Introduction and Todd Watts' Background

Welcome, everyone, to the Mycotoxins and Chronic Illness Summit. I'm doctor Christine Schaffner, and today my guest is my dear friend and colleague, Doctor Todd Watts.

And we're going to be talking about the role that mycotoxins have on the mitochondria, as well as the importance of drainage and recovering from chronic illness.

So welcome, Doctor Todd. It's really an honor to get to interview you. Thanks for having me on. I always appreciate, our discussions and how much I learn from you, too.

And and how we can move forward to help everybody that we're trying to help. Oh, well, thank you. And I know, you speak from experience, right? You've had a personal story that you've often shared.

You've been a doctor treating patients that we're talking to today, and then you've developed an incredible company that really, on a larger scale, is able to impact patients and recovering their health, and who've been struggling with mycotoxins and chronic illness.

And so as we dive, you know, into the conversation, I would just maybe love to hear just a few, you know, words from you people are still new to you and your work of really what led you to be, so passionate about helping these patients?

Well, I think goes back to my own journey so it doesn't aid, I, went through the the economic crash that everybody did, and I was having some different, you know, health issues.

You know, you hit 40, you know, you start getting arthritis symptoms, and these start getting, you know, just a variety of issues. I had a lot of allergy issues and headaches at times and, go to that stress seemed to really ignite a lot of my health issues, which which went down to, finding out that I had Lyme.

The easier, pretty bad. And, and as I was addressing those issues through my, my life journey into my 40s, having just severe fatigue and a lot of, you know, memory recall issues and, and, joint pain all over the place fishing my hands for quite a bit.

Low back, severe back pain. And going through lots of therapies that didn't really work. Protocols, I could I got a lot of things that helped the process.

I'm taking a lot of the products that we utilize today and have made it and work with doctors on, that really help with my line and my the desire and whatnot.

But I miss something was missing because the just I had some remaining issues. And that's the, the headaches, migraines, which was exposure to dairy, which then, you know, created the headaches and then the allergy, seasonal allergies, which were horrible for me and then my fatigue.

And so I've gone down that road. I learned about parasites, and the role that parasites play in doing deep dives into that. Now, I educate quite a bit with support on parasites in importance in immune function and immune regulate regulation.

With that, and then and so as I went to school back in the 2001, 2009, I went back to get my doctorate in chiropractic. And, knowing that I wasn't going to do a traditional chiropractic business, but I wanted to do things that are more internally based due to my my allergies.

My family all had eczema, my kids, my wife I didn't, but, they all had that, which was the parasite issue. And and then just for my own self, like, I was surviving life, not thriving in life.

And you know, that just just make. Oh, just just it's just aging like a 40 and, now here, I'll be a C in September. I'm 54.

How Mycotoxins Damage Mitochondria

So, like, you know, I've had been in my 50s has been so much better being recovered and going through this and then coming out of school, 45, working with a lot of people line and then, you know, and then the parasite realm and then learning about mycotoxins and educating tremendously about mycotoxins and mycotoxins illness with a lot of practitioners, creating protocols that have really works from like, seen before and after labs and with products that we've developed, it's just been awesome.

So that's been my journey is is now get my life back feeling amazing at 54. And then also, you know, running a company with 130 team members plus my clinic and, just having a, you know, a passion for helping those that, have chronic illness.

Great product for those. Yeah. Well, I thank you so much for sharing that story, and I, I love it. You're reverse aging right now. You feel better now than you did.

Then and I and I think that's such an important message, because when people are struggling with this, you know, when they have the brain fog and then joint pain and, you know, some people start to think, am I ever going to recover?

Is my body damaged? Am I going to be able to heal? And so you paint the picture, right of hope and you know what's possible, which is, really wonderful.

And, you know, your journey and then your product development, you know, you have a lot of information to share. And we wanted to focus today, especially on the role, mycotoxins and how they impact the mitochondria.

So, let's just start there and dive in. Because this is the mega toxin summit. You know, most people have an understanding and we do have lectures on this, really what mycotoxins are.

So you don't have to do too much of an introduction to that. But really, how do mycotoxins affect the mitochondria. So this discusses mitochondria a little bit.

We've heard that word. It's the it's the power right. The generator of the body or the cells. And so when you really look at it, it's not only does it do that, but it also doesn't mean modulation.

It's the is the ATP is the cytokine or the signaling molecule that goes out, out of the cell and then tells the system, hey, there's something going on here.

It's one of the things that really helps. So it's either utilized to do enzymatic processes and fuel energy, energetic processes through the body, to build enzymes and, and allow enzymes to work to build neurotransmitters, hormones, and or just regenerate the body and have organ function.

Or it's designed to help the immune system, which is why when people get sick in the wintertime, they feel tired because their body is now using that energy to actually signal, say, hey, there's something going on, let's take care of this, this, let's clear this stuff out.

So, the the impact of mycotoxins, as we know, create a lot of oxidative stress and oxidative stress to the mitochondria is is very important because then it down regulates its abilities to do what it needs to.

And it creates a lot of destruction. And when you look at that standpoint of, okay, one of the things that it does is it down regulates the Nrf2 pathway, like, well, what does that mean?

Well, we know it helps control the enzymes in the mitochondria that take this free radical. This you know, that's

oxidative stress and convert it to water.

And if we don't convert to water then it's in a even in a worse form of free radicals, either free radical or superoxide, which means oxygen attaches to it.

And it's converted hydrogen peroxide. It can be converted to hydroxy iron. These things are very damaging to cells, to the membranes and to the DNA. So the goal is to convert to water, which then helps us to be a healthy body.

And the other thing it does is it helps create this, what we call a real quick respiration meaning or, we make an energy by using oxygen so people can maybe relate better to like, hey, I jog, I can jog a lot further and a lot longer before I need to take a break because I have oxygen coming in and I'm not utilizing it all up where anaerobic respiration is more of that sprint, and then you're worn out, and then you start to go into lactic acid.

So what will happen with mycotoxins? Illness is downregulated mitochondria which pushes the molecules over to create really lactic acid. And then then people you even worse.

And that creates the toxin environment for the whole body in a sluggish environment for the whole body. And then it's really hard to have the lymphatic movement and the health that each cell needs.

And when you really evaluate the organs and the cells, how many mitochondria do they have and how important is am I a conduit to these areas? Let's look at your muscles typically are 500 maybe 10,000 mitochondria.

Purcell. It's Purcell. Liver is going to be around 2000. Really important. The heart's about 5000, up to 5000, and the brain is 10,000. So your nervous system requires a huge amount of energy.

And when you down regulate its ability to do that, then the function of everything goes down. So it's very vital to have optimal recovery and health by upregulate mitochondrial function, which is what, you know.

Unfortunately, micro tonic toxins inhibit. There's parts of your brain that even have, 2 million mitochondria in cell. That's incredible. So, the role it plays in an immune system function as well as in being able to actually do all metabolism within the body is essential.

And then when you look at that point of coming in and saying, okay, hey, I need my liver to get rid of toxins, well, it needs energy. And you know, this, these processes can't work without having that ATP molecule and without having charge particles which help to to move those processes through.

So that's that's what we're looking at. That was a really great explanation. And you can see how you can feel really bad really quickly. Right. When you're struggling with like, a toxin.

As and, you know, one of the things that I think, I've talked a little bit in a couple other conversations, which I'm really so happy that, so core, you know, has this philosophy to and I'm, I'm learning how to integrate this more and more into my protocols is that, you know, when I was getting trained, we used to think, okay, you clean up, you know, get rid of the micro toxins or the co-infections and all of this.

And then the energy comes back, the mitochondria recover and, you know, I know that you all are very big believers of, of like, let's get more energy in the system so the body can do the work to heal and repair and get rid of the micro toxins.

So can you just please share like, your strategy and philosophy of like how to handle like all of, all of this work that needs to be done with the body and, you know, really your first step.

So the first step in our process, the roadmap to health and so far has created is really this one energy mitochondria function and drainage.

Drainage, Detox, and Mitochondrial Support

And so the the first step to detoxification is being sure you can go to the bathroom the next in the next part of it is, is being able to be sure that bile flows moving and then that liver, the liver processes are working properly.

So phase one to any of the phase three or transportation of bile into the bowels that can then empty out. And then from there the lymphatic flow that goes down into the kidney, the kidneys or the liver.

And then you have, you know, cleaning those, those tissues and organs out through the lymph attics and, you know, going up to then more into cells. So to be able to get all that stuff to drain and clean out is to open up the processes, because otherwise it just creates a backup and then more toxicity in more reactions that people are having.

So we start with the process of of really phenomenal binder like the bio toxin binder and carboxy, the that has so much energy to help to clear out these toxins.

That could be we could be being exposed to in the bowels, but also more systemically. You know, we had a lot of great results clinically, were seen before and after labs just on the, on the binder itself.

And how big a difference that's made. And then you throw in the charged particles. So then our minerals that are that, have polysaccharides and electrolytes and parts to it that are very beneficial to upregulate the body's own function, to detoxify.

So, one is in the mitochondria, you need three main things to help the process of binding these free radicals. Oxygen. We need electrons and we need protons, which are hydrogen ions.

So but but in the mitochondria part of it, that those are all necessary particles that that, really is the central part of what life is. So if we can get those particles rays and elevated, then all those reactions and oxidative stress can reduce in the mitochondria, which then everything else starts to work better in the liver.

For example, phase one liberty location is the cytochrome P450 enzyme. But when you break that down, what that process is, there's multiple reactions that occur there.

And in every one of those reactions either has an electron or proton or an oxygen molecule that's required for it to happen. So you start getting the body what it really needs, breaking it now, it's a really the basic atomic level.

What what we need out of our nutrients at a high level of, energy, then it really makes a massive difference on how people can recover and how quickly they can recover.

Yeah. Yeah. No that's a great point. And I being a natural path right. I definitely appreciate. And you know the role of drainage and supporting the lymphatic system is foundational.

And and you know you guys have done a great job educating the community as well as I feel like that's getting more and more well known. But still it can be messy, right.

And people try to either kill, you know, pathogens or, you know, I moved too much mycotoxins out of the body before the body's ready. And that is never fun, you know, to walk a patient through that.

So I think it's really, really important to not forget the foundation. And as, you know, I'm just curious your thoughts about, you know, not only recovering these mitochondria that have been affected by mycotoxins, but, what is your, insight at this time around creating new mitochondria, too?

Because my understanding is like as we age or as we stress that we know the mitochondria numbers go down. And you mentioned that even some parts of our brain have 2 million in the brain.

So how do, how do you approach or maybe what are some of your clinical insights of, creating new mitochondria as we recover mitochondria as well? So part of the process is making sure that, we keep the mitochondria we have

and those those don't deteriorate.

So that secondly is creating new mitochondria. It really goes back to the right building blocks and the energy that body needs. One of the things very help for that really is, exercise.

So exercise is is a really important part. But there again, if people can't exercise, if they're not doing aerobics, respiration, any of that, they turned a lot to acid.

And then it becomes worse. And this is where I had problems with for a number of years, what I couldn't work out for almost ten years because I just, you know, it took me 5 to 10 days to recover from working out well, one day at the gym.

And that was because I just went directly to lactic acid doses, essentially. And then I had a hard time clearing it. And as I got rid of those, those toxins in those issues that were affecting my mitochondria, then, I was able to sort of process it all the way through, and now I can work.

I've been able to work out for the last four years and be able to have a much better process and energy system in my body. So it's the same thing with our with working with our patients or clients that, we're, we, we focus on to where I'm saying, hey, the brain is working better.

I can think better. That means all of my organs, because everything's innervated, is working better. And then the other part is then they're all the cells are getting the the nutrients and the charged particles that they, that they really need, that we have in our products to help their bodies and help their cells to function the way it needs to.

And if you have optimal function, meaning that I have energy now for this enzyme to work and I can digest properly, I have and I have energy for this enzyme to work.

So now I can make this hormone. All right. You know energy for this enzyme to work. So now I can eat this neurotransmitter. Right now I can actually repair this cell or this or this tissue or this organ.

And, and, and I can now drain the organs just like when we think about drainage, the lymphatic system. Do you realize 80% of lymphatics don't come from all over of our body?

They come from two organs. That's the intestinal, lymphatics and the liver that that's when you really dive into supporting those two things and making sure that those organs are working really well, and they're getting the proper drainage, and they're going to work so much better to be to be able to detox and to help people through the process.

That's a good clinical pearl about the liver component. I knew with the you know all of the lymph within the intestines and also in the abdomen, that can be like huge for the patients.

But I, you know, you know, thinking about the liver and limbs and bile connection. I feel like a broken record a lot in practice where I might lose my, of lymph in if, you know, if that's all I do, like, I know I'm moving the patient in the right direction, but thinking about the lymphatic component of, the liver, and, you know, again, the micro toxins, right?

They, you know, put so much stress on a lot of organs, but, you know, the liver, you know, obviously gets, really overrun and the bile gets sluggish. And so it's, again, that, that vicious cycle.

So I, I hadn't heard of it, in that way. Probably my castor oil packs. Right. I work over the liver, just moving lymphoma. The liver. Well, yeah. You know, we dry brush, but that's only addressing maybe 20% of live at that much.

And when really the biggest part of the lymphatic system is going to be back to the, the testing system. And you get all the bely in there. And I done a full on our presentation just on and testing all my facts and diving into how

important is.

And that's that's where we go through the phase two in our in our roadmap to health.

Parasite Support and Digestive Cleanup

And then phase three where we're really trying to clean up the, the the digestive system to where it opens up the ability to absorb nutrients, takes the stress off the immune system.

I'm having to work so hard and gets rid of things that are creating imbalances in immune function. Do you want to share, like, 1 or 2 products that you really, find that are helpful for cleaning up the garden in this phase two to help?

Again, as you mentioned, you know, get the live training and open up the, ability for the, digestive tract absorbed better because, again, you know, these patients are so depleted, right?

Even if you have a really good diet that you cannot be absorb nutrients because of, the intestinal villi, but also, you know, other friends that might be in your digestive tract as well.

That means to leave. Right? So, what are some maybe 1 or 2 tools that you like to use at this phase of your treatment? So this phase, pair one is, is one of my key, element.

It's and it's interesting that I launched this company for and five years ago on just that one product. And it's been such a game changer for so many practitioners, their line patients on their chronic ill patients, by really getting their digestive system really just cleaned out.

And then, and then we have pair two, three and four. So depending on what the needs are, on what people have, the pair of shoes are really great. It's balanced within the hybrid system of all three doses.

That is, you know, really addresses, you know, parasites and microbial is in general. And then pair of three is a little stronger with the tincture. And we've seen amazing, crazy things come out of people with that.

And then also pair four, which is a newer product that we have that, is more the bigger the first ingredient on the list, there are 30% of that product is the Miranda.

And and then it's really great for a bacteria, yeast, fungus, mold and and, and other types of parasites. So we've had tremendous results of, people with psoriasis and other health issues that, that, that products really helped.

And supporting their bodies on clean and clean out and detoxifying. It's a lot of the ingredients are supportive within the body to do what it actually needs to do.

Yeah I had my hands on pair for yet and I'm really excited to use that. But para one, two and three have become staples and you know my protocols. So I think that's really important whether you know you have you know haven't looked at this lens, you know, for, you know, if you had, let's say you have a micro toxin illness, but it's it's all interconnected, right?

If you just had mycotoxins, that'd be easier to treat. Right. But looking at it from the layers, if you have to look at all of I, I always say, like the ecosystem.

I know you guys use the, the word eco to, but this idea of like, it's this balance of the microbes in our system, and we have to look at them all because they're all, you know, interrelated.

So, so I'm really glad you shared around the parasite tools. So, Todd, I want to go over your binders. If you, are open to. Because this is such a critical part of recovering from Michael Jackson illness.

And my perspective and your binders have been game changer is the, you know, our patients to tolerate them very

well and do very well with them. But can you just share, you know, maybe an overview about what makes your binders different and then, you know, some of the clinical pros, you know, you think about for training on mycotoxins illness with your binders.

Okay. Sure. So, we have biotech, some binder carboxy, which is the really the, the black powder, the human phobic product that's in the biotech. Some binder already.

They're just other parts of the biotech, some minor. We have. I read Tim, which is more of an all around binder that binds different types of toxins and metals and environmental toxins and things, which has a has some of the fat of that carboxy in it.

And then we have the HMT binder, which is more of really gut binding environmental chemicals and toxins. That's beneficial as well. So heavy metals, environmental, environmental toxins.

You know, I'm really brilliant at naming things right. Like you can remember, even though, you know, I can remember that way. I see it on the on the shelf at boom.

Yeah. So, and that's a little bit of that as well as in the Viva Chem. But when it comes to mycotoxins, the bio toxin binder is a key element at the beginning. Know.

And when I formulated this I looked at, okay, how do I reduce some of the ammonia and stress. And the GI system. And that's where the yucca, plays a good role as well as it has a lot of vitamin C to help reduce, some of the oxidative stress.

And then the, the molybdenum is in there because it helps to, it helps for the sulfur metabolism. So people aren't getting, how people have sulfur, tell those issues to, to where they're sensitive to a lot of sulfur based products, which they really need, like, you know, NAC is, is is an example.

Binder Strategies for Mycotoxin Recovery

And then, there is the rock sprout extract and this is a high potent extract that, what it will do is it helps the nerve to pathways turn on, which really helps those enzymes in the mitochondria to activate again.

So we can take those free radicals and bring those free radicals in and make water. And then you get a healthy cell, healthy mitochondria with that. So part of the process is I'm looking at and how do we bind the toxins which is the carbons in there.

So our carbons have a carbon technology is that makes a full mix. With with some of the polysaccharides, the, the nutrients the cell needs to make energy.

And then the high, the, the high potency of the electrical conductivity, that also helps to get the Celtic to interact. So you can get stuff inside, in and out of the membranes.

So we look at a lot of different things from the formulating. And one of those is really okay how do we what system do we need support. So it turns on. It works.

The best binding process. How do we get in and out. Because we had to get out toxins. We have to get in as nutrients. And then, what's the best binders to have the most energy to help bind onto something and then take it out of the body.

Yeah I know they're intelligent right. You know. And they're doing more than just charcoal or coal starter main or you know, things that are often used in this, you know, patient population with even which people can get them some short term results.

But overall they, you know, I think they're not great long term solutions. So no, I think that's, you know, I, I love your

binders and, my patients love them.

And the fact that they can eat them or you take them with food. Game changer is, you know, the game changer. So that's been really wonderful. So, so Tab, tell me about, you know, when you think about, your perspective and you know, you're really on the front line with all the formulating that you're doing and all the feedback you're getting from practitioners and all the feedback they're getting from their patients.

Do you have any, you know, inspirations at this moment or insights of, you know, where you feel, you know, this medicine is going. And what I mean by that is like, you know, I know you and I have been practicing around the same time.

And when we started. Right, this was really, you know, we were all just shooting in the dark and figuring it out. And we knew a lot, but we know so much more now and there's so many more practitioners.

But I mean, we still need more because there are too many people who are sick. But I'm just curious, your perspective of like where you see or what you're most inspired about, right now and helping patients who, you know, are in the, you know, so in the throes of this illness.

Well, what we provide a lot of education for the practitioner. So our website at Self-care dot com will provide a learning center that helps the practitioner understand more of the in-depth, process of what the micro toxin illness is and how, you need to approach it to be able to help these people.

The best. So great education there. I highly recommend going to that. We provide our, once a year training for eco, which is exponential clinical outcomes with the use for practitioners that teach them all about the science behind this stuff.

And so those clients I have a conference bring doctors kind of like yourself. And then and then the other the other part is, is this going to sending it's a journey here and it doesn't happen overnight.

And and just be patient with yourself. If you're going through this with chronic illness and understand it. It's not just mycotoxins. There's a there's a parasite problem because it might have kind of a dysfunction problem.

There's an environmental toxin problem.

Education, Clinical Philosophy, and Closing

And there may be an emotional, energetic trauma problem as well, because it's never one thing you have to address many things. And that's what I learned in my own journey.

It wasn't one thing. So that's why I have different binders. That's that's where I really focusing on and products that create energy and and really upper the oxygen and hydrogen and charged particles in the body so body can repair and then do things on its own and then really clearing out what's causing that.

It's disruption in the immune system, whether it's mycotoxins in it around the environment, getting clean water, drinking clean water is key. I drink distilled water for that reason.

And then and then going in and exercising the importance of exercising for for metabolism within the body and maybe slow walking. And until you get get up higher and do more and more.

But, really taking, taking on and knowing that it's a journey and that could take you a year. It may take you two or 3 or 4 years to. For me, my journey was ten because I there was nobody had all the tools back then.

No one person knew about like one person knew. Nobody really knew about parasites. But maybe somebody out there, these people knew a little bit about mycotoxins and some heavy metals and but nobody really talking much about the in-depth stuff, environmental toxins and really, to me, it's probably one of the biggest issues with, with,

within our human health today, why we're, we are so susceptible to mycotoxins illness, where other people were around all the mycotoxins before, but they can handle it now.

Our bodies are so bombarded with so many layers to just keep stacking up to where you throw those like a toxin on top, and it just drops down in, blows it blows people out.

So it's a multi-layered approach, you know, utilize a roadmap to help utilize practitioners, just like Doctor Christine. And, you know, I keep the positive mental attitude that that ally and self can change a lot of things.

Excellent advice. And I, can't thank you enough for your time and all the education that you're putting out there because that's really how you change us. Right.

The more practitioners and physicians who understand, it's not on their patient's head and they have all these tools to treat them. And then the more you know, patients who have access to this information to find a doctor, I mean, you really I think that's how we, you know, continue to create a movement and support, you know, so many out there who need this help.

So, Doctor Todd, is there anything else left on your mind or your heart or wherever you can? You feel free to drop some links if you want to as well. And as we wrap up.

So, I do have a clinic. A couple doctors work out of, total body wellness clinic, but a doctor, Christine has an amazing clinic, so I had to recommend her.

Our products are available through practitioners support. You can order them with the practitioner code. So Hawken. But you need to engage with the practitioner, or you can order them on a practitioner website.

And, yeah, I, I'm always a big advocate of getting educated and learning why and understanding, you know, if your practitioner come learn we have some of the best education out there on the market to understand all the things that are causing disease and illness and what and what are really good ways to look at solutions.

And so, you know, come join and learn. That's, that's, that's the best thing for, for people, to get to that next level is just knowledge. Thank you. Thank you for the incredible work that you're doing and your team.

And thank you so much for being part of the summit. Welcome. Thank you for.