How Rife Frequency Supports Diagnosis And Treatment Of Microbial-Inflicted Mental Health Disorders Transcript

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Introduction and Dr. Conners' Background

– Hey everybody, this is Dr. Diane Mueller. Welcome back to another episode of our Microbes and Mental Health Summit. I'm so pleased to welcome to our summit, Dr. Kevin Conners, Thank you so much for being with us today.

– Oh, it's a pleasure to be here. – Let's start with a little bit about you. Can you tell a little bit about yourself and how you got into this world of working with frequency and lime and cancer and so many complicated, fabulous, you know, situations? – Well, it really like most practitioners that starts with patients, you learn more from your patients than you do from school owner.

And you know, I always felt like if God sends me a person, I got to try to figure out what's going on with him. That was my responsibility and where we live, you know, in Minnesota, there was a lot of line patients, you know.

And that's how I started down the field with line, I'd always been kind of enticed by frequency medicine and so we started using rife technology back in the late 90s when I had a cancer patient come in and that's what we used the right force for cancer.

We see a lot of cancer patients, but we had a lot of people coming to us with Lyme and mold illness and things like that, biotoxins and the RIF is so good for biotoxin illness is so, it was just a perfect fit. – Wonderful. Tell us a lot.

I know like, like in my clinic, I see that some people are familiar with the Rif. Some people are not. So let's just make sure everybody's on the same page here. So can you tell us a little bit about just kind of what is rife in general? – So rife is just the last name of the person who invented frequency technology. Or really discovered it back in the twenties and thirties. And so there's a lot of devices out there that call themselves rife machines and they might have, you know, maybe all of them have good efficacy. But I define rife technology is light frequency technology because I think light frequency is different than sound frequency and electrical frequency and such as a proton.

And when you're programming a machine using light frequency, it has different benefits to the patient. So using frequencies to help heal. Sounds really odd and new agey to some people, but really it's not that's how God created everything.

Everything to the smallest particle is simply energy that's vibrating at a frequency. That's just quantum physics. So if you can hit a microbe or bacteria or a fungus or something at its own frequency, they're not stable organisms.

What Rife Technology Is and How It Works

And you can cause cell license and cause cell death for that organism and thereby help kill it without using, you know, nutraceuticals or drugs or anything like that, if you hit your own cells with its own frequency, it's much stable, more stable cell. You can help stimulate an immune response, help stimulate, you know, normal cellular function by hitting it with soul frequency.

And you can actually help that cell function better. Help clean up the cell help that sell detoxify help you know elicit an immune response against that sell if it's a cancer sound. So there's all sorts of benefits that could come by using rife frequencies specific to whatever you're trying to treat.

– Wonderful. And so tell us a little bit about then we're using this for example to possibly kill a lice a microbe or stabilize a cell. Like you're talking about how do people begin to differentiate when it's time to kill when it's time to stabilize when it's time to say build up the body or detox.

How is that differentiate it with the technology? – Well there is an art form to using frequencies, right? So you want to go to somebody who has an experience doing it because one of the worst things that could happen with let's say Lyme disease like is borrelia especially is is gram negative bacteria which has like a policy.

Sacra rides a big chemical in the cell membrane of the bacterial wall. And if you kill it too quickly you'll liberate a lot of lipo policy aka rides which is a large enough molecule to stimulate an immune response and you can actually make this person sicker.

So um not a good thing to do. So you wanna use kill programs um slowly and you there is an art to doing it and you have to be careful not to kill too quickly in somebody that is dealing with a long, you know, term uh biotoxin. – Thank you.

That's helpful. And I'm thinking about a question that might come up with our listeners which is and thinking about killing these microbes and possibly having this die off her timer type of reaction.

What about do you ever combine it? Like I understand going slow. Do you ever combine say the killing frequencies with standard detox protocols using binders supporting the liver? You know, some of our standard stuff, do you tend to combine those things?

– We always do. So I don't I don't think it's proper to not do that. So you have to combine it not only with you know, with standard nutraceuticals like binders that will help pull these things out of the body. Key leaders that will pull this stuff out of the body supporting Phase two, Phase one, Phase two, Phase three pathways of the liver.

But also you can you, the way you write the right programs is you you for instance, if a person comes to me and they have Lyme disease, I might write an overnight program for them that maybe 4-8 hours long, but I might only have five minutes of kill programs maybe twice through the night in there to begin with. So I typically write like a phase one program and a phase two program and as they improve, that will change the program and add more kill programs. You have to you can add supportive frequencies, frequencies that will help deliver the kidneys, frequencies that will help deal with, you can kill other pathogens that maybe aren't gonna be aren't gonna listen so much and a toxin production that is going to cause her cyber reaction.

But you do have to be careful, especially with the bacteria. – Yeah. And so that kind of answers. I think my next question, which is, do you ever use it as a complete solo stand alone treatment?

It sounds like probably the answer is no. But but tell me if that's accurate? – Well I don't think that's wise. Yeah, we have we have people that come to us that are getting nutritional support from maybe a local etro path because all of our members, all of our patients are distant. You know, we don't see anybody in the office anymore.

So we have we we are, you know, programming rights for people literally all over the world. So, some people already are working with a great local naturopath.

They're already working with somebody that they really trust. And I look at their supplements and it's like, okay, you're doing everything right on that side. You don't need our help there.

Let's just get a rifle program for you. So I don't try try not to sell a rifle a program life to somebody who isn't getting that support from somebody.

Using Frequencies Safely with Detox Support

So that is so crucial. That piece of it as well. It's a combination approach. – Yeah, I love hearing that. That's what I've seen in my clinic practice to that.

Sometimes when people go and they just try one of these types of therapies that stand alone, it just doesn't work as well as when we're doing all of this together.

It's a bit makes a big difference. – There's so many facets to this that the more facets you could attack, the better results you're going to get. – Yeah. And so I'm curious about this like doing this via distance. Right?

So are you having your clients actually all get their own rife machine to do that. Or are you able to actually program a machine in your office and treat them from distance?

– No, no. We're programming the machine. I'm writing the program and then they're purchasing a machine from us or if they already purchased the machine, we sell the brand the True. Right.

Because I think it's the best out there currently. And it's the it's the easiest to use. It's the easiest to program the simplest for the patient to use. So if they don't have a rif they may buy a rife from us. We sell it programs specifically for what they're dealing with. And then the nice thing about it is, let's say we especially with nine patients, we need to change the program sometimes frequently.

Or we can just send them, I can write the program on my computer and I can just send them a flash drive for to put it in and they can update their program.

So it's very easy to update at a distance. It's easy to change and tweak because it's it's dealing with using frequencies especially with biotoxins. It's it's like you have it's like when you're using nutraceuticals you have to tweak your protocol, you have to change things. Okay this binder is not working.

Let's try this binder where we need to add a key later. We need to add some adrenal support are we? So we have to do that with frequencies as well. – Yeah. Thank you.

It's super helpful. What about in combination with other things like some like photo bio modulation devices that are on there for example, there's you know near infrared types of light that are now being used more and more. So is it safe or beneficial for people to combine say rife as a light, you know technology with other types of light technologies on the market. – It is because they're completely different.

So if you're doing a photo bio modulation technique, it's really more of a laser type light or a color light therapy which is a frequency. So it has beneficial benefits to the patient because of the frequency.

But with rife it's very different. It's carried on a light wave but we're getting to the very specific frequency of what we're trying to treat. It's not we're not using this red light therapy within this wave spectrum because it can be beneficial and healthy. We're getting to the frequency of the borrelia or the frequency of the co infections. Um and then we're sweeping through that frequency because those those um um biotoxins will tend to try to stay alive and how they do it is they start to morph their frequency.

So you have to write sweet programs through that frequency. So it gets a little tacky but it's very beneficial and you could do it concurrently. You could run, you know, some laser light, you could run the PMF, you could run anything along with the rife – As you're talking and, you know, talking about these frequencies. I'm finding myself a little bit mind blown to to understand that this was conceived back like a century ago before.

So much of the technological advances we have. It's pretty amazing, right? – Well, we tend to think in our modern mind that people were less informed back then, but you know, they didn't have the distractions of television and cell phones.

They probably used their heads a little bit more than we do in trying to figure things out. So yeah, it is maybe they didn't have, you know, some of the technical logical advances like pet scans or ct scans and things, but they had some they were more intuitive thinkers, you know, I tell my cancer patients all the time long gone are the days of Marcus Welby that might be dating you.

Well, he is but I remember watching Marcus Welby as a child where it was a physician who who was not just a technician physician who listened to the patient and diagnosed via um signs and symptoms and objective findings of the data that they had at the time.

Distance Programming and Combining Modalities

But used more of his Sherlock Holmes type skills to try to figure out what was going on with the patient. Well, that's kind of gone today. We are rich graduating medical students that are basically technicians that are following the Merck manual on their computer.

The person has this and this on their cT scan. Well this is the diagnosis and this is the drug that they get and if they don't give that drug, well then they can be in trouble with their superiors and just it's kind of a sad world as far as how we're taking care of patients in many ways. So everybody who's listening to this probably is an agreement. Let's be with that.

– I think probably we're all on the same page with that. For sure. I'm sorry, what else were you gonna say? – Well that's the art of being a practitioner and that's I mean you're doing this summit to try to educate people to help, you know themselves be their own practitioner, right? Um So they learn as much as they possibly can so that they're equipped, if they do have to go to the doctor, they're equipped with information um that they can make better judgments and make better, you know um choices for their health and their family.

– Yeah, for sure. I think one of the biggest things is especially in the days that we're living in right now is just being a self advocate, you know and knowing the questions to ask and knowing not to take everything at face value and knowing there's always more to the health story than were initially told.

So I think that's super important – People having tools in their homes. I mean one of the tools is their own brain and their education but other tools and different therapies that they can use for their family to help themselves get better their nutritional support that they can use for their friends and family to help people stay healthy.

– Yeah, me too. So let's move on to talk about light frequency in the brain. So since we're talking about mental health, you know, it's one of the key kind of standpoints for the summit, I want to talk about the impact of light frequency on the brain, on how it protects the brain, on how microbes and toxins hurt the brain and how we can use things like like rife and other frequency devices like this in order to help promote the healing of the brain – So really how let's start backwards microbes and toxins hurt the brain. So from a neuroscience perspective a lot of the information that we gleaned off all the millions of dollars that went into the studies based upon post concussive syndrome after the NFL lawsuits and such.

Um we learned that the biggest problem with uh is inflammation in the brain. So the brain is an is an enclosed space with not a whole lot of excess space if there's a source of inflammation, whether it be post concussive syndrome or whether be you know, heavy metal toxicity or whether it be microbes like mold or mycotoxins or Lyme disease or something like that. It can damage these cells in the brain, the immune cells in the brain called the micro glial cells.

So the micro glial cells are your immune scavengers of the brain and if they get damaged they're called primed micro glial cells and prime micro glial cells not to get too technical but they'll stay in one of two states and in one state or an M.

Two state and one state is just this pro inflammatory state where they're just spewing out inflammatory cytokines or chemicals that just cause more and more problems and lime can do that. Um you know other biotoxins can cause this and like I said injuries um can cause this car accidents etcetera.

Um and you have to have a way to to push the M. One pro inflammatory micro glial cells into the M. Two state which is more anti inflammatory and so all the studies that are out there. Really interesting millions of dollars of studies from a nutraceutical standpoint, they found that even more so than any drug on the market it's the flam annoyed that are beneficial for that.

The curcumin there is very little the green tea extract and such. Um But if you have, so it's like so that's where using nutraceuticals is so important with inflammation in the brain.

Light Frequency, Brain Health, and Inflammation

But if you if you have a source that's causing it. So one thing is okay, I have this concussion that caused this, okay, that's done right. But if I have Lyme disease or some sort of biotoxin, it's still a present disease that's called an active antigen.

You have to work at killing that too. So if you if you don't you know work at killing that. You know, you could do all the flam annoyed and anti inflammatories and mild exercise and staying away from alcohol and gluten and dairy.

And you're still going to have this this constant assault and damaged micro glial cells even more so so you have to work on killing it. That's where the RIF is the primary component of the Rif, it's you know rife technology isn't gonna in itself detox mercury, but it's really good at killing biotoxins.

It's really good at killing cancer cells or helping your body do that. Uh And it can be really good at helping heal the neurons and other cells whatever your programming it for. Um And that's where you go back to what you said before is coupling it with a nutraceutical approach is so important.

– So it sounds like part of how the light therapy then and part of how life is really helping the brain in part is by helping this with the micro glial cells switch over to their more anti inflammatory processes, correct? – Yes. That's very, – Very cool. And then what about the relationship between our immune system and mental health? And how does that fit fit into this whole picture here? – Well, the brain's immune system is that is the micro glial cells. So maybe everybody if they can remember like seventh grade biology, the macrophage, how it's like in golf, you've seen videos of it engulfing a pathogen and it just dissolves it absorbs it.

That's called a fake acidic reaction of a microfiche. Well, the micro glia in the brain are similar to that. They travel around and they're searching for pathogens to grab onto and kill or grab onto an escort out of the brain itself.

So the micro glial cells can grab onto aluminum and mercury and heavy metals and pull it out and get rid of it back into the bloodstream so your body can get rid of it hopefully through the liver. So the micro glial cells are your immune system of the brain and healthy micro glial cells are the key.

So again, what damages them post you know concussions, injuries, stress and biotoxins. So and toxins themselves. So you have to you know work at healing those things and your immune system is key to that.

– Perfect. And then I want to make sure since it's a huge thing that you work within a you know it's a huge resource for everybody to make sure we do talk a little bit about the four letter or that. I mean a six letter C.

Word cancer. And so how does cancer fit in? Let's first start with like cancer and relationship to the immune system. And in your work, do you see any relationship with cancer and some of the microbes we're talking about on this summit. Anything from lime to our our microbes like mold to other fungi or viruses. Do you do you see any relationship there between cancer and those things? From an immune perspective or other perspective?

– From two perspectives. So one is a cause and one is a contributor to a person's difficulty getting better. So first a cause. So understand what cancer is cancer is something got inside of one sound and affected the D.

N. A. Of that cell. So that that D. N. A. Starts replicating. So the D. N. A. Is in the nucleus of the cell. So let's say a toxin got in there or a biotoxin.

Lyme disease or something like that. Got in the cell lives inside the cell never affects the nucleus. Never as the cause of cancer. But if it affects the nucleus and damages the D. N. A.

And it goes into rapid replication and is replicating cells that are in rapid replication because they're damaged D. N. A. That is what cancer is. So cancer is one cell that's gone into rapid replication replicating cells that are rapidly replicating. That is by definition what cancer is.

So a biotoxin can be the cause of that. A toxin can be the cause of that you know, live disease. H. Pylori um uh michael toxins can be the cause of cancer. More commonly we see that a person who has cancer maybe from another cause. And they also have a co morbidity of a biotoxin. Um Let's say you know mold illness or Lyme disease um Your immune system is now trying to fight to diseases.

It's kind of like if you are an admiral of the army and you're trying to fight the battle on two fronts. You have to split your your troops. Well that's what can happen with cancer patients.

They can have comorbidities that take up space in their immune system. So if you have co morbidity of, let's say you know high blood pressure that's not necessarily an immune disease per se.

Cancer, Immune Function, and Rife Use

But certainly a biotoxin is an immune disease meaning it's gonna elicit need uh immune t cells and um kid natural killer cells to try to fight that biotoxin And then you're trying to also kill cancer in your colon at the same time. It's it splits the work of the immune system.

So it's important, you know, when we program the rif, let's say for a cancer patient to them, if they also have a co morbidity of Lyme disease, we also put lime frequencies in there to try to kill that at the same time.

So it can take some pressure off the immune response. That's great. And then we're going to say something else too. I can keep talking. So all that – I'm curious what's coming up for me as you're talking about this is like the potential of contraband.

So it sounds like, you know, cancer rife works real well for as far as a supportive treatment, part of the whole treatment picture. Is there any time that we're gonna feel that that you really have to worry about this particular person due to maybe sensitivity or their symptom pictures or any time where something like Raif is truly contra indicated.

– There's really no contraindications. It's just partly improper use. So, going back to what we started off the conversation with you if you try to I've had people get a rife machine themselves and they are, you know, they have Lyme disease for five years and they're like, okay, I'm gonna use this and I'm gonna gonna run kill programs all day long.

I don't care how so sick it makes me that's that's really foolish. I mean, it can damage you in a lot of different ways. So doing too much kill with the gram negative bacteria organism can be harmful to the person because of side effects. It's not gonna kill a person.

But, you know, it could it could hinder your healing. So improper use is important. Are there contraindications with the RIF? Not really. We've used the rifle.

Little babies, pregnant women. Um you can use it with implanted defibrillator or something like that. It's not going to affect those devices. Um But I will say the RIF is not imagine I want, you know, so you you have to couple it with other things, even if you're using it for something that the RIF is good for, like biotoxins or cancer. And then secondly, it's I mean, it's another tool. So if, let's say, my major problem was I know my problem is mercury toxicity, that's my bottom line problem.

Well, maybe the RIF isn't, you know, the best tool for that. You should be doing chelation therapy and supporting detox pathways Rife could help. But I mean, that would be my first choice or if I injured my knee, I think of, you know, the PMF, the laser, things like that.

I wouldn't think of using the right for that first. So use a tool the way it's meant to be used. What it's best to be used for. And you couple it with other things as well. I think you're always gonna get the best results. – Yeah, I really like that a lot.

I see so many times. I feel like confusion around this topic of almost not respecting that this device enough, the right device enough and over doing it like you're talking about and just being like, we're gonna overkill or having the opposite where it's like having almost so much faith in it that every other treatment has stopped.

And I've seen a lot of problems with that as well. So really appreciate everything you're saying now. I know there's frequencies on there for like histamine and M.

Kas and those types of things. So for like are real sensitive people in, you know, on on the summit. The people that are the Kasa history and our hyper reactors. Do you recommend that they start like real low with just like a couple of minutes at a time or how do you deal with with hypersensitivity in the rif. – So we don't see quite a problem with hypersensitive patients. But I always say you should start slow.

So you start slow with everything. But we have not had an issue really with the hypersensitive group of people. We've had issues with. The only issues that we've had again, I hate to harp on this is just the line patients.

We've had live patients that actually start with the right in the adjacent room and they'll only run five minutes at a time per day with it and then slowly moving into their room and then move it closer to the ball closer and closer to them and they have to go slow like that.

If you start slow like that you'll always do, you'll always do better. Um, so you have to, you know, gauge it um, according to you, every person is different and you're always best off starting slow and moving it closer to you and increasing the time of whatever program you're running.

– Yeah, that's really helpful. I want to ask you a little bit, I know you have a couple of products available, one for free and one for purchase on yourself on your side about the phases of the three phases of lime.

So you can you touch on that for us a little bit since this is a microbe conversation of what are the, how do you define those three phases? – So I wrote about, so we used to see a lot of live patients and use the rifle and the majority of them, I saw a lot of people in the office with lime and such.

Um, and I found that I thought that I came up with the third phase of life, but you always hear about acute lyme and chronic lyme and I came up with the third phase of lime, which I defined as autoimmune lime.

Sensitivity, Contraindications, and Proper Use

So I wrote a book called the three phases of lime, I don't know, maybe 10 years ago. And I've updated it multiple times. So I called the first lime phase one is the acute lyme.

So, and I define acute lyme as you know, you've received, you've got, you know, Morelli A and maybe co infections. And when I say lime understand, I'm not just talking about Morelli, I'm talking about all the possible co infections that could come with it. So, when you have Lyme disease in the acute phase or phase one, I define that as it's still in the bloodstream or still in the tissues, may be in the in the extra cellular space.

And then once anything goes inside a cell, so crosses through a cell membrane and gets inside the cell. That to me, you are moved to Phase two or into a chronic state.

And that's why you see in phase one person does maybe antibiotic therapy clears it up. They have no problems the rest of their life if they're like, okay, that really helped me. But then I went off my antibiotics after two weeks or 30 days and now, 30 days later, all my symptoms come back.

Well, You don't try antibiotics again. Maybe if it doesn't clear it up and it still comes after antibiotics, it all comes back. You're probably in Phase two.

You know, some different organisms got inside the cell. Antibiotics don't go inside the cell. So they are preserved inside the cell. Maybe the automatics killed everything that's in the extra cellular spaces or in your bloodstream but

did not kill anything inside the cell.

And then when the opportunity arises these are opportunistic organisms. They start to multiply try to raise a family somewhere else. Go outside the cell, you get sick again, all your symptoms come back and your other cycle of antibiotic use, you're in a chronic phase, that's what chronic lyme is.

But then I noticed in my patients there is a third phase if your immune system trying to kill it um um over and over again is stimulating a th one response a natural killer cell, A T cell response trying to kill this this bacteria and and co infections and it keeps going inside the cell.

Your immune system can in self preservation mode try to start creating antibodies against that tissue wherever that Lyme disease is found wherever those organisms are found. And once you create antibodies to self tissue that's called an autoimmune disease. And now you're in an auto immune phase of lime, which means you just have antibodies to self tissue created by the lime itself.

And now you're in phase three and now you're going to treat it differently. Because if you're gonna give a ton of immune stimulants to this person, you're going to kill that which you have antibodies against first and you can make this person sicker. Just buy them having a strong immune system that's killing self tissue. So you have to understand those phases.

So you treat an autoimmune patient different than you treat a non autoimmune chronic lyme patient. So you just have to understand the immune function that way. – Yeah, I love that description.

If there is a single say take home point about live and obviously every patient is different. So this is a hard question a little bit. But if there's something that you know in speaking to lime and and also all the other co infections that come with lime.

The Three Phases of Lyme Disease

But these types of patients, is there anything that you feel is like this is a you must say you must get this message out about lime. Anything else in particular there?

– Well it's really just trying to support the people that have been you know to a ton of places and have done different protocols that um maybe work for a couple of weeks and then they crash hard to look at the possibility of you having an autoimmune disease.

You have antibodies to self tissue um you may fare better by trying to treat it with frequencies and instead of trying to treat it by stimulating an immune response.

So understanding what autoimmune diseases are, can be really helpful to those really ill line patients that can't seem to get better anywhere. – And then so this third phase of Lyme, this autoimmune phase are you diagnosing that people are in that phase by symptoms or you also running autoimmune types of markers?

What are you doing there? – Well, I always like to run objective test. So I like to run tests where you look at self antibodies. But really most people can recognize, you know, most people can read my book or start learning about autoimmune disease and go, oh my gosh, that's exactly my problem. And some of the indicators are if you take immune stimulants, do you feel better or worse? I mean, oh my gosh, every time I take vitamin C, I feel like I crash.

Or every time I take a or every time I take, you know mushrooms or something, mushrooms can be immune modulator but they can't stimulate an immune system response in some people. If you're doing things that stimulate an immune system response, Do you feel worse? Yes, I do.

Well then there's a pretty good, pretty good clue that you have self tissue antibodies, You could measure those. But those tests cost money and some people in this state have tapped out a lot of finances. So you can, you know, you know, ask yourself certain questions and can come to these to these self diagnosis is at least get some some clues

towards that.

That can be helpful. – Yeah, thank you. And then how about are like, you know, are more mold, you know, side of things and our environmental toxin side of side of the population.

That's listening. So for people more with mold illness, either stand alone or on top of these other things or with toxic metals. Is there anything from that, you know, for these people that you would say across the board you want to make sure that they know – Well mold fits into the same category as line really because mycotoxins are difficult to deal with and get rid of in your body.

Um and heavy metals are you know across the board with any toxins to you think of pesticides and herbicides and such. Um and in my world we're dealing with those and trying to help detoxify those because they're a major cause of cancer. So um that's where you have to look at.

That's why I wrote the book the seven phases of detoxification which literally got birthed out of a lecture. I was doing an just liver detoxification pathways to to a group of doctors a couple of years ago and I said I was talking about Phase one, Phase two, Phase three pathways in the liver which are well documented in which we learned about in physiology class. And then I started saying, well you really have to really support you know the bile and the bio flow.

And we could call that phase four. And I said, okay let's call that phase four. And I said you really have to support that you're not re absorbing toxins that is so common.

You got 30 ft of intestines that are going through already damaged, got walls, you got leaky gut because of damage gut epithelial cells. You know your liver is doing all this work and you're re absorbing this stuff and it's going through your bloodstream again and the liver is going holy cow didn't I see you a couple of days ago? And so you have to be using binders in the gut and we could call that phase five. So I did and then if you're not eliminating you know if you're not having you know good daily bowel movements where you're cleaning out your bowel you're just going to re absorb this as well.

So that's really phase six.

Mold, Toxic Metals, and the Seven Phases of Detox

So I said really have to start at phase six and move backwards I think major mistake people do is they start you know I'm gonna do a detoxification. So I'm gonna support you know what does it liver cleanse do? It supports phase one and phase two and this person is you know having bowel movements every two days.

It's like okay well you're just gonna make yourself sicker. And then even worse people want to start with oh I have heavy metals or I have you know I did a hair analysis test to show this. So I'm gonna start with these key later.

So I called that that's kind of before phase one I called that phase is zero. So that's the seven phases of detox. You have no business starting with key lady heavy metals out of your body until you've gone to phase six and work backwards.

And this is a brief summary but you can download, everybody can download that book for free. It's called the seven phases of detox. It's not that long, it's maybe 100 pages but it goes over those in detail and some things that you can do to support all those phases – And you guys that'll be in Dr. Kevin, speaker bio, his website and you can find that on his website that free as well as a lot of other free information on there as well.

I really, I really appreciate that seven phase conversation because I see that too, I think so many times we get so excited about this one particular thing and we forget about you know, so many of the bile and so what I've seen of like why are we not talking about bio flow more of all of those things? Is there anything else you want to leave us with today that you want to make sure that we cover, that we have not covered yet.

– I just want to congratulate your listeners for even sticking through this conversation and all the other speakers on this because I just think that the more you can empower yourself with education, the better you're going to be in this world.

So you know, there's a lot of people getting sick in a crazy way maybe from everything that's going on in our environment and combination of everything that they're trying to inject us with, but we need to do as much as we can to educate ourselves to protect ourselves and stay as healthy as we can. – Yeah, thank you for that.

And just so you guys know, so you can reach Dr. Kevin at its connersclinic.com. Right? Yeah, so connersclinic.com and then also in his speaker bio, his team is working on a very special gift for you guys as being part of the summit. So make sure you check that out in the speaker bio in order to get that gift for free and thank you so much for your time today.

It's been a lovely conversation. I'm so glad that you spent some time with the rife and really educating us on that as well as everything from the, you know, phases of detox phases of lime and so much more.

So thank you so much for being here. – Thank you.