Introduction to Toxins and Radiation

Welcome back to the conversation. Today, I have a fan favorite, Dr. Jay Davidson. Welcome. Thanks for having me, Laura. I'm excited to talk on toxins and what we're being exposed to, you know?

Yeah, there's some bad stuff out there. And that's why I wanted you to come on here, because you're an expert in a lot of things. I mean, we could have gone through so many topics here, but we're going to talk about radioactive elements and radiation today.

And for our audience, who doesn't know you, you are you know, your story is pretty compelling. You nearly lost your wife, Heather, to Lyme disease. And then through trial and error, you finally learned what was needed to save her life.

And once she recovered, you turned everything you learned into protocols for cell core bio sciences. Now, this is a really important company to me because we use cell core in all of our programs and protocols because we see such incredible results from this.

And it's, you know, really my pleasure to be able to bring you on here and pick your brain, because not only do you have this, you know, gift that you've given to the world, you're also a mentor of mine.

So this company, CellCore, is really changing people's lives and it creates natural solutions for gut immune and whole body health. And you're also a two time number one international bestselling author.

So we're going to dig in to radioactivity. So as we start off here, can you just tell us why should we be talking about this? Why is radioactivity an important topic?

And I'll tell you, in all the talks that I'm doing for this project, when we talk about toxins, this one is left out. This one is left out. Yeah, for sure.

I mean, this is this is the silent killing category right here because we don't know much about it. I mean, when you hear the word radiation, most people might think of an x-ray at a doctor's office or, you know, radiologists or, you know, cell phone, Bluetooth, wi fi.

Right. I think I think about that. But really, the biggest exposure that we're getting is through our water supply. We're drinking it. And the crazy thing is there's no taste.

There's no really way to detect that it's even in the water because only one government agency, the EPA, even tests for certain radioactive elements like radium specifically.

So unless you do some due diligence and research or have, you know, different alternative methods, maybe like muscle testing or different devices like biofeedback scanners or something that could pick pick things up like this, you're just not even going to know it's in the water supply.

And, you know, the worst type of water you could ever drink would be tap water. And any filtration is better than tap water. But what we'll talk about today is that most filtration is not actually getting these radioactive elements out of the water supply.

And according to the EPA, which the Environmental working group reported on this about five years ago or so when they ran EPA did all their tests in 2010 and 2015, and basically a 170 million Americans they found had excessive amounts of radium in the water supply, which is a radioactive element.

There's many of them. And we could talk about the different types and the isotopes, right? There's radium to 24 to 26, radium to 28. But it's like this is I think this is a perfect topic for this event because this is something we're drinking every day.

It's not being talked about. Dr. Todd Watts and myself, really the first ones to bring this to the forefront. We spoke on it at our very first practitioner conference in 2019 as we had figured it out the year before and like, whoa, this is huge.

We need to, you know, have a create something that helps to detox these chemicals out. And then and surprisingly, Laura, I thought, man, the whole world would be talking about it immediately.

And it was just like it didn't didn't click, it didn't click.

Why Radioactivity in Water Matters

And I'm like, okay, I hope this year, right, that we're in now, like it's going to start to resonate more and more with people because I mean, if you're trying to exercise, if you're trying to optimize your sleep, you're trying to optimize your diet and eat clean food and avoid, you know, processed food and toxins, you could be drinking more chemicals in your water supply than all these other things that you're trying to avoid.

And so we really need to hone in on the liquid that's going into our body and making sure that that we're not getting bombarded with a ton of chemicals.

On that note of liquid, I mean, of course, one of my questions is going to be how do we avoid this? So we're going to dive pretty deep into radioactive elements today.

But since we're on the topic of water and I know this is everybody's burning question and you mentioned it, some filtration systems or purification systems don't actually get it out.

And this is a huge topic that we talk about in my community and programs and clients that we work with. Can you tell our audience how you get it out? Yeah.

So as of right now, at the time of recording this, the only water supply that I know of are the water. It's not even a filtration system, but the only way to basically get the radioactive elements out of your water supply is water distillation.

So a water distiller and I see it's not a filtration because it's the only way and it's nature's way, but it's the only way that actually goes. The water goes through a phase shift, so everything else is filtration.

And the thing you have to remember about filtration is filtration will always get gummed up. Filtration will eventually stop filtering, it'll always fail at some point.

And so if I run filtration, you know, and one of the the well-known brands. Berkey, it's like a countertop unit, you know, they advertise, oh, the first 50 gallons.

You know, we get 98% of such and such radioactive elements out. And then by a hundred gallons, it's like 97%. It's like, well, my question immediately is, what's 200 gallons?

What's what's the thousand gallons? Right. And everybody's source water is so different. So even if you're getting a lot of it out, I mean, distillation is the only thing that gets it all out because it's basically boiling the water so that you get evaporation and then it goes through some tubes and cools down.

So it condensates and then it precipitates down in most distillers, you know, it's like stainless steel into a glass jar and then the only thing that's going to come up with the water, the H2O, are VOCs, volatile organic compounds and just simple carbon filtration dripping through or running through carbon afterward.

Well, we'll clear that all up. And basically that is like pure water. And of course, because of online and talking heads and, you know, natural health, they're like, oh, distilled water.

It's dead water. That's not natural. It's like, look at what Mother Nature does. All right? We have oceans. We have lakes where the water evaporates it.

It condensates and it precipitates and that's what's the that's the whole water cycle. So we're doing that same thing. But in in a closed systems we're not getting airborne contaminants, which unfortunately there's a plenty of them on Earth right now, which is why, you know, drinking rainwater isn't necessarily ideal.

I'm so glad that we're bringing this up. So the big question that we always get in our community, by the way, you know, I found you and Dr. Todd in around 2020.

You said the first conference you talked about this was 2019 when I did meet you, too, and start you know, I met you online, right? I didn't know you at this point, but I studied everything you put out, like absorbed it as quick as I could and started coming to those conferences.

And I can remember my first discussion about the first talk I ever heard you do on water and distilled water. So we do it, we distill our water. And the big question we get is, well, what do we do about minerals then?

So you take the minerals out. Aren't our bones going to get weak? Isn't or isn't this bad for our kids? Isn't this bad for me? And there's some myths around minerals and distilled water.

So could you solve that right now? And then we'll get back to radioactive elements, I guess is really important because if we do anything in this interview, anything at all, if we can get people to safely drink distilled water, we are doing a huge benefit to this audience.

Yeah. So when you yeah, this is a very loaded question, but it's a super important question, like you said. So when you make distilled water, distilled water when it comes out is a perfect 7.0 pH and then as it sits out, then carbon dioxide from the atmosphere can absorb into the distilled water and it can lower the water.

6.5, 6.0, you know, depending on how long you leave it out there. So we're taught that, oh, I need minerals, I need lots of minerals. It's like, yeah, the body needs minerals.

So and this is a little bit mind blowing, but every mineral is a metal. So when you say my body needs minerals, you can just say my body needs metals.

But as soon as I say metals, you're like, Wait a minute. I thought metals and especially heavy metals were toxic. It's like these blanket statements. We we can't be doing those anymore.

One of the heavy metals that our body absolutely needs is requirement for, you know, transporting oxygen in the bloodstream is iron. Well, that's a heavy metal, but it depends on the forms.

So not all metals are dangerous. Not all metals are needed for human health. And it depends on the form. It depends on the oxidative state, depends on the balance of these elements themselves.

But this idea of I need minerals. Well, when you look at tap water, for instance, or even spring water and you're running in your you have minerals in the water supply, these are generally the same minerals that are not at the proper oxidative state or the or the right valence, essentially.

So there are different form than what our body can utilize them so quickly. Think about your house. You're running tap water and then you get this white scum around the sink or or the bathtub.

Those are minerals or metals that are building up. Well, those same minerals or metals are absorbable, are really usable in the body because they're the wrong form.

They're what's called an inorganic form. So when a plant takes in a mineral, it transforms it from an inorganic to an organic or it's bound to carbon.

These are the minerals that our body really wants and can utilize. So if you think about toxicity, somebody can actually be and this is what's really mind bending.

Distilled Water and Mineral Myths

Somebody can be toxic in copper, which is a mineral or a metal because they have a copper pipes in their house and they're not filtering that out. But then at the same time, not only can they be copper toxic, they can be copper deficient.

So I can be deficient in toxic of the same thing, the same mineral at the same time, which is like, wait a minute, how does that work? Because the valence or the oxidative state of copper.

So if copper is bound to a carbon from a plant molecule like my body can totally use that right or or copper that's bound inside a liver. Right. Beef liver, right.

To me is eating beef liver or they're eating something that's got beef liver or that copper form is way different than the copper that's coming from our pipes, so to say blanket statement, oh, I'm toxic and copper.

I need more zinc fill blanket. It's like, no, you actually might need more of the right form of copper to kick out the bad form of copper in the body.

So water h2o like you don't need minerals in it if you want to add minerals in it. Absolutely you can. But we want to make sure they're plant based or what's probably more important is electrolytes.

You know, adding some electrolytes to the water, which, you know, sodium, potassium, magnesium mainly. So the thought that somebody needs minerals in their water, it's okay to add minerals to your water, but it has to be the right form.

So not all minerals are really available for a body to absorb. That's why most minerals we should actually be getting through our food supply, not necessarily the water, but of course the talking heads and the online health world really is like, Oh, if you're drinking distilled water, it's dead water and it's going to, you know, deplete me of stuff.

So like, first of all, when you drink a glass of water and if somebody were to, you know, unfortunately get shot or cut open immediately, you're not going to see water pouring out like it.

It it immediately gets absorbed in the body. The thing to understand those distilled water is pure water, meaning there's nothing in it. So if you want to add some electrolytes or you want to add some minerals, right, or metals to the water, I'd prefer be like plant based or some electrolytes to the water.

That's fine. And if you want to energize it or structure the water afterward, that's fine. But the people that they they have these machines that use electricity to, you know, separate charge and make alkaline water.

And these different things, the filtration on those things is inferior. So start with distilled water, then you can fancy the water up. And when we switched over to distilled water, we were in Puerto Rico at the time and I actually had Dr.

Todd test my wife because she was getting like this clogged ear thing and he said it all. It's something in her water. It's a toxin. She's drinking it in the water.

I'm like, There's no way we're in Puerto Rico. It's supposed to be rainforest water. I use a Berkey with the white filters at the bottom, like, no way.

Eight months later, she still has this thing going on. He's testing her. He's like, No, it's something in her water. She's drinking it. Then I tell you this before, I'm like, Fine.

I got mad and I went and bought a water distiller. Within a week, my daughter's tummy aches went away and I was like, Oh my gosh, it wasn't emotion. It was something in the water supply.

Within a month, my wife's ears started crackling because it always sounded like, you know, she was underwater when she would talk because of, you know, the clogged ears.

Within a month, it started crackling, opening up and just kept improving, improving, improving. And then it just hit me that, great, let's say there's 100 chemicals in my water supply.

I run it through and I filter, but I'm only getting 94 of the 100 out. So there's six left while I'm drinking those six chemicals every day in my water supply because I'm in the health world.

And that's all we drink is lots of water and my body's just getting overwhelmed with it for how many years? And I think back when my wife crashed, you mentioned at the beginning of the interview in 2012, after my daughter was born and we lived in the radium belt, which it was like she was literally drinking these chemicals in the water supply.

I had a whole house 2000 whole house water filtration. I had a water ionizer at the house as well. I had a water ionizer at our office. Like I spent so much money on water immediately thinking, Oh, because I spent all this like there's no way it's the water.

And then what did it end up being? Mostly the water. The water. Okay. One more question about minerals, because I know somebody is asking in their head right now, they're wondering, so do the minerals have to be taken or the metals have to be taken at the exact same time as they drink water?

Or can it just be separately? Does it have to actually be in the water? And I think the answer is no. You can take no, it's as long as you're getting minerals right or healthy metals into your body every day, you're fine.

Whether it's the food supply you out to the water, both supplementation, whatever that is, you're going to be fine. The big thing to remember is when you look at the makeup of our human body, we're mostly carbon, hydrogen and oxygen.

That's 93% of our body. If you add nitrogen in now, we're at 96%. So now that leaves less than 4% of our body is actually metals or minerals. So yes, minerals, electrolytes, metals, they're important, but less than 4% of our body is made out of it.

So it's more important for me to make sure we're getting carbon hydrogen oxygen in and it doesn't have to be in your water supply. Of course, a lot of people are doing that just because that's how we're trained and that's okay.

But a lot of times we just have to break the loop. These are things that we're stuck in. You know, this matrix we're stuck in of what we're taught and like step beyond it and realize like, Hmm, maybe this isn't the way I have to do it.

We are in a matrix. I mean, I'm glad you mentioned that we are in a matrix and there's a lot of information coming at us that's not necessarily accurate or true.

There is a new narrative, an agenda out there. There's a lot of big money influencers, you know, telling us what they want us to hear. So I'd love for you to shift into talking about how we're getting this because some radiation is manmade and some is naturally occurring.

So why is it so prevalent in our environment? How is it coming to us? This took me a little bit to figure out, but basically where I've come to after these, you know, what's it been five, six years of studying radioactive elements is it's the water supply like hands down.

It's the water supply. You can breathe radiation in and you can go to epa.gov and and look at air rates, you know. So where I lived previously in Milwaukee, you know, had a certain amount.

And when I moved to San Diego, the radiation, the air level went higher. When I moved to Puerto Rico, it went even lower than the other two places. So you can look at your area as far as generally what the air quality of inhalation of it is.

And yes, that could be a factor. I just don't think it's a major factor. The biggest factor that I see is in the water supply, because when you're looking at what what is a radioactive element, basically it's a it's an element or or yeah, it's an element on the periodic table, basically, that has so much energy that it's emitting damage within the body.

It's constantly creating what's called a reactive oxygen species, and it's doing that even within the mitochondria. So if our body has, you know, 30 some trillion cells and we have about, you know, the same bacteria in our body as well, so roughly about half and half every cell besides the red blood cell, every cell inside has a bunch of mitochondria can have hundreds and thousands.

There's certain cells in the brain that actually have a couple million. The substantia nigra nigra has 2 million mitochondria. Pacelle In these cells are what's making ATP it's ATP.

Mitochondria is used in cell signaling. Susan Immune system. It's used in energy currency, as we've learned in basic biology. But there's obviously many other things.

Most of the magnesium element in our body is actually stored in the mitochondria. The mitochondria is responsible for hormone production, cortisol, progesterone, like all these hormones, I mean, the mitochondria.

So impactful for. But radioactive elements are something that absolutely get inside the mitochondria and destroy it. And the easiest thing that I think about is if you're sitting at a campfire, right, or you're in front of a charcoal grill and you take a charcoal out, that's white.

Right. And, you know, if it's white, it's been it's blazing hot like it is a next level heat. You take it off and you swallow it. It's not that initial just sear of like wrecking the inside of your mouth, but really what's happening is it's going to stay hot as it's going down your esophagus, into your stomach.

It's going to be emitting this heat, this damage that's radioactive elements essentially without you being able to feel it. So like I mentioned, radium is one radioactive element that doesn't smell like anything.

It doesn't taste like anything. It's odorless, colorless, so you can't know if you're drinking it necessarily. And what's happening is that has a half life.

So radioactive elements basically give off energy. So much energy, it's damaging things around it, especially mitochondria and certain half lives like radium, for instance.

The half life can be depending on the type the radium 226 is about 1600 years in half life. So that means if I swallow some radium 600 years later, which we don't know a human that even last that long, but 6000 years later half that radium the radioactivity, the decay of the radioactivity for radium will be half of what it was initially.

So that means that unless you're doing something to try to kick these molecules out, like detox them, remove them from your body, and especially stop the onslaught of coming in, you're constantly having damage inside your body.

How Radioactive Elements Enter the Body

And there's other elements like uranium, which is really well known, especially on the West Coast. As I know you're familiar with uranium, the most common form of uranium 238 and the number after the element, just what's called the isotope.

So like there's actually radioactive elements of iodine even though you're like, Oh, iodine super healthy, I need it for my thyroid. Yes, but there's actually isotopes that are radioactive led, which is a heavy metal that's not healthy for the body.

Well, there's actually radioactive forms of lead as well, but uranium, the most common form, the uranium 238, the half life they estimate. And I'm not even sure how they do this, but it's about four and a half billion years.

So by the time it's losing its radioactive decay, like uranium being close to existing anymore, you know, in the physical form. So once you get these radioactive elements, once you get these hot coals in your body, unless you're doing something to detox and remove them, they're going to be there.

And the thing is, they're such high energy molecule oils that they're, you know, causing disarray in the cell. They're hard to remove because of that.

So that's where I'm such a huge fan and just kind of jump a little bit into solutions of humor and folic acid because you make can folic acid is basically just decayed plant matter over like thousands and thousands and thousands of years.

They have all these amazing elements in it, but they also have this energy stored up in so a full vic and human acid, it's safe to consume and it can be very helpful in many things like giving you the proper minerals or metals of the body.

Also though, with detox and the reason it works really well, even with radioactive elements, is because of the high energy of the full. But can human that it can basically match or overcome that radioactive element in order to neutralize and, you know, pull it out?

I think people's eyes are opening right now. So think you are accomplishing our goal here. This first part of our talk has been extraordinary. And I'm going to dig in even deeper here to our audience.

I hope you found our conversation insightful and helpful. If you're a summit purchaser, stay right here because we're about to dove even deeper into this discussion with Dr. Jay If you're not, click on the button on this page and get access to a continuation of this conversation and many others, and really get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Dr. Jay, thank you for being a valuable member of our community and we're going to dove right back in. So, Dr.

Jay, you just started talking about full work in human assets and solutions to getting radioactive elements out of the body. I want to explore that a little more because not all full work in here.

Mike is created equally. I mentioned before that in our programs we use cell core supplements because I have never seen people get results the way they do with these products, including myself, my family and along the way, when I was learning everything I could about carbons and, you know, foundationally how to support the body and how to get toxins out.

I stumbled upon something somewhere and I don't remember where, but not all phobic and human is the same. And I get people telling me, Well, I want to get this, I want to take this instead because it's cheaper.

I've got this whole human conflict product. Let's speak about that for a moment because I think this is really important for people to know. Yeah. So for the comic phobic, the consumer is awesome.

But it can there's there can be a lot of variants of it of where it comes from. So like all the stuff we have comes right from the US. So we don't source it overseas, which is important for us, but the extraction method.

So a lot of the times when they're actually extracting a human in folic acid to get it, there's a chance that they could

be using chemicals with that extraction.

And then you're getting chemicals added into it. It can also denature it. And for the consumer right now, hopefully you, the listener, have heard of it lately because it's becoming more and more popular because of its power.

Like there's people like Dave Asprey, you know, that now has a coffee that's got folic acid in there. He advertises trace minerals, which sounds awesome, right?

So you're getting your minerals and your detoxing, but but there's a lot of nuances to it. And, and without going through all the things like, for instance, adding it to your brewing it with coffee, I don't think it's a great idea because the scientists that really understand human conflict, they talk about it to nature.

And when you get over 165 degrees. So it's like if I'm making my coffee, which is usually around 190, 200 degrees, you know, water temperature, some people even get it to boiling.

And, you know, the French press or whatever, it's like, well, then I'm then I'm wondering what's the, you know, the the chemical constituency of the human conflict?

Is it still intact or has it been denatured? Has, you know, things changed in it? And so we're pretty particular about it, obviously, making sure it's got high energy.

So you can measure it. You can measure electro conductivity, you can measure the amount of dissolved oxygen. Because the other thing I mentioned earlier on this interview was that minerals are metals and minerals are important for the body, obviously, you know, are less than 4% of our our body makeup.

But every time I'm consuming minerals and this is just basic organic chemistry, every time I'm consuming a mineral, it actually takes oxygen away from the body.

And so if I'm not careful, if I'm consuming a ton of minerals, well, then I could be oxygen deficient at the cellular level. And you might be saying, well, I'm not, you know, panting or breathing heavy feels like I'm fine.

Remember, everything is down to the mitochondria or the cellular level, like the fascia, the connective tissue. You know, we're looking at such a tiny area that if you're losing oxygenation, it's changing the makeup of those tissues, which is immediately starting a whole process that we don't want in the body, you know, in order to clean it up.

And so we make sure that our full looks and humans are maxed out on oxygen because of the mineral content in there, you know, so it's not going to steal any oxygen.

We we just make sure that they're pure, that they're there's different types of for work in humans. They come from different places. There's different things that you can mix and add with it to alter it as well too.

So but you know, Dr. Murr been working with Volvic for many years. He says that it's like a snowflake that not every snowflake is the same. Like every thing has uniqueness to it.

And he says that Volvic is a one with 31 zeros of different possibilities. And so the easiest way I can explain it is if I was trapped in this room, there's one door out, you know, and let's say you were trapped with me, Laura, and I'm like, I got ten keys over here, but you've got the full vic of keys.

Folic and Humic Acids for Detox Support

You've got a one with 31 zeros after it. I mean, it won't even fit on your on your iPhone calculator. Won't even fit on your computer calculator. That that many zeros.

Chances are, Laura, you're going to have the key. It might take you a little bit to find the key. Right. But you're going to have the key to get out of that door.

And that's really what Full Vic does. So when there's a when there's a pathogen or when there's a chemical, a toxin that it needs to bind onto or when there needs to be an element that needs to change oxidative states from a two plus two or three plus or a, you know, two, minus two, minus one.

Chances are that human conflict can do that for the body. And so it's doing this at a microscopic scale within the body all the time when you're consuming it.

That's why I really believe the human can phobic is the future as we look at how do we optimize human health. But like you said, it's not all the same.

And the easiest thing is, is to try it. You know, we always tell people like, hey, it always sounds good, you know, theorizing about stuff. But until you feel it, until you see it, you know, you don't know the quality.

And, you know, unless you have a really expensive laboratory to do some pretty crazy testing to try to find out what the differences are. But I think it's just easier just to try try out, like, for instance, L. A.

and just feel the difference because the stuff does. It definitely works. It's a huge difference. Now, we've established so far in this talk that radium is or that radioactive elements are a silent killer.

It's a thing nobody's talking about, and it's still surprising that nobody's talking about it. We've established that it's in the water. That's where you're getting it.

And we've talked about how to get it out of the water. We've talked about how to make your water safe and to bust myths about that. We've talked about how to get radioactive elements out of your body with full back and human acids.

And what's important about those volvic and human acids, what I want to do next is I want to give you an open floor. What do you want people to know? If you could let them know anything and you can be disruptive and you can tell the truth and you can have this platform to give a message out there knowing that 50,000 people are going to see this, what do you want them to know?

Listen to your intuition. You know, we've been trained so heavily and I know even with your background, you know, in your medical training, Laura, you know, in in that type of training, we're just almost indoctrinated into that.

Only the intellectual mind matters. And here's how that's judge. Here's, here's what we need to know. Here's what we need to memorize. And I think we're going about it all wrong.

And I obviously appreciate every medical professional that's listening in the time you've put in and the person listening in their own journey, because they know that's why you're listening.

You're looking for answers for yourself, for family members. And guess what? Like, you're right where you need to be. You know, this is the cutting edge.

And the speakers that Laura has brought together, like unbelievable. I mean, just absolutely amazing. So definitely, you know, just be grateful for where you're at today and the few dollars you spent to have access to the summit.

Like, it's so worth it. Now it's time to start listening. That intuitive mind, the those intuitive thoughts or as a lot of times people have said, right, listen to your heart.

What's your heart telling you? It's like, that's the stupidest thing I've ever heard, because what's my heart thinking? It's like, Yeah, actually, science has shown that it's your heart has 40,000 sensory neurons, which are basically brain cells in your heart.

So we have a brain up here. We have the gut which, you know, any time you have some emotional event happen, it's like, oh my gosh, my stomach hurts. Or I got to go to the bathroom. Like, I can't digest food.

It's like, yeah, because we have the emotional enteric system, right? The emotional brain in the gut. Well, we also have the heart and I think I know the biggest thing that's really helped me in the last three or four years, especially with the chaos in the world, and to navigate it and to like listen to things.

And I'm like, No, no way, that's not right. And then have other thoughts or I'm like, That makes so much sense. And to spend the time and energy to go down that route, to then find out like, Whoa, this is something huge.

For instance, radioactive elements that was all really like the the heart, the intuitive mind, the gut instinct, you know, listening to that. And I feel like, as I mentioned The Matrix earlier, I feel like part of this, you know, simulation that we're living in is that 80% of the people around us have to think and act differently so that it makes us question whether what we're doing is actually right or not in the moment that we can step back and realize like, no, I just need to just like walk the path I meant to walk and to move forward and not care about the masses.

Choosing Quality Fulvic Acid Products

And what they're doing is the moment that you now break free, right? You like from the movie The Matrix, Neo, you start seeing the code on the wall and start realizing what this is and that there is a code for health and for somebody to say, Oh, it's genetics and there's nothing you can do.

It's like, bull crap. You can absolutely have massive impact as soon as you empower yourself and figure it out. And if you aren't 100% well or feel amazing every day, then there's still more that you need to learn and implement.

And these things like what laws put together with the summit are some of the fastest ways to get information, and programs like hers are some of the best things that you can do to really push yourself forward and to accelerate it.

So intuitive mind is is a go to for sure. I can't remember. I'm so glad you said this because I want to add to this. I spent 21 years working in the Western medicine world before I finally retired from that and in my functional and bio regulatory medicine education, there's many times I thought I was crazy.

Like once you see something, you cannot unsee it. And there are many people around me who do not see it. People I trust, people I love, people I respect, do not see it.

And once you start seeing it and once you start doing the exploration, and once you start trusting your heart, trusting your gut and trusting your instinct, you realize there's no turning back.

And if you're watching this right now, if you've made it this far, you're one of those people where there's no turning. You know, there's more to this than what we're told in our conventional world with our Western, you know, practice.

And don't get me wrong, there's a lot of good happening over there, but there's a lot missing. And, you know, I've heard you lecture on this before about we're trained to think that unless it's a double blind, placebo controlled study, it's not valid.

The information that we're looking at are being given, oh, it can't be valid unless it's published in JAMA, right? Unless I mean, it's ridiculous. There's so much information out there and so many smart people doing the research and looking at these things.

We don't need to have that type of study to know, okay, this is this swims like a fish. It looks like a fish. It flops around like a fish. It's a fish.

Yeah. Well, some of the really the most cutting edge research is what's in clinic, what's what clinicians are doing in the trenches to restore health from a science side, we might not fully understand all the details or pathways of how everything works.

We might think we do, but of course, every couple of years we learn something new and it just blows our mind like, Wow, I didn't even think about that, right?

Because we really think that we're just chemistry beings, right? We just have all these biochem reactions, but we also have bio photons that are emitted. We absorb them from the sun.

We also have electrical signals, we have scalar energy. We have all these magnetism. We now know that certain cells produce magnetism and even can sense magnetism in the body.

So as we continue to learn, just be open. The fact that maybe we don't know everything right now, but if you kind of put things into different principles and philosophies of does this make sense?

Right. And usually the more complicated, convoluted something has to get, usually the less likely it's that like I really think it boils down to, you know, some simplistic things and kind of coming right back, just swinging back to the radioactive elements for a moment.

If you can't taste radium, if you can't smell radium, if the only access to information is the EPA, you can't send your water into a water company that'll test more than 120 compounds in the water in the in the EPA even says there's 86,000 plus chemicals registered to the EPA.

And yet you can only test 120 in your water supply. And you're like, Oh, I tested my water. Dr. Jay It's clean. Probably isn't, unless you're distilling it.

But then again, you can add electrolytes and minerals. You don't have to add it to the water. You can just be taking them in food or taking them through food or through supplementation.

You can be structuring or energizing your water. But if you if you're in an area where there's a lot of radon, you know, that gas or a lot of times you're buying home, it's like, oh, I got to get I got to see if there's radon issue.

You know, that is a byproduct of radium breaking down. So if you're in an area where you have to test homes, if there's radon or not, you can pretty much guarantee that there's radium in your water supply.

That's probably the cheapest, easiest way to equate. Okay, maybe I shouldn't be drinking my tap water. Or maybe I need to get a little bit better filtration or maybe better, you know, water cleaning machines, which is really water distillation, because if it filters in on the first time, it's going to filter on, filter it on the millionth time.

And the filters don't work like that. I mean, you could be in an area where there's a ton of one chemical and that's medium in your filter, could fill up in a day or a week and you're not going to know, Oh, it's still taste good.

Or maybe because it's still pulling the chlorine, you know, smelling molecule out, but a lot of chemicals you don't taste or smell. So just keep moving forward.

You're right where you need to be. And definitely look at the water. I really think the water is actually more important than eating organic food. And I know, boom, I could feel feel some arrows coming at me.

But it's like you're drinking water every day. Like all day. You consume more water than you do food. Generally speaking, unless you're the Diet Coke or the, you know, coffee drinker all day.

But still, there's still water inside of those molecules. Yeah, I make my coffee with distilled water. Yeah, I can drink. Oh, I. Yeah, so do I. I mean in so it's like you're, you're right where you need to be.

You just have to continue to keep learning and realize, like, you don't know at all. You're never going to know it all. But as you start solidifying in, start seeing the code of health, right?

The matrix code, you're going to start establishing principles and philosophies that, like things, will either fit in or they won't. And when they don't, it's like, Hmm, is that really right?

Like, do I need to be spending $600 on water to be shipped to me? Because that's the only type of water I can

drink. It's like, that doesn't make sense to me.

Like, go buy a countertop, you know, water distiller for 700 bucks, something will last you like, years and years. So besides the electricity, you know, that's a better investment than, you know, a month's worth of water being shipped to you.

And you can get them a lot cheaper than that. My distiller, we run two of them and they were both under $300. I mean. And. Metal and glass and have a carbon component to get the boxes out.

I mean, it's so good. Could you talk about raw water? Because, you know, I've had clients say my R0 system is rated for radioactive elements. Yeah, rated.

And actually removing them all are two different things. So reverse osmosis was developed by Robert Slovak, which who doesn't even recommend oral water.

The guy that invented RMR doesn't recommend that you drink oral water, right? He's more of a fan of like the deuterium depletion. But the thing you have to understand is deuterium, which is a hydrogen.

So hydrogen has electron and a proton.

Intuition, Research, and Health Empowerment

Deuterium has an electron proton, then also an extra neutrons. So it's a heavier molecule supposedly, and it's going to break up, destroy your mitochondria.

But the water you're drinking isn't what the mitochondria are using inside the mitochondria in inside the cell actually makes its own pure deuterium depleted water.

So the most important thing you can look at with water is making sure you're drinking pure water and not necessarily deuterium depleted. I'm fine if somebody is stage three, stage four cancer like great.

Go get some deuterium, depleted water if you'd like to. But our water and I've had other people test this and when I was actually living in San Diego, this would have been 20, 2017.

I went and saw Noah Liebowitz. Dr. Noah Liebowitz is like renowned muscle tester, his dad like super renowned muscle tester. And he's like, bring some of your water.

And I just bought the Aqua True, which is like this countertop arrow system. I'm like, Oh, this is all the rage, you know, it's going to be awesome. He's like, Nope, there's something in the water active too.

I'm like, No way. He's like, Yep. He's like, Stay strong, stay strong. Like, I just I just couldn't. I'm like, okay, is there something in the water? So then I ended up buying the Berkey.

I'm like, Oh, it's the Berkey. The Berkey must be way better. It's all the same thing, right? It's all filtering mediums. So, yes, it's way better than tap, but I'd rather get all the chemicals out of the water than just 96% of them or 98% of them, you know, because those couple of chemicals that aren't getting out and you're drinking water every single day, that's just going to bombard the body.

Like the body can't detox those chemicals. If you're constantly bombarding them, bombarding body with those chemicals. So you have to stop the intake, you know, stop the inflow of them so the body can start detoxing.

And it sounds too simple and it is. It's like water distillation. I had a countertop unit for about four years in Puerto Rico and I me and so my daughter's home school, my wife home school is her.

I work at home. So we I was making water all day. Like, I had that thing going all day long. Right? We moved to

Florida. We're in a house now. I have an automated system where it comes off as a spigot like yes, it was way more money, but the automation of it, I was like, okay, never going back like, this is awesome, right?

Spigot, automated. Water filled. Water. You got it's probably like a unit in your garage or something that's constantly filling. Yeah, how many. I actually had in our laundry room.

But then it made the room too hot. And then I moved out to the garage. So that was a little costly to have a plumber come back and you know, so I'd recommend that garage get it piped to your sink, actually have it to our icemaker to use that are ices, you know, distilled and and you might be like, oh I can't afford that great than do the countertop unit like Laura is recommending you know that's a few hundred bucks like save up get and do that.

And then when you're ready to write as you feel better, you're going to think better. You're going to be able to provide more value to the world. You're going to be able to make more money in, afford more things and nicer things, and then have that automated water distiller on the list.

Because I'm telling you, it'll save you a lot of time. Well, it's on my list and I'll tell you, I'm like the laughing stock of my friends because I travel with my distiller.

I make I bring a giant suitcase with me and take that thing with me wherever we go. And my whole family, everyone is enrolled in a distiller. And so anytime I visit my family, we've got distillers.

And when we all get together, we bring extra distillers and everybody is distilling it. The whole thing in our family now. But I'm so grateful for it.

And I learned it from you and Todd. Okay, so well, I'm going to fill this time I have with you because this is gold to be able to talk to you. I would love for you to connect the dots.

So we know that underlying chronic health and conditions, inflammation and chronic disease, there are a few things. There are infections, chronic hidden infections.

We got lots of talks on those on this on this summit. So we'll cover that. And then we've got lots of different toxins, radioactive elements being one of them, and we've got nutrient deficiencies.

What I want you to do is link this for me right now. So nutrient deficiencies are caused by the first two. And when it comes to this particular talk today and the radiation, how is this contributing?

Well, first, I guess, explain what you're talking about, Laura. What do you mean? A toxin causes a nutrient deficiency? What do you mean? It's not just as simple as do an organic acids test and take magnesium and take B vitamins and take like what?

How are these two things causing nutrient efficiency and then link it to radiation or radiate radioactive elements? Yeah. So if I'm drinking a toxin, then I can't taste or smell and it's in my water and it's getting into my mitochondria and destroying my mitochondria.

Mitochondria actually make 95% of the melatonin in your body. So most most have thought it's up in the brain, in the pineal gland. That's only 5%. And that's what, you know, the trigger of not seeing light.

Then your panel releases that melatonin and it gets in. It's the trigger to make you tired. But melatonin is one of the strongest and accents in the body and the mitochondria make 95% of it in the body.

I mentioned earlier that the mitochondria are the main storage of magnesium, so you can say, Oh, I ran a blood test for magnesium. It's like, well, only 0.5% or maybe 1% of serum red blood cell magnesium like the magnesium is in our serum red blood cell.

So if you're fine in your in your blood, you're only looking at 1% of the hundred percent of magnesium. Where's

most of the magnesium stored at? It's stored them in the mitochondria.

So if I'm consuming a toxin that is damaging the mitochondria that's supposed to produce melatonin, it's supposed to store magnesium. Can those organelles make or store those compounds?

Well, and the obvious answer is no way. So then if I take magnesium, but my mitochondria are always getting poisoned, at what point can I ever stop the magnesium supplement?

It's like I can't because my mitochondria haven't been repaired to store that magnesium up. And so most of the functional world looks at nutrients, vitamins, minerals like replenishing.

That is step one. And the easiest is to say, if I'm in a burning house right now, right. The the the drywall is on fire. The roof's on fire. And if we say that nutrient, you know, adding nutrients in, right.

Replenishing my nutrients is like decorating the walls of my house. What's the first thing we got to do with the fire? Like, we got to put it out. We need the firefighters to come in.

And that's what the toxins are. The toxins are what create the fire or, as you said, the chronic inflammation in the body right there, creating in the fire.

So we got to put the fire out then and only then are the nutrients going to be utilized. Well, and this isn't to say if some of these deficient of. Right fill the blank in potassium, magnesium, zinc, etc., it's that saying you can't take that mineral or nutrient into the body.

But what I'm saying is that when can you ever stop it? You can only stop it once you stop what's causing the deficiency. So if I have chemical reactions in my body from A goes to B, goes to C, goes to D, right?

And from A to B, it's I need some vitamin B6 from B to C, I need some zinc and from C to D, I need, you know, B12, right? Or magnesium. If I am consuming a toxin that then attacks that pathway between B and C and I need way more zinc.

I think that was in my analogy in order to get up over the barrier. Right. This toxins creating a barrier from the chemical reaction of B turning in C, right. It's hitting a wall.

In order to get over that, I need a ton of this mineral or nutrient to get up over to have that chemical reaction happen. The easy thing to do is to remove the toxin, remove the wall so you don't need as much.

That's why what we've always said from the get go at Cell Corps, you know, Dr. Todd and myself, is that just like you're saying, Laura, is that toxicity creates deficiency?

You don't need as many nutrients or minerals when you're like, healthy because you don't have these barriers to get up over.

Water Distillation, Reverse Osmosis, and Practical Takeaways

So address the toxicity. You won't need as many nutrients. There's nothing wrong with nutrients. But again, we don't want to be decorating our walls. When our walls are on fire, we want to detox.

Stop the fire. Right, get the firefighters in there. Then we can repair, we can removed the walls, we can paint, we can decorate. Right. And that's really where the nutrient replenishment comes in is that second phase.

This is such a good analogy. I keep thinking about trying to hang wallpaper while while the walls are on fire. I'm using this analogy. They might need magnesium, I need more zinc.

It's like, that's fine, I'll put the fire out. Right. It's interesting. So this is I want to use this opportunity to share

something that was part of my journey and my dove into functional medicine.

So when I very first started studying functional medicine, I'm like, I ain't got time to go back to college and get more degrees on this. I already have plenty of medical degrees.

I just need to learn all I can about functional medicine. So I did was I hired people to teach me everything they knew. I'm like deep dove with me. And so I hired very prominent people in the functional medicine space to teach me how to interpret an organic acids test.

How do I interpret a gut test? How do I interpret in adrenal test? How do I interpret a toxin test? And so I spent like a year straight just studying the organic acids test.

That test is so big, right? And so I'm armed with my newfound knowledge to run organic acid tests on people and give them supplement protocols based on organic acids.

And so I was doing that. And then I met you and taught and then I learned, Oh kind of putting the cart before the horse. I'm not solving the toxin problem first.

I'm throwing nutrients at in a burning house, not taking the burning house and extinguishing it first. So now fast forward to how I do things and we don't even touch organic acids, you know, until people have gone through close to six months of detoxing with me and then I run an organic acid test to see, okay, what kind of extra support do you need here now that we put that fire out, nutrients are getting into the body.

Now let's get that to see what other support, because by then most of their symptoms are gone anyway and they just have a few lingering things that they want to solve.

Then I layer it in and do that. But that's just and I just have to share that, that my whole practice chain surged once I learned this concept. Yeah, yeah.

And again, it's, it's like one set clicks. Like you said, you can't can't unsee. You did it like you're like, oh, that makes so much sense. That's, that's why there's an order, right?

Opening drainage up, supporting mitochondria, cleansing the gut, killing parasites, these critters that are stealing things from you, detoxing the chemicals out.

And it's like when you progress down that path in the proper order, you start regaining your health and you start being a being. I don't say a different person.

You start being truly who you are, who you're meant to be, and not weighted down by all this baggage. The, you know, chemical bomb bombardment, where the the cells just don't communicate.

They don't work. Like when they when they work, you wake up, you feel good at 2:00, you still like it. It is now like you have energy. You know, you're good to go.

And when nighttime comes, you sleep good. And that that's the place to get to. And if you're not there, that's okay, right? I wasn't there. I was a really sick kid.

I always thought I was fine when I compared myself to my wife, who nearly died twice in her life. But I wasn't well myself either. I was just that typical dude of like, I'm fine, you know, until I really started diving in and realizing, Wow, this is a whole nother level.

And then again, you peel another layer off the onion. It's like, this is a whole new level and it just gives you a different perspective. And so I encourage you, no matter where you're at in your journey, keep moving forward.

You're right where you need to be, continue to learn. But the biggest thing is not just take information in, but how

fast can you go to implement some of this information?

That really is the golden nuggets are the things that feel like to you are going to be a mover or shaker. It's so easy. I'll give you an example. So easy to be like, Oh, my diet's awesome.

You know, we only shop here, we only eat this. And I've been doing this for eight years. It's a great than diet is probably not your weak link right it's probably something else but human nature is like I feel comfortable talking about diet.

I feel comfortable study in that. It's like, get out of your comfort zone and study things that you're not comfortable with because that's probably the pink elephant in the room that needs to be addressed in toxicity chemicals, toxins are such a big thing.

They actually are the reason why a lot of pathogens happen in the body. So if you look at there's a radium belt in Wisconsin that happens to be in a same area where there's a lot of Lyme disease like Lyme endemic area.

And you can say, oh, I think they live in Texas. Well, 80% of Texas has toxic amounts of radium in their water supply. So it's like every state has tested for radium in their water supply.

27 out of the 50 states has excessive amounts of radium. So again, if we remove the toxicity, we obviously put good nutrients in, you're not going to have these overgrown of H-pylori, of C. diff of you know, Lyme disease.

You're not going to have that because you have a trainer environment which I know you have speakers talking on. You have a trainer environment that is allowing things to flourish and not run rampant.

And so take take the power back and realize it's it's up to you. Nobody's going to do it. And we care more for your health than you do. Be the person, be the change you wish to see, and you look back in a couple of years now, you're going to be so glad that you took that.

Don't be. That person looks back and regrets. I wish I would have don't be that person like imperfect action immediate implementation that's the go to.

Yep it's what I always say perfectionism is impossible. Just do something you know you will sometimes this will be a lonely journey. I can remember feeling lonely on this journey.

Like I know something that other people don't see and I can't stop. I can't stop studying it I can't stop knowing it. But you will find other people on that journey that actually understand you.

So just keep looking for the people. Find the practitioners on this summit that resonate with you. They're all hand-selected to be here on purpose. So there's really great people here to support you in terms of purchasing, CellCore's supplements.

You have to get them through practitioner. You can go to laurafrontiero.com go to the shop. They're there for our practitioners viewing Dr. Todd tell our tell our audience where they can find more about CellCore biosciences, where they can learn more from you.

Are you in practice anymore? I don't think so. I think you're pretty much, I'm sure. And you know, supporting practitioners now. Yeah, yeah. I'm just full time in the research and you know, presenting to practitioners like yourself.

So if you're a practitioner watching, just go to cellcore.com register as a practitioner, once you're approved, which usually doesn't take very long, then you'll have access to the back end where all the learning and information and you can obviously purchase CellCore as well.

And we have customer support, we have sales reps. I can help you as well too, but just start, start somewhere like

don't wait. Don't be the person that's going to regret your decision of like I wish I would have.

It's like just make it happen. It's not going to be a great time. I have to I have to tag on to that and say, if you are a practitioner, this company will change your practice.

So the amount of information that is the back end of Cellcore's website, once you become a practitioner, once you build a practitioner account, it is life changing.

So I would really encourage you to go in there and study literally. That's what I did. I studied like I was drinking from a fire hose to the consumers of health care.

Here are the ones who want to work with CellCore practitioners. We run CellCore protocols through our programs. Many of our speakers here do as well. So find those people.

Jay, this has been just as amazing as I thought it would be. Thank you. I want to take this opportunity, really, to thank you for your contribution to medicine, to health, to humanity.

You put your neck out there all the time. You do things that are disruptive. You talk about things that are disruptive. You go against the grain and there's a risk involved in that, and you're willing to do it.

And you're in that very small percentage of people that is actually willing to take a stand. And so thank you for doing that, for being a mentor to so many practitioners.

I'm one of the one of the people who can say, you I studied with with Jay Davidson, with Todd Watts, with the CellCore Group, and I encourage everyone to do that.

Thank you so much, Laura. Yeah, it's you know, it's the only way to be. So I got my angels work. We're good. Keep moving forward. So we are. Until next time, everyone take good care.

Bye now.