Coffee Enemas and Podcast Introduction

I'll tell you something seriously funny and kind of stupid. I've done coffee enemas ever since I went to the Gerson Clinic out in San Diego years ago.

They put me on their board and said, come up for a week and do this. And I really like coffee enemas. And I would do them. every day for a while. And the day when I said, Oh, I don't want to do one.

I would get a headaches. I was getting a withdrawal headache from coffee annulus. Can you believe it? Wow. It's not a door, blah, blah, blah. But man, it's a door.

You know, I was getting withdrawal headache. So I, I, I'm not doing too many coffee annulus anymore. Well, I like to drink it orally too. So. I never did that.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Would you like to hear from the world expert in magnesium and many other topics?

Well, you're in for a great treat today. I have Dr. Carolyn Dean. Welcome, Dr. Dean. Thank you, Dr. Debbie. May I call you Debbie? You just call me Debbie and welcome folks to Vitality Made Simple.

This is the podcast that equips you to feel better, look better, and to enjoy better relationships. And Carolyn sent me some little hearts. Send everybody some hearts.

Look at this.

Welcoming Dr. Carolyn Dean

Oh, here they come. Here they come. It's wonderful. So if you're on audio, you're going to have to watch video too, because it's pretty darn cool. Well, Carolyn, she's one of my friends.

I feel like I've known her forever. I've told her this hilarious story. My mother-in-law was a caricature. Her name was Mary Osment. Mama Mary, we called her.

And she was watching a show called Dr. Becker. And she would just talk about, Carolyn said this, and Carolyn said this, and Carolyn said this. And we were like, who's Carolyn?

Well, I thought she had a new friend at first. We didn't realize she was watching Dr. Becker. But it was Carolyn Dean, and this is literally, would that be 30 years ago, Carolyn?

Oh yeah, I think so. 30 years ago. I would be traveling around, going to Texas, doing shows. Those were the days. Oh, fun days and our big joke in our family, even everybody was like, no matter what the question is, the answer is magnesium.

Carolyn said so. So she wrote, Carolyn wrote a book called magnesium miracle. And then that's the updated version she's showing you right there. I have that too.

It's really, it really is the missing link for vitality. and Carolyn has dug deep into that. Lots of people are singing her song now but I think she wrote the song.

So today we're going to talk about cancer. You all know that my clinical practice is limited to physician referrals and I'm seeing lots and lots of sick people and lots and lots of cancer and it's on the rise.

So anything we can do to help people avoid it, we want to do, right, Dr. Dean? And anything we can do to help people get over it, we want to do. So tell us everything about magnesium and minerals and just the development of these horrible cancers that people are experiencing.

Right. Well, nutrients come into play because we want ourselves to be healthy and happy. And I think we do get into trouble with abnormal cell growth when the body thinks that, well, when parts of the body thinks that, well, you're starting to die anyway because you're so toxic.

Your cell membranes are coated with What is it? Omega-6 fatty acids instead of omega-3s. You're eating so much sugar.

Cancer, Toxicity, and German New Medicine

So, I mean, it sounds bizarre, but the way the body works in priorities is it tries to keep the organs alive and functioning, but on the outside, of the organs, things may be very toxic.

So I think that's where the toxicity factor comes into play in cancer. The sugar factor is, forever we've known that sugar will help grow cancer cells.

But then there's the allotopic medicine that says, well, cancer is really horrible and dangerous, so we have to kill it. And in killing those cancer cells, they kill a lot of surrounding tissue.

So cancer has always been complex and hard to figure out. I started to get a bead on cancer over 20 years ago now when I started studying total biology and German new medicine.

And we'll talk mostly about German new medicine because there are lots of resources that people can go to. I mainly refer to Mr. Danny Carroll. I don't know if you've heard of him, but No, I have it.

His website is danny-carrol.com. And on that site, he offers a 400 page book about the, I think it's called The Psychic Roots of Disease by what is the name of the person.

I don't know if I can come up with it right now, but he offers this free e-book or I don't think it's even on Kindle. So you download a PDF of this book and you look up hundreds of different conditions and find out what is the conflict behind this disease.

And when I was studying, I was studying the French version of German new medicine called total biology. Same thing, conflict bases of disease. German new medicine, it originated with a Dr.

Gerd Hamer. He's a psychiatrist and an oncologist. His son was fatally wounded and died of a gunshot wound, and it was somebody in the royal family in Europe, so he couldn't fight.

There was no retribution. His son died. And several months after their son died, Gert Hamer developed testicular cancer and his wife developed ovarian cancer.

And because of his two specialties, he said, this is not a coincidence. What's going on? What he did was looked at thousands of his patient files and found that every one of his cancer patients had an unresolvable conflict in their life before they were diagnosed.

And what he said about the testicular and ovarian cancer is that the subconscious body mind was trying to make another offspring. I mean, they were past the age and all the rest of it, but that's what the body did.

And, Carolyn, is this sort of like when the body says no, like Dr. Gabor Mate? I mean, in other words, people who have unresolved anger, unforgiveness.

I mean, is that similar? Is that? It goes into the body. We say that German new medicine is like Louise Hay on

steroids. So where she would say, well, you know, a headache or pain in the neck can be you saying all the time, oh, my, my partner is such a pain in the neck and they get a pain in the neck because it's almost like you're asking for the pain in the neck because you're saying it so much.

But in German new medicine, it deeper and deeper because. The stories about the subconscious reaction to stress or, for example, with breast cancer, you can have a mother who's Infant is in intensive care and could be dying and Because the brain just won't shut off the worry the fear the body gets the message I've got to fix this so the brain will put a Stimulus on the breast to create more breast milk ducts and create swelling or growth in the breast.

And that will be, you know, to produce more nurturing breast milk for the infant. Again, you know, it's not something that we say is a common sense reaction, but it's a subconscious reaction.

And when the child is released from hospital and everything is fine, then the tumor starts to break down or what he would say, these extra cells will break down.

And then as they're breaking down, that's when the person goes to the doctor and says, Oh, I have something here. And they say, no, you have cancer. Well, that is so interesting.

So for example, I had a patient who was breastfeeding and felt a tumor or felt a lump. And of course, you know, allopathic medicine rushed her in, started doing, you know, lots and lots of treatment.

But what I'm hearing you say potentially is that the body might just heal you. You get past. whatever potential stress is there, trauma is there. And you give it more time to heal, is that right?

That's right. One of my teachers, Gerbert Renaud out of, well, he's in Vancouver, British Columbia. He said that he had, at that time, 20 years ago, he had 20 breast cancer patients.

And when he was able to discuss the conflict with them, and it can just take a matter of bringing the conflict to the surface, discussing it and kind of dispelling it.

Then he said, most of them, they just, the tumor did disappear. I don't know. It probably took some time so that their, their next mammogram would show that it was gone.

And he said, I think at that time, two patients said, well, I don't know. I think I'll go ahead with the biopsy. And when they biopsied, they did not try to cancerous kiss it.

And it, this is very difficult though, in our allopathic world where people are so mesmerized by it. Cancer is horrible. It's nobody knows how to treat it.

We have to hammer it with everything. They, and allopathic nepotism will never bring in the psychology or the conflict. Never. So it's up to us to study these aspects of health and disease.

And for me, when I studied German new medicine, total biology, I lost my fear of cancer. I just don't create conflict. You know, if there's something going on, I'll voice it.

I'll yell at the top of my lungs to not keep it in my body. So that's what we have to tell our friends and family and our patients and clients that they have to get this conflict out in the open.

You know, it reminds me of just so many instances in my practice over 40 years. Early in my practice, I had a woman who was happy as can be, healthy as can be.

And then she comes in and her whole demeanor was different. She just looked sick and she's like, Dr. Debbie, I've been diagnosed with breast cancer. And I said, well, what else is going on?

I mean, you've been feeling great. Great. And she said, well, I found out my husband is leaving me for somebody

else. And I remember Carolyn thinking, wow, could those be related?

That's just the biggest heartache that any woman could ever imagine.

Emotions, Conflict, and the Body

And sure enough, she died very quickly. And in my mind, I thought, well, she died of a broken heart is really sort of. Right, right, right. Yes. And the way it's described in the book, the free book, the people can get a danny-carroll.com.

It's amazing because they'll talk about a right-handed woman, I think, you'll get oh maybe the breast cancer if it's the partner or the spouse that's causing the conflict will be in the right breast and in a right-handed woman the left breast will be family and children and not the not the spouse so it's It's very precise and Dr.

Hamer even got to the point of doing MRIs of the brain non-contrast MRIs and finding these little what we used to think were were just Artifacts, I think they used to call them in brain brain scans and these artifacts he showed how they Corresponded to oh the breast And the liver, that's got to do with severe, I guess it might be betrayal.

And the pancreas has to do with inheritance and on and on and on. The brain cancers can be where the person's brain, you're trying to keep up with your father or an associate or somebody, you're pushing your brain.

So you start developing extra brain cells. So that is very important. Also important is keeping our body healthy because I think someone can have a conflict.

And maybe it doesn't dramatically affect them as much because they feel healthy and they're taking care of themselves and they have a positive attitude because you remember Dr.

Candice Pert's work on the endocrine receptors and the opioid receptor sites. She did this whole thing about the the biology of emotion and you keep looking for receptor sites and realize our thoughts and feelings and our demeanor can actually affect the receptors and allow more dopamine or serotonin and I know I know that myself in my You know, I have a farm here and I volunteer at the farmer's market and the farm store.

And, you know, I'll just be beaning away and people will literally come up to me and ask for a hug because they just want to get a hug. So if you. If you come across a conflict, you're going to be sad like your patient of 30 years ago, and that is going to shut down your receptor for your neurotransmitter that are supposed to give you happiness and joy, dopamine and serotonin.

And look what we did to ourselves over the COVID year, where we shut off social interaction. That was killing people. that no body contact. They did it with babies before they had laws against it, but with monkeys, they would keep them in isolation.

They would never be cucked, and they were just going to depression and die. So there's the emotional component, there's the conflict, there's the physical.

If you're eating a lot of poisons and toxins, then your body is not going to divest itself of creditors, which can be the viruses and all the rest of it.

One of my products turned into a project. germinated barley seed that gets squished in these huge hands-foot wide drums. So we've got 400 pound barley seeds going around in these drums, and our liquid forms, we squish out the liquid.

So what's wet is barley straw. We use that as a fertilizer. So here on my farm I did a radish experiment and one plot I put the barley straw as a fertilizer and the other plot nothing.

And after the 25 days of radish growth, huge, beautiful, bright red radishes in the barley plot and the other It was all

weeds and worms and the radishes had all kinds of crevices in them from the worms.

We got 85 pounds of saleable radishes, radishes we could sell at the store in the non-barley plot, three pounds. 85 and 3. And what I realized is that the barley straw, it was a prebiotic, probiotic, and it's dead, not just nutrients, but also a life force to the radishes.

So that predators will, they'll say, okay, it's not weak enough for me to attack and we. And that's what we have to look for. Things that give us light portion.

I can't tell how many YouTubes I've been looking at where someone's talking about the mitochondria or any sort of the ease. What do they all say now? Well, we have to get the right skin.

We have to get exercise. We have to eat light. We have to have good thoughts and social interaction. And then, you know, they do talk a bit about supplements, but, you know, supplements have started to be so difficult to sort out because the big pharma had bought up a lot of the small supplement company.

They made most of our vitamins synthetic. They say with the mineral compounds, and as you know, my minerals, somehow I have the genius hemisuit who make devalized ions of minerals, which is what the extels want.

Solicin can get the right supplement, food-based organic vitamins, the methylated D vitamins, B3 made from algae and said contaminated fish oil, along with K2 and just basic.

If you can get someone to take the basic and take enough of them at the, you know, good, well absorbed as you can get them to take enough magnesium to start with.

Then you've got a healthy body of you. I'm killing everybody on my, on my podcast that that's 76 right now. I feel better than I did at 30. I can't even believe I'm 76. I knew you've been in practice for 40 years and you look like a kid.

So it's. That's the type of energy that we want and that will repel creditor. But if you allow a conflict in, and I'm no psychologist, I'm just a common sense person, but it's obvious if you allow conflict in your whole demeanor droops, then you are not in charge of your neurotransmitters to keep yourself happy and, you know, filled with dopamine carotene.

Well, and when you just think about just a fear response, you know, for some people they They suddenly get diarrhea or the people who live in constant chronic fear, they're constipated or people break out in a sweat.

I mean, you know, there's a physiological response that absolutely follows a psychological event. I mean, we just see it so many times. It reminds me, Carolyn, of I've thought so often about, you know, in the Bible when Jesus was healing the lame man and he said, your sins are forgiven.

Oh, now get up and walk. And I've often thought, well, maybe he this guy felt guilty about something. You know, there is something in his psychological health or lack of that that Jesus addressed first.

You know what I'm saying? I think that that is there for us to see that we can't overlook our thoughts and things we're holding inside.

Purpose, Faith, and Healing

I think this Germany medicine is really fascinating. And also I think a big part of your youthfulness, hopefully my youthfulness is living with a passion.

You know, you're getting up every day and you're going down the beach collecting smiles and you're going to your farm to work and you're going to sell, you know, good delicious food to people.

Well, there's something about that, Carolyn, that that reason that that spark for living that living your purpose that I think is so big that that I've seen in my practice, but it's hard to quantify.

Right. The purpose, the goal. And there've been a lot of studies and a lot of these studies are kind of silly, but there'll be studies that show that people have a long-term goal, they do better than people who, or what am I going to do tomorrow?

What's the point? Why should I get out? Or people that they're dying and they're in some sort of terminal stage, but they did a wedding that they want to live for, or the new grandbaby.

So we can move mountain. is if we have a goal, if we have something to live for. But we're living in a society now where people are kept alive too long with too many drugs and too, sticking in every orifice and all the less of this.

We know all that and we have to fight it. There are enough YouTubers now talking about we can live to 120. And I believe that. I mean, just go to the Bible and see how long people were living back then.

And yeah, the prayer and the absolution, is that what you say, where someone will say your sins are forgiven, then that can release the conflict and allow a person to live again.

So that's where Christianity is so important for Peter who heel burdened and then that lifted. That is something almost physical that people don't recognize.

And there are people who live with, I guess some people say the Holy Spirit. I bunk in two people here in Mali and they're both South Pacific Islander women, you know, big robust women and you look at them and they're just kind of, they may not even be smiling, but you go near them and they just radiate.

And I just go laid up to them and I'd say, you've got something special. And they will, they will talk about reasons that I won't, they won't take, you know, they won't even take any credit for it being them there.

And yeah, they're passing it through, but you hug these women and I'm sealing it right now, the tingling that you can perceive. So there are people, when you stay here, feel and hear that kind of thing, it keeps you, that's what I want to be like.

And that's my gathering smile, but now gathering hugs. It's very important because it lets people know how, you know, the importance of that kind of feeling.

So, yeah. Yeah. No, it's body, soul and spirit. You know, Carolyn, I think it's so big. And, you know, I, um, I see my body as the temple of the Holy Spirit and that makes me want to take better care of it.

So, you know, but it's connecting all those dots. So many, I think so many Christians don't even think about their physical health. They, you know, like pray for me and pass the donuts is what I always say, you know.

You know what I'm saying? I mean, I think a lot of people, they don't put it all together, but you know, it's so important to tie it together, to think about emotional health.

I think a lot of women in our age group, especially, you know, it's like bear your emotions, just keep going. But no, we are designed with those emotions.

And that's what you're learning about in German New Medicine. It really is super interesting. Right. And it's interesting you bring up the topic of cancer because I usually don't talk about it because I have a license.

My license is in California, my medical license. I don't practice there. I keep it going every two years. I have to do my CME credit and I keep up with the horror that is modern medicine.

But in California, back in the game, they used to take the licenses away from doctor to treat a cancer with anything

but drugs and surgery. And that probably still exists to a certain extent where allopathic medicine steers the alternatives.

I mean, look what they did with cybermectin and hydroxychloroquine and nothing or condensol. I think there is a surge of cancer. There's also a surge of interest.

I think what happened with that genetically engineered COVID virus, which emphasized by protein, and then the jab that emphasized by protein, I think all of us have spike protein from the shedding of people with COVID.

I got COVID a few times and you know, the people who cooked the jab, the spike protein goes to every cell in the body and tried to weaken it because it multiplied in the cells.

So what I'm saying to people is if you can take some perfected dietary supplements to build healthy cells as the spike protein cells go through a slice cycle and dies and then is excreted, your newer high healthy cells won't allow spike protein in and you will, you know, you'll get your health back.

We have records of that, people's spike protein level is occurring. So I can't say that I have any sort of treatment for it that should come. It then helped me that a body, we can grow a new whole body, including brain cells in seven years.

So it's not going to take that long to be healthy, but we can heal our bodies and return it to the blueprint and map that we were born with, a God-given blueprint.

Well, in your magnesium book, you talk about how sugar depletes magnesium. So for our listeners, I think that's just the key point to know since magnesium's absolutely essential for every single cell in the body for growth, for repair, for resilient, then It's important to know that sugar impacts that.

An interesting thing happened clinically, Carolyn, a woman, a young woman came in who had been diagnosed with stage four breast cancer and she He said, you know, we talk about everything and she said, well, I have a question.

I was sent to a dietitian by my oncologist. She goes to an excellent oncologist. She said I was sent to a dietitian and the dietitian told me that it's a myth that sugar impacts cancer.

Sugar, Magnesium, and Vitamin C

And she said, what do you think? And I said, Turokaka, Turokaka, Turokaka, except I, you know, spoke English. And I said, I can't think of another word to emphasize this.

It's so big. And so then we talk about, you know, what is a PET scan? A PET scan is a form of, of sugar because it just takes that signal straight to the cancer cell.

So, um, I think, you know, people just have to know that not that you may never have a body of sugar, but you know, it's in our world, it's just everywhere.

And to know that additionally, it's, it's depleting such an essential mineral as magnesium, right? Then it will, they'll be, I think in my sugar book, I really delved into this deeply.

What's happening with sugar, and you'll love this, is a glucose blood sugar molecule looks very much like an ascorbic acid molecule. And the two of them fight for transport into the cell on insulin.

What do you see happening there? When you're eating a lot of sugar at any one point in time you have one to two teaspoons of sugar in your whole body.

You drink a can of soda with 10 teaspoons of sugar overwhelm. And so all that sugar is dumped and put in,

attaching to the insulin, bumping off vitamin C, which is a necessary antioxidant in your cells to help with the oxidative stress that the waste material, you need your antioxidant.

You're not getting any vitamin C into your cells when you eat a lot of sugar. When we used to have partings with the foster kids back in the day, we'd have a sugar table, and then we'd have a smaller table with vitamin C.

They had to take the antidote. So I'll bring in the COVID years again, because during the COVID years, we got so down and depressed and everything as a society.

We went for sugar. the 15 pounds of COVID weight that people put on. Sugar is huge, everything, the both, the deserved. And I love it too. I went through years of trying to avoid sugar.

Well, I did avoid sugar, wheat, and dairy at the end years because of my yeast cover quotes. And it's just impossible. I never got rid of it. until I made my own formula with saccharomyhequilarity, which is a very gentle antifungal and probiotic.

Humic trollbaric, which is green probiotic, has a lot of minerals. What else? I put in some of my barley straw. or not, not the straw delt, but the barley liquor is one of my products.

I, um, I'm whatever dehydrated it into a powder and put it in. And that along with the Pico meter silver stabilized dianis silver, you can settle down your gauge though that it so that you don't concern yourself with eating the wonderful bits of crude and the dessert urine.

And you can't ask your patients to be that string. I tried myself and I can't do this. So there's ways of dealing with sugar. But just think of that, how sugar and ascorbic acid compete for insulin transport.

And then what we know about sugar in the human body is we don't, sorry, about ascorbic acid in the human bodies, we don't make our own ascorbic acid. Every other mammal, except maybe guinea kids, make the ascorbic acid.

So here, you'll love this story. Here's what I say happened. In the Garden of Eden, When Eve ate the apple and she defied God, don't eat it, don't, don't eat it.

He ate this. I mean, that's the story. Anyway. No, then God said, okay, then you can eat fruit all your life, but I'm taking away the enzyme to make your own ascovigases.

To combat it, you're saying. I was part of the punishment for humankind. Yeah, we did it. So we've got a situation where we need that vitamin C to keep ourselves healthy and to prevent cancer, to prevent heart disease.

Then I go to my story about Linus Polly. He was working with high dose vitamin C. He knew that we weren't making it and we need eight to 10 grams of vitamin C ascorbic acid and they decided to suppress his information about heart disease and just say, oh yeah, vitamin C is good for the common cold.

But he was working constantly on figuring out how much vitamin C ascorbic acid for heart disease and for For the lipids too, he added lysine and then Mathias Rath came along and added coli.

And this is, I'm going to put that, I am putting that combination together because there's so much heart. a heart, you know, not a heart attack. There are heart paths, but there's so much attack that had gone on to the heart from spike protein.

And I had my hystereic heart path applications. I got rid of them with natatum, but I'm not going to, I'm doing high dose vitamin C, proline and lichen because Vitamin C is necessary to my collagen that keeps our blood vessels, our arteries, everything healthy, cartilage, everything.

If your blood vessel doesn't have enough collagen, it'll, you know, have a little weakened area. It can have a little

split. That split then is bandaged by cholesterol.

And the longer cholesterol stays there, and if you don't have enough natifium to keep calcium under control, Halcyon will deposit in that cholesterol and there's your atherosclerosis and there you know the the atheroma plaque or whatever that can break off and your plug a heart artery or plug a brain artery so vitamin so there's the the importance of Decing your sugar low, caking your vitamin C, ascorbic acid.

Now, I went through years of thinking, well, ascorbic acid, you know, they're making that out of the coal car. It's not natural. And I just said, you have these boot-based vitamin C.

Big head of boot-based vitamin C, they have chirocine, they have bioblavin. A lot going on, Gord, when you get vitamin C from the food source. But once I started to look at Linus Pauling and I actually interviewed and remember by the NISD doctors on my podcast a few years ago around the COVID day, and they use IV by the NISD.

to such a miraculous extent, they will take people who are dying and put up the ibex ascorbic acid drip and they will bring people back to life. So the body needs ascorbic acid and the chemical structure of the ascorbic acid that other mammals make is the ascorbic acid.

So there's, yeah, There's the information that I think is meaningful for people with heart disease and to prevent cancer. Well, yes, and it's all connected.

Carolyn, you're going to love this. I got to have my picture made with Linus Pauling back in like 1978. He came to Oklahoma to University of Central Oklahoma, which was called Central State.

Then the college I went to and I saw that he was going to be there and went and sit on the front row. got there really early to meet Lydus Pauling. And he was just a really sweet man.

And he talked about all of his studies, just totally dedicated to helping people feel good with the simplicity of vitamin C. And that has just been huge, I think, in our health journey and many of my patients.

There are lots of good folks in Oklahoma City who do IV vitamin C, and we've just been miracle, absolute miracles. And for our listeners, if you take vitamin C and it goes to the gut, you can only take enough for what's called bowel tolerance before you get diarrhea.

But if you have an IV, then that does not go through the gastrointestinal tract. So you can have 50 grams instead of five grams. And so it's very healing.

But what I say to people is you Say you've got coming on 20, if you lose 25 grams orally, that's 25,000 milligrams. That taken daily can be equivalent to an IV of this year or a hundred.

There's something about the oral absorption. Is it a liposomal form? Like a liposomal form, you can take a lot more. But what I get people to do is put it in a liquid and just dip it through the day.

Yeah, not all at once. Yeah. And we have that problem with magnesium with people. And I just tell them, dose yourself throughout the day. Don't take it all at once.

You'll overload. Though the vitamin C, you can get away from the bowel effect. And yet we have people who say, oh, bowel tolerance. Oh, I can't take any more.

Oh, no, no. Take it slowly. I'll even have, Debbie, I'll even have people take their magnesium or their vitamin C with psyllium steve powder. And the psyllium is like a gel as you know, but then it'll drag the vitamin C or the magnesium through all the intestines and it just keeps absorbing.

Well, and I have, here's my magnesium. I talk about this on Instagram. I use your Remag, Remite. I use some protein powder symbolics that has the eight essential amino acids and plus El arginine.

And then I use Baja Gold, naturally harvested sea salt. I know you and I have talked about the different kinds of salt. The pink salt is actually iron oxide.

So I don't need that for myself. So I use the Baja Gold and it has, you know, 90 different micronutrients. So I sip on, you know, Carolyn's magnesium all day long.

I love it. It tastes great. And so I get a lot of my patients doing that Carolyn because You know, people are tired of taking pills. So this is a, this is a liquid for listeners that is really makes them drink more water, Debbie.

They don't want to know. I don't want to drink water. But if you have the minerals, what happened to the minerals go into the cells and they put water after them.

So you're not running to the bathroom, your water, it's yourself and doing what is supposed to do. Because what did they what did they tell poor people with with some blood pressure with high blood pressure?

Heart Health and Supplement Strategies

Oh, don't drink so much water. and take a diuretic, all these things that make you more dehydrated. And dehydration, I mean, that's the road to the blood clots and ceiling to cheese and your body not metabolizing into cells.

You were talking about magnesium and the importance and the reason it's so important is it's responsible for 80% of known metabolic functions. So that's why I call it the gateway drug.

It's the gateway drug. Well, mama Mary, you know, whatever the question was, the answer was magnesium. I mean, I mean, it was, it was so good and she was so right.

She would always give a lot of unsolicited advice, but she thought if she started it with, well, darling, uh, are you aware, you know, she could just tell a stranger anything, but a lot of times she was quoting you and she was really helping people.

because that was so baseline. Yeah, she would really love Remag and she'd love this book too because I ended up finding at least about 68 different medical conditions that really could be magnesium deficiency.

It's a place to start, definitely. Yeah, it's a place to start and people feel better. I just had the conversation at the farmers market yesterday with with someone whose husband had 30 years of headaches and it was seriously it was after he got hit in the head with a base fall and They never figured it out or treated, whatever.

So by the time now he's in his late 50s, they're running all the tests to know you could have, no, he got hit in the head with a baseball and he's got scarring in there and it's never been treated.

And what does she tell me yesterday? That even through all his testing and everything, we encouraged him to take my magnesium and his headaches are gone.

Third here, that is wonderful. Can you imagine how he wakes up? Just thanking God for magnesium. I mean, wow, headaches. I mean, there's, you know, I'm not a headache person, but the people that are, I feel so sorry for him, you know, that just have to live with that chronic pain.

I'll tell you something seriously funny and kind of stupid. I've done coffee enemas ever since I went to the Gerson Clinic out in San Diego years ago.

They put me on their board and said, come up for a week and do this. And I really like coffee enemas. And I would do them. every day for a while. And the day when I said, oh, I don't want to do one, I would get a headache.

I was getting a withdrawal headache from coffee annulus. Can you believe it? Well, it's not absorbed, blah, blah,

blah. But man, it's absorbed. You know, I was getting withdrawal headaches.

So I, I, I'm not doing too many coffee annulus anymore. Well, I like to drink it orally too, so. I never did that. You really haven't. Oh my gosh. We have a percolator and percolabigo.

It's just so it just, you know, it's ready to plug in and put a little bit of organic ghee in it. And it's just, you know, you might, you might get started drinking it from the other end.

If you try it that way, Carolyn, especially that coffee in Hawaii. It's so good. Well, my thing is I'm too impatient to wait for it to cool down. That is it.

I remember, you know, all the camps I went to when I was a kid, brownies, girl guides, everything, Rangers. We would have chocolate, whatever, chocolate milk at night, hot chocolate, hot chocolate.

And I would take it and burn my tongue and ruin my whole week. When my dear mom was dying, she was dying of acute leukemia because my other doctor sister told her to take a statin and a high blood pressure drug.

But anyway, we won't go there. So each of her four daughters were spending spending time with her, keeping her at home. And she's, oh, why didn't you have a cup of tea with me, dear?

And I said, no, it burns my tongue. I mean, I've said that for like 60 years. And she said, well, dear, all you have to do is put a nice cube or two in it.

I said, you waited till your dying day to tell us that? That's funny. Yeah. She had a great sense of humor. Oh, that is hilarious. Oh my gosh. Well, there's just, you know, I love these natural remedies too.

I mean, so many things we've talked about people can, can start doing, doing today. And I think that's the key. Um, even, even to our early earlier, even to our earlier conversation, Carolyn with, with trying to.

pull up any, you know, buried feelings or, you know, in unforgiveness or just anything that needs to, to come out and get healed so that the body can heal.

Right. Yeah. Speak your mind. I was just thinking when, you know, what I said to my mom, some people said, Oh, you didn't say that, did you? No, you, I mean, it's, you're, you should be able to bring these things up and kind of joke about them.

Life is, life is a bowl of cherries and you, you have to treat it that way. Now, what's there, when you, said you wanted to talk about cancer. I wonder, are there other things that we should look at or discuss?

I mean, what I would say to someone is, you know, get your tests done and all, but now we're hearing about mammograms, how the horrible squishing of the breast can spread or the biopsy can spread.

I wonder, what do you think of all this testing that could actually be problematic? I really think, well, for me, I can only tell people what I do now, but I don't get mammograms anymore.

I got a lot of them early until I probably turned 50, but now I do a thermogram and an ultrasound. So that's out of pocket. It's really funny now that I'm 66, you know, I had my Medicare physical and the doctor is somebody that my younger brother's friends with.

And so he's like, I want you to get a mammogram. And I said, no. And I said, I'll pay for a thermogram and a ultrasound, but I'm not going to get a mammogram.

I think they're not as accurate, actually, from everything I've read. And then he said, I want you to get a colonoscopy. And I said, no. I'll do a GI map on myself.

And I'll do a, oh, what's the other test? It's just a stool test, a color guard. I'll do a color guard. And he said, work with me, Debbie, work with me.

I'm not going to get paid if you don't comply. And I said, well, you might need to fire me. It's okay. We can still be friends. But, you know, I mean, everybody has to decide for themselves.

Testing Choices and Integrative Medicine

And I think that's, you know, the great hope that people will investigate and read their research, read the inserts of things, read the side effects. My own dear father got a colonoscopy and got nicked and it changed his whole life.

He developed polymyalgia rheumatica immediately and autoimmune problems and so You know, and I know colonoscopies do a lot of good. I'm not saying they don't, but for me, for my decision, it was different.

So I think it's being informed. I would never tell anybody not to do anything, but. But there are a lot of options. I expected by now, thermography would be bigger, but the mammogram is the standard.

They're not going to get rid of their mammography machines. I've never had a mammogram. I just had one thermogram and that's awesome. That's enough. That's enough.

That's enough for bodies designed to heal. You know, my patients stand in front of the mirror and say, my body's designed to heal. I am not my disease.

I am not accepting that curse on myself. I'm designed in the image of God and I can heal. I just need to figure out what to do. But it's really funny talking about thermograms, Carolyn.

I saw a patient that had an infected root canal and a breast tumor and it was on the thermogram is lit up like a Christmas tree from the root canal down the lymph node exactly to the breast tumor.

And that's the only thermogram I've seen, but I see that situation a whole lot because of the meridians of the body, the connections. So it's all connected and I appreciate how you're connecting everything.

So when is your new book coming out? Well, the first one, Sugar Toxicity, a Clinical Perspective is on Kindle right now. It is. What about paper? I love books.

I love hard copies. Is there going to be a hard copy? I'll have to check. I keep meaning to find out from my team that, you know, there's a print on demand.

Like this is a print on demand. I'm publishing all my own books now because, well, just because. Yeah, because you can. Why not? Yeah. But the Kindle PDF version is only 99 stints.

Wow. I know. It's amazing. You worked hard on that. At this point, I've written so much. It's almost like a cut and paste and a new idea. Oh, type that in.

It's really amazing how the internet, the computers, everything have made it for us. We can get this information out there. willing and you know to wind things down.

That's really our message because people can do their own research. They can follow people like you on Instagram and on your website in your classes and they can learn so much.

They can find out how to keep these earthly vessels healthy and I so admire that you're learning new things for our listeners. Dr. Dean is actually an MD as well as a naturopath.

So she's coming from the aspect of truly integrative medicine, and that is fantastic. Here is the newest thing. I was asked by kind of a MAHA, Make America Healthy Again offshoot to come to Arizona and speak at a fundraiser for a

charity called the Vital Choice Project.

A young man, 22 years old, who had been beaten up by the medical system for his whole life, he decided that he wanted to create an educational forum for pre-med students.

The people around him knew me and invited me over. So my charity, I have a charity, paraGeniusFoundation.org. And to my charity and his charity, we're bonding together to teach pre-med students.

And it turns out that one of the universities where there's an existing chapter of his vital choice project is 30 minutes away from my warehouse in North Carolina.

So it's like, okay, someone put that together. And that is wonderful. One of the other charities involved was Mike Tyson's. Mike Tyson is doing some inner city work.

His son is running the charity, so I met Mike Tyson. So it was, he was really cool. But doesn't that make sense to teach pre-med students? Like when they're in their undergrad, which isn't as onerous as med school, they learn the stuff that we know.

And when they go into medicine, they're not deterred. They know, oh, there are other choices. Okay, don't worry. But I would tell most young people these days, don't even bother to go to med school.

Teaching the Next Generation

I'm the adjunct professor of an online naturopathic college that's accredited. It's called knowyourwellness.com. And knowyourwellness.com. Wow. And you can get an accredited naturopathic degree for, it's like $3,500. You do it online and you learn, I have my magnesium module at there and my yeast overgrowth module and a module about mining formulas.

So it's happening. Wow. That is, you know, I've got to be careful not to sign up because, you know, I have fear of missing out on something that I might help somebody with.

So, Marge, that's fantastic. Yeah. Well, thank you for coming today. I appreciate it all the way from Maui to Oklahoma. That's pretty awesome. And it's your morning and we're winding down here.

I guess it's about noon at your place, right? That's right. Yeah. Yeah. Well, and thank you listeners for joining us just for a fun conversation. If you would like to see Carolyn's products, I actually am an affiliate because I use her products.

And so there's a link on my website. It's called RNAreset.com. Just a simple link on the website. Good, good stuff. And thank you. Share this with anybody that it might help.

We're now in a hundred and like 45 countries and 6,500 cities because you're sharing. Join me on Instagram, join Dr. Dean on Instagram. We're going to keep bringing you good things that will help you feel better, look better, and enjoy better relationships.

Blessings until next time. Thank you for tuning into Dr. Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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