Introduction and Guest Background

Welcome to another episode of the Restore Your Mitochondrial Matrix summit. I'm your host, Laura Frontera. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Doctor Darren Schmidt. Hi, Darren. Welcome to the summit. Thanks you. Thanks for having me. Yeah, I'm super excited because you're literally one of my favorite people. You.

You're a chiropractor. You've been studying and practicing what you call hardcore holistic nutrition since 1993. And you own the nutritional Healing Center of Ann Arbor.

You have six other health care practitioners, that work with you. And it's the largest free market non-insurance nutrition clinic in the country that is, that is amazing.

You're, you are also a mentor, and you teach to practitioners and you conduct seminars around the country. That's actually how I met you by attending a couple of your trainings.

And, our viewers here can find you on, on your YouTube channel that has over 140,000 subscribers. And if you've never seen Darren speak on his YouTube, you need to because it's really fun.

You break down really complex, concepts and make it really easy to understand. I know you are an absolute expert in all things mitochondria, parasites, mold, and we're going to jump into that today.

So, you know, one of the things I learned from you right off the bat is mold wants to kill you. You taught me early on. Parasites. Not so much. They don't want to kill you. They want you to live so they can live.

But mold wants to kill you. So we're going to get into that and how it affects your mitochondria. But first, can you tell me a little bit about you, how you got here, and then we'll get into your own near-death experience?

Okay? Okay. So how did I get here? So I was pre-med in college, and I grew up on a farm, and, so I didn't have much experience with medical doctors or the profession.

So I interviewed a dozen students of medicine and doctors and medicine before taking the mCAT. You know, the test to get into school. And, nobody encouraged me to go into medicine, so I decided to not do that.

If they don't like it, then why would I? So then I, spent some time with some at Tamaris, podiatry. Then I spent some time with a chiropractor, and they saw that what he was doing was holistic.

So you can have a pain in the down the leg caused by something in the back. And I was like, okay, that's holistic. I thought holistic from work on the farm.

So once, whereas once I was in chiropractic school, I went to a nutrition seminar, one in particular that I got really got inspired, and I wanted to be a chiropractor who focuses on nutrition.

So I had studied nutrition beginning in 93. I graduated from chiropractic school in 97, and then in 2005 I stopped all insurance. November 1st, 2005. So now I'm in the free market.

I have no third party payers telling me what to do, and it's just me and my patients and they're paying me to help them with their health. So I have to keep improving my supply.

So they have this demand and I have to meet that demand. And it's just a matter of studying and figuring things out and experiencing it within the parameters of nutrition.

So, I keep trying to find the boundary of where does nutrition not work anymore. And I've not found that boundary. It's been pretty interesting. So that's my that's my background.

So then I moved into a moldy office in 2004. I didn't know it was moldy until October of 2016, but in, in October of 2015, I started having some heart palpitations, pounding of the chest.

And that got worse. November December of 26, 2015. And then by February of 2016, now I'm thinking I'm going to die. My blood pressure is 155 over 95. My feet are swollen. I'm cold.

I couldn't eat red meat for six months.

Mold Exposure and Personal Illness

Symptoms from head to toe is a total disaster. And so. But I didn't know I had mold until October of 2016. And, the reason why that I found it was because I had to cut back on my work hours, and, I had a three day work week and a four day weekend.

So during that, those weekends, I was just, taking a lot of supplements, exercising, getting any ketosis. And then in October of 2016, at that point, I had no chest pain.

I mean, I was having chest pain for a year, you know, but I got that down to zero. And I started my work week, on a Tuesday morning, no chest pain. And then by 1:00 lunchtime, my chest pain was back.

I was like a six out of ten. That's when I realized, oh, the problem is, in the building, it's either dirty electricity, maybe there's some bad wiring behind the walls, or it was that one spot where the paint had chipped off and it was black behind it.

And there was, water intrusion. When it rained sideways, water would go right through the exterior wall because it was porous, and it would touch the drywall on the other side.

And then mold is growing behind it on the other side of the drywall. But there was a power. So for ten years, Darren, I mean, you when I think about this timeline, you were exposed and exposed and exposed to mold for probably ten years based on your symptoms.

Yeah. What's interesting is this bookshelf right here. I just clean this up and I created this little studio in this room. And as going through throw away some books and I done some old notes.

And in 2009, I wrote, my symptoms down and one of my symptoms was left chest pain and left jaw pain. So that's a heart issue. So yeah, I had black mold in oh nine.

Well you know symptom I go on. But one time I entered into an airplane at Detroit airport and they hadn't turned the air conditioning on yet. And it was summertime and my AC was in the back, and I was the last person, one of the last people to sit into the plane.

Everybody was already seated. So I started walking to the back of the airplane and now I can't breathe. So I turn right around and I go back to the front.

I said, I can't breathe back there. You have to turn on the air. And she said, you can breathe, go back there. And I was like, Oh God. So I start walking back.

I start taking big breaths. And so my, you know, the point is my lungs are compromised, you know, even back then. But the reason why I got really, really bad in 2015 was because I moved my desk into a room with really poor circulation, and that's where the most of the leakage came from.

The rain would hit the top of the window, and it would cascade down around the sides, and it would like actually

rain on the inside. Wow. So know. So there's this little chip of paint and there's this black you see black behind it.

That's it. You just say I pulled this off. Yeah. But in this bag. And then I drove around the corner and there's a lab, and they tested that and they found Penicillium, Aspergillus, sticky patches.

And so the Aspergillus and sticky patches, those are the toxic black mold. Yeah. And there's and I got the report back saying, okay, I know it I know what it is.

Now it's time to take action. Yeah. Long story short, I had to move out, get a new office. But then that's when Silk or Biosciences came out with biotechs and binder.

And so that product was actually my favorite for removing the mycotoxins out of my body. So that was that's my mold experience. Horrible. But I learned so much. Yeah.

And now I see, you know, honestly, I had heart disease symptoms. I had four EKGs in 2016 and one of them even showed up is a possible MI, you know, myocardial infarction, heart attack.

You said it right there on the report, and it felt like my heart was I use this how I say it. It was like I had a hamster covered in spikes dance break dancing in my chest.

This is twisting in a sharp pain and it's funny, but it's not funny. Oh, somebody you know, I can't imagine, you know, here you were a chiropractor. Really successful practice.

And here you were getting sicker and sicker and sicker. And you're doing everything you know how to do, but it's not working. And then finally, you know, all these years later, you find out it's mold.

So this is what I really want our viewers to learn about today. I want you to dive into how mold is trying to kill you, how it's affecting your mitochondria, and then we'll get into how to find it in your office, in your home, how to fix it in your environment, how to treat it inside the human body, and, and just give people hope because, you know, we test mold all the time in my practice, in your practice.

And people have mold, toxins, mycotoxins. And they could have been there from years and years ago in the body. Can't get it out itself without support, without help, even with everything you knew about nutrition, you were sick.

So, so tell us about this connection. Why is mold trying to kill you? Whereas other things like parasites are not trying to kill you. And and then let's talk about how you find it.

Okay. So parasites, by definition, they eat your food and mold. You are the food. And so imagine that there's more on this poster board right here, and it'll release spores into the air.

And then on the spores are toxins. Those are called mycotoxins. And then you breathe it in or you swallow it, or it can even land on your skin. And, the mycotoxins then will kill your cells, and then spores grow more new mold on your dead cells.

So when you take something like biotech's and binder from cell core, you're removing the mycotoxins. Whereas before that I was always trying to cure mold or candida, yeast, fungus, whatever you want to call it.

I was, supplying clove and garlic and things like that that are anti fungal. But the point is, if you have micro tags in your body, they will continue to kill your cells and the mold will continue to grow.

So you got to remove the toxin out. Now mold in and of itself does no harm to the body. And I sued my landlord and we settled out of court. But the defense attorneys, they had access to it.

Reports showing that mold doesn't affect the human body. And my lawyers showed this to me, and I was like, yeah, I know that. Like, I know it's not the mold. It's a micro tax.

And so I sent her a report, from med showing it's mycotoxins. Then I sent her another one, then another one. I ended up sending her 331 studies showing that as the micro toxins break, that down for us, Darren, break down just because we have a lot of people watching now who are probably wondering, mold mycotoxins isn't the same thing or it's not the same thing.

What is a micro toxin? So a micro toxin is a chemical poison that the mold makes to kill yourself, so that the spores can grow mold. Now, you know, the bigger picture is this.

Why does mold even exist? And this is true for bacteria. They return your dead tissue to the soil.

How Mold Harms the Body and Mitochondria

So it's just like a log in the forest. It's down on the ground and you see mushrooms growing on it. And that's what mold wants you to do. It wants you to lay down, and it'll turn your body back into the dirt. And.

And there are times when I felt this and other mold patients that I have where their body just they want to collapse and there's no pain. They're just they their legs give out another boom.

They're on the ground. One guy, he was in the shower and he had it. He collapsed on the ground and he crawled out of the shower into the in the bed. And just picture the shower.

It's humid, you know, it's warm. Mold loves that. And they love it at nighttime when it's dark and you're warm inside your bed, as opposed to standing up and you're and the lights are on and you're running around, most will just calm down a little bit.

But once you go to bed now, you know, things changed. It's different when you're in bed. Yeah. So thank you for establishing mold is trying to kill you.

It's the microorganisms that are the problem. Now link mitochondria demise to mold. I mean obviously I think it's apparent it mold is causing cellular damage, but bridge that gap for it right.

Mitochondrial damaged. Yeah. So I got this I got this poster. Let me grab. Okay. Get this out of the way. Right. So here we have mitochondria. There's a blue line right here.

And this is the inner membrane. And then there's a lot a smaller blue line right here. That's. And within that that's the mitochondria. So all this stuff right here is you're talking about this site, the what the functions inside the mitochondria.

What's happening inside the mitochondria is on how all these biochemical reactions are inside here and here. So what's essential is that there's this one chemical called pyruvate.

And you need to slip into the mitochondria and go through both of these membranes. And right here that's where trouble can start. And so you can have like heavy metals chemicals.

And then you could make attacks. It makes it make the toxins. And it prevents pyruvate from going into the mitochondria. So the cell membranes have to be smart and healthy.

And then you have to, remove these toxins so that all these chemicals can function properly. Nutrients. Yeah. I'm going to use the word nutrients now throughout the Krebs cycle here you can have barrier's toxins preventing this from going around.

And just so just just real quick for listeners, the Krebs cycle is where your ATP energy production occurs. Right. Begins. Okay. Yeah. And then the electron transport chain is the second part.

And then the end right here is ATP. And that's the final result is energy ATP or bringing everybody back to biology

class. Right now almost all of you take biology to get out of high school.

So this is about the time we tune out in high school in biology. It was really fun until the Krebs cycle. So you're but it's easy though you're going to make because it's a map.

It's just like looking at a map. Where are you going to drive your car? And you can, you know, if you wanted to get really into it, you just look up these words.

And but the point is for this, the point of this interview is that there's all these things that need to occur. There's a lot of reactions here. And then the mycotoxins from mold can prevent one or more of these reactions from occurring, and you have less ATP and your whole body energy depletes.

And it goes down. And when you have a lot of energy, then the cells can detoxify. Your immune system is strong and your body is stronger, your muscles are stronger, your brain's faster, all that stuff.

So now the toxins black proper function. Now let's say let's say this is blocked right here. None of this. Let's pretend none of this is happening. Right.

And then you have now you have two other options. One is burning sugar and the other one is called lactic acid doses. Right here in this corner. This right here is the death cycle.

Most people die because of lactic acid doses. It's the usage of lactate as a fuel. Right. You may have never heard of this, but, and then here we have use the usage of sugar as a fuel.

And certainly you've heard of that. That's called glycolysis. But if we do a lot of this loop, there's an arrow right here. And this arrow leads us out of glycolysis into lactic acid doses.

So I wrote a book about this, and I figured this out because I had moles. And in February of 2016, February 3rd, 2016 was the worst night in my life. And I'm thinking, should I call an ambulance?

Should I drive myself to the hospital? Which hospital should I go to because my chest hurt so bad? Pain down my arm. Pain in my left. Your blood pressure's 155 over 95.

My pulse is over 100. It's 3:00 in the morning and I can barely breathe. It's like, what the heck is going on? So right after that, I found, a seminar.

I found seminar notes that I had attended a few years earlier, and I, from those notes, I started taking some supplements, and these supplements were actually designed in the 1930s.

I started taking them, and then I felt better in two days. I knew I was on the right track. And those supplements, though after further study, I realized that they don't fix the cause.

They fix the mechanism. That mechanism is lactic acid doses. So those supplements kept my head above water through the summer of 2016. Then I found the mold in the fall of 2016.

Then I could detoxify. And then that's how I saved my life. But, you know, I figured out this mechanism, the most common mechanism of chronic disease and the way that most people die is from lactic acidosis.

Now, the death certificate will say heart disease, cancer, they might say diabetes as a complication, but certainly toxicity. And, the mycotoxins, mold, parasites, excess consumption, it's all it all leads us, you know, back to this.

This used to be called sugar acidosis. There's been a bunch of different names for this over the decades. So I went back in the 1930s and beyond, and have it studied, studied this quite a bit to figure that out.

So this is this is really eye opening, I think, for people watching right now, practitioners and patients like what. And

you know, I worked in Western medicine for 20 years before I discovered functional medicine.

And just curious curious in your estimation, how many people are walking into emergency rooms and urgent cares thinking they're having a heart attack or a or some other problem?

And really, it's toxins in the body like mycotoxins. What do you think? It's the majority of people. And I think I mean, you can certainly get heart cracking causing, you know, a blocked artery and then you get a heart attack.

But again, what actually causes that blacking? Well, I studied this for how many years. And I'm very confident that it's an infection. And so what caused the infection.

Well the standard American diet high sugar intake, low protein intake. It breaks down your tissues. Now you have bacteria and other organisms that create biofilm or mucus.

Parasites also make mucus. That's their home. So they live in the mucus. But that's a it's a poisonous chemical. And so your body tries to heal that. And there's a healing cycle or healing process.

And the end result of that healing cycle is calcium. So like when you break your bone, like you break your wrist, it calcified the bone. It takes six, six weeks, maybe a little bit longer.

So that's what cracking is. It's a calcification caused by infection caused by a bad diet. So like just just I'm picturing all the people walking into the emergency room.

My first thought is, you have mold, your diet sucks. You probably have parasites.

Finding Mold in Buildings and Food

And, let's, you know, get you on a low carb diet, number one, and clean your body out. That's that's that'd be my approach for sure. And, you know, during in my practice and I'm sure the same in yours, I do mycotoxins testing on nearly everyone.

We start with, you know, gut work and gut cleanup. And once they start to feel better and now it's time to really look and see what toxins are in here.

We do toxin testing. I think I've had one person ever that had no mycotoxins on their on their test. It's so rare to find somebody and people are astounded.

They they don't expect it, myself included. When I did my own mycotoxins test, I was like, oh no, I know why I almost flunked out of college my first year and couldn't wake up, and all I wanted to do was sleep.

I remember being in a moldy building and it affected everything. I was on academic probation my first year of college because all I wanted to do was sleep, and I spent the next 30 years beating myself up, thinking I'm not smart enough.

And it was mold. Darren. I'm posit above it. It was mycotoxins. Yeah. So it's like 70% of buildings in the United States have enough mold to negatively affect the inhabitants.

And that's true too. In the UK, it's probably true all around the world, 70%. But yet the most common, source of mold is not even water damage buildings.

It's actually food. Let's talk about that, because that surprised me when I did my mycotoxins test, that I had all these molds that are found in coffee and corn and wheat.

And so tell us about that, about food. Yeah. Well, okay. So if you look back at, shelf life of bread before it was processed, it was a three day shelf life, five days at the most.

I mean, five days. You should throw it away. So then they, you know, took out the nutrients of bread and they had it just simply it was only carbohydrates.

So in 1934 they put vitamin D one in bread. And that stopped a lot of heart attacks. It actually saved a lot of people's lives. But, you know, you could still have a mold issue from a, from, grains or from food that's sitting in your refrigerator for three days.

So, I mean, there's been pandemics of toxic mold, like cinnamon Saint Elmo's fire. That's from mold toxicity. And it affected people's brain. And they went crazy.

And that's, you know, where that term comes from is, from a mold that grows in wheat. And I grew up on a commercial farm, and we raised sweet corn and, you know, like 300 acres, a summer of sweet corn.

But we would walk up and down the rows of corn, and we would knock off the, the mold that grew on it, and I forgot the name of that mold, but it would be big and black like this.

It would take up the whole year of of corn. We have to knock it down on the ground. I literally have chills. I'm envisioning you as a young boy doing this.

I literally have chills when you tell me this story and hear it. You're breathing this in. It's coming in through your skin. Yeah, it can just be overwhelming.

So the thing is, you get these mycotoxins in your body and is your body able to detoxify that out, and especially if it's just in an overwhelming amount, you know, but then you have the environmental chemicals and the heavy metals that your body has to deal with.

So I've been running a lot of lab tests too, and I every single lab test shows chemical toxicity and including roundup or glyphosate every including myself.

Everybody's got roundup in their body. So throw this all together and and stop mitochondrial function. You know. So that's why detoxing currently should be every single day for every single person.

And be absolutely priority in your in your wellness plan, right. If you're not working with a practitioner this prioritizing environmental toxin and mold toxin and parasite toxin detox, then you're going to have a really long road to recovery.

Look at just you Darren. It took you years and years and years until you finally. Oh, it's this Michael toxin. I got to detox that. Yeah. And I went to, I got a holistic cardiologist.

In Toledo, and he's fantastic. But he didn't ask about mold, and he he he prescribed nitroglycerin and prevacid for my heartburn and inability to digest food very well.

And, and I went to three other holistic, doctors and chiropractors, and it every response I heard, every, theory that I got from them, it's like, no, that doesn't make sense because my diet is so good and my lipids are so good and everything that I do, it's my profession.

I do everything right. Yeah. And it's like, but why is it worse when I work outside in the summer? Why was it horrible in August in Florida? Because it was hot and, you know, like putting these pieces together.

So doctors and when I said my landlord, my, lawyer, she was the first lawyer in Michigan to ever bring a mold lawsuit in Michigan. That was 1999. So she's the best in the in the state.

But she didn't know about mycotoxins. And she told me she goes, don't bother even going to University of Michigan Hospital because there's no doctors there that know about mold.

And I completely agree. I didn't do a survey, but why would any doctor that was conventional medical doctor study mold, right. Because they're taught in school.

Well, mold is natural. It's outside. You walk outside, you breathe in mold. Yeah, but the excessive amount in all of these, buildings can really kill, you know, kills people.

And I think a lot of people that have heart attacks, the original problem is an infection of some kind, whether it's mold or bacteria. Yeah. You know, and of course, I have no parking at all.

But yeah, I had an possible heart attack according to the EKG. So. Yeah. So now, you know, we've established in this talk how common this is, how dangerous it is.

So let's get into I know people want to know how do I find out if this is in my work, my home, the buildings that I'm in. So give us some tips on finding this.

How do we do it? Okay, so how do you find it in your building? You have to look for, water stain spots, maybe around the windows. You have to look for use your eyes and your nose maybe can smell it, but look for damaged parts of the building if your gutters aren't working right, if they're looking at the foundation on the outside of the building, maybe water is running like underneath, the brick in of the foundation.

You got to go to the attic and go to the, the basement and look for damaged, material, whether it's rotting wood, which is mold, and paint that's peeling.

I have a girl, a patient in Chicago, and real estate's pretty tight there, and she doesn't make a ton of money, but she has, a place where she lives. And three years ago, four years ago, she was a patient.

I said, you got mold in your place. You got to move out. Just move out. Well, she hasn't, and I lost track of her during Covid. And then she contacted me again very recently, and her apartment has leaked five more times because of plumbing behind the wall leaking.

And, she had a file cabinet that the mold remediation company had pulled a file cabinet away from the wall, and the wall came with it like it was stuck to the back of this file cabinet.

But now she's got cancer and now she's got a Sadie's, which is the bloating of fluid retention in her gut. And, now she's seeing a holistic M. D. that I refer her to.

But it's like if she had moved out three years ago or four years ago, she wouldn't have cancer right now. You know? So it's a matter of like being a mold detective and a water intrusion detective, because the original problem is water intrusion.

And even especially, like in bathrooms. Have you take a shower, run the sand for at least 15 minutes, use a squeegee to dry off the shower walls and, look around for black spots.

Mold. And maybe it's bad. Maybe it's under the tile. You know, maybe you can't see it. Now you can get an air filter test. You can buy that at Home Depot and Lowe's for 100 bucks.

And if you have the cash, I actually recommend that you get a professional to come in and they can, do the air capture test. And and we just did this for my office about two month, six weeks ago just to make sure, because we did it three and a half years ago when we moved in and, and he said, yeah, everything is clear.

There's a little bit of, something in a conference room, but not a big deal to fix. And so we're going to take care of that. But he but he also spotted that the ventilation system is, not equal.

So some of the rooms are hot and stagnant and other rooms are cold and the wind is blowing, right, like out of the ceiling. It's blowing too much. And then so I'm actually in one of the rooms that where the circulate is a very good

and it's a lot of heat that just kind of pours in very gently, and it gets really stuffy in those rooms.

And I'm already compromised. Right. And I'm 95% better now than what it was in 2016. But but even yesterday I had a little bit of like, you know, tightness right here and difficulty breathing.

So the air circulation needs to be correct. You've got to have enough oxygen. Low humidity below 45% better is even better if it's less than 40%. Once you get above 45% now you're drawing mold.

And even like even if you have no water intrusion, even if you have no other predisposing, mold factors, just a high humidity, you'll start growing mold inside your body or inside your house in the inside body to possibly.

And you know, people often think, well, I live in a hot environment. I live in New Mexico or Arizona or Texas or, you know, a place where it's hot all the time.

Detox, Treatment, and Nutrition Advice

But bust that myth because, there's a lot of mold in, in these very places. It's the ventilation system, the air conditioning. You got to clean. You got to be a mold detective and clean that stuff out.

Clean up the air conditioning, the filter, make sure there's no moisture in the ventilation. Ducts, and get somebody clean that out once a year and, make sure there's no humidity in there.

I mean, once I started talking about more than a YouTube channel. You can't believe the stories that people tell me. Like, one couple, builds a house and the plumber was bad.

The plumber did a bad job, and the water was leaking, and their brand new house is completely trashed because the mold grows. And then now they're going to try to sue the plumber, like, good luck, you know.

So there's a lot of a lot of factors of literally commandeering out of the multiple homes that my husband and I have purchased and sold. We've had two, immediate like plumbing, water damage problems in two of our homes.

It's so common. Yeah. So. Right. I'm in my second home right now where I'm standing for my first home I bought in oh six, and that was moldy. So I was living in a moldy house and driving to a moldy office.

And the moldy house cause constipation on months. Number five. Five months after I moved in consultation. And then on the six months, I'm losing my hair.

So I'm washing my hair. I got shampoo on my fingers, and I'm counting 25 to 30 strands of hair on my hands. And it's like, what the heck? So that took four years. I threw out the house and here you are eating perfectly, doing everything right.

And I think a big message here is you cannot eat your way out of this. Now. Cannot eat your way out of a mold, toxin in your body. You must get support with binders.

You mentioned cell core. They have, in my opinion, the best binders on the market. They're incredible. And now they even have more. I mean, they started with bio toxin binder.

Now there's even better. But you have to have a practitioner guiding you through this and helping you in step one is to remove yourself from the mold or to remove the mold from you, you know, like in your living space.

So but the other point here is that the moldy house cause constipation and hair loss, the moldy office cause heart problems, digestive, you know, inability to digest food up here, and then, circulation problems.

So different molds cause different problems in my body. Now, I've said this a million times, but if I was a lawyer or an accountant in that moldy office, I would be dead by now with very painful, miserable death.

I'd be on a bunch of drugs, you know, total disaster. And I think to even if I was like a conventional MD, I'd still be dead. Because you were able to biohacker yourself because you did so right.

Because of the profession that I'm in. Like, no, no, what's what is it cause versus a trigger versus a symptom. You know, you gotta treat the cause. And, you know, two things go away.

So just being able to process the information correctly and, and know how to think with this, with this, situation. Yeah. Well, we're going to I could talk to you all day.

We're going to wrap it here or we could go on and on, but, give us some pearls on how to treat, the human body as we close. And what do you really want people to know?

Like, what would be your message of hope? So that people watching this know that. Okay, I can do this. Okay. So basically there's two tools. One is supplements, the other one is food.

And then so we've mentioned already detoxing. And we both love cell core. And I have and so core has maybe 28 products right now. But in my office I carry about I think it was 900 different products from all these different companies.

So there's this huge arsenal of, of, supplements that are available to you now. I had two employees that previously worked in the medical field, and one was in a GI office, and I asked her just the other day, how many, how many therapies did the doctors have in that clinic?

And she said to Prilosec, Prevacid, everybody, everybody got the same diagnosis. They all got hero bowel syndrome. So you walk into a GI clinic, you're diagnosed with this, and you're given one or, or one of these two products.

And then there's a pain clinic in Ann Arbor, and there's five doctors. They're super busy and they work with two drugs. They take people off Vicodin and they put them on oxycodone or oxycodone.

That's it. Two but the point is, there's an enormous amount of supplements, and they do a wide variety of good for your body, whether it's nourishing, or detoxing or facilitating drainage.

Just the natural occurring cleansing of the organs. So, so when you. So I recommend that you, start studying this stuff and then get a hold of a really good practitioner and, what I see on social media, because I've been on YouTube now since 2013, there is an evolution and an improvement in the education and knowledge status of health care practitioners and patients, and it keeps coming up and up and now I know I follow a few people on TikTok that are contemporaries and so core, and they really hammer it hard, like, you know, in 10s, they, they, they talk about, you know, mold, parasites, toxins causing all these symptoms.

And they're like, sure, you know, a whole list of symptoms. So, it's all it's always just a matter of, finding the next answers in the free market. And the free market is so important you can't necessarily rely on doctors had to concerns unfortunately, because there are doctors on the planet who never get anybody well ever.

But yet they are still paid because they're in the insurance racket and they can spend 30 years giving drugs, drugs, drugs to treat symptoms, symptom symptoms.

And nobody gets better. Their health continues to go down. And the drugs kind of try to prop them up as they're spiraling downward. So it's a whole new way to look at the body.

You're you're working with the body. You're working with Mother Nature, and you're using supplements and diet that, that comes from Mother Nature. And then one more thing is like regarding the diet, don't be afraid of eating meat.

Meat is the most important food on the planet for human beings. There is no science that shows that meat causes

any disease. It doesn't cause cancer, heart disease.

There's absolutely no science on that whatsoever. The actually the most nutritious food for human beings is liver. And then second is red meat, and then third is white meat.

So in that order. So, don't be afraid of eating meat. I personally have been on what's called the carnivore diet now since August of 2018 and is and, you know, I've been in the nutrition field since 93, the kind of a diet for me has been the absolute best diet.

And I eat as much meat as I need or want. Every single day has been absolutely amazing. So, that I have to say that message like so. So Darren, I got to you dropped that.

So now we got to go there. You said there's no science to support that meat is bad for us. And I know that the American Heart Association would differ.

And I know that, you know, we got a whole different message coming to us on TV and in. And they're wrong. And I know you're a researcher. I mean, I know you, you will go back, back, back and look at studies and research.

So go a little deeper there. You mean you made a bold statement? There is no research that an animal diet science. Yeah. Or no science. There's a difference between research and science.

There you go. And here's a difference. It comes down to what are the steps in science. Step one is, you make an observation and step two is any form a hypothesis.

Step three I'm going to go over here is now you do a scientific experiment to determine whether or not your hypothesis is correct. Then you publish that and you let other people replicate your studies.

So most research in nutrition we're talking 95% is make an observation and then make a hypothesis. Then they stop. They stop there. And that includes epidemiology cohort studies.

These are surveys and surveys. Our opinion and they do fancy things with numbers like they'll gather up numbers from surveys and they'll do biometrics and they'll measure things.

But then they put it into an Excel spreadsheet and they manipulate the numbers and it looks like science, but they're missing this. They're missing the scientific experiment where you do something to people.

You have like a control group, and then you have an experimental group and you do something to that experimental group. If you don't do something, then it's not science or it's an opinion or a survey.

So again, it's unbelievable. I a few years ago I was I attended the meetings for the USDA Dietary Guidelines Committee because every five years they have to update the food pyramid.

And I stood there in front of this whole committee and I said, you are not looking at science. You're looking at survey. The scientific method is at least five steps, and you are stopping at step number two.

So all the universities are the standard nutrition is dieticians, the mess halls in the military, the school lunches. It's all not scientific. I sure they love you.

I don't care that they love me or not. I don't care. They're killing people. They're killing people that 91% of American men are overweight. It's because of people looking at surveys and they think they're doing science and they think they're smarter than you, but they're not.

They're stupid and they don't understand how to how to study research. Sorry. You know, I'm really glad we went down this rabbit hole. It's really important.

People who take the time to watch this interview are going to walk away with so much to think about, to research more, go find Darren on his YouTube channel.

What is your YouTube channel, Darren? How can they find you? Well, just go on YouTube and search Doctor Darren Schmidt and my channel will come up. Perfect, perfect.

Now last question because I've been looking at it this whole time. Tell me about that lard canister and the potato chip canister behind you. That's some good stuff there. Yeah.

So it says here it says Schmidt's pure cattle rendered preferred lard from Toledo, Ohio. And I'm from near that area. And, I just bought it because it has my name on it because it's lard.

Now, animal fats are healthy and they don't ever cause any disease. So we're talking lard, butter, ghee, tallow, red meat, fat. It's all healthy. So this is healthy now this one.

So this is from the the 30s or maybe earlier. Now this one's from the 50s, and it says, healthy food on the alkaline diet. The new era scientifically processed potato chips.

Now they're using vegetable oils and they're calling it scientific and they're calling it healthy, and they're trying to, replace the animal fats. And these corporations are, you know, making way more money, you know, selling junk food.

Us so anyways, they came in these tin cans and they set them up there as an example of good stuff. The evolution of our diet. This was healthy, that everybody was healthy.

You know, all of the food was organic in the 1930s, you know, and sure, there was processed food and stuff, but they didn't really explode on the market until the 1950s.

And that's her desk for that comes in. Amazing. Thank you. Darren. This has been an incredible interview. I really appreciate the work you're doing in the world and what you stand for, and that you're willing to, like, stand in front of the bullet and take it like you're like, I don't care.

I'm going to teach and I'm going to tell the truth. And your patients get well. Your protocols work. What you do for people is extraordinary. And thank you so much.

Thank you for having me on. I appreciate it. You take good care now. Okay? I.