, like, a chronic Lyme guy. He was just like, what are the real bacterial infections that are getting in your way that are blocked, that are allowing these supposed to be dormant viruses to come back out?

So, yeah, I would just say I would keep an eye on it, but don't freak out. I oh, limes in my body dormant and it's eating me away. If you're not having symptoms of Lyme and it's sleeping, it might be there, but it's not really doing any major damage that we're aware of.

And your body's not that stupid, right? Like, and I'm not, like directly saying that to you, but I'm just saying, like, I just think there's this thing in medicine we're taught that the body's like supposed to fall apart, and it's kind of dumb and needs people to fix it.

The body knows what is breaking it the most, and it's working on that. Right. And it's not like because I said it prioritizes mold over Lyme. It's not like, oh, I'm not looking at Lyme, right.

Your immune system is working as a totality of you and on your entire being. And that's what's so beautiful. So, yeah, this is a these are great questions, guys.

I got a little sidetracked because I'm so excited about the how high quality these are. So I want to transition now. And if there's any other questions we can hit those tomorrow.

Super happy and please join us again.

Sinus Support, Peptides, and Long-Distance Care

But I want to transition over to, our, you know, our, our breathwork or our sort of healing session here and today I keep saying breathwork because I'm going to share with you, I'm a summer breath instructor, and Soma is a, sort of a conglomeration of all these amazing different breathwork, things that people do, out there.

And it's one that just resonates the most with me because it's simple. It's easy to show up. We set an intention, we do some breathing, you feel great.

We incorporate some music and some beats that get you into your body without trying too hard, without getting overwhelmed and just feeling the resonance of your physiology and supporting it and just feeling comfortable there.

And, and you know, so the music, the breathing is going to help you do that. And then on the flip side of that, we're incorporating a little bit of breath holding.

So when we go through this, I'm going to ask you at one point to take a breath in and then breathe all the way out, and then we're going to ask you to hold your breath for a little bit.

And the idea is to just get a little uncomfortable. Right. And so you're going to hold your breath until you have this comfortable need to breathe. And feel like a sense where you have to have air.

Now don't worry, your oxygen will never get too low by doing this. Yours, you breathe based on elevated carbon dioxide levels, and most of us are over breathing, which you'll learn from Patrick tomorrow or starting right after this because it goes live and you'll just you'll feel a little uncomfortable that if you push just 3 or 4 seconds further into that and then take a small sip of air and, and then breathe it back out again, you can continue to do that.

I'm going to wait about two minutes, which unless you practice a lot of breath holding, you're not going to be to do the first 1 or 2 times. But that's okay.

When you feel the need to breathe, take a breath in, take a breath out, and then enjoy it. And then other than that, we're going to at one point I'll ask you to hold it in for a little bit and then exhale.

The way we do this, we're going to breathe in through our nose, and we're going to breathe out through our mouth. And when you breathe out through your mouth, just give a sigh a good feeling.

Yeah. Pardon me. Talking in a dry room. So inhale through the nose and we're going to exhale and just sigh. You can do the and you can make it really loud or you can make it really soft play with whatever feels right in the moment and just kind of get into and enjoy the groove. Right.

And where this is going to be improving, circulation, improving. You know, our, our nose, as we were talking earlier,

opening it up, we're going to get very parasympathetic here.

You don't even have just by participating. And then the other thing is, the more you do a practice like this or the one that we'll do tomorrow with doctor Miles, with a little bit of breath retention as you get a little more comfortable and you're getting around 60s a minute and a half of holding your breath comfortably, you're going to actually stimulate natural stem cell release.

So this is, if you want to save like 20 or $30,000 and stem cell injections, learn how to breathe in this way, we're going to get really parasympathetic.

Gonna be a lot of fun. One last thing I want to say before we get going. Is that the what you're going to do is we want you to breathe into your belly first so that you stimulate all those parasympathetic receptors in the lower lung and, and also so you get that diaphragm, that breathing muscle to descend and massage the solar plexus to release stress and get out of sympathetic overload or that free state and get your parasympathetic.

So if you put your hand over your chest, over your heart and your other hand over your belly, what I want you to do is just take a few breaths in and as you inhale, just have your your belly come out first before your chest.

So with every inhale belly out first, then the chest. And if you're not quite there yet just from natural breathing, just as we do the session, just keep your hand on your belly and we should have an amazing time with this.

As we look through this, the only other thing I like to remind people is, you know, the only really contraindication to holding your breath and participating fully in this is, if you're pregnant, if you have advanced lung diseases, kind of poorly controlled epilepsy, and then some people with tinnitus or ringing in their ears don't really like it.

So if there's any question in with your health when it comes to the breath hold part, don't do it. Just keep breathing. During that, the music will still be there.

And then as and just keep breathing in through your nose, out through your mouth at the beat that we're doing. So in the first section we're going to do two in here.

Inhale for two seconds, exhale for four seconds. And I'll guide you through that. In the second section will do four in and four out. Again I'll, you'll be guided all the way.

So let's get ourselves going I'm going to screen share real quick. So you guys get my audio of the music and we'll get crackin. All right. Here we go.

And then. And if our team can just let me know if the music is good. It looks like it is. It gets a little too loud or too low. Just let me know. I'll do my best.

And so find yourself comfortably on your back. Straight and upright. Position. Or if you feel more comfortable, you can do this lying with your arms and legs by your side.

As you do this, bringing your awareness to your breath as you breathe in and out. In and out. And your awareness. To an intention. Gratitude. You do this by becoming aware of a time we're truly grateful for being alive.

For being a human on this incredible experience we call life. And allow that image playing in your mind to continue to project out. Where you're the lead character in something that makes you feel truly grateful.

And with this, allow yourself to bring to mind the state of perfect health that you're going to enjoy in that near future. It's going to happen now. Bringing to mind that one thing that you're so passionate about doing that you're going to be able to do.

As your health improves. And allowing yourself to feel that gratitude. Feel that gratitude expanding throughout your body. Embodying those feelings of deep gratitude.

As if they were happening right now. And every time you breathe in and out. Allowing those feelings of gratitude to expand and amplify. As you move closer and closer to your ideal state of health.

And let's start getting ready to breathe. In. Okay. Into our two, three, four. In in through your nose. In and out. Through your mouth with a sigh. Good feeling.

For in, For in, In, Notice as you breathe in that that feeling of gratitude expands. And turn of that dial on those good sensations with every breath you take in and out.

Imagine you're breathing in gratitude, breathing in health and breathing out. Love all those good feelings and sensations. For me to breathing in and, in a slow, smooth, consistent manner in the same, Allowing your breath to be as smooth as an ocean wave.

As you breathe in health. And breathe out. Love to. Be, And as you continue to breathe in, in and out. Imagine these feelings of gratitude are expanding into every single cell of your body and healing and nourishing you with those good feelings and good sensations of gratitude.

In to. E to. Feeling the expansion of gratitude throughout your body as you wake up all your blood vessels. Feeling a warm tingly sensation growing in your body.

Notice as you breathe in a rhythm, a feeling of gratitude begins to grow and expand.

Breathwork Preparation and Guided Practice

In and give that gratitude color that feeling. And observe this color as it expands and rises. With every breath you take E to. Notice as it begins to expand, so does that feeling of deep gratitude.

That sense of healing occurring in this moment. And all those good feelings and good sensations. E E. Let's get ready. E. For our first breath retention.

Take a deep breath. Feel yourself supercharging. And as you breathe fully in, squeeze just a little bit and let go. Breathe fully out. Fully out. And hold your breath.

As you hold your breath. Go deep, deep into this moment of relaxation and inner peace. This is life. It's just a series of inhales and exhales. As we press hold on our breath, you press pause on life.

Giving ourself a moment to allow our thought files to reassemble. Just like we hit a defrag switch on the computer. Clearing your thoughts, giving you a sense of freedom, clarity and joy.

If you have that urge to breathe, just override that first sensation a little bit. Question of that comfort zone. And then you can take a little sip in.

And out again. Holding your breath. Growing ever deeper. Going deeper into that state of gratitude. Aware of all those good feelings and sensations and all this new energy that you've brought into your body.

Healing and nourishing every cell. As you go deeper and deeper into your own mind, enjoy the bliss. When you get a really, really strong urge to breathe and to push past just a little bit more as a metaphor in life, pushing beyond the comfort zone, the strength and the growth occurs.

Somebody that overcoming any fear, any sense of control, letting go, surrender this moment. As you break free and liberate. And when you get that really, really strong urge to breathe in fully in hold with all your muscles just a bit holding, holding, holding your breath as long as it's comfortable in.

And then get ready to let go with a sigh of good feelings. Enjoy the peace. Receive the healing, and let's get ready to breathe in beats again. And 023402 be over in 234 out 234 in.

Out. Out. In. Receive. Out. In. That's right. Supercharge. With all this new energy from the universe. Call it in following the healing. And receive. It. You are so where you need to receive.

As you are amazing. You are a miracle. And you already have everything you need to receive. Infinite love, health, wealth and abundance are yours. Just open your heart, open your mind and connect that light within.

This is who you truly are. Keep breathing in two, three, four. Out two. Three. Four. Keep connecting to three. Four. Always receiving the healing. Because you are amazing.

In receiving. And as you breathe in gratitude, you breathing out love. Make your attention clear. Body. That future moment of perfect health. We experience the greatest joy, the greatest liberation.

Knowing that you're on the path. The journey to where you want to go. Where you deserve to flow as you grow right. Allowing yourself to become one with all that is out.

Where you are amazing miracle of life. You have everything you need to receive. Just open your heart and let that love pour in. That's right. The other joy.

Feel the passion. Embodying the feeling of success and abundance in. Tap into who you truly are, who you deserve to be. Becoming one with this moment of absolute joy and freedom.

To be. Where you are amazing. You are worthy to receive the healing. That. Know fully in. Go. Letting go of all the remaining air. You hold your breath.

Going back to that moment of absolute stillness. The deepest, most profound state of healing. Meditation. As you connect with the essence of your soul.

Imagine all of this new energy penetrating into your body, the soma supercharging you with your future. Aligning your inner and outer world. With your truth.

Taking you into absolute states of flow. As you go beyond what you thought was possible. And when you get that first sensation to breathe, override it just a little push past that comfort zone, and then you can take a little sip in.

Exhaling fully, holding your breath. Allowing yourself to go beyond the comfort zone or true strength. True growth and healing occur. This is when expansion and the truth of who you are are revealed.

Where you move from impossible to I'm possible. When you get that next sensation, the breathe override it just one more time. And then take a full, deep breath in fully in.

Squeeze and hold. Imagine shooting all the energy up, up, up as you hold your breath fully in. Imagine sending this electric current of consciousness up to your midbrain and illuminating your higher power.

And as that white light radiates throughout your entire body, exhaling with a sigh of good feelings, As that light begins to radiate throughout your body, illuminating and expanding, you and radiating out into the cosmos.

Sending information to your Higher Self. To bring you into absolute alignment. Absolute pure health. You'll move forward with a newfound sense of heightened energy, heightened awareness, and inspired thinking.

And as you become activated, take forward this energy, this new sense of healing and gratitude wherever you go. And then begin to notice. How as you change and share this energy in gratitude, you begin to change those around you.

And every time you return to this practice or a similar practice, your level of health and abundance will grow. And as you vibe at this higher frequency, you will attract the tribe you need for further healing.

And community because they're on the same wavelength, helping and supporting you. Forward through your journey in life. Much love and positive energy.

And enjoy this sense of calm, focused, healing energy. As you move forward into your day. And the rest of your life. I want to say thank you all so very much for allowing me to share this practice.

That is so inspirational, and it's changed my life so much, and the lives of thousands of people I've worked with. So thank you very much. I won't hold you any longer because as the chat says, day three talks are live and we've got some amazing, amazing things for you.

I'm so very excited. Definitely check them all out. We'll be back tomorrow at 5 p.m. eastern for some more live Q&A. We've got a special guest, doctor Myles Nichols.

So we'll talk about a slightly different version of breathwork, but one that I've also personally used and recommend to many. So this is going to be a lot, a lot of fun.

Definitely. Check this out. And remember, since this event is also being livestreamed on YouTube, if you find that this session might be helpful to someone, please share that with them and also invite them to the summit.

Our goal here is to share the best knowledge and information and practical steps for physical healing, as well as for mental, emotional, and spiritual healing with you so that we can supercharge your healing and my responsibility since I was able to receive this great gift was to share this with you.

And now I'm going to ask that you share that with others so that together we can change the vibe on the planet and raise that level of love. Raise that level of healing so that everyone can experience what we've gone through together.

And the more people who resonate at this level together, the greater we amplify global healing and therefore our personal healing. So thank you very much. Thanks for joining us tonight.

See you tomorrow at 5 p.m. eastern. And also, enjoy day three. We'll talk to you guys soon.