Introduction to detox pathways and the podcast

Oxalic acid is a huge one. And and the ribose is a test for yeast. It's very important with that. Stool analysis can give lots of valuable information.

And yes, genetics plays a big role. So, you know, I call that KBS's transfer operation pathway for getting rid of certain metabolites, the dream pathway.

And I called the C on T, the god gene, and then on to power. If you wish, you can call that perhaps the happy gene, because if you don't have enough medicines holy, you're going to have a much higher propensity to being depressed and, those three have a commonality.

And their commonality is those are all pathways to get rid of not only toxins, but to get rid of estrogen. But those also are pathways that are associated with overstimulation in the cases, but it's associated with not being able to travel as adrenaline.

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In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors.

Manifestation, intention, and brain health

If you're seeking to transform your health journey, or if you're looking for answers to burning questions. You've come to the right place. Get ready to unlock the secrets of lifelong health and vitality.

This is Doctor Talks real talk from real doctors on the issues that matter to you most. I also want to reflect back on you on intention. I think James Doherty, if you've heard of him, wrote a book on magic, mind magic.

It's a neuroscience of manifestation. And how manifestation, which has been dismissed in health care practices, is as kind of materialistic, kind of pseudoscience.

But as a neuro, he's a neurosurgeon and as a neuroscientist, and he really speaks to how manifestation, introduces us to different possibilities. And it lays the groundwork of of how, we can change our brain structures, with manifestation, with intention, attention, meditation, visualization and even compassion has a, physiological effect on the neurochemistry and their architectural, activities in, in the brain and in, in, in the nervous system.

So, for the audience again, I'll, I'll post a the the details of James Boyd's work in the show notes. I'm curious to hear more about your daily practice, I guess, of intention.

And how do you feel when maintains that intention through the day, through, the practice of our daily work as we get distracted or pulled away from or and.

Well, first of all, it's crucial to set the tone right at the beginning of the day. I think that is vital. So, for example, I will start my day. First I keep a dream journal, and I record dreams that I remember from, the night before.

Incidentally, if you're not dreaming most nights, that's a functional vitamin B6 deficiency that triggered operation pathway from homocysteine down to glue.

Sound is not working very well because you've had too many, oxalates, for example, from round up, or you have

used tissues and aldehydes from that compete with oxalates, but it burns through the available vitamin B6.

That's a pathway that generates CoQ10 and tiering to important nutrients. But that glue, the sound that's the end product helps get rid of toxins, helps get rid of metabolites, and having enough B6 is important for converting glutamate and excited toxin.

The calm, relaxing Gaba. So I did want to mention that I call that the dream pathway. With that. But the after I write down my dreams, then I go outside.

I have a cemetery behind my house, so no fumes, no exhaust to worry about. And so I do high intensity interval training. Where for 30s, sprint. And then for 90s I will either walk or a slow jog.

And during the 92nd periods of times I'll do eight rounds of that. I will share mantras, and the first mantra is I will live until x number of years of age with a sound mind and a strong body.

My Bible stats a healthy 33 years old. My, I'm labeled as, 72 years old right now, but I tell myself I'm really 33 years old every day in every way. I'm increasing my physical and mental capacity.

I set that out to the universe right the second thing I say is spirituality is the pursuit of holiness. Wipe away the cobwebs of fear. Selfishness. And and then also a third thing I would say is, this the most beautiful place in the world right here in midway, Kentucky.

And the fourth thing is, the more I own, the more it owns me. Okay, that's the thing the monks say.

Morning routine, dreams, and exercise

And then the fifth thing is that I greet my predeceased, parents and predeceased siblings and predeceased grandparents. Just give them a greeting. My in-laws, which I was very close to as well, and other special cousins.

I greet, and then the next time, am I trusting in God? And I think that's an important question to ask everybody. I'm. I'm trusting in the creator. Because if you are is and again, there's nothing to worry about if you.

So that reminder sets the tone. No need to be worried or concerned. Trust in the in God. And then and my allowing my spirit to shine through in my reflecting God which is love.

This is the day the Lord has made. Rejoice and be great, light and bright. And that last statement, you know this is the day the Lord might be glad and rejoice, you know.

And I shout that out. And so for me, that sets a positive tone for the day and carries forward. But it's very easy if you start on a negative tone. For example, if you criticize your spouse at the start of the morning, that's going to stay with you the rest of the day.

I think that negative tone. And so you've got to protect against that. Yeah, I can see even how the intention you're actually directing your brain to prioritize, you know, neuronal pathways, which again, those pathways, whether they, they're involved in the dopamine pathways, often associate again with reward and motivation, reinforcing positive intentions can create this impetus towards a positive goal.

You know, the serotonin system where the feelings of well-being, you know, maintaining noticing our well-being, noticing our environment that, the setting, our prefrontal cortex, which is involved in decision making and planning and, you know, and maintaining with those intentions with that visualization, those positive affirmations that you describe those mantras of, acceptance and of what you own, will own you.

I love that, I think that's something we can easily forget or easily just become consumed with are what we own, right? What do we own? And what do we what can we what do we really need?

And that mindfulness practice, with the full force, that going outside, even with that light that that brings into the visual cortex, into, vitamin D pathways, you know, and methylation you described the, the, you know, the methylation system, dreaming the recognition that where can we what can we do in terms of, our nutritional health?

Because that's again, something that we as doctors see more, I see more and more of. I'm sure you do too. Our nutritional health lifestyle is really what's creating these, this pandemic of mental health, disparities, mental health lead to become less, more treatment resistant and the importance of nutritional balance, which is the word balance because it's not just one type of nutrition, it's a balance of nutrition.

And that again helps, rebuild and regenerate. But what's missing in our diet? What what do you feel is really missing in, in our lifestyle that pulls us away from this type of way of thinking that you describe?

Well, one thing is we're missing minerals. And for example, lithium. Ashland, Oregon has the highest amount of lithium in the water. When I visited Ashland, Oregon, the first two weeks I was there, I never did see a police car the whole time.

But there are areas of Texas where there's no lithium in the water and minerals. So decision and violence and hostility are associated with mental deficiencies.

So eating these processed foods does promote violence, does promote criminality. And if we could just, you know, even take the lithium and minerals around to all the jails and prisons, we could get, much more individuals, and association with that.

So minerals and would you say it was criminality or would you say it cortisol or, or you know, the regulation of the nervous system in utero? I see a lot of, when we talk about aces, right.

Adverse childhood experiences and the effect that that has on the brain of the of the fetal brain even before it's born, it's been exposed to trauma and the effect that that has on the nervous system.

Let me explain a mechanism associated with that. First of all, when you eat processed foods, you're getting chemicals or preservatives with that and where those chemicals and preservatives get processed, they're processed in the liver, which also processes estrogen.

So essentially all preservatives are chemicals, heavy metals, mercury, they're all estrogenic. And their effects. So if you have trauma, you know, so if a pregnant woman is exposed to trauma, what happens?

You know, as you mentioned the cortisol levels go up. And what happens to her intestinal lining that becomes weakened by the higher cortisol levels. And that develops what we're familiar with is leaky gut or increased intestinal permeability.

And so the bacteria in our intestinal tract, like cats and dogs, they eat food and they carry toxins. And those pass out the bottom, but with increased permeability, those toxins are absorbed into our, bloodstream.

They're lipophilic. They go to the brain, they go the nerve sheaths, they go to the breast. We don't want those in those areas. And then we have to detox those out of the body.

But once again, all of those are generally metabolized by the liver, which interferes with that region metabolism. So stress is estrogenic.

Minerals, stress, and hormone balance

We already 80% of the population in my opinion now is estrogen dominant excess. And that's generally tied in with low free or available testosterone associated with that.

So excess estrogen, first of all, you know, you mentioned methylation. And this all connects in the OMG mutation.

Val file 158 is associated where you don't metabolize dopamine, norepinephrine, epinephrine.

You know, half of us are at least heterozygous you and I or at least heterozygous. Right. Because we it's associated with a good on switch but not a good off switch.

So you and I, you know, we, always like to keep busy doing things right. We were detail people. We crossed the T's. We daytimes were workaholic. We always had more projects going on at night, and our brains are spinning.

And we'll have difficulty sleeping unless we exercise until exhaustion. Associated with that. I call that the God gene, the CMT, the God gene, because these individuals also are very caring.

We give and give and give. Don't feel appreciated. Can have any resentment tied in with that. We're empaths. We get around negative energy, we absorb that negative energy and appropriately and we have we're more intuitive and have a greater capacity to connect into higher power.

So these are the individuals that have the spiritual stories. These are the ones that are more likely to have had spiritual near-death experiences. So that's a gift to be intuitive, to have that divine connection.

But it comes with the baggage of being in fight or flight. And if you're homozygous have two mutations and that's simply you're in fight or flight every single day your whole life, you don't know what peacefulness it.

And because typically you're not able to get rid of estion as readily, and females that can attract negative energy if they experience negative energy, their adrenaline kicks in.

And guess what? They can't process it. That's PTSD. And so, that's the characteristics with this, as these are the highly sensitive individuals, they're sensitive to foods, sensitive to chemicals, maybe to light, to noise, to electromagnetic fields to mold.

They get more of a reaction if they get a tick bite. The more I have to get Lyme issues. And estrogen in excess is associated with female issues fiber, cystic breast, ovarian cysts associated with that, premenstrual symptoms, anxiety, panic, obsessiveness, phobia, sleep disturbance here and ability carbohydrate craving swelling breast sort of centers, migraines, severe periods, cramping, bloating, brain fog.

Aches and pains in shorts and muscles. You know, I have patients that will come in with 25 or 30 separate symptoms. And I point out to them, the women, every one of those symptoms is better.

The week after period. Every one of those symptoms is worse the week before your period because of your stress. And you don't ovulate. You don't produce the neutralizing progesterone.

That's calming, relaxing to help, neutralize that or stimulating estrogen in that high fashion results in the liver producing sex and combining lipid, which binds up the excess and reduce it to that amount, the bloodstream.

But it binds up your testosterone, reducing available testosterone. So most of these women have low libido, this time with low testosterone I think it's courage, confidence, motivation testosterone in every orientation.

And testosterone anti autoimmune estrogen promotes our immune. Testosterone dampens autoimmune. We know and lupus and lupus. But it turns out in all our immune conditions Asian makes it worse.

Testosterone strengthens immune system dampens our immune activity which is why vitamin D helps all our immune conditions. Why why zinc and then turmeric and, all of these other nutrients I mentioned help with autoimmune scenarios.

Yeah. I think if you're familiar with the work of Doctor Felice Gersh, where she talks about estrogen and, the the importance of estrogen to be seen not just as estrogen by itself, estrogen, but the whole family of S, you should write them all metabolites of estrogen in that cycle.

That has to happen, of estrogen. And of course the estrogenic or inflammatory estrogens is is not as dial. It is as strong. And when you I think one of your, talks you're talking about, prostate cancer, and in men, when they have inflammation, their estrogen levels are higher and that itself increases, you know, the, the growth of the prostate, which makes it a very laboratory, you know, inflammatory response to stress.

And how you I think you spoke about this and how this treating stress itself can, again, reduce inflammation in the prostate, but even at addressing it, looking at the even estrogen in males, why that's important to really, dissect out the types of estrogen that may be occurring, especially in our environment now, where we have a lot of endocrine disruptors, we have a lot of artificial estrogen that we're ingesting, inhaling and applying on to her in our body.

Those are estrogenic because they're metabolized by the liver, interfering with estion. I think to my mind, that's the easy way to understand that, right?

The the clearance of estrogen and through the conjugation system in the, in the gut. And I like to do an estrogen sulfate level, estrogen levels by themselves.

I don't find very healthy, but that's strong sulfate like DHEA sulfate is the form of the most aggressive estrogen. And yeah, I do that in most of my cancer patients, but I've learned to use it as a screening tool in women.

And if I see that has shown sulfate disproportionate to after about the normalization of about 2 to 1 or less, but if it's 3 to 1 or 4 to 1, I had a woman come to me, a young woman.

She had severe psoriasis. She'd been to Cleveland Clinic and said, hello, Doctor Roach. I went to Cleveland Clinic. Has all these doctors. Nobody can help me with my psoriasis.

We bother me on issues, you know? You know, is there estrogen buyers are testosterone high. You know, obviously restaurant sky high with that high pitched voice.

And I checked her restaurant sulfate levels. The normal is up to 390. And the highest thing was a thousand. In this woman, it was 5000. Right. And there I was in the basement.

So I used strategies to bring Ashton down to bring testosterone up. And her psoriasis melted away and her autoimmune conditions, a large resolved. So. So what would you for our audience again, we have a mixed audience of clinicians, providers, doctors, healers.

What would be your and in your training. Because I see that you're almost triple board certified in founding medicine, integrative medicine and holistic medicine.

What would be your treatment approach to a patient who comes in, with, say, you know, diabetes? That's or psoriasis? Do you begin do you evaluate all components of their health, meaning their body health and mental health, their spiritual health, looking at kind of their lifestyle, functional?

I mean, we I know we patients you can even look you can go as deep as looking at the genetic health or the genetic profile and seeing what do that their carrier of come do they okay.

Do they have MTF or all the other different snips that we can actually really treat and targeted? What would be your treatment approach for a patient?

First of all, all men with diabetes and all men with coronary disease have low testosterone. Okay, they all do so automatically. I know out of the gate they have insufficient testosterone.

Testosterone reduces waist size, lowers blood sugar, lowers cholesterol. Again Sandy inflammatory any other immune. So I know that's an issue. And of course in fat cells we convert testosterone.

So if they have a belly then especially they know that they have high estion associated with that. So bringing

estrogen down, bringing testosterone is a key aspect of management with those individuals.

And, you know, with psoriasis I mentioned the same thing. Highest gene, low free or available testosterone tied in with that. But yes, I like to do comprehensive assessment, with blood work beyond the routine blood tests, I do like to look at heavy metal levels.

Genetics, methylation, and the major detox pathways

I do check, a range of the hormones like that strong sulfate and free testosterone, as well as the total testosterone with that, we look at organic acid, levels whenever we can.

You can get 76 different organics, tested it. For example, oxalic acid is a huge one. And, the rapid doses a test for yeast is very important with that, stool analysis can give lots of, valuable information.

And, yes, genetics plays a big role. So, you know, I call that KBS's transfer operation pathway for getting rid of metabolites, the dream pathway. And I called the CMT the God gene and then Quincy Power, if you wish.

You can call that perhaps the happy gene, because if you don't have enough medicines holy, you're going to have a much higher propensity to being depressed and, those three have a commonality.

And their commonality is those are all pathways to get rid of not only toxins, but to get rid of estrogen. But those also are pathways that are associated with overstimulation in the cases it's associated with not being able to travel as adrenaline.

The case of CBS transfer Dream pathway, it's that you aren't, you're depleting vitamin B6 and can't convert glutamate and excited toxin in the colon, relaxing Gaba and as far as the methylation pathway, which is taking homocysteine and folate and B12, help convert that to thiamin.

And under precedent, Denison, something which goes ten import directions including the glue to sound, which is like Velcro attaching to heavy metals and chemicals, and what's in ashram metabolites.

So methylation gets rid of metabolites. If you have an empty gene mutation, you're going to be estrogen dominant, right? If you have B12 deficiency, you're going to be dominant Tod with that.

But Sammy, essential methionine does. What else go back to the combat pathway? Sammy metabolizes adrenaline in the Comt pathway right. So it's relaxing. It's also the fastest.

And if it wasn't within 2 or 3 days, you know, it gets you. And for 85% of my patients it gets their moved in a better place. So all three of those pathways are socially with being dominant and being overstimulated when that's not working.

Really. If you look at the whole world these days and with knowing that 80% suppression dominant because of BPA in plastic water bottles, because so many of us have excess fat cells, converting testosterone, because we process foods, that means we all are more anxious and fearful associated with that, but also maybe more intuitive, hopefully, and have a greater capacity to connect spiritually, is what I'm hoping along with that.

So the one key is to bring those hormones in balance with those scenarios. And the other key is, you know, thoroughly is we've got to fix that nutritional digestive intestinal pathway.

So 95% of my patients are sensitive to cow milk products. And most of nearly all of us have gluten issues these days as well. So I really I do food sensitivity testing to identify which foods are most problematic.

We all have these foods sensitivities. It's just a matter of figuring out which ones. But it's almost always cows milk products. And I try to substitute goat yogurt, for example, in those scenarios.

And then I try to get rid of all gluten. And, maybe you can tolerate some rice, maybe organic corn, or things that you may be able to manage. But, pineapple can be an issue and are other foods.

So eliminating foods you're sensitive to number one for a while. Later on, you can address those food sensitivities. You never fix gluten, I don't think, but you can fix the others to some extent.

So I would have them leave those off for a month. Number two is you go to the grocery and full stomach shops. The parameter avoid anything with ingredients.

If it gets in your house, gets eaten. You got to win. Keep that out of your living space. That's crucial. Number three. Remember quantum science. Bless your food.

You know, if you're sending love to the food, you're getting ready to eat, guess what? It's going to be more nourishing for you and along with it, through your food until it's a liquid.

And then bitters. And that can be ginger, apple cider vinegar. Or the best one of all is probably black cumin seed oil writes a wealth of research and benefits associated with black cumin seeds, one that was in King Tut's tomb.

It was mentioned in the Bible, Saint Joshua, for example, and then digestive enzymes and most individuals without immune issues have acid deficiency. Most individuals with cancer have acid deficiency, which means we're not breaking down those Who proteins in the harmless amino acids which is really the goal.

We're not freeing up nutrients for absorption associated with that. And we're not killing off bacteria trying to crawl up our intestine, leading to small intestinal bacterial overgrowth associated with that.

And then probiotic is helpful. And then you're identifying any pathogens and parasites or yeast overgrowth in the intestinal tract. Yeast love sugar. So whenever you want to grow yeast, just eat sugar.

Processed foods that convert into that. But when you have yeast on board, which a lot of us do and as you know, and autistic children, which both of us are particularly familiar with, right.

80% of those children have yeast issues, 80%, which means that's aggravating your intestinal permeability and adding to the toxin overload that they have.

So it's really crucial. And 10% of them have class three. The issues. They're the kids that beat up on their parents because it's pretty leads to an excess of dopamine.

And that leads to violence when you get too much into that assessment. Very helpful. I was particularly fascinated to hear that when I that talk on, cluster area and autism, it the dots connected because I could, I could recall hundreds of patients, because I ran a chronic complex care clinic, and they would be readmitted or they would have two antibiotic courses, and then we would treat in custody.

And then we were doing fecal transplants and, you know, and, we, you know, we couldn't get rid of the cluster idea. And the behaviors were worse. The, you know, there was this aggression, that was more notable, post infection or post during the course of their treatment.

But the dots connected and I was like, oh my God, I didn't even I didn't make that connection to cluster there and to the effect that it has on the gut biome and the, again, the axis or the gut biome axis, and that effect it has on the brain and the nervous system.

Fascinating. And but in the end with, you know, that just kids with yeast issues are you can identify them because they act drunk, right? They act giddy because they are, in fact, drunk because, you know, alcohol is a metabolite of yeast, right?

So yes, they have too much alcohol. So that's how you can tell if they have yeast overgrowth is having, you know,

for, for for a patient what you described sounds very complex.

It sounds like well it sounds overwhelming.

Nutrition, gut health, and treatment strategy

It sounds like, well, it's hormonal. It's my lifestyle is what I'm eating. It's how I'm, you know, working, what I'm doing in my day to day, what I'm not doing, what I'm not doing in terms of my spiritual health.

What is how would you approach this treatment plan, say, with a patient in that first visit? Yeah. What was mean of attrition is huge. And so addressing nutrition is key.

Whole food, plant based, organic, diverse, fresh foods. That's key. You know, you can't fix everything else if they're not doing nutrition. It's not likely to work very effectively.

And then yes, you do address lifestyle in terms of physical activity. I encourage all of my patients to do an hour of physical activity, like 30 minutes in the morning, as I do, particularly if you can do, you know, the high intensity interval training.

Now, if you're have angina, be careful, you know, build up gradually with that and then I walk in the evening with my wife. You know, you need to talk with your spouse every day.

You might as well walk and talk rather than just sit and talk with that. Right. So physical activity important. Getting a good night's sleep is huge. You know, if you're tired or not rested, almost nothing else is going to work.

So getting to bed on time and I had spiritual experiences. My mother came to me in a dream one night and said, you're getting to bed too late. And I was going to bed.

And so I switched and went to bed. At 1030. And, after a few nights she came again. Say, you're still getting to bed too late. So now, at 10:00 at night, and that way I get a full night's rest and, and am able to focus, effectively.

So there are a lot of strategies to promote sleep health. You know, switching gears, that last hour before bedtime helps, you know, staying physically active gets rid of adrenaline in a healthy way so that you're more relaxed in the tired, when evening, comes associated with that, and then having a spiritual practice in place, you know, setting those intentions as we talked about, and I now meditate that last half an hour before bedtime, and that's how I switched with that.

I do something called sacred Acoustics, which was, associated with even Alexander's wife. Now, Karen, Alexander had to go up to that. And so I do I have to do our meditation.

And that's maybe my favorite time of day, because it's me time where I get to focus and I just empty my brain. And when you empty your brain, that allows things to come to the surface.

More important things come to service, and that allows you to open up and potentially, you know, channel, you know, from higher, entities, information as well.

As I mentioned, channeling because there are times I, I love this happens to you. But when I'm speaking to patients and I'm saying to myself when I'm speaking, where do those words come from?

It's like I'm observing myself speaking while I'm saying the words. So I just think that so much of that is coming through from a higher source, just, passing through me, associated with that.

I do think supplements are key. You know, each botanical has hundreds, if not thousands of beneficial nutrients. And so for me, you know, my goes five vegetables a day is nice.

What if I could have 100 vegetables a day? Right. So most days I take 100 different supplement pills. I take as many different botanicals as I can. And people say, well, yeah, I do.

You know, focusing on all of this does take time. I probably takes an hour and a half a day. And but, you know, I'm going to be 73 next month and hopefully I don't look 73.

And generally good health. I don't have any serious medical issues. So it's working for me so far, doing this. But I think all of that, you know, being that whole package is important and, but connecting in, you know, am I trusting in the creator, right?

In other words, I'm eliminating fear and I'm focused on love. Am I focused on maybe making your next patient? Well, you see, your best friend, you know, act like through your best friend when you see them, and you can really connect.

And they're going to listen much more closely when, when you, perceive them that way, they, they sense how the love that you're giving them and the intention you're giving them.

It's true. Very true, wonderful, wonderful work that you're doing. And Doctor Odin, such a privilege and such an honor to be talking with you today. I think I'd like to just close with points or thoughts on what's next.

For conventional medicine, what do you feel can happen? Because both of us have kind of. And a lot of providers now are burned out and leave Stowe appropriately burned out because they're not practicing the health care that we should be practicing.

Future of medicine and closing remarks

And it's not mostly their own thoughts, but it's the way we've been trained in medical school and, the, continuing education that we receive, we're taught pharmaceutical medicine.

We're not taught healing. And, yes, we're going to get burned out when we do that, because that's not what we're supposed to be doing. That's not what we're supposed to be teaching.

And we're at a very exciting time. And, and it's my opinion. We're at the moment, the greatest moment of evolution of humankind, because we're having this awakening to, you know, through key to mean and similar experiences to the reality of the creator and the reality of the universe that is out there.

But as far as, health care is concerned, there's a tremendous opportunity that is developed. You know, I've, saying politics aside, I've been monitoring, you know, Robert F Kennedy, Junior's children's health defense, website for 2 or 3 years.

And, you may have your own opinions about Mr. Kennedy, but, he does more pull ups, and I've been able to do my whole life. Right. He because he in his time 1960s when I was growing up, you know, John F Kennedy emphasized physical activity.

You know, he he was the one that got physical education started in schools. Right. And so, Mr. Kennedy likewise, is going to emphasize, and his role, with the government about fiscal health.

And he's going to force reexamination of the way we care for patients. He's going to, insist on long term research with the vaccine studies. Instead of vaccines being studied against other vaccines, they should be studied against placebo and the set of seeing their effects over three months or six months.

What's their five year factor? Ten year effect? Because we're seeing an explosion in our immune issues. You know, back in the 1960s, when I was growing up, 6% of kids had a chronic health condition.

Now 60%, ten times as many have a chronic health condition. Right. And that's, you know, all of the things we've

been talking about are contributing to that.

So there's going to be a complete reexamination of health care. So thank you so much. Thank you. Thank you so much to we'll be in touch and let you know when we release this out.

Thank you so much. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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