Introduction to Dr. Isaac Eliaz

Well. I am so excited to introduce our next guest Dr. Isaac Eliaz is an expert in the field of integrative medicine, focusing on cancer detoxification and complex conditions.

He is a respected physician, researcher, bestselling author, educator, and mind body practitioner. Doctor Eliaz partners with leading research institutes including Harvard, the NIH, Columbia, and others to coauthor studies on integrative therapies for cancer.

Heavy metal toxicity, and more. He is the founder and medical director of Amita, a medical clinic in Center Santa Rosa, California, where he has pioneered the use of therapeutic afarensis as an adjunct to blood filtration treatment for chronic degenerative conditions.

Doctor Eliaz, welcome. Thank you. Thank you for having me. Absolutely. I'm excited. As I mentioned to you before, we got started. I first got introduced to one of your sort of core products that you developed, called Us all maybe ten or so years ago.

Didn't know who you were, but once we got introduced, I said, you know what? Like, I got to give this guy is due because I've this product has been fantastic for me.

And this isn't really a pitch other than to say that I had some real detoxification that I needed to do maybe 10 or 11 years ago. Really bad skin, issues.

I had some joint pains and, and really needed some cleaning up. And in fact, as I was one of those things that I stumbled across, I read some good reviews, and found some people that I trust that were recommending it, and I gave it a shot.

And, it really, really worked. So, anyway, I have got like AA1 gallon, tub of it actually downstairs. So I've been using it off and on for ten years, but back then it really, really saved the day for me.

So amazing job with this product. I'm just curious kind of how you got into that tech disorder.

Origins of Modified Citrus Pectin

It's not like, you know, vitamin D or vitamin B12 where everybody's got a product like there's there's really only one of these, and I'm just kind of curious where it came from in your, in your now, you know, it's first it's amazing that you're introducing it for detoxification.

While the initial role of pick the sort of modified seed was picked in was in oncology. Oh, really? Well, years I discovered the detoxification in early 2000.

So is a story I write about in my book, The Survival Paradox. I am a native of Israel, and I mean, in my early 60s, I finally wrote a book, and so I was 12 years old and we were walking in our neighborhood to doctor routinely, according to which web page design organic chemistry in Israel usually this time was the pioneer in citrus industry and out of the blue with turned around and said, I think one day they will find a cure for cancer from the citrus peel.

24 years later, when the first research by Doctor Avraham Rogers, which I collaborate with now, came on modified seed respecting blocking, galectin three in preventing metastasis in animals, I called it up.

I said, it's either calling you from San Francisco. I was studying Chinese medicine then, and the practicing of the licensed acupuncturist and my medical degree from Israel, but it wasn't transferred yet.

I don't I don't expect you to remember what you told me, but I remember and she put me together with this researchers that experts in pectin. And we developed this unique modification.

And so it was the first commercially available. And now we have over 80 published paper 80. But it started with oncological support, nutritional and logical support.

And then as I was working with him, I was noticing joint pains are getting better, memories improving and the gut health is improving. I realize it's actually attenuating the basic inflammatory, inflammatory and fibrotic pathways.

And I discovered it's removing heavy metals, which I discovered because regular patterns we used in Chernobyl on children. And so I made the connection and I got, you know, I got patent, it was my discoveries.

And but now it's so much bigger than me. Close to 10,000 papers and collecting. Three. And the reason why you are describing is so significant. Because people who don't have your level of discrimination say, oh, it's another binder. No, no.

When you take binders, you get an inflammatory response. You get sick when you take back the soil, you get better because it's attenuating the inflammation.

It's regulating the galectin three driven survival paradox. And so, you know, we talked before the before the interview about our own journeys with meditation and healing and, the decade I spent on my own every year for months in the mountains contemplating so and all these various teachings boil down for me to something very simple that our heart is infinite healing potential.

And that's what drives our analysis, is the survival paradox. And of course, from a spiritual point of view, as long as we don't recognize that everything is changeable, we hold to what is not going to stay the same.

That's the deepest definition of survival. But from a practical point of view, the survival is what drives every disease. And that's the paradox and especially neuroinflammation.

And maybe if it's okay I can share like one one slide and kind of like a demonstrate it you know. Yeah. Please. Yeah I open that up and it's you I familiar with the title of your book and I think you're one of your assistants is, sending me a copy, but I didn't really know what the survival paradox was about.

And interestingly enough, I've got a book coming out in December, and I talk about this very same thing, which is that we have these amazing, adaptive responses that end up leading to chronic illness.

Right. Exactly. That's exactly. Well, absolutely. So what happens? Because we are built to survive, we are innately built to survive. Every cell in our body, our organs, our whole body, including the brain, which is the focus today.

So initially an embryo, it helps us to create healthy, healthy organs, LG cells. But as we go through life, it becomes our repair system. So because it's automated and it's built in the initial response is automated.

We can't control it because it's showing a. And then the autonomic nervous system response and it it activates immediately upon and upon threat. And this is a fight or flight where you got the increased heart rate, dilated airways, you know, the sympathetic response.

The fight part is inflammation.

Galectin-3 and the Survival Paradox

The flight part is the hiding them, the biofilm, the arterial sclerotic plaque, the micro environment. They sick environment they z damage brain tissue is the old timer plaque, which is ten fold galectin three.

And we can balance it on the sympathetic system by moving to a parasympathetic system like we know that, for

example, there is research on the brain with scans done in UCLA, that people who meditate the longer every day, the number of years and how trained they are, they will preserve the GI resistance.

Okay, in the brain. So in the diagram here you can see what happened. We activate sympathetic system and we try to rest. But is our traumatic events epigenetic genetic pesticide and toxins injuries of life.

We move to these damaging areas with it's we did with it with damaging effect. So that's the first level. And then it affects the cell metabolism. But then we get the biochemical response and the biochemical response is already coming from is already coming from a protein called galectin three, which had been researching for this decade.

So this is a protein that this is N-terminal. And that's why it binds to different ligand nasty ligands. And when it binds creates pain to mouse it creates a lattice formation.

And this prevents tissue for getting oxygen. And this drives every chronic disease. So for example these are some of the ligands that drive that are attached to here.

So from a point of view of the brain is a god is an energy tools. And they're an glial antigen. So we are getting the the microglia activated. And it doesn't stop working.

And that's why it's small change is small. Changing in galectin three will end up causing a big change in the way that we function. You know, we can see the different things that can cause this oxidative stress, chronic inflammation, and then all of this stuff that kind of gets us sick.

So the idea is it today we want to focus is what can we do about it. Because we can do a lot of things about yeah. So gluten three is a protein that the body makes. It's so it's got to serve some valuable function.

Right. You and I both know there's nothing in the body that goes to waste. So it's serve some valuable function. You know, give me an example of when it's it's it's in mean.

It's maintaining balance and useful function versus when it gets tipped over and breonna's lane inside the cell, not outside. People get confused. It helps, for example, normal kidney development.

It also uses it. It turns on the alert system. So it turned on the cytokine storm. It's very valuable and it turns it on. And when we are young we can turn it on and turn it off.

The problem is that contrary to then to the autonomic nervous system, it doesn't turn off. Right. So we're losing control. We're losing control of this switch. Right.

Well, this is our survival responding because it's so innate in us. We just don't know how to turn it. It's built in us. You know, you and I, every person listening knows we live in a reactive life.

We have a stimulus and we react to it. The transformation is when we move from reactivity to responsiveness, when you move from your head to your heart and it's very different.

The head needs to think, it needs to analyze. The heart flows without holding to anything. The moment the heart starts thinking we are dead in seconds, you know?

So it's a fundamental difference. And we want time a lot to talk about the how today. But it's really where the transformation happens on the deepest level.

And that's why galectin three is the most damaging in fibrotic heart disease when it makes the heart stiff. So if we if we look at this response, it may trigger the initial response to infection, but then it causes the whole deterioration.

And part of my thesis was it because initially people were dealing with chronic illnesses, and in addition to developing back the soul, I developed a concept of removing galectin three through therapeutic R for resistance

infiltration of the blood.

And I have a medical device company and I've a lot of research. And so my first NIH grant, I made an assumption that galectin three will in stimulus of sepsis will rise before interleukin six.

And if I block it or remove it, it will actually attenuate the interleukin six rise, the kidney failure and death. This was pre-COVID, no, many years pre-COVID in my thinking.

Now, of course, Covid, everybody knows the cytokine storm is what kills people. No matter if people are sick because of Covid or the reaction from the vaccine, it's the same pathway.

There's no difference. So so, so so this whole act in three is kind of upstream of a lot of inflammation. Exactly, exactly. So you can see, you know, a research that we published in a very good critical care journal.

You can see that galectin three will go up two fold maybe two fold. Interleukin six will go up a thousand fold because it's downstream. And that's why all this treatment that try to block interleukin six, none of them work. It's too late.

It's like you have a water fountain and you try to cut the water with the bucket at the top instead of of of closing the hole at the top. So we have shown when we block galectin three we attenuated everything.

Yeah. So now we have a second very big grant. Because if we prove safety in large animals, we're going into the clinic, into the sepsis, into the ICU.

And with what I think we may be able to offer the solution that is so needed to treat sepsis, you know, would have saved a lot of lives in the last 2 or 3 years.

So that's on one level, but the same process. And as we age, our ability to shut damaging things off is lost, is lost, is lost because every injury and sometimes the injuries are not, genetic, epigenetic, trauma, habits.

So part of the deep healing is letting go of these habits and trauma. And you see, we see now a an epidemic of mass cell activation and allergies. But everybody has an overall alert.

Everybody is an overactivity I mean, all these illnesses, you know, Jason, they I reflection of the bigger environment. Right. The microcosmos. Microcosmos I write a lot in my book about it.

So while you can see I have a little bit of it of a larger view, I, I, I make my discoveries in my work based on the biochemical processes intracellular only how these things will affect what will happen to a cell when it's safe compared to what will happen to a cell when it's, when it's, when it's feel threatened.

You know, this is a great example. And throw in another slide just because for the fun of it. So this is this is the same in the brain. This is just in cancer.

You know, that's a normal safe cell. It uses glucose in a very good way.

Brain Inflammation, Microglia, and Metabolism

You know p53 is active suppressing cancer. Glycolysis is not overly active. And then you got a Ampk blocking them to one. And then glucose comes very well into the mitochondria 36 ATP per one glucose.

The brain is happy. Then you got stress. You've got galectin three inflaming the area. The receptors for glucose for insulin now blocked. Ampk is blocked.

And then it was in monophosphate kinase M2 one gets activated. There is survival response HGF gets activated hypoxia. And using factor these enzymes get activated.

You block their mitochondria. You go to lactate much faster. Metabolism extremely damaging hypoxic. The brain cannot handle it. And then you get narrower.

You get narrower inflammation. That's what happens here. MTOR one is activated. Ampk is not working. Ajf stimulates this enzyme. And here you go. You know this is blocked and everything goes into unhealthy metabolism.

And this and this. You know, we can see this on the on the more macro level two. Right. With hormones we have things like adrenaline. Right. Which is an unbelievable fuel source which is so fantastic when you need it but you cannot run.

And so we get this metabolic chaos at the cellular level and which again the body is, is designed to sort of move in and out of that. Right. It's not a it's not a dangerous situation in the moment.

But when these what I find too is that we get we get pattern locked right at so many different levels of biology. Right. And then even when we remove the stimulus or the stimuli that that originally caused that, whether it's mold or whether it's a traumatic event when we're young, sometimes the body can remain in this sort of pattern lock because it is so adaptable. Right?

So it's it's really interesting. And I think this is where I think about the things that affect us all in some of these other sort of inflammatory modulators, like it can actually get us unlocked from these.

It's really important. The inflammatory modulator will affect the inflammatory response. Inflammation is not the cause of anything inflammation the response.

That's why this book is a paradigm shift. Now in the book at the end, I hint on how do you get rid of the survival? Well, I know that's a big one. And that's when we realize that everything is changeable.

So what happens? Because somebody and it's really important to recognize and respect it also psychologically because the body wants to survive, it will always do the best it can at the moment.

So when we had the stimulus when we were young or our ancestors had them, when my grandfather had it in the Holocaust, because ten out of his 12 siblings get killed by Hitler.

And and we never talked about it. And then I'm named after him and it affected my health had is pain in my chest all my life, you know, with the old guy, with everything.

Then then I realized and I let go of the pattern. Suddenly my mother was able to start seeing, programs about the Holocaust. You was never able to without me telling you that's a multi-generational healing.

So what happens? The best we can do is what you call a process symptom. It's a symptom which is a result of the best we could have done. The problem, just like you were so eloquently articulated, is it?

We hold to the patterning and we consolidate the memory and we recreate it. That's the idea. When we do scar injections, right? You inject a scar anesthetic for 45 minutes, the scar gets smaller, and whatever it got smaller, it will never come back. Why?

Because you disconnected the connection from the physical trauma to the brain. So this, in this sense, from a biochemical level, only galectin three blocker can do it, you know, only that's why I picked up such an essential supplement.

And your story is in a very you know, it's not on one of the prime uses of it even, you know. So then, of course, we want to see what causes it in general.

And what causes in the brain and in the brain. Yeah, it's galectin three, but it's also pesticides in mycotoxins and heavy metals. And guess what? The combination of them, you know, there's not we always we always love to

isolate.

You know, like I always say, the only protocol that they don't have a protocol, but I know. No. And I wouldn't have said it ten years ago. Picked a soil, modify it.

It was picked in as a foundation that supplement everyone needs to take and get vitamin C from food. You can get vitamin you are blocking is a driver of aging, and we see it in our biochemical relapse studies in in prostate cancer on a long term basis, but on a basic way.

And then you got to get rid of your toxin and you got to prevent absorption of toxin. And you have to maintain your circulation because there is no good quality blood coming to the tissue.

The tissue goes into its survival mode and then the whole cascade starts again. So for example, looking at the brain, galectin three will disrupt the blood brain barrier.

So larger molecules that are not supposed to go in will go in, for example, glyphosate attach to certain heavy metals and then and then when you have lack of supply of, of oxygen or blood to the brain.

So of course drug tags. But we have we have problem with supply to the brain that takes a fraction of a second. And we don't notice all the time. If we block our neck, you know what happens.

It's called perfusion injury. Reperfusion blood doesn't come for a second and then it becomes a big galectin three. Remember survival injury repair. It goes immediately to the area and start an inflammatory damaging response.

It activates the microglia. And our study this study published this year showed then when you apply modified Introspecting to such an injury you reverse and attenuate the damage.

Okay. So I'm going to pause you there because this is really important what you're saying when it comes to the micro glia, you know, and I've attended enough, functional neurology classes that when the microglia start to get inflamed, it's very hard to shut them off.

In other words, they don't naturally shut off very well. And this is why when you get this sort of inflamed brain, this chronic fatigue, these these these head conditions is cluster headaches and migraines and what have you doesn't easily resolve.

And this is why so many people struggle is because that inflammatory response in the microglia level is so hard to to turn off and attenuate. So I didn't realize this, that that net modified circumspection can do that.

Yeah, that's quite a few papers that were published, but especially because galectin three does it systemically through the macrophage turning them into inflammatory macrophage.

And then you have all this cytokine storm or you have the. So TNF a TGF beta one the fibrotic pathway. That's all you said. It's the upstream that it goes both way and you end up with a dysfunction.

But in the brain it does. It to the microglia. So yes. So you have you have this another substance that goes into the cellular level and regulates the functioning of the brain is from an I'm from Magnolia, but it's called Hono Kyon.

So this slide originally is really from from from a slide on, on ocular. So I in cancer actually the same for narrow inflammation. And because this is really what happens is that, so you think about this abnormal cells in the brain.

Detoxification, Glyphosate, and Heavy Metals

So what happens or not? A, hinoki oil will stimulate PKC in PTEN, it will block ect. It will block M to one, it will block HGF and it will stimulate the Ampk.

So it will push the cell back to here. And that's why people who take a little bit of an alcohol and you need much lower dosages for brain, just one capsule, you know, twice a day of 250mg.

When you when you use it in this way, then you are you are getting an intracellular regulation. And and this is why we have, you know, we have, discoveries in papers on the antioxidant, anti-inflammatory, synergistic effect of modified T to speak in a non-local, less intracellular effect.

So if you do this and then you got to clean your brain and you got to balance your gut. So you know, you are you are a practitioner and deeply involved with Asian medicine.

So 20, 30 years ago integrative medicine, functional medicine discovered the gut brain connection. You know? Yeah, it's the basis of the spleen stomach in Chinese medicine for decades because we have that mental digestion and we have the physical digestion in the gut.

And of course, they're going to affect other 90% of serotonin is produced in the gut. So whatever disrupt the gut will disrupt the brain. And in this sense, we are in a losing fight where we have glyphosate coming to our body every day.

We really don't have a chance because it disrupts the gut lining. It causes large molecules to come out that will create an auto immune response. And then the gut sends signals to the brain.

You know, when you cut the vagus nerve, you have the reduction in Parkinson. It's the gut brain connection. And then we got this amazing, synergistic, harmonious friend in our gut called the microbiome, which is so important for us.

And they help to produce the right neurotransmitter. Well, they are disrupted by glyphosate. Now throw into this the micro toxin, especially orca toxin A, you know, in some heavy metals.

And then some dysbiosis. And and we are in trouble in, in this sense. So for me personally, I've noticed a certain patients that I was expecting to get better, were not getting better well enough.

And then I went as well. I bought into the concept that a little bit of glyphosate is okay, you know, which is ridiculous. You know, I'm sure you have so many patients, friend.

They tell you when we went to when we go to Italy, we're going to have gluten sensitivity. We can eat cluster, we can eat breads. Germany just say then we come here, we get sick. Why?

It's the glyphosate that we know and the GMO here. So I'm working. It's a product called life or Detox. And we just we're doing a clinical trial. We just got our first four, four cases.

And it's remarkable our ability to reduce the level of fear or fear of of glyphosate. You know, when, when, when we take the urine, it's very promising.

And so now and also we're seeing some reduction in in mycotoxins. And so this is really a trade that that is going to allow us, you know, very high level of glyphosate.

And you can see the reduction. So it's interesting. You can see the reduction the higher it is, you know, it's you can see the proportion. Right. So this is pretty much every population a little bit under it.

So this is really three basic things that are that are dramatic for the for for the brain. And the other part is we got to maintain circulation and antioxidant support into the brain and support the mitochondria and also different compounds in order to deliver carnitine.

And they be a little confusing. The, the an ancient, Tibetan based formula called my basic, which a lot of research on the brain and some of the sophisticated herbal formulations will also have an antioxidant benefit will also be

immune regulatory because somehow this is the wisdom of botanicals.

You know, this is very different when you use it for a live substance and a mineral. So for example, in life or detox, because we life, it affects our plants and it affects our water, affects our minerals, the the principle in Chinese medicine.

And everywhere when there is a problem, there will always be a solution. So I picked solutions from the mineral. Sheila G and Fulvia said I picked alginate in kelp because kelp is alive, so they can also put a negatively charged metal.

I picked high molecular pectin, not MCP, but in the gut and and then I picked glycine to help. We exchange with life of it. And we're getting great results, especially with pick the soil because of the galectin three.

So it's it's one of my crusades, among a few others right now, is to really bring this to the forefront, because I usually don't talk about a problem unless I can offer a solution, because what's the point?

You know? Yeah, no, I agree, and glyphosate is such a a tricky one, right? Because it is essentially everywhere. Right? And I've been eating organic for a long time.

And, and even when you get organic food there's still glyphosate. Right. So they're finding it in the Arctic right. And in snow. So it's it's really, made its way around the planet.

And so to say that we can avoid it is sort of ignorant. And, and this becomes the solution is finding these natural ways, right, to, to help escort this out of the body.

I'm huge fan of saunas. Right. So on a can do this. So wet as well. But but using these, these tools, you know, like modified citrus pectin and another one I this is the algae, right?

Things like, spirulina and aurora getting really good clean sources. Right. And they're similar in the sense of modified citrus pectin when it comes to binding things and modulating the immune system.

And you can take these ongoing, which is I'm sure you love, binders, you know, like the clays and the charcoals and something else, but you can't take them forever, right?

You've got to actually, you got to get off of them because they start to bind things that or some things that you need. Right. So we can't stay on those forever.

So this is really becomes the solution is to get into these natural plant based products that can escort these things out of the body on a continual basis, because where you run into into problems and it's very safe, you know, because some of these other like chlorella or they can also deliver heavy metals from one place to another place, which is a program picked up so it will not do it.

It will clean with the gradient. We have shown reduction with DMPs. After the challenge, we have shown a reduction in mercury. We've shown reduction urine.

Everything is published. It's human data you know. So we've showed me that. How does it do that. How is it that it's it is escorting these these heavy metals out of the body so effectively.

Yeah, there is the secreting the MCP are the side branches of a natural, natural sugar like a rubbing nose and then and some other one like silos and it's called rum.

No galactose. One and two. Now I'm not going to one and two like in the picture. So 10% is vulnerability electron. And two we published with the USDA.

Well the electron and two is the immune regulating a carbohydrate in mistletoe and electron. And two has a very

strong affinity to bind to heavy metals, especially lead.

So it binds to it. And then it excretes it very, very slowly, you know. And so it's really like a systemic scavenger of heavy metal. Now because heavy metals bind to oxidize lipids.

And those the lipids can be bound can be found in biofilm. Well, the basic structure of biofilm is galectin three. It's a big bone really. So you react.

So you break the biofilm and then you bind to the heavy metals and you regulate the inflammation. That's really what happened to you. You detoxified and you didn't get aggravated.

You got better, you know. And that's that's a magic of, of of Spector. So when people say, oh, I use this as a binder, you know, it's like an insult phobic to so, you know, these binders well, but it's so much bigger than a binder because it regulates the damaging effect.

So it has the ability to break up biofilms. Because the biofilm, the basic structure, the galectin three, is like the bus driver and it ties to two glycoproteins, Co two glycol lipids, you know, and it ties to different molecules.

As long as there is some kind of chronic acid, it will bind to it. And it binds to galectin three, binds to receptors on the cell like insulin receptors, for example.

So it will change the moment you change the extracellular milieu. In the membrane milieu, the cell environment will change. And we have to remember we are a community of about 50 trillion cells.

And rounding up in each cell, you know, Jason has close to a million reactions a second.

Heart, Healing, and Closing Thoughts

So you and I and everybody listening or watching, we all miracles call for 50 trillion cells to manage together with 1 million reactions. The second is truly a miracle.

But every cell is a boundary. It takes nourishment and it throws off toxins, but it knows it. It's part of the community, and when the time comes, it will let it go into apoptosis.

When the cell decides it wants to survive, it grows into a survival response. It creates a micro environment. It doesn't listen to the environment. This is pure definition.

What happens in cancer. That's a definition. What happens in autoimmunity. That's what happened in a more indirect way in metabolic diseases. But they still communicate.

So the organ that regulates all of this does it by providing nourishment and safety to every cell. And what does it is a heart. Because the heart is the only organ in the body that thrives and survives on taking all the junk from everybody else.

The heart doesn't get dirty blood. It doesn't function. It connects with the universe because our drama is nonexistence for the universe. And you know, a little bit when we talked before, people don't recognize it's mind blowing when we breathe.

We are connected to the whole universe with this little bit of air, the whole universe, past, present, future. We are connected. That's why if we don't take care of the environment, we're not taking care of ourselves.

A reflection and then the lungs that do this exchange and then we nourish without discrimination, right? The old take the stiff out. It it doesn't discriminate.

That's typical of the heart. It's the mind, the thinking that it screw things up and who does it hardnosed first, it

nourishes itself through the coronary artery now itself, in order to nourish others, and is part of nourishing others very different from narcissistic things.

So these are observation I've made to my base. No reason why not made before. And I told myself, wow, the heart is also the only organ that nourishes itself.

After it finishes its job only at the end. Once it's done, it's selfless work. Okay, now I'll take some blood. You know no other organ. Does it think about it, you know.

So this means that we have the physiology to transform suffering and poison and toxins into love, compassion and nourishment physiologically. So is it not surprising that meditation, like extending suffering with love and compassion, are taught within our lives and we can feel a difference in a day?

While meditation is to try to expand our mind? Take years, right? Because here we are fighting a survival response. Here we are connecting with what we really are.

And that's the essence of every spiritual practice. It is authentic, is it is is reconnecting with our heart. In Judaism, it's called the decline. The fixing.

You know, the going back, the fixing of our dualistic experience. So it doesn't matter which tradition. So when you do it, then when you talk, you talk from your heart.

You know, I talk to you and I'm talking from my heart. I think from my heart, not always, but I am trained in it, you know. And then we know that the heart is mono transmitter and then the brain, there's a huge flow.

The electromagnetic field of the heart is 100 times bigger than the brain. So what we feel in our heart is right now affecting every cell in our body.

And people around me, if not like a few yards. It also transfer of often when you when you talk on zoom you know and that's that's the value of reminding ourselves and we all fall into into fight into inflammation, into contraction.

But we always have a choice with every breath and with every thought to change that same permanence. That's why the heart is infinite in potential, because everything changes when we forget it.

We go into a survival mode, we get damaged, and the brain leads the way because it's such a sophisticated computer. And in this sense, how can we help it?

By detoxifying like we talked by regulating the this the intracellular space, by regulating the blood brain barrier, by understanding the gut brain connection and by creating a sense of community within ourselves and outside of us.

And, you know, there's some nature teaches us right there that you look at a beehive. It's a great example of a bee is a part of a much bigger community, you know, and it's the health of the community.

So the more we recognize it, the more our body will be able to heal and recover, and the more our communities would be healthier. So that's a really sad, journey of healing.

But for the brain specifically, it's really detrimental if we fall into this pitfall. I love that. And that's that's really seems to be kind of the essence of this, of this, presentation today, which is that we take care of the brain by taking care of other aspects of ourselves. Right?

We fix the brain through the gut, right brain through the heart. Right. And with these simple tools, we can not only recover, from various neuro injuries, but we can prevent them.

Right. And this is, I think, the biggest thing for, for many people I know, as we get into our 6070s and 80s, there's this real sense of I don't want to lose my capacity, my mental capacities.

Right. And so by detoxifying, by preventing the glyphosate and the aluminum and, and some of these things and the injections that that make their way into the brain that end up causing all this neuroinflammation and damage down the line, that's really protecting us.

And so this has been this is an amazing I fell in love with with your product more after this talk than I already did. I didn't realize it did as many things as it did.

Shocked at that, I thought I was already a big fan, but, It's amazing. So I just want to thank you for all the work that you've done, developing these products and researching them with integrity.

Right? I mean, this is a really, really critical part of anybody that's horse lining supplements is that it's got to come with integrity. So thank you so much for for all of you.

And please let people know where they can find more of your work. Yeah. It's they can go to dreliaz.com and they can go to the survival part of. Is it a transformative book.

That's the feedback I'm getting. They can look at Pick the soul.com. And as part of the summit we will provide people, excerpts from a book about galectin three about what effects it was affecting the new inflammation, and maybe also the detox chapter, so that because there's also an holistic view to detox, we didn't have time to touch.

But I talked about it. And then I give 80 pages of protocols. But I'm always interested in changing the way people perceive and think and then the solutions come literally, I love it.

Well, thank you so much for everything you done and for joining us today. Thank you.