Introduction to the Summit and Guest

Welcome back to the conversation at the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura, for Ontario. I'm bringing you experts to help you boost your energy, fix your health so you can build the life you love.

Today, I have a special guest. He's really going to kick this off for us. Doctor Daniel Pompa. Hi, doctor Pombo, welcome to the summit. Thanks for having me.

Oh, I'm so excited. You know, I wanted to bring you in on this conversation because you're an expert in cellular healing. In fact, you've even wrote a book called The Cellular Healing Diet.

And you've built a successful practice and you've helped thousands of people really identify the root cause of their illness. And then you focus on helping correct and eliminate that thing, and then optimizing from the cellular level.

I wanted you on this summit also, because we're going to be talking to a lot of experts in specific categories, like mold experts, like parasite experts, like nutrition experts.

I want you to bring this all together for us and set the pace of what our listeners can expect, when it comes to healing and you're going to be, dropping some truth bombs and helping everyone make sense of this.

So welcome to the summit. Yeah. Thank you. Yeah. No, I love, this role, if you will, to do that because, you like, if someone's watching this or me. I mean, look, no one's watching this to learn more about the mitochondria, right?

I mean, you know, great. You know, let's learn the science. Know people are watching this to get their lives back. You were watching this because they're going, I've done everything.

I still don't feel well, you know. Help. Right. That was me. You know? That was me years ago. That's how I got here, right? That's how I teach doctors around the world.

Everything I learned. Here we are, right. Here we are. And, you know, a lot of people have a story like that where they were unwell. The allopathic medicine world couldn't get them better.

They really had to become their own detective, learn as much as they could, and finally heal their bodies. So, we're bringing all those people together on this summit.

Why Diet Myths Miss the Bigger Picture

And fortunately for our viewers, we've got solutions here. So kick us off with telling us why everyone focuses on the wrong thing with healing. Mitochondria decline, health.

Where are we going wrong? Well, first of all, you know, Doctor Jindal could be could be the big answer, right? You know, meaning, you know, first of all, things get stuck on the internet and in our space.

And I could speak to directly. Right. And it just doesn't leave. So the myths around detox, the myths around, you know, you can just go diet and, you know, this diet, that diet.

Right? I mean, there's so many myths because it's just does it leave the internet and then just it just doesn't go away? I mean, I've been teaching doctors for almost 20 years about detox, and I can tell you I feel the same questions about the same myths, that I have 20 years ago that I do today because it just doesn't go away.

So therefore, in our space, it leads people into these traps, bad roads, whatever it is, instead of to the truth. So

some it's like this I feel always, you know, or where people really can land in a better place and bypass all the myths that are out there.

So share us some of those myths. I know that people want to know what is on the internet right now. That's not true. Oh my gosh. Okay, so let's start.

We can start with diet right? This diet is the diet right? People. You know, people just camp in their diet because here's why. Because they it help them. Right?

I mean so I switched to a plant based diet and I got my life that I'm a vegan now, I'm a vegetarian. Paleo is the way to go, right? I, you know, and I believe their story.

It's true. When they switch their diet, they do, in fact, feel better. Get better. But here's the problem. The myth is this is the diet. The myth is this is the diet.

I need to stay on the rest of my life. And I can tell you right now, it's the biggest mistake you can make. Now, I can present a lot of science around that.

And you know, my boy, to death. Or we could just go, well, let's look at every healthy, ancient culture that's ever been on this planet. And I could tell you this, not one of them have been a vegan, vegetarian, paleo keto.

Meaning there forced into dietary change. Diet variation is something I've been preaching and teaching for a long time, and in the short of it, it's this when you switch diet, that's the magic.

It's forces. It's called hormones. This I get won't get into the side. So for me says, oh, we have our Mrs. Experts. We're just listen, listen. Ari went and listened like there's people on here.

They're talking about who? Mrs.. So we got that covered okay. So it's just that we create a stress like exercise, you know, get stronger in the gym. It's the adaptation to the stress of exercise, hormonal adaptation, microbiome adaptation.

All the adaptation is the magic. Diet is no different than exercise or anything else. Or hot, cold baths. All of it. You have people talking about all of it.

All. That's great. It's only great if you adapt. Hot, cold cold is only good if you adapt. If you don't adapt, it's horrible exercise. If you don't adapt exercise, you've overtraining.

You actually caused harm. No different diet change. You adapt to the change of the diet. Your microbiome changes. You can't fix a microbiome. Here's another myth I'm going to go into by just taking bacteria and pills.

Yeah, you can't do it. You have to stress the microbiome. It gets stronger, it adapts, it creates diversity. And thereby you create a hormone optimization.

So the point is diet change is the key. That's myth number one. And I started into myth number two. Well I got things I gotta say something here. I gotta say something here.

So I'm so glad you just said this because people live and die by their diet. Carnivore is the best vegetable and is the best. Vegan is the best. Paleo is the best.

You should eat this. You should never eat that. And this takes a lot of stress off our viewers right now. Like, oh my gosh, you mean to tell me there's no one right way to do this?

And I can actually listen to how my body feels, and I might want to eat this for this period of time. And then if I start craving this over here, this other healthy thing, you mean that's okay.

That's the magic. Listen, I there's permission. I teach also something I, you know, like ancient cultures. And I visited one in Africa three different times.

They were just they were one of the last hunting, gathering tribes still. And they came out of the mountains because of a drought. They were fasting to maintain their food supply, which means very little.

And I had taught fasting and fasting strategy since the 90s. Fasting was kind of in vogue now, but I was into it when no one was into it. Right? These vegan, vegetarian, natural hygiene side people were into it.

And, you know, I had nothing in common except fasting cures. You know, it helps the body heal itself. Right? But the point is, is they just came out. They if they had kill man, they were paleo all the way and and keto all the way.

When they didn't, they were foraging or they were fasting. But I also teach not just seasonal changes that ancient cultures were forced into, but I also teach feast famine cycle, meaning that you need the feast.

This is what I remind people today. The feast is important is the fast. Because now fasting, everyone says intermittent fasting and I'm all about fasting.

Mitochondria, Cellular Danger Response, and Thyroid Issues

But the feast literally getting off your your strict low carb or whatever you're on in having a high healthy carb day is as important is the fasting and what I find, especially women with thyroid conditions and hormone conditions, they oftentimes need more feast in the feast will transform their hormones oftentimes more than the fast.

However, we also need famine and fasting as well. The variation is the magic, and I teach that weekly, monthly, and seasonally. This is amazing. I want to I want to, highlight one more thing about food before I move on to the next myth.

But the concept of let food be thy medicine. And, you know, you and I both have some pretty strong opinions about this. Yes, food is important. It's healing.

You need to change your diet. You can't get well, but it's not going to get you out of the hole that you're in alone. You need more. So you know you can't eat your way out of this in most cases.

Talk about the old days. Maybe you could change your diet. You know, most conditions would get so much better, right? Today. It's not so simple. I was just at a conference.

I was telling you this, and now all these people here in front of me, a thousand plus. And, the question I asked was, how many people here eat better and feel that you eat better than all the people you know, your friends, your family.

It's like every hand went up, right? Yeah. How many people here still don't feel well and feel like you're still not where you want to be? Same here as well.

So then the question was, is diet enough today? And every head start shaking, right? No way. Yeah. You know, there is another reason why the mitochondria problem pandemic is going crazy.

It's not just diet. Now diet is part of my solution. I call it mitochondrial fitness. If we stress the mitochondria, the mitochondria, the good ones adapt and get stronger. The bad ones don't adapt.

And then we called my top veggie, where the body gets rid of them and creates new ones. Okay, that's part of the solution. But if we don't get to the cause of what's really affecting the mitochondria, then I don't care what die changes you do.

I don't care if you do. My diet, variation, strategies, feast, famine, all of it. You still won't get well. You have to get

upstream to the cause. And it's probably part of another myth.

Okay. Yep. So let's go into that. Let's go into the next myth and we will we will come back around and make sure we cover what the cause is, what most, most, you know, integrative functional practices may be missing.

So what's the next myth? Okay. So I mean if we're moving into that right then we can get into. All right. So Doctor Pompa, what is it then? What do I need to do, you know, to get my life back, right?

Obviously, if we are here, the mitochondria makes energy, right. But there's another method to. It's not just energy. So I'm going to open up a can of worms here.

The other major function of the mitochondria is cellular surveillance. Someone's going to talk about this right. So I'll just highlight it as micro here.

Now danger response cellular surveillance okay. So right. So part of it is okay great. Make energy. But the other part that we didn't learn in school you know it.

You know, it doesn't matter how many years of school you didn't learn it. But its job is to be like oh threat. Let me shuttle the energy outside of the cell.

Let me signal your hormone receptors to blunt them so you don't hear them anymore. So then what do you what do you feel? Low energy, brain fog, you know, maybe anxiety.

All these things go on to save your life. Because the other part of the mitochondria is that it's job. Okay. So let's let's unpack that a little bit. So what you're saying is a virus comes in your mitochondria actually stop energy production because that virus is going to take the energy from your mitochondria and thrive on it and grow.

So is that what you're saying? That's what I'm saying. Okay. So and then it's it sends signaling molecules out damps and pants or some of them. Right okay.

Doesn't matter. But these go out and they signal your immune system to react. And to deal with this situation. Right. So if and but here's the problem, many of which we find in the thyroid because the thyroid is the canary in the coal mine.

And then the immune system, because that's its job, is to activate your immune system sees them and it starts attacking, and then it starts making antibodies against your own tissues.

And the thyroid is some of the first symptoms. So let's let me just quickly give an example of this when it works normally. Because if this is this is meant to happen right.

You get the flu. Now this could be neurotoxins like heavy metals, mold, virus, bacteria. These are the causative factors that are very alarming to this system.

Right? To save your life. But let's use the flu. The virus comes in and it sees it and says threat right. We got to do it. So the mitochondria sends all these signaling molecules out.

How do you feel. You feel lack of energy. Feel like oh I just want to lead out. That's exactly what you do. And you do that for a day or two and the threat is gone.

It upregulated your immune system the immune system beat it back. Inflammation comes down. Brain fog goes away. Energy comes back. Great. All is wonderful okay.

But then what if it stays locked in this response. Right. Because it still feels a threat. And who does stay locked in this response or their energy still down?

They have brain fog. They have anxiety. They're not sleeping. They're harassed. Thinning. Okay, well, something just happened in the last three years called Covid.

This is such a weird virus to your immune system. It was a very big threat because it's a manmade virus, and it was like, oh my gosh, what is this? But yeah, I had Covid.

You probably had Covid pulled out of it. No problem. Right now we have an untold number of people who are in post Covid. So I've names that I call it post-Covid stress response.

Pixar is really what's going on with all these people who go, I don't feel great long Covid then post Covid stress, okay, long Covid, but the reason I named it Pixar post Covid stress response because they're in a cellular danger response.

So why did we come out of it? They did. Here's why. Because no one really evaluated where their stress bucket physical, chemical, viral, emotional, whatever it was.

How forward was it when their body saw this incredible threat? It went into the post Covid response, right. It went into this I'm going to save your life.

The problem is, is it had such a high level of other toxicities, emotional, physical, chemical that it's now stuck. They're still trying to save your life.

Literally at the cellular level. Your mitochondria is shutting down. Your mitochondria is sending energy out of the cell where you know you don't have it to function, and it thinks it's doing the right job.

So now we have more of an epidemic. People, and by the way, Google it for fun. How many who is most affected by this cellular danger response post Covid?

So Pixar women under the age of 50, what do they have in common? They're already stressed in their thyroid. What a thyroid people have in common. It's not a bad diet. It's toxins.

The thyroid is the canary in the coal mine, very sensitive to the overload of toxins in the body. The first gland, an organ to actually, you know, start to give you symptoms for there's estimated 27 million thyroid cases in this country.

Here's the problem. Half of the real number only half is diagnosed. So double that number because thyroid conditions you go 10 to 20 years not being diagnosed with the symptoms of thyroid problems which are really neurotoxic issues thinning hair, no energy, brain fog, constipation and you think maybe it's my thyroid.

You go to your doctor, they do the blood test. You're okay. No you're not. Your thyroid was not functioning for, you know, but didn't show up in your blood tests, which it wore for probably 20 years.

Let's call this myth number three. Okay. So myth number two is mitochondria only produce energy and that's it. And there's more at play. So let's move into thyroid.

Here we have a couple thyroid specialists talking on this summit. And this is a myth that your thyroid level when you go to your doctor and your TSH is normal that everything's okay.

So keep going okay. So the TSH is the gold standard of how we diagnose somebody. By the way, before 1971, you know how they actually dealt with thyroid cases.

They would say, oh, Laura okay. So we're going to try this. And how are you feeling. I still don't feel good. And they would adjust what they're doing based on how you feel.

Yeah. It doesn't happen that way anymore. They base it on one thing the TSH. Yeah. By the way, there's not one

study that actually links TSH levels to normal thyroid function.

That's the crazy thing because it's it doesn't there's so much more to it. Right. So we have that problem right there. We're basing everyone on, you know TSH levels healthy thyroid function. No.

Because here's the problem. Let's say finally, after 20 years of having thyroid malfunction, it finally your bloodwork is off.

Toxins, Cellular Inflammation, and Real Detox

So you go to your doctor finally and he goes, oh here we found your problem. Because now your TSH is, you know, whatever that number is, right? You know, let's say it's 12.

It's out of range. So then he gives you T4 which is the inactive thyroid that needs to be converted to T3. Okay. Because there's a problem there potentially.

But he gives you T4 let's say it gives you synthroid. It makes your TSH levels better. So you come back and he's like success. You must be feeling wonderful.

And you go no, my hair still thinning, my skin still try. I still can't lose weight. I got this. But. So the fact is the symptoms getting didn't get better.

But your bloodwork did. Okay, there's two reasons why. Maybe the T4 didn't convert to T3 because it has to get convert to T3. Then the T3 attaches to the cell and makes you feel good.

Just keeping it simple, right? That's how it works. If it can't convert, it doesn't matter that the T4 level went up and you know, major TSH levels look normal.

You have to convert. Oh, where does most of that conversion happen? Your liver and your gut. So what affects the liver and the gut toxins. Toxins block that conversion.

So who's getting to that problem okay. Another problem. What if it does convert then the thyroid hormone that T3 that it converts to the active form. It still has to attach to a receptor on your cells and dock there and get its message in the cell.

And then it gets its message in the mitochondria. Everything's wonderful. You're burning fat, you feel good. Brain fogs gone. But what if a toxin is making its way into the membrane?

That's where they go. The membranes of your cells are fat and it drives cellular inflammation. And that blocks your hormone receptor. Yeah, that's called hormone resistance.

A good example is, is, insulin resistance. Plenty of insulin, plenty of the hormone in the blood, maybe too much. But the point is, is it can't get its message in the cell.

You don't feel good. So we have all these reasons why you can have normal blood hormone levels, be, you know, not diagnosed or diagnosed, taking medication and still not feel, well, toxicity to certain toxins.

So let's shift into toxins now because I think it's a myth that all you need to do is exercise, sleep, hydrate, de-stress, and you should be able to solve, you know, eat well and you should be able to solve all your problems.

And and so let's talk about toxins and let's get into the myths of what detox really is and what detox really isn't. And again, this is an overview. You're going to hear people dig in deep into all these topics on this summit.

So definitely go in and seek out the topics and and listen in. But let's get an overview of what are the toxins and what's the problem here. Yeah great.

Okay. So we're going to hit probably a lot of myths here. But but you know so I have a saying you have to fix the cell to get. Well that's how I got my life back. Right.

When we look at why people don't feel well, it's really a cellular problem. If we look at why people can't lose weight, it has more to do with hormones that it even has.

The does the food you eat right? Shocking. But you know, weight loss resistance is a new problem, right? Because see, if we say it's about hormones, then taking hormones should be the solution.

As you just heard, it's not you know, your blood levels of hormones could be normal or even high and still not get its message in the cell. Right? So what I just drew here is here's the cell on every cell are these receptors that your hormones.

And I just use thyroid hormone because we're talking about it has to dock on to and get its message in the cell. It's like a cell phone. I don't care if you have $1,000 cell phone.

If it can't reach the tower, the receptor, you're not getting your message through, right. You have to find its way to a tower if something's interfering with that, good luck. Right.

So we have to ask ourselves, what is interfering most often with these hormone receptors if we are in a hormone pandemic. And again, I could use estrogen, I could use testosterone, I could use insulin.

Go down the list. They all have to dock to these receptors. Right. So the question is is we know that inflammation is the cause of all these diseases, whether it be cancer, diabetes, thyroid conditions.

But it's it's cellular inflammation, meaning that inflammation of your cells blocks these receptors. So then the next logical question is what is driving it.

Yeah elevated glucose can drive it etc. from a bad diet. The number one or the specific toxins that make their way to the cell and drive inflammation.

So cellular toxicity is the problem for why we have a hormone epidemic. And then of course these toxins end up. So when your cells are inflamed you can't get good things in and you can't get bad things out.

Now why is that a problem? Because now the perfect diet, your supplements, the nutrients are having trouble accessing the mitochondria in other, you know, things that are in the cell that make you feel well, right.

So what ends up happening is you can't make enough energy. Your mitochondria is not getting the fuel because of an inflamed cell membrane. Oh, and by the way, the mitochondrial membrane is even more fragile than this fatty membrane out here.

So it's effective. But here's the bigger problem. Toxins start building up in the cell and now they can't get out. And so now you're basically making toxins in your cell.

So when I said you have to fix a cell to get well more specifically this is where real detoxes you have to detox the cell to go. Well I've spent 20 years educating doctors.

This more myths just by taking just by doing a sauna, just by doing what I call poopers, colon cleanses, etc. it's not real detox. Real detox is here.

And so I think those things are bad. But if you don't fix this, you don't really detox. So what is what are the toxins that are in there. Give us like a list of quick list.

And we've got an expert talking about all these toxins on the summit. So what you're going to hear people talk about, you know, plastics that, you know, mimic hormones, right.

That we call and the, undercurrent disruptors. Right. Which they are I call them obesity genes. Right. But let me focus on three that other experts will unravel.

Okay. And there's a lot of myths around these three. First of all, most practitioners, even in functional medicine, if that's the word we're using, or alternative medicine, still miss.

But the bigger issue is how to actually get rid of them. Okay, heavy metals. I think everybody watching this at some point is thought they may be having a heavy metal issue because they are nasty neuro, meaning they get into your nerves in your brain, which is the biggest nerve of all neurotoxins.

Heavy metals are typically either tested incorrectly or definitely detoxed incorrectly because people go, oh, I did a heavy metal detox. Oh you did, how long did you do it for?

And I would ask, what did you do? Right. Well, I yeah. Oh gosh. Long time. Three months up, six months. Okay. It took me years to get inorganic mercury out of my brain that accumulated there from two major sources.

Three, my mother, who had a mouthful of amalgams. The study is a study that showed that, ladies, the number of silver fillings in your mouth that contain 50% mercury is proportional on autopsies.

Pretty accurate into the baby's brain. So if mom had eight fillings in on autopsy studies, they would see a certain proportion of mercury already in the brain, not just in the brain.

You know where they find most of it. The pituitary hypothalamus, that controls your thyroid, your adrenals. When I was sick, I spent years chasing my adrenals and my thyroid, trying to help them never to truly get well to.

One day I realized the problems here. I just didn't know what. I also wore contact lenses. The saline solution all the way to the early 90s had mercury in it, so I was putting mercury in my brain via my eyes.

My gosh, just these fillings. Gas, mercury vapor into the brain, crosses a blood brain barrier. So no wonder I couldn't fix my hormones or adequate system.

Now, when you detox mercury, you have to get what's here. And that's part of what I teach, right? You know, because you're not going to do it just by a sauna.

And here's a big myth. Corella finds mercury in a petri dish really well. But when you put it in the microbiome, it doesn't. So another myth that out there that, you know, corella is the metal magnet in a petri dish.

Yes, but not with the microbiome. So it's not necessarily what you think when it comes to detoxing heavy metals. What's the next step? What's the toxicity like?

Mold is a major, major nasty that causes hormone disruption, drives massive cellular inflammation, blunts hormone receptors. I didn't write leptin on there, but leptons, a hormone that, you know, tells your body to start burning its fat source and controls appetite.

Most of the receptors are in the hypothalamus, which I said that's where so many neurotoxins affect. So we have to deal with mold correctly. Here's the big problem.

Like mercury. I tested my home and my home's fine. You did an air test, which is, you know, inaccurate. Up to 99%. I mean, so forget about that test. And then it's like, oh, and then I thought I had mold and I did this urine test for bio toxins.

Sorry. That's typically food, but, borne molds and really isn't a reflection of your mold load, so not good there. Oh, and then I did some detox. Not so simple, because bio toxins are in your membranes into the deep tissue.

We have to detox, right. And I'll just skip the third and we can go on. From here. Hidden infections, big, big

problem. And people don't even address it.

Meaning that where you had teeth extracted like a wisdom tooth, it heals. Over 25 years later, you had this hidden infection with no paint. That's basically bringing your immune system, like down here and creating hyper immunity in the wrong places, drives auto immune, drives cancer.

And yet these things go unnoticed. But if you go to your dentist, even if he's a biological dentist and say, could you check me for these things called cavitation, these infections, he does a regular X-ray in goes, you're fine.

Don't see anything wrong. Test once again. And then even if they identify it, typically it's not dealt with correctly.

Finding the Perfect Storm and Path to Healing

And then the post detox isn't done at all, let alone done correctly. All these myths, all these pitfalls. And then hopefully this is a good one. Starting with and chronic infections, of course, you're giving one example of cavitation, but you can have chronic infections all over your body.

Course. And they're just smoldering and you don't realize it's there. So these are huge. These are huge topics that we're covering in great detail on the summit.

Any other myths that you think are really important to cover right now at the beginning of the summit for people to look for in the interviews? You know, I mean, I do want people to understand that I look, I'm a fan of diet change.

You already heard that. I'm a fan of diet, you know? Period. I'm a fan of exercise. I'm a fan of saunas, you know, but if you don't get to the cause, you're not going to get your life back as you go through the summit.

Please understand that right? You know, then we can take great supplements, right? But we have to get to the cons. One of the things when I'm teaching my doctors is if someone's not getting well, doing all of these amazing things and most people watching this can have their list.

I've changed my diet. I'm actually. I'm taking this off. I'm taking. I'm doing the idea. Okay. There's something still upstream, and you haven't found it.

Here's what I want you to hear. Also, there's a perfect storm. You don't get sick just from heavy metals. You don't get sick just from line. I mean, now that we're able to test Lyme, you know these infections better.

Not perfect, but better. Now, we know that there's places, populations that 90% of people have. Lyme. Why aren't they all sick? See, because it's other stressors that allow your immune system not to be able to deal with it.

I could say the same for Epstein-Barr Candida parasites. It's not just parasite. Everybody wants to find the one thing I did, too. So if you're watching this, I'm sure it's you.

We do. We want it to be as simple as that. It's typically not. Typically, it's three stressors that come together. I'm going to date myself, but the George Clooney movie back in the 80s, The Perfect Storm, they did a good job explaining that it was three weather fronts that come together, and that's what causes a catastrophic storm.

When two weather fronts come together, it's a bad storm, but when three weather fronts come together, it's catastrophic. In my days of doing this and helping people with unexplainable illnesses and symptoms, the thing I find is and train doctors to do is find their perfect storm.

What? Typically it's three stressors physical, chemical or emotional, or some combination. It could be living in a moldy home, heavy metals, you know, and you know, maybe you had a root canal that was in there, you know, for 20 years.

You have to find all of them, deal with all of them. Then the genes will turn off. Then the microbiome will get better.

Then you know, all these things you're going to hear so much about in the summit, how important the microbiome is.

Yes, it's true, but if you have mercury fillings in your mouth, good luck fixing it. If you're living in a moldy home, good luck fixing it. If you have a root canal or cavitation where of so many of these bacteria are going down into the microbiome, good luck fixing it.

So the point is, is cure the message, find your causative factors. It's typically a perfect storm. Well that's a mic drop. As we start the summit, I think that if people go into this summit with that, looking for that, I'm going to find my perfect storm.

Bingo. You're going to get the most out of this. But let's give people hope because they're probably thinking right now, oh my gosh, I've got cat. I've got, you know, amalgam fillings.

I've you know, I know I lived in a house that had mold. So let's give them hope because you have a lot of success stories and so do a lot of the practitioners on this summit.

So if you find your root causes, your perfect storm, your trifecta, what can you expect to achieve on the other side of that? You know, we want to overcomplicate everything and the internet and all of it makes us even more confused right now.

Here I we have there's so many myths, right? And detox and everything. We're talking about diet, but it's this simple. If you remove the interference, the body heals.

God put in every one of us an incredible innate intelligence that knows how to heal every condition. I have seen the impossible heal. But here's the deal.

It won't happen if there's interference into that innate intelligence I don't hear heal you. None of the doctors in the summit heal you. Your body does.

And if you find the interference and remove it, the body will heal. I am living proof of that. Right? And I have watched it again and again and again.

The mistake is to go back to. It is not uncovering the interferences. You have to do it. That's simple. That's a simple message, right? But I think this I think that you have to empower yourself and I that's why I love these summits and loved doing them.

You have to empower yourself to teach yourself the process. Never rely on a doctor to do it for you. The good news is the people that I've helped, I've taught them what I've learned over the last 20 years, and they're there by you can figure, you know, you can do it correctly yourself, but you have to participate in your own rescue.

I'm a believer in that. I love when the people that I'm helping participate and just, you know, don't take what I say for granted. You know, your body, but let's remove the interference.

The body you heal. Oh my gosh, participate in your own rescue. You should trademark that. Yeah. So it has. So what has it? Yeah. Thank you so much for just giving us a really great outline of a lot of the topics we're going to be covering on this summit.

And just sharing with people, if you really get down to that cellular health, the cellular detox, and support that, this is where the healing is at. This is why I did this summit.

This is why I did the Mitochondria Summit. It is all about cellular health. If you don't fix that piece, and if you don't remove the blocks from your cells being damaged, all of the healthy eating in the world, all the sleep in the world, all of the, you know, drinking purified water in the world, all of that is not going to get you where you want to be.

So this is about deep cellular detox. It's really where it's at and detox is not it? We can juice cleanse, cleanse. So glad you said that, right I detox I did a ten day juice cleanse.

It's like, if always so easy. That's what I say. It. Fixing that got really so easy. Is taking probiotic for all wrong. So easy. Yeah, those are good things.

They're healthy I mean I have to I yeah take bacteria. It's good. But I think I think a juice cleanse makes people feel good because of hormones and because you've done a shift in your eating like we talked about right at the beginning of this summit, all of a sudden your body is like, woop shift, and all of a sudden you feel better, but it's not actually pulling toxins out of the cells.

Yeah. This is so good. Thank you, Doctor Pompa. And tell us, before we go, tell our audience where they can find you. You work with practitioners, you, you teach practitioners.

You also work with patients. You have lots of free content on your website. You have programs people can go through. So where can we find you on this topic?

I'm doing a, for the next whatever. I'm doing a free I did a free webinar, the training actually, it's called if you go to cellular training dot net, you can watch it.

And I talk more about what tests you actually can help find, cause, in my website, Dr. Pompa. Com. Okay. Great. Thank you for being here. And thanks for sharing your wisdom.

Thank you for having me. You take good care. Now.