Glutathione Basics and Key Cofactors

But for glutathione to making glutathione a lot of people say oh I'll just I'll just take in its existing so I want to touch on this because if you are struggling with Mycotoxins and this is a Mycotoxins summit and is assisting is just one ingredient that you need in order to make glue to file, you need to understand that you need cysteine, which N-Acetyl Cysteine provides really well.

That is that the the primary compound or glutathione is cysteine. That is true. And research does show that N-Acetyl Cysteine does raise good if higher levels.

However, I believe that individuals who are struggling for mycotoxins and mold illness needs straight up glutathione and you need to be very careful how much you take. You can't just take a huge amount.

You need take small amounts more frequently than larger rather than higher amounts in one dose. And I'll explain that later. But just understand that nurses assisting is is one compound needed a cysteine is one compounded and you also need glycine which is heavily associated with methylation as well.

Then you need glutamine or glutamate similar and then you need vitamin B6 looking much easier and then you need magnesium. How many people have sufficient magnesium and then.

You know, a few. Yeah. And then you need to top it all off, ATP. ATP is needed to drive these enzymes to perform and function. But your ATP, your mitochondrial with mycotoxins exposure is crap.

So your body is going to preferentially utilize ATP in areas that it seems important for survival and you don't get the defect that I was like I need to found and body is pretty, pretty smart knowing that you need to go to found but also needs the the ATP to just keep yourself alive and pump electrolytes in into your cells.

That's 40% of your energy right there. So now you're using how much percentage for immune system to attack these mycotoxins? I don't know. That needs to be determined.

It seems like quite a bit. Yeah. I actually have a lab that I measure ATP function over in Germany. Yeah, and it's pretty disturbing. But yeah, I figure a lot of times it's not sufficient.

Stores. No, no, it wouldn't be. And so yeah, so that just understand that energy assisting is not going to be sufficient for for most of you listening in to summary and I do understand, I do find for a lot of people that using small amounts of blue to sound more frequently throughout the day is way more effective than going and getting an I. V.

of, you know, a baggie or whatever it is. And if you if you get a whole bunch of gluten found and you feel great, that's that's great. Okay. That's that's great.

Don't change it. But do know that glutathione levels as they increase can cause back pressure on glutamate because glutamate is needed to make a vial.

And I, I found research and I presented this I think I have it on YouTube about good it down good on the side effects. I did one with full script so too much too little glutathione will raise glutamate levels the right amount go to found perfect amount of glutamate levels.

Glutamate is excitatory and causes headaches. MSG is glutamate from Chinese restaurants and so on. But also high amounts of gluten can cause glutamate and a common side effects from too much glucose down.

Listen up on this folks. High symptoms of high good or too much intake is headaches, irritability and those are those are the top two headaches and irritability.

Yeah. Basically those do and it sucks because and if you do get headaches and irritability from taking it down, you have to understand, okay, what supports glutamate and that is lithium orotate, lithium orotate helps calm glutamate reactions.

And then you also have magnesium and vitamin B6 also supports. So I need to give myself a lot of good advice on. Anyway, with the forest fires, I'm probably going I want to do it to the point where I get a headache and and test this theory.

So and then take your lithium, B6, and Magnesium. Yeah. And I yeah, I teach test. I love it that we're doing this right now because just hearing your brilliant mind think through the challenge and then how to, you know, assess where you are.

It's really awesome. Yeah, I call it tuning in and it's very important that you understand what's going on in the environment around you, what you're doing about it, what supplements you're taking and and foods that you're inputting.

And all these are variables that you have to be aware of. So next time you get a symptom or you're aggravated a preexisting one and you make it worse, just stop and just literally take 3 seconds.

It's like, yep, I took the histamine block plus last night I'm a little laggy tonight or this morning because I probably lowered my histamine levels too much.

And so. Okay. Meant to make a mental note. What should I do about that? Oh, I could actually this morning I take some orange juice, you know, and so you can mitigate what you did that caused the problem earlier.

So the orange juice just for the histamine with histamine is diet. Yeah. Right. Yeah. And so I usually don't like orange juice, fact I just don't drink it because of the histamine and I loved pineapple juice as a kid we would use to get the dole canned metal canisters of dole and just where you take the the tool and you go make both ends and I would just do that.

I would drink the whole thing. Oh, my gosh, I loved it. And then I felt awful after awful. But I I'd never made that connection until I was 35, 40 years old.

And I chronic nosebleeds when I was a kid. I had eczema as a kid and as an adult, you know, I had difficulty. I had tightness in my chest. I had never had asthma, but I tightness in my chest.

And I kept asking people's like, why do I have tightness in my chest? Why do I have tightness in my chest and histamine?

Managing Too Much Glutathione and Glutamate

So anyway, but yeah, I love good if I and now go to find you can get it in capsules, IVs, liposomal, patches, lozenges, so whatever works for you go for it.

But what I was saying earlier is if an IV works for you one moment and you get the first one, you feel great. And let's say you go back for another IV a week or two later or whatever the doctor has, you come back in and you don't feel so good and you got a headache.

You're like, okay, I'm starting to make the connection. And yeah, I was more cranky that day. I got in arguments and what have you. Then you go in again and now you have difficulty breathing and you get a really bad headache and you get a rash all over your body.

Okay? Now you've really now you've really pushed these pathways there. Remember? It's just like the highway. I tried driving my boat, your boat trailer down the other day yesterday, and I couldn't I had to take a side road.

You overwhelmed your glutathione pathway. So genes don't work in isolation. They team up with other genes. And so I'll just hold this up here. And so you can see a myriad of circles and all all on there and all those all those are genes.

Okay? And so they're working together in harmony or disharmony. And so if you take a lot of gluten down in, you're telling a lot of other genes, but there's there's sufficient gluten down.

I don't have to make it anymore. And remember, the ingredients are cysteine glycine and glutamate. Okay? And so you're not utilizing any of those anymore to make glutathione because you've taken it.

It's like, honey, go to the store and buy me eggs, flour and sugar. I'm going to make some pancakes or some cake. Okay. I come back and I. I said, You know what?

I just bought the cake because here it is. We're in a hurry. She was all great. And I said, Well, but I. She goes, Why did you buy the the flour and the eggs and the sugar too.

She's as well because you want to make cakes because you already bought a cake. What are you doing now that's just sitting here. Great example of the whole feedback mechanism that's constantly going on.

Yeah. And so people will say, Well, why would I take it down? Because now I'm going to I'm going to stop my production of gluten. Well, yeah, you are going to stop the production of your good at that one.

But that cake is also going to get eaten at some point. And then I'll have the ingredients to make another cake. So just because you take glutathione and you do stop the production of your own endogenous glutathione, that's okay.

Just know that your body can resume producing it again when it needs. Do you have it like permanently stopped it? You know, it's just not doesn't happen now if you it it can happen if you get I've got it down multiple times in a row but here's here's what you need to understand about gluten down is gluten down is it has its own cycle and it's pretty intricate, but it's also beautifully simple.

And I'll talk about the beautifully simple part of it in order to utilize good at I to get rid of hydroxide, you need selenium. Okay? So in order for you to use gluten down to get rid of hydrogen peroxide, which mycotoxins produce probably quite a bit of from your immune system reacting to it.

So you need to neutralize your peroxide, you need sufficient selenium. If you're not getting sufficient selenium, it doesn't matter how much gluten you are getting ivy or otherwise, if you low selenium, you're not using it.

That's one. Now after you use good it down it and it becomes damaged. So you have good gluten and you have damage good down and you can buy supplements that already have damage going on in it.

So the older you get at that level, your gluten supplement is especially when it's open. If it's liposomal, there's more damage gluten in there. So if you're just taking damage good with iron, you're going to feel terrible from it.

If you're taking high quality good at down and it's stable and it's fresh, you can feel great from it. Now, initially that's true, but we talked about riboflavin, meaning for processing serotonin levels and histamine levels and how important that is.

While riboflavin is also needed to recycle the damaged goods aisle. And you know what the cofactor is for the empty each of our enzyme riboflavin. So again, it's really cool.

And I've talked to so many doctors and health refreshed health professionals of all different types saying how when they give riboflavin to people, it's just been a game changer.

Yeah, game changer. Yeah. And it's cheap. So cheap. And and when you're taking supplements, folks try to get unless it's time released or extended released or a chewable get it in capsules or lozenges and stay away from the tablets tablets when they're making tablets of the supplements.

I haven't been there when they've done it in the manufacturing facility but I've I'm told it sounds like jackhammers they're just pounding the hell out of all those nutrients and they're compacting it into our little rock that you swallow with low stomach acid.

Usually if you're struggling with mycotoxins and then you can't break apart that tablet, it doesn't dissolve properly because they haven't done dose dissolution testing.

And yeah, you can pack a lot more in a tablet because they pound the hell out of it and you only have to take one tablet versus four capsules, but you're not getting any of the nutrients out of it.

So stay away from tablet. I try to not have any supplements in tablets. Yeah. You know, sometimes we have to use medications. That's all that's available. But Right.

At least they kind of know what the absorption is going to be and dose appropriately. Yeah. With I don't trust them. Yeah. Tablets and medications I'm I'm confident they do dissolution testing the supplement industry is rife with garbage and a lot of companies don't so do so.

But anyway riboflavin is extremely important for recycling so my company sells the go to town by itself and we also sell it with these cofactors of selenium and riboflavin.

And I'm getting to the point is like, why would I even sell go to that by itself? And I was like, Well, my reasoning of selling it by itself is because of people already taking a multivitamin, multi mineral, then I don't really want them to get excessive amounts of selenium because plenty of as a mineral it can accumulate.

So I don't really want P contributing to that. So if you're spending levels are higher then that's my reasoning for keeping those skews the way I have it. So but if, you know, I just want you to keep in mind first visit or first few times.

If gluten using gluten, you feel great. It's it's helping helping or you first few times you're using gluten found, you feel nothing at all. Then you keep trying and you still feel nothing.

Maybe you need to have some selenium on board. Maybe your deficient seems to work with your doctor on that and evaluate your diet. Are you eating sodium containing foods?

Are you taking a multi vitamin A multi mineral? A lot of people also on Mycotoxins. Their gut is such a mess that they can't absorb and other food restrictions are are massive any two things.

Using Glutathione Forms and Supporting Absorption

And they can't tolerate supplements for various reasons so they don't the now they're deficient in everything so lozenges of gluten found we just came out with one but you can also get a patch and I've never done patches patches seem weird to me.

Have you ever used a patch? I have and I have I yeah, I have used a patch and I think it's, you know, for people that's got his digestive systems are just so intolerant of everything.

It is an option. There's also a rectal suppository available, but I really just prefer small amounts of the liposomal get it down until people can can tolerate more.

I just feel like we get where we need to go more quickly. Yeah, I agree. I do think the lozenge, I get more effect. It's interesting. I get more effect.

I don't know if it's more, but I get from the lozenge, it's it hits really fast in the head and the Liposomal does as well. I'll be curious to try the lozenge.

Yeah, it's it's it's really cool and it's got the cofactors in it as well. And but it's the liposomal I still use and I am trying to figure out why would I use a lozenge versus a liposomal.

And, and one thing I can say is people with mycotoxins illness do have difficulty with fat processing because their gallbladder in their liver is are so clogged.

And so if they take a liposomal and they get loose stools from it or they just don't feel good from it and they swallow the fat that's associated with the liposomal, then their gut issues are not going to be good.

So one workaround that is okay, we can put the liposomal in your mouth. Hold it, just keep holding it, holding it. You get the benefit and then spit it out.

So that's one route. You know, you're not going to get to go too far in your gut. And gluten is also a sulfur compound and if you're struggling with loose stools, sulfur makes hydrogen sulfide.

Hydrogen sulfide is associated with loose stools and diarrhea. And so that altered microbiome is just going to feast on that glutathione and you're just going to have the runs all the time.

So that's no well, the lozenge, you know, the supplement industry is not allowed to use the term sublingual because it's that's reserved for the drug industry.

Oh, I didn't know that. Yeah, yeah, yeah. You can call it a lozenge, but you can't call sublingual and supplements can't treat or cure any disease. You know, they can only support healthy function of things.

So only drugs do the wonders. But with a lozenge, most everything is just dissolving in your mouth and you're absorbing a lot of it in those tissues. And then your body will get it.

And then you're bypassing the first pass metabolism. If your gut in a while, you're just bypassing the gut a lot. I mean, you're still swallowing it. If you want to swallow a little bit of the do solution.

But again, you can just spit that out if your gut really bad. So let it dissolve slowly. Don't take the lozenge. Bite it, bite it. Biden Swallow some people just that way.

So I used to be and I've learned they just let it dissolve. And if you feel your head clearing, that's great. If it's still fuzzy afterwards and get some electrolytes.

And now when I say get some electrolytes, most electrolytes are high sodium. That's I mean, you can be deficient in that if you're peeing all the time.

But the primary thing that people are deficient in is is less. Your Quito primary thing you're deficient in is potassium. 99% of women are deficient. Potassium in 90% of men are deficient in potassium. Why?

The men are 10% less deficient? I have no idea. But that's that's what the research shows. So you want to find electrolyte that is significantly higher in potassium than magnesium and you're than sodium, meaning you feel a lot better.

So I've noticed that with clear head. And then also, no with glutathione, the half life of glutathione is 12 minutes. So meaning your body is going to utilize 50% of that golden down in 12 minutes and then the remaining 50%, half of that is going to be used up in 12 minutes.

So you're going to be burning through that glutathione on, you know, the amount of half lifes to zero. You know, let's just say an hour so that good, the ivy that you've had, you probably get a benefit of an hour, maybe two.

And if you don't have sufficient selenium or riboflavin or especially riboflavin to recycle that damage glutathione, you're not going to be as good if if the benefit will last a lot longer if you have sufficient riboflavin, because your body's going to use that good around over the hour, then your body's going to turn it into damaged glutathione and it's going to recycle it back with that little reductase enzyme against and reduce it back together with the riboflavin.

And so the benefit of that, I've figured it out. Our life is on than will last longer than the hour and it can last weeks unless you know whatever happens.

So that is a good test. A cheap one is GTI GTI is a great marker for good at down damage. Yeah a great one. Yeah. So I can imagine our listeners are curious about the best way to do some testing to see which pathways they may need to pay the most attention to.

Would you like to chat about that for a minute? Yeah. So again, I want to again, I want to caution with genetic testing and I want to preface it with this.

You're you're fine tuning, you're doing optimization, and you can gain awareness very quickly when you do genetic testing and you're like, Oh my God, I wish I knew about that.

30 years ago, like with me drinking pineapple juice. So, you know, and I once I saw my methylation cycle was, was clogged up in the empty chair and all that.

But what happens most commonly with genetic testing as people goes, that's why I'm sick. I have this genetic variation. That's why I'm sick. How do I fix that genetic variation I have to.

Jabbar, That's my problem. No, the problem is that most of our enzyme is you're born with a mix of our enzyme that is slower in function. So my image of our enzyme is reduced in comparison to someone who doesn't have my MTF.

Our variations, mine is reduced by about 70%. So I have a 30% functioning M2 of our enzyme compared to somebody 100%. So they can exercise harder than me before I start sweating profusely and getting ringing in my ears.

High histamine, red face when you exercise high histamine. So when I first started going back to the gym two years ago or something, my first symptom was sweating profusely.

Second symptom was ringing in my right ear, always my right ear. For some reason. And then a third symptom is starting to get uncomfortable stomach. And then if you work out too much, you puke.

Puking is high histamine. So now I've gotten to the point where I take a pre-workout, but I am also more fit so I don't get the ringing in the ears anymore.

I still sweat, but not as bad. But yeah, I still depending on my workout, it can be pretty bad. You never wanted to guard me in basketball, huh?

Genetic Testing, Pathways, and Privacy

Yeah. So those are those are some symptoms there. But I. But I just want to caution with genetic testing that you don't blame your symptoms on genes. I just want you to know that they're weak points and you need to nurture them more.

So that's. That's actually is just even, you know, for me, like, as you're talking about these things, I'm also thinking, oh yeah, I got that one. I got that one, I got that one.

But just to be thinking, all right, you know. It's yeah, it's. You just need more nurturing. That's right. They just need more nurturing. And then you're also born with genes that are studs, you know, And they're.

They're superwomen. And they, they can just handle a lot. And so you're going to have those genes, too. And so you celebrate those. And, you know, it's like, okay, I don't need to worry about that so much.

I can process aldehydes all day long. I can process ammonia all day long. So, yeah, the carnivore diet that I've been doing high as high ammonia and I've been doing pretty well.

But my wife on the other hand, but also doing carnivore issues feels terribly. And her ammonia pathway is pretty clogged. It's like, Oh, she can't process ammonia.

Nobody's talking about ammonia metabolism in this carnivore movement. I need to talk to Paul about that and see what he does about it. But yeah, so anyway, so genetic testing, I want to caution you first and as well in in the privacy area, because what's happening is a lot of genetic testing companies are shipping your genetic data whether you want to or not off to China.

So 23, Amy is doing this ancestry, I'm not sure. But they make big money by selling your data to these other countries and to pharma. So opt out of research.

And if you opt out of research, is that enough to have it not go to China? I don't know. Self Decode is a company I used to compete directly with when I had my own genetic testing chip available.

I stopped doing genetic testing chips because it's it's difficult. It's very expensive. It's very quality. Control has got to be there. And I just I could not find a lab I was happy with.

So we just say, you know what, this genetic testing and supplement company, it's they're two different companies. So I just stopped. So I like self code quite a bit now.

And you know I think they, they do they do a great job and they treat your privacy pretty well from for my understanding. And I've talked with the owner, Joe, multiple times.

Okay. That's that when I'm familiar with. So I look forward to finding out more about them. Yeah. And he's got a big team of, you know, I don't know, he was at 80 employees sometime ago and he's probably even more than that now.

So. So you get your genetic testing done and then you can get your information back. If you if you done 23 and me and ancestry, you probably got the results back and is probably says, oh yeah, early onset balding or you have reduced risk of prostate cancer or you're if you eat asparagus, your PC smells like, you know I don't really care about any of that.

I don't need genetic testing to tell me that if I eat asparagus, my pea smells. I like, I can tell myself, thank you. So you can take that raw data and you can import it into various different reporting tools out there.

Now, reporting your genetics is very tricky business. And there is a myriad of reports out there. I don't like any of them except for self, the codes and even self the codes.

I'm I'm not as happy about because they don't talk about the pathway approach. I like self-declared because they look at a lot of different genes and they and they give you a kind of a risk for certain things.

Risk or risk reduction. I like that because they're looking at a pools of different genes, like thousands of different genes. So it's just pretty accurate.

But I like to know pathway approach because like with histamine and with gluten recycling, if I, if I know that my production of glutathione, if I have reduced ability to produce glutathione, and especially in this one gene called GC LC, which I'm staring at right now and my wife has a reduced ability to synthesize gluten down from cysteine.

So cysteine moves to gamma glutamic cysteine versus by the GCL gene, which uses ATP and glutamate in the

things that reduce that gene's function mold, mycotoxins and infections.

Okay. And she has a reduced ability genetically. So yeah. So this variant in the GCL meg may reduce the induction of the enzyme by oxygens like hydrogen peroxide resulting in lower levels of glutathione.

So knowing that is really important now you don't say, Oh, I can't take in a single cysteine. That's, that's how people react to this thing. They say, I can't take in acetyl cysteine because I have this TLC enzyme.

Well, you can take an acetyl cysteine if you're not exposed to Mycotoxins, you don't have any infections. Okay, Because. Well, why you? Because it's still functioning.

It doesn't mean it's completely broken. It's still functioning. It's just reduced in its ability. So but the other flipside of that, oh my God, I've been taking and I'm still assisting.

I haven't had any benefit from it. I'm going to try. Good. It found because I had this inability, a reduced ability to make or to convert cysteine to chemical table cysteine, which I need for making glue found.

So I'm struggling with glue found directly and I'm struggling with more infections. So that's how I use Jerrick Reports. And so strategy is a report that I've personally built and designed and with a team of people, and it's taken years and years and I do that and we're constantly researching and we're we're coming out with a new histamine one probably, and I would say another month because we're just testing the hell out of it right now.

Oh, that's exciting. Yeah, it's and it's just histamine. So the current strategy and report that we're selling and offering right now does have histamine, which is great and I'm looking at it now there's one, two one, two, three, four, 56789, ten, 11, 12, 13.

Genes or so in the entire histamine pathway. That's it. So very easy to understand and and so that's awesome. And the primary degradation of histamine, you know going down is 1 to 4 genes.

So it's very easy to to understand your histamine pathway. But what the histamine pathway doesn't cover in strategy are the cytokine chains and mass cell activation, which we do in the new one, and also lung response and skin response and the new histamine report that we're coming out with.

And so it's it's literally going to be like a 50 page report just on histamine, whereas this current one is maybe six pages. So it's way more in-depth because nasal activation is a huge issue.

I'm so excited to hear that this is coming and it sounds like about the time that this will be airing maybe out. Oh yeah, cool. Let's let people know where to find it.

Okay. Yeah. Seekinghealth.com. We will offer the histamine report and I think we're going to call it Dirty Genes. So instead of strategy and I love strategy because strategy means strategic genetic analysis.

So you're creating strategies so when you look at your pathways, you can create a strategy for supporting your histamine pathway. You can create a strategy for looking at your histamine pathway.

So I might keep it that way just because it's I want you thinking strategically when you're making plans and supporting and then you you move to a different pathway or a different part of the pathway and you make another strategy.

So when you get your history report or your strategy report, don't think that you have to address because this current strategy report, my wife's is 92 pages long.

Oh, my goodness. She's so lucky she married you. Yeah. Yeah. And your kids are lucky that they have you to. Yeah, it's it's been it's been great. And, you know, we've learned a lot together.

And she had horrible mastitis when she was breastfeeding her kids all three boys. And she has a reduced ability to make facile calling. And she always got mastitis with the boys.

And if you supplement with foster calling while you're breastfeeding, you basically don't get mastitis. It's just it's. Good for baby brain growth. Brilliant for children.

Yeah. Yeah. Brilliant. Brilliant. So, know, I just I gave it to a we had some soccer coaches staying with us and one of the coaches was from Ghana and his wife is pregnant.

So I gave him a bunch of supplements and he's stuck at home for his pregnant wife. And I said, I wish my wife knew about this faster. I'll clean one. And I gave it to them as they keep this bottle for her when she's breastfeeding.

And and here's another one. You can have this for her pregnancy. But anyway, yeah, it's it's it's great. So yeah so genetic testing just understand that you're not going to fix everything in a day.

So when you get your strategy report we have a we have a read the first page stop and read the first page. I said this isn't bad news. Is isn't good news.

It's just news. It's actually not news. I don't like. Opportunities. I think. Yeah, it's definitely it's an opportunity. I love that. Yeah, I might even go back there and edit that. Thanks.

And this is an opportunity for you to go behind the the hood. Lift up the hood. So imagine I equate to genetic testing like this. You've been driving your whole life in a vehicle.

You have no idea what the make and model is. You have no idea. You've never you've never had the ability to look. You couldn't step outside the car. You couldn't look at anything.

You don't know what tires are on there is like you can't tell anything. And so you've been driving on a highway your entire life. It's noisy, it's bumpy, it's uncomfortable.

The things are just not good. It's slow. And and then one day you just step out of the vehicle after and you look like you got this lifted, muddy monster truck that you can drive around on the highway this whole time.

You're driving on the wrong roads. So now you realize that, Oh, I'm going to take this off roading best drive ever. And other people in their Mercedes, they try to go follow you.

They can't. Okay. So you know what? You are a vehicle. You're moving your body, your brain everywhere on this planet, and you're walking it in new environmental situations.

You're walking into stressful situations, You're you're listening to certain things. You're so you need to understand what type of vehicle you have. So you can you can perform the best that you can and whatever environment that you're in.

And if you're in an environment that is not conducive towards your genes, then you need to get the hell out of there. And here's another thing you need to understand What's your ancestry in.

Where you are mostly Northern European, mostly German and Luxembourg. A little bit of Irish. Okay. Yep.

Histamine, Epigenetics, and Family Health

So your ancestors from hundreds and hundreds of years have lived in that area. Now you're in Texas. Texas a little different. Well, and the other thing is, I know my mitochondria type split off in the Swiss Swiss Alps.

So I'm way out of my mitochondrial element here. Yeah. And I would be curious if you go on vacation to the Swiss

Alps, how do you feel? I think you need to write me a prescription.

Okay. Done. I know. I feel great in the mountains. That's my. That's my happy place. Say. Skiing sounds perfect. Yeah. So just think back. Where am I ancestors from?

What did they eat? What did they have access to? And they didn't have access to cell phones and computer screens and all the stressors that we have now in the modern day conveniences.

I love this stuff that we can do this by Zoom. It's awesome. But I'm also wearing blue locks. Why we're doing this because I don't want the blue light hit my eyes.

So just knowing your ancestry is important because when you go to those places and you start thriving from the food that you're eating over there, the air, the the environment that you're in, you're putting your vehicle, your genetic vehicle in an area where it originated from.

And so keep that. And there's something really powerful about that. Yeah. Yeah, very powerful. Even down to what? Yeah. What's the climate like? What food was available for sure.

That's where you came from. And adapted to with the that's part of what drove the snips. Right. And even like as you're talking the whole situation with sickle cell anemia and malaria comes up.

So yeah. So these polymorphisms are happening for a reason to adapt to the environment. We're just things are changing so rapidly. I think that with our food supply and the EMFs and screens and all of this, we're probably not adapting quite quickly enough.

Oh, right. Especially to the environmental toxins. Yeah, it's, it's many generations in order to adapt to a current trigger. So you know some some generations like the the, the poverty that was in Ireland came developed the What is that gene.

It's a term for it where just hold on. But anyway so these these women. Had one of the obesity. Yeah yeah. But there's a term for it and I keep forgetting what it is.

And so basically the the women were pregnant during a time of famine. And so I think it's scarcity, something like that. Oh yeah, exactly. Yeah. I think it's a scary scarcity.

Yeah. So from the smoke, I'm glad that I got that one neuron to fire. Okay, you're actually doing great. I don't. There are very few people that I know that could even have these conversations and for you to do it, you know, with with the smoke is incredible.

Yeah. Yeah. I think we're at 150 air quality right now. Oh yeah. Oh So these pregnant women were were pregnant during a time of famine. So when they got food, it was a rare occasion and they're pregnant.

So the baby's genes are adapting to that environment epigenetically. So genetically there are certain variations, right? You inherit those. That's done.

But the epigenetic tags, it's this is called translational epigenetics. This is a whole nother area, which is amazing. And so translational epigenetics can happen in, you know, that moment that that pregnancy boom done.

So these scarcity genes were inherited. So these babies that were born during famine, they were there was no famine anymore. So they became obese very easily. Why?

Because translational epigenetics prepared that baby to survive and thrive in an environment of low food. But there wasn't low food anymore, so it was really good at conserving calories and energy.

So now when the baby was living in an environment, an adult was living an environment where food was no longer

scarce, they became obese. It really is quite amazing.

How are genetics epigenetics, all They really do help us to adapt to the environment. It's really fascinating. And yeah. It is. And it's it's it's one generation and now I haven't talked about it enough because I'm still studying it and it's touchy, but in vitro fertilization, you know, people have access to that nowadays.

But you know, with translational epigenetics, you're also passing on infertility to your kid potentially, if you're infertile yourself, then you're gonna be passing on that in fertility via epigenetics to your children.

Right? That's why I much prefer working with people to help them make the shifts in their body so that they are fertile again rather than doing the IVF.

Yeah, and I'll just throw this out there because it's important to know has nothing to do with what I mean. It actually has something to do with Mycotoxins because Mycotoxins are associated with every condition known and other conditions unknown.

So if a woman has recurrent miscarriages, so let's say you've been exposed to mold, this is actually very relevant. So if you've been exposed to mold or mycotoxins and you've done all these treatments and you have a significant other who's also doing treatments and doing things but not as good as you are, because a man just doesn't listen, right?

He just goes along until you thump them on the head and smack them in the face to take care of his health. I see it all the time. And so you get pregnant and you have you have a miscarriage and you're like, damn, the amount of shame and guilt that you have and fear about getting pregnant again is all there.

You get pregnant again, you lose a baby again and you lose. I'm talking about losing the baby in the first, you know, first trimester. So, you know, and then you try again.

Try again, try again. And you're like, okay, now you just you just don't try again anymore. Or you go to IVF or what have you. The first trimester. There's multiple reasons for miscarriage.

I will say that high histamine is associated with basically all pregnancy complications. That's number one. Nausea and vomiting of pregnancy is also high histamine.

So hyperemesis gravidarum, high histamine. So if you can take a day or enzyme while you're pregnant or histamine probiotic, you know, histamine degrading probiotics also helpful.

So you can take the enzyme while you're pregnant to support morning sickness and good enzymes that are probiotics that also degrade histamine and don't increase histamine like lactobacillus, ferment them or lactobacillus.

Bulgaria's is both increased histamine, but part of recurrent miscarriages is male chromosomal abnormality because if if the man's chromosomes come in and the female chromosomes come in and they unite, the body is, you know, beautifully checking to see if the chromosomes are healthy for both parties and if the women's chromosomes are healthy.

But the men's aren't babies lost? If the woman's from vice versa, babies lost. It takes two to tango and otherwise the body is going to say this embryo isn't viable.

There's chromosomal abnormalities. There's only very there's very few chromosomal abnormalities that actually sustain and live. And Down's syndrome is one, but other ones are so severe that that you you lose your baby.

So if the sperm of the man is unhealthy, there's the likelihood of having chromosomal abnormalities is very high. So men, you two need to take prenatal vitamins and you need.

To find you're touching on this because it's actually one of my favorite areas of. My practice is to work with men and

women, men and women. The couple, before they get pregnant to really help the both of them do well during pregnancy and postpartum.

But then to have healthier babies. Yes. Yeah. It's it's because if if you have a healthier baby, that baby's going to go on their entire life being healthier because again, translation, epigenetics, if your life is unhealthy and your partner's life is unhealthy, you're going to have an unhealthy baby.

If both of you say, you know what, we're going to dial in for a baby, for a woman, you need more like six months to support the healthy of a healthy egg and so on.

For the manual, you need about 90 days because sperm production and so on is that faster and you can renew those guys quicker. So manually really only be on the prenatal for four months.

And you know, women I don't really know the duration of the egg there's that it starts with an egg is a great book countdown is a scary book about how testosterone levels are plummeting.

Optimal manatee health is the prenatal that I designed for men, and that's what I use even though I'm not trying to have another boy or girl. We're done just to get all the you know, to get as healthy as possible.

Yeah, that's right. And so and yeah, zinc is heavily associated with chromosomal abnormalities in men. And so zinc deficiencies, huge testosterone deficiency is huge.

So yeah, Anyway, that's a whole nother tangent, but it is. So how many, how many passions about the human body we have in common. Yeah. So it's like. I talk to you the more I'm like. Yes.

And it's all connected. It's all connected. Yeah. So it is. And that's why I like the, the pathway approach because you study the pathway approach of genetics, you know, the methylation cycle with a down cycle, you know, just even knowing those two.

And then you can look at the histamine pathway and then those can spin off hundreds and hundreds of, of conditions that are people are struggling with every single day or symptoms and signs conditions are are made up by, you know, pharma and so on, is to label people to to be put on a path of treatment.

But really those those pathways are associated with myriads of signs and symptoms of your body. And if you understand how to clean up just those few pathways, you're going to be just checking the boxes off so quickly and efficiently and strategically of of the symptoms of Mycotoxins illness.

Practical Takeaways and Implementation

You can recover from it, especially if you have strategy behind it and you have you're living proof of it. It's a lot like now. That's what this is just this is actually a perfect way to conclude because this is what the message of the summit is, is finding the tools to put in your toolbox so that you actually recover and then have platinum and diamond mining, because the your whole future is changed and the amount of resilience and health that you have.

Mm hmm. Yeah, it's possible. And it's it's you know, also look at the illness or, you know, whatever things that you're struggling with, you know, and as a just it's not you're not thinking I mean, you watch Ted talks about the stroke of genius.

You know, when that woman had a stroke in the shower and she was she was addicted. Yeah. So that was a very cool video, very interesting. Um, but, you know, people talk about cancer and their cancer recovery is like, you know, the cancer treatment itself was super difficult and tough, of course, But I'm glad I had the cancer because it made me aware of all the toxic things that I was holding on to in my life and not not, you know, communicating the things that I needed to communicate.

I was holding them in and you know all these things that, you know, So it just it use your illness or your signs and

symptoms to teach you because it's body telling you, Hey, hey, take care of me.

I'm giving you a warning sign right now. If you don't listen to that warning sign, I'm going to give you a bigger one. And if you don't listen to that one, it's going to be even bigger.

If you don't listen to that one, well, then I just can't hear. Be here to serve you anymore. I'm done. So you're given incremental warnings your entire life, and these warnings are just saying I'm not functioning properly because all a dirty gene is a gene is not functioning optimally.

And so you can clean your genes and that's that's what you just do. And you you take the moment literally seconds, evaluate what you just did or evaluate what you did yesterday or last week or evaluate what you're going to do and saying, how am I going to prepare myself, my genes that I now know how they function before I step into this in my kids, when they're younger, there's like, Dad, how do you walk by the donut pile so easily in the supermarket?

I said, Yeah, man, I'm with you. This looks so good. But I don't I don't look at the donut. I mean, I look at the donut and I want the donut, but I think about 3 hours from now, how am I gonna feel 3 hours from now?

Is it worth me eating that? No. Why? Because I'm itchy. I'm going to get reactive hypoglycemia. I'm going to get irritable and cranky and be tired. I'm not going to able to do things with you and I'm just going to feel like crap is probably the last 2 to 3 days.

So is it worth 5 minutes of enjoyment of that donut for a myriad of problems? No. Easy to walk by. So think of it. Think ahead. What can happen if you make an action now?

Yeah. That's. That's think that's a really great place to conclude with some really thought to the future and and what you're doing now and how it's going to end up leading you down the path.

And I'm so grateful for your generosity of your your time and, your brilliance and and these incredible contributions that you've made by really understanding things more deeply, by digging into the science and putting these pathways together and understanding how they work and measuring them and all that you've done, it's quite remarkable.

Yeah, Well, thanks Ann happy to share. And that's the whole point of doing it right, is to get the the word out there to help people out. So thanks for hosting me on the summit.

And if you're listening and and you know, I when I wrote Dirty Genes, I had a dedication page on there to to I dedicate this book who implement what they read.

And that was all I had. And I but I changed the dedication because my my writer who helped me with the book immensely, she actually died of dirty genes.

She it was the last book she ever wrote. So I dedicate a book to her. So yeah, I was, I was horrible. But so you're listening to the summit, but you have to actually implement what you're learning from and and everyone that's presenting.

So implement. Thank you so much. I'm so grateful for you. Take care.