Health Impacts of COVID-19: Understanding Toxins and Post-Recovery Gut Support Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Doctor Christensenu2019s Background

Everybody. So great to be with you and very excited to have Doctor Margaret Christensen with me. Very, very well trained doctor. She's an ob gyn and for our purposes she's also very well trained in functional medicine.

So Doctor Christensen, so great to have you on. Thank you so much for having me. Mark. I see your name all over the place. Get your emails. So I know you're very dedicated to getting the information out to the public, how people can help their health to prevent disease recover from chronic disease.

Obviously with your background, you've got expertise and hormone balance in women. You're an expert in mold problems causing health issues. But much more than that, because being trained in functional medicine and you're part of the Institute for Functional Medicine, nutrition supplements, detoxification, so many things.

And you have a clinic there in Dallas, Texas, the Carpathia Clinic. Right. So tell us more about yourself. And most curious to understand the term Carpathia in more detail to and I know that connects to functional medicine.

So tell us about all that. Well, I got into integrative whole systems environmental medicine, because I had been practicing ob gyn for ten years, delivering lots of babies.

I had four of my own. I hadn't slept in about 16 years between training and having a large practice. And I, I got really, really severe chronic fatigue, fibromyalgia to, you know, terrible brain fog.

I couldn't figure out how to put two sentences together or, you know, took me 30 minutes just to take a shower because I couldn't figure out what the next steps were.

And and I'm a I did very well in school so that that was not right. Something was not right. And I felt so bad that I actually had to close my OB, my practice, and I couldn't keep going.

I'd gone to see all of my lovely, wonderful, warm hearted colleagues conventionally, and everybody said, oh, honey, you're just tired. You're just, you know, you're just depressed.

You're just a here's your antidepressants, here's some pain medicines. Go see the physical therapist. Well, I did that in two years later, I'm still and I now have stopped practicing.

And that was the sole income earner at the time. And. Yeah. And then I started taking some supplements. I felt a little bit better. I, you know, I was told that's expensive urine because that's how we were trained and then fell into functional medicine, learned about things.

And it basically took eight years. And unfortunately my children also suffered. But to figure out that it was actually toxic mold that was underlying a lot of it, along with genetics, along with nutritional deficiencies from, you know, babies or parasites.

What can I say? You know, they sucked it all out of me. I hadn't slept in all those years. And. Yeah. And so, you know, I really I fell into environmental medicine as well.

And then I began teaching for IFM in the past and just looking at that whole system. So yeah, that's and then I started from there. From there I went from a ten by ten square foot office.

I had a nice 5000 square foot office when I was doing OB, and then took off two years and then started in a closet

with just a little bit that I knew from the functional side.

And now I'm, you know, we're up to a 7000ft², ten practitioner practice. Wow. We do a lot of tertiary care and healthy longevity as well, a lot of longevity hormone.

So and I know yeah. So you became interested in functional mass and holistic mass about 24 years ago, right. Yeah. And then you took all the training as to for mass and you, of course, that's a very highly revered institution for doctors to be trained in functional, nutritional, holistic medicine.

So that's about as high as, you know, all kinds of practitioners.

From Conventional OB-GYN to Functional Medicine

So it's nature paths. Frankly, when IFM started it was it was nature pass. And you know, and chiropractic and that's where it came out of. And now it's a lot of MDS.

But that's really it has its roots in naturopathic medicine, which is all about food. And you know what we're creative out of. Yeah. So yeah. Yeah okay. Great. Great.

Well today we're going to talk about something you have next in one of the many things. But that's the problem with Covid and spike proteins and gut health.

And before we get into it, I know I had been following the research to some degree on that too. And it is in the mainstream research, although a lot of people don't hear about it.

And I looked at a meta analysis, included 50 studies of people with long Covid, and they found that 22% experienced loss of appetite, indigestion, irritable bowel syndrome, loss of taste, abdominal pain.

And this is a very mainstream therapeutic. Advances in Gastroenterology 2022. Of course, there's been many studies since then. So you've really looked into this.

So we basically have a ton of people. And I want to get your thoughts on either from having Covid or some vaccine having digestive problems. But give us the background on that, if you will.

Well, really, what we know is that these let's just call it spike protein, that it's the spike protein that's creating the problems. And there's a number of organ systems that are affected in the body, the lungs, the heart, the brain, as well as the gastrointestinal tract and the blood vessels, you know, so kind of five major areas.

And, you know, what's happening is that the spike protein, no matter it's what its source. And unfortunately, the mRNA technology that's not a vaccine.

If you that CDC changed what the definition it was of a vaccine in 2022 is in some people, and especially the more they got, the more shots that they get, the more they're replicating and creating the antibodies against the spike protein.

And then those are attaching to what are called the Ace receptors that are on the cells. A lot of people have heard of them. The Ace receptors are involved in sugar metabolism and all that.

And then so the antibodies that are against the spike protein are then also going after and attacking all of our cells and our mitochondria. So I'm sure if you've had lots of listeners watching that, people know that the mitochondria is a little powerhouse of the cell's little battery.

And when you damage or trigger them, whether it's any type of bio toxin illness, heavy metals and mold, mycotoxins, yeast and Candida, mycotoxins, plastics, pesticides, petrochemicals and viruses, particles and spike protein, those things, those bio toxins get in there and then they trigger damage in the mitochondria.

The mitochondria spills out its contents, creates massive amounts of inflammation. And, you know, all the immune system cells come in. And that's where the cytokine storm starts to happen.

Well, particularly in the gut, we know that there's just one thin layer of cells and the gut lining. And they turn over every three days. So you have a lot of energy production involved in that a lot of mitochondria involved.

And so if you've got damage there, you know the gut, then that's where we're seeing a lot of these long term gastrointestinal effects. And again, people who have had the gastrointestinal effects as well as the lungs and you know, the heart effect, they tend to be a lot sicker in the long run and taking a longer time to recover.

Absolutely. So when patients come to clinic there or when you're training doctors on the subject. How do you best go about analyzing? Obviously, take the person's history.

You know, they had Covid or they seem to have a problem with the vaccine. Kind of the timeline. Walk us through just basically how you're assessing. There's probably something going on with the connection with Covid health.

Yeah, we always start with your entire history. You know, going back to how stress was your mother when you were when she was pregnant with you, were you born by C-section or vaginal delivery?

Were you breastfed or not? You know, how sick were you as a kid? Did you get all your routine vaccines? Because, you know, in those of us who do this whole systems medicine, we understand we have a toxic bucket that starts filling from the time we're born.

And if we're missing nutrients, if we're missing immune system support because we weren't breastfed, the same thing. C-sections versus vaginal delivery. You.

You're more susceptible than to having autoimmune issues later in life, more susceptible to having gut issues. And then you get a lot of ear infections in your baby.

Spike Protein, Mitochondria, and Gut Damage

You get put on loads and loads of antibiotics or say, say you're a teen and you get acne and then you get you get put on loads of antibiotics, or now you're in your 20s and you've gone off to live in a moldy dorm while you're in school, and you're breathing that in.

All of those things together build up over time. So we want to we want a good, complete history when somebody's coming in, whether it be hormonal disturbances or chronic fatigue or brain issues or whatever.

We want to know how full is your toxic bucket? So that that's a critical importance. What we are seeing now, though, a lot, because we're seeing some bizarre stuff now and again, bizarre gastrointestinal issues with severe Sibo that is unusual, very high levels of LPs or lipopolysaccharide.

I'm sure you've had somebody talk about LPs, these very abnormal inflammatory chemical that the gut makes bacteria the bad guy, bacteria produced in the gut that gets in the body and then sets everything on fire.

Yeah. So I'm trying to look at that. We're also looking at histories of trauma, whether it's physiologic traumas, you know, bad falls, head injuries, you know, big car wrecks and but also adverse childhood events and ongoing traumas.

So adverse childhood events would be being raised either in a situation of neglect or alcoholism or addiction, or witnessing violence or having violence perpetrated on yourself.

So all of that is really important to get a really quality history on somebody. Look at some of these. Dental health, I don't know if you have, you know, if you had somebody talking on your summit about the importance of dental health in gut health.

And so that's what we're doing. And then but I'd have to tell you that, you know, when we're asking people, well, when did this particular symptoms start that we're starting to see now again, whether it is super heavy bleeding, miscarriages, brain dysfunction, gastrointestinal issues, you know, cardiac issues, AFib, all that.

When did it start. And it's so interesting to see, you know, 2 to 3 months after somebody's been vaccinated. That's oftentimes when when stuff starts picking up.

So what can I say is it's what every good clinician to do a good history. Yeah. And you make a very good point. For most people with chronic health problems, it's almost always multifactorial.

Now some things may be more of a bigger impact than others, but it's almost always multifactorial. So you make a very good point. So then yeah take us through.

So what are you seeing then in people with that problems as a result of vaccine or having had or the common things you're seeing. Yeah. So let's just talk about what it was a bio toxin.

And so bio toxins are these tiny fat soluble molecules that get inside the cell membranes in the mitochondrial membrane. So the the cell membrane is made of two layers and is water soluble, like where my hands are on the outside in the middle here is like olive oil.

And so the membranes should be floating around. And in the in the membranes you have these potatoes that are floating around or the receptors for glucose receptors, for estrogen receptors for neurotransmitters.

And also there's transporters that helps, take make energy and get energy, you know, out in the cell and also helps get rid of the garbage. So you have to have nice fluid cell membranes on the outside of the cell as well as the mitochondrial membrane.

In order for a cell to work efficiently and for the mitochondria to produce energy efficiently. So what happens is that layer of the olive oil. This is where a fat soluble bio toxins can get stuck.

Like I mentioned, mold and heavy, you know, mold toxins, heavy metals, viral particles, you know, viral infections and the plastics, the pesticides and all the chemicals that were being were, were all around, along with chronic infections and viral particles in the spike protein.

So that olive oil turns, it turns into lard and what we call lipid rafts. And this is all the work of Doctor Patricia Kane. She's just an amazing work on membrane health and how critical that is.

So the membrane and the cell is like our skin on our body damage that. And then you get invasion. Right. So those bio toxins, if you already had a high level of and a high body burden of bio toxins, particularly toxic mold because you're breathing that in.

It's filling up your sinuses and it's filling up your lungs and already irritating and inflaming your immune system in your lungs, and it compromising cell function and compromising mitochondria.

And then so long comes the spike protein in whatever way it's coming to you. And it really ramps things up. And then you get things get into the bloodstream.

And then we know again, if you have postnatal drip, then you're swallowing boogies that have a spike protein in it. And then you are getting all these antibodies that are producing your body.

And all of that ends up can end up in the gut.

How to Evaluate Patients with Post-COVID Symptoms

And that can be really what creates a whole lot of inflammation. So understanding something a little bit about some

membrane health and some membrane integrity is really critical to understanding the whole big picture of what we're what we've been seeing.

Yeah, it's very good starting the microscopic level at the cellular level and expanding from there. That makes a lot of sense. So how do you advise patients and doctors, you know, how to approach this problem, or they have got problems seemingly related to Covid?

Well, yeah. Let me just make one other comment and I'll come back to that. Yeah. So one marker that we used to measure all the time in and kind of assessing where somebody kind of mold status is, it's called VEGF vascular endothelial growth factor the f.

Yeah. And that's one of the things again that we're seeing that you can see with any kind of inflammation, but also with tumors that are growing. We we would see elevated levels of that with toxic mold as well as another marker that's called TGF beta.

So they're both we would put those in the cytokine categories. And so we're what we are seeing is massive elevations in veggie F. And in TF beta they get a lot of that is coming from the lining of big gastrointestinal tract.

Again these cells being damaged and just releasing all this cytokines. And part of what's causing the the diarrhea, the Sibo issues, the constipated, we're seeing all kinds of stuff.

Pancreatitis has gone out there, you know, skyrocketing. And unfortunately that happened to my mother. And she got really bad pancreatitis and acid. And because they couldn't figure out she's not a drinker, you know, she didn't have any gallstones.

Well, where did this come from? Well, now I know, you know, three years later, there's many different therapies you can use. Maybe just walk us through some of the key things you do with patients and advise doctors to do to help these people.

Sure. Well, again, all of that, as we know, all of our our immune system, 80% of the immune system is the gastrointestinal tract. So that's really flaring up.

So we can use low dose. Now trek zone. The first thing we do is if somebody is having a lot of really bad gastrointestinal issues, then we may put them on a, on a fast for an A on a liquid, fast for three days, just to calm down the inflammation in the gut.

And there's various ways of doing it. I don't think water fasting is a good idea when you're sick, but we, you know, we'll use bone, grass and teas and, you know, occasionally some certain anti-inflammatory protein powders to help heal and seal the the lining of the intestines.

We're also using a lot of De la Raza tide. It's a peptide that helps. That has kind of two components in it. One is very anti-inflammatory and one is one actually helps to heal and reseal the gut. So we're using that.

We will you know, a lot of times we're going to do a stool test. Who first we want to see. Is there any other underlying infections anything else going on there.

Imbalances and good bacteria. But we'll be using probiotics and then certainly an anti-inflammatory diet. Now depending on where you fall and what kind of symptoms that you're having, we may put you on a, you know, a low histamine diet for a little bit, a, you know, more a Sibo Taylor diet.

It just depends. And we I, I talk a lot about that both for practitioner laypeople as well as we have advanced immune modules at Mold Detox diet.com. So even though it's mold it's still it's all the same thing.

It's bio toxins. And again Covid falls under that rubric. So yeah. And what we are you know so anything that that folks are using to treat autoimmune disease that is because we are we are seeing massive massive increases in

auto immunity since all of this started.

And you know, particularly again, the more spike protein you've been exposed to, the higher likelihood you are of repeating. And then depending on your genetics, depending on your total toxic burden and how full is your bucket to begin with.

Depends on on how we'll approach. We also use okay. So again we start with diet. We start with if you're having really severe bowel issues we may have you do the fast well definitely have gut healing protocols and protocols with I'm sure, all the things that people have talked about on here, whether it's, you know, classroom and or glutamine or, you know, glycine and turmeric, things of those natures high dose vitamin D, vitamin A, those are all pieces of the puzzle.

Iodine is critical. Doctor Davis Brownstein work is just amazing. I would recommend folks read his his stuff. Yeah. So those are the things that we are going after.

Treatment Strategies for Gut and Immune Repair

And then for more advanced therapeutics, depending what else is going on with somebody than we are using ozone IV ozone, we'll have people drink water two as an option.

If you've had a lot of sinus infections, we want to we want to make sure that sinuses are cleared up. Because if you're having chronic post nasal drip, you're all these boogies that your and bacteria that you're swallowing and the toxins that are in that are part also of what's creating a lot of gut imbalance.

We as a lot of ozone therapy at our clinic to IV and then the nasal ozone and so forth. So we haven't actually we have not covered that in this series.

Can you comment just a little bit on ozone therapy? Yeah. Well, it's so interesting. I was in a listserv group from the very beginning when Covid was breaking out.

Nobody knew what was really going on. And, you know, there's all this speculation. So there was a quite a big group of us who do ozone around the country who just started going back and forth.

And then there's data that came out of both China as well as Italy and Spain, a people, you know, dying, being septic from their Covid and the overwhelm and system shutting down.

And as a last ditch effort, because ozone was in a lab in a couple that was certainly in the hospitals in Spain and Italy, you know, they were able to get some of these ICU patients who were dying, you know, just saying, well, why not?

And it turned them around. And many of us who were, you know, again, in private practice, we're, you know, using ozone. I was getting regular ozone. My whole staff was getting it. And it's just amazing.

So again, what it's doing is it helps oxygenate the blood. You're carrying around a lot of oxygen. One of the problems with Covid is it dissociated the heme, the iron from hemoglobin.

And hemoglobin is what's used to carry around oxygen in the body. So when you've dissociated that and you have all this, you can't carry your red blood cells, can't carry the oxygen, but you can oxygenate the blood.

And you can use ozone to do that. And it also has antiviral properties, antifungal properties, anti bacterial properties, anti-piracy. So it isn't it's a great antimicrobial.

And it also helps to rebalance and reboot the immune system and the mitochondria. So it's multifactorial. We use it in many different situations and it certainly found it very beneficial.

Of course I was using ivermectin you know thank God I live in Texas. And you know, we understood I mean, I've been doing this for a very long time. And that's what I tell people.

I said, I've been treating long haul Covid for 23 years. You know, that's what bio toxin illness is. And so we know we knew how to approach that. We also do a lot of cell membrane repair.

And we use again the IBP protocol the phospholipids. And you know so doing those things and then depending on how damaged or how sick somebody is, we'll do IV nad to help recharge or regenerate their mitochondria.

Niacinamide is also another. It's sort of a early form of NAD and it's it's a nice and B3 family without giving you the flushing. Doctor Gail Clayton, who is my coauthor on the Moldy Talks Diet and the old Immune modules, uses very high dose niacinamide.

Right? When you know, right when somebody's coming down with something. And it's amazing how you get a burst of energy production in the mitochondria to help you recover.

So those are some of the things that we're using. And we like using the ozone along with ultraviolet light. So we're using UV light at the same time. I don't know if you guys if that's what you were doing.

But we the ultra violet light again has some of those same properties. Anti anti-inflammatory. It's antimicrobial UV light is what's used at your water treatment plants in your cities.

They help clean up the water. Doesn't take out the chemicals but it kills things. Yeah. So we've we've found that very helpful. Yes. So walk us through.

There's course there's millions of Americans who have long haulers and they got digestive symptoms and energy problems and brain fog and all this. What do you typically see when the people are following your protocols?

Obviously you got individualized for more severe cases. But in general, what do you what do you see? What kind of timeline were you normally seeing with people?

Well, again, what I would say is that part of it depends how full. How full was your bucket to begin with. But we can get a lot of people turned around within 68 weeks in terms of feeling better.

And then you start doing the detox and you try and start emptying that bucket. That's pretty full. Now, if you have really severe brain symptoms and neurodegeneration, and that's unfortunate. We're seeing a lot of that rapid neural degeneration that's going to take longer.

And yeah, you usually tell people, you know, it's going to take about three months of recovery for every year you've been sick. And that's a little ballpark depending on just how sick you are.

If all these protocols kind of goes back to a statement you made earlier, and I've seen it in literature, where in our small intestine, where the leaky gut can take place, and obviously it's where absorption takes place.

Since a major gatekeeper in the body within three days, you can replace your intestinal cells because we have stem cells within our intestinal cells. But the key point is you've got to quit injuring.

You got to the body and get in the right nutrients and foods and stuff so that your stem cells can actually regenerate the intestinal cells. Maybe just talk on that a little bit.

Yeah, that's I mean that's critical. And that's part of doing a fast is that you're basically resting those cells and in order to help them heal. And then there's, you know, plenty of nutrients again that we can we can use to help heal and seal.

Ozone, NAD, and Advanced Recovery Therapies

Then that's where we're using some peptides and that's where we use, you know, like I said, classroom glutamine glycine depending on you know, again kind of what somebody status is.

So but I think another comment I wanted to kind of make with that really has to do with gut brain connection and how critical that is. And I'm sure you've probably heard somebody talking about vagus nerve and how and how important the vagus nerve is, that's, you know, connecting our brains with our heart and lungs as well as our gut.

And most of the information in the vagus nerve is actually coming from the body and going up to the brain and, you know, sending signals to the brain.

So when you cut massive amounts of inflammation going on in your body and particularly in your gut, and that's being sent up to your brain, it's keeping your brain in a chronic fight or flight state.

And also if you are, particularly if you've had recurrent sinus infections and you're breathing in air that's poor air quality, a lot of mycotoxins and all that, you're activating your old factory nerve, the smelling nerve, which is right here in the back of your sinuses.

It's really short. It's one of the shortest nerves in the body that goes right back into the limbic area of the brain. The limbic system is our unconscious control.

It controls all bodily functions. You have your hypothalamus, which regulates your hormones, that your amygdala, which is the winds that tiger are going to jump out of me.

That's your kind of triggers, your fight or flight response. And then you have the hippocampus which is your memory. So when you have signals coming from the gut through the vagus nerve up here sending I'm anxious, I'm stressed, I'm depressed, I'm inflamed.

And then and you have the same signals coming through your nose, through your nose, back into your limbic system. You get it stuck in fight or flight all the time.

24 over seven. We see this all the time. This triggers a lot of mast cell dysfunction on somebody talking about mast cells and histamine. But you start just dumping histamines and that creates a whole lot of brain inflammation.

So it just stays in a fast forward cycle. And of course the vagus nerve is critically important to keeping the bowels moving. So we are also very cognizant about doing some limbic system retraining, particularly if you are super sensitive to a lot of supplements, if you have any mast cell or histamine issues, if you have a lot of anxiety, and if you have a history of trauma and adverse childhood events, because oftentimes that limbic system gets stuck in sympathetic overdrive fight or flight.

When we're kids and you know you cannot heal if you're in chronic sympathetic overdrive, you've got to get yourself into parasympathetic. So lifestyle is also a really critical piece of how we approach healing.

So we want you to get adequate sleep. You know get in bed at nine. Turn off the well, first of all, don't even watch any news because well, certainly anything on mainstream media these days you can't.

Brought to you by Pfizer. So you can't trust any of it. And but you don't want to watch stuff that stimulates you to be anxious and afraid.

Healing Timeline, Gut-Brain Axis, and Lifestyle Support

And that's how that's how we do a lot of brainwashing and control, because that's going to perpetuate you staying in this sympathetic overdrive state.

So prayer, meditation, daily readers getting outside, getting into nature, grounding, moving your body. Moving your body is absolutely critical. If you even when you feel like crap, you need to at least get up and just take a little walk

around the house.

If you're in bed, you know, move your legs, move. You're like, you know, move your arms, don't just lay there because that's where the blood clot starts.

That's where the lymphatics get all clogged up. And so you want to move all the time. And which is another piece lymphatic therapy. So we before we start any kind of detoxing protocols we want people's lymph system open.

So we will either work with lymphatic therapist. We have a whole circuit we do here. We get people in Epsom salt baths. We have them do dry skin brushing.

You want to do all of that to keep your to keep the lymph circulation moving. So you're not pooling with a bunch of inflammatory inflammatory chemicals.

So yeah. So those are the kind of the big things. But the limbic system learning how to calm that down is absolutely critical in order to be able to recover.

So sleep movement again certainly adequate hydration with electrolytes and minerals. You cannot just drink water. You have to drink water that has electrolytes and minerals, because that is what's used when nerve cells communicate with one another, and also in so many different functions in the body.

And we're all very mineral depleted magnesium depleted magnesium is that, you know, that's another one. And Brownstein talks about iodine, if you had one, you know, if you had to pick one supplement to take to a desert island, you know, what would he take?

So yeah, so we do vagal nerve stimulation. We do limbic system retraining. Stay super hydrated, try and get some sleep. Make sure that you do something every day that makes you laugh.

You know that because that's another antidote to that. And, you know, focus on gratitude and all the good things in your life, especially when you're feeling crappy.

Wow, that's good information. Hey, maybe an ending with your clinic called the Carpathia Collaborative. Again, let's go back and tie everything together.

You know what that term Carpathia means? How you guys, you know, address medicine and kind of just tied into, you know, what we're talking about here with cat health and related to Covid, if you would, sir.

Yeah. So the Carpathia was the ship that picked up the survivors of the Titanic. And so it was a small little fast ship, very agile. And so we have the Titanic of Western medicine that's foundering because it's treating just the tip of the iceberg.

And so we are coming along and kind of scooping up the survivors and really approaching them by looking what is under that, you know, what is underneath the water there. So that's our name.

The other place to really to find me in our protocols is Mold Detox diet.com. And there I have we have programs both for, like I said, the lay person taking you these very nice, simple animated videos that take you little chapters, little chunks of the time for you to learn.

And then and then we have an advanced immune module. Which Doctor Clayton is she just amazing really going into very deep detail on cytokine production and inflammation, TGF beta.

You know, some of these. And then how do you target all the T cell polarizations B cells.

Carpathia Clinic and Closing Resources

And how do you target those things with specific nutrients. Because for example if you have you know, like with toxic mold, you have very high levels of what are called Th2.

You have suppression of the innate immune system TH1, which is also this is part of what's Covid is doing. So if you're already this imbalance to begin with, you have to be sure that that the nutrients that you're using are raising TH1 and not making this worse, you know, so we go into a lot of explanation about that.

So that said multi talks.com. And then upcoming I have hormonal havoc the Covid fallout and how to fix it where we'll be talking about all the things that we're seeing.

Not just hormones but, you know, miscarriages, infertility, heavy bleeding, all that. But also what we're seeing in terms of neurodegeneration and neuroinflammation, illnesses, mental health issues, cardiovascular issues, gastrointestinal issues, and what are all the influences on those, again, and how we can shift and change those around.

So and then how did this all happen? You know, everybody needs to wake up, wake up, wake up, wake up. That's all I can say. Wake up. We've been lied to. We've been betrayed.

Are figuring that out. That's going to be a popular summit, no doubt about it. So that's great. Well, thank you so much for your time and great information.

I know the viewers and I really appreciate it. Yeah, absolutely. Thanks so much for having me, Mark.