Survival Paradox & Galectin-3 Epigenetics Transcript

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Introduction to Dr. Elias and the book

All right, everyone, we are joined by Doctor Elias. I have to admit that a lot of stuff gets sent to me to read, and I don't get to read a lot of it, but there's a book that was, positioned as something that's game changing, and was recommended by so many people.

I thought, okay, I got to take a look at this. And when I started to read, I couldn't put it down. The cool thing is, today we have the author with us.

Doctor Elias is joining us, and we're going to learn some really interesting stuff about inflammation, some things that you probably hadn't even heard before.

First of all, thank you for joining us. Thank you for the opportunity. It's such an important topic. The topic of the summit. So I'm so glad to be part of it. Oh. Thank you.

It's a pleasure. And, you know, your book. So, first of all, just so everyone knows, it's called the Survive the Survival Paradox. A lot of people are talking about there's a lot of claim, you know, health providers are for everyone from health providers down to general public, that just wants to heal themselves of saying great things.

What does survival paradox mean? What are what your when what like sort of drove you to write this book. And you know, this book is really a culmination of a long journey.

It was actually supposed to be the second book. You know, I'm in my early 60s and I finally decided to write a book. I started my healing journey when I was 15, I started meditating.

I lived in Korea. My father was a civil engineer. And I, I learned taekwondo in Korea. I got to practice with the national team because I needed to actually learn English.

And that's why I started my path with yoga, with martial arts, and with meditation. So when I went to medical school, aged 21, in Israel, I knew that I'm going to do integrative medicine and holistic medicine.

So I finished school. I got trained in Chinese medicine, and I did a master of science in Chinese medicine.

The survival paradox and Dr. Elias's background

So I studied integrative medicine vertically and my license acupuncturist. I'm trained in in classical homeopathy. I'm a healer, hands on healer. But I also had the opportunity to go through a very rigorous and long training in Tibetan Buddhism for decades.

So I spent 20 years with two months a year in the mountains by myself. Oh, technique is half a day retreat, and at the same time, I'm a clinician who specializes in integrative oncology and in how to cure diseases.

And I'm also a, I would say, bonafide research researcher. I published paper with Harvard. I just got to my second very large and a grant to study the survival protein galectin three in sepsis.

So this journey of decades and and my journey into meditation and healing in one end, being a hands on clinician, being an innovator, and being a researcher, I realized I can really explain this complex.

I also had the opportunity to train for for decades in, in Buddhism. I know I spent 20 years. It takes about two months a year to meditate by myself in the mountains.

About ten years. I meditated half a day and worked half a day. So this integration of my experience and my inner journey with meditation and its expression for me and healing, being a clinician and a hands on clinician and being a researcher, and brought me to this understanding that is expressed in the term the survival paradox.

And the survival paradox is, is the paradigm shift. And the reason is that we know in integrative medicine well that inflammation drives every chronic genetic disease.

Right. Western medicine with the Covid and with the cytokine storm is recognizing it now. But inflammation is really not the cause. Inflammation is the expression the cause is our survival drive.

So our survival drive is innate in us. That's why you are alive. That's why I'm alive. That's why genetically, we survived. It's epi. Genetically we survive.

Right. And the paradox is that when we go into a survival mode and we all go into survival mode all the time because it's innate, because it's multigenerational, because it's present in every cell in our body, it's automated, and it comes on through the autonomic nervous system in a fraction of a second.

As we know, we either fight causing inflammation or we retreat. We hide and run away, and then we hide. We create isolation and we create fibrosis. And when we isolate in the body, we create every other term no longer connected with the body areas of micro environment where disease can flourish.

Now, on a biochemical level, we also respond within minutes. And the proteins that drives the process, the alarming protein that I've been researching for almost 30 years is collecting three and collecting three through this imbalance survival response.

So this attempt to repair but by by starting inflammation and fibrosis is responsible and is a driver for all these chronic genetic diseases initially when you chronic diseases.

But for example, in my grant from the NIH is on studying removal of galectin three with therapeutic offerings. This with blood filtration in sepsis, you know, in something which is acute.

So this is why when we understand this, we can now start the journey of seeing, okay, how can we change the survival drive. Now, why is this especially relevant for your summit or our summit?

Because just like we carry our genetic material, if we look back 1500 years back with the 25 year for generation, we are made from endless people. And most people have made us, you know, it's mind blowing, actually.

And we have had certain traits, certain people that had more influence on us, which created a certain genetic expression. And then we have a choice. If we want to express them or not.

This survival drive, the survival paradox is, is innate, is basically in us. It's this genetic and epigenetic movement. And that's why when we understand how to address it on the simpler level, you know, I did develop a, a galectin three block modified so it was picked in, pick the soil, which now hits close to 80 studies.

And it's we started studying it in 1995. It's almost ancient is one level. But also how we how can we change this survival drive with our habit, with the way we express our emotions, our psychology, our mind, our interaction with with our environment, with the people around us, and how we change by changing the interaction within ourselves.

And what we'll talk about in our second talk is what are the obstacles, that we need to remove to be able to biologic our DNA, to be able to change the expected outcome, because we do have a choice.

And this is this is why it's it's such a, you know, it's such a paradigm shift, especially for experienced integrative health providers. Yeah. It's really.

Wow.

Inflammation, fibrosis, and galectin-3

Yeah, it's a in moment because, you know, you've you've wrapped so many things up there. First of all, the, the way you lay out, we all agree already that inflammation is the root of most diseases, but you're saying that that's one end of the scale, the other end is fibrosis, and people don't talk about it like that.

People don't say that. They're the homeostatic, that optimum optimal middle is really not the beginning. It's the middle. There's another end to it that we don't pay attention to.

Right. And there's a whole different set of choices. They get you there. And if you're only focus on inflammation, you're ignoring another potential disaster zone.

Just different things get you to a different problem. And that's really cool because you don't hear that often. Yeah. I think, in your work, what excites me, and you know, what I liked about the book is that there's this whole phenomenon people are talking about about epigenetics, and we hear it all the time, you know, the genetic testing company, people say that.

What about epigenetics? And we say, well, it's measurable in terms of things like methylation markers, etc.. But really it's about your choices. What are you doing every day environment, nutrition, lifestyle.

You wrap that in and took something that is kind of new in science and made it really actionable. So how do you relate epigenetics to what you call inflammation?

Yeah. You know, it's a it's a great question. It's a great it's I love this topic. And I'll tell you I've a personal story around it. Okay. Before I go into it, I just want to emphasize it's the, the the the survival.

Just like you said, it's really key for the viewer, listeners to really take a moment to really dive into what you just said. Our response, which is based on genetic and epigenetic tendencies, will tell us our survival response.

Do we go the inflammatory route right. Just looking six interleukin 1BT. And if alpha all of them driven and upregulated by galectin three or we go TGF beta myo fibroblast and become fibrotic.

So the survival paradox is here we get the the stimulus and then we go inflammation. We go fibrosis. We end up with dysfunction. So now going back into into into your question.

So a lot of how a lot of what are you doing in medicine. A lot of what they do in my life, and I try to set a personal example in how I teach, is not based just on reading.

If in fact, for me the reading and studying is is confirmatory. It's very it's really based on certain insight. You know, that's the value of meditation.

And so I've been talking about in teaching and actually teaching within certain diagrams I do about multi-generational healing. Right. And the multi-generational healing now is supported with epigenetic and and with genetics.

We really have to understand when we look at inflammation, we have to understand within the body. Okay. Let's let's look at the chemical level okay. We have to understand the biochemistry driving inflammation.

We have to understand the metabolic effects, the metabolic effects in the extracellular space, the metabolic effect on the level of the membrane, the metabolic state inside the cell that now is affecting our mitochondrial function.

Because if we look at our cell, I was sitting like an in and I like in my book, I hope people read it. You see I, I, I personalized, you know, I talk to the cell.

It's a person for me because it, it has a feeling if the cell is scared it will go into survival. HGF will go out and book

will shut down into one will get stimulus into one will get stimulated, mitochondria gets blocked, you're going to glycolysis.

And then it's a downhill disaster. So we understand the mitochondrial function. And the mitochondrial in many levels is an inner organ. It is also defined you know it decides I'm going to open up.

Everything is safe. I have time to produce energy in an efficient way. And that's why mitochondrial dysfunction is at the root of of so many diseases.

Or something is telling me that I can't function with. And that's what genetic tendency and that's, that's what DNA tendency is key. And that's what epigenetic tendency is key.

So the question is how do you change it. So for example, if we you know we talked about galectin three. This is a viral protein. Why is it so key. Because it's a protein.

It's a carbohydrate a binding protein. So it binds different nasty molecules inflammatory molecules fibrotic molecules immune suppressive molecules and hyper viscosity molecules and molecules that create tissue to stick together.

Because that's what we need. When we have a cut, we have to stop the bleeding. We have to try to repair. And what do we get after a cut? We get a scar.

So it binds to the nasty ligand, and then it creates a symptom in five which bind 5 to 5. And we get practically a lattice formation a coating. And this coating will be the biofilm that will make the microbiome not function well.

This will be the arterial sclerotic plaque. This will be the environment around the cancer cell. So for example, if you put galectin three in the environment of T cells, they will shut down.

They will not produce any cytokines as the immune system needs them. For example, people, the any cancer patients or doctors treating cancer. If your patient is getting immunotherapy.

Merck knows this with Keytruda. If galectin three is elevated, Pd-l1 inhibitors do not work. So you got to block galectin three. So now we got the extracellular environment.

Galectin three gets a message that there is crisis and it goes to the target tissue. For example, if there is an injury on the kidneys and galectin three is excreted, it will go to the heart and it will create fibrosis of the heart.

But more than this, even from the bone marrow, it will go into the heart. Because it has a relationship. It has a relationship of multiple damage. Now this was my after really understanding galectin three.

This was my hypothesis and this was my first grant within. I just said, look, I will show you in animals, in animal models that galectin three, in response to sepsis, will rise much before interleukin six, much smaller rise.

Why smaller? Because if something is at the top of the cascade, you know it's small deviation in a small deviation is going to go a very long way. Right.

So it just has to double in just for a few hours. And what happens a little bit later within an hour or two. So latency will go up within minutes. Will spike in two hours into a low in six weeks.

Keep going up up up. Even at 24 hours it's not. At its maximum, galectin three will double itself. Interleukin six, the famous inflammatory cytokines, will go up 1000 fold, 10,000 fold.

Of course you can treat it. It's like trying to catch the water when you open the dam. When we blocked galectin three with our modified introspecting, we one attenuated.

The rise in interleukin six, right? Reduced dramatically the acute kidney injury in the animals and reduced the death rate from 61% to 20%. Now we're trying to do it with apheresis.

So what did it show? It proved the whole approach. So when we look at this we understand okay, galectin three comes to the tissue and in the tissue it will create it will change the environment.

So for example if we look about it metabolism and talking about longevity and health, you know a glucose metabolism is so key it will block insulin receptors if it blocks insulin receptors, a Ampk which produces normal substrates for ATP, gets blocked, then the cell goes into crisis.

MTOR one comes in the oxygen. The sense is there's no oxygen. Hypoxia inducing factor goes up. Mitochondria gets blocked. Why? Because we sense a sense of survival crisis.

Glycolysis produces energy hundred times faster hundred times. That's what we need when we survive, when we do like short runs. But what is the cost? The cost is you get only two ATP for every glucose.

You get lactic acid and you get cell damage. You get lactic acid, you're going to have more severe acidosis. You're going to get worse. So this is what drives metabolic disease fibrotic disease.

But that's also what makes cancer more aggressive is the Warburg effect.

Epigenetics, mitochondria, and multi-generational healing

So the reason why this I see it's such an important phenomena to understand within the DNA biohacking within trying to change the inflammation is that we are dealing with a primal initial process.

And you can see it in in the research, a lot of which I published, but it's much bigger than me, is the almost 10,000 papers in galectin three. And you can see the galectin three is involved with so many diseases.

And for example, if we take modified it, respecting, the research is on my specific one. You can see synergistic effect with chemotherapy, with radiation, with antibiotics, with so many things, why.

Because it's allowing the body to repair itself. And that's why it is so important. And I think that from the field of oncology, which is what I, I've been focusing for a long time, we just published a multicenter trial on biochemical relapse of prostate cancer, like six different hospitals with very good.

And I was I'm the last author on the paper 60 patients and we showed so biochemical relapse if you take out the the prostate either with radiation surgery there's no PSA there's no prostate.

And then the cancer starts coming back. When we gave them our MCP, it either slowed down or reversed the process in 80% of the patient. And we had a long term effect.

Why we are not killing the cancer with modified introspecting. We are allowing the body's innate immune system to take care of the cancer. And what are the most common side effects?

Are people joined to get better, their memory improved? You know, they'll circulate and is better. The digestion is better over time. Why? Because we are dealing with the very fundamental process in the body and the process of of of survival drive the drives inflammation.

Again, one of the images in inflammation is that when we rub our hands, you know, we get heat, we get inflammation. We leave it that we live in a life of stress, of being bombarded with a mess, with information where you don't, you know, if we if you and I don't answer somebody in three minutes.

Oh my God, how come we didn't? And somebody has to know what do you do? I would send them a letter, you know, in two weeks they'll get it and then they will be so happy when they get a reply, you know, two weeks later.

So we live in a very fast paced and fast pace equals kinetic energy equals inflammation. So it's the basic concept of changing our survival drive is to create space, to create space between our thoughts, between our actions.

The easiest way to connect within is between our breath, between our acceleration which is passive, the letting go and the inhalation. And the people are true masters.

In meditation you create space within the action, within the thought. That's really where it becomes the everything gets free and you have you always have space. And so that.

So I had the good fortune to be the doctor of the greatest Buddhist meditation masters in the Himalayas. Then only one of them now is still alive at 95.

And so I studied with him, and I treated them and I could see how they can reverse an illness, you know, that it's incomprehensible. And I was once in a remote place in the Himalayas and not and giving a country names for geopolitical reasons and really very remote, you know, and this person is very well known, so they can't even go down to the big cities to be tested.

And they have clear lymphoma, you know, I mean, they got the lymph nodes. The whole thing is clear now. I treat them for seven, eight days. I mean, acupuncture survives and healing, but it and now it's, it's eight years.

It's gone. You know, it's their ability and and this is just an example. It's their ability to let go and to create the change. When my world is just to connect them with this, they have it anyway.

I just have them channel it into their healing. So in this sense, of course, when you do it, your epigenetic expression changes and over time it will affect, you know, the gene expression.

And in my book there, I have a chapter that is called The Healing the Survivalist Healing, The Scout of Survival. The book really introduces the concept of a survival paradox.

Galectin three how it affects inflammation method, metabolism, and then how we change it by connecting with our heart, which we'll talk a little bit later.

And then I go through every condition, you know, cancer, heart disease. That was actually a really impactful I think chapter 15 was the right the scars of survival.

Right. Read this horrible chapter. So can dive a little bit more into that. Like that, that whole concept of the scars of survival and how it impacts us on a genetic level, because it's so in line with what people are trying to understand about epigenetics, but nobody's answering.

And you just you laid it out, right. So, you know, scars are created by different, different think includes we have a physical scar when we get cut. Yeah.

And we get we can have internal scars. We can have emotional scars, psychological scar and multigenerational scars. So on the physical scar, it's truly mind blowing.

And I know many people do it. It's never therapy when you inject a scar with prochain with an anesthetic, and I do some homeopathic, you numbs the skull for 45 minutes.

That's it. Okay, 45 minutes. 100% of the people, 100%. The scar will become smaller. Some people ten, 15%. Some people 60, 70%. Discount can be 30, 40 years old, right now, this car, which in some time, when discussed, is the people left scar that teaches them that is read for decades.

This guy is trying to heal, is producing galectin three. It's producing inflammation. This guy gets smaller. And you know what's most amazing? It never comes back.

Whatever gets smaller stays there permanently. Why? How is this possible? Because we we numbed the nervous system response. We numb. We numb the process in the body.

So that's on the physical scale. What we are talking about, the epigenetic scale. We know it's within our DNA. So when we can let go, we let go by understanding the issue, by working with meditation, acupuncture, you know, trigger points sometimes for resist psychology.

And of course, if you are trained enough in meditation, then it really happens. Then the epigenetic tendency goes away. And in this chapter I describe my grandfather, that I'm named after Isaac, who I never met, who had eight siblings.

Five of them got got killed, got killed by by the Nazis in the Second World War. And we actually were never told about it until my grandmother died at age 98.

He died at age 50. He died from stomach cancer. He never talked about it. He could stomach what happened to him. So he got stomach cancer. And all my life I always had pressure in my chest.

Weird question in my chest with upper back pain, my sibling also a little bit less and I just knew it's not mine. It's something deep. When I connected with his with his trauma and I completely let go of it.

And it was just a few years ago. Suddenly my chest open, you know, the pain is gone. I feel nothing after 50, 55 years of pain. And within with within it came a big release of of trauma of the Holocaust and unforgiveness.

Very deep forgiveness that I often don't talk about. So it's hard for people who had weight, the who had the Holocaust, you know, trauma in the family to even comprehend the concept of forgiveness.

Yeah. The interesting thing is that my mother, his daughter, only daughter that I didn't share this with could never see any movies about the Holocaust.

You would never talk about it. And after my healing happened, she could suddenly watch TV or like Memorial Day and go to ceremonies. She wasn't able to deal with it, which means my healing.

I had to go back two generations, and because I healed it with my grandfather, it healed my mother a generation forward. So this is my own personal experience.

And that's the power of multi-generational healing. So when I when I teach, I, I offer them meditation and hitting retreats, which right now I've done for a decade in Israel on a volunteer basis.

But I'm going to bring it to the US because it's time for me to to share it. And I refined it over 20 years. I make it drawing how I experience it. The moment is a result of endless influences from the past, genetic and epigenetic, but not to complicate things too much.

It's also a result of endless influences from the future coming to the present time. Because when we when our mind goes to the past about something that happened, our energy goes back.

And when we're going to do it two generations from now, it's going to go back to to this moment. And you can see in the pulse the tendencies when you truly let go, when you truly release, you get multi-generational healing.

So for me, epigenetics was obvious. You know, it's like. It's a cellular experience. For me, it's it's a meditation experience for me. But I think that it legitimizes this profundity that we have a journey in time.

You know, some people are interested in, in DNA hacking also have a philosophical, you know, interest. We are time moves in all directions. Doesn't move in one direction.

It's way you can feel it. And so the process of healing is to really release whatever it's contracting us. So yeah,

biochemically modified introspecting lifestyle wise, we got to reduce anything that causes inflammation.

Right. So interesting people can have different gene expression, but the advice is very similar you know. Yeah. Got to have a lifestyle change. You got to create space within your life.

You got to hydrate. Well. But the real secret to healing is connecting, connecting with our heart. And my first book, which I wrote in Hebrew, but I will rewrite it in English and I'll put it out.

I didn't put it out. It's called open Heart Medicine the Infinite Healing Power of Love and Compassion. So when the survival paradox melts away, we connect with our infinite healing potential.

And my favorite saying is not everyone is going to be a miracle, but anyone can be a miracle.

Heart-centered healing and the power of letting go

So one thing that I actually write about and I teach about is how can you produce a miracle, right. And if we think about what produces a miracle. Let's say we define a miracle as 1 in 10,000.

Okay. Some people would say 1 in 1000 where we say 1 in 50,000 if we have certain habits, if we have certain tendencies which are genetic and epigenetics, they're going to take us to a predictable place.

Right? Right. We want to create a miracle. We got to change every possible habit to a point where we are unrecognizable. There's a story I tell in the book about an amazing woman who had a very aggressive cancer.

I hate incidences with cancer. And this person got she got very aggressive chemotherapy and and she just came back from a CT scan. It was clear I was on retreat and she joined the group.

And I looked at her and she was telling me. So it was, you know, the way it happened. I'm not like psychic. Definitely not. Then it's almost 20 years ago and what I heard in my years was my cancer is back from the next morning she wakes up with a huge, huge lump of lymph nodes.

Clearly classical you know. And then I sent her back to the hospital and I wrote an herbal formula before and instead of turning one way in a predictable way.

Well every time she goes back to a home, she turned in the other way to the place where she went to college and she just camped in the forest, and she changed her life completely to a point where you couldn't recognize her.

She took the first cup of tea in front of I was gone then there was a lot of work. When I came back, I. I treated this person twice a week for years. But the most aggressive and infinitely fatal chemotherapy never came back over almost 30 years.

How can this happen? How did she create the miracle? She changed her habits completely. Yeah. So what's the. We change our habit physically. For example, if we eat sugars all the time, we stop eating sugar, right?

We change our lifestyle, we change our sleep. But then we have to see how can we change the way we respond emotionally, psychologically, spiritually. And this is especially important because you look on a personal level and the community level.

On the geopolitical level, we are so divided, right? Everything is inflammation like on steroids, right? Rather fight or we don't agree with either side.

I mean, you look at what social media does, you know, like you know, they say Facebook create communities that you get news. You're like, what is this?

You know, it's like our environment. So they was in micro environment to say the things. But the micro environment

in our body creates pockets, boxes that we can't control.

I talk about it. It's called the box pattern. What is the wall of the box pattern. The lattice formation galectin three. So for me so fascinating that I fell into this protein.

Initial work was on cancer. It. And then I discovered that when you block it it stops inflammation and fibrosis. That's why I got the patents on this over 20 years ago.

Now as of 210, it's the focus. So on one level I'm on researcher doing it. I'm now taking it all the way to sepsis. And then my spiritual journey took me to the same place of when you connect to your heart, when you don't hold two things, anything and everything is possible.

And that's open heart medicine. So I feel very fortunate that it happened to be my, you know, it talked about both ends before I happen to hold this, you know, and then I do I specialize in a, in a therapeutic affair, which is when we filter the, the plasma outside of the body.

Right. It's bigger than the body. Yeah. We transcend the boundaries of the body. So for me, I'm a great believer, believer in symbolism because they teach us the lessons.

We know we got to learn our lessons. It's our life, you know for sure. And the interesting thing you say about epigenetics and the example that you used, there's a really famous study about the next generation of it, not only single, but double generation of, Holocaust survivors and how there's a measurable impact on epigenetic expression in terms of trauma.

Right. And it expresses in different ways. Or for the people that are listening, that are thinking, well, how does you know, Doctor Diaz know that this is related to that?

Maybe it's something else. Maybe it's a coincidence. It's been proven through research that you can measure the epigenetic expression of inherited trauma when it's that significant.

And this is specifically been done on that population of Holocaust survivors. And the really cool thing you said about time and how we experience time versus if you talk to a quantum physicist, they they think of time very differently than we do.

We think about time as the ticking of our clock. Right. And the times is passing as we're talking. But science says, and this is not hocus pocus. This is not theory.

This is quantum physics that's taught in NYU and Harvard and everywhere else. That time is for us, experience the way it is here in this space. But energy can flow back and forth in time, right?

So the thing that you described, science is saying the exact same thing. We just don't know how to tap in, but you're one of the few that is actually literally physically tapped into this.

You know, thinking about your body and your health beyond the restrictions of time, because you can literally alter the epigenetic expression by if you believe that you can manipulate energy and energy and use it, then maybe you can, you know, it's a lot.

Yeah, I have a lot. I've saw my gosh. So it's really for me, it's an experience for me. It's, you know, it's it's it's how I experience reality. But it didn't come easy.

Yeah. It took like 25 years of, oh of two months a year. And but then once you have it, it changes your perspective. And then when you treat people, you don't have to do things, you just make them.

So for me, I do it with my hands a lot. Or when I sometime when, when when I look at people. But we all have this. It's within us in the earth. So like when I teach meditation healing, it's not about me healing anyone.

It's about allowing people to connect with their innate healing potential. So how can it happen on a practical level? Well, we got to look into our body now that we all agree that there is a genetic and epigenetic tendencies in the survival response affect us as people effects organs.

For example, a great example is the kidney. If the kidneys feel they don't have enough blood, what do they do? Like you know? And how can they have this expression if the when the arteries too narrow, it's called renal artery stenosis and the kidneys don't get enough blood to filter, they are in crisis.

What do they do? They send they send certain chemicals. Angiotensin when in angiotensin mechanism that goes to the heart and makes the heart work harder, increase the blood pressure.

What happens when the heart weather increases renal arteries and now just gets worse? What happens is in person goes into kidney failure, heart failure, and dies.

The kidneys survival response, destroyed the kidney, then destroyed the person. That's what happened, by the way, in acute kidney injury in Covid, right.

The the organ like 40% of the people with Covid get acute kidney injury and 50% of them will die when the Covid patient very good published paper come into the emergency room regardless of how bad of their lungs.

And they still don't have a lot of symptoms. Their level of galectin three at time of admission will determine who will end up in the ICU. When the patient comes to the ICU with sepsis, their level of care with no preexisting conditions, they'll level of galectin three in the ICU at admission.

It's a paper I published with very good authors. The very good journal will determine who is going to get acute kidney injury and who will die from sepsis.

So now so now we can we can we can really understand this response and really how how basic it is within us. So for people that are listening, you know, they can understand the depth and what you've gone to research and studies and how broad the application is.

Like you said in the very beginning, if you're looking at galectin three, you're kind of looking at the hub, that there's so many things that gets triggered.

If you're looking at the starting point, the genesis of problems. Right. So then people say, well, what do I do about it? So for people that believe that they have an imbalanced survival response, what are the sort of 2 or 3, 4 or 5 things you think that they should start by?

That's a great. So I think the first thing motivated to speak, you've got to put pictures into your daily supplement program. And I'm not saying it because I developed it.

I mean, it's not that I developed it. And if you look at my programs 20 years ago, some patients got picked up, so some didn't. Right. But now when all this research is coming out and we get feedback from so many health conditions, it's clear for us what it does.

It will help. Whatever you're doing work better. So that's on one level. The other level is by changing the way our body operates is you know, that was starting to talk about I give the example of the kidneys.

And then if we look at the cellular level, every cell in our body wants to take nourishment and puts out what it doesn't want, right, right. And then in the cell is a boundary that is a membrane which is not permeable.

It decides what comes in, what goes out. And every organ does the same except one organ. The only organ in our body that takes in what every organ doesn't want, what every cell doesn't want is our heart.

Our heart takes dirty blood, takes all the drama from all of the cells, right? Connect with the universe with the

breath. The exchange happens in the lungs.

It comes to the heart. And then the heart gives without discrimination, with an open heart. And it's interesting if you think philosophically the molecule of air.

I mean, it's mind blowing to realize that the molecule of air in the mouth or the tip of the nose, the mouth, it's more direct into the lungs is connected with the whole universe.

Okay. So then the heart gives blood out through the O2. So the main artery and the other is the stiff artery doesn't decide if the blood goes up or down.

It gives it everywhere. And who does the heart nourish first? Who does the heart take care of first? It's part of taking care of others. It takes care of itself through the coronary arteries.

So this is a self. Nourishment is part of nourishing others. Self-love is part of loving. Other than what's also interesting, the heart doesn't take care of itself until it finishes its work.

Only when it's in the blood, you know, it didn't have to be like this anatomically. So. The heart survival is selfless service and movement. The heart doesn't hold.

It doesn't. It's not affected by concept. It doesn't. I mean, the heart wants to pump and pump when it stops pumping, when it stops moving, when it's stagnant, where it gets stuck in its what is survival is not understanding that everything is impermanent, right?

Everything that expresses itself has an end. Survival is not accepting it. If we get stuck, we die. So since this is our physiology, connecting with our heart and kind of putting my hands on my chest, because if people listening just food for a few seconds and just connect with it, you will feel this amazing heat in the chest and wow, that's the healing energy of the heart.

The electromagnetic field of the heart is 100 times greater than the electromagnetic field of the brain.

Practical steps, microbiome, and closing reflections

So the heart gets to every cell in the body and affects people around us. So when we understand this, that's why compassion and love is such a big healing, healing and healing quality.

When we can bring this quality into every part of our body. And it starts by creating the letting go process and by connecting with with the heart instead of being reactive.

So reactive. If somebody doesn't talk nice to us, we get angry and we hold the anger. And instead of reactivity, we respond with responsiveness. Just like the heart responds.

You know, the infinite love and healing power of the heart. We want to bring this quality to every cell in our body because our body has about rounding a little bit up 50 trillion cells, not million, not billion, trillion.

And each cell people don't know has between hundreds of thousands and million reactions a second, a second. Okay. Now try to just feel these infinite.

And us talking right now is a miracle, right? It's all working together. The heart connects it together. And within it we have a very important relationship with our microbiome.

50 to 100 trillion, organisms, 90% of our DNA material. And there's an amazing symbiotic effect. You know, one of the amazing things in healthy microbiome will activate immunotherapy.

More than this, a healthy microbiome will activate chemotherapy. Ideally amazing to kill cancer if we take antibiotics

with can result in chemotherapy, they don't work.

When the microbiome goes into survival mode because we gave it antibiotics, because we have dysbiosis, because we are bombarded with pesticides like glyphosate.

That's a big block of our health. It goes into survival mode, survival mode. It creates inflammation, leaky gut gutting gut brain connection, narrow inflammation.

Alzheimer's plaque is 20 times more, 10 to 20 times a more galectin three than normal brain tissue. The brain tissue of Alzheimer patient has ten times more.

Same issue. Never inflammation, never dysfunction. So we want to bring this understanding on one level how our mind and heart operates, how our responsiveness creates space, and when we bring it within our life.

So what creates good communication? Hydration. Make sure to drink enough water. So many people are chronically dehydrated and take their time. So if somebody is very busy, start your day with five minutes of meditation, five minutes.

It said today before you go to bed, take five minutes. Review your day, rejoice in any good things you did. Let go of any negative things. Forgive yourself and forgive others.

It's okay. You did your best. It will change your sleeping quality and lifestyle. You know anything that's great? Immediate response. Kinetic energy is not healthy.

Why are sugars not healthy? They create energy so fast. Insulin spikes and insulin drops, right? Insulin spikes, glucagon spikes, cortisol spikes with degrades the immune system.

We degrade the metabolic system. So now one of our missions is to slow down. And it's not easy. It's not easy. You know I mean I know, but you can do it.

You know definitely done I know it from my own experience. You know, I do different things, but I make sure to take care of myself so I can better take care of others.

And tolerating and understanding other people's opinions, you know, now it's so extreme. I'm pro-vaccine. I'm against vaccine. I want to wear a mask. I don't want to wear a mask, you know, and then people go, I mean, try to understand that somebody may have a different opinion, may not be yours.

You may have better information. God forbid they may have better information. It's about tolerance. And we are now at a place that we either learned our lesson and things turn around, you know, everything goes up and down or you're straight to the the rubber band.

Too much, too much polarity. It's going to pop out. It's not right there. And that's why the work that you do is that I do. Anybody listening can kind of wow, open the heart to themselves.

First of all, open your heart to yourself. It's profound. You know, in my retreats for five days, we see cancer patient markers go down. You know, of course, chronic fatigue, things like this.

Easy to actually treat. Why? Because people let go and everything starts flowing. You know, PTSD can can, can melt away. So, so in this interview, I really want to give more of the big picture.

And within it we have to understand we have the physical, biochemical level. You got to address galectin three. Any way you can break your habit, you can make changes, you can be more tolerant.

You can be more flexible, flexible, physically flexible, emotionally and psychologically, flexible, psycho spiritually and flexible towards people around you, towards our environment.

Then profound things will happen. And it's challenging now because of Covid cause it creates long term inflammation. Covid creates cytokine storm. Vaccines can also do it as part of of of the response.

It's really the same issue on both ends. But Covid is a nasty virus. You know. And the moment we let go things can change. And I know it from from from my own experience with Covid, you know, you can heal almost spontaneously if you truly let go.

So the journey of letting go is expressed physiologically through detoxification. Every time we exhale, we let go. We detoxify. We come to this world. What's the first thing we do?

We cry. We let go. What is the last thing we do before we die? We exhale. Let go. Profound experience. If everybody has been with the person taking the last breath, the exit.

And then there is this normal breath and everything is different. So this is really why genetic and epigenetic understanding is so profound with the understanding that it's bigger than us.

You know, if you are trying to heal yourself just for yourself, you are missing the boat because epigenetic is both your habits right now which are affected by other people, but it's multi-generational.

And I think what's it, what's all the testing ancestry it when it's been me etcetera has offered us is how interconnected with us we are. You know in, in some Asian philosophies they say when you want to develop love and compassion, look at everyone if they have is the one time of being your mother's.

No. If we look statistically, all of us are related because endless people has made us the chance of us not having a relative or somebody related the parent.

A child going back thousands of years is literally impossible, right? And ethic testing is showing why people don't understand why they tell you you have.

Let's say somebody comes from European or from Ireland. They find I am 1% Jewish, but okay, 1% is not one person, right? You know, you go back 150 of you are 64, right?

Go back, you know, another hundred 50 years you are now at 4000. Now you go, you go another 300 years, 600 years. You're now 60 million. 1% of 60 million is actually 160,000 people.

So just in the last 600 years, how many 60,000 Jewish people affected you? And you an Irish guy, you know, that's that's an example. And now take it to to 1500 is it's infinite numbers.

So this is the this is really the mutual respect. So I'm giving it as an example between people. But that's what happened in our body is a microcosm. Was that the same relationship within our buddy.

And we when we recognize it we relax. Everything relaxes. And then it's the same relationship with the microbiome. There's a reason why Sibo, small intestine, bacterial overgrowth, it's an epidemic. Now why?

Because our microbiome is insulted. Yeah. Pesticides and chemicals and mycotoxins and heavy metal. It's a lot of work that they do. And they publish papers on it.

But also the lack of mutual respect, the basic imbalance we are living in. So in this sense, when you look at precision medicine, when you look at the biohacking, your DNA, it's opening a new door.

In my hope and humble advice, don't look at it in a linear, conceptual, mental way. It's one highway sees a multi-dimensional, all the more dimensional and recognize that whatever you understand, whatever I understand, whatever you understand, whatever anyone is listening understand, reality is bigger than you, right?

Like I said, we can't hold it. But the only way to hold a bigger reality, to have our health become bigger, is not to

hold to what we are holding right now.

It's very important in meditation if people who are listening are meditators. One of the biggest issue is meditation is you hold your experience. It's such an amazing experience.

You so a vision in color that you went to another world and you hold to it. It's like turning water into ice. You froze fibrosis so fibrosis can be mental.

Inviting them. My book about mental fibrosis, you know, so this is an amazing journey. And I tell you, I, you know, many of the monks that will spend days, weeks, sometimes months building these highly intricate patterns with colored powders as a form of meditation.

And the ultimate goal is as soon as it's complete, they destroy it to learn how to let go. Right? Right. And that that thing that they just achieve, they don't even revel for a second in the completion.

It's like, no, I'm done. I'm completely detached and it teaches them to let go. And then how many monks do you see that are living in hospitals with chronic disease at the age of 60?

Right. They're they're healthy. So this is truly an honor and a pleasure. I'm excited that we get to speak to you again. And in the second half, we're going to speak more about the solutions.

And what do we do about all this stuff. And because there's so much it was hard to pack it into an hour. Is anybody listening could understand. So thank you again for coming for joining us, for ordering us with your time.

Pleasure. And we're excited to talk to you again soon. Great. Thank you very much. All right.