Hey everybody, it's Ravi Besson, our co-founder and device developer with Arrow sage. And we're back with another episode for in our lime series. And today I have a dear friend, colleague, someone who I've known and kept close for God.

It has to be more than 15 years now, doctor Jodi De well, let's spend a just a couple of minutes before we get started. I know that, we spoke earlier and you have a few slides that you want to show us.

So we're going to share the screen and you'll grab the mic, but let's just sort of go back a little bit, backtrack a little bit and give the the viewers today a little bit of the backdrop about Doctor Dr.

Jodi, what made you focus on in your practice and kind of bring us briefly into the things you're doing today, if you would? Oh yes. Of course. Yes. I have personally been through autism pans, pandas, Lyme disease, mold, bio toxin illness, in fact, all of the above with my son and, and myself and by God's grace, we are, fully recovered now.

And that is, that is pretty much what, made me get into this, you know, dealing with conventional medicine only helped us about 60%. And, what I found was looking for answers.

The answers lay with completely natural, plant based medicine, plant intelligence. And that's what brought us from just being being survivors to being thrivers.

And that's what got me started on this path. I established the Bio Nexus herbal line for my son, and, I found the efficacy to be so strong that I decided to, introduce that line to my patients, and that's that's how I am.

I'm here today. I mean, I've been a Lyme literate, practitioner, I lives member for over a decade now. And, my practice is focused on plant based medicine.

So about 50% of my patient population are the ones who come to me as, what I call as non-responders, to the treatment options for chronic Lyme disease that we have out there now, these are some of the most heartwrenching stories, Robbie, of, dedicated people diagnosed with chronic Lyme, trying and seeing the best doctors, to improve their health.

They're changing old habits. They're superbly compliant. But they are somehow unable to fully to get fully. Well, many also complain, sadly, of weight gain, even on clean diets.

The body seems to not tolerate pharmaceuticals so well anymore. They have multiple chemical sensitivities, mast cell activation, gut tissues, and they wish to proceed with plan based treatment options.

A large portion of my practice is children, as you mentioned, with, complex autism. And as you also know that, most parents of children on the spectrum by far, they prefer natural treatment options over pharmaceuticals, due to the fragile gut brain connection and immune mechanisms in these patients.

Almost all of these are, non-responders. And in all. Well, I'm sorry, I mean, in almost all of these non-responders, I find underlying mold, bio toxin illness or, series that's, chronic inflammatory response syndrome.

In over 60% of the patients I see with complex autism, I also find, bio toxin illness as well. So as you are aware, I've experienced all of this, firsthand, as I mentioned.

So I can certainly relate to most of these problematic issues that these, non responders are experiencing. So, please bear with me as I explain the mechanisms that occur that lead to, killers.

Now, a doctor shoemakers body of work has been a game changer for thousands around the world, practitioners

and patients. And here is what we know so far.

The body acquires biological toxins from various microbes, including, of course, tick borne infections like Lyme disease. Also from exposure to water, damaged buildings, contaminated food, water, air, insect bite.

So approximately 27% of the population have a genetic HLA system predisposition, where, due to inherited immune response, genes on chromosome six, that confer immunocompromised due to repeated or longer exposure, and what is called as defective antigen presenting on this inherited faulty mechanism of the innate immune system continues to be activated, thus generating inflammatory compounds like cytokines get stuck on repeat.

But unfortunately, the adaptive immune system never responds to clear these toxins out. The complications of this kind of bio toxin illness proliferative physiology, as it's called, include things like metabolic acidosis, pulmonary hypertension, T regulatory cell deficiency, insulin resistance.

Remember, I spoke about weight, weight loss issues and also neuronal injury. You see, atrophy in the gray matter in the brain. There's endocrine imbalances and, dysregulation of the immune system.

Here, I would like to mention that, most bio toxins are extremely small molecules that are capable of moving from cell to cell right through the cell membranes without being carried in the bloodstream per se, which means that they are difficult or impossible to find in your standard blood tests.

In patients with bio toxin illness, this chronic inflammation leads to depletion of critical neuro regulatory peptides. One of them is alpha melanocytes, stimulating hormone that regulate what is called as leptin in the hypothalamus.

In the brain, there is a release of tissue damaging proteins called as matrix metallo proteins. Nine MMP nine, which can be measured via a blood test that occurs as excessive levels of inflammatory cytokines are released.

There's unusual pain and various other symptoms. Now, this is important. Rabi leptin, the mol, the the compound I mentioned, a couple months ago. Leptin turns on how tightly the body holds on to fatty acids.

So when leptin is high, as in bio toxin illness, one will hold on to fatty acids and stores them. In fact, this leads to rapid weight gain. And because of the high leptin standard approaches to weight loss like less exercising more will fail.

Furthermore, with bio toxin illness, there is compromise, lung capacity. And, you know, rigorous exercise is not recommended either. Now, these inflammatory tree responses cause leptin levels to rise.

They also lead to patients who are chronically ill, tired, cannot recover easily from anything, including Lyme disease, in chronic pain, forever overweight, elevated cytokines can produce additional symptoms which patients will notice like headache, muscle ache, unstable temperature, or difficulty concentrating.

Often a lot of sinus problems. The brain feels as if it's, it's on fire or there is multiple hormonal and endocrine issues as well. So, what happens is the second your body detects something that is an intruder or what we call as a pathogen can cause disease, your immune system starts to work.

The body sends a first nonspecific wave of attack, which is mediated through your innate, your inborn or, you know, as I like to say, the factory installed immune system, immune mechanisms to kill the microbe or the invader that the body has detected.

This occurs within a few hours, two days, and you get symptoms like the initial symptoms of pain, inflammation, malaise. The next step, the immune system starts to learn additional details about the enemy.

And since a large, highly specific second wave of reinforcements through your adaptive immunity, mechanisms to kill what is left. So here is where you will exploit, you will experience things like fevers, fatigue, and other symptoms

of a good, robust immune response.

So, yes, you know, fevers are important if you have a good immune system. You know, I can't tell you how many patients come to me and see my child or myself.

I don't remember the last time I've experienced a fever. And this is what I try to explain to them that that, you know, fevers are an excellent response, that that your immune system is working well.

Now, studies have shown that Lyme disease can suppress the immune system. Unfortunately, Lyme disease bacteria suppressed host complement mediated killing and neutrophil derived anti-microbial responses, including induction of anti-microbial or microbial killing peptides.

So spike repeats can undergo keyword non inheritable transcriptional reprograming events, ultimately favoring Lyme disease persistence in that particular individual and additionally bacteria like Mycoplasma that very commonly, exist as a co-infection.

Studies show they can suppress the exam levels in afflicted individuals also nicely. Mycoplasma titers. I remember with with my son as well, as high as 7 to 8000.

But IgG which when treated right which when treated affords significant relief from associated symptoms. Instead of ignoring this clue and setting it aside as an old infection, as many practitioners who are unaware may do so, it's important to educate the patients as well as, the practitioners.

As far as the immune mechanisms that go, haywire because of, chronic Lyme disease as well as, you know, as, do you wanted me to talk about 1 or 2 takeaways that practitioners and people, watching this can immediately add to their toolbox or take it back to the practitioners and have them explore, you know, how to make them feel better, what they could have been missing.

So one I would say is more cons and the other is caution with, respect, to use of, excessive use of immune boosting herbs in patients with chronic Lyme.

So, over 90% of my patients with autism and chronic Lyme disease are also dealing with more cons. And in kids with autism, I find significant cognitive and behavioral gains are observed when treated.

Now, what is more cons right. More cons comes with bio toxin illness. And you know, it is a simple deep nasal swab which can be done right. It is relatively inexpensive.

And, there are there is one plant based treatment option that is available. So here, let me share my screen to explain what happens with, more cons when you are exposed to, bio toxins, when you are living in mold or you are exposed to water damaged buildings.

It's interesting. You know, children on the spectrum, as well as people with chronic Lyme disease, often spend many hours in therapy. It could be any kind of therapy, you know, ABA therapy, meditation, emotional freedom technique, yoga, yoga centers, and many of these centers themselves can be water damage.

Sometimes people's cars have old water damage that that they experience. The school can be most schools are old buildings as well. Offices, you know, is is where, my patients are exposed.

Many have, many patients also have, summer homes on the beach, which, some are homes and or winter homes on the beach, which can be water damaged as well, you know, due to the high exposure to moisture.

So let me share my screen. Okay. So let's get back now. Let's let's proceed with, talking about more cons. I explain briefly what is more cons when you're exposed to, water damage environment or when you acquire biological toxins?

We find that, you know, I, you know, once again, in a research, studies show that, more cons, which is multiple antibiotic resistant coagulates negative staph occur as a result of, having bio toxin illness and everything that's associated, the immune response associated, the hormonal imbalance is associated with bio toxin illness is what, fosters the growth of more cons in your sinuses.

It's a simple test. It is a deep nasal swab which detects more cons. It looks at, how much of, infestation or colonization you have in your sinuses as well as, you know, what kind of biofilm these organisms produce.

So the plant based treatment option for more cons is highlighted in this slide. And this explains what happens with more cons. Right. There are four things that happens with more cons now.

One is more cons release two toxins exude toxin A and B. Now these toxins cross the blood brain barrier and it starts goes to the hypothalamus and starts cleaving the alpha melanocytes stimulating hormone, which is a major anti inflammatory peptide neuro regulatory peptide in the brain.

And it splits it and renders it useless as it's seen here. You see the toxins A and B. Next more cons colonize and produce a matrix. And this matrix which we know as biofilm.

This barrier blocks the immune cells from getting rid of the the mod. Cons. This is how the more cons hide from the immune cells. Number three more cons can cause differential gene activation in the host.

Because this melanocytes stimulating hormone is reduced. Okay, last but not the least, more cons also release chemo license which cause increase in cytokines, further increasing the inflammation.

And this becomes a, a vicious cycle. So what we did was, as I mentioned, you know, with my son, we were unable to continue using pharmaceuticals because of compromised gut.

In the beginning, we had to because we were trying to save his life. And within a few months, you know, we had to move on to two plant based medicine and one of the things that we developed was Formula one NSB nasal spray, which is, completely herbal, plant based, biodynamic, you know, it is part of the bio, the bio nexus, herbal family of, proprietary herbal formulas.

It is the only treatment from our arms that's available all over the world. Now. And it's the, only plant based treatment for our coms that has been studied in labs.

In, in a lab study. That lab study is included here. Right here, you will see I'm going to increase the resolution just a bit. So you see. So Doctor Musto at microbiology, labs and his associates, you know, studied the effectiveness in vitro.

The this report is available on, the, bio Nexus Health website and as well as upon request, you know, if practitioners need any clinical evidence, we also have a multi-center study going on, over, a large patient population which has, which has been treated with, Formula One.

So, you know, it's very scientifically, studied because it has a worldwide distribution. And, as you can see, it has a very high inhibition rate of 97.4 to 99.2%.

It is effective against biofilm and certain mold species as well. So depending on whatever are, nasal swab shows up as there were just so many beautiful pearls that you tie things together.

And I as long as I know we're going to have some time afterwards to go over a few questions. But while we're on the topic now, what we've experienced in in our clinics, working with practitioners, you could take a Lyme patient that is fully functioning and get them exposed to mold, and they get completely whacked out.

They go from being functioning to nonfunctioning almost overnight, and they can't quite figure out where that's coming from. And mold, I mean, there's hundreds of variations of mold if you're in a coastal city somewhere in,

you know, in the US, you can almost guarantee there's going to be mold.

The question is what type and and how aggressive it is and how your body responds. So I think that this mold topic is something that really needs to be taken very seriously because of all the things you've mentioned.

And then many people out there that are actually having trouble moving through their, their whole process of getting. Well, if you're it's very hard to fix the body when you're constantly being re-exposed to mold, per se, if that's one of the culprits.

All right. And so before you can even seriously, it's going to slow down the whole healing process. And so you need to address sort of the foundational parts.

You know, if you have mold, figure out where it is, remediate that. That may mean that you have to leave the apartment or the house that you're living in because of that exposure, because you'll never really get well or heal completely if mold is still around.

Yeah. And so that's one challenge that I absolutely love. And now we just left the slides about mark ons. And most people. That's a very misunderstood topic.

And so I'm so happy that you brought that up. Can we assume almost that every symptomatic Lyme patient has a challenge with mark ons as well? Is that something that week people could feel where they're going through the diagnostic, the clinical, the swabs and actually doing the testing?

Would there be anything wrong about prophylactically using your supplement, that formula one NSB just to use that to, to, you know, as in your toolbox, so to speak, as you said with their with their is there any downside to using that supplement.

No, there really isn't. I do have almost all of my discharge patients use, formula one prophylactically, especially because, you know, there is exposure everywhere.

I mean, it's, it's, it's it's very common. So we always have, you know, I have one that is called as and and you'll love this. It's called as a daily blend.

The daily blend combined with formula one is, what I suggest for a, prophylaxis for almost all of my, discharge patients, you know, patients who are in the process of getting discharged, because we, we slowly wean them off the complete verbal protocol.

So during that process, also, I have formulated the daily, blend. It is, big broad spectrum blend, which is broad spectrum antimicrobial blend, along with formula one, which seems to be, working really well.

I mean, I'm on it, you know, my son is on it as well now that he's in college. And it's just something that that is, it's all natural. We we haven't seen any kind of, adverse reactions, so to speak, you know, if it is used as indicated.

And again, you know, it's it's just, an herbal product, not here's the thing. Right now, it is only available to practitioners. So, how. Well, wait. And but it is also available through your primary care.

If you care if your primary care doctor can send a prescription to Hopkinton drug in Massachusetts. So Hopkinton is compounding it. It is the exact same cost.

You know, they are being, very kind and compounding it, for each patient as needed, without any additional, cost added to that, maybe the shipping, but that's about it.

So Hopkinton drug now, trying, I'm in the process of obtaining all, all the permits and, completing all of the documentation that is required to make it available to the public on my, on my website.

Now, those efforts were derailed because of current global events, that started last year. And, but, you know, it's it's still in the works. So hopefully soon.

I've had so many people from all over the world asking me, you know, when is that going to be available to a regular people, you know, to the public and hopefully soon and sure, sure, sure.

I love the fact that you're so dedicated to the process. And it is for all of you out there that are tuning in. Just now, we're talking to Doctor Jodi Disher, and she's describing her plant based tinctures and formulations that she's put together, not just to take care of the challenge you're having now, but to stay on top of your game, to stay, you know, to stay, you know, working towards that optimal health.

Now, we all know we're living in a toxic environment, but she's talking about something else. Like when it's one thing, you know, we have chemicals in the air, we have chemicals in our food sources, the glyphosate.

So there's lots of challenges out there in our environment. We also have the normal evolutionary environment challenges, too, like mold, for instance, that you can't see.

You can't smell necessarily. You can't taste. But it's there and it does affect us. So having a battery or at least be armed with some of the formulations that Doctor Jodi is talking about today could be an essential to have in your toolbox to make a difference in your overall health profile.

So I just love what you're doing. Jodi, this is amazing. Please continue. Thank you. So now coming to enthusiastic immune boosting that we have seen occur, especially as I mentioned this past year due to global events, immune boosting implies stimulating the immune system in patients with autism, tick borne diseases, mobile toxin illness, immune suppression and or immune upregulation.

And this regulation is well well documented. I explained a bit as well. In addition, regulatory T-cell dysfunction, and or depletion is seen in patients with bio toxin illness and pans pandas type issues Lyme disease as well without adequate modulatory effects of t rex modulatory meaning regulating effects of T rex autoimmunity or an increase thereof, meaning increase of existing autoimmunity.

One example would be, you know, thyroid autoimmune problems like Hashimoto's or, inflamed thyroid are quite common in people with Lyme disease. In fact, I was reading a couple research studies about this just yesterday.

So autoimmunity or an increase of autoimmunity can result with, you know, over-the-top immune boosting. In fact, you know, it's not necessary to do any kind of immune boosting.

I personally advise my patients to not, to not do any immune boosting. You know, immune modulation is the key, so it's best to have a knowledgeable practitioner on board if you have chronic illness or, of course, obtain the the knowledge yourself.

That's why we are here today explaining this. And, you know, instead of experimenting with immune boosting, being led by fear, as they say, love and fear cannot exist in the same energetic space.

So if you are trying to heal yourself lovingly heal yourself from chronic illness, it is best to put all triggers for fear on the back burner. Or, you know, just just try and eliminate them, as much as possible.

And, and I, I won't get into all, all of the different modalities that can be used, because I'm sure, you know, Robbie probably has other, more knowledgeable practitioners on those methods.

In in your, Lyme disease series. So herbs like echinacea, stragglers, what else? Let's see. Ebright would be one. So there there are many immune boosting herbs that are, that are sold, to everybody, you know, without explaining the risks.

The risks involved. Now, immune boosting minerals like zinc is is not what I'm talking about, not vitamin C, you

know, these are dietary, minerals and vitamins, which even if you take in excess, the body will use what it needs to use.

And then, you know, it will excrete the rest with zinc as long as you maintain your copper balance, because zinc and copper are complementary, you're fine with with vitamin C, high doses.

If it is too high of a dose, you may get loose balance. So then you know you need to decrease the dose. But when it comes to herbs, you have to be, careful for the reasons I just, highlight it.

Now, immune modulation, on the other hand, is immune regulation, immune regulatory herbs help the body achieve a balance with the innate and also the adaptive branches of the immune system, including your H1, H2, T8, 17 B cells, mast cells, mast cell issues we know are also, quite common with people with chronic Lyme and bio toxin illness.

So I'm going to talk a little bit in depth about immune modulating herbs okay. And I think it's important to understand, you know what's going on here.

So immune modulating herbs that reduce inflammation may help down regulate the autoimmune response. Several herbs that have been traditionally used for this purpose have also been investigated scientifically to determine their, mechanisms of action.

So for example, would be things like, hops, Artemisia, sarsaparilla, ashwagandha, nettles, Romania, Chinese skullcap. Now, these herbs may have a role in decreasing both inflammation and the overzealous autoimmune response.

And these include bus wheels. Green tea, simple as ginger, turmeric, Stephania. White willow bark would be another one. The anti-inflammatory mechanism of action, for example, sarsaparilla for arthritis is linked to its ability to inhibit it.

TNF alpha induced NF kappa beta activation. So it, you know, put this, puts the kibosh on inflammation. The process ashwagandha is well known. I mean, often beloved herb studies have shown that its extract can significantly suppress the lipopolysaccharide, induce production of inflammatory cytokines.

White ania, which is ashwagandha, is an immune for Derek, meaning it's wonderful. It's both stimulating the immune response in low immune states and it exerts and immune suppressive action on B and T cell activity in hyper immune or auto immune states.

So once again it's important read the labels. Avoid products with herbs like a kanisha astragalus. If you have Lyme disease, mold, bio toxin illness, autism, or any unrest and chronic illness, I mean, caregivers and unaffected family members can certainly utilize immune boosting herbal products.

So, let me share Bio nexus, herbals with you, as well as, the, the what? The book. All right. So in conclusion, I'm very specific with my patients that, you know what?

I'm not in the business of treating symptoms. I practice root cause, natural medicine. Address the root cause, and the body will find its homeostasis.

Once again. You mentioned something about mold induced inflammation. And and you know how it becomes difficult to eradicate, co-infections. Lyme disease, as we know, cannot be eradicated, but it can certainly be put into remission.

The reason for this being, you know, bacteria, microbes, fungi, they thrive, they grow, they multiply, reproduce when the body is inflamed. So the problem is the internal terrain, the milieu.

So if you address the internal terrain by clean water, clean air, environmental remediation, like you mentioned,

Rabi, as well as antimicrobials and, and of course, you know, plant based antimicrobials work really well as well.

When all of this is addressed together, that's when, you know, my chronic non responding, patients see relief finally see some relief. So patient compliance is important.

You know, you need to progress with patients with your patients. My approach obviously is the bio nexus line of proprietary herbal brands and formulas.

Many key blends are stem cell enhanced. And I also tried dose shake. You radically for those of you who are interested in. I think you see, it's not as simple as reducing histamines and treating symptoms.

We need to support the cells from within, address root causes, eliminate toxin triggers, eliminate microbial infections, biofilms, etc.. For cellular support and hydration, I find cell salts.

One one of my favorites would be undone. Relaunch. And then I also find, modalities like GMO therapy or legal therapy, spiritual counseling, meditation, yogic approach, breathing, emotional freedom techniques, trauma detox to be especially useful, along with, of course, you know, diet.

And lifestyle changes that that we mentioned. It's important to make peace with the, with the new normal. I find, let me share my screen. So we have a, biodynamic farm in Lancaster, Pennsylvania, and, we try to grow as many as we can in, you know, in the greenhouse or in the soil.

It's it's wonderful there right now as as we are starting the season and it's it's it's a biodynamic farm. It's beyond organic and everything is made in small batches.

We don't make anything more than, one gallon in, in a big glass jar at a time. So, we practice spiritual herbalism. We follow moon cycles in, in harvesting, it's complete, regenerative farming.

It's literally, you know, from farm to apothecary. And for anyone who wants more information on our most, it's it's on the, on the website as well. This we spoke about formula one.

This is the, the research study which was done. Now there are many formulas. I will briefly go through them here. As you can see, there is, you know, formulas all the way from 1 to 9.

And then there are blends. One of them is the Daily Own blend. This chart is given to practitioners for use, but I'm just briefly sharing here. So this blend is a beautiful thick infection support blend.

Everything is has Western herbals as well as over-the-counter bowls in there. They're available all over the world. So lots of, different proprietary blends, mast cell support, cytokine modulation, immune system, modulating immune system boosting.

The ISM is the immune system modulating blend. And, this is the. The, latest book that has been released. It's available on, on Amazon. And this is the biotech's, the bio nexus approach to bio toxin illness.

It's, Fully a plant based guide to treatment of bio toxin illness. So I'll stop share here, and I'll hand the reins over back to you. Please let me know if I've missed anything.

Oh, my God, no. So complete. I had the pleasure of actually seeing the prerelease of your book before you brought it, to to the market. It's an encyclopedia.

This is, if you want to know, the A-Z on step by step guide as she writes, you have to buy this bio nexus approach to bio toxin illness. It really does explain a lot of the things that you know that answers the questions that people have.

Like how many Lyme patients have you seen? And I know that I've seen thousands over the years that say the

same thing. They've gone from Doctor to doctor, they've tried things.

It's worked for a little while. Then they go into remission and they relapse back. And and it's just a roller coaster experience. And at the end, it's sort of a zero sum game on, from a physical point of view, but from an emotional point of view, it just keeps it's like being punched at every day, and after a while you just lose hope.

And it's so hard to figure it out because you feel like you've done everything you could probably exhausted all your money. You've gone from doctor to doctor and you're not feeling any better.

And what you've done is you really kind of given us hope. And you've also done all the heavy lifting in understanding the steps that you need to go. And I, I love, you know, people talk about and they read about and they go, oh, I've got, you know, immune suppression.

So then they go and they research and they buy a whole bunch of supplements that are immune building. But just understanding that that's not necessarily the right thing to do.

It's not about building your immune system. It's about understanding the steps you need to take and modulating that based on how your body is responding.

That's so important to know. And that might sound easy for us to talk about that, but that's why, Jodie why you're so it's so important that we're talking today because having the care of your practitioner, who has a more fine tuned approach to this, using your formulations and watching the way that your body is responding, is so important to know exactly how to tweak the, your formulation or your protocol that's specific to you.

And that's very unusual. It's not a broad brush brush stroke. Everybody watching today knows that their body is different than the next person. And the way your body interprets the milieu or the the imbalances in the way that you're the microorganisms have have stacked up inside of you is different.

And for that reason that you I love the fact that you take you've created the, sort of the platform by the, by doing the heavy lifting on all the formulations.

Now, what order to put them in and how to dose them is an individual approach. And you've taken the pain to do that. And that's why you work so well with the practitioner.

You know, field. And so you're not a threat actually, you're looking to join in a collegiate way to get that patient. Well, so all of you out there that are listening, you know, we're not asking you to leave the practitioner that you love and that is working with you.

But we want you to know that Doctor de Jure and her practice is set up to coordinate with your practitioner to get you the optimal result. And that's a big difference.

So I absolutely love that. The other thing, I'm just going to dive into some of the notes that I took listening to you. For people that don't know about the Aaron Vidic approach, it's really very interesting to me because it's not Western medicine at all.

You look at the study the way your body type is and the way that you're sort of your construct in a way, and based on that format, which they call dosha, and it's got different formulations.

There's actually hybrids of you could be half this dosha and half that dosha, but knowing that discipline and that you're talking about medicine that's been used in the Indian culture and the eastern approach for thousands of years, okay, this isn't hundreds of years like Western medicine.

This is thousands of years with success. So I love the fact that you have that discipline and that you incorporate that in your formulations and that you bring that forward to in your approach to, to this challenge that we're having.

I love also the fact that your homegrown farm, you've got completely control over that, that you've got a steady eye on it and that you're not looking at mass production.

Everything you do is, is, is, you know, uniformed. It's got to meet your criteria. And it has to get your past your test before it's going to actually get into a bottle to be distributed to the public.

And that's very different also than most people's of compounding approaches. So this is amazing. And then I really loved what you said in the beginning about the non-responders, because, you know, that's where people get tired and they get punched out because they're doing what looks good on paper, yet their body isn't responding.

And what you've helped us understand today is that it's not that you're, you know, a mutant or a freak or anything like that. It's just the way you, your genetic makeup has interpreted the surroundings and your internal environment that's created sort of roadblocks or little barriers where you need a little extra attention in order to get that stuff worked through before you can get on the road to recovery.

And that really understanding that takes a lot of frustration away from a lot of people watching today that, you know, keeps hitting that wall and they can't quite figure out why they're not breaking through.

And and it could just very well be exactly how you described. So I just absolutely love the fact that you went to that place. Many of the herbals that you talked about, I actually take every day.

Ashtanga is one of my go tos to calm you down. And, you know, one thing, you talked about a little bit was just that sympathetic state where people are very anxious and it expresses in heart palpitations.

It's also very frustrating. And it's also part of the challenge we're having globally now with Covid, the restrictions that change in our lifestyles, the family units and break ups and cohesiveness that we were on a track.

And now in one day it's switched to a different track without getting us all getting a playbook to what that is. And it's being interpreted in many ways.

And so that extra anxiousness that that sympathetic dominance state is not very conducive for healing. And so using different techniques of meditation and calming the body down, shifting your sleep patterns a little bit, these are all the things that you can do.

All of us can do that don't cost a lot of money, and that can get us into a a better state of mind and body to receive the therapies, to get the real results that we're looking for.

So I think that, well, today you've given us so much more than I anticipated. Jody, thank you so much for your time and attention. We only have a few minutes left, so I you've covered everything on my list and more.

So I'm wondering if there's anything else that you want to leave us with. Before we have to call it a day today. Well, I might just want to add that, bio Nexus herbals are available to practitioners all over the world right now.

We have, about 2025 practitioners in Europe, that are utilizing the herbals as well as bio nexus protocols for treating, we Europe, Eastern Europe, Western Europe, the UK, North America, Australia.

I just spoke with a, Lyme disease, practitioner and a naturopath in Australia just the other days. So he's looking to actually bringing, the herbs and bulk to Australia.

They they are available everywhere. I mean, I'm in the process of establishing, relationship with, physician in Pakistan, India as well. So, hopefully it, you know, the herbals will be available to, practitioners near you.

And additionally, you know, we are able to ship worldwide as well. So if you're a practitioner wants to sign on until, like I said, until the, documentation and permits are complete for being able to have a regular public store online right now, the the Bio Nexus store is restricted to practitioner only access.

You know, because Robbie, as you know, we have the wonderful FDA here in the US, which we all have to, you know, work with, so yes, we we we have our own we have our own work with, FDA, as you know, our infrared devices are listed with FDA as class metaclass to medical.

So I know the registrations and they take it takes years to get through this process. And many, many dollars and time and and so I know you guys out there don't really have a full understanding of how much work.

Doctor, your has put in to be able to bring any formulations, you know, to the marketplace, to your home. And so being respectful of all of that, it's wonderful that you're so dedicated and are continuing on the process.

For all of us out there. And if going to our doctors is the way to go and hooking that doctor up with you so that they truly understand how to use your formulations, what order you know to use them in, and what kind of dosing to do to get the best result.

I think that's a game plan. That's a winning game plan for all. All involved. You can reach Doctor Disher through Bio Nexus Health, Dot com. You can call her practice.

You can have your practitioner call her practice. If you're interested in joining her virtual practice, you can go through the forms that she has to get an understanding of your background so she can put together a manicure game plan for you.

You're you're you're really an all star. Jodi, I meant to mention this earlier, but I'm always curious because some people that are in, I don't know if there's any good techs out there anyway, you know, but many people live, like in the tri state area, Connecticut, new Jersey, New York, like where?

Lyme central. I think it's everywhere, frankly. But let's just say there. And they want to be proactive and and sort of protect themselves from getting Lyme disease.

So it's sort of a unique scenario. If you can find the tick and you get a bullseye rash, I mean, some of these things that are classical, but for the most part, they're hiding under your armpit or in the back of your hair somewhere and you can't find them or never find them.

And all of a sudden you're it's beyond the time when you can treat it, aggressively so you never develop symptoms. Is there anything in your strategies that someone could do or use in your formulations that would be, in a sense, being proactive or to support themselves?

So if they do get bit or when they get, bit or when they become exposed to Lyme or the or the co-infections, is there a strategy that you have for those kinds of patients?

Yes. One one is the tick infection support blend. Ticks blend that contains, everything you need for Lyme and co-infections, as, as a maintenance composition.

Right. You can certainly increase the dosages. And so you would do the ticks blend, if you get a tick bite. So let's let's backtrack just a tiny bit. Tick bite.

Remove the tick properly immediately spray with the, mix for formula for IBT insect bite tincture. So formula for IBT makes that, you know, it comes in a, in a dropper bottle.

These are the instructions, that that I give all of my clients as well. So take bentonite clay powder. It's available on Amazon. Mix. Right. Make a paste of it.

And after you spray and clean, the bite, tick is removed. The bite is clean. Apply the IBT, mixed with clay, twice a day for two days. And I often see, you know, overnight relief from like I've had insect bites not takes but spiders, etc.

and I see, you know, big swelling, redness, pain that that subsides very quickly with, with that. Next would be to obviously start like I said tick infection support blend tis blend.

Ten drops three times a day. Okay. You will you're going to herkes. You're going to hurts a little bit because, you know, most of us carry underlying minor infections which your immune system is handling.

But when you go in with, with, you know, artisanal herbals, it is going to give you a bit of a hard. And if you've acquired an any infection from the bite, most do.

So that's one way then do the tiz blend at that dosage for two weeks. If you develop symptoms then instead of doxycycline for six weeks just do the tiz blend 15 drops three times a day for six weeks instead of the antibiotics.

Okay. After that, in order to preserve your wellness, the best way to go would be the daily, blend. Okay. Right. And then obviously, you know, when you are doing the teas support, hopefully your lifestyle is not pizza and pasta all day, you know, so pizza, pasta, cookies all day, that's not going to help.

You're just feeding the the disease. Unfortunately it's sad right. The standard American diet. Yeah that's true. Well thank you so much for sharing your education, your time, your research with us today.

And I urge everyone out there, get a hold of Doctor Désir because frankly, she's amazing. Thank you so much for joining us today Jodie. Thank you Robbie.

Appreciate all the kind words. Well, you know, you really you really I can't say enough. So thank you again. Everybody it's Robbie best in our thanks so much for joining us today.

Please share this content with anyone that you think might benefit from it. And we're looking forward to have you with us tomorrow for another great interview.