Podcast Intro and Guest Introduction

The biggest missing link we had in detox is that the movement of the toxins from the tissues needs to be coupled with the movements through the liver and out of liver with a bile.

And then you need a binder. Welcome to the TBD Fit Podcast on Dr. Talks. I'm your host, Daniel Keeley, and I will be guiding you through this wellness journey in terms of optimizing health and longevity, where we unpack the science, the do's, and everything in between.

Come join us. Look forward to seeing you inside. Welcome back to the TBD fit podcast where my goal is simple. I want to find whoever is doing best in their category, have a conversation and tease out what we can distill to pursue optimal health and longevity.

Today's guest, No different, Dr. Christopher Shade, who's a pioneer in the field of detoxification integrative medicine, the founder and CEO of Quicksilver Scientific, whose products we use every single day.

So I'm a huge proponent. Dr Shades revolutionized the way we think about detox by availability and longevity. We're going to dive deep into cutting edge strategies that not only improve health, But set us up for long-term success because obviously we're living in a modern society that is very toxic, but there certainly is hope.

And so with his formulations, we've been able to reverse some very complex conditions. So I appreciate kind of his expertise, his wealth of knowledge.

I look forward to diving deep into the conversation. Welcome to the show. Great. Thank you, Dr. Child. It's great to be here. Love talking to you at the Longevity Fest and looking forward jumping into things here Yeah, it was definitely a pleasure to finally connect in person.

I love starting the conversation just to understand how you got started. As per my understanding, kind of started with heavy metals, you know, a company's structure around detoxification, specifically with having metals.

But how did you get kind into this whole world becoming a master formulator? Yeah. I mean, you've got to go way back as I was an organic farmer before I as a chemist.

Like I always ended this like future of the world food supply and health through food. And that was a long time ago. Joked that I went out of business as an Organic Farmer that your Whole Foods was formed.

So it was before there was money in it. One thing led to another, I did a bunch of stuff and went back to graduate school looking at pollution around agriculture and that switched over to looking at mercury cycling through the whole environment.

Like this advisor of mine had a global mercury recycling model and a Global CO2 model. And I started building analytical systems for looking different forms of mercury moving through food supply.

and hence quicksilver, scientific quick silver, liquid silver. That's the old European word for mercury. So I got a patent on this called mercury speciation where you separate different forms.

And I applied it back into clinical. I was doing environmental work and I've applied back in the clinical looking at mercury in body. This test we call the mercury tri-test.

Dr. Shade's Background in Mercury Detox

It's blood, hair, and urine. You're looking a methyl and inorganic mercury, that's a fish-based form of mercury and the amalgam base. form. And then you're looking at excretion in hair and blood.

You look at all three, see what your load is of each and what's your excretaion patterns are. So it started with testing. I saw that the way that we're doing mercury detox is horrible.

It's not that chemical chelators don't work, but it's really not addressing the problems that people are having. Most people's Metal toxicity is not from acute exposure anymore.

It's chronic exposure coupled to poor detoxification, building the load in the body. What Huggins back in 1972 called retention toxicity. Now he was looking at people with dental amalgams.

He found people were low urinary mercury and high urinal mercury. the people with the low urinary mercury, but the amalgams were the sick ones. And so, you know, then, fast forward to like 2008 and nine, and then we had better testing for that.

So we have the testing, we're looking at this use of chelators and I tried them all on myself. I was wasting myself out and i'm like, how do you get the body to naturally take the take the metals out.

And I started with a very specific binder. It was called IMD Intestinal Metal Detox. There were little spheres of high surface area silica, and we grafted thiol groups onto them.

This is the same kind of reduced sulfur group we find in glutathione or in the chelators, DMSA or DMPS. So it was just like, Millions of these on each little sand grain and you'd eat them and they'd go through and pull all the mercury off of the intestines and have it pull it down through the bile, grab it, and take it out of system.

And that would jumpstart the movement of metals out the liver into the GI. Then we're like, wait, if that works, this has got to be all glutathione system processing.

How do we get glutothione in? And, that led to doing liposomes of glutathiol. And that really got us taken off doing what we do now, starting to apply liposomal delivery to detox things like vitamin C with like polychic acid, EDTA, glutathione.

So that was all metal based. And then brain stuff, we started GABA and CBD to bring down that autonomic dysfunction that's put you in sympathetic overdrive.

You know a lot of these toxins reinforce their retention because you know mercury goes up to the brain and activates the glutamate receptors and gets you anxious and get you sympathetic dominant and you got to be parasympathetic detox and so if we address the.

Parasympathetic-sympathy balance, got the glutathione system rolling, all your phases and detox, and coupled the movement of toxins through the liver and out with the bile to their movement out, so you're moving from the tissues out to the blood to deliver out.

Once we put all that together, you know, mercury would just fall out of the body and a lot of other toxins would too. Instead of like feeling worse as you mobilize all these metals, You actually start feeling better right away because at a cellular level you're getting cells to be resistant to the metals at the same time they're pushing them through the system.

So you're bringing down levels at the same time. You're turning up resilience. So that was the start of it all. And then we just, those delivery systems have worked so well.

We started applying it over to metabolic dysfunctions, cardiology, immunology hormones, longevity stuff. That got us to where we are now. Come full circle, we understand how important Detoxification is to longevity and these parallel paths that go on there.

So that's been the flow and expanse of the company since we started doing human stuff in 2010. That's a great way to segment into detoxification and kind of different phases and lymph and hepatic gut.

But before we do, in terms of metals, because we, do a lot of provoked metal testing to assess for, or your Tri-Test to, to access for for mercury, but we finding metals are severely on the rise, right?

And, and there is an inability to bind and detox, which is coupled with again, just this deluge of toxins that we're having to now fight off otherwise.

In terms of remediation, chelation, pulling this out of the body, and you can definitely highlight your products here, free plug. So mercury is one, but what if cadmium is high or arsenic is higher or lead is highest?

Are there specific products or cheleters for different metals? Yeah, mercury, cadium and arsenate are like a triplicity and they work with the glutathione system and the talathionine.

And so when you're building that up, you are going to get all three of those out. Now, this glutathione system with the binding mercury and arsenic, boom, homerun.

Cadmium's a little harder, it's little a harder to move, and it does benefit from a EDTA as well as glutothione. And then you get the lead, you need EDT.

All that glutathione system processes will stop the toxic manifestations of the lead. But for the export, you need the EDTA in there. And you can do that IV, but we also have a liposomal EDT that works very well.

You see this increase in lead excretion in the kidneys. I think it's really got a fantastic effect on the brain too. I the EDTA does a lot of things that we didn't understand.

In fact, I didn' understand it all when I started using it. And I remember going through, you know, doing a, a month or two on EDT and I'm like, man, my brain is working so much better.

It must've got the lead out of my. That's totally what it is. But fast forward now, we do all this work with Lyme.

Heavy Metals and Chelation Strategies

When you're doing lime work, you know, we do Cryptolepis and Cryptolepis blends with knotweed, nortamiesinin, and those are good at killing, but you've got to get through the biofilms when you work on lime.

And so you might be using Nautrachines or Cytopeptase or Lumbrokinase, or systemic enzymes. But EDTA is a great biofilm breaker. And I think a lot of times people's herxheimer reaction with EDT is from breaking open biofilms in the immune system, seeing chronic infections that were in there.

I used a lots of it when I was knocking out my, I had Lyme confections or Lyckia, Mycoplasma, everything going on all at once. You know, EDta and these herbs were key to getting rid of that.

But I also think So I'm an APOE 2-4, so I got some of that 4 tendency to accumulate the proteins in the brain, not move them out very well. I think EDTA helps break up the protein tangles that are building up in there, you know, whether it's DAL protein or amyloid beta protein, or neurofibrillary tangels that I they go in and help break this up.

So, I really like EDT for a number of different things. Are you taking that then almost as a preventative daily? Is that part of like a staple routine for you?

No, I kind of go with that. I do campaigns with it. You know, did it for six months when I was killing the Lyme and I did a lot. That really changed my brain big time.

And now I'll kind, and it's, you know I have cardiovascular tendencies, my whole family's like cardio. train wreck.

And so it's really good on the plaques and opening up blood flow.

It's nitric oxide stimulator. I mean, why do you put it in all the blood tubes? Because it is an anticoagulant too, so its good in our cardio level too.

So I'll kind of like go and I will get a bottle and run through a month and do that maybe three times a year. The upside with what you shared is incredible because the power of looking at your genes and to understand that while your jeans are certainly not your destiny, they do play a role and you can now plug holes in your biology with specific formulas that I see that you've developed to hedge against risk factors, myself included.

My whole family, extremely high cardiovascular risk factors. My great-grandfather raised in Sicily, died in a sleep at 104. Take the same genealogy, my grandparents moved to urban Rome, worked in the industry, both passed from cardiovascular incidences at 84, 20 years younger.

And what's interesting is we normalize, oh, they lived a long, healthy life, 84. No, in my opinion, you shortened two decades. Yeah, totally. Totally.

Yeah, that's a big part of that. You know, and I made the cardio, you know because I've made cardio elite, I took like everything that was out there, in the lozenges, all the nitrates, nitrites as a ratio of them, citrulline, mixed those with all of the Chinese and Western herbs like hawthorn and danshan and then put the seaweed extract, the remnon sulfate, it's the stuff that like in artericil that fixes the glycopenalexin.

Yeah I was running at like 150 over 105, but I didn't know it and Oh, that's why I feel like I'm like two inches off the ground. I also have all the lime and everything.

So I made that and it was like, it's like you know, I've done a lot of this stuff just to save myself. And of one. That's the powerful story. Yeah. Then we realized that so many others share the same story in reality.

We're all connected and we're kind of exposed and were all sick. Were all toxic and perhaps that The good opportunity now to segue into detoxification, because I think your products are so brilliantly formulated to support detox.

Let's discuss and maybe illuminate to our patient, our population here is why most detoxes are wrong or they're done wrong, or there are conditionally missing minerals and nutrients critical.

So if you can identify, you know, the different phases of detox, impact of importance of lymph tissue and the gut and other considerations, how to properly detox?

Yeah, you know, people all had this view around detox and it's like, oh my God, I'm going to do detox. I got to feel terrible. We're going have a Herxheimer reaction.

You know what a herxhammer reaction is in detox? You screwed up the detox, the way, we'd like throw stuff into like mobilize some toxins around and maybe have some kidney support.

But the biggest missing link we had in detox is is that the movement of the toxins from the tissues needs to be coupled with the movements through the liver and out of liver with a bile, and then you need a binder.

So, like, we talk about the livers support, liver support. Oh, here's some milk thistle. And we act like the lever takes the toxin and burns them to CO2 and water or something.

Like, what does it do with them? So it's going through phases of detox. Phase one is like oxidative activation. You actually turn it into a more reactive intermediate.

So in phase two, you can link something onto it, and that's glutathione, sulfate, or glucuronic acid. And then you have this conjugate that gets transported.

Now this could be happening in the liver, it could happening the thyroid, in brain, some cell. Then the transport is out to the blood, then into the livers.

What does the live do with it? been transported and conjugated, or if it conjugates it there, it dumps it with the bile transporters into the bio, and it has to go down the, you know, the biodex and out into GI.

And it was just kind of missed that those two have to get together, so bringing in bitters, you know, therapeutic biters or TUDCA or something that's stimulating bioflow when you mobilize the toxins.

That's the real key in that, we use all these liposome nanoparticle deliveries. So everything that we give peaks in the blood between 20 and 30 minutes.

You can put all your glutathione, your Nrf2 up regulators, everything to stimulate the movement of the toxins out to the blood, and you couple it with bitters to make sure that it's moving with the bile.

And a half hour later, you go in with binders. When you line it up like that, we don't get all of these negative effects of detox, because what the liver does, it pulls all this stuff in.

If your bile flow isn't going, All these toxins and inflammogens and bile salts are built up inside your liver and it's going to kill your livers. So what does it do?

It opens up another door back to the blood and dumps it. It's like a pressure relief valve and just dump all that stuff back into the And so then what does it do?

It goes to your kidneys and you get lower back pain and then you got kidney stress and the kidneys stop working. It circulates, it goes through your brain, and it winds up neuroinflammation.

You've got brain fog and anxiety and irritation starts coming out through the skin. And you actually start itching. That's bile salts lodging under the scan.

Then when the toxins are coming up, you start getting immunological reactions to that and rashes. That's all just failing to couple the movement of toxins from the tissues to the movements through the liver and into the bile and or failing them to bind them in the GI.

Once you line all that up, you really hum on detox, really get a lot of stuff out. And the beauty too is the things you're triggering. to turn up the detox processes in the cell are also cardiometabolic wellness.

Their mitochondrial enhancer is an AMPK activator. So NRF2 is the trigger in this cell for free radical control and detoxification. And it co-regulates with AMPk, which is what you activate when you carb restrict, when your intermittent fasting, water fasting.

That's the switch in the cell that turns up autophagy, the burning up of old parts, including turning up lipophage, which is mobilizing fat for endoketones for mobilising energy.

Just like you break, then when you need amino acids, you breakdown old, Old tissues, damaged tissues.

Detox Pathways, Bile Flow, and Binders

You break down old damaged mitochondria and recycle the amino acids. So this inner recycling that's then creating insulin sensitivity. It's lowering blood sugar.

Its lowering insulin levels and it's creating that cardiometabolic wellness at the same time we're activating detox. so you actually do generate more energy.

You're able to get your mitochondria up and rolling and move out both the environmental toxins and all of your

biological toxins. So when you get all this going, it's really a good longevity program.

How about lymph, lymph stagnation? Yeah. Lymph, so we have liver sloths for mobilizing the toxins and opening up the liver and glutathione of the ergothione for supporting that.

And then the kidney, product kidney care is a diuretic and a lymph mover, but most of your lymph activity is physical. It's movement-based, walking, rotating stuff.

Yeah, I'm going to show you, this is a, i'm gonna demonstrate a very hard to get Taoists. I taught a lot of Taoist stuff, you're never going find this, it's called the long life exercise.

Very complicated. You got that? So for those, again, let me do it again. That's. You just move and lift, you know, and that would do this stuff. We're doing that stuff, rotating and stuff." All that's stuff!

Rebounders, massage, all that stuffs great. I mean, a lot of people, they feel like crap after a massage because they start moving all these toxins out of the lymph.

And I always try to get massage therapists to give people binders after their massage. So, lymph is a huge thing, but it's more of a physical thing than a chemical thing.

So for those watching, Chris was very elegantly moving up and down behind his chair, which the irony is that I'm actually swinging the arms back and forth, you know, exactly.

And, and I, the paradox or ironies I I've seated, Which often actually I am walking or standing, but you mentioned two things because one is movement is critical and sedentary lifestyle.

are seated, unfortunately postures are doing us a disservice and cutting our life short. Unfortunately. And the second one, you mentioned back pain as an example, where your kidneys are placed.

Most people are not connecting those dots. A lot of people suffer with backpain and you're looking at movement. How does that connect? Well, are there stagnation, there's energy blockage.

There's a problem then because the blood becomes toxic. If you have this accumulation of toxins, your not detoxifying properly, which You brilliantly just connected those dots and now you have pain.

Pain is a physical manifestation of internal inflammation. And it's often correlated with specific organs of dysfunction, kidneys being prominently with back pain, but if you go to rehab, they're not connecting those.

They're treating the back. Just structurally. Well, is it a structural issue? Often it is not. And the beauty of what you suggested is that our detoxification capabilities aren't where they should be, or people are just not doing it correctly.

When you mentioned massage tech is to use binders, I thought, my God, that's absolutely brilliant. We're doing that with patients, but most are not. No, most of not.

And it's just fantastic when you do all that and you address it all right. In the movement, mindful movement. Like I love Tai Chi and Chi Gong. Once you couple your mind to it, you're moving the blood and the lymph flow much better than just a sort of empty movement but anything helps.

Yeah, low back pain is not a Vicodin deficiency. You said it perfectly. I love it or alliteration. So mindful movement, living with intention is what it is.

And being intention and having intention with our choices, right? What we eat, what we put into our body, What? We breathe, we drink, how we walk. Yes.

Yes, as simple as that. Or how we're not walking. Your binders. Let's, let's highlight, I guess, for, take a moment

just to highlight your bindings. Cause that's what we use with a very high degree of efficacy.

And I think you're probably best in class and probably known for highlight some of the ingredients or kind of your binder is when you are using them, how you using.

You know, people tend to throw around the term binders like any binder binds all things. It's just like, come on, man. Let's level up our chemistry a little bit here.

Sometimes we just lose that in talking about medical stuff. So lots of different toxins. with lots of different fundamental chemistry. Some are very polar, some are non-polar.

There's oil-like ones, there's watery ones. Lots of toxins. And binders have what's called a specificity. So high specificities means a little bit of binder gets a lot of toxin.

And a low specificity is a lot of binder gets a little bit of toxin. So if you have a lotta different classes of chemical toxins, you're gonna need a lot a classes a binders.

And so activated charcoal is very broad one. It's very strong on some things, okay on others. zeolites and clay. It's like the zealite story. Zeolite is a fancy clay and it's a killer clay, but like all this like nano zeolate, like I don't like nanosealites.

I like putting little shards of glass in the blood. effect on the immune system freaks it out. And so it tries to detoxify, but I don't think that's the best way to do it.

I keep them in the gut. But the zeolites and bentonite clays, there's a lot of things they bind really well, some things that don' bind so well. Then there is chitosan is a molecular mimic of well-call that used in all of Richie Shoemaker's mold and biotoxin binding protocols.

That's derived from shellfish, but it's analogic. It's been all the protein nature has been taken off. And so it has these repeating amines that are binders, similar to colostiramine and very similar.

So you've got charcoal, you got zeolites of clays. You've. And then you have IMD, our special metal binder. That's all the thiols and the little silica.

And there's some acacia gum. Some of the formulas have modified citrus pectin in it. So some of that stuff is more for healing the gut lining and being a prebiotic.

These are bifidobacteria, especially acasia gum is a great gum, It's an Aravino Galactan, kind of like the large extract that people are using. So it's a slow burn.

It doesn't make you fart and it feeds bifidobacteria. A lot of toxins, a lot a different binding chemistry, and that's why that one works so darn well.

You mentioned Lyme, your experience with Lyne, mycotoxins, so the will call and Shoemaker's Protocol. So is that formulation the one that you're also using for mycotoxin as well?

If someone has high degree of mold, micotaxin present? Yeah, yeah. I mean, ultra-binder is great for really all environmental chemicals, which is really good on mycatoxines.

The activated carbon binds a whole bunch of mycotoxins. And then there's a bunch others that are better going on the zeolite and then some better on that chitosan.

Uh, and so across that range, you have a lot of micro toxin binding. How do we change these things? So, uh, we have our general one month detox called advanced push catch.

Now in like two weeks we're releasing. Versions of that APC metals APA PC is advanced push catch. So AP C metals a PC mold a pc environment is the kit as it is now just renamed and a pc micro So the mold the metals one we add extra IMD the the metal binder we we give you a scoop with some of That and you're adding extra of adding you've got more glutathione on board and You have more EDTA in the mix Then when you go into the mold one, you're taking more binder throughout the day.

You're doing that three times a day instead of twice a. There's some mitochondrial rescue in that. So there's an NID with it. And we have some ketone isotonic in there too, because the kidneys get, the kidney's ability to handle electrolyte balance gets weak.

and so the keton isotomic helps with that, so these are just little modifications we do to it and then the microbe one is really an antiparasitical. And we have a great new formula called, Oh, you took two of those micro manager Paramax.

You remember taking those in Florida? And he said like an hour and a half later you were sweating and then you remember my story. What's that? I told her you remembered.

Yeah. Yeah, I've been taking data on that one. You know, it's been fantastic. It's a bit amazing what that ones been doing for people. I had kind of given up on naturals being really good antiparasiticals and for complex cycling parasites.

No, this stuff is doing great and it's got a couple of mixes. It's, got, wormwood, clove and garlic classics in there. And then real strong, essential oils of oregano, thyme and cinnamon, and then propolis and olive.

leaf extract and lemongrass oil. So that whole pack together there, oh, it's so good. And even like one a day, one twice a days has been really good and there's a real weird thing with parasites and this is something I've seen so many times.

I know that this happens, and I come from esoteric lineages, I go to Nepal, part of Tibetan Buddhist lineage, some Taoist lineagges, they talk a lot about spiritual entities, like parasites in the energy field.

And with parasites inside and outside is what happens. So the more parasites people have, the crazier they act. And parasites are known to change behaviors completely to propagate the activity that is keeping the parasites in there.

There's a big effect on people's mental health and their mental stability when you deal with these chronic infections, especially parasites inside. So these are the different manifestations of that general push catch system.

You mentioned parasites and that's interesting because everything is competing for evolutionary success, if you will, right? It wants to evolutionary replication.

And so we've seen that demonstrably with the individual with parasite and certain hyperactivity or obviously around full moon or otherwise even with nightmares.

And obviously we're now seeing that in cancer patients and so on and that was a beautiful example because I'm sitting in the lecture after I took your product.

I am just in a full sweat. People are looking at me like, what's happening? It's a temperature controlled room. I took the binder after slept like a baby.

Lymph, Movement, and Detox Support

Well, you definitely hit a home run here. So definitely, yeah, eager to integrate that with my patients. The thing is we're all exposed, right? And especially within our.

They're at the top of this food chain and they're controlling your immune system like nothing else. They lower CD4 so your CD8s don't know what to do.

So then all the viruses come in and other co-infections come. When I had all that stuff in Epstein-Barr and cytomegalovirus and all this stuff and I have stronger loides, you could see it right on my microscope.

These things are swimming around in me. I've had to cut the head off the beast and then come with the The anti-lime and antivirals, but often you're working down here on this viral or line level, But your immunosuppressed from from the parasites, you know, and I learned a lot from this old naturopath.

There used to be a natruropathy school that did a natural pathic oncology. That got shut down, but their whole thing was the parasites come in first, they bring in the viruses or maybe they just open up the door for them and the, the virus has start the mutation.

So all this naturopathic and not functional, But integrative oncology, They look heavily a parasite. Let's underscore that for a moment here. If someone is presenting, well, here's the reality in what I've seen clinically.

Perhaps you can speak to this. I don't see parasites often and we're doing a lot of testing. The testing sucks. You can be shitting piles of worms and it won't show up on those DNA probe tests.

So someone comes in with high degree of immunosuppression, right? So I want to highlight immune because that's often enough, we're stuck in this TH2 to help us.

So there's two branches of the immune system, TH1, T2. We're. Stuck in. This TH two highly inflammatory kind of representation. Yeah. And you can be immuno-suppressed and be that, or not immunosepressed to be.

That and within, you know, suppressing almost always have the TH 2, but it's not the only thing that can get you that. But you leave that CD four, eight thing and you're going to see the amount of suppression.

Yeah, so that's what I, we test and we see that all the time. So you don't find parasites. You suspect parasites if someone else has other co-infections.

Is it what? Yeah, until proven otherwise. Yeah. Like, always go. I mean, yeah, the viruses can do that. The Lyme can that, but the parasites just like squash it down.

And so, you know, different ways. Sometimes in my live microscopy you can see stronger loyalties in there. You can't see everything, But some things you could see in their.

It's like, it's worth, especially if you have a complex multiple infection case, there's no reason not to put some of that parasiticals in. You know, even if you're doing, you know…

I mean, if we do ours, that's got Lyme stuff in it, it's just got virus stuff, and it has got parasites stuff. You're kind of going after everything at once.

And then you can come in and punch hard on the LyME and the viruses with specific things. Or ivermectin. I means, so easily tolerated and kills a lot of different things, I think it is worth going.

Yeah, we really need better analytical work around. parasites. I tend to, you know, if I'm telling people to get a measure, I do stool samples. There's a guy in Denver, Para Wellness, he's the parasite whisperer.

This guy Omar Amin in Arizona, don't remember his lab, but some of these old school guys with the scopes do better than these DNA probes. Well, interesting.

I just did a bout of ozone the other day and I saw, I mean, did some of the microscopy and saw dead fragments of what appears to be, you know, parasite, strong alloides or other ones.

Yeah. In the scope, those are probably strong, alloidies. You'll see whole ones and they're like, just a freaking worm. It's like that stuff's gnarly.

And it took a month or so to knock them out. Then everything I was able to get rid of everything. in about six months, totally changed my life. Which is great because the formulations that you've created provide hope, right?

A lot of these complex cases that patients are stuck and they don't know where to turn. I have never not had one unsuccessful bout when I've used any of your products.

We've seen some very complicated ill patients. A big proponent of the advanced push cash formulation that your designed. What kind of goes into all the considerations to help boost immune function?

Yeah. So you're going to, you've got kill stuff going on. Right. And so, yeah, kind of in some blend of the anti parasitical anti lion antivirals, maybe sequencing them.

You got to keep the. All those lock up your bioflow, so you're going to keep a lot of bitters on board. You may be doing it along with advanced pushcats, you may just have biters and binder with it.

There's a couple of different ways to go. But the immune dysregulation that's going on during this needs to be addressed. And one is that TH2 shift and this propagation of inflammation through the NF-kappa-B pathways that are self-reinforcing.

That'll make TNF-alpha, IL-1B, I-L6, all this pro-inflammatory stuff. And the T-N-F alpha comes around and reactivates the N-f-Kappa B. So you need to block this propogation and you to shift the immune system back to doing what it's supposed to do instead of having all of this self reactivity and chronic inflammation.

So I like to go in with peptides there. BPC157 with KPV is absolutely my favorite therapeutic peptide for the kind of cases that we're dealing with. It's not, you know, these fancy, rich biohackers just trying to be as hard up there, it's these people dealing mold and dealing lime and It's the leaky gut that keeps the whole thing propagating with all that endotoxin in there.

BPC-KPV goes and seals that up, and it stops that reactivity that's going on with the leaking gut and the food getting in and there, it's just winding all up.

And the beautiful thing was the liposomal intra oral peptide with those is keeping these half-lives like 30 minutes. And so you can't just do a huge dose and it gets you through the day.

It's going to be gone. So you do one pump like four times a day and that just locks all that down. Then you come in with a thymic peptides. Now a lot of people use thimus and alpha one.

That's really good for re-regulating the thimas. And, you know, because the thymus atrophies and, it's dying really quickly. So you got to bring some life back into it and re-signal it.

Thymulin is the one we're about to release in two weeks. That's a bioregulator for the Thimus. Epitalin also works on the Thomas. to re-regulate it and bring new thymic activity.

So you're killing things, blocking the cycle of inflammation, and re regulating the thimic immune function.

Binders, Mold, Lyme, and Parasites

And that's really what goes into all that. Yeah, you got to feed in some D and some A and that stuff, but you can do that all day long. If you don't address this other stuff it's not going to be enough.

So you're really targeting immune dysregulation through the power of peptides, right? And it's interesting because when I was using, and we'll speak to your liposomal technology in a minute here, when was I using some of the

formulations, the BPC, because you have both combos.

You have BpcKPB, BPcTB500, is that correct? Yeah. Bbc look. Yeah, so it is Bppc KPV, bpctb, you know, athletic injuries, damage, leaky gut, you know, immune dysfunction, BPC, KPV.

It's just so amazing. Cause then you look at like, once you get into the data around thymic involution, what does endotoxin does it like nobody's business.

it's going down and it shutting down receptor systems in the thimus. So the growth hormone receptors turned down. And so you're not stimulating the Thymus to grow anymore.

and NF-kappa B is being triggered. so it is inflaming and dying. One, it's blocking this inflammasome, this propagation of inflammation. Two, It's letting the thymus come back on board, but then those thamic peptides are really hitting that mark.

So when I took the two liposomal formulation, the BPC-KPV, BTC-TB500, your employees were so gracious to kind of load me up. Yeah. I felt as if my, cause previously with travel and stress and poor sleep and crappy nutrition on the road sometimes, and it's not necessarily for poor choices.

It's just kind of the food there isn't, isn' necessary. Oh yeah. The food has all the, I mean, restaurant food is so different than your home food. And it all irritating you with the EMF is all over the place.

You just came off the plane and you're just so porous in your gut. And you, you just like a mess. It's like fogged out and you took that, do you feel like clear again?

Not only did I feel clear, which actually let's highlight the, your new product, I believe the Pregnanalone. Neuropregnenolol. I was just opposite of on fire.

Like I, was on fired in the sense of like I my mind was sharp, like mental acuity went through the roof. But in terms of the peptides, I felt a fire put out of my gut almost immediately.

It was, yes, it felt so good. Cause I fell in flame and immediately after, after just one administration oral, right away, the inflammation was attenuated.

I mean, it's amazing when a woman works here with RA, stop methotrexate. 30 years, like three weeks into BPCT, KPV, she's like, I stopped taking metho trexite.

And then, you know, our doctors are saying, who do all the food reactivity and stuff. All the lime guys, are like, this is the best thing. This is better than antihistamines, cromalin, all those things are stopping reactivities.

Seal that damn thing and do it a couple of times a day. And you, oh my God, I got my life back. Couldn't believe how fast it changed everything for me.

Actually, you know, my R&D guys were making it. I was in Kathmandu at like a three week retreat at a monastery that was open up there. And this is funny.

So I bring ivermectin and albendazole. Like I ain't getting any of those worms. Then I ended up getting some protozoa. It was like my liver was swollen.

This is terrible. Get home and immediately hit the BPC and a couple of other things. And I took the Paramax, which got rid of the infection and the BPC-KPV sealed everything up.

I was like, oh my God, I feel so much better, so fast. Yeah, it certainly works. And when you mentioned, you know, shoulder pain and that, we will use that for your oral formulation to reduce systemic inflammation and then we'll do the injectable peptides to target any sort of trauma that's local to the tissue.

Yeah. Yeah, that's what I like about the needles is getting, getting some right in there. I mean, they're blown away with how good these oils work. Everybody is who was like, their expectations are a little tempered and they are like my God, these are amazing.

You know, we even made the GLPs work and those go through compounding pharmacies. We sell them the delivery system for it. The power of peptides I see now, I wish I could say it's, you know, the brilliance of myself, but the power peptide makes pain a choice.

Pain I See Now is a Choice. When you're able to intervene on a cellular level with such degree of efficacy, It is remarkable how quickly pain abates, you attenuate inflammation, You restore the balance of the immune function.

Everything improves and it's very quickly amongst everything else. So it, it it remarkable. it's just awesome having peptides now. It's like all these things, like, all this, you know, thymic control, inflammatory control endotoxin control.

All this stuff we were throwing all the stuff at, just like planketing people and stuff, make more of this for your gut, and just kind of move the needle.

Now we're like boom. It's like, okay. But you guys, you're not formulating in GLP, are you? I think it's through your- No, no. GLPs, we made the delivery system for semaglutide, retitutite and trisepatite, and we sell the deliver system to the compounding pharmacies.

We're going to have a platform for the doctors to put prescriptions through to ones that are using, there's a bunch of different pharmcies using our delivery systems now, so you can get oral peptides through them too.

So if it has been a drug, or is a drug or it's an engineered thing, like thymulins, if you can buy a regulator, it says it is the finest extract. It's totally a supplement.

But you know, these drugs, you get them through the compounding pharmacies. So the delivery, I presume you're referencing is the liposomal technology?

Yeah. Sublingual lipostomals, we have the female hormone system. You want testosterone, you can get sublingua testosterone through the compounding pharmacies that use our delivery system, naturally wild.

We get this massive peak of testosterone and then it goes back down the baseline after a couple of hours. And just doing that once a day or twice a days, all you need, you ring the androgen receptor bell and that effect propagates through the system.

And actually, and the tailing limb of the testosterone going down, it actually triggers your. The hypothalamic pituitary gonadal access to shoot out a pulse of LH and FSH as it tries to get back to the level that it was at.

So it actually regenerates your testicles as opposed to creating testicular atrophy like injectable does. The future of hormone replacement is liposomal.

Totally. Speak to our patients just really quickly, high level, what does liposomal technology actually look like? In my humble opinion, less equals more now.

Oh, yeah. I mean, we have a product that puts you into ketosis, you know, has berberine in it, 12 milligrams, 40 milligrams of all the other things. You know what I was like, right?

So, lipoderms look the little cells. They're made out of phosphatidylcholine, the same thing that your cell membranes are made of, but they're like a, 10,000 times smaller than a cell.

And they're so small and they've got the nutrient inside them that when you take them in the mouth, they diffuse across the mucous membranes in your mouth into the capillaries.

What you swallow diffuses across stomach lining into capillary there and the upper GI into So it takes these supplements and a liposome is actually for water soluble.

It has a little water droplet in the middle. And a nano emulsion is for the oil solubles, it has an oil dropler in middle and depending on what you're taking it will be in one or the other of these or a combination of this.

and you take them and these compounds all go in and peak in your blood in 20 to 30 minutes. So it's immediate high peaks in the blood. When you're trying to move the needle, turning up Nrf2, AMPK, you need these peak doses to get that.

And this is this bioavailability cheat that's making these orals a lot more like an injectable. So we're able to do peptides there that normally would be broken down by your stomach.

In fact, the first product that we made, and it's still our flagship, is glutathione, which is a peptide. It's a thiolic tripeptide, thiolite meaning it has this reduced sulfur.

Tripepide means it three amino acids, it is cysteine, glutamate and glycine. So, we've been doing peptids in liposomes for a long time. And now we are doing these fancier ones.

Is there any concern with, because anything that's obviously fat-soluble with rancidity or oxidation, how long are these products good for? Well, you know, we do a lot of work on the stability testing.

We've got a of incubators here and we're doing a a ton of testing on them. You've go antioxidants in to keep the fatty acids from going rincid. The products vary from 12 to 24 months of shelf life.

Peptides for Immune and Gut Repair

And that's based really not on the delivery system, but the active inside and how long the glutathione stays before it breaks down, the vitamin C before breaks, down the peptides before they start breaking down.

And so each of these products has a shelf life assigned to it. The neuropregnant alone. Yeah. Tell me about that because that to me was a spark that I hadn't felt in reduction of neuroinflammation instantaneously.

I know, it is so good. It's the Viagra for the brain. So it's got your major neuro steroid, pregnenolone. Pregneolones is one of the biggest hormones that you use in the brains.

In fact, you have 10 times the concentration of pregnetolene in your brain than you do in blood. And you're using it for neurogenesis, make new neurons, but very strongly for controlling neuroinflammation.

Neuroinflammation is when the immune system in your brain is supposed to be doing synaptic proning and rebuilding your neural net and certain things activated into like an angry state.

It's called activated microglia where it starts making pro-inflammatory cytokines the way an immune systems in the periphery would. And that damages the neurons at the glutamate receptors which release other things and you get into the cycle of neuroinflammations.

Pregnancy Loan helps shut that down and tamp that. So that's bringing a lot of energy into the brain and shutting down inflammation in the. And then we have some classical herbals in there.

There's Ginkgo and Bakopa. I mean, Gingko has been used for memory and cognitive issues for decades and for centuries in China. Then Bakopas like the Gingo of India, it's been to use for cognition.

for centuries, both of those activate brain-derived neurotropic factor. And so that's helping neurogenesis, making new neurons. At the same time, they both also help control inflammation in the brain.

Then there's something called herbigeron or life flower, which is Chinese herb, similar. All these also have neurovascular effects. They're bringing blood flow to the brains.

The last thing in there is alpha-GPC. which is alpha glycerophosphalcholine, which has a precursor to acetylcholin, Which is a focus thing. And it's amazing how fast it hits.

You know, one of our sales guys goes, you know we always serve these little communion cups to try it. It says, You feel it before that cup hits the trash.

That was made for like, like Alzheimer's and TBIs, but everybody loves it. In fact, the TBI research has been fantastic. It hits quick. And most importantly, it works.

I like doing what works is what I say all the time. Certainly these products work. We spoke about detox, about immune, heavy metals, peptides, certainly a hot topic now, and you're kind of on the cutting edge.

The last kind segment I want to focus on. Although we're coming up on time here is hormones. Cause you have a professional line of hormones, which we use as well.

One was interesting. We can start with progesterone. one of your colleagues at the conference, she was suggesting to apply pro gesterones topically at The Temples once at downside of a migraine.

And I actually had one and it's so funny enough, I did it. I was like, wow, that was a 50% reduction pretty quickly. Some of, some other practitioners I had heard, I don't know if this is how you intended or not.

So the topical formulations, they were using orally. Is that, is that a hard no-no? Talk to me about I guess your whole hormonal line. Progesterone creams, they work, but they don't work great.

If you put a progesteron cream on a microscope, you know, it'll make a big deal out of using micronized projesteron, which is just really finely ground projesteron.

You put it on, on the microscope side and you're going to see round bubbles of emulsion spheres. And you can see crystalline chunks and that's undissolved pharma.

And so some of the hormone in this finely ground stuff is getting dissolved in the emulsion base and some it's getting through, but most of it is not.

Then we do a nano serum. So we've got transdermal nanoparticles. These are like 14 nanometer particles. Every bit of progesterone is dissolved and goes into circulation very, very nicely.

A lot of people worry that you weren't going to get endometrial protection and you aren't gonna have enough alloprignanolone to, for sleep. Cause they'd heard, you know, like Dutch even had this white paper out that creams, don't get beyond really low levels.

They're not going do that for you. Well, it is true, not true about the nano serums. We see good serum levels, but really what you do is you want to watch 24 hour urine and 24-hour postmenopausal women using the progesterone topically have 24 hours urine similar to You know, like a 30 year old woman.

So you're getting, and high amounts of allopurinolone, high amount of progesterone. You definitely should be getting all the endometrial protection. Until we generated that data, some of the doctors were like, is this all food grade?

I'm like yeah, it's all good. Great. I don't really want to eat it, but you know, I made it to go on the skin, which you can for sure. And so some people do that, But I think we have a whole data set coming out now.

We just started getting all the data and you could see the amount of progesterone going through the system.

People are like, oh, you need like 80 milligrams.

These nanosams, they really get in and then you might be doing you know, 24 milligrams at night and eight or 12 in the morning, and you have real high urinary progesterone.

And how about the BIAS? Then the estrogen stuff, great estrogen levels. Yeah, BIAST, you got Estriol and Estadial. We like a lot of Estrial because urinary tract, vaginal tract.

Liposomal Delivery and Hormone Optimization

All those effects without any proliferative effects because it doesn't hit estrogen receptor alpha. Really just beta and beta is what's in urinery, your whole urogenital area.

So we like lot a that and then enough Estodial to keep them flashing and keep the brain and the cardiovascular and bone health in. But yeah, our urinary excretion of estrogen, estrogen metabolizes super high.

Yeah, not only that, but also breast protection, you have muscle protection as well. I mean, the benefits are very clearly understood now. The last one, I think the liposomal DHEA, which I see the quickest movement in, and I suppose there's no T in there in your formulations because you can have such an impact through the life of so much DHA.

Yeah, the DHA comes in a nanoparticle unmetabolized. It's not sulfated yet. And so it's free DHEA and it just goes right into testosterone. So when you're taking this, you'll be running like six, eight, even 900 in your D HEA.

You know, super physiological, but they've done a lot of research on that. There's no problem being superphysiological. D Hea is a wonderful hormone and your testosterone will be up at the top of the reference ranges.

80, 90, a hundred. So you just, you know, if you can do half dose, full dose wherever you want to be on that range. You don't need to take tests. If you have a nice solid test level with that, that DHA plus does pregnenolone and DHEA.

so you get all your androgens. And, yeah, If look at all the, it cascades through all of the androgyns. you've got a high androgen base, and then you do the topical nano serums of estrogen and progesterone whole system.

Yeah, we start almost ubiquitously the Lycosomal DHEA with the progesterone and right away patients see an improvement overnight. I mean, it's remarkable.

It's great. Even the nanopregnenolone that's in the DHA+, when we ran 10 women to see what it was turning into, their progeterones went up to like four.

You know, even in a follicular phase. That's remarkable. I mean, it certainly works. This is the bottom line. Yeah. No, the wonderful formulations to, to come full circle here, I guess I know we discussed kind of a lot of different topics.

Obviously everything coincides. The body is one I'm eager to do around two and get some of your Taoist principles and some other experiences you had add on your.

But if, if someone can do something consistently, regularly in terms of preventative, right? In terms optimizing health and longevity, what is kind of your biggest takeaway or suggestion?

Well, you know, there's so many different things that you could talk about, but because I talk detox and I talked about bioflow. Getting bitters into your life, you know, we, the old, Swedish biters, German bitter.

You know what Angostura Bitters was? Angosta Biters is that yellow top cocktail biter that you put in an old

fashioned. That was developed by a surgeon in the army who was in charge of a whole platoon in The Caribbean.

And he was In charge all their health and he wanted one thing. to create the biggest health impact across a whole platoon. And he made angostura bitters.

You get bio flow and digestion happening. He really started strong. If you could take anything to, if you were stuck on an island, what would you take?

That's a tough one. You know, I might do cardio elite because I'm a cardio guy. I like if I could only have one thing because there's lot of adaptogens in there.

And I also do the one instead that has phosphocollins, got adaptogen, it's got PQQ, CoQ10. Now that might be like the on-off to do most. Let's go with that one, the One.

mitochondrial, it's adaptogens, you know. Pun intended, I love it. Listen, this has been a genuine pleasure. I certainly appreciate your time. We'll likely have to do a round two and I look forward to seeing you at the upcoming conference here soon enough.

Last question I end the show with all my guesses. If you could have one superpower, what would it be? Invisibility. You want to hide and dumb be seen, huh?

Sometimes. I love it. Chris, this has been absolutely awesome. Thank you for your time today. Where can our guests find you learn more? On Instagram, you can find Quicksilver Scientific.

Dr. Christopher Shade is more my personal stuff. And then of course, Quiksilverscientific.com. You can get a free account on there. you'll get our newsletters, a lot of things.

It's like, even like cannabis, we won't even see CBD on our website until you log in. So get a log in, see what's in there. If you're a practitioner, got to get along and all the educational resources are in.

Uh, and we have a lot of that. So, yeah, they set you guys up for success. Certainly. This is awesome. Thank you for your time today. And I look forward to connecting here in the near future.

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