Introduction and Booster Autoimmunity Discussion

Welcome back to the reverse Autoimmune Disease Summit 5.0 everybody I'm doctor to yours. And we're talking about healing the energy body in this iteration.

And I'm delighted to bring back a favorite friend and colleague who's, always on these summits because he's always learning and bringing new information forward.

Jason Prall, he's a health educator, practitioner, author and filmmaker. 2018 is independent. Research and experience led him to create the Human Longevity Project, which is a nine part film series that uncovers the true nature of chronic disease in our modern world.

He's currently finishing his first book, titled Beyond Longevity, as well as his next film series that explores ancient methods of healing mind, body and soul from indigenous cultures around the world.

Welcome back, Jason. Thanks for having me. It's good to see. So I think in this one we're going to talk a bit about some of the you have a summit coming up.

The latest breakthroughs in reversing autoimmunity that people may or may not have heard of. And I was I was on a walk this morning and talking to my husband, and he was asking me that, you know, has data been being gathered around the number of people that, as they get their boosters, are having autoimmune flares, you know, and outbreaks?

And I kind of shrugged and said, I don't think so. I don't think that doubt is being gathered. But, you know, anecdotally, I'm seeing it from this last wave and push on boosters that from any time during the vaccination series.

So curious what your reality has been in your experience with people on that. Yeah, it's it's a really interesting question because, I think this is where, to be honest, most of us are, live, which is in this state of unknown like, we don't know.

We don't know that if there is data, it's not being sort of displayed prominently. We don't know where it is. Perhaps we have to go find it somewhere.

So we're just kind of left in the dark. I feel like. And, we're left with the stories that we that we see and that we hear. And I mean, right now, I mean, I'm in Southern California in just north of San Diego and in this sort of community that I'm in there actually not a ton of people that are really excited about the vaccines and the dope and the boosters.

And so, to be honest, I don't have a lot of personal connection to those experiencing the vaccinations, the and the boosters, other than maybe some peripheral people that I known and I haven't heard a lot.

And so I think this is this is what is interesting to me is that we tend to make decisions based off of, okay, you took a vaccine. Did you get a reaction, yes or no?

Right. Or in the next week and the next month and be we I think it's actually too early to tell, particularly with things like autoimmune disease. Right.

Some people are some of us are really primed for an autoimmune reaction. Right. And if we're really primed for an autoimmune reaction, then then something like this can absolutely do it.

Now, it may not even be the fact that it's the the vaccine or the booster that's causing, or that's really the main

driver. Right? This is the thing about, all of these sort of, chronic conditions that are systemic in nature is that it's it's these triggers and then it's multiple triggers.

And it's the conditions and it's the state that we're in that is setting up the right circumstances. And so that's the question that I have is it's always been my question and my issue with vaccines in general, which is that it's not a good or bad, necessarily.

But is this particular vaccine because all vaccines are different. Right. There's different technologies that are being used. We have some that that are using sort of live attenuated, viruses.

And this a little bit of a tangent, but I actually heard of a recent study that looked at live attenuated vaccines. And they actually improve, all cause mortality.

In other words, it reduces all cause mortality in this one study versus the other ones that contain adjuvants. And they're non live attenuated. They actually decrease increase all cause mortality.

So overall so that was an interesting study and I didn't look into it too deeply. But that's a perfect example of different technologies and perhaps the different in cases.

But even in that example myopathy right to have the attenuated strains. Right. Yeah. If you got this immune system an opportunity to get to know it, figure it out. Yeah.

And but even in that example all cause mortality. That's a good thing to look at right. How many people died and does it extend life versus shortened life.

That's really, really important. And it's not everything. Because even in the group that maybe we can say extended life, maybe there's increased rates of of autoimmunity. Right.

Holistic Framework for Healing the Whole Person

So these are the things there's so much nuance in all this that we don't really know. And I think as we go over the next two, three, 4 or 5 years, hopefully we have the data.

The data is transparent and it's honest. And if we look at that, I suspect that we're going to start to see greater rates of some conditions. I don't know what those conditions will be.

Autoimmunity is a pretty good likelihood because we're directly interfering with how the immune system is responding. And there's a balance of immune reaction that we always need.

Right. The sort of the one to balance in particular. And so we just don't know. But I suspect that because we're intervening in a very, experimental way that there's going to be some sort of results.

Now, again, even if there are results, perhaps we can have the debate or the discussion of is it worth it? Did those vaccines, save lives and improve the situation such that it warrants this increased risk?

Right. These are all I think this is what we should be doing, particularly in the medical community, is having these honest discussions because trade offs are perhaps necessary, perhaps, important.

But we can't have these honest discussions right now because the data is not really too transparent and there's not a lot of dialog, in these communities.

And so I think it's incumbent upon us who are, perhaps considering these vaccinations, is it something that I'm willing to sort of gamble on? And that's really what it is. Right.

And it it's a personal decision based on how old you are once your circumstances are in your own personal health

and what your beliefs are. And that's okay. Right?

And that's exactly how I feel about it too. And I've just been noticing with the last round of boosters, you know, when we when vaccines were first rolled out, I came out with the science that was available and, you know, said, people with autoimmune disease were actually encouraged not to get vaccinated if they had activated immunity in the beginning.

And then that sort of got rolled under the public health messaging. And so I've been kind of, you know, if you get Covid, you're more likely to have extenuating problems with it, with autoimmunity.

And then do you get, you know, if you get vaccinated, you can trigger an autoimmune disease. So where do people with autoimmunity go? Like where's the middle of the rock and a hard place.

And so I've been using a lot of that like that information and bringing that out to people. And so I've just been noticing with this last round of boosters that a lot of people that are vaccinated are actually getting triggered with autoimmune diseases.

Right now in my patient population, which has been interesting, and observation from where I'm sitting, kind of like, okay, now what's happening here?

So, very curious and been like wanting to talk to my colleagues about it. What are you seeing? You know, because it isn't data that's transparent yet, and I don't know if that's being gathered.

And so anyway, it's a it's an interesting discussion point. So when we, when we move into like autoimmunity is you attacking yourself. And I always say like when you're attacking yourself, there's no winner.

Right. And and one of the things that you have done recently is, a summit that is looking at some of these holistic ways of addressing some of these chronic illnesses with perhaps methods that people haven't heard of, or maybe they have, but they're not super familiar with.

And I would love to hear, like, you know, a list of your top five that have come forward that you say us so intriguing. Let's let's think about this. Yeah.

Well, and this is part of what I love about your sort of iterations of your summits is that you've actually looked at the different sort of bodies, right?

That the physical body and what's really going on, sort of an integrative functional medicine perspective there. We've got the emotional body. You get the energetic body.

There's so much there's so much to how we operate as a as a being, as a, as a whole system. And that's really what I love looking at. And that's my summit kind of dabbles in all of these.

And and to be honest, for my own personal journey, I started off in the physical. Right. And then I got more into the emotional in terms of my understanding of or let's say, ranking of importance. Right.

I was at first I only knew about the physical, right? Like it's all physical. We got to get in there and do the physical. Then I realized, oh, actually, there's there's emotions and there's there's the mental belief patterns and things like that.

So that's interesting. Okay. So so I work that into my sort of paradigm, my own personal paradigm in how I was working as a practitioner. And then I started getting into, oh, actually, there's energetics.

There's these things that are beyond the mental or the belief or the emotion. There's different aspects of energy that play a role. Interesting. And and I kind of ranked that pretty high and thinking, oh, well, everything's energy.

So energy is energy. And this is where we got to go. And if we go there, that's the root of all things. Let's let's solely focus on energy. Right. Like and that was it. Totally.

But I could feel my, my my, my own energy was going toward that. Right. And then I've kind of come back into better balance, I think, with all of this, which is that we can actually influence all of these systems, from any of these points.

Right? So in other words, it's cool. We can actually work solely on the physical and affect the emotion and affect the belief and affect the energetic.

And so once I really started getting that, that paradigm in balance, then it opened me up to, perhaps the best place to start for each individual. And, and not solely, getting lost in some of these more theatric and these nonphysical elements.

So, one of the things on the energetic level that I really love is PMF, PMT, and there's a variety of PMF devices and sort of modalities that can be used, but the, the PMF and I'll put it in the same category is kind of like the Rif, these, these sort of, frequencies.

There's a real, real benefit. And one of the people that I have on my summit is a veterinarian. And so I love her. I brought her on and showed and brought her, she brought on case studies of pets that come in with all the same diseases that we have.

Right? The autoimmune conditions, the cancers, right, the Alzheimer's, all the same stuff, the skin issues, the code issues. Right. We have everything that we're having, and it's a perfect demonstration of what's causing disease, because we don't see the same rates of conditions in pets that are or animals that are in the wild and yet domesticated pets. Right?

So it's the food, it's the indoor lighting. It's the lack of exercise. Right? It's it's all the same stuff. It's the electromagnetic fields that are around us. Right.

In terms of the radiation. So it's all the same stuff that we're dealing with and the beautiful aspect of what she presented is she use all this crazy technology, I mean, crazy stuff that like, I'm like, is that does that actually work?

You know, I come on and and she's using all this stuff in her clinic. You should see the transformations in these pets. Like, it's it's mind blowing. And of course, they're dressing, diet and all that stuff too.

But the things that they're getting, I mean, talk about massive tumors on the I like this big that they're able to dissolve and, and, and return health to these pets.

Energetic and Regenerative Therapies

And the reason I point that out is because there's no placebo effect, right? These pets, they don't they don't have to buy into the technology. They just do it. Right.

And so that's a perfect example of you can't you can't just prescribe it to the the placebo effect. So that's just a really good demonstration of all these really fringe sort of new technological aspects.

But that's important, right. Like as even for these pet owners, if their pet starts making progress, do you understand how much joy, how much relief, how it doesn't even have to be all the way better.

But if you can just turn the corner on your condition or your pet's condition, the level of like gratitude, of hope, of positive energy feelings start to move through and that then helps the condition even further.

Right? So sometimes when we're dealing with an autoimmune condition or any other chronic condition, if we can just turn the corner, everything starts to shift.

Now I have hope. Finally, I figured out something that's like moving me forward. So. So I love those sort of energetic devices. Another great example of something that I think most people don't know about is high dose melatonin.

And this is a really interesting one. We can maybe go a little bit deeper. I can give some of the highlights, which is that it's the number one anti inflammatory antioxidant in the body.

It has go so far beyond just sleep. And when I say high dose I mean like 50mg 100mg 200 400mg of melatonin nightly. And it and again it's not about the sleep.

It's actually about how it affects physiology and biology, in a completely different way because we know now that the mitochondria, which exist in every cell of our body except for red blood cells, they produce melatonin.

So something is happening. And this is a really important molecule that is, served in the body. The gut contains 400 times more melatonin than the brain, right?

The cells the mitochondria sequester melatonin. They pull it and they utilize it, as a protective mechanism inside the cell. So it's actually causing this extra inflammation.

And the other thing that melatonin does is it regrows the thymus gland. So it's one of the few things that actually regrows the thymus. Now the thymus is part of the lymphoid tissue.

It's part of the immune system. Right. And it's right up here in this chest. And it starts to shrink and and get smaller and get fattier. In other words, we lose our functional tissue from about 13, right, right, right.

At puberty we start losing thymic function thymic size. So that means our T cells, our T helper cells which are really really important when it comes to our immunity.

We need that good T12 17 Treg balance. And when we lose that intelligence we lose that. Then we start tending toward either autoimmunity or we start tending towards runaway inflammation.

So when we can regrow thymus tissue, regrow that functional tissue and that intelligence, we can actually help restore thymic balance to balance all that kind of stuff.

And so, it serves a tremendous role in that as well. So, if people have trouble with I mean, sometimes people have nightmares with even 12mg of bone. Right?

And I'm wondering if using desiccated thymus would do the same thing. I actually have some of that too. I use it that as well. So desiccated thymus is fantastic.

I don't know. There is also peptides that we can take. So peptide bio regulators, are actually, developed by a Russian, scientist. And there are sort of thymic peptides that we can that we can and what a peptide is, right. We all produce peptides.

These are just obviously, strings of amino acids. They're not quite as big as a protein, but they're long strings of amino acids. We produce them in our own body.

We have more of them when we're young. In other words, we're really good producers of peptides. When we're young, as we get older and we lose function, we don't really produce as many peptides at at the rate and the quality that we used to.

And these peptides are signaling molecules. So they unlock the door to certain functions in the body. They turn on certain genes. And so when we can introduce something like a peptide, we're actually, speaking the communication, the language of the body.

The body understands what this meant. What this, this, this thing is and it utilizes it. So peptides and peptide by a regulators, that's what they're doing.

They're actually helping us turn on these genes that that were not able to turn on very well. As we get older. And they're specific. What's cool is they're very specific.

So we can find great specificity with some of this stuff and exert the effects that we're looking for so we can do that with thymic peptides as well. But with melatonin it's really interesting because at the smaller doses, sometimes people have really tremendous effects with sleep at a at the higher doses, sometimes they don't have any, noticeable effects with sleep.

It's really interesting. And then sometimes when you take the higher doses, you'll notice you get you're really sleepy, you sleep a lot, you're groggy.

You know, we're talking eight, nine, ten, 11 hours, maybe groggy. Well, when you're groggy, you can actually go outside in the sunlight. The sunlight kicks on the super charismatic nucleus to the hypothalamus.

Pituitary connection, and boom, it actually starts to wake you up. So, you could be woken up just by the light and sort of that grogginess can go away.

And also sometimes in that first little window, you might have somebody that's experiencing more tiredness, more sleep is needed, but then that fades away after after prolonged use.

So it's it's really interesting how it works. Another one again I mentioned peptides but but specific peptides that that deal with healing that are specific to healing.

Right. One is called BPC 157 stands for body protective complex or body protective compound. And we actually extracted that or first identified that from stomach acid.

So it's a it's a peptide that, specifically gets released when it comes to healing, wherever healing is needed. This peptide seems to be, playing a role in the healing mechanisms, the regenerative capacity of the body.

So we can actually take that peptide orally. Most peptides you cannot take orally, you have to inject them. And so there's a couple that you can take orally that, that still maintain their effectiveness through the digestive process.

BPC 157 is one of them TPV which is another one. And then tb4 frag. Right. That's the kind of and these are very clinical, very technical, names. But that's kind of where we're at.

We're still in the early process of figuring out how do we use these things effectively. But those are the three that I think we that I've seen tremendous effect, with, my clients for a variety of, of chronic inflammatory conditions on either side of the spectrum.

And they're primarily related to the body's ability to heal and regenerate. So the FDA shut down our our injectables, right? Yes. Yeah. And so now you can you can buy them, depending on, you know, some people aren't ready to inject themselves with things.

I mean, that's that's understandable. But if you're a biohacker or some bodybuilders, there's people that really like to experiment with their body, let's say, and you can buy these things.

They're sold for research purposes only. And that's how we kind of get around this whole thing. The challenge with those and I do have some and I do inject myself with peptides, is that we don't know a lot yet.

So we don't know how many doses, what the proper dose is. We're guessing with some of this stuff, fortunately, is a pretty good safety profile with that many of these, because we're not injecting ourselves with hormones and things, there's not as many negative feedback loops.

You're just kind of maybe wasting money. And so, so we're trying to find that sort of this the Biohacker community is trying to find the sweet spot for what's the optimal dose for maximum effectiveness and minimum use.

Right. And then and then how do we how do we do this is there, you know, is is there something that that we can find that's too much of something. So again, it's very experimental right now.

Fortunately the safety profile is good. And same thing with melatonin. The safety profile on Tonin is probably the best of any substance I know of. There's no negative feedback loop.

So when you take melatonin of any kind, you're not interrupting your body's own ability to make melatonin. They haven't figured out. What's that? Melatonin is connected to serotonin, right? Yes.

There's there's definitely a connection there. What's interesting is that we don't really know. So in other words, we try to figure out how much can kill people.

Right? We try to figure out the Ld50. We know the Ld50 for table salt. We know the Ld50 for B12 from a lot of things. We can't find an LDA 50 for melatonin.

In other words, they keep trying to dose people up and they can't find what's going to really cause harm. There's been studies that have looked at, taking 6.6g.

So in other words, 6600mg nightly and with no ill effects over long periods of time. So the safety profile is really interesting. I'm always in the camp of theoretically, you can take too much of anything and it's going to cause harm.

From what I've seen of the research in long periods of of months of study, there is not really a lot of harm in my own personal experience and what I've seen with clients, I've only seen upside.

And so, it's it's been a remarkable clinical pearl that I've stumbled across and utilized. And so I just want to put that out there, that it's something that can be experimented with with unbelievable safety.

Perhaps many, many years. I don't know if you took this for 20 years. Maybe you could do something. But but some of this is is pure theory. But but it's it's, I think something that I want to bring more, more awareness to because what I've seen in it's changed the people's lives that I've worked with, in tremendous ways.

And we see better skin. We see, joint pains that have been around for a long period time, our body pains, they start to, diminish or go away. Gastrointestinal function improved.

So if you look at the Bristol stool chart, that starts to get really, really good, like the stool formation and, and the regularity, I mean, it beyond sleep.

It's just an amazing things. From an immune perspective. Fantastic. So what else? What else? Well, let's give a little preview. This is, this one's this one's out there. Okay.

But but but I will say for anybody who's really interested in going deep on their, on their own health journey, and this actually gets into the energetics. Okay.

So this is really interesting. It's known as uro therapy or Shivambu. It's drinking your own urine and it doesn't mean doing drinking all of it. You can fact you can start with a few drops, and some people drink, and it's the first morning urine after you let a little bit go, and you can kind of catch midstream and you can drink a couple ounces.

Again, the only reason I mentioned this, some people may not be thinking, this is insanely gross and it's totally crazy.

Urine Therapy and Vastu Shastra

And some people are really dealing with severe chronic issues, and they've tried so many things. And this is one of those things that have been practice for thousands of years.

It's done in India, heavily right now. They're using it for Covid and other infections. It's been been used and I r Veda it's been used for psoriasis forever.

Yeah. Exactly. And, and and some of the yogis and the people who would practice this, they don't have issues and they're still doing this. Why. Because it's, it's known as the, the, the water of Shiva.

Like this is, this is supposedly the, the most medicinal, water that one can drink. Okay. So I'm saying this not from firsthand experience because I've been doing this for years and years, although I'm not against it, but from others who have been doing this and some of the teachings that I've picked up.

And so it's just interesting, again, I want to expose people to it, different ideas, but it is, I think, worth exploring to the point that the urine is sterile, right?

We have all kinds of look because we run organic acids test right, and functional medicine. Right. And so an organic acids test is actually the metabolites from all the things that are going on inside the body.

So it's giving us a, a clue to what's happening inside the body. But these metabolites aren't just an end result and product. They are actually signaling molecules end of themselves.

Right. So we don't know fully what all these metabolites do, but metabolites actually do start to communicate, through the body. We have secondary and tertiary metabolites.

And so what happens when you drink those metabolites. Well I don't think we know scientifically, but it is interesting to think about. We have hormones. We have we've got urea.

Urea is fantastic. If anybody's looking at skincare products, high end skincare products that contain urea. People have use it on their face. So they'll use this in their eyes.

And I'm talking urine. They'll use urine in their eyes, in their ears. And so this is it sounds fringe. It sounds very gross. I understand that, and if you are doing this all the time, it's part of, you know, our Vedic medicine for sure.

And for those who have been practicing this for, for, for many years, they will consistently report that it is bringing them closer to God, that is bringing them closer to themselves.

It is their meditation increases. Their addictions go away like this is an interesting one, right? Like so. So there's something about this connection with self, the connection with the divine that is interesting.

I got to say, I'm intrigued and I will be straight up honest that I am going to go on an exploration of this and see what I come up with. And see how far I feel like I want to go.

Because if, if, when I'm going to join you. Jason. Okay. For many who do this, they we can report back to each other. Yeah. They say that you actually start to as weird as it sounds, enjoy it because you realize that you're getting the benefits of something and you can't put words to it.

But there's some energetic aspect that is shifting within you, right? That is coming into more wholeness, completeness, more into alignment because they say that this has everything that your body needs, and there's people that do this on fasting where they will literally just I think it's called looping, where they will literally just drink their own urine drink.

I mean, it sounds again, I'm, I'm with probably most of the people that are listening this like this sounds crazy. What the heck? I am also very adventurous and very curious.

So I've known about this for decades ago, for all of them anyway, and and have not wanted to do it. And totally. Yeah. No, I have not. It sounds disgusting.

Yes, yes. And it has only just been recently. In fact, it's been a little sort of funny thing in my marriage because my husband is always talking about the benefits of urine and I'm just like, stop, stop.

I know exactly gone far enough. We're not. This is my my wife does. She's like, look, I can handle this and that and all the things you do, but we've reached the limit here.

We've gone over the line. Now, this is this that I think, yeah. So, as I'm aging, I'm kind of like, okay, so what, you know, there's there's some things that I'm just willing to kind of go, let's see what that is about, you know?

Yeah, exactly. But but I will say that, I am I am someone who believes that, like, for me, there's something about me and my constitution and my essence.

I guess that is really that that really values truth. That above almost all else, truth is, is like is my North star. And so for me, it's like there's something there that I think that we can figure out. There's some truth.

And if I can get closer to it, which is something as crazy as that, then it's worth it to me. Right? So so that's just kind of how I'm holding this, which is that there's I can feel it.

There's something there, there's a lesson there. And even if it's just like, again, you're drinking two ounces of your, your or your first morning urine and you can taste certain qualities.

Right. And you don't like it. Well, what what's that going. What's the immediate thing that you're going to think of? What am I eating. What am I eating that's influencing the flavor in the taste and what's happening here.

So then I'm just trying it now. You're Veda. We were taught to taste it like other people's urine. And I was like, no, no, I'll do Paul Stipe. Right? I'll look at the tongue. I'll look in the eyes.

I'll look at the skin. No, I'm not going to do that. One. And that's just right. That that's right. Right. And so and it's a perfect example and I'm with you and that's, that's our conditioning. Right.

That's our mental process is telling us something that urine is gross and it's dirty and it's disgusting. Yeah. And that is learned right. And we can unlearn that. Right.

Because at the end of the day, again, it's sterile. It may not be this waste. And we were all taught right. And in functional integrative medicine we have we eliminate through the bowels, through the urine, through the sweat, through the breath and then women through through the menses.

Right. Those are the main organs or parts of elimination. Right. And physical anyway. And so, you know, I perhaps that's that's debatable. Right. Perhaps the urine is not exactly this waste product that we think, but rather the filtered aspects of what it that the body is saying is not needed in the at this exact time in this way, but contains the information of what's going on in the body. I mean, there's so much to it.

And and again, if you go in the spiritual sort of understanding this stuff that I've heard people say that Shivambu this is urine are often actually transforms.

It transmutes. It is alchemy izing all the things that it touches into the water of Shiva. Right. And so yeah. And this is takes more of a spiritual kind of bend.

And in order to like kind of walk down that line. But but it's interesting to think about and I always get intrigued when I hear people talk about, again, something like urine and what does this person have to gain?

Right, right. What are they actually selling you? What they're selling you your own cure that you're producing that

cost nothing, right? There's not a lot to gain other than maybe a little notoriety, but but I mean, you know, again, it's been around for thousands of years.

So, so to me there's something there. And so I think for those who like, I've been there in, in chronic illness to the point where you feel hopeless. Yeah.

You can you don't have the money to go do all these expensive things. Right. Look, stem cells are amazing and they can help a lot of people, particularly with those are autoimmune conditions.

Can everybody afford to fly down to Panama and get 60,000, $60,000 for the stem cells twice? You know, like there's amazing stuff around the bend and we're getting there with regenerative medicine.

And yet, if something is so simple that we can, you know, utilize at home. Well, I'm a human design. One, three. What's the one is the investigator. And the theory is the one that tries everything out with their own body and comes back to the community and tells them, like, don't eat those berries.

They're poisonous. The tiger lives over in that cave, you know, beard arms sawed off. Yeah. And so I always experiment with myself and then bring back the information. So.

Yep. Yeah, there's another one. And I think you'll like this one because I believe, you know Michael Mastro. Yeah. Yeah. So I had him on and he, he talks about Vastu shastra.

Right. And actually what's really cool and this is kind of just a funny story, is that, I live in Carlsbad, which is north of San Diego, and I, we moved into a new home, and I thought, okay, I really want to get an expert in here to look at the the Vastu.

This is this is the feng shui cam that came from India before feng shui. Right. So it's the energetics of of things in homes and, and elements and, and the organization of this stuff. Right.

And so so I went on Google Maps and I typed in Vastu practitioner or expert or something, and there was none in the United States except for Michael. Now I want to know why you don't pop up on Google.

He's the only one that popped up on Google and it Google search. Yeah. Yeah. And he and he's he's he's like less than a mile and a half away. So I was like wow you are really good friends of ours.

So yeah. So they were awesome. So Michael came in and did my, my whole entire home. Right. And, and and this is important for this conversation because it does deal with the energetics of, of the environments that we're in.

Right. And and one simple tip that I didn't know that makes sense. But obviously shutting the toilet lid. Right. And a lid on the toilet, it's a good thing to have. Right.

That's energy that you want. That's waste energy you want going down and entering a room. That's obvious. We knew that one. But shutting the bathroom door.

And so that was one thing is like I just shut the bathroom doors right when you're at oh, okay, cool. Easy enough. Right. But there's a number of elements and organizational aspects of the home that may not be in alignment, that may not be facilitating good flow of energy into your life. Right.

And this has to do with health, finances, relationships, all the things. Right. And so this is maybe an area where, for somebody who is sort of autodidact wants to learn, but it's not that hard to get the basics right.

You can, you can say free masterclass on my website for beautiful. There you go to. Yeah.

Block Therapy, Fascia, and Physical Recovery

So when we're talking about, you know, autoimmune conditions and various other health issues, anything for that matter, you know, like let's let's bring in all the elements, let's figure out how we can work the energies in so many ways.

So again, I mentioned the physical things like melatonin that you can take or peptides. But now we can we can also work in something like Vastu Shastra and and start to organize our house and make simple changes, or even bring in somebody like like Michael, you can hire him or Kisha and they can do, they can add elements to the, to the home to balance it out.

Right. Sort of add energetic, balancing techniques. And it's just these little symbols that's part of it. But, but also elements that you can bring into the home.

Different colors, different things. Right. Getting a fountain right for, that flows for, for prosperity and abundance. Right. And that's and again, prosperity in abundance can be thought of as money can also be thought of as health and vitality too.

Right. So, so there's a simple things like that that we can do and, and I think for a couple hundred bucks or a course or some of your own time to investigate into something like vastu or a feng shui, if that's more your thing.

But but looking at that element too, because there could be something. I mean, if we open our minds, there could be something that's really throwing a wrench into our situation that's preventing us from finding the solution.

So in other words, it's not like if I do something into my home, then boom, I'm healed necessarily. However, it may unlock some thing in my life going forward that allows me to find the solution that I've been looking for or make things easier, right?

So, so there's a tremendous amount of ways that I think that can affect us. So, so that's something that that I think is, is worth considering. Another one that I think is, again, totally different thing gets back into the physical.

This gal, Deanna Hanson, I really, really love her work. She came up with something called block therapy. And and it's it works on the facial tissue of the body.

So it's facial decompression. And she simply uses this block made of bamboo. And and I've done this a number of times, and it's truly amazing and truly painful, which means I know it works.

In fact, the first time I did it, I realized how how profound it was, particularly for me, but also for just about anybody who's going to use it. And you essentially use gravity.

So you're laying on a block, it might be on your, in your internal organ area, like in your belly. It might be kind of on your, on your lap here, or it might be somewhere in your shoulder or your hamstrings, but you're using gravity to put pressure on a certain part of the body.

So you might be laying on this thing in a certain way, and then you're using diaphragmatic breathing to breathe into this space. So what's happening is this block is is pushing itself with gravity into these tissues, some of the soft tissues in your liver and your, you know, GI tract.

And then the hard tissues from towards your bones and your, your muscles and tendons and it's breaking up the adhesions, and it's not doing so in a grinding sort of forceful way.

It's actually using the breath to do that. And so you're using this guided breath. You're breathing in. It's a meditation in a sense. You're actually using your awareness to bring breath into that space.

Bring prana, bring life force energy, bring oxygen, if you will, and blood into those spaces. And it's starting to remove those adhesions and those adhesions.

But when we're young, everything's flowing and gliding and smooth and it's just silky. And I mean, you can bend a child in any which way. And as we get older, right, that we get into this more vata stage, everything starts to freeze up, it starts to get dry and it starts to just get hard.

And so we can actually get in there and start to unwind all that. And when that happens now we have greater flow of energy throughout the body. So and again, just to promote her work, she, she, I mean, kids with scoliosis, unbelievable changes in their spine, like the really bad turkey neck that you see that some people really have.

That's actually a caused by the tongue. So if we can actually strengthen the tongue, which at the tongue is a postural muscle, right? We don't think of it that way. But it's a partial muscle holds us up.

And when we when we use certain techniques we can actually strengthen the tongue, bring that back up and the skin starts to, to lift. Like this is amazing stuff. Right?

So, we can use this type of technique to, to, to resolve a variety of issues. Cellulite. Right. And these are a lot of these things that we are all kind of dealing with in a variety of ways.

If we start to increase the flow and the fascia is so important because it innervates everything in our body, right? The internal organs, the muscles everywhere, these little fascial fibers that are kind of like sponges, they're facilitating the flow of of toxins in and out of the body.

That's what helps get, toxins and things from the interstitium into the lymphatic system so that we can get it into the bloodstream and out from the nation.

So we want good flow, good fluid mechanics at that level. And when we can do something like block therapy, where we're increasing that fluidity, we're increasing the energy, the prana that's actually moving through our body.

And that will help every condition, including autoimmunity. So how are you using the block for your tongue? I haven't I haven't done that one, to be honest.

I don't know. I just had him a big bamboo block and I'm like, I honestly don't know. She, she actually told me she it was actually an in our interview that we did, she, she told me that that's what cause and I'm like, what?

I had no idea that that was that was even a thing. It blew my mind. And so, so it is really interesting, but, the, the case studies that she has using block therapy, I mean, it's, it's truly mind going.

And this is why I think it's important to recognize the value of the physical. Right. Like, I, I abandoned it for so long and now I'm coming back to it.

You know, I myself have some some sort of knee issues that it from a long time ago and I'm using that that young kid he goes by knees over toes. Guy is really became really popular on Joe Rogan because he did all this knee work and and and using physical exercise sort of mobility and strength training to rehab his knees and these like unbelievable jump, unbelievable strength now.

And so I've been using some of his his techniques and tools and my God my knees are getting stronger. And this is the pain is going away. So I'm actually restoring function and flow into these joints.

And that's one of the things as we get older right. Like right. In fact, I think one of the studies he references is that walking backwards is the is one of the best predictors of mortality of, of of of longevity.

So those who can walk backwards. And that's because when we primarily when we go down stairs and what unable to to handle that we fall. And there's a lot of falls that happen as we get older.

And by maintaining good knee integrity and the ability to walk backward, we can avoid those falls which catastrophic to to our health. And so so again, these are the types of things that I'm actually now really falling in

love with. There's all this physical stuff again.

And I, I sort of dreaded it for a long time because I abused my body for so many years when I was younger. Now I'm coming back into the into the physical, and I notice that it's changing how I think.

It's changing my beliefs, changing my my my mood, my my overall feeling about being human and being getting older and all these things. Right. And so this is, I think, maybe a core message I really want to hammer home is that when we get better, everything starts to shift.

We treat people better, right? Like everything. It's like it's pulling us out of the doldrums. And so anybody that's dealing with chronic issues that have been dealing with chronic issues for a long time, you get used to it like most people do.

They get conditioned into that level of reality. This is how it is. Exactly. Exactly. And and I myself included. And as I am with my knees, my shoulder, my injuries, and I've kind of been waiting for, for, stem cells and waiting for all these, these new technologies to kind of come up and save me when I get older.

And now I'm sort of taking that back into my own hands in, in new ways. And I'm finding that it's just changing everything about how I show up, because I feel like I'm not declining.

I'm not stuck at this, at this painful state anymore. I'm actually able to pull myself out of it. Beautiful. Jason. Thank you so much for taking the time to share some of this wisdom with us.

I really, really appreciate you. Absolutely. It's always a pleasure. Thanks, Keisha. We're going to have how to get in touch with Jason as well as his free gift when, when you can look down below his talk and it'll be here.

All right, everybody, until next time. Be well.