Introduction and Dr. Horowitzu2019s Background

– Hello everyone and welcome to the Microbes and Mental Health Summit. I'm your host, Dr. Miles Nichols we have with us today. It's my honor to have with us today. Dr. Richard Horowitz.

Dr. Horowitz is a pioneer in the field of working with chronic infections that includes lyme but it's not limited to lyme, many different kinds of infections.

He's written multiple books, he's had multiple publications. He's really a pioneer in educating the community not only about chronic infections but also about why so many increases in infections and symptoms associated with affection infections today versus historically and part of that has to do with climb change.

So our talk today will be novel solutions for Lyme, tick borne infections and our climate crisis and how these intersect and interplay together. So welcome Dr. Horowitz, would you like to introduce any more about yourself and or your story or why you got into this in the first place?

– Sure, it's a pleasure to be here. So, um my name is Dr. Richard Horowitz. I'm a board certified internist. And I promise you that I when I grew up when I was young I did not say to my mother, hey ma, guess what I want to do when I grow up and become a doctor, I want to be doing Lyme disease.

That is not exactly the way this one played out. My life is kind of interesting. I went to medical school in Belgium For University of Brussels. I did seven years of medical training and French, that's where I met my Tibetan teachers and started learning and practicing Buddhism which has now been going on for 42 years.

So I'm a regular meditator about an hour of spiritual practice I do every day, which is, I think part of the reason I have any sanity left at all at this point in time is probably because I do meditate regularly and call to my spiritual family.

But in any case when I finished my medical training, I went to one of my Tibetan teacher islam again and refresh a and I said to mom again in Lama, what's the most important thing you want me to know when I go out in the world and I start treating patients. And he said to me, Richard, the most important thing is compassion, put yourself in other people's shoes and just do for them whatever you would do for yourself.

And you know, it's called exchanging yourself in, in Buddhism. It's, it's a lovely practice and ultimately, you know, any of the success I believe that I've had at this point in time.

I credit actually to my teachers because I'm not sure if I didn't have the rudder from my ship of um, you know, everyone thinks love and compassion, love wanting other people to be happy and compassion, wanting other people to be free from suffering.

But when you have teachers that are actually telling you, you need to adopt these principles as like part of your backbone, like every day with what you do, Then it's not some theoretical construct that's something that kind of gets in. It's like, oh well I need to be doing this on a regular basis. And the way it played out for me is after I did my internal medicine training and Mount Sinai down in New York City, I moved into the Hudson Valley New York back in 1987 and this was after I finished my medical boards and I thought I would be a country doc but had no idea.

I was moving into the largest Lyme endemic area in the United States at that point. So you know, here's where it comes to play. So a couple of years into this, people are coming in with bullseye e.

M rashes. Um the joke by the way at Mount Sinai. When I was in my third year of medical training, I turned to a friend of mine, Howie Prusek and I said Howie, there was a guy from stony brook discussing lyme and I turned to

him and said, Howie, Yeah, likely I'm going to see some of those in my lifetime and it's like Better be careful what you wish for say in any case.

So you know, they were coming in with Bull's eye rash is 75% got better with doxy or amoxicillin but 25% were not and going back to this teaching of always making sure you put yourself in other people's shoes. It's like, well I sent them to a neurologist. I sent to infectious disease.

They weren't giving me answers. My patients were staying ill. So what do you do? You put yourself in people's shoes and you say, hey, if I was sick, I would want a doctor looking for solutions.

And that started basically a 35 year path and journey to figure out what is chronic lyme. I was the first doctor in the Hudson Valley to diagnose and babesiosis.

A patient of mine came in in a wheelchair for five years being treated for Lyme, could not walk, had drenching sweats in her early thirties. Um I told her, I said, you know, it sounds like a busy, I just got back from a line conference, but it's not supposed to be here in the Hudson Valley. So sure enough, we sent out the ticks to hygienic in California and nick Harris, God bless him.

He was, you know, such a wonderful person. And if it wasn't for nick and I gen x, I don't think any of the success also, I've had would not be there because we wouldn't have testing, right, That was reliable in any case the ticks came back positive for Busia.

I gave this particular woman 10 days of Metron and Zithromax azithromycin and lo and behold, she walks out of the wheelchair and it's like, oh, parasites playing a strong role here in people with chronic lyme and then a couple of years later, you know, it was Bartonella. Um and Barton well, of course, is playing a big role, in fact, at this point, I think probably the biggest role in keeping people sick because the double dose taps on combination therapy protocol that we'll talk about today.

Um we'll get any chronic lyme patient if all the variables of all the 16 points on the map redress and what that means is getting to the sources of inflammation and the downstream effects of the inflammation.

So, for example, the the overlapping sources of inflammation would be chronic lyme disease, right, persistent borrelia, persistent relapsing fever, persistent Ibiza and viruses mold fungi with Candida.

So multiple infections along with microbiome abnormalities, the imbalance in the microbiome is driving inflammation. It's now been showing up in Alzheimer's Parkinson's rheumatoid arthritis, autoimmune disease.

So in line it's it's going to be no different. And then we've got people who can't sleep from line. They take hours to fall asleep or keep waking up that drives interleukin six and inflammatory cytokine.

They keep getting inflammation right. Then their mineral deficient because they've exposed to all these environmental toxins, mold heavy metals that's also driving inflammation and then they're missing like the copper and the zinc and magnesium to deal with their detox pathways correctly getting rid of it. So they've got multiple sources of inflammation and by the way, whether we talk about chronic fatigue syndrome, myalgic encephalomyelitis, fibromyalgia, chronic lyme disease long covid, it always holds up that there's usually gonna be multifactorial ideologies in this population and they have downstream effects. The downstream effects would be mitochondrial dysfunction. The parts of your cells that make energy they've shown in line patients regard Nicholson. About a third of these people need a mitochondrial regeneration with like oscillated fossil lipids and co Q 10 and N A.

D. H. Some acetyl L carnitine.

Lyme, Coinfections, and the 16-Point M6 Map

But a third of them get better because the free radical oxidative stress is just damaging the mitochondria the cells

and then they get pops disorder nemea with low blood pressure and liver function problems and and a lot of neuropsychiatric issues which of course is the hallmark of what we're discussing during the summit.

Right? And and these people, by the way who get these neuropsychiatric symptoms in myalgic encephalomyelitis and fibromyalgia and chronic lyme in long Covid, it can be driven by similar overlapping ideologies and and just last week I got an article published in BMJ on the similarities and the differences between chronic lyme and long Covid because they published an article saying that, you know, line is a post infectious syndrome, you know like the others and it's like oh no it's not. I mean there may be some people, you know that have pepto glide cans, you know in their cartilage and that's what's driving inflammation but most of these people it's chronic infections and usually it's borrelia, it's busy and it's Bartonella, right? If the three B's are the ones that keeping most people sick. So um you know so that's kind of where I am after all these years is discovered that thanks to the university researchers that biofilms and per sisters for borrelia, per sisters for Bartonella, that's really been the answer that we've been looking for for a lot of these years and you know we'll go into this in detail but that's that's just a quick overview of like start where I am right now in my life.

Um and I feel blessed because I work for HHS for health and human services. I was in the first round of the tick borne working group that gave congress recommendations on the diagnosis, treatment and prevention of Lyme and tick borne.

I now work for the New York state Department of Health and on their tick borne disease working group and we're going to be giving legislators some some ideas on how to help the people, the people in New York state. So you know I feel blessed.

I it life is a really interesting. I started off being bashed over my head for people trying to make me go away because my views were different than the I.

D. S. A. And I was one of the founding members of islands with Joe Boriscano and Nick Harris and Steve Phillips and Andrea Gato and terry. We were all there from the very beginning starting the organization and look at you know how its flourished all these years later. So you know you you plant seeds in the ground with the proper motivation of how can I help others, how can I make them happy, How can I relieve their suffering And the universe just seems to support it over time.

I mean that's pretty much for me. I look back at my life and I go man all these prayers I made all these seeds I planted in the ground if you pray hard enough with you know good motivation to really want to make a difference in the world.

It turns out that things work out sometimes and in my case I feel very fortunate that it did. – Yeah Dr. Horwitz you've been the front lines of the innovations understandings and research around Lyme disease and these other chronic infections.

I love that your background goes all the way back into buddhist practice and meditation. I personally went to a college founded by a buddhist monk and got into meditation and mindfulness practices before going into working with patients and that's really been a foundational aspect for me that's become very meaningful in my own understanding of one compassion like you're saying, being able to step into other people's to see what they might be going through and really be holding multiple perspectives.

I have my perspective, I can see your perspective and that it is different but we have these senses of that. I want to do what's good for you and from your perspective and then I also want to understand from my perspective what I understand this broad picture and this is a challenge for people to understand because a lot of people do come in to my office and I'm imagining yours too with this desire to have the one thing that's their problem. The one smoking gun.

The one thing that if they treat that everything gets better and what I'm hearing you saying even in this introduction of how you got into this is that you started to discover it sounds like it's a multifactorial puzzle that's many different pieces put together.

Usually it's not if someone has an infection it's not just one it might be multiple and one might be a good leverage to get a person better. Like you mentioned your patient with baba's aosis and that sometimes Barton ella can really be the entry point but that you mentioned gut microbiome, you mentioned mitochondrial dysfunction.

The need to look at that as well. And you mentioned multiple different infections playing together so that I like as a broader picture of how we can help people understand that it's not so simple cut and dry as to one thing that's causing the for example in this case if we talk about a neuropsychiatric symptom anxiety or the depression or the O. C. D. That it's not just one thing it's not just the trauma that happened in their past necessarily. I mean that maybe in some cases but maybe there's an infection in a trauma a toxin accumulation and gut microbiome dis regulation and mitochondrial dysfunction exceeding that Alice static load of what a person can handle.

That then throws into the mix a chronic inflammatory response and multi system symptoms where they're now is fatigue and anxiety and there's fibromyalgia and chronic pain and there's joint pain that's moving around and there's stiff neck and there's all this stuff happening. And so it takes a real astute clinician to learn over the years that you have to be able to start to piece this together.

So How does that look for? How you start to piece this together for people? – Yes. So well first of all you summed it up beautifully that's that's pretty much exactly what it is.

You know the way the way I think to understand this is when I first started doing medicine I certainly did not have this multifactorial model right. I mean most of us in medical school we learned the one cause one disease model and that find from the 1800 if you've got a strep throat. But the fact is is you know in our century toxins are playing a big role with infections driving inflammation.

So the way to understand all of this whether it's neuropsychiatric symptoms anxiety, depression, psychosis. And it is as you said multifactorial. So for example people with martin nella can get psychosis, they can get schizophrenia and I don't think psychiatrists if they don't look for physical symptoms, they may just say here's some held all right, here's some Abilify here's an antipsychotic for your psychiatric symptom. But if you don't ask the questions and we all learned in school, of course that 90% of the diagnosis is asking the right questions.

Right? So you know, I was fortunate by the way in med school I found this doctor, his name was Dr. roads and he was like four ft 11. And the smartest guy this guy had the biggest brain I had ever met.

And I was doing an internal medicine residency with him and I said to him he wanted to learn English. I said do you mind if I come back after hours and you personally trained me? Because I said your brain is like how I want my brain to work. I could really see that this guy had a handle on every clinic case he was teaching us and I for about a year I actually went back and trained with him. And what I learned from him is and we all learned in school but again you gotta get a clinician that teaches as to how do you ask the right questions now you had mentioned earlier migratory pain.

So migratory pain is the hallmark of line, there's only seven diseases in medicine that caused migratory pain. So if a doctor would have used the H. M. Q. The Horowitz M.

Six questionnaire which I published with the university researchers from New Paltz several years ago with Dr. Sitara and my good friend Dr. Phyllis Freeman.

That questionnaire which is based off of Boris Conner's questionnaire. Right. We all stand on the shoulders of other giants, right? Of the people who came before us.

When I adapted that questionnaire we did it in 1600 people and validated it. So even though the Lyme tests are not great, If you use that questionnaire on every patient including psychiatric patients with neuropsychiatric symptoms and you see that they've got physical symptoms. Question one.

Do you have day sweats, night sweats, chills, flushing. That's a classic bob is a symptom not that fevers and sweats can't come from menopause hyperthyroidism, tuberculosis, not Hodgkin's lymphoma, malaria.

Everything in medicine is differential diagnosis. But once you learn those differentials or you can be lazy and look them up in my last book, how can I get better their pages? 50 to 66 I think I've got you know multiple differentials for every symptom. But the point being if you just take a good history, you know if you're busy is there if the air hunger and that unexplained cough is there. Right and they don't have a post nasal drip reflux asthma the other, you know 99% of the causes of a chronic cough.

It's just a matter of asking the right questions. But the psychiatric patients right now, it is very complex because 50% of the kids from Generation X and Z. They've got climate An eco grief, right? So they've got climate anxiety and climate depression. Then you give them Lyme and tick borne disorders on top of that, which makes you depressed and anxious and then you give them mold toxicity, which about 75% of my patients now have, which also overlap the same symptoms as do mercury toxicity.

They're all showing up with mercury lead arsenic, aluminum cadmium. We're dealing with a toxic soup these days where these infections and toxins are driving inflammation. And I wrote an article a couple of years back on this, that this is it's part of what the health care system is missing.

You know, right now, 87% of our health care costs and 70% of our deaths are due to chronic disease. And we don't have like one chronic disease model to work off of. And what I'm suggesting.

And this is what I published in the BMW last week is if you look at chronic fatigue, myalgic encephalomyelitis, fibromyalgia, long covid and chronic lyme, what they share in common, especially long covid and chronic lyme is they both have mitochondrial dysfunction. They both have been shown to have viral reactivation Long Covid, it's Epstein Barr in lima's Epstein Barr and herpes virus six and and probably with long Covid, they'll find other viruses that reactivate.

There's an autoimmune component because when your immune system goes after the flag, Yellowtail in parts of the outer surface proteins of Marilia, you start getting A and A. S anti nuclear antibodies and rheumatoid factors and anti thyroid peroxide is an anti Taira globulin and anti myelin antibodies and right, I mean there's a big autoimmune component that goes on on top of it.

And then you've got chronic infections. They're finding Covid at this point hiding in the bowel, they're finding it hiding inside cells. Lyme is hiding under biofilms in these persist reforms.

Right? So when you look at the diseases, it's like oh, chronic infections reactivation of viruses, mitochondrial dysfunction. Right? Pots disorder nemea.

You find it in lyme, you're finding it in Covid they're getting the same autonomic dysfunction. How interesting that the 16 point M six map, five of those 16 points are seen in long Covid.

So it just kind of makes sense to me that if you have a chronic fatiguing musculoskeletal illness with neuropsychiatric symptoms, you need to look at the 16 point map because I've now seen 13,000 or more of these chronically ill patients.

The symptoms overlap. And the 16 point map seems to find the answer and what the answer ends up being for most of these patients is these multiple infections, as you said, toxins, mold heavy metals that are getting into their sis pesticides.

I mean it's between hundreds of thousands of environmental toxins they use up all their glutathione to get rid of these toxins and then they get Covid 19 and that's why they got all the lung inflammation with the lung damage. Because there's 100 and 40 times more glutathione in the lung tissue than anyplace else in the body.

Right? So I actually was fortunate with Phyllis and my colleague James Percy, we published the first glorifying article in the world Literature for Covid 19 and not one of my patients has died.

I mean, thank God not one in the entire pandemic. And what was I giving them the same thing I gave him for Lyme

disease, blocking her timer reactions. Right?

So I blocked NF kappa B with little 16 16 600 mg twice a day. All Felipe OIC acid 600 mg twice a day including 500 twice a day for prevention but 2003 times a day with active infection. Because they showed with covid, the virus needs oxidative stress to replicate. And what it does is when it replicates that way and it stimulates NF kappa B interleukin six goes up in glutathione production goes down.

So if you can stop that NF kappa B activation which is N. A. C. Glutathione out, fly poke acid, you're gonna protect the virus from replicating. And instead of attaching to the ace two receptors of your cell, it turns out that the sulfur groups.

The groups that are on glutathione in N. A. C. May help to bind the virus and then A. C. Has an anti thrombin attic effect. Right? Because they were showing these micro clots in the case by stimulating Nrf two german broccoli seed extract, resveratrol, green tea blocking N. L. R. P. Three inflammatories with melatonin.

All the things I do for lying patients that block inflammation. Because inflammation is why you're sick. It worked for covid. Why? Because it's the same pathways for inflammation.

Right? It's it's just logical. And what's kind of surprised me at this point is that they're still seeing and I don't know if this is true. 4 to 500 deaths every day in the United States from Covid. I mean, I don't know if this is true.

It doesn't make sense to me because the B four and B five versions, they're nowhere near as as severe as right. The earlier versions with alpha and so in that case, you know, I think we're at a point where for the health care system to survive and for all these people with anxiety, Echo agree for you, no matter what their anxiety impressions from. And you brought up trauma.

I like to talk about the walking wounded in my patient population about one third of them come in with trauma right? Whether it's sexual trauma, emotional trauma from childhood from parents. Divorcing or you know abuse that happened on a lot of people are walking around as the walking wounded in their immune system with this mind body connection says to himself, you know, this must something wrong with me.

I don't deserve to get better. Right? So you've got to really work the 16 point M six map because even the mental component, I had one woman who did not remember the sexual trauma when she was young.

She went through a very deep hypnotic regression, discovered it and she could not get through Barton ella. And interestingly enough, once she recognized the trauma and worked through it all of a sudden the treatments for Lyman Martinello, we're working. I mean this now I'm a mind body guy to begin with. But when you see somebody like that that is not responding to tick borne treatment and you realize that the mental component, this was playing such a big role. It's like, wow, you know, so you know, for people, physicians listening or healthcare provision or people who are just, you know, patients were sick and you're looking for answers this 16 point em since map, you know, your doctor could just read my last book, how can I get better and make a cheat sheet.

Trauma, Neuropsychiatric Symptoms, and Clinical Assessment

The 16 points when they see you right and and the good news about it is even if they're not trained in functional medicine, the book is kind of a primary functional medicine for, you know, an average healthcare practitioner to learn how to do it.

So please think about that because it's, it's 12 bucks on amazon. It's not that expensive. And it's pretty easy to just give out to your doctor and and use as a model and it works for people.

– That's amazing. And I do want to express my personal appreciation for you. Having done the leg work together with the university to get the, just the questionnaire published is so amazing for, because it is, testing is getting better. But it's limited, especially with progress tracking and the questionnaire is really great for not only understanding what might be going on, but tracking progress with changes over time.

So I use it in my clinic, not only for initial diagnostics, but also as a tracking tool to help to see people showing change on that score over time as they're also feeling better.

And we're also looking at objective lab biomarkers. So your work's been similar and thank you for bringing up the mental emotional connection and peace too because it's so easy in the world today to reduce down to everything comes from the body or everything comes from the mind and our lens as medical practitioners.

It's easy to see that all this trauma stuff is neurochemistry in the brain. And really we need to work the neurochemistry side here in order to get the trauma to resolve over here. And it's easy for the people in psychology to start to see that this mental emotional spiritual space when they're working, it causes shifts that haven't been explained on the physiology side?

And it's important that you brought up that the immune system function actually is impacted. And there's research looking at immune system function. Impact from being experiencing trump, experiencing a dis regulated nervous system, connects with the immune system, connects with the ability to contract infections, connects with this multi system issue. And sometimes the entry point, it's almost like a co arising of mind and body phenomena at the same time.

And that sometimes the entry point is physiologic for some people and sometimes it's psychologic and sometimes working both angles is needed, as you mentioned, with that patient of yours who it wouldn't have been that working the trauma may not have gotten rid of the infection in and of itself, but the treatment for the infection was blocked until the traumas worked out.

And then the two together. And I really applaud that approach of the two together of working the mental emotional and the physiologic as co arising phenomena, simultaneous working. We have a mindset coach in our clinic that works on some of the practices that can unravel some of the side of mental emotional stuff while we're working the physiologic because of that very reason.

So that's so important to have that perspective. And you mentioned the underlying angst, you mentioned this sense of climate crisis, this sense of almost an existential issue of are we going to survive as a species? Where are we going as natural disasters are changing as the climate is changing as we're seeing the earth having problems here with climate change being such a significant issue especially in a generation of people who are becoming more aware of and concerned about that and are seeing the potential and the possibility. I mean we have right the hurricanes and things that are the natural disasters are increasing. So I'd love for you to touch a little bit on because some people think oh there's this existential angst that's adding to stress and that stress is adding to the immune dis regulation and that's one part.

But there's also it seems like and I'd love you to speak more to this that that climate change actually impacts the infectious diseases that are present today and the exposures that we're having to infectious diseases that may have never happened historically before. Can you speak to that?

– Yes of course. And and in fact I mean it's a big issue right now and I don't think everyone necessarily in the beginning saw the relationship of climate change and rising tick borne. But if you've been doing lyme as long as I have you know and you go back 10 15 years the C. D. C.

You always used to see 30,000 cases a year but you know you gotta multiply by 10 times it's really 300,000 and then you go you know you snap forward a couple of years and it's like, oh, we just had 57,000 cases? Actually is close to 600,000.

Right? Including co infections and everything else happening last year, it was almost a half a million. It was 476,000. And that's of course the diagnosed cases because 5% of the American population has been diagnosed with chronic fatigue syndrome and fibromyalgia, which means you've got about 18 million Americans running around with a chronic fatigue, muscular skeletal neuropsychiatric illness that may or may not be chronic Lyme disease with the Busia Barden. And you know, essentially. So the climate, the reason this is it's getting worse is that when you start to have global warming and you know, we're 1.1 to 1.2 above pre industrial levels in north

America right now, where is the arctic is 4 to 5 times warmer. So what's happening is the insects, the reproductive rate depends on external temperatures.

So, as the external temperatures are going up, the reproductive rates going up. So that means more ticks that reproduce faster, more mosquitos that reproduce faster, more fleas. So, you're basically talking more malaria more Busia, more Barton, more lyme disease. And the other piece that people have not put together, I think with Covid 19, you know, forgetting the theories of where Covid 19 came from? That would be a whole another talk that we could possibly have, Did it come from an animal, was it a coincidence of the Wuhan market there just happened to be a bioterrorist level four facility in the background.

Who knows? By the way, that was New York sarcasm for those of you who are not from this part of the country. So what's happening now in the climate, we just got through a pandemic and everybody's saying you thank God, you know, omicron not as bad.

What people are not realizing is that as the permafrost is melting the arctic is 4 to 5 times warmer than north America. So what's happening there? So the permafrost that is no longer permanently frozen, It was supposed that's why they called it permafrost um It contains a large amount twice as much carbon dioxide is in the atmosphere with methane which is 80 times more potent than carbon dioxide over a short time period. And nitric oxide which is 200 times more potent.

And what's happening is as the permafrost is melting and it's releasing more co carbon dioxide, methane and nitrous oxide. It's releasing more of these chemicals.

But guess what else is frozen in the permafrost, viable bacteria, viable viruses and viable fungi that have been frozen in the ice for hundreds of thousands to millions of years and humanity has no immunity whatsoever.

Now then the question will be well, okay, they're released this melting ice. How do they get into the stratosphere and get over to North America? They have shown it's possible they can get up 50 60,000 ft into the stratosphere and move what is happening in the arctic will eventually be happening in north America.

So this means you know, you're not going to be having a new Messenger RNA vaccine every time your new virus gets released from the permafrost, there's a big chance of pandemics in the future. Apart from you know, you and I are doing this particular series on the day of when you know Hurricane Ian is hitting.

So I don't need to tell anyone at this point like this is like the strongest storm that Florida has almost ever seen in their entire history. And if you looked at the photos this morning, I mean they're heartbreaking.

There's hundreds of people that are expected to be dead. 2.5 million people without power, 67 billion is the estimated cost just to repair. I was in Sanibel last year by the way, I could not even get to Sanibel.

Now the bridge is down from Fort Myers over to santa bell one year to the next. I was in Venice a couple of years. So one year later it flooded. Just look around you.

It's happening every year. So when we're looking at all of this, the sea level rise and these storm surges which was like 7 to 12 ft when it happened to the northeast and the house is flooded all these line patients got mold.

So when you're talking about the climate and how it's impacting line patients. You know, you're talking about more and more tick borne diseases because of the reproductive rates. You're talking about more and more environmental Kemi right that are starting to get poised in the environment and those chemicals, they were worse for the covid patients.

They found that the disadvantaged populations that lived in polluted areas they didn't fare as well because the free radical oxidative stress was much higher.

I mean that's where racial injustices, climate injustice because they're living in places where their their health is just

not optimized. So, you know, the climate is driving all of this and these kids with you know, eco grief and eco anxiety. You know, it is an existential issue.

I mean, you know, I myself have cried over this. And the only reason I got involved in it at all is because about four or five years back kids were getting over Lyme disease from double dose zone combination therapy. And and for those of you listening who don't know this therapy. I published seven different articles on Dap Zone Zone is a it's an old leprosy drug. And the only reason I knew to use this drug and Lyme disease is because about seven years ago, several of the university based researchers, john Hopkins university ying Zhang and Fang I'm stanford University dr roger does the University of New Haven Eva shoppers group, Lewis from Northeastern, they started talking about Lyme being in biofilms. Now.

What does this mean for those of you who are suffering from Lyme? Well it means that all those years where I was giving antibiotics or herbs and I stopped them and the symptoms came back. I used to think that it was from what I called cystic forms or round body L. Forms S form cell wall deficient forms of borrelia. I thought that was the main form of beryllium that was persisting.

It turned out it was only one form the form that's driving most of the inflammation in the body is coming from these biofilms and these what are called persistent bacteria that are dormant. So the line bacterias dormant hidden in the biofilms, the antibodies you're immune system can always recognize it if you've got other bugs down below like relapsing fever, they're having spiral kettle sex under there exchanging their D. N. A. And challenging the outer surface proteins.

They're very clever spiral kids and basically like we didn't know that that was the reason people were getting so much inflammation and relapsing. So when I heard that line was a persistent drug I knew it persisted because I would see pcr positives in the blood all the time writing cultures that were positive but I didn't know it was a persistent like tuberculosis. Or leprosy.

So since at Mount Sinai when I was doing my internal medicine training I had treated the HIV population with mycobacterium infections. M AI in the lungs or you know actually T.

B. I was used to using and I. NH in these drugs and I was waiting for an excuse to use it for borrelia. And then they publish it. And it's like all right, let me go look at the drugs. And I looked at the zone.

And by the way you were talking before about left brain figuring a problem out and right brain, right about also intuition and accessing that other part which meditation does when I was looking at that zone, the right side of my brain.

That intuitive gut sense right? Got it. Got it right. That right sense was looking at that zone and my left side was going excellent cns penetration into the brain check.

Hmm. It's malarial type organism. Good for babies to check anti inflammatory. Shuts down a certain enzyme in the white cells. Check its persistent forms of bacteria check. It's like okay this is almost too good to be true. It has all these right qualities of anti inflammatory persist er good cns penetration. Anti malarial.

So I decided if they treat leprosy with revamping and dap zone, why not throw a little doxycycline and tetracycline with it. And then because I knew most of these bugs were hiding inside in the intracellular compartment.

Climate Change, Tick-Borne Disease, and Permafrost Risks

So then I started using biofilm agents, cinnamon clove oregano oil by Poseidon stevia which comes out of the shop ease group. Um sometimes enzymes you can use E.

D. T. A sarah Pep takes a lot of different enzymes. So we're opening up the biofilms were hitting the bug with persistent drug combinations that zone combination therapy and my wife is now 3.5 years mission.

She was, she was sick for 25 years and had every aspect of the map. I used to call her my M six gal because every one of those 16 points my wife had, there wasn't one that she didn't have. Including trauma from my mother in law, which is why if you read my science fiction climate change comedy, which I wrote for these kids with Eco grief, star seed revolution.

The awakening and my patients have come back and said, hey doc, we didn't know you were this funny. It's like oh great. So I'm helping you get better but we're not getting enough humor going on While this is happening. In any case when you go through the mother in law jokes in the book, I'm just letting you know there may be a relationship when you're reading the book and grandma Helen of anti war. When you read the grand matriarch from this other stars system, there may be a similarity to my grandma Helen growing up in rego park queens possible. I can't say for sure but it could be a similarity there that this could be my alien autobiography in either case these kids with Eco grief were coming in Getting over line from Jackson right now, my life is now almost four years. And I said, what are you gonna do with your life? And they said nothing.

I said, you're going to college, No, you're gonna get a job. No, I said, why? Well the world's gonna end, Why should I go get a job or go to college now when you don't know how you are miles?

But I sense you. And I actually by about very similarly listening to how you talk and think I'm really glad you and I have met because I think we're brothers on a certain path, we're gonna talk about this at another point.

So these people are coming in with this and they come in day after day and whenever the universe wants to hit me over the head and teach me something sink.

The law of synchronicity starts to happen, which just happens over and over. So, I went to my spiritual teachers in meditation and I went, oh my God, these kids are overlying, they don't want to go to school or get a job.

I went into the scientific literature, this is like four years ago and went there, right, the world's in big trouble. And at the time our administration was denying climate change. So remember when I wrote this book, another administration was empowered denying that the climate was a problem.

And I'm looking at the science going, oh my God, we're in big trouble. So I downloaded in meditation this 450 page manuscript, laughing my butt off while I was doing it. Well, I'm I think Mel Brooks and the brutal is on the line at the same point, I'm not quite sure who is transmitting on the line, but I think Groucho Marx Mel Brooks and a couple of Buddhas and bodhisattvas may have been involved in this manuscript but in either case star seed revolution, you know, came out now of course everyone's aware of the climate, right? So I don't have to raise awareness, but I needed to give the kids solutions to solve their climate grief and I realized that solutions actually existed. If you put A 100 square mile by 100 square mile set of solar panels in the California Nevada Arizona Desert.

This comes by the way from calculations from Elon Musk, you will power the entire United States of America. You just need, the batteries are getting better. You just need the transmission.

If you were to take the Sahara desert, which has like more than 13 hours a day and you were to put a little more than 1% of the entire Sahara desert with solar panels at today's efficiency, you would power the entire world, they would be completely off fossil fuels.

So here's the conundrum that were in these kids needed answers, right? You don't get over grief by just saying, oh come on, It'll be you need hard scientific solutions.

So I put in star seed revolution. The scientific solutions right? I just did it in a way that the people that we're not going to read a hard science book.

I said all right, they have grief. Let me make them laugh and teach them something at the same point. And I found a way to empower them because I discovered ways of stabilizing the arctic because right now the Thwaites glacier which there it's been dubbed the doomsday Glacier, The American Geophysical Union is saying within the next 3-4 years the ice shelf is gonna crack. It's gonna go in the ocean and raise sea level a minimum of 2 to 3 ft, which

means the storm surges from hurricane Ian which were 7 to 12 ft now at this level Miami, you can just kiss it goodbye and we already know Miami is going to be gone in the next 30 years anyway unless they take radical action which you engineering.

So I discovered that if we were to geo engineer and cool the arctic which is like, you know if a patient has a fever, you put them in an ice bath. You cool them down. If the permafrost is fortified melting because the arctic is 4 to 5 times warmer. And the PentaVo volcano in 1991 cooled the planet by half a degree centigrade for a few years.

Just do what the volcano did put sulfates at 50 60,000 ft cool the arctic stop the permafrost from melting because it's constantly heating up, making the planet warmer.

You gotta slow down the process and then you have to say 50% of the lands and ocean because of the loss of biodiversity, you electrify everything right.

And then I found a way to empower these kids with Mahamudra meditation. So I stuck in the book, I figured you know, how do I though empower these kids and also give them hope, not just scientific solutions. And I realized these 42 years of studying with Tibetan masters and also with Hindu masters because I did the TM City techniques, both transcendental meditation and TM Siddhi program in medical school in Belgium, it's about the yoga sutras of potentially what happens when you're in the state of consciousness and you take a seed thought or an emotion and you place it into the field of consciousness, Consciousness acts upon it.

And I realized that if I were to introduce to these kids Mahamudra meditation and give them a specific visualization and the type almost of a mantra that if 1% of the global population did it, it would create basically and physical principles have shown this through Benson's work at Harvard, we would actually shift physical reality.

So I figured I'm probably the only person that's gonna put forth a spiritual solution for the climate, but if I wasn't gonna do it who's gonna do it. So I kind of snuck it into star seed revolution and gave them teachings on the enlightened nature of mind, of how you actually recognize the enlightened nature of mind and how you take that enlightened nature and you use it for the benefit of mankind by placing certain seed thoughts with the right motivation, right wanting others to be happy, wanting others to be free from suffering right, the brotherhood and sisterhood that everyone is going to be suffering from this problem. So I stuck a lot of stuff in there.

I just hope at some point it gets out there and people realize like this was a miss march of a downloaded manuscript that's got scientific solutions, a lot of humor and some interesting ideas on how to work with mind to actually ship physical reality and and get us out of this climate disaster that we're heading towards every day.

– Well, that's absolutely amazing. And I have not read star seed revolution. So I will be and I'll be passing it on to my, especially my nieces and nephews because I know they're going to really enjoy it and they're concerned about the climate. I have a nephew who has decided he's not going to even get a car and he's going to live in a city his whole, his whole life. He has decided that he's doing many things himself to try to contribute and he asked for even even when he was in his teenage years for Christmas, he would ask not for things, he would we would all, we would have them write the letter to Santa and he'd say Santa have everything that I need. Please give what you would have given me to someone in need. And he asked us all for the family donations to charity instead of gifts to him. And so just amazing, heartfelt um person that I think will love this book.

And and I really feel that this book is important just for the idea around that. It is depressing those who are educating themselves and getting awareness around climate change, it almost seems and gets to this point of existential angst of it's not if it all crashes apart, it's when and so that is just so hard to grapple with when there's not hope and it's hopeless. And as you're mentioning these kids saying like, why go to college, why? Like, the future in the mind, the imagined future is already crystallized as the current trajectory, but the current trajectory isn't necessarily the way it's going to end up and some people have this optimism this like intrinsic positivity and and I'm one of those, so I can see, okay, like, yes, we are headed here right now, but it could change and not everyone sees that. So the offer something that shows that, oh, there are possible solutions already that offers hope and it's the same thing in medicine because a lot of these patients, I've been to the doctor, they said nothing's wrong, they tell me to go to the psychiatrist, they give me a drug. I'm still not feeling great and I have these diseases the best

I've been offered as a medication to manage my symptoms and it doesn't even work that well. And I'm struggling to get through my day.

And I've been to all these natural practitioners, I've been to all these things. I'm still struggling. I mean, that was my story too, with chronic fatigue in my early twenties and it really to give some hope, you know, because I was able to work through that.

I've seen many people able to work through in fact the people who end up in my clinic and I'm sure yours too are often the people who have been 2345 different people who have already gotten the answers that they could get and done some dietary work and some gut work and the, you know, you're usually already, it's not like the standard American diet go gluten free and you're gonna feel a lot better kind of person. It's like the person who's been exercising, although they're in too much pain and they're having a hard time and they've been doing dietary change. They've been doing lifestyle change, they've been taking supplements, they've been to several different doctors, they've done a gut protocol. They they, you know, deep in it and they're still strong. That's the people who I see anyway as being really in this, in this class. And then you add the existential angst, you add adverse childhood experiences in the Aces studies and you look at the capacity for the human body to be resilient in the face of I mean, and from one perspective, looking at how much we're dealing with with climate change with the increase in microbes and pandemics and natural disaster. I was living in a mountain town in Colorado in 2013 and this flood this they called 1000 year flood came in and and it wiped out the roads, I couldn't get out. It wiped out the water plant, there was no water. And we were stuck there for a couple of days until helicopters came in and they said you can take one bag with you and we don't know when you'll be able to come back, we don't know when you'll be able to get to your house, to your car, to any of your stuff other than this one bag, you just go and I mean it was that was real, that was my experience and to to have that experience of course solidifies in me, wow, this climate change stuff is significant.

I was living in a mountain town and the flood got me as just, you know, I was worried more about fire and and so really interesting time that we're living in and to give hope, you're giving hope. You're saying, look it is bleak, it looks bleak. The science looks bleak and the development of the solutions in the technological advancements not only scientifically but also consciousness.

The ability actually to visualize that that the science is coming out and saying like, hey this group of meditators came into Washington D. C. And change the crime rates.

The crime rates went down, – You know the studies I am referring too – Yeah, it's amazing. So Yeah to to combine that all together, I really appreciate that. And and you read the paper about the the prevalence rates that came out recently online worldwide 14.5% so many people don't understand this is happening for them. It might be contributing to their anxiety, their depression, their chronic fatigue, their chronic body pain their issues and really want them to understand that but not in a way that is hopeless.

It's all getting worse and it's going to not be worth anything. So don't try to create a future for yourself but with hope and you're doing that and I really appreciate that.

– You know, the beauty part is it's and it's not false hope. The double dose taps on combination therapy if you don't have active busy Bart. And it's mostly barred eight weeks of an oral generic antibiotic protocol.

You will go into long term remission for a year or longer and I've seen it how it happened. I have a small concierge program that sometimes people come through.

I only take like 10 a year because I'm an overload with my life. But some of these patients come to me, it's an eight protocol. And now I'm just following him for the rest of the year.

And it's like, how are you doing? How's your life? Did you go have a nice Starbucks? Cause we're not even discussing lyme anymore because they're over it. They did the double dose.

Now I don't get that lucky in everyone, but it's not false hope. And the last article I published about eight weeks ago.

And by the way, I in case you don't know these stories also.

The way I discovered double dose tap zone was you know, in these prayers I made, may I be of greatest benefit to the most number of people. So a patient who is basically a 28 year old guy in bed, couldn't go to work, couldn't go to school. He's on 100 mg, regular dose. He comes in month four and he says doc.

I feel horrible. And I went, why? What's going on? Oh my God, my fatigue, my headaches, my pain. I said, oh well what are you taking? Well, you know, I'm taking deep zone 100 mg twice a day.

I went, you're taking too much. That is a high dose, Stop everything and come back in a month. Let me see how you're doing. He comes back in a month and he goes, oh my God, I feel great.

I went, what? He said, my symptoms are gone. I went, huh? I said all right, don't take anything. Come back in three months. Comes back in three months.

How you doing? I feel great. Six months, I feel great. One year I feel great. I turned to my wife and I go, honey, I need you to be a medical guinea pig.

You've been sick for 25 years. You love that person. But you keep relapsing every time you come off of it. I need you to a month of this double dose, 3.5 years in full remission.

She doesn't have one symptom from it. So it's not false hope. It's real hope in this last article of quadrupled at 400 or four days. How did that one come about, patient calls me up on the weekend doc.

I feel horrible. Oh what's going on? Oh, headaches, fatigue, I'm vomiting. Oh what are you taking? You know, to 200 mg of that zone twice a day. I went, oh my God God did it to you again. He whispered in your ear and said, make a mistake. Horowitz will notice what you're doing.

I swear this is how this works. I pray to be a benefit. And then Spirit God, Buddha, Christ whoever it is that's communicating to these people is going take the wrong double dose. Horowitz will notice.

And then I speak to the patient a month later and she goes, she was sick for like 15 years. I don't have a symptom, she didn't even do a month of the double dose taps.

She worked up to 100 mg, did four days of 400 is now I think a year and a half in remission. So what is why is that article so important because it's not the length of time on the antibiotics.

It's the dose. So the length of time is minimally eight winks double dosed app zone, but a third more patients go in remission with four more days at 400. So now what I'm playing around with and I hope to figure it out by December 31st. That's my goal is I'm going to solve the Barton L. A mystery by December 31st when I published this last article on this pulse high dose tap zone.

It wasn't just app zone at 400 I was using, it was a higher dose of methylene blue. And then I went back to the literature from John Hopkins and I noticed that methylene blue is a persistent drug for both Lyman bart nella and what they published is is that methylene blue and Zithromax hits part per sisters and methylene blue and revamping hits active Barton Ella which is growing. So in a Dap zone protocol of doxy revamp in Dap zone with Zithromax with higher dose methylene blue, a certain number of these people.

Some are also on piers in a minute.

Double-Dose Dapsone and New Treatment Strategies

It's a tuberculosis drug that shortens the course of illness. I published on that a few years ago in an autoimmune besets patient that cleared all of her auto immunity and her Barton Ella then was negative and turned positive. It's like I went into the intracellular compartment and I piste off the bugs and all of a sudden zero negative.

Barton Ella showed up with a four fold increase in tularemia tigers and a four fold increase in herpes virus six. It's like all these things were hanging out in the intracellular compartment and I flushed them out in any case.

Now I've got about a 66% long term remission rate. But I'm using higher dose methylene blue. So now I'm slowly going up on the methylene blue dosage to figure out what is the methylene blue dosage when mixed with a Tetris cycling champion Zithromax taps own platform on my statin multiple biofilm agents.

Is that 3 50? Because a woman, I just treated sick for four years with Bart nella seizures, pseudo seizures and lyme. She did the eight week gap zone followed by four days of high dose pulse.

She goes one month in full remission without one symptom, which if you're living in the line Barton L. A world, by the way, you should be like jumping up and down for joy going, I beg your pardon? What just happened here.

Except she had her menstrual cycle 30 days later and goes a little bit of my symptoms are coming out which says to me okay I knocked out 95% of the load of the bugs.

I still got a little bit left. The estrogen went down. The bugs are coming out. I just need to figure out the dose of riff dampens it throw with higher dose methylene blue.

So right now every patient I'm treating for Lyman Bart is slowly increasing the dose of methylene blue or probably averaging now 300 to 3 50. Some are even going to go to 400. Just have to go very slowly and they have to be off all psychiatric drugs because you have to avoid serotonin syndrome which I still have not seen in my lifetime. And then also you can have hypertensive episodes if you're not on low histamine entire mean low timing diets.

But the point hope, hope, hope the line community I hope by the end of this year I will know the dose of methylene blue how many dap zone pulses are needed.

And then we're gonna go for the randomized trial once and for all to prove to the I. D. S. A. In the world for these 14.5% of the global population with line which is what a billion people may be walking around with this.

So that means that these prayers I made years ago to be a benefit. I mean just think about this for a second. You take the bodhisattva vow, May I be of benefit to limitless number of sentient beings throughout time and space, how can I be a benefit?

You're all of a sudden I go to my llama, finishing med school. My mother wants to open up a medical practice in Bayside queens, my Laman Wappingers Falls, I lama, what do you think should I stay in Bayside Vassar hospital wants to open me a practice in, you know, the Poughkeepsie area, He does a divination with a mojo. He goes, oh no, up here, very good. So one decision from your spiritual teacher leads you to the Hudson valley, you're now seeing Lyme disease, right? I mean, it all just flows one piece after another because of the motivation of how can I be of greatest benefit of making a prayer my whole life, it seems like and and if you and I've never really said it on air and maybe at the end of my life when I'm ready to leave my physical body, I will tell some stories that I have never told about some of the mountains I needed to climb, which most of the people out there, don't know of how many obstacles in my way to be here.

The fact that I've worked for, HHS and I've worked for the New York State Department of Health considering that h most insurance companies were throwing me out of their programs 2025 years ago because I discovered busy in the Hudson valley and God forbid I was spending money on medication for a disease that didn't exist even though all these people were getting better walking out of wheelchairs. It's like, oh my God man, the medical system is it's just a kilter it.

But in any case it's all good news. It's hope and it's hope for the climate because everyone is waking up as bad as what's happening now is it's waking everyone up and there are climate solutions and I've got them in star seed revolution.

You electrify everything, you get solar on everything. You say 50% of the of the oceans and the lands for the

biodiversity loss. You basically at this point to regenerative agriculture to keep the carbon in the soil and you geo engineer the arctic with the oceans because you gotta cool this baby down because once the tipping points hit, which is gonna hit in the next couple of years, once those glaciers go in, it's game over in a sense because you're gonna start to see sea level rise to places where New York City Miami Boston, they're all gonna be underwater folks.

This is not science fiction. And when I wrote this, the book starts in 2037 and there was no way when I was downloading this manuscript, I said to myself, this is really gonna happen.

But I said, you know, 1.5, could happen. Well, now, if you look at the science several years later, it's absolutely a possibility. So, all of these solutions are there.

I just can't figure out, you know, otherwise I'm trying to get through to the military to actually I know they know about this, to see if they can help in the arctic to cool this down.

And I keep submitting, by the way, op EDS to New York times and Washington post. But so far, I'm striking out on all ranges. I can't get them to publish on this.

But I don't know, maybe something will go through at some point. But the point being hope is there for the climate because we have solutions. It's about the motivation, it's about people caring about now, future generations, right? It's about love wanting other people to be happy, compassion, wanting other people to be free from suffering.

What's the solution for the climate care? Do something about it? We've got the science right? So it's not even false hope. It's just getting people's philosophical mindset into hurting people bad, helping people Good. I'm sorry, you people still have reptilian Neanderthal brains. It's time for enlightened thought at this point.

If you haven't had an enlightened society now may be the time to adopt those type of enlightenment because otherwise you are going down in the wrong direction, folks. – Yeah, it's amazing.

I was at burning Man for the first time this year, which is a society that comes to city that comes together on principles of giving and there's not a lot of exchange.

You just walk around and someone wants to give you something and you want to give them something and it's this focus on how do we, how could we, what would the world be like? It's a, it's a city that's just built for a week. But what would this we'd be like if everyone was just giving and that was the focus and there was no expectation for return.

And it's a really interesting experiment that that I think provides. I mean it's challenging, it's not for everyone, but I think it provides quite an interesting perspective on what life could be like what an enlightened society could be like, not that Burning Man is a model for that, but because there's a lot of other stuff going on, but it's it's this sense that there's the capacity to feel for me when I really dive deep into meditation and spiritual practice, I came to this realization in my heart that I felt like I'm good, like I'm complete, like for a while I was seeking and I felt like I needed more, I needed something different, I needed the next thing, but eventually it came to this point where I feel like I'm I'm good for myself.

I don't need anything more like that's it, it's, now my life can be in service of others because I'm content and complete in myself, and I think that's something that I'd like to as we wrap here today and bring and circle this to a close.

I'd like to say, not only is there hope for the world to get better and for personally your own life and symptom picture if you're struggling to improve and get better, there's also a courage in the heart that's required and that courage is to do what maybe isn't comfortable maybe isn't what society has taught you, maybe isn't what most people around you are doing.

Most people may be focused on themselves and superficial things, but there's a capacity, I think that we each have

to look into our heart and find the courage to do what might be the hard thing to do.

I mean, it wasn't, I'm sure an easy thing for you to go and do what you've done against many odds in the mountains that you've had to go through in order to get to where you are, and you're an extraordinary person having lived an extraordinary life.

And I today I'm wearing a the thunderbird in part because of the climate change conversation and some of the the the kind of sense of awe at nature and at the power of what can occur when we step out of our own way, when we get tuned into the courage in our heart when we're able to lean into and trust in something that doesn't seem possible. it doesn't seem possible for you have gotten where you got to, but you did and that sense to trust in that, to take the courage to take a leap, to try to the fact that you're doing op EDS to these things that aren't publishing you, but you keep doing it.

My dad, he was a state legislator, but he ran and didn't win, and he ran again and he was persistent. He kept going until he got elected. Like, it's just having this courage to do what maybe no one says you can do.

Maybe no one says the world can do this, but to have that courage to tune into your heart, know what's right and follow that, even if it's not comfortable, even if it seems impossible.

Sometimes things happen, there is hope and by taking the courage and taking action, that seems impossible. That's uncomfortable action. I believe actually comfort might be one of the biggest enemies to health and wellness and the environment, because it's easy to stay comfortable and not do what's in your heart that you know, to be true. And courage, courage by necessity is meaning that you feel the fear and you do it anyway. It's this sense that you're not complying with or conforming to what's comfortable or allowing yourself to settle.

You're actually taking heartfelt action, that could be small, that could be having a conversation in your relationship with your loved one that you wouldn't have had otherwise because, you know, in your heart it's the right conversation to have, it could be doing a small gesture to an organization or a loved one or volunteering.

There's many ways this can look, it doesn't have to look big or extravagant. There's for everyone, it's different and to tune into your heart and find courage.

Have that hope, find the courage to take action towards something that maybe seems unlikely. I've also experienced things that happened in my life where I'm I'm still in awe at, at the things that some of the things that have happened and, and I have a big vision and I don't know what's going to happen, but I'm going to take action towards it and I really admire and respect and consider you to be a role model in that. So thank you so much for being a role model, doing extraordinary work in the world and making things happen that don't seem very easy or possible until they do and then they happened.

Hope, Courage, and Climate Solutions

And then it's, wow, it has happened and now we all believe it and now we can more people can do it and be inspired that Oh, oh, it's like when the world records are set, it didn't seem possible. But now a bunch of other people start meeting that same threshold. Like once it's done now it's possible, but obviously it was possible before it was done and someone had to take that leap.

So I wanna as we're circling and winding to an end here say that I encourage everyone to not only have hope for yourself, for your symptoms, for your loved ones, for the earth, but to also have courage to do what's not comfortable.

But you know, it's the right thing because that is what it takes for this culture, for this world, for us all to survive and thrive is to really be willing to do what's needed to be done and when it's not comfortable, when it's the right thing, when it's centered in service to other service to the world.

So anything, any last things you want to say here to wrap us in to let people know also how to get in touch with

you, how to what to do next? Do they read the book? Do they go to your website?

Where do they go? How do they get more of you? Because I know they're going to want that. – Yes. So, first of all the thunderbird that you're wearing around your neck is a totem I actually discussed in Star seed revolution.

You're gonna find that interesting when you read the book. So the way to get in touch with me and and follow me is I'm on facebook Doctor Dr. Period Richard Horowitz.

Any of the updates with lyme, the climate Covid 19. It all usually goes on facebook, I have two websites. One is www.cangetbetter.com. My first book was why can't I get better.

My second book was how can I get better? The website is cangetbetter.com. And the other website is a starseed-revolution.com and there are videos by the way on the website. For those of you really, you're kind of bummed about what's happening and you want to laugh.

Please watch the four videos of me playing Prince Ian of our tourists who's a half human, half alien who's come to save the planet. If you've not watched these seven minute videos, you will have a good time. I promise you.

Fortunately I have established today that I have not completely lost my mind because when you watch these videos you'll go, this guy's pretty funny and he's really out there.

So yes, you will, you will enjoy it I promise. And for the climate and the solutions. I have a whole section under star C dash revolution for the climate race and climate Lyman the climate climate and health, right, what's happening with he strokes and you know, what's happening to people's health that they have to be concerned about these days as well as solutions. There's a whole 20 page blog on there with climate solutions about defining ecocide for the planet what this means.

So you know, please take a look and share the websites. And I appreciate your getting the books and and also star seed. The main reason I got it apart from giving humor to my patients and providing solutions is I'm trying to get a voice in the climate dialogue.

Just like I needed a voice in the lyme dialogue because I found things that worked my right brain intuition. I've been working it for a very long period of time and you know, whether you're a patient or a health care provider, you need that right brain gut intuition you when you meditate, you go into that state this where you're just relaxing into the open, empty nature of mind, you're accessing that gut part of your body of your intuition.

And if as as miles as you were saying, if at this point you're bummed about the world, just remember that there is relative reality, an absolute reality and in relative reality where we're living with the good, bad, happy, sad man, woman life, death, all of the opposites of life and what you consider constrictions, just remember that when you access this state of consciousness, which is not relative reality, but the absolute nature, when you're in a deeper meditation, that absolute nature is beyond limits all things are possible.

So you know, regarding about the people who don't think that, you know, we can have the randomized trial next year and prove to the world we're going to do it and regarding solutions for the climate and implementing it.

We've got them. It's not a question of, we don't have solutions. It's a question of getting the world leaders and everyone to implement it. But everybody can be part of the solution and you can be meditating planting some of the seeds that you read about in the book so you can empower yourself also.

But remember that with love wanting other people to be happy and compassion and wanting other people to be free from suffering if that is the writer for your ship going through life and you have a gratitude journal every day, just saying thank you for what is in your life with a smile saying the courage, you need courage right now on this planet.

You do, you absolutely do need courage. But remember it's the courageous heart of a bodhisattva of you're not just

doing this for you, you're doing it for all of these people who are suffering right? And with that motivation, your life will always go in the right direction. I look back at my life and the inspiration and the teachings I got from mom agenda and push a 42 years ago.

It has guided me in a way that my life has gone in a way I would have never expected. So I've stood on the shoulder of lyme giants of ken leader and Joe Boris Cano and Sam Donta and I thank them for all the work they did before I came along and my teachers, but honestly like anything any good that I've done in the world, it's always based on what others have done. And the university based research is right, we're all in this together. It's not just me, it's like everyone's in this together, we're all trying to figure it out.

But humanity is that we're in a very interesting crux. And I believe for humanities evolution, it's time to adopt these enlightened principles of, you know, the aquarium. By the way, I'm an Aquarius with an Aquarius rising. So my whole life is humanitarian.

It's about helping the world and what can I make a difference. And I just came in that way. I was just wired that way. My wife is a master astrologer. She explained the whole thing to me.

But you know, if you have this idea of an enlightened society of brotherhood of sisterhood that you know, the Russians who are there, they're suffering also.

We're all brothers and sisters in this right. The countries of china and Russian and and Iran and we're all in this together with the climate. So if you keep this idea of you know, foe and friend, you've got to go past dualistic, this has to be a time where it's mankind where it's brotherhood and sisterhood where it's it it's giving and it's accepting and it's compassion and generosity and it's love if we don't adopt these enlightened principles as a society because all of the changes we need are gonna come from right motivation. That's where they all come from is right motivation. That's the solution.

So the time for enlightened principles is now it's up to all of us to institute it. The Dalai lama said it years ago, right? And so did Gandhi, I think be the change, right, right, Right. Was Gandhi be the change that you want to see in the world. You do it, do your best to do it.

And if everyone does it like the community you were living in, you just give right. You just keep giving and see what happens, right? You've done random acts of kindness sometimes, right? And you blow away someone and then they do it.

It's, it's a wonderful feeling right? Being able to give you get much more when you get for me. I have more of a problem accepting by the way that I do giving and I'm sure you probably do the same for those of us who in the health care profession miles. This was a, it was a great honor also to be with you today. I feel like we're brothers on the path.

This is a fascinating conversation. It went in areas I would not have expected and I actually look forward to a friendship in the future because I think you and I have relying in a lot of ways. I look forward to actually knowing more about you and and gaining a friendship with you. So thank you.

This was a great pleasure for me today. – I do too. And to sum this all up there is hope. It takes courage, courage motivated from service to not only yourself, but everyone can help in order to have action that is meaningful to the world and to yourself and we're in it together, teachers are teaching us to we don't have to do it ourselves and it's happening. So thank you everyone.

Thank you. Dr. Horowitz. If you want to find out more facebook drrichardhorowitz and the starseed-revolution.com and I love cangetbetter.com beautiful domain.

So thank you Dr. Horowitz. My name is Dr. Miles Nichols and it's been a pleasure, Take care everyone.