Introduction and the survival paradox

Hello everyone! We are blessed today because not one time. But now for the second time, we're going to be speaking to Doctor Isaac. Elias. And it's a great honor.

After that first conversation we have with the truly blew my mind. So first of all, thank you for joining us again. Thank you for the opportunity to take part in such an important topic.

You know, we you you opened my mind to this concept of the survival paradox. Of course, I had poke through your book and some of the stuff we talked about last time, resonated with what I had read in your book.

But for those of the of us that are, you know, some people maybe just be listening to this for the first time and didn't hear the first talk. Do you mind just recapping, you know, what essentially is a survival paradox?

Brief intro, just so people know what they may have missed last time? Yes, of course, I'll be delighted to do it. So The Survival Paradox is the title of my book, really offers a paradigm shift of how we understand our health, but bigger than how we understand our life.

And we all know that inflammation drives, almost every chronic disease and acute diseases like the cytokine storm. But the the survival paradox takes a step back and say, if inflammation is really not the cause, inflammation is the result.

It's what happened. It's like, yeah, sale is on. So what causes the fire and what causes the fire is our innate built in, multigenerational drive to survive.

It's really why I am alive. You're alive. And this survival drive is automated. So initially we respond with the nervous system, the autonomic nervous system.

It's, you know, we can't control. It is a sympathetic system through fighting, which is inflammation and through running away. Fleeing away, which is either hiding isolation, creating a micro environment or create or getting out of the scenery.

The tissue becomes fibrotic. How do we become so these factors that are automated within us drive us from a from an astronomical nervous system within, within a fraction of a second.

You know, but if we look at it from, from the point of view biochemically, there's a protein that I've been researching for almost 30 years. Galectin three, which is a carbohydrate binding protein, which is our survival protein, which turns on within minutes.

It goes to the area was embedded field. There, the survival issue. And it drives inflammation. And over a long time it drives fibrosis. So the same thing that we are trying to do to stay alive is what actually shortens our life and what causes chronic disease.

And what we talked last time in detail is how it affects us emotionally, psychologically. So this drive which will which will, for example, translate in simple terms to stress to an unhealthy lifestyle, of course, will turn on negatively negative harmful genes.

So our epigenetic tendency, our tendency to decide what to do with our potential is driven by this survival drive. And on a multi-generational level, we'll talk a little bit more, today, it can affect our gene expression and which genes will be expressed within the pool that we came to this world with.

So that's a fundamental understanding that really goes through every aspect of our life all the way, not only to the cellular level, but to the mitochondrial level.

Yeah. And what you said last time opened my eyes because even myself, you know, I blame myself when you talk about disease in general. Everybody agrees that it's rooted in inflammation.

But we were ignoring the fact that that's one half. There's also, you know, the fibrosis like the other reaction. There's the the fight or flight. Both both things could potentially happen.

And the flight part, we don't really look at. Right. Because it's hard to it's maybe not even sensorial. You don't even know as opposed to a rash eczema flare up inflammation is there.

It's known. Right. So and to your point we don't ask why the inflammation happens. So the other thing that you touched on, which really blew my mind in our last conversation, was this concept of multi-generational healing.

Multi-generational healing and hidden scars

Because of course, on the genetic side, we have studied the epigenetic inheritance of things like trauma, you know, things that can be expressed in the next generation based on the experiences of the previous generation.

You can literally not only inherit the genes, but also the expression, the epigenetic expression. You've been talking about healing multi, multi, generationally.

What are these practices like? What are what is the actual function and how do people use them. So the first step and when I teach it in a context of a retreat, it's a transformational experience.

I had patients went through profound healing just by hearing it in the right context. The first step is realizing that what we experience right now, what you and I are experiencing right now, is a result of endless factors that comes from the present time, that comes from the past, which we can understand more right through genetic and epigenetic.

And it comes from the future. So right now our reaction, how we respond is rarely, rarely a result of the real moment. Because we are always affected by by preconceived ideas, by habits.

And these habits create a very well paved pathway habit that can be either genetic in nature. Right. And repeated in multi-generational or behaviorally.

That we learn this, this life with falls more into the epigenetic choice or pure behavioral choice. So when we understand this we can see what what can we do about it.

So the first step is the recognition and then the willingness to change it which means the willingness to change our habits. Now you said something very important about fibrosis and scar and flight.

This area of flight of these are hidden from us, right? Right. Yeah. Like under the biofilm. Does that to your sclerotic, plaque. The area of the cancer cells that suddenly the body's not in charge.

Same thing happened on a psychological level. This is toxins, pesticides, heavy metals. Right. So we need to access these areas. It's from the perspective of the body.

Actually not alive. The body no longer control them. They can be inflamed, but we don't control the movement of the inflammation. That's what happened in cancer. It's classical.

It has its own metabolism, its own existence, its own behavior. So we need to connect with it in the process of connecting with it is first, when we preparing you doing something to detoxify education process.

So the first step is the preparation. For example, if we look at detoxification as an example, I'm just picking it for now. Sure. You prepare by getting a more lighter diet, getting well hydrated and preparing what you want to get rid of, what you want to let go of.

And the bigger the bigger. Is that what we can hold, the bigger the response. And then we need to expose the areas that needs help. You know, we often try to change our health by changing our lifestyle.

And that is the proper disease is the last to go because we don't have good communication with this area. It's not responding to us as well. And that's why exposure, that's why melting the galectin three lattice formation that we talked last time, this these five pin terminals of this protein that creates a coating in a microwave environment we don't control.

We need to expose it and then we need to clean it up. So if we look at the image and it's it's one of the three last chapter in my book when I'm giving advice, it's really about healing our scars of survival, because our scars of survival can be related to what happened to us.

This life, and having actually a physical scar like from injury, from surgery, having an emotional scar, having a psychological scar, or as we all are aware of, multi-generational scars, trauma that have been carried on the epigenetic level and trauma that created the genetic change that now is being carried on.

And it's a combination. So when we address it, addressing the physical scar is actually easier. You know, in the clinic we simply take walk in with an anesthetic and we numb a scar.

That can be the 30 or 40 years for 45 minutes. And I had some homeopathic skin. And what usually see is the scar gets smaller, gets first inflamed and then gets smaller, gets smaller in 100% of the people, practically 100%.

Some will go smaller, but only 1,015%, so some by 60%. But whatever gets smaller will never come back. How is this possible? Because the body, the area, got numb.

It's stopped signaling to the brain that something is wrong. If you look at this from a multi-generational within our body, the scar, what we are doing, we are stopping a flow from that body to the tissue, which is the sensory input into the brain.

Right. That happened since we've got the skull sometimes 30, 40 years, and now we can realign. So that's what happened on a multigenerational level. So when we deal with skull like traumas, then what happens?

Our response becomes different when we are driven by trauma, by stress, by survival, we respond with the survival drive, which our definition for time is going to be damaging when we release.

When the brain forgets this, for example, it has a chance to start fresh. So once we can stop this flow of information from the past and we can allow ourselves to realign, and the question is how do we do it best.

We do it best by being really open by but by having no rigid plan, by letting go of our habits, any habits, if we want to change our health, if we have a certain very chronic health issues, in order to change it, we have to change what created it.

Say hi. We love to get this and the healing for us. It's habit. It's eating habits and sleeping habits and behavioral habits and thinking habits. So the more we are open, the more we create flexibility, you know, way of thinking in our tolerance to new ideas, to new concepts, to the ultimate level, when when we don't hold to concepts at all, then we have the room for change to happen.

So we help it on a very simple level by blocking the survival protein galectin three. That's why you see such amazing research on the soul. But on the deeper level we see it's an amazing journey.

You know, it's it's I know last time where I shared my story, the doing the book in the same chapter about my, my

grandfather's trauma with the Holocaust. Right.

Oh, he died from stomach cancer. And, and how I let go of it, and it changed me. Any change? My mother didn't know it. I'm doing it. This is. That's an example.

It can happen to all of us all the time. So the idea is to create a fresh flexibility. And when we are flexible, our organs become flexible, our circulations become flowing, and the cell knows that it's not under stress.

And when the cell is not under stress, it can produce energy in an efficient, peaceful way which which doesn't produce byproducts. And that's what. And when this happens, we've got normal mitochondrial function.

We go to a stress response. Then our energy production shifts. And that's when we that's when we get into trouble. So you I mean, you said in there a key thing that people have to be willing to make changes for things that are new and novel.

So it's uncomfortable to, first of all, believe in stuff that you are having previously been exposed to. A lot of people learn experientially, like they need to actually go through it to believe it's real.

Like you can't just read it or theorize it. I need to feel it, experience it, then, okay. Yeah, maybe this is true. So and I bring that up because in the very beginning of what you were saying, you mentioned that not only can epigenetic or, you know, multi-generational pain or problems come from the past, but it can also come from the future, you know, and this is a concept that some people may not even be able to wrap their head around.

The funny thing is that current science in physics says the same thing, right? Yeah. Right. So yeah, this is why it's so fun for me because I've been I've been living it for years.

And then comes science and supports it. But all of that experience it. You know, we often go to something that happened in the past and write well on it.

And if we look at our life experience, we are not living in the moment. We are living the past. Yeah, right. And it's so common, right? I mean, it's how psychotherapy is making a living.

You know what's up, right? So we go, we try to change something that's already happened. Well, if we are right now living 20 years earlier and we keep the same habit 20 years from now, the energy going backward is going to come to this moment.

So what we are doing now is effective but our mind projecting backward. Right. Yeah. But that is simple. Explanation. The more complex it is that there are so many people related to us that we know and we don't know, I mean, you know, it so well from all the genetic testing and the cousins, we find like.

Right, all of them could be driving a certain trauma, a certain illness, a certain trait from three generation ago, ten generation ago, 50 generations go 100 generations ago.

If it if it happened as far as a hundred generation, which by the way is an infinite number of beyond. But it has been repeated genetically passed on and epigenetic and hence you get a very strong highway.

You know, when you drive for people who are listening, watching and the highway is very nice and very solid, it will last for a long time compared to a dirt road.

Right. So have well paved multi-generational habit. It will last for many, many, many, many generations. But within this generation different people split and we no longer know they are related to us and their whole holding this pattern.

So when we change and if it's profound enough and if we can hold the interdependence between us and others, everyone changes that little bit of the story that I told and we can feel it.

We are in a room with somebody that is really happy and radiating. Everybody gets happy, know I invite you experience I experience. It's it's it's not it's nonverbal.

So that's the power of the multi-generational healing.

Mitochondria, stress, and survival mode

And we do it when we get out of our head and into our heart. But the basic is we need to flow in as long as we are stuck, as long as we are fibrotic, as long as we are isolated, which is a survival trait.

And that's why physically galectin three can be so, so harmful. As long as you are stuck, it really can't express itself. So it's all about melting and turning the ice into water, you know?

And you would you mentioned, you just touched on the mitochondrial health as an outcome of sort of multi generational epigenetic expression. So are you suggesting that my current, my conjugal function is a byproduct of my ancestors epigenetic expression that I have inherited.

Is that what you're saying? Yes. But also your your own epigenetic doing this life. You know which genes decided to definitely. We know that when we go into survival mode okay.

Which again for people isn't it. Don't think it's something esoteric. Every time we are stressed about something, we are in a survival mode. Yeah. Now we have the opportunity to turn it off with a deep breath.

If it's not very deep, but simply put on a survival mode on a chronic basis, what happens? The system gets a signal and then what happens? Is it our macrophage, our immune cells that are actually swallowing, you know, bacteria, our cancer cells, these cells actually who are outside in the extracellular matrix between the cells turn inflammatory when they turn inflammatory they excrete galectin three and it blocks insulin receptors.

The cell no longer can use glucose in a relaxed way. What is the relaxed way? It's slow, but very efficient. 36 molecules of ATP for one glucose. We're going to survival mode.

We can produce energy 100 times faster. That's what happens when we fight or we run away. But only two molecules of ATP for one molecule of glucose and a lot of lactic acid and toxic byproducts.

How does this happen? This survival mechanism blocks in the insulin receptors being block. Oh, the genes that protected the cell from turning into a cancer cells gets blocked. The p53 growth in this gene.

Right. Suddenly the cell changes metabolism, right? I mean, people in the old field, in this field, in this are very aware of the mTOR one, you know, the one that helps to shut down the mitochondria.

Well, if it's really also driven and it drives something called hypoxia inducing factor. There is no air. When survival we can't breathe. It's shuts down the mitochondria through an enzyme called PDK who blocks PD, Aids and then here we are always damaging damaging metabolism that affects diabetes.

It affects a chronic infection that affects cancer, etc.. So our journey is a journey of coming back to a more evolved, balanced way. So for example, you know, let's take cancer.

We didn't talk a lot about cancer. Less than one. One approach to cancer is to try to kill cancer, right? You have to kill all of it or to turn the immune system against the cancer.

But then the the inflammation is the inflammation. The immune treatment don't work well. That's why if someone is elevated galectin three, the immunotherapy doesn't work.

But the other the other possibilities to take a cancer cell and try to make it less aggressive, try to re differentiate and re differentiate by giving certain nutrients.

It allows the cell to function normally. So for example, there are some studies that people who take metformin as a drug respond better to cancer treatment.

Berberine for no cure, which is something that I really brought to the forefront. Victor, all we can see that the modified T to speak, you know, a multicenter trial, people have recurrent prostate cancer.

The prostate was was actually taken out and the cancer is coming back. You give them a galectin three blocker and they overcome the cancer. It's not it's an effective prospecting kill the cancer.

It allows the body to take care of the cancer. So what happens. We are allowing the cell to re differentiate. So that's an approach to life. The thing we are going to now go from running like crazy, from high friction, from inflammation, we're going to get take us more time to differentiate it.

So on the cell it's a cell that is better defined. The better knows its role when it's supposed to be alive and when it's supposed to let go and die. But it also means we take the time to know what we really want to do, right?

Yeah, this is the beauty of it. And that's really why I take my time talking on, on, on summit. It's not about giving a supplement. It's about people opening their eyes, their heart and realizing, wow, anything and everything is possible.

Because when we slow down, when we allow ourselves to better define who we are, what we want to do, what drives us, and then when we connect our heart, we connect with it to this endless infinite flow of healing through the breath is connected to the universe all the time.

When we go into survival mode, we naturally think we are the angry and we upset. We need to run away. We need to figure out how to do it well in our head.

It's a losing proposition because it's us against somebody else. There's no unity when we are in our head. When we are in a heart, we connect with this flow.

We connect with this electromagnetic field of the heart that has this opened the doors to our infinite healing potential. When we are there, our genes we line up is the optimal way because everybody wants to survive, right?

We all agree to survive by using a fight flight response, which is devastating. Or we can survive by connecting with the bigger self. And that's maybe what we do when we connect with our heart.

That's when we do, when we miss the isolation. So if it's a biofilm that makes the microbe work better, or we melt the galectin three lattice information by using, modified it, respecting it all comes to the same place.

And then intracellular link with support with supplements that can that can help can help to to reactivate a Ampk and shut down them to one so the cell can take oxygen in.

Why we don't take I think oxygen know because you think. Yeah, you know, why a tissue it doesn't take we we actually breathing. It's not like we didn't breathe. Would be dead.

Something in the metabolism of the cell is not working well either. The area itself, the whole tissue is inflamed and acidic and hemoglobin just can't release the oxygen or the receptors in the cell don't allow the cell to recognize it.

Everything is okay. Actually. First step is to take a deep breath and to really and to really just just let go. In order to strengthen ourself, we need to first let go and create space and the beauty and the optimistic message of on the feet is it.

Now we live in, we live in an age which is very very inflamed with, with a crazy pace of life as we all know. Right. And we when we expect to answer other people's text in a millisecond.

So we are in an inflamed and inflamed space. But the good news we all the life I always if you took a Yogi from the Himalayas, the kind of people I treated, where I would drive with the car and there was no electricity, no roads for days to treat somebody, and we bring them and put them in Manhattan next to us.

To me, they'll be dead in five minutes. They will not be able to handle the stress on the system because they don't have the receptors. We have them. We adapted.

And that's why when we take time off, it doesn't have to be a lot because it's so dramatic. If we just disconnect our phone for three, four days, go to a place of which is quiet, it's amazing the creativity and what happens to us.

I know what I'm on experience, while 20 years ago I would have to go to the mountains for 4 or 5 months, you know, and this to get to the same experience.

So that's the advantage. Our adaptability, which is survival driven. It can be really devastating if we fall into this pettiness and inflammation, but also allow us to open the door to this vast healing potential.

And the mitochondrial function then becomes a reflection of, yeah, that's so eloquently said, because there's a couple things in there that were moments for me.

And one was that the sensitivity of how we communicate to ourselves, right. We we understand communication to others. And if you think about it, a subtle movement or a subtle change in expression, the person knows what you're communicating.

Right? And that's how receptive we are. Your mitochondria is constantly trying to understand what is the threat, right? What's next? And if you are in a thought emotion, you know, physical state of being threatened, you know, that fight mode, then that's what your body prepares for.

So how do you heal if you aren't telling your cells it's healing time and the way you put that, you know, it's something that we kind of intuitively think about, but we don't practically lay out as a strategy.

Like healing starts with even believing you're in a healing state. Otherwise, if you're going in there in a fight state, that's what your cells are doing.

They're not opening up the things they need to open up to heal. Another thing you said, which really opened my eyes, was again, something that we know what you just said is all life only, which is cancer as we know it.

The threat level is based on the tools we use, right? So when you go to your oncologist or even the family MD, the level to which you're suffering this condition, how bad that is, is determined by what tools they have to fight it.

And what you're saying is there's a whole other set of tools that alter this reality of you have stage one, two, three, four, and this is what this means for you.

It that's what it means for you based on that knowledge and that toolkit to do to go deal with it. You're saying there's so many other tools that maybe you need somebody like yourself or some other specialist to work with you on it.

Cancer, prognosis, and creating space for healing

That takes this level red threat and brings it down to like a green or blue, because all of a sudden, yeah, we've dealt with that before. And here's the strategy that works. Right.

You know, it's really it's so interesting if you bring it up in this way. Because, you know, I spent this is my specialty integrative anthology for decades.

So you can use the same conventional methods. You know, that the effected many, many times. But the perspective of how to use it right is very different, because one of the things that happens is if we talk to people, we

talk specifically to people with cancer, people who have family in the audience, who had family with cancer.

They will tell you the patient will tell you. The moment I was diagnosed, my whole life changed. What was important for me a moment before the diagnosis becomes completely irrelevant. Somebody where to get a job promotion or buy a new car.

It's completely out of the window. They want to stay alive in this opening, this shift in priorities is a huge, gigantic healing opportunity to redefine ourself and what you do.

You go to the doctor, and the doctor very quickly sets one set of fears and habit with another set. Yeah, they give you a prognosis. They send you to this city.

Now the doctor sees certain cancer. They know. I mean, you know, there is this is a joke actually about the this this very famous race is waiting in line to heaven.

And, you know, in Saint Peter, let him wait. And suddenly you see this doctor coming in with the status quo straight in Italy. Listen, I'm such a famous priest.

How come this, this doctor went in? He says, listen, you don't understand. It's God. He thinks he's an oncologist, you know. So it's this, this, this idea.

And, you know, of course it is a joke with the idea is that we often when we treat people. Yeah. Don't recognize the power of the word. You know, I was just teaching a meditation, healing a, a one day, half a day to to to to to my staff, to my research stuff.

And, and we were talking and mentioning that patient can come to the room to find out for me that the, the content of a stage for. But they come out of the room more optimistic and happier.

Right. Then when they came in, before they got the quote unquote bad news because you created a set of opportunities and space for them. So our, our job as a healers, you know, as a healers is, is, is to create space for our patients to change.

And as in this patient and we all patients I mean it depends on the day and and this patients. We have to be open to the concept that everything is possible.

So for different ecologies the first thing is don't bind yourself to a prognosis. Right. And always choices at any moment. It's deathbeds are choices.

How are you going to die. And some people turn around when they really let go. So this, this, this ability to transform, which is so clear at the time, it with issues like cancer is actually a tool we use every breath of our life, every day of our we always have a choice.

And the result is this ongoing optimism. Yeah, I know, it's, you know, people, people who know me, they often say, why are you so optimistic? We know how many things on your plate.

You know how many things you can weigh. But I say, you know, I don't control what's coming to me, but I can truly control my response. I can be I can be reactive, I can be, I will understand it, understand it's all changeable and just open my heart to it, to myself, to others.

And that's when gene expression changes. That's when healing changes. But it's the body needs to work as one unit, so we need to dissolve the blockages.

If they are galectin three do even if they are heavy metal driven, if they are pesticide, even if they are trauma driven, if they are judgment driven, you know, and then some people are very lucky.

They have an amazing gene baseline, you know, and then so they they get more of his flak. And some people come into this world with less of a good start.

They have to work harder. But we do have the choice to change the, the expression, you know, and that's, that's an that's really cool. Yeah. I think, when you said something in there that was beautiful, which is the people wish they had a different reality.

But the truth is your reaction is your reality, right? So it's your choice to react how you want. Everybody has challenges. And obviously, God forbid, something like cancer falls upon you, but the reaction is your reality.

The outcome is based on how you approach it. Because down to the cellular level, it's not just attitude, it's attitude getting right down to the cellular level and what you're telling your body to prepare for.

So, you know, you talked about, mitochondrial function being an outcome of epigenetic, sort of phenomenon. And inheritable inherited trauma can affect how you live today.

So all of what we talked about, you see bodily function and health from a very unique lens. And we know when people look across time lines to find healthy, I mean, they're looking at in the moment, they don't even look at the yesterday.

Right. So so then I'm assuming the solutions are also equally unique. So what do you tell somebody when you see mitochondrial function you think is a epigenetic problem that may be inherited?

It's not hey go take this up. When like what what do you actually what do you do for that to prepare that person? You know, so it really comes to what we use a principle we discuss and the tools are different.

So we have to create space for change. You know, we can't force change. We need to create space for change. So in this sense, detoxification and letting go what is detoxification is we I think we talked last time, but if not we detoxify most of our life every time we exhale, you know, the lungs, if we paralyze the muscles of the chest, the lungs will collapse because our tendency of the lungs to exhale, to let go and selection is twice as long as inhalation.

So we're in the process of detoxification all the time of letting go. But we want to do it more consciously when we want to change things. So the letting go is a process that first we need to create space.

It's a great time. We need to carve time in our life for the process, and often it's done in a concentrated way for a few days, a few weeks, and then we want to see what do we need, what can we change?

So, for example, when the patient come, let's say a cancer patient has come in, the family tells me, you know this person, they smoke and they don't eat healthy and they don't sleep and they're stressed.

It's so terrible. I tell them, My God, goodness, you couldn't give me better news. You know so much that can change. You know? So we need to create the change.

And within it we have to recognize what we can do and what we are kind of bombarded with. And unfortunately, we are bombarded with a toxic environment.

You know, the reflection on all of the imbalances in our microbiome, which is really the relation between the different community in the gut, in ourselves, the relationship between our cells, the pesticide, which are such a huge issue that have been accumulating every year after year after year, especially glyphosate, the, you know, mitochondrial function, they change the gut lining, they affect our brain.

So we need to be able to clean these things through cleansing and supplements, to proper hydration, through a different treatment. And then we create a space for nourishment.

So a lot of my work is in this field. You know, if, if I'm using a more effective perspective just as a supplement, if I use acupuncture and injection and healing and but if you look at my treatment strategy, there's always first of all you create space.

And for example, I specialize I'm what the the bigger phrase is. This company is defined as a disruptor, on on a global scale in my work in therapeutic apheresis, in using filtration of the plasma to treat diseases that have not been treated.

I think I mentioned to you, and since we talk, my grant is formally active now, and I'm the ability to pool galectin three through the plasma to treat sepsis and sepsis and kidney injury.

You know, this is a this is a condition that kills 11 million people a year in all over the world. The idea is that we are removing the survivor protein and allowing the body to recalibrate.

And the reason why I got the second grant from the NIH, which is a very large grant, is because I showed in my first grant that indeed, galectin three comes before cytokines, before interleukin six.

So in our work, you're just an example. We want to create this space. So we create this space by cleaning toxins by clearing heavy metals. And and it's really interesting that motivated inspections, incredible binding of heavy metals.

We published so many papers on the ability to remove mercury and lead and cadmium and uranium. You know, it binds any positively charged. So we create this space.

And then once you create this space, then you can create an ocean. So you can tweak the highways. For example, we block in to what if it's a Nokia or berberine or when you when there's the drug or diet we go in intermittent fasting.

Why then why is intermittent fasting so good? Because we give a celebrate what is intermittent. We give a digestion a break. We are not trying to process.

We don't process physically. We also don't process as much mentally asleep out of it. And we create a space for for autophagy, for cleanup, for regulating our system.

Again, you can see how it's happening on a cellular level, right? Yeah. And then we can restart the body. We nourishment. And that's where you need to have the right minerals and the right co-factors the right vitamins and very important hydration.

So many people are, dehydrated in what is water. Water is what glues us together. Water is what creates communication between the cell through the blood, through the interstitial fluid.

When we don't communicate, there is isolation. When there is dryness, you get inflammation, you get heat, and then you get degradation of the tissue. So when we go through these principles, there is a basic principle, but the tools are endless.

Now the trick is the more refined the understanding of the patient, of the individual, and the more refined the understanding of the health provider healer who is taking the same journey.

We are on the same journey, just the healer a little bit supports the patient and one day it can be the other way around. When we support it, then the less bombastic tools we need.

So for example, in my practice, yeah, people with lying for therapeutic or for reasons and specialized and no treatment, but I often tell them it's a healing session.

They do prior to this with the acupuncture, with the trigger injection, with healing, with feeling, with with tuning into

the journey and guiding it. That is really what makes the healing happen, you know?

So it's about integrating all of this. And in this sense, it makes life amazing. You know, every day is just amazing. It said, would you say that your approach is the same for healing this, those multigenerational scars, because you're talking about what you call Andrea.

But it sounds to me like that creating that safe space and everything you're talking about would apply there also.

Detoxification, galectin-3, and practical protocols

Yes, yes. And often, you know, often as you because my insight is not born. I wasn't born with insight. And my insight is, is like a side effect, a result of my meditation practice.

So there will be different power to it. But in my insight I can often see this. But then the process is just the letting go. The moment the person let's go.

It comes to the moment and regardless of what the experience is, for us to experience the moment in a genuine, fresh way, we have to let go of the older generation, right?

Because we're really not in not experiencing, the present time. So what happened usually in my therapeutic strategy, I try to do this and then the phrases will peel off, you know, we clean everything the let's go.

So from a supplement of you or point of view, you take you take what is, I think respecting you look at the pictures or research. Why is it happening helping so many condition but more important, why is modified so to speak, the synergistic in cancer for example with radiation therapy, with chemotherapy.

Why galectin three disrupts immunotherapy, all these different treatments. Why is it relevant to chronic kidney disease, to acute kidney disease? Because the problematic area is isolated.

So what you do when you meld galectin three, you open the area, you allow the change, the possibility to happen. But we reduce and block the harmful survival response.

And that's why addressing galectin three is a base on top of which you can use any treatment, or you can integrate with any treatment. That's why last time I told you it is so relevant to the topic of the summit because it's sitting on this basic level.

We're not talking about any inflammatory response of the moment. Survival is what drives us. Our journey in life. Our spiritual journey in life is to free our survival.

I'm balanced survival response to turn reactivity, which is a automatic response to a threat into responsiveness where whatever comes the response is open heart, love and compassion and healing to our self and others.

Now we all get lost in survival. I get lost in survival. You get lost in survival. Anyone we know, but we all have the birthright moment to connect with this, with this depth in.

As you know what, if you people who are like Judeo Christian, they will say, you know, we're born in the image of God, you know, the divine within us.

This, this infinite openness. And that's when healing happens, that's when amazing things happen. And that's why one of my favorite saying is, is not everyone is going to be a miracle, but anyone can be a miracle because the moment we are in this place, we are no longer our response, our reaction are no longer an automatic reaction to a set of facts.

Genetic, epigenetic. Then anything and everything is, is, is, is possible. And then the moment we try to manipulate it. Yeah. Go on. So the real secret of healing and a lot of my, you know, Asian in Malay and I don't I try not to use in

geopolitical countries because it has all in different countries, by the Malaysian masters, I allow to be they often told me, Isaac, you really can teach. You know what you discovered.

But I'm I'm a stubborn Jewish Israeli. I don't accept I see to it is my right. There is a way to guide, to give a direction to that which is no direction.

There is a way to create a change in time from a place which is timeless. But that's what I call absolute healing, open health medicine. That's where we can wipe out our genetic and epigenetic tendencies, but we know it even of the level of compounds.

For example, dam, which is often used for breast health. You change the pathological expression of of the bracketing by right. It will reduce a mutation by increasing the expression of the normal gene.

So here you are with something which is so genetic predominant, you take the right supplements suddenly that it may never get to a clinical stage of happening as age 40.

It will happen. It's age 70 or 80. So I want to bring it all the time to the physical level, but not to if it will get lost in the physical level because there is such a tendency that's why I really enjoy talking to you, because I talk to a few more people from your field.

Well, and these are more of a techie purist, you know. Right. So everything becomes very logical. Yeah. That makes a lot of sense. And logical is a straight line.

And our life is multi-dimensional. Yeah for sure. Yeah. You know, you if you can figure it out I, I've a lot of patents, a lot of inventions. You know, I know how to think, you know, creatively.

But the real breakthroughs I make in my life, in helping others is when I drop the conceptual process. Yeah. What I call the state of wisdom that all of us have, you know, all of us, all of us have it in the same way.

We just have to be reconnected to it. So what we talked about today is the detox process, the blockage of galectin three, the change of lifestyle. The more we see it in this big context, the more amazing things happen.

And then once you start getting into and things like start happening, which are like, wow, you can't afford not to be in tune anymore because you're making disaster.

You know, life really starts moving in a different way. And this is a potential that every living being has. And that's really the gift of healing. And often it's a disease in a crisis that drives us into looking for it.

For me personally, it was a patient that was born like this. People will say from past life doesn't matter why. Since I was a kid, that was like seven, it wasn't like this.

I was looking at this stuff, you know, but it's my journey. Other people have to have a crisis to do this, right. It my exploration for this was an expression of traumas and difficulties of past generations, you know, and when you say that just makes me think, you're talking about sort of being ill or not ill.

The supplements are you talk about that sort of, as you say, melt the like 10,000 ways, or that the micro environment has opened up and healing can happen.

Are they only recommended therapeutically, like in the disease state, or can they be used like preventatively to just maintain it's perfect. The soul is the most important supplement someone can take it.

I know lightly. You know, I have a lot of research to, in my, you know, decades of career. And if you look at my health programs for patient 20 or 30 years ago, I didn't always recommend pick this one.

But now we got to address galectin three. We know you are escalating three. It's going to have a positive effect on

your health regardless of your age, regardless of, you know, it makes a lot of sense.

It's just good to know that you don't have to wait to get sick and react. But it's something that is so powerful, but also so safe that you can start any time and just sort of maintain your optimal health.

It's actually more effective respecting this sophisticated fiber made from the peel of the citrus fruit, right? The most natural thing you can take, you know, that's amazing.

And so does somebody need a clinician to get some or can they, for example, can they go to the or what your website or where where would that. Yeah yeah I mean the picked up soul is, is a lot of people have taken a what we call the about about science journey, you know, in my work because my teachers picked me as a generic name.

So it's basically picked the. So it is now close to 80 published papers. Yeah. So yeah, it's available if you can do genetics you can find on my, on my website.

Doctor, we like the, and really, you know, I finally wrote my first book, Survival Paradox. And with the help of my, wonderful daughter, Nikki, who is an ordained wood Islam.

I'm an amazing editor. She edited it for almost two years. And the book really takes people through this healing journey. They it offers a philosophical tools, and then it offers 80 pages of protocols, but you don't get the protocols until you go through the journey, you know, and you really, really understand.

And it's really, I really feel is like an offering of this. You know, I started my journey at healing when I was 15, so almost 50 years. That's amazing.

So literally, you've taken your life's work, put it into this book. Yeah. Anyone that's inspired today should go look for the survival paradox. I've been through it myself.

I mean, I was lucky enough that I got a copy from you, and it's. I, I, I don't I read a lot of small articles, publications, trying to keep up, diving through a book like yours where you just can't put it down.

It doesn't happen often for me, but it was it was awesome. Thank you. Yeah. So I wanted to thank you for taking the time a second time. And, you know, we I would just rather there's more we need to discuss.

We had you back. And thank you so much for coming again. This was awesome. I'm sure you're going to change a lot of lives. And it was great that you're able to join us again.

Thank you, thank you, thank you for having me.