Guest Introduction and Background

Well. I am so excited to introduce our next guest doctor. 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 Elias 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 a meta medical clinic in Santa Rosa, California, where he has pioneered the use of therapeutic apheresis as an adjunct 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 core products that you developed called practice for maybe ten or so years ago.

I 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 packed 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, a, a one 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 practice. Well, 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 mind.

Origins of Modified Citrus Pectin

You know, at first it's amazing that you're introducing it for detoxification. While the initial role of picked the sort of modified seed was picked, it was in oncology.

Really? Well years. I discovered the detoxification in early 2000. So it's a story I write about in my book, The Survival Paradox. I am a native of Israel.

I'm 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 Ruth and Leo Coyne, which were in organic chemistry in Israel.

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

24 years later, when the first research by doctor Everyone Rodgers, which I collaborate with now came on modifying it, respecting, blocking galectin three and preventing metastasis in animals.

I called you up. I said, it's either calling you from San Francisco. I was studying Chinese medicine then, and

practicing at 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 these 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 papers, 80 but it started with oncological support, nutritional oncological 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 were used in Chernobyl on children.

And so I made the connection and I got, you know, I got a patent, it was my discoveries. And but now it's so much bigger than me. Close to 10,000 papers on galectin three. Wow.

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 bind or 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 the decade I spent on my own every year for months in the mountains contemplating so and all these various teachings boiled 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 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. Open that up. And it's interesting you I familiar with the title of your book 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 talked 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 so. 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 only, 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 control it because it's so innate and there's autonomic nervous system response. And it it activates immediately upon 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 the inflammation. The flight path is a hiding them. The biofilm, the arterial sclerotic plaque, the micro environment, the epoxy environment, the Z damage brain tissue is the Alzheimer 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 in the brain.

Galectin-3, Inflammation, and Chronic Disease

So in the diagram here, you can see what happened. We activate sympathetic system and we try to rest but is a traumatic event epigenetic genetic pesticide and toxins injuries of life.

We move to these damaging areas with it's we did with it with its 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 is already it's already coming from is already coming from a protein called galectin three, which I've been researching for this decade.

So this is a protein that this is the N-terminal. And that's why it binds to different ligand nasty ligand. And when it binds creates pain to mass. 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 it jogs is it energy to is. And then one glial antigen. So we are getting is that the microglia activated. And it doesn't stop working.

And that's why it's small change. It's small. Changing the 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 this stuff, it 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 gladsome free is a protein that the body makes.

It's its natural ability to 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 serves some valuable function.

You know, give me an example of when it's it's it's in main 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 is it turns on the alert system. So it turns on the cytokine storm. It's very valuable when it turns it on.

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

We're losing control of this switch. Right. Is that 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 you move from reactivity to responsiveness and you move from your head to your heart, and it's very different.

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

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

And that's why galectin three is 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, in addition to developing the soul, I developed a concept of removing galectin three through therapeutic for reasons, through filtration of the blood.

And I have a medical device company and I have a lot of research. And so my first NIH grant, I made this 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 their the reaction from the vaccine, it's the same pathway.

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

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 they 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 hit the water with the bucket at the top instead of of of closing the holes at the top.

So we have shown when we blocked galectin three, we attenuated everything else. And 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 some of 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 an epidemic of muscle activation and allergies, but everybody is well over alert.

Everybody's over reactivity. I mean, all these illnesses, you know, Jason, they are a 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 a of a larger view, I, I, I make my discoveries in my work based on the biochemical processes intracellular how these things will affect what will happen to a cell when it's safe compared to what will happen to a cell damaging hypoxic.

The brain cannot handle it. And then you get narrow you get neuroinflammation. That's what happens here. MTOR one is activated. Ampk is not working. Age of 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. Absolutely.

So and so we get this metabolic chaos at the cellular level. And 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 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 mode

or whether it's a traumatic event when we're young, sometimes the body can remain in this sort of pattern locked because it is so adaptable. Right?

So it's it's really interesting. And I think this is where I think about, you know, things like Peg Bissel and some of these other, sort of inflammatory modulators like it can actually give us unlocked from these patterns.

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

So what happened?

Brain Inflammation, Microglia, and Detox Support

Because somebody 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.

So when we had the stimulus when we were young or our ancestors heads, and 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. That is pain in my chest all my life, you know, with the yoga, with everything then and 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 to without me telling her 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 that we hold to the patterning and we consolidate the memory and we recreate it.

That's the idea. When you do skull 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 in your stories in a very.

You know, it's not. And 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 is not we always we always love to isolate.

You know, like I always say, the only protocol is they don't have a protocol. But I know no. And I wouldn't have studied ten years ago. Pick the sole motive that it was picked in is a foundation or supplement.

Everyone needs to take a good 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 get 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 a 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 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 second and then it comes back. 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. And 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 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 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 to the microglia level is so hard to to turn off and attenuate. So I didn't realize this, that that net modified stimulus packed and can do that.

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

And then you have all this cytokine storm or you have that through a TNF. 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. So you have you have this another substance. It goes into the cellular level and regulates the functioning of the brain is from from magnolia bark.

It's called horn okay. So this slide originally is really from from from a slide on Non-accrual also in cancer actually the same for narrow inflammation.

And because this is really what happens is that, so you think about these abnormal cells in the brain. So what happen or not? Hinoki oil will stimulate PQ three and 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 would 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 more than 52 Spect in the Non-alcohol.

So that's the intracellular effect. So if you do this and then you get to clean your brain and you've got to balance your gut, you know, you, 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 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 going to affect each other. 90% of serotonin is produced in the gut, so whatever disrupts the gut will disrupt the brain. And in this sense, we are in a losing fight when we have glyphosate coming into 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, you know, auto immune response.

And then the gut send 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 network transmitter when they are disrupted by glyphosate.

Now thrown into this 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 patient that I was expecting to get better when not getting better well enough. And then I realized, wow, 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 when they tell you when we went to when we go to Italy, we don't have gluten sensitivity. We can eat pasta, 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 at a product called glyph for 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 of, of of glyphosate, you know, when, when, when we checked the urine.

It's very promising. And so now and also we're seeing some reduction in the, in the, in mycotoxins. So this is really a triage that that that is going to allow us you know it's really a winning.

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 everybody in the population a little bit underweight.

So this is really three basic things that are 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 in order to deliver carnitine. And they'd be alkaline using the an ancient Tibetan based formula called pin 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 have an immune regulatory because somehow this is the wisdom of botanicals.

Glyphosate, Heavy Metals, and Gut-Brain Health

You know, this very different when you use it for a live substance and the mineral. So for example, in life or detox because we life whether it affects our plants in meat, affects our water, affects 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 Sheila G and folic acid.

I picked alginate in kelp because kelp is alive. So it can also put negatively charged metal. I picked high molecular pectin not MCP because in the gut.

And and then I picked glycine to help with exchange with glyphosate. 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 in, in snow. So it's, it's it's really, made its way around the planet. And so to say that we can avoid it is, is sort of, 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. Right. Sonic can do this. And cool wet as well. But but using these, these tools, you know, like modified citrus pectin and and another one, I this is the algae, right?

Things like, spirulina and chlorella 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 some. Yeah, of course, 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, minerals and things that you need. Right. So we can't stay on this 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, where you run into into problems and, 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 problem.

Take the soil will not do it. It will clean with the gradient. We have shown reduction with DMPs. After DMPs challenge we have shown a reduction in mercury.

We've shown a reduction in urine. Everything that's published, it's human data. You know, so we've showed reduction. How does it do that? How is it that 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 naturally, natural sugars like a rubbing nose and then and some other one like cellulose and it's called remnant galactose.

One and two. Now I'm not going to two, one and two like in the picture. So 10% is one electron. And two we published with the USDA. Well 1 or 2. And then two is the immune regulating, a carbohydrate in mistletoe and one 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 lipids can be bound, can be found in biofilm. Well the basic structure of biofilm is galectin three.

It's a backbone really. So you react. So you break the biofilm and then you bind to the heavy metals and you regulate 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 yeah, you use a binder as 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.

Yeah. Because the biofilm, the basic structure is like Galatians 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 character when it gets it, 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. So you and I and everybody listening or watching, we all do miracles because for 50 trillion cells to manage together with 1 million reactions a second is truly a miracle.

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

What happens in cancer. That's a definition. What happened 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 the heart. Because the heart is the only organ in the body that thrives and survives on taking all the junk from everybody else to the heart doesn't get dirty blood.

It doesn't function. It connects with the universe because our drama is nonexistent 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.

So reflection and then the lungs that do this exchange and then we nourish without discrimination. Right. The water is a stiff artery. 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, nourishes itself in order to nourish others, and is part of nourishing others very different from narcissistic things.

Heart, Healing, and Closing Thoughts

So these are observation I've made to my best knowledge. They were 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. So it. 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 the day?

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

And that's the essence of every spiritual practice. Is this authentic as 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'm trained in it, you know. And then we know that the heart has more level 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 do we feel in our heart is right now affecting every cell in our body and people around me?

If no, like a few yards. It also transferred 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 it. That's impelling. And 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 are some nature teachers are struggling. And if you look at the beehive, it's a great example. Oh, a it's 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 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's that's really seems to be 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 we we fix the brain through the gut. Right? The brain through the heart. Right. And with these, simple tools, we can not only, 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 60s, 70s 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 infections that make their way into the brain that end up causing all this neuroinflammation and damage down the line, that's really protecting us.

So, 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 did.

So, I'm I'm 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 lining supplements is that it's got to come with integrity. So thank you so much for for all of you.

And please let let people know where they can find more of your work. Yeah. I say keep going out to doctoreliaz.com and they can go to the survival paradox.

Is it a transformative book that the feedback I'm getting they can look at pectasol.com. And as part of the summit we will provide people excerpt from a book about collecting three about modifying it, respecting 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 talk 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.