Introduction and Guest Background

Integrated medicine, functional medicine discovered the gut-brain connection. You know, yeah, it's the basis of the Spleen Stomach School in Chinese medicine for decades because we have the mental digestion and we the physical digestion of gut.

And of course they're going to figure it out. 90% of serotonin is produced in the guts. So whatever disrupts the got, will disrupt the brain. This is Dr.

Tons. Well, I am so excited to introduce our next guest. Dr. Isaac Elias 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. Dr. Elias partners with leading research institutes, including Harvard, the NIH, Columbia and others to co-author studies on integrative therapies for cancer, heavy metal toxicity and more.

He is the founder and medical director of Amitba Medical Clinic in Santa Rosa, California, where he has pioneered the use of therapeutic aphoresis as an adjunctive blood filtration treatment for chronic degenerative conditions.

Dr Eliase, welcome. Thank you. 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 Pectisol, maybe 10 or so years ago.

Didn't know who you were, but once we get introduced, you know what? I got to give this guy his due because 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, I had really bad skin issues. I, had some joint pains and, and really needed some cleaning up. And Pectozol was one of those things that, stumbled across, read some good reviews and found some people that trust that were recommending it and I gave it a shot and it really, really worked.

So anyway, I have got like a one gallon tub of it actually downstairs. So I've been using it off and on for 10 years, but back then it really, really saved the day for me.

Amazing job with this product. I'm just curious kind of how you got into that Pectisol. It's not like, you know, vitamin D or vitamin B12 where everybody's got a product, like there's really only one of these.

And I am just kind curious where it came from in your mind. You know, at first, it's amazing that you're introducing it for detoxification, while the initial role of Pectosol, of modified citrus pectin, was in oncology.

Oh, really? For years. I discovered the detoxication in early 2000. So, the story I write about it in my book, The Survivor Paradox, I am a native of Israel.

PectaSol Origins and Detox Benefits

And I'm in the early 60s, and I finally wrote a book. As I was 12 years old, then we were walking in our neighborhood to Dr. Ruth and Leo Cohen, which were PhDs in organic chemistry in Israel.

Israel at this time was a pioneer in citrus industry. And out of the blue, Ruth turned around and said, Isaac, one day they will find a cure for cancer from the citrus pill.

24 years later, when the first research by Dr. Avram Raz, which I collaborate with now, came on modified sitrus

pectin blocking galactin 3 and preventing metastasis in animals, I called her up.

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

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

So it was the first commercially available, now we have over 80 published papers, 80. But it started with oncological support, nutritional oncology support.

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

I discovered it was removing heavy metals, which I found because regular pectins were used in Chernobyl on children. And so I made the connection and I got, you know, I get pet and it was my discoveries.

And, but now it's so much bigger than me. There are close to 10,000 papers on Galactin-3. The reason why you are describing is so significant because people who don't have your level of discrimination say, oh, it is another binder.

No, no. When you take binders you get an inflammatory response. You get sick. When you take PectaSol, you get better because it's attenuating the inflammation.

It's regulating the Galactin-3-driven survival paradox. As you know, we talked 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 very esoteric teachings boil down for me to something very simple that our heart is infinite healing potential. And that's what drives our illnesses 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 the practical point-of-view, the survivor is what drive every disease and that the paradox and especially narrow inflammation.

Maybe if it's okay, I can share like one slide and kind of like Demonstrate it, you know. Yeah, please. Open that up and it's interesting. I'm familiar with the title of your book.

And I think you're one of the assistants is sending me a copy, but I didn't really know what the survival paradox was about. Interestingly enough, I've got a book coming out in December and I talked about this very same thing, which is that we have these amazing adaptive responses that end up leading to chronic illness.

Right. Exactly. Absolutely. So what happens, because we are built to survive, we're innately built. Every cell in our body, our organs, our whole body, including the brain, which is the focus today.

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

We can't control it because it so innate and that's the autonomic nervous system response. and it activates immediately upon threat. And this is a fight of light where you got the increased heart rate, dilated airways, you know, the sympathetic response.

The fight part is inflammation. The flight part is the hiding. The biofilm, the atherosclerotic plaque,

microenvironment, hypoxic environment, damaged brain tissue, Alzheimer plaque which is tenfold galactin 3. 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 gyrosus and sulci in the So in the diagram here, you can see what happened.

We activate sympathetic system and we try to rest. But as our traumatic events, epigenetic, genetic, pesticides and toxins, injuries of life, we move to these damaging areas with its damaging effect.

So that's the first level. And then it affects the cell metabolism. Then we got the biochemical response. and the biochemical response is already coming from is already coming from a protein called galactin-3, which I've been researching for this decade.

So this is a proteine that, this has an N-terminal and that's where it binds to different ligands, nasty ligans. And when it bind, it creates pentamers, It creates a lattice formation and this prevents tissue from getting oxygen and these drives every chronic disease.

The Survival Paradox and Galectin-3

So, for example, these are some of the ligands that are attached to here. From a point of view of brain, it's the GAGS, the NG2, so we are getting the microglia activated and it doesn't stop working.

That's why a small change a small change in galactin 3 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 the stuff that kind of gets us sick.

So the idea is that today we want to focus on what can we do about it, because we could do a lot of things about. So Galactin 3 is a protein that the body makes.

It's a natural protein. So it's got to serve some valuable function, right? You and I both know there's nothing in the that goes to waste, so it serves some value function.

Give me an example of when it is maintaining balance and useful function versus when is gets tipped over. Embryonally and inside the cell, not outside, people get confused.

For example, it helps normal kidney development. It also is, it turns on the alert system. So it turned on this cytokine storm. It's very valuable when you turn it on.

And when we are young, we can turn on and turn off. The problem is that contrary to the autonomic nervous system, it doesn't turn of. Right. So we're losing control.

We're loosing control of this switch. Well, this is our survival response and because it's so innate in us, We just don't know how to turn. It is built in.

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 you move from reactivity to responsiveness, when your move your head to your heart, and it's very different.

The head needs to think, needs analyze, the heart flows without holding to anything. the moment the hearts start thinking, we are dead in 60 seconds, you know.

So it is a fundamental difference and we won't have time a lot to talk about the Heart today. But that's really where the transformation happened on the deepest level.

And that is why Galactin 3 is the most damaging in fibrotic heart disease when it makes the heart stiff. So 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. In addition to developing pectosal, I developed a concept of removing galactin threes to therapeutic aphoresis through filtration 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 as an assumption that galactin-3 will, in stimulus of sepsis, will rise before interleukin 6. If I block it or remove it, it will actually attenuate the inter-leukein six rise, the kidney failure and death.

This was pre-COVID, no. many years with 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 they had a reaction from the vaccine, it's the same pathway.

There's no difference. So this Galactin-3 is kind of upstream of a lot of inflammatory factors. Exactly. You can see in our research that we publish in a very good critical care journal, you can say that Galaktin 3 will go up twofold.

maybe to an F-fold. Interleukin-6 will go up a thousand fold. because it's downstream. And that's why all these treatments that try to block interleukin-6, none of them work.

It's too late. You have a water fountain and you try get the water with the bucket at the top instead of closing the holes at it at top. So we have shown when we block galactin 3, we attenuated everything else.

Now we've a second very big run because if we prove safety in large animals we're going into the clinic. into the sepsis, into ICUs. And with what I think, we may be able to offer the solution that is so needed to treat sebsis.

It would have saved a lot of lives in the last two or three years. So that's on one level. But the same process, as we age, our ability to shut damaging things off is lost, is loss, because every injury and some of the injuries are not genetic, epigenetic, trauma, habits.

So part of, the deep healing is letting go of these habits and trauma. You see, we see now an epidemic of mass selectivation and allergies, but everybody's over alert.

Everybody's in over reactivity. I mean, all these illnesses, you know, Jason, they are reflection. of the bigger environment, right? The microcosmos, I write a lot in my book about it.

So while you can see I have a little bit of a larger view, and I make my discoveries and my work based on the biochemical processes intracellularly, how these things will affect what will happen to a cell when it's safe, compared to what would happen a self damaging hypoxic.

The brain cannot handle it, and then you get narrow inflammation. That's what happens here. M2O1 is activated, AMPK is not working, HIV stimulates this enzyme, and here you go.

This is blocked and everything goes into… unhealthy metabolism. And this, you know, we can see this on the more macro level too, right? With hormones, We have things like adrenaline, which is an unbelievable fuel source, Which is so fantastic when you need it, but you cannot run away.

Absolutely. So we get this metabolic chaos at the cellular level, and which again, the body is designed to sort of move in and out of that, it's not a It's not a dangerous situation in the moment, but what I find too is that we get pattern locked at so many different levels of biology.

And then even when we remove the stimulus or the stimuli that originally caused that, whether it's mold or whether its a traumatic event when were young, sometimes the body can remain in this sort of pattern lock because it is so adaptable.

So it really interesting. I think this is where I'd think about things like Pectosol and some of these other sort of

inflammatory modulators, like it can actually get us unlocked from these patterns.

It's really important. The inflammatory modelator will affect the inflammatory response. Inflammation is not the cause of anything. 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 paradox? That is the big one. And that's when we realized that everything is changeable.

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

When we had a stimulus when were young, or our ancestors had them, my grandfather had it in the Holocaust because 10 out of his 12 siblings got killed by Hitler.

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

Inflammation, Sepsis, and Brain Injury

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

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

and we consolidate the memory and recreate it. That's the idea when you 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 in this sense, from a biochemical level, only a galactin-3 blocker can do it, know, only that's why pectosol is 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, so then of course we want to see what causes it in general and what it causes in the brain, and in brain yeah it is galactin 3 but it also pesticides and mycotoxins and heavy metals guess what?

The combination of them. We always love to isolate. I always say the only protocol I have is I don't have a protocol. But I know now, and I wouldn't say it 10 years ago, pectin is a foundational supplement everyone needs to take and get vitamin C from food, you can get vitamins.

You are blocking the driver of aging. And we see it in our biochemical relapse studies in prostate cancer on a long-term basis, but on the basic way. Then you got to get rid of your toxin and you've got prevent absorption of toxins.

and You have to maintain your circulation because there's no good quality blood coming to the tissue. The tissue goes into, a survival mode. And then the whole cascade starts again.

So for example, looking at the brain, galactin 3 will disrupt the blood-brain barrier. Larger molecules that are not supposed to go in will go. For example glyphosate attached to certain heavy metals.

Then when you have lack of supply of oxygen or blood to the We have problems 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 happened, it's called perfusion injury, reperfusion. Blood doesn't come for a sec and then it comes back. Galactin-3, remember, survival injury repair, it goes immediately to the area and start an inflammatory damaging response.

It activates the microglia. And there are studies, a study published this year showed that when you apply modified tetrospectin 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 microglia, 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 why when you get this sort of inflame brain, this chronic fatigue, these head conditions, cluster headaches and migraines and what have you, that doesn't easily resolve, and this is why so many people struggle, is because that inflammatory response to the microglia level is so hard to turn off and attenuate.

So I didn't realize this, that modified sickle respect can do that. Yeah, there are quite a few papers that were published, but especially because galactin-3 does it systemically to macrophage, turning them into inflammatory macophage.

And then you have all the cytokine stone, Or you have the through TNF, a TGF beta one, the fibrotic pathway. That's all you said. It's the upstream that goes both ways and you end up with a dysfunction, but in the brain, it does it to the microglia.

So yes. You have this another substance that it goes into the cellular level and regulates the function in. The brain is from Magnolia bark. it's called Honokiole.

This slide originally is really from from a slide on Honokyol, also in cancer actually, but the same for neuroinflammation. And because this is really what happens is that So you think about this abnormal cell in the brain.

So what happened, onochiole will stimulate PK3 and PTN, it will block AKT, It will blocking MTO1, and it would block AJF and stimulate AMPK. It would push the cell back to here.

And that's why people would take a little bit of onochole and you need much lower dosages for brain, just one capsule, twice a day of 250 milligrams. When you use it in this way, then you are getting an intracellular regulation.

And this is why we have discoveries and papers on the antioxidant, anti-inflammatory synergistic effect of modified introspective and non-onokial. So that's the intracellular effect.

If you do this, and then, you've got to clean your brain and your gut to balance your guts. You are a practitioner and deeply involved with Asian medicine.

So 20, 30 years ago, integrated medicine, functional medicine discovered the gut-brain connection. Yeah, it's the basis of the Spleen Stomach School in Chinese medicine for decades because we have the mental digestion, and we have the physical digestion in the gut.

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

We really don't have a chance because it disrupt's the got lining. It causes large molecules to come out that will create autoimmune response, and then the gut sends signals to the brain.

When you cut the vagus nerve, you have reduction in Parkinson. It's the God brain connection. And then we got this amazing synergistic harmonious friends in our gut called the microbiome, which are so important for us.

They help to produce the right neurotransmitter. Well, they are disrupted by glyphosate. Now throw into this the mycotoxin, especially ocotoxins A, you know, and some heavy metals and then some dysbiosis and we are in trouble in this sense.

So for me personally, I've noticed that certain patients I was expecting to get better were not getting better well enough. And then I realized, wow, I bought into the concept that a little bit of glyphosate is okay, which is ridiculous.

I'm sure you have so many patients, friends, they tell you, when we go to Italy, we don't have gluten sensitivity. We can eat pasta, we can't eat breads.

Germany is the same. Then we come here, and we get sick. Why? It's the glyphosate that we know and the GMO here. So I'm working at the product called glypodetoxin.

We're doing a clinical trial.

Gut-Brain Connection and Environmental Toxins

And we just got our first four four cases and it's remarkable our ability to reduce the level of glyphosate, you know, when we check the urine, it is very promising.

And so now, and also we're seeing some reduction in the, in mycotoxin. So this is really a triad that is going to allow us to know. It's really winning.

You can see the reduction. The higher it is, you can see the proportion, right? So this is pretty much every population a little bit under it. So these are really three basic things that are dramatic for the brain.

And the other part is we got to maintain circulation and antioxidant support. to the brain and support the mitochondria and also different compounds, you know, acetylalkanotin, NAD, l-alkanozine, the ancient Tibetan-based formula called PENMA-BASIC, which has a lot of research on the brains.

And some of the sophisticated herbal formulations will also have an antioxidant benefit, will have immune regulatory, because somehow this the wisdom of botanicals.

You know, there's very different when you use it, a live substance and the minerals. So for example, in life for detox, because glyphosate affects our.

plants and meat, affects our waters, I affect our minerals. There's a principle in Chinese medicine and everywhere. When there is a problem, there will always be a solution.

So I picked solutions from the mineral, chelagi and fulvic acid. I pick alginate and kelp because kelps is alive, so I can also pull negatively charged heavy metals.

And I've picked high molecular pectin, not MCP, because it's in the gut. And then I picked glycine to help with exchange with glyphosate. And we're getting great results, especially with pectosol because of the galactin-3.

So 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 tricky one, right? Because it is essentially everywhere, and I've been eating organic for a long time. Even when you get organic food, there's still glyphasate.

They're finding it in the Arctic, in snow. So it's really made its way around the planet. to say that we can avoid it is, is sort of, uh, you know, ignorant and, and this becomes the solution is finding these natural ways, right.

To, to help escort this out of the body. I'm a huge fan of saunas, sauna can do this sweat as well, but using these, these tools, You know like modified citrus pectin and another one I love is the algae, things like spirulina and chlorella getting really good clean sources.

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.

Yeah, of course. But you cant take them forever, right? You've got to actually, get off of them because they start to bind minerals and things that you need, so we can't stay on those forever.

So this really becomes the solution is to get in these natural plant-based products that can escort these things out of the body on a continual basis before you run into problems and symptoms, right?

Exactly. And it's very safe, you know, because some of these other, like Lorela, they can also deliver heavy metals from one place to another place, which is a problem.

Tectosol will not do it. It will clean with a gradient. We have shown reduction with DMPS, after DMPs challenge. We have shown reduction in mercury. We've shown a reduction.

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

Yeah. There is the secret in the MCP are the side branches of a natural natural sugars like arabinose and some other one like xylose, and it's called ramnogalacturonan-2.

Now, ramno galacturanan 2, like in the pectin salt, 10% is ramnos galactorin-an2, we published with the USDA. Well, Ramnagalcturinan is an immune-regulating carbohydrate in mistletoe.

And Ramnos Galactoranan 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 oxidized lipids, and those lipid can be found in biofilm.

Well, the basic structure of biofilms is galactin-3. It's a backbone. So you break the bio-film, and then you bind to the heavy metals and you regulate the inflammation.

That's really what happened to you. You detoxified and didn't get aggravated, you got better, and that's the magic of Pectosol. When people say, oh, I use this as a binder, it's like an insult for Plectosols.

It is a binding as well, but it is so much bigger than a binders because it regulates the damaging effect. So it has the ability to break up biofilms.

Yeah, because the biofilm, the basic structure, Galactin-3 is like the bus driver, and it ties to glycoproteins, to the glycolipids, you know? And it types to different molecules.

As long as there is some kind of galactronic acid, it will bind to it. And Galatine-2 binds to receptors on the cell, like insulin receptors, for example.

So the moment you change the extracellular milieu and the membrane milieu, the cell environment will change. And we have to remember, we are… a community of about 50 trillion cells, I'm rounding up.

And each cell, you know, Jason has close to a million reactions a second. So you and I and everybody listening or watching, we're all miracles. Because for 50 billion cells to manage together with one million reaction a sec is truly a miracle.

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

When the cell decides it wants to survive, it goes into a survival response. it creates a micro environment, it doesn't listen to the environment. This is per definition what happens in cancer.

That's per-definition what happened with auto-immunity. that's what happen 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 every cell and what does it is the heart because the Heart is 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 non-existence for the Universe.

Heart, Healing, and Closing Remarks

And you know, a little bit what 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 the universe, past, present, future, We are connecting. That's why if we don't take care of the environment we're not taking care for ourselves.

It's a reflection. And then the lungs do this exchange. and then we nourish without discrimination, right? The aorta is a stiff artery. it doesn't discriminate.

that's typical of heart. If the mind, the thinking that that screw things up. And who does the heart nourish first? It nourishes itself through the coronary artery.

It's nourished itself in order to nourrish others and as part of nourishing others. Very different from narcissistic things. So this observation I've made, to my best knowledge, they were not made before and I told myself, wow, the hard is also the only organ that nourisha itself after it finishes its job.

Only at the end, once it's done its selfless work, say, okay, now I'll take some blood. 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 it's not surprising that meditation like extending suffering with love and compassion are taught within hours and we can feel a difference in a day while meditation, they try to expand our mind, take years, right?

Because here we are fighting a survivor response, here, we're connecting with who we really are. And that's the essence of every spiritual practice, as esoteric as it is, is reconnecting with our heart.

In Judaism, it called the tikkun, the fixing, you know, going back. the fixing of our dualistic experience. It doesn't matter which tradition. So when you do it, then when we talk, you talk from your heart.

I talk to you and I'm talking from my heart, I think from Not always, but I'm trained in it, you know? And then we know that the heart has more neurotransmitters than the brain.

There's a huge flow. The electromagnetic field of the art is a hundred times bigger than their brain, so what we feel in our heart is right now affecting every cell in the body and people around me, like a few yards.

It also transferred often when you talk on Zoom, And that's the value of reminding ourselves, and we all fall into fight, into inflammation, in a contraction, but we always have a choice with every breath and with ever thought to change it.

That's why the heart has infinite inner potential, because everything changes. When we forget it, we go into a survivor 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 intracellular space, By regulating blood brain barrier, understanding the gut brain connection, and by creating a sense of community within ourselves and outside of us.

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

So the more we recognize it, the body will be able to heal and recover. and the more our communities will be healthier. So that's a real journey of healing, but for the brain specifically, it's really detrimental if we fall into this pitfall.

I love that. And that really seems to be kind of the essence of this presentation today, which is that we take care of our brain by taking care other aspects of ourselves, right?

We fix the brain through the gut, we fix our brains through our heart, and with these simple tools, recover from, 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 sixties, seventies and eighties. There's this real sense of I don't want to lose my capacity, my mental capacities.

So by detoxifying, by preventing the glyphosate and the aluminums and some of these things and, and. The injections that make their way into the brain that end up causing all this neuro inflammation and damage down the line.

That's really protecting us. So I think 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, as, it is, did so I'm shocked at that. And I thought I was already a big fan, but it's amazing. developing these products and researching them with integrity, right?

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

And please let people know where they can find more of your work. Yeah, so you can go in or to DrElias.com and they can… The Survival Paradox is a transformative book.

That's the feedback I'm getting. They can look at pectosol. com. And as part of the summit, we will provide people, except for my book about Galactin-3, about Modified Citrus Pectin, the neuroinflammation, and maybe also the detox chapter.

So it's because there's also a holistic view to detox. We didn't have time to touch, but I talk about it and then I give 80 pages of protocols, I'm always interested in changing the way people perceive and think.

And then the solutions come naturally. I love it. Well, thank you so much for everything you've done and for joining us today. Thank you. Thank you for tuning in to Doctor Talks.

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