Podcast Intro and Guest Welcome

We are trying to get the information out there. So Marja has sort of opened the door. I have no faith that they're going to change anything because, I mean, I've been there.

2005 I was visiting Ottawa and Washington, D. C. with a health freedom group, and we were told point blank that, well, you know, the big pharma or drug companies give the senators and congressmen so much money that they're not going to go against that.

And it's the same with big food. You are not going to see a change, but the mere fact that it's become the conversation about, you know, processed foods are bad for us.

The the omega six fatty acid seed oils, you know, sunflower, safflower, corn, soy and canola. They're bad for our brains and everything else. They're pro-inflammatory.

So once this conversation gets out there and subsidize farmers, what's being subsidized? Because certainly not my organic farm, it's corn, soy, cotton and now wheat, which are all GMO shit.

We just became GMO in America, passed by the FDA, who protects us from bad food. So they subsidize these GMO foods, with farmers who have, like, 10,000 acres.

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Welcome to Vitality made Simple. This is the podcast that equips you to feel better, look better, and to enjoy better. Relate on ships. Well, today our guest is a beautiful and she's someone that I have a great relationship with.

Welcome, doctor Carolyn Dean. Thank you, doctor Debbie and I call you Debbie and you can call me Debbie. Yes, yes. Don't call me Deborah Sue or I'll feel like I'm in trouble, so.

Well, it's so great to have you. And you know, Carolyn, you are the reason that we had our. My wonderful mother in law, Mike's mother for probably an extra 30 years.

It's because of you. She was very much a wild child and, smoking, drinking, cussing. You know, when I met her. And then she started talking about Carolyn, Carolyn, Carolyn, Carolyn, Carolyn.

And I thought Carolyn was maybe a new neighbor or somebody like that was. She was watching you on the Doctor Becker show. And wouldn't that be, like, maybe 30, 35 years ago?

Originally? I mean, I've been living in Maui 18 years. I was in New York 13 years. And I think it's when I was in New York, I'd fly down to Texas and do the Doctor Pecker show.

Yeah. Over the years, you changed her life. You totally changed her life. She.

Carolyn Dean's Early Medical Journey

She quit smoking. She quit drinking. She sort of quit cursing. Not totally, but she she. It was just so fun. She totally did a turnaround. That was the the Genesis of, of a healthy lifestyle.

And then she, of course, was quoting you everywhere, and we still joke. We lost her three years ago. But we joke that whatever the question is, the magnesium is the answer.

And, you know, that's that's pretty darn close. So so thank you for that. She was wonderful. Yeah, it's an amazing story. And and, you know, I don't hear I hear these stories every day, but I'm sure I don't hear even a fraction of what's going on.

I mean, we know we have a lot of customers, but then those customers are treating their family and passing on the information. And that's what's wonderful about humans.

You know, when they feel better, they want to share better. Awesome. Exactly. And that's why it is all about relationships. Because when people feel good, they can really enjoy the relationships in their life.

And you've truly been a pioneer, a trailblazer. Carolyn, you remind me of a country song. If if I may say you're replying Sweet Caroline, that one. Well, that's a good one.

But you remind me of of a Barbara mandrell song from the early 80s that was, I was country when country wasn't cool. And when I think of I think of you, you were integrative medicine when integrative medicine wasn't cool as an as an medical doctor, an M. D., you went to medical school.

And then for our listeners, you also went to naturopathy school. Now that is a very unusual double doc combination. And so I guess tell our listeners how in the world you had that insight, because that was when integrative medicine wasn't cool.

It's all about, in my teen years, my now husband of like 55 years, we ran away from home from Nova Scotia, Canada to California. We did not get involved with anything to do with hippies, but I.

I fell into the health circuit with Adelle Davis and, pebble roll. And Louise, I don't know if Louise Hayward. Seriously, I got so interested in health back then.

I was only in my teens. We stayed with an older gentleman who was making the type of water purifier, which I incorporated later and now into my company, and he had this whole library of health books.

I devoured them, and when, when my husband and I or my then boyfriend and I went back to Nova Scotia, I just said, you know, there's a great work looking for me.

So I have to find that. And I, I started to go back to university and, and one day in my science classes, and by this time I was in my like, I was like 23, 24.

And there were these 19 year old two guys, two friends, and they said, hey, did you get accepted? I said, I feel pretty accepted. No, no, no, we're you're in pre-med, aren't you?

We just got accepted into med school. Did you get yours? And I said, you little nerds are going to be doctors. I said, I gotta do something about this.

I marched over to the dean of medicine, office at Dalhousie University in Halifax, Nova Scotia. Just happened to have a med school. And who was sitting in the assistant of the dean's chair is my old guidance counselor.

Mr. Elliott had told me to be an executive secretary or a nurse. So this is that was back in 1969. That's what they did. And I said, you know, you did me wrong.

You know, what are you going to do about this? So I applied I had just happened to have all the prerequisites. I just happened to have the grades. And I got in the next semester and that was that was it.

So I, I had all this book knowledge. I had the common sense, which is huge. And I had the desire and I was never dissuaded because I hear of a lot of young people.

They may, you know, they want to do good things and help people. They go into medicine, especially now, get a B where they are told, well, there's this list of 2000 drugs that you have to learn about, and, oh, it's too difficult for you to learn all those drugs.

Here's your practice guidelines. You've got someone who has a disease. This is what you do. It's recipe medicine. They have totally destroyed the art of medicine.

I mean, when someone would come into my office, you know, they'd have a complaint, you'd run it down, you'd ask questions. Actually, I get investigated by the IRS in Canada for having a low income practice because I wasn't making much money.

I would spend too much time too. I would spend a lot of time with people. But by spending time, you find out what's wrong and you deal with it. Boom. Next patient.

So the medicine, you know, it's been destroyed. I went into it with what my actually what the third year medical student said that I was a Pollyanna on my student, interview.

They told the dean of students, well, she she's not going to make it. She thinks she can help people. Seriously. So the dean of students and I from our interview had become friendly.

And he said, what do you think of this? And I said, well, they don't know about diet and nutrition and all the vitamins and minerals. And seriously, I never learned a thing about nutrition or vitamins and minerals in med school.

That's why I did my naturopathy training afterward, just, you know, to shore up my knowledge and my practice in Toronto. It was mainly naturopathy. And and it went well.

I mean, toward the end, you know, the forces that be were after me for saying bad things about sugar. And I was doing some Aids treatments back then to, a homeopathic active Aids treatment.

And I heard from the grapevine, well, you know, what's she doing? She's just trying to make money at it. So, Patient that I was treating with this, protocol for Aids.

Why Magnesium Became the Foundation

He said to me, my specialist was all on about you, you know, bilking, these poor Aids patients and and, the patient said to his specialists, well, how can she be doing that?

She's not even charging me. So when you're when you're on the edge and and doing doing what's not the standard practice, you are going to be attacked.

I mean, I've been canceled. I was one of the first people canceled. So I'm used to it. But, you know, with, with my knowledge and then with my, my own protocol, my own products, I've managed to outlast all of them.

I am in my 70th decade now, and I feel better than I did in my 30s. And that's because, as we've talked about before, I had severe magnesium deficiency.

And when I took care of that, with the right type of magnesium, and what I did in my work was, with a chemist, created a stabilized magnesium film ion.

So it's always going to be an iron, it's always going to jump into the cells because we've we've got a situation. Let me let me just jump into the brain for a minute.

Right in the brain that each neuron of the I think it's 86 trillion neurons. But I'm I'm not sure I got that right. Each neuron has yeah. Each neuron has 2 million mitochondria.

2 million mitochondria. Yeah. So where do the mitochondria do. They make energy. They make ATP adenosine triphosphate. Energy molecules. And they make so much ATP that you can you can search this.

But they say that we create our body weight in ATP every day. We create it. And then it's used up. We create it's used up. And what makes ATP is magnesium.

If you ask ATP researcher or magnesium researcher, the molecule ATP has a dash and an MG beside it ATP mg. So what what that said to me, 2 million mitochondria making ATP energy.

The brain needs a heck of a lot of magnesium. And if you're not getting it, what what happens? Your brain builds up toxicity. The lid Mercury aluminum.

What are we saying about all timers? Well, it could be lead mercury and aluminum. It could be the toxicity that magnesium is going to help detoxify. But you know what happens with, with us getting a heavy metal contamination is the, the mineral and channels or the mineral receptor site.

If they're not filled up with the right minerals, heavy metals will take their place. Right. Boom. So that's why minerals are so important. You know, on that I could list, you know, a hundred ways that minerals are important or thousand actually.

Because when you look at magnesium, we've got the I think she's a PhD doctor working. Sure. And 2016, she made the statement that magnesium is responsible for 80% of known metabolic functions, 80%.

So if a treatment protocol doesn't start with magnesium, and if it doesn't start with an absorbable magnesium, then you're you're sort of battling the invisible symptoms.

And, well, maybe this drug will help, or maybe a whole bunch of other vitamins and minerals will help. So that's why because I had magnesium deficiency, and I, I learned, you know, through the years how important it was.

I based everything on magnesium. Magnesium is like the gateway drug. But that so the the brain thing really it brought it home to me with, with all the Alzheimer's that's being diagnosed now.

I mean, how are people going to deal with all this all the time? And you know, what the researchers are saying? And, you know, there's a new drug for the p tau TR, you amyloid protein, which a certain segment of Alzheimer's research says, oh, it's all about this protein that builds up and, you know, create these tangles.

And they make it sound really dramatic. And oh my gosh, what are we going to do? How do we get rid of this protein? Now they don't say what's causing this protein, which could be the heavy metals, the the toxins, the high sugar diet, all the things we know about lifestyle.

They're just going to crash this protein if it's the last thing they do. So all the research money is going into this amyloid protein, especially now that they have a drug to treat it.

So we're in worse shape than we've ever been because any medication that you take will have side effects. There's just no question. They are not natural to the body.

The body's going to try to get rid of it. It's going to put out whatever cytokines and IMU, immune modulators and all kinds of chemicals to try to get rid of the drug.

And, you know, here's here's a sidebar debate. Back in the day, you know, when I was writing the magnesium miracle boom. Yeah. Good for you. I interviewed, Doctor Mildred Lee, and she was a well known magnesium researcher, not a bench chemist.

I guess she was a magnesium expert. Her first job out of med school was to work for Big Pharma, elucidating what happens to vitamins and minerals in the body when you take a drug.

What she found in a nutshell was that when you take a drug, the body floods with magnesium taken from the bones and the muscles, because in the bloodstream there's only 1% of the total body.

Magnesium is in the bloodstream. So magnesium floods out to try to deal with the toxicity of the drug. And while it's doing that, it's it's helping to manipulate 80% of known metabolic functions.

People feel better on the drug that's listed as a drug attack. And and then after about six, eight weeks, she said, people would start coming down off their magnesium high because their magnesium stores were depleted and the drug side effects would really, you know, increase.

So that's why most, most of the early trials on all drugs were only about 6 to 8 weeks. Seriously. And when she brought this information to her bosses, they thought, wow, no, maybe you should go and find another job.

They wouldn't hear of it. So she quit and she went from, you know, being a big pharma researcher, whatever she was doing there to a magnesium expert that she really helped identify the importance of magnesium.

But you know what really was kind of freaky to me? She was still taking magnesium oxide. Magnesium oxide. It's a laxative. It's only 4% absorbed. It'll do something.

All the early studies on magnesium were on magnesium oxide, because a very smart lady entrepreneur who owned a magnesium oxide company gave free samples to all the research mineral researchers because, oh, let's study this.

And because magnesium is so important, they all the studies show positive effects of the magnesium. The only, you know, major side effect was diarrhea in people who weren't already constipated.

So, Mildred, she just stuck with the magnesium oxide and ended up dying of some sort of heart problem. And I just find it, you know, it's incredible that, yeah, we can say magnesium is important, but you have to take it to the next level.

It's the magnesium oxide. It's the form of magnesium as a stabilized magnesium iron. Not all these compounds. I mean, you see the marketing hype. Oh, our magnesium has 12 different magnesium.

I mean, the body has to break all those down and disassociate them and grab some magnesium ions and and they'll all show benefits. So people say, well, you know, it works.

But you know, when I was trying to get some, mineral manufacture. Hirsch to help, research a non laxative magnesium, they, they couldn't be bothered because all magnesium worked.

So they didn't think there was any need except for one, you know, people like me who got the laxative effect from 50mg of magnesium or the people on so many medications for magnesium deficiency symptoms and all the rest.

But anyway, I've taken up enough time. I'm not. What? Quit. No you haven't. No. This is fascinating. And I'm really fascinated by the fact that many cesium oxide is only 4% absorbable.

But yet it helps. That just shows how depleted people are. I mean, that's like the sponge is hard. It's been, you know, it's going to take so much to to really replete at that point.

So no, that's that's incredible. And I do think we complicate things too much.

Brain Fog, Detox, and Yeast Overgrowth

Carolyn, you have unco complicated it for so many people, because of knowing you and, and reading your books and, you know, we now do I make this I make my my mineral water every day, and and my patients do, too, because they notice a difference in brain fog.

I mean, one of the biggest areas I see in terms of early, changes based on magnesium, is in the area of brain fog. You know, brain fog was something I didn't even have on my health history.

It's not a diagnosis, really. It's a more of a syndrome. But people now are always like, oh, doctor Debbie, I have brain fog. I have brain fog. So I do, you know, and I haven't had brain fog, but I think I've been pretty depleted with magnesium because of you.

But what I have people do is do some, in water, make it a drink, remark. And then I use your might, and then I also I put in my water, I put a little bit of, protein powder in a little bit of, Baja gal salt, you know, naturally harvested sea salt.

And so that's, that's the, that's the magnesium drink that has helped so many people. And they notice a difference, Carolyn, with, with, with absorption.

Well, I know it's absorption, but I notice a difference with brain fog pretty fast. I think it's like we were mentioning earlier about, the toxicity and in the body and, and magnesium will help to detoxify.

See what one of the things that, and maybe you've seen this, when people just start taking our magnesium it maybe two, three months and they say, oh, I'm sleeping better.

I don't have so much tension and I don't have leg cramps or the Charley horse things and restless legs and heart palpitations. So all that. And then, 2 or 3 months, we get some customers saying, I've all of a sudden get a coated tongue and I get a skin rash, and, you know, women might have some bad genetics or there's some IBS symptoms.

And right away, because I know about yeast overgrowth, I say, oh my gosh, the immune system has kicked up enough to start dumping excessive yeast. The immune system is attacking the Earth because, Candida albicans yeast is normal to the large intestine.

It's there for a purpose. It's there to do the final breakdown of undigested food molecules. So it's supposed to be there. But when we kill off the the good and bad bacteria with antibiotics, or we feed yeast with the sugar, or we feed yeast with our stress, cortisol, and then that the, the budding stage of yeast will change into a thread like stage, and it'll grow up into the small intestine and start poking holes in the small intestine.

And that's your leaky gut. And then with, the yeast, you know, going through its life cycle, there are about 78 different yeast toxins. They'll be absorbed through the leaky gut.

And and part of that to me is it's a brain fog situation. The yeast toxins will block thyroid hormone production. There's, it's time old and said, why am I again, that produces rashes that resemble even the psoriasis.

There's, acid aldehydes that are formed and acetaldehyde, alcohol forms out to do all that. That's tobacco. And those are the symptoms you get with alcohol.

You know, whatever they are or with tobacco you get with you yeast overgrowth. So that that's where magnesium sort of starts getting rid of the yeast, so that eventually, while in our world, you know, I work with an incredible, anti yeast protocol, a couple of, formulas and you can name my formulas, but, so, so are you saying, Carolyn, that with magnesium, people can expect a detox reaction?

Kind of a slow or a slow peeling back of the onion. Expound on that. So they start taking magnesium. They could easily think, oh, it's making me sick.

But no, it's detoxing. So unraveling of course. Yeah. And you know, this is where I mean, you know, in my books and with my amazing customer service team, we try to encourage people, well, don't just think it's all about magnesium.

Like you say, there's a multiple mineral. And with my multiple mineral there are 12 minerals. Nine of those minerals are necessary for thyroid hormone production.

Nine of them. And I mean, I sort of visualize it like an assembly not line. It's not really like that. But you know, everybody, all you need your iodine for your thyroid hormones.

Let's just give you a lot to that. And that's too much. And then some people say, oh, but there's selenium. You need that too. And then they get that.

But there's I don't selenium, molybdenum copper manganese, magnesium. Yeah there's nine minerals. So when people are taking that then their metabolism kicks up and and and you know I'm not gonna say that they can come off their thyroid medications.

I'm not going to say those words. So there's, there's that mineral factor. And you've already mentioned the sea salt. I tell everybody you in their drinking water.

Yeah I love the Baja Gold people. Yeah. So there's that sea salt in your water minerals because our, our our drinking water from the tap. I mean we all filter that drinking water not because of, you know, chlorine and fluoride.

But it also filters out your minerals. So we really have to replace our minerals. But the other thing about the brain fog, let's go back to the 2 million mitochondria in the brain, creating brain energy through the Krebs cycle using magnesium.

Once you get your brain mitochondria creating the energy, then then your your sparks are going to fly. You know, the, the different, electrical connections are going to occur between your neurons, your synapses and all the rest of it.

So you're seriously going to help your brain with magnesium? I that is so huge for relationships, Carolyn. Because you know, what I'd seen through my 40 years of clinical practice is that once people start having brain fog or little lapses of memory, then they they go to fewer social gatherings because I don't want to be embarrassed when they can't remember somebody's name.

They start isolating themselves. When they start isolating their selves, they're going to eat more. You know, of the processed food. I mean, it's just this rapid downhill thing.

And it seems to start to me with even mild brain fog. It really brain fog interferes with relationships. And, and, you know, if you have somebody who's, you know, not thinking clearly, little kids start to ignore them, you know, you know what I'm saying?

I mean, it just you miss out on so much of the joy of life. There's a lot of, when you have brain fog. And so I wanted our listeners to hear all of this from you and keep talking, because it is so huge.

Doctor, doctor, doctor. Ellen Langer was, on the podcast. She's, from Harvard, and she wrote an excellent book about, you know, Mind Body. She had done the counter-clockwise study where they put people back, you know, into a setting where they felt really young and and she showed that they would their blood pressure would improve.

They would stand up straight, not need their walker, you know, just all of these amazing things. So I absolutely do agree that our brains are so powerful and we probably don't give them enough credit for that.

So so along the line of brain fog, from your experience as an M. D. and as a natural path, what lifestyle strategies do you recommend that people incorporate along with repeating magnesium?

And it's the yeast, the sugar, high sugar diet. I know we have to take antibiotics, you know, periodically, but they're it, you know, natural antifungals that I do work with that you can take.

So that's important to know about. And you know, you're very focused on relationships, which is wonderful. And I think that is very important. I, I, I, financially support, a big organic farm here in Maui because it's so important.

And, and I volunteer at the farmers market and the, the, you know, the camaraderie and just being out and in, you know, in the social space and all that.

It's so important.

Lifestyle, Relationships, and Mental Health

Or I walk, in the mornings, I walk, in from the hotels here and meet all kinds of friends that I, I met from the hotel walk. And we're it's relationship, relationship, relationship and you smile if you smile.

I tell people that I'm collecting smiles on my walk. Lots of runners and, walking is to collect smiles. You smile at someone that most of them smile back if it's not some young person stuck on their phone.

So we have to have that. And we learned that so well during the Covid year when we were shut down and pulled away from social interaction. I mean, I we kept up the farm markets, you know, we had to wear our stupid, our stupid masks and even gloves at one time.

You know, that's why I started doing eye makeup, because all that you saw were people's eyes. Social interaction is so important that and it, you know, conversation that will help you.

It stimulates you. But it may also be, you know, it's like playing games, even on the computer sometime just to, you know, to take down the level of intensity of what I'm doing with, with my company, my farm and my books and my writing and my grandson's and my this and my dad.

I'll just play solitaire or I play, by myself. Two person run the Q, rummy, Q with a tile board game. And, you know, I'm just so fast with it now because, you know, my mind can take in the whole board.

So we, you know, we have to do these things. And and I don't know about video games. I've never gotten into video games. I don't know if they're training the brain to do something.

I heard years ago that, well, they're getting these kids to do video games because, you know, if if they go into the military, a lot of the military is going to be about controlling, you know, computers.

And now we know the robots and the AI and all the rest of it. And drones are going to be the new warfare. And sidebar to that, what did I just hear about AI with the a huge $500 billion investment in AI and they're going to build a big, big, huge, huge factory and create this and that.

What did they say was the first thing that was going to be helpful to humans? Health diagnosis and treatment, you know, and and just my I just, you know, my whole soul just got imploded because what are they going to head into?

The AI is the basis it's drugs and surgery. It's injecting needles into us with the newest needle technology. It's it is the most scary proposition ever because everybody is going to be focused there.

All the research money is going to be there. Nobody's going to be thinking about what you and I are talking about and what we do every day in terms of keeping people healthy by giving them the building blocks that they need to make their own perfect selves.

You cannot take a gene out that that is imperfect and expect any beneficial effects. Gene therapy never worked because what they found in the Human Genome Project was there are only 23,000 genes.

They assumed there were 100,000 genes that they could manipulate. I'll take this one note. I mean, it's like, you know, treating us as machines. A body is not a machine.

So with the 23,000 genes, you know, they're all doing different things. And and when you look at the medications that they're using now, they've gone to biologics and they, they like that name because it sounds natural.

But when you look at it, it's like taking DNA or RNA or human tissue whatever, and putting it glomming it into something or other and then injecting it into people.

When you have an injection, you can't pull that injection out if you getting a side effect and, and look at, how they're, they're treating the whole obesity epidemic, you know, injections of ozempic.

And so they have decided that they cannot treat a person with lifestyle or nutrition or nutrients. They've decided they have to shoot people up with with the things and with with the ozempic.

I mean, how often I read a lot of your Medscape, medpage. Today I just read constantly how they're dealing with this, this drug that's creating medical anorexia.

That's what I heard on a podcast. They're making people just avoid food. They're making you feel sick enough that you don't feel like eating. And the first thing that goes is your muscles.

And, you know, the haggard look that people are having. And it's so sad because, yes, just like the six and eight week studies that I mentioned about magnesium in in the first few weeks that you're losing weight. Oh, big.

But then your muscles are gone and all the rest of it, and then they line up all the diseases that are associated with obesity. And they say, oh, it helps with heart disease.

Isn't that wonderful? But they don't say, because, you know, you lost some weight or hypertension or even even Alzheimer's or some oh, it's it's helping Alzheimer's.

It's because, wait, I mean, that is inflammatory. So the inflammation of your obesity is going to inflame the brain and, and do all kinds of things. They will list 30 different chronic diseases and say, this ozempic is a miracle drug.

It's really helping all these diseases. And then, maybe it'll take two years. I already see, what do you call them in? What are lawyers that sue people? Yeah.

I'm already slapping lawsuits. Yeah, well, do it. In five years, we'll think what clones we're we're doing this. Well, you know, we've both lived long enough to know there's never been a successful, long term, magic bullet for health.

And so whenever people ask me about it, Carolyn, I say, think about design. Think about how our bodies are designed. I don't think anybody has a deficiency of whatever drugs we're talking about.

But you might have a deficiency. You might be chronically, unintentionally dehydrated, or you might need to move more, or you might have a magnesium mineral deficiency, or you might need to prioritize sleep, or you might need to go have some fun.

You know, you might need little you might have a laughter deficiency. So so, you know, it's just it's a time in our history, I think, too, that people are sort of waking up and thinking, okay, if it's to be, then I'm going to have to do some things myself because, you know, my doctor doesn't know and has a doctor, you know?

Two, there is such an intrinsic benefit in grabbing someone's hand and holding their hand while you listen to them and tell them, okay, there's hope. Here's what we're going to do, here's where we're going to start.

And you know that is just so powerful with medicine. I mean, doesn't doctor really mean teacher? It isn't that it made me think there be a back in the mid 70s when I was in, in med school and one of my, you know, the rotations as a medical student, I, I was developing my hearing deficiency back then because of calcification in my, the ear bones from magnesium deficiency.

So I would sit on the bed of the patient I was interviewing, and I got called out for it by a surgeon. Doctor. Yeah, absolutely. And and just before that doctor.

Yeah. Sleep with a young man with alcohol, seeing spawn. Delighted. Which is a disease of the spine that caused you to curl up and curl over and in front of that young man.

He was reading his death sentence of what was going to happen to him. So when he said that to me, well, about the don't sit on a patient's bed, you know, don't get close to a patient, you know, treat them like, the machine that they are.

I said to him, well, thank you, doctor. Yeah, absolutely. I'd like to talk to you about something after session, so I. I got him alone. I didn't yell at him in front of other people.

I got him alone and dressed him down, and it got out, you know? Don't don't mess with Dean. I might have probably stood on the chair because I've done that before with with people who don't listen to me.

I'll just stand on a chair because, you know, I'm not that you're little. Yeah, no, but medicine has always been so distant from the patient. And now, with the practice guidelines and doctor are no longer independent.

I went into medicine because I wanted to be independent. Right. And now they have a boss. They're 9 to 5. They're told how many minutes they can spend.

They're told they have a drug quota that they have to seriously, they have to prescribe a drug quota. They have to refer a certain quota. So medicine has lost it.

As I said earlier, the art of medicine health has been lost to this, I guess commercialization of medicine by Big Pharma and big food. Big food makes people sick with all the processed food and then the symptoms we develop, we treat with the drugs.

It's a perfect system. Well, with that's why, you know, people are waking up and with podcasts like this, one of the things I do with my clinical patients often is, they'll come in and they'll say, well, Doctor Debbie, I'm a, I'm a cancer patient or I'm a, I'm a diabetic or I'm, you know, they got this label or, you know, even, you know, ankle ankylosing spondylitis. No.

You, I have them get in front of the mirror and say to themselves every morning, you know, I am divinely created in the image of God. My body is designed to heal, and I'm going to do everything I can to give it what it needs to empower it to heal.

And I look forward to feeling better. I mean, Carolyn, it's amazing how these simple, like simple, you know, the words of life. You know, the power of life or death is in the tongue.

Make a difference for people, even in their ability to have hope to, you know, say, okay, I'll take my I'll do what you say, doctor. I'll take my magnesium. I'll go for a walk.

I'll call a friend. I'll forgive somebody. You know, whatever. Whatever it is that is just huge. And I is not going to do that for people, you know? I mean, even some of the renowned alternative medicine doctors are, are going to do. I counseling her patients and they anyway it just it it really does.

Yeah. People take their own that they had to not accept the curse of whatever their diagnosis is. And they had to just seek out information and, and and decide what they can, what they can do.

And every day, in every way, I'm getting better and better. I mean, there was that the doctor who had that phrase for his patients and and they got better.

It's it's very simple. And actually, my latest book, Complete Guide to Mental Health about nutrients and lifestyle.

Medicine, Big Pharma, and Food Politics

I have my sister, Christine Wheeler, doing EFT tapping. So this tapping technique is you tap on the side of your hand and you say a phrase like, even though I can't sleep, I still love and accept myself.

Even though I'm having trouble sleeping, I still love and accept myself. Even though sleep alludes to me, I still love and accept myself. And then you tap acupressure points here and here and here and here and here.

Clavicle under the arm and top of the head. And so the acupressure, I mean, it it, I guess it creates some sort of electrical charge in your body that solidifies your words, and your words are so important because you are separating.

I'm just like you said, I'm an arthritis patient. I'm a insomnia patient. I'm this or that. You separate that from still loving and accepting yourself so that you are not the disease.

So I think it's a brilliant, very simple, safe, effective EFT emotional freedom technique. It is amazing technique that people can use to even just calm themselves down.

I know when when I do it, I start yawning. It's a wonder I didn't understand, you know, I just start, relax. When you yawn into, you just come down a few notches and you're relaxing.

Well now, haven't they hooked people to functional MRIs and done that EFT and and watched them actually go into parasympathetic mode, move out of that stress mode of, you know, running from the tiger constantly into rest and digest.

I mean, I really think they can they can see changes, neurologically with the tension that I haven't read the studies, but it makes perfect sense. And it's like a it's like a meditation for sure.

So there are things that we're telling people that they can do. I have a whole chapter in the book about that, and it I told my sister you could. Right, you know, make this a book.

She's actually a ghostwriter for or for many of the EFT people. So she'll probably do another book. Now that's interesting. And I've got to get that book.

I want to bring you back and talk specifically about mental health. There's just so much good stuff to talk about. So, so summarize for our listeners.

And this will be on video too. But for like how to take magnesium people get people get confused like you know, do I take it with us with food, without food time of day, you know, simplify it for the vitality made simple, listeners out there.

Magnesium is food. We should be getting it in our food. We're not used to go. We could get 500mg of magnesium in our food. Now we're likely to get 200.

So that's why I jump to to the supplement. I've got this organic farm. If I eat off the farm, I'm palpitating and cramping and, you know, all tightened up.

You cannot get magnesium out of the soil anymore if you don't put a ton of it back in. And most people, most farmers don't. So supplementation you can look in your cupboard right now you have a magnesium in there.

Everybody does. And maybe you've been overlooking it. If it's in a capsule, put it in water stirred up. Maybe I use or I have, a berry flavored vitamin C powder that helps with the taste of putting magnesium in the water and you sip it through the day if you just.

Yeah. There in your water flask, if you take a whole a big dose of magnesium, even even, pico or psi stabilized iron of magnesium, you can get overloaded cells and then it'll flush into your and test them.

So you sip it through the day. Doesn't matter if you eat or don't eat it. It doesn't upset the stomach. Some people will say, oh, magnesium upsets me.

And what they mean is it gives them diarrhea because it's the the oxide or citrate that are meant to be laxatives on a certain level. But like I said before, and you said to Debbie, any type of magnesium is going to be helpful.

I'm a bit, you know, turned off by the magnesium l 3 in 8 people because they did a rat study and acted like a 7% difference in their magnesium compared to I think it was a magnesium citrate, 7% more of their magnesium got into poor little rat cerebral spinal fluid.

And with that number they declared that theirs with the best absorbed magnesium for the brain. And they made it seem like any other magnesium is not going to get to your brain.

And and that was that was a boldface lie. But that's marketing for you. The the drug companies have totally gotten involved with the supplement industry now.

And it's hard to trust what's going on. So you just you take it through the day and, you know, if you're having insomnia problems, maybe you take, you know, a little extra at night, but, you know, with insomnia, you don't want to drink too much water before bedtime.

The, the, the big reason for waking up at night is to go to the bathroom. So watch your your, water intake or liquid intake. This is people who eat late.

They'll, you know, their stomach is grumbling and all, and and it's hard to sleep. You know, sometimes I find that. And what I do is just lie on my face on top of a big hard pillow on under my stomach.

And it pushes things along it. I've never heard that that hack, but it's it's where it's. I live with common sense genes from both of my parents, and I'm very grateful.

It's any common sense. It's uncommon sense in most cases. You know, one thing that you alluded to, the times, now, you know, you think about mom, make America Healthy again.

I sent them a white paper on, you know, saying very boldly, I've been behind for 30, 40 years. This is what I do. I tell people to drink sea salt water, eat organic exercise, take food based vitamins, and and stabilize dye organic minerals.

And that's that's the I mean, it could be the beginning. And and seriously, I find that maybe there's 1,020% of people that that have to go and sit in front of someone and, and go in to their health.

But then I'm hearing lately from a friend that a one hour visit with a top notch naturopathy, $700. Yeah. And the testing, they do thousands of dollars.

And if you go before you get your your magnesium balance, then they're testing magnesium deficiency and they don't know what. So we're, we're in times where like you said podcasts like yours I do a radio show on Mondays.

That's now being alibi's done on YouTube. We are trying to get the information out there. So Maha has sort of opened the door. I have no faith that they're going to change anything because, I mean, I've been there.

2005 I was visiting Ottawa and Washington, D. C. with a health freedom group, and we were told point blank that, well, you know, the big pharma or drug companies give the senators and congressmen so much money that they're not going to go get that.

And it's the same with big food. You're not going to see a change. But the mere fact that it's become the conversation about, you know, processed foods are bad for us.

The, the, omega six fatty acid seed oils, you know, sunflower, safflower, corn, soy and canola. They're bad for our brains and everything else. They're pro-inflammatory.

So once this conversation gets out there and subsidize farmers, what's being subsidized? Because certainly not my organic farm. It's corn, soy, cotton and now wheat, which are all GMO shit.

We just became GMO in America, passed by the FDA, who protects us from bad food. So they subsidize these GMO foods, with farmers who have, like, 10,000 acres.

You know, we farm 46 acres. Good grief. Oh, your your farm sounds enchanting. And I think when you were, talking about the things people need to be doing, doing on a daily basis, collecting smiles is certainly, on that list.

Maybe at the top of that list. Just wonderful. Just wonderful. Well, I will, boldly put everything in the show notes for the listeners. In terms of the, the excellent, products from your company.

And, and I want to and I want to revisit mental health. I think mental health is so key. So so we'll plan on that. And, just thank you so much for being here.

It's such a delight to know someone who really was integrative medicine before integrative medicine was cool. So you have seen a lot. You have that uncommon sense, Carolyn.

And, and I know you love people. I know you you really want to see people better. I've. I've seen you in action for years, and you've certainly just poured into our family through, through mama, Mary, Mary, Mary.

Quite contrary. And, you actually, you just, you know, changed her life. And she changed so many other people's lives because of knowing Carolyn. So I think that and the work you're doing, I mean, you're you're, a dentist, but the the mouth is the, you know, whatever gateway to the rest of the body.

So you had to get involved with, with educating people about the rest of their body. And I think it's fabulous. I can't imagine how many people you've helped.

So thank you for that. Well thank you. It's been a it's been a front row seat to life. And, it is it's just, you know, it's wonderful. And I want all the all doctors to get to experience that if they want to.

So, I know you've had a front row seat, and it's just so special to get to know people and and see them feel better and, and, you know, just see their lives just touch people's.

It's it's wonderful. Well thank you, doctor. Carolyn Dean, it's a joy to see you. And and I appreciate your time. You're always so generous with, with your time in every single way.

And to our listeners, please share this with anybody that can benefit, you know, like, like my, like, my spunky mother in law said, you know, no matter what the problem is, magnesium is the answer.

So be sure and read the show notes. Find out. This is, I'll put my exact cocktail that I make every day with magnesium. And, I hope it helps you too. Please subscribe. Please comment.

We're now, and I think 135 countries and about 50, 200 cities, because of you. Join me on Instagram, joining us on YouTube. And, blessings, blessings, blessings.

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