Introduction and Guest Background

Hi, is Doctor Pollock. This is another episode of the PMF Healing Summit, and today I have a very distinguished guest, Doctor Isaac Elias. He's written a book. He's famous.

He's written a book called The Survival Paradox, and it's a bestselling book. And I wrote, I read it, I know why, it's a bestselling book. And also given my reading of what Doctor Elias's background is.

I'm extraordinarily impressed. We actually share some commonalities in our backgrounds, which is very interesting. I thought that was very revealing by itself.

So without saying anything further, let me please have Doctor Elias tell us about his background and his history and how he got to this point. Yeah. Thank you so much for having me.

And it's such an important topic. A, you know, Bill, I had an interest in, in, in integrative medicine and healing from a very early age. I'm a native of Israel, and my father was a civil engineer, and he worked in developing countries.

So I grew up in Africa, in Ghana, in Brazil, and in the 16 we traveled to South Korea, where I got exposed to taekwondo. I was very fortunate. I, the the national team of Korea with that time was the world champions because taekwondo was mainly in Korea, had to learn English.

So I got to train with really with the best taekwondo masters and with yoga teachers. And on the weekends we would go to Buddhist temples. So I got the is the eastern culture got suffused into me.

And this is early 70s when it wasn't this popular. So when I when I went to medical school, I was already a yoga teacher. You're going to actually I went to yoga.

Yoga teachers course I went through in Israel through the seven years medical school, six years plus residency. So knowing that I'm actually going to do something really different.

So I became a yoga teacher, I learned. So I created a three year course in acupuncture and Western Apology. And when I graduated from medical school and finished my internship, I got license.

I came to the U. S., where I did my Masters of Science in Chinese Medicine, became a licensed acupuncturist, and then stayed stayed in this country with my life partner.

Me and our two daughters. And I specialized first as an acupuncturist. I got my medical license a little bit later on in 2000 and in specializing in integrative ecology, and also in treating meditation masters all over the world, in United States and in Asia.

I spent a lot of time meditating, and when I say a lot of time, I probably would have never even think about doing it again for ten years, half a day, every day, and for 20 years, two months to three months a year, I would just go to the mountains.

So I developed a certain appreciation and insight into how our mind works and how it affects our body. And that's my big passion. And it was translated into my healing work.

And in the same time is, you know, I'm a very active researcher with published papers with Harvard. We know did research with Columbia, with with multiple leading institutes, NIH grants for my work, a lot of it on galectin three.

And all of this consolidated into this simple concept of the survival paradox, which is really the name of most of my

book, where I really also, it a deep understanding of a new paradigm into what really drives our aging, what drives chronic disease, which is really our survival drives.

And of course, it's intriguing when you hear it, but it actually relates to it, not to electromagnetic fields, because when we are connecting with our cells, we relax, we open up.

When we are in a survival drive, we're going to crisis. You know, survival drive is a state of crisis. It needs to build in within us. So every cell in our body, we have it tissue us as human beings, societies, countries.

The world is in a survival mode. And so understanding it is realizing, wow, what makes us stay alive. It's actually what makes us sick. What shortens our life, what causes chronic diseases, what drives sepsis.

This is a cytokine storm is when a cell doesn't want to let go. So the process and this of course lends itself to the understanding of letting go is the process of healing.

Survival Paradox and Healing Philosophy

Which of our conversation you and I can elaborate in kind of a, a joint discussion of what it means when the energies balance out. It's really an evening of pressure, you know, it's evening of this drive and just letting go.

So it is a healing process on a physical level, on an emotional level, on a psycho spiritual level is the letting go process by getting in touch with the infinite spaciousness in the inner connectivity between us, which is really why the most important electromagnetic field is electromagnetic field of the heart.

And then we realize this and realize, well, we all connected through our hearts. So this is on a more spiritual level, psycho spiritual. But that's where healing happens.

But on a physical level, the survival drive is driven automatically by the sympathetic nervous system, biochemically by a protein called galectin three.

So it's interesting for me, while I was recognizing this through meditation, through being by myself in very remote areas of the nature, that if something happened to me, nobody would find me that kind of crazy.

But in the same time, I happened to stumble about when the protein, the drive, the isolation by creating this biofilm, this separation in this micro environment that we really want to break down in every possible way and to select the magnetic field is one of the ways.

It's just by by dissolving the hardness, you know, because when things are steep, it doesn't flow, which is completely contrary to electro to electro magnetic field.

It comes and goes and comes and goes right, creates the rhythm. And when we are Steve, when we hold, when we survive, when we contract, we lose our rhythm.

And so now, with decades of clinical experience and of course I'm a hands on clinician and healer. I see patients all the time. And really, I have this passion of sharing this with people and offering them different ways of addressing it.

And I'm very excited about the the two interviews I'm going to have with you. We have so much to talk about and we share, you know, a love for energy, medicine and realizing, well, you know, if we just go into the flow, right, everything is possible.

Well, it's interesting that, you know, that's because that's what's also interesting about this is electromagnetic fields are actually the second force of the universe.

The first force is called a strong force. And that's at the atomic level. The second force is called the weak force. The

third is gravity. But gravity tends to be more isolated and it's obviously pretty strong.

It's isolated. But the second force is the biggest force of the universe, and that's the electromagnetic force. So electro and magnetic cannot be separated.

They are hand-in-glove together. They have you have electrical, you have magnetic and magnetic influences electrical. So the biggest force in the universe talk about the heart.

The biggest force in the universe is the electro magnetic force. It's really fascinating that the electromagnetic field of the heart resembles the electromagnetic field of much larger structures.

You know what people don't realize? Is it the electro magnetic field of the heart is 100 times bigger than the electromagnetic field of the brain. So in fact, every second of your heart is touching every single cell in our body, and it's touching people around us.

You know, it's amazing. And in fact, actually, we have something in our bodies called magnetite that every cell in the body has magnetite. So magnetite is a is a magnetic basically a magnetic crystal.

It's like a tuning fork inside every cell of our body. And our brains have hundreds of billions, actually, of these magnetite crystals. So in all of our body we have this magnetite.

And the magnetite interacts with our electrical fields. And like a radio, a transmitter, a radio, like a crystal radio. What does it do? It not only broadcasts, as you were saying, but it also receives.

So it's a receiver and a broadcaster. It's a tuner as well as a broadcasting sports. It's because it's a very basic process, because it's really it's it's remarkable because we know that to, you know, for a cell to function well, it needs to have a membrane potential and it has to have this electric difference.

It's the basis of health, right? We learned in medical school that they got right with this a sodium potassium pump, etcetera. But it's very fundamental to the survival of the cell where it wants to take, you know, what's good for it.

And it lets go of what it doesn't want to do, you know, toxins or waste. Yeah. It does. Education and the you know, the heart is a balancing act because the heart is the only organ in the body which takes in all the dirty blood from everybody.

Whatever each cell doesn't want goes into the heart. You know, the how to connect with the universe, which is the greatest equalizer, right? And then gives clean black blood all over the body.

So it's fascinating for me. For me is, is a mind body practitioner. And as somebody who is in tuned with our body, you know, some people are visual and tactile.

I've always been like, I don't see as well, you know, like, like different phenomena, know a little bit more. But I see something that can hold some of these things.

I know where the pain. But I kind of went and like just now I was the student. I was lying down. I was feeling the difference between my lungs and how it's balancing going.

It's doing this as well. I mean, like 60s, you know, I've been doing it since my teens and I'm discovering new things now. How did it take such a long time?

It's such an unfolding experience and it relates to our connectivity with with energies within us, without us, all of us. And yeah, it's what makes lives of and healing so fascinating.

So even down to their level, Salisbury them and they breathe out at the cellular level, as you say, the cell membrane. Right. That allows the cell inside to take in energy to use it.

And there's waste associated with it. So you get rid of the waste. So breathe in, breathe out, breathe in, breathe out. Literally. That's really the value of creating a sacral.

That cranial sacral. You know, the interstitial movement is a movement that goes all the way to the cells. And I mean, BNF per se is not my specialty, but the the real change happens when we don't do anything, when we just allow things to unfold.

So for example, it's practitioners, we want to do things. But then then when I teach I should be busy. I'm not doing anything, nothing and not moving my hands.

I'm just opening my mind and my heart and everything is happening faster than it would be when we tried. Because when we try, we put effort. When we put effort, we contract.

And when we contract, we lose the flow. So one of our responsibilities for healing is to recreate the flow. And in this sense, you can already see in people who are listening, you can see, you know, the meditative, energetic qualities.

But we also have to allow the body to communicate together. And that's where, galectin three as a survival protein, because it carries the only inflammatory hyper viscosity, sticky molecules like integrins.

So they go with this protein, two different inflammatory alia, galectin three. Drop them there. They stick the cell, they create a micro environment you no longer can penetrate.

It's like you're trying to go through the wall. It's much better to find the door a shell. Yeah. So that's a value, for example, of what if I said respecting is a fundamental supplement because it dissolves the hardness and the.

Yeah, it's the beauty of energy. You know, it's like then into it you integrate energetic things. It's like it's very powerful. And there's so much we can talk about this level.

You know, that's spelled galectin three. So, you know, galectin three is what I call the our survival protein. But it's really doesn't it sounds good but it's not a survival protein.

In our embryogenesis when we are in utero in our mother's uterus, it helps to cells to develop inside the cells. It's part of being a survival driver.

It goes in repairs. Any injuries, and it repairs by creating inflammation and by creating fibrosis. This is yes. And eventually to create organ dysfunction.

And that's why you see galectin to me really, if you look galectin three research, which is close to 10,000 papers by now, it spans every disease. It's like, wow, how is it possible if you look even in the research and pick the cell, which is now at about 80 published papers, you'll see when people see on mainstream research on cancer, on heavy metals and immunity and key and chronic kidney disease and acute kidney disease, on sepsis.

It's really because galectin three, this upstream protein that starts the cascade of the cytokine storm, studied the cascade of inflammation, the cascade of the fire that burns, either burns or makes everything heart hard, dysfunctional.

And the idea is to dissolve this hardness on the biochemical level by dissolving galectin three on an energetic level, by going back to our rhythm. You know, by connecting, we can say with, with the, with, with this very deep force, you know, if it's a gravitational force, one of our biggest challenges is people.

Is it? We constantly have to fight gravitation, you know, when we stand up, when we move, and when I teach meditation, one of the big things that they teach is just let go of this fight.

And then once you let go, actually you don't collapse out of it. You get the rising energy out of this very deep relaxation. So some of this healing I do like when I do guided guided meditation, guided healing with people are

lying down and I let them really relax and suddenly they can feel the movement in their body.

So, you know, I can only imagine. And this is your expertise when you put the right mattress under under it that balances the frequencies, you're going to speed the healing process.

But in the same time, the person themselves has this opportunity to just let go, let go, let go. And there's never too much letting go. There's never too much of an open heart like the Dalai Lama says, you can't be too compassionate.

You can't be too loving. You know, it always unfolds. And so same thing with the opening. So it's interesting is the healing process. Hey, you know, we get we get attached.

We have aversion to the symptom that we don't like and we get attached to amazing experiences. But anything that we hold to creates contraction. And that's you look we think about entropy.

Everything's going just expanding, expanding, expanding. The moment you hold, you limit the possibilities. And that's why one of my favorite sayings is not everybody would be a miracle, but anyone can be a miracle because everything is changeable.

And I think we be experience. I had to experience with the connection with energy medicine, especially if we put the heart into it and we melt the ice, we don't just cut it with the heat and lava flow out, everything is possible.

It's like amazing, you know, like you when you lie down and you just feel this connectivity with what's going in, which was going out and makes life exciting.

Electromagnetic Fields and the Heart

That brings up an idea to me as well that we are a we are soul, right? A spiritual being with a body. Yeah, what we do is we forget that we are spiritual being because our senses basically drive our, our, our beingness in many ways.

Right? Right. And so once we once we let go of that, once we connect with that spirit level of us, of who we are, then the body, the spirit takes care of the body.

Right? I remember reading, Don Juan, the, right, the books by Don Juan. I also remember him and he talked about his mentor, saying, you know, I can change my body.

And he didn't. Carlos Castaneda did not believe that. Right. So I said, I'll show you. So his mentor, Don Juan, walked away for about an hour or two hours, and he came back, and Carlos did not recognize him.

He was old. He didn't recognize him. He was expecting some younger person, but he look old. So he changed his appearance. He changed the way he was, I think a really good actors do the same thing, right?

Go meditate. They become something else. Yeah, well, this is a this is a principle of changeability. It's very it's the key. It's the key of healing. You know, I was talking earlier today about detoxification, which is a necessary part.

Like you were talking. It's the exhalation of the cells, like the letting go of the cells. So it's the exhalation is it is a letting go process the lungs.

If we didn't have voluntary muscles, the lungs would collapse, right? We would exchange. The exhalation is the natural movement of letting go. We can't do this work.

The first thing we do is we say we cry. The last thing we do in this world is we exhale. If you've ever been with people who have been with the dying person, it's a profound experience.

Why are you the same person in one last exhalation and everything is different? Why? There's no more movement. There is no more flow. So in in this sense, it's very important to recognize this.

So we we naturally, as part of our survival drive which is really do comes from in this even in the book, I just touch on the inputs and other books that is written by them and published called Open Heart Medicine.

The reason why we have this innate survival right, that we don't know how to get out of, and this is what our life journey like in Judaism decoded the decode the 16.

What is it? We lost the ability to let go, to recognize it. Everything is changeable. Nothing stays the same. You know we all are the same now. Like we were.

It's an hour ago. We got to know each other. You know, we are interacting with new ideas. We're going to work out all these different people. We hold the moment we hold, we limit the change.

So anything that can break habits, anything that can break stiffness. If you think about it, when we get things accumulating instead of flowing, you can get in utter sclerotic blood.

You can get hyper viscosity in the blood anyway. What happen when you have a bunch of cells accumulating when you don't need them, and then they hold to each other and they become aggressive?

You get cancer. So it's really about healing is a letting go process. And it is it is two parts. You know, it is it the openness part and it is the hard part and the love and compassion part, which is built within us because the heart is built to give in.

In this sense, the electromagnetic field plays a huge role because it provides us, you know, we all are in this field. You know, we are all in the same boat, you know, so we can say we all have the same voice in that everything changes for all of us.

But we are really we are in this field together. And the more we can create harmony in the field within us, it will affect us and the outside. Look what's happening to the world right?

And the more we create harmony outside, it will it will affect us so we can feel it when we go to a powerful place in nature, which is very clean and very pristine, effects our being.

But we won't bear fruit, right? And you can feel the energy of the earth, and you can connect with this powerful field. So yeah, it's a we're kind of shifting away from it.

We can shift away from it from a lot. We are too busy physically. That's that's one of the main components of this. We're too busy or so we're captured all the time by TV, by a radio.

I have I have people I know, people who are constantly bombarding themselves constantly. And if it's not the television, it's their iPhones, it's the music.

It's wherever they have no rest, they have no time down. Yeah. And it's part of our society. I look at my life. I mean, I have a cellphone, but I didn't in this module until 2011, and I would go to the mountain for two months, and I had a busy practice email, but it's like nurse practitioner would take care of it and that would be in areas with no reception.

So I would have a satellite phone and once every three weeks it would be a set of time I would walk to the peak of the mountain, you know, in the winter, in the snow.

Well, I knew I had to reception and I'll call and I'll get update and I'll give answers, and then I'll disconnect the phone and, and go back in these days, I even can think about it.

You know, we are so bombarded. But I want to emphasize there is a certain advantage about it. It is really important. We talked about the survival paradox is the balance between the sympathetic system that the site runs away and the parasympathetic system that balance it things out.

So when we are so busy, we naturally the sympathetic system is trying to help. So it creates more, it waits more receptors and more and more in my ability to relax.

And that's why you can see people now changing if they take one day off. Because the contrast between one day off and being busy all the time is so big.

When you are relaxed anyway, you need a lot of time off to really feel, to feel, to really feel the difference, you know? So it's a very it's a very important principle.

So right now this very concentrated intensity also allows us to change in healing intense. Yeah. We've adapted I often say when I teach that if you brought a Yogi from the Himalayas and you dropped them in the New York City, New York City, they would get a heart attack in five minutes.

It just wouldn't be able to hold the the intensity because of the receptors. You know? Definitely. Yeah, I think I think you're right. I think we adapt to it.

We have to that's that's another survival mechanism isn't it. Right. So yeah, this is this is a different time in, in this sense, anything that can connect us to this very vast field that are bigger than us, and it can be on the energy level.

It can be on a physical level. It could be on a mind level, you know, in certain tradition, let's say the Buddhist tradition Buddhism talked about by the speech in mind, and each one becomes more and more subtle.

So you are talking about your work and basic energies in the universe. Well, these are energetic qualities that you have. You either can get in tuned with, right with, or you have a device that helps you to get in tune with.

Certain people are very physical. I don't I don't see it. I don't believe it. You know, see, you can sit and relax, go to the gym and put headset and listen to music, anything to distract the mind.

And it's very competitive. It's good. They still getting cardiovascular. And people who do take to do qigong use Pmi's, use acupuncture. And the people who just see how whether my mind and how it's opened, everything changes.

So the more subtle it is, the more powerful it is, but also the how the act has to achieve and to achieve. And it's a process of really of letting go, letting go, letting go.

It's healing is about instead of holding like this, healing is just letting go. That's it. It takes practice a lot. It's a lifetime. And so some people would say it's more than relaxing.

We come in in different places, but it's, it's very interesting because we have our aging body physically aging brain in one level, yet we have our evolving wisdom.

It's very interesting. And the process is not a process of forgetting lack of dementia, Alzheimer. It's a process of unlearning. So we learn, we learn, we learn. Right?

And then we just let go. We let go of the information and then the undercurrent, the deep insight starts coming up or coming from above. It doesn't matter which one however they do.

And yeah, it's what makes life so, so exciting. You know, it's so and also empowering because one of the big thing is they also interested in the book is the way I work with people is not about healing other people.

Yeah, I can do it. I'm pretty good at it. I mean, some people are better than I am. Consider myself pretty good

healer, but it's about empowering people to heal themselves, right?

You're putting people to connect, and in this sense, everything goes. If it's an exercise or diet or supplement or PMS, anything that connects you with something that is bigger than you, it can really change outcome.

Because as long as things are changing, everything is possible. Truly, it's amazing what I, sometimes when I meditate, I feel resistance is I don't feel some.

Sometimes when I meditate, it doesn't feel as good.

Letting Go, Meditation, and Flow

And what I found over time when I'm meditating and that happens, that's where I relate to what you were saying about, the influence on on you with the world around you.

What I found out in those days where I would meditate that way, and I feel that kind of pressure and I go about my day, all kinds of have it breaks loose in that day, not necessarily with me, but people around me, like in the news or in the, in a city or a bombing or a war breaks out or whatever.

Something else happens on a bigger scale. I myself. Yeah. It's fascinating. We are we are in tuned and the. Yeah, meditation is a very it's a huge topic.

It's not necessarily the topic of the day, but meditation is really not what you experience. Meditation, it's commonly done this way, you know, and mindfulness has become very popular, very helpful.

But mindfulness is an effort for meditation because we are mindful of something. Meditation is accepting anything that you experience when you have it.

So. So you have like a difficult meditation. It's just an experience going to come and go just about accepting it and eventually. So in many levels, a big meditation session is easier to let go.

And then a great meditation session, right? Because we get attached as a great meditation session. But there are special ways not to get attached to the meditation.

But we talked about it because what is attachment to meditation? It's holding a certain experience. What happens when we hold? We contract. There is a biochemical pressure.

There's a biofilms, there's a microcurrent, there's galectin three, there are sticky molecules. You know, it's a survival drive when we totally let go, when everything is possible, we are we go with the flow.

It's like a river that keeps flowing. And what happen when we do this transition? It's like melting ice into water. And when we hold, we freeze the water and that's a whole different.

Water and ice are the same, but one is flowing and one is rigid. Well, it might be better to, melt the ice to become gas. Yeah. And it's true when you are totally open.

But then water has a communication quality, right? It's it's fluid. It's moisturizing. So. Yeah, but it's true. Eventually meditation is like open like like space.

There's nothing to hold it. Healing. That's what spontaneous healing happens. And yeah, there's so many doors to leading, you know, in I mean it's it's so much fun talking to you ladies.

Usually if you talk about detox in biochemistry, of course we can't as it relates to all of this. But yeah, it's it it's really where multiple aspects of life come together and the more that the patient can connect in this way, the person, the more the health provider can connect in this way, the less we have to do, the less aggressive treatments we need,

right?

Because we are just allowing we are touching with this place where things are just unfolding on their own. But of course, we have to remember when emphasize this, that we have to remove the obstacles of curation, the blocking factors.

So for example, if there's a lot of heavy metal in the body, it's going to change your, your, your electrical current, which will affect a magnetic field.

If you have pesticides, it's going to change certain neurotransmitters in your gut and create an autoimmune IT condition or a new inflammation. And you get a different in the in the conduction and different neurotransmitter, etcetera.

It's going to change the flow. So you got to address all of this. And so it's not like we can just relax and everything's going to be to really with just the resolve itself.

And you know it's an area that I overlooked. I did I do a lot of work on heavy metals. I, I developed you know they pick the solids is a proven when published heavy metal with metal safe.

But I overlooked pesticides not because they didn't know that they are bad, because we kind of get used to the idea that we have to accept it. It's everywhere.

But why should we? There's no such a concept, like a little bit of poisons, but this is like disrupt conductivity. Look at look at glyphosate in chronic kidney disease.

You know, it's an example of never inflammation or gut information, not immunity. Anything that disrupt normal movement through a membrane is going to disrupt everything that you're talking about.

Because the electromagnetic field, the the exchange is not going well anymore. That's how it gets into trouble. Absolutely. And that electromagnetic exchange, obviously, what we're talking about is like we talk about water and gas.

Water, ice, water and gas. Right. Where we are. This the same in many ways like that. When I work with magnetic field therapies I have, there are people who feel nothing.

I hit them with a hard magnetic field, but they feel nothing. And I realize that over time, I've discovered there are people who feel nothing. They need dynamite to get them going right.

Their rocks are solid, they're rock dynamite. And on the other side of the spectrum are the people you can bowl over with a feather. So I'm exquisitely sensitive to even very low intensity magnetic fields.

So again, there's a spectrum. And we have to acknowledge that spectrum. And I work with that spectrum to move people to, to the next level. And so it's very important the same.

The same like when we use supplements to recommend this isn't those some people need a very small dose. And it's important for people who are sensitive discipline, say to the oh, I'm very sensitive.

There's also strengths to being sensitive in the sensitivities. It comes from involvement. Is there sensitivity to that counsel imbalance? Right. And if you have mycotoxins you become sensitive because they're not working properly.

If you're more open then you're sensitive because your perception is being heightened. You are clearly now it's very, very different. And one of the key things that I've been talking about lately, and it's hard to comprehend, is know it's part of the survival part of in your work.

It would also then if it did, is it we get attached to our symptoms. So you get a patient with chronic fatigue or is nine.

Was it or is it really mycotoxins if they got let's say the same symptoms for 20 years, they identify with the symptom.

Their symptom becomes inseparable from them. They identify a symptom. And I apologize to my colleagues. The doctor identifies with the symptoms and the advice.

Relationship with the doctor, his patient. The patient is a doctor and there is no way that is going to end. You know, it's I always remember I had an amazing patient.

It's an interesting story. It was early 90s and she, she she died like 20, almost 30 years ago. 28, 26 and here comes a woman. Stage four breast cancer.

Every bone with metastases. And these days I was like into nutrition. And I tell her I won't mention her name until, you know, we're going to start with the first phase of cleansing, which will take 18 months the next time she can.

This is Isaac. I want to show you something. She was the wellness woman. I bought a new Mercedes. She was like, like 78 years old. So why? Said, you know why?

Because you said it's going to take 18 months if I'm going to live for 18 months, I want to get a new car. You know. And then she was working with a psychoanalyst about an anger for 22 years.

And then we kind of connected with it with acupuncture. I, I was doing classical on me at the time, and it just dissolved. And she realized, well, everything I'm having is because of a certain anger.

And she went and told her analyst who told her, you know, this is going to disrupt our progress, and he just let her off. This is a true story of a woman who drove to a reunion in Kansas from California at the age 80, and got to the entrance of the town to the high school and turned around, decided she doesn't want to see anybody?

I don't think so. She was great in letting go, and I was with her when she was taking her last breath and she really let go. So the letting go for her allowed her to heal remarkably.

And then also allowed her to leave her body remarkably. I remember she came and said, I think that it says the cancer came back and we're going to say goodbye, came to her.

We meditated together, and then two hours later she left her body. There was a healing in her letting go. So letting go is key. Kiki in, you know, a journey of healing.

And for the people who, have health challenges, one of the issues we identify one symptom with another symptom, and we create this neurological memories of the body.

This is what PTSD and some of it is genetic. Some of it is epigenetic, some of it. And then, of course, it's a self-fulfilling prophecy. So the idea of space is you and I talked about is about allowing, just like allowing a symptom to manifest and just let go without the need to be stuck to the next symptom.

Now we do it with our thoughts. Well, one thought follows another. Like the first thing when people start to meditate, they realize, oh my God, I have so much restlessness in my head.

Yeah, you always it. We are all in the erotic, you see. We just slow the knots and we can realize this space. So utilize the breath a lot, because the breath is voluntary and you can always recognize this place between the exhalation.

People can try to exhale. And before you inhale there's this moment with no activity. And this enters with our mind. And then slowly, it also helps us with our symptom.

It's very interesting. I know for me I used to have terrible scoliosis which kind of healed. And I don't have big pain, a

lot of emotional, psychological distance, expertise.

It is completely just in like like 3 or 4 years ago. It's insane. But anyway, I would get this big that is contracting and then you can't move. You know, when it looks now.

And I was good enough, I you can see my whole body as it was happening. I would just instead of like resist. And it looks like to talking about resistance as it was happening, I would just go with it and move with it and move with it and let go of it and slower and slower and slow with it and release it, and it would go away.

Yeah. That's what you were talking about. So it's all about this letting go. So physically we got to dissolve. We got to neutralize galectin three there.

There's a reason why I say that pic. This is the most important supplement, not because I developed it. People who know me know my my philosophy. No. My child 20 years ago.

I wouldn't recommend it for everyone 20 years ago, but now it's fundamental. We got to help us dissolve this survival. Holding on a biochemical level.

You know, I published two very important papers last year with one of the coauthor.

Detoxification, Galectin-3, and Practical Healing

It's considered the number one critical care doctor in the world, John Kellam. And we published on acute kidney injury, sepsis, very similar to what happens with Covid.

And in an acute kidney injury because of perfusion injury, you don't get blood flowing with it enough to after a bypass or heart surgery. And we showed that when we block collecting three we reduce the cytokine storm.

We cut we attenuate completely the interleukin six spike and we reduce acute kidney injury. We reduce deaths from sepsis. And I insert them in my last stages.

Now of administrative approval for for my sick and very large grant from the NIH to continue my research and therapeutic services on this field when pulling and collecting through with the filter, that's a more effective way that they make it simpler.

But the idea is it we are removing the upstream protein that locks us, and it's created a survival response. And it's a little bit similar to what you're talking about, like the same susceptibility to use like a nuclear device because they are so rigid.

Right? Right. So rigid. And even for these people it's very interesting. You know, often if we have a block in the midline, okay, which is a classical block, you can knock on this block million times.

Nothing is going to happen. This is not going to work. Really what you need to do is go this way. Right. And then it will be like this space in the middle every time we move, right.

You can see this same thing in if we are, if we are hitting a wall, if you know anything about relax and look for the door. There is always a door. You know, I just like I was I was talking about the about the experience of, of Covid, you know, we I think I knew before the interview that I was just diagnosed with Covid in Israel 45 minutes before starting to teach.

They had retreats, 160 people for the first time after 22 years, and people were working for 24 years. I was preparing for months. The only thing I could either resist and get upset or and I was sick, just let go.

And then everything worked out miraculously because there was a letting go process. So the letting go holds a lot of healing with it. And we know and we talking about we can talk you know, we talked about the biochemistry, the

survival drive.

We talked about the the sympathetic system. We talked about the biochemistry, like blocking galectin three. And we talked about tuning with the energetic field because energetically it doesn't stop.

Our drama is not very significant. It's bigger can contain us. You just it invites us to get tuned with it, you know, and then it becomes a great deal or we connect with our hearts, the biggest healer and then everything.

It's like like ice gets dissolved in the sun. So all of these are healing methods of the same, trying to heal the same course with different tools. And I know from my experience, the more you get tuned with the refined refinement of our existence, the less you have to do.

You know, I studied a lot of acupuncture, a lot with different lineages. I studied classical Chinese and used to do very sophisticated acupuncture, to a point where I look at my charts from 25 years ago.

I can't understand them. Okay. And now what I do is so simple. I only scolding myself 25 years from using such simple points, because these are just doors for my ability to a little bit more relaxed and open myself and the people I'm working with.

So this is a journey in the in this sense, anything that connects us to this energy that are bigger than us is so essential. And it's it's present, of course, directly when you have a magnetic field that you just have to get it there, you know, you you can escape for five minutes or 10 minutes or 15 minutes.

At some point it's going to hit you. You know, it's present in our food, it's present in supplement. But just give an example today of speak the soul.

You have to move the the the obscuring factors like pesticides, the metals. You have to clean yourself emotionally. And it's present in our mind. Our mind tends to hold, but our mind is the ability to relax this part of us.

You know, you know, I, I've mentioned this in previous, interviews as well. I saw I, either for my or spec scan, brain where the people who are doing the research with that fMRI, had a subject had somebody or they're monitoring his brain.

This person's brain. And the brain was quiet and they told him, told this person to lift your arm. He didn't know they were going to tell him it was that program.

They just said, okay, now lift your right hand or right arm. The brain is quiet. All of a sudden you see a little light beginning to shine in the brain, little like going on a pinpoint.

And then it goes bigger and bigger and bigger and bigger. It gets really bright. And then he lifts his arm. His mind told his brain to make that decision.

His mind told his brain, lift your arm completely. It's amazing. So that's how much we can be, right? Yeah, totally. Yeah. So it's great. I think I think that, Yeah, we really we're we're we're really, really.

I'm glad that both of us were able to kind of dive in and cover all of this. It was it was a great interview. Really. Now, one of the other points I wanted to make that you were relating to is the, the, the, the problem of letting go, people basically own their stuff, and there's more fear of being different than where you are right now, right?

Right then what you are. So you could be very, very ill, but feeling something different is more worrisome and more scary. Shifting is more scary than holding on.

Yeah, because this is part of, say, being able to be with the unknowns. And if you're on the edge, if you're really if you're really slow flowing with energy, like, I mean, a surfer is a good example of that.

I, I said very little. If you are the edge, you know, you never know what's going to happen, but then you're really alive, you know, if we if we if everything is known to us, we are not alive anymore because everything is predicted already.

So being alive. Yeah, it's part of being alive. Definitely. Definitely. Type cheese. Something like that as well. What you're describing with your scoliosis. Right.

So rather than hitting the arm coming down right, right. But you do as you, you know, shift it slightly, you know, is very little energy to shift it completely or completely.

Totally. Well, this is a fantastic. So is there anything else you would like to, to say? No, this is great. I mean, I just, I recommend people to really to take a look at the survival products because I introduce and I hear from doctors who really information, but it really will change the way you think about your health.

And then so it's really about using tools and almost an introduction to a different way of relating to your health. And then it is dozens and dozens of pages of protocol.

The end how you make it practical. So, you know, it took me a long time to really write it. Right. I say your book is, exceptionally pleasant. Yeah. Exceptionally easy to read.

Very relaxing. Just like our discussion today. You feel relaxed even reading it. So I really I highly recommend it. And I really have to credit a lot of it to my daughter, Lee Elias.

He's an ordained Buddhist minister and a meditation master, and she is a great editor. So she really she really upgraded it. And part of the relaxation is, is her energy.

You know, we're we're we're we're too technical or scientific. We have to express that. Yeah. I will also say one thing. Let's spell galectin as galectin.

Yeah. See, it's galectin three. Yes. And the blocker is picked up soon, so. Picked us a spell. Picked a s o l. Yes, yes. Picked us or modified it was because it's just comes from pectin.

Exactly. Right. And salt is a solution or right. So that the cell is not just modified pectin. Right. It's a special molecular weight that gets absorbed into the bloodstream and then can actually can actually block galectin three with the benefit.

And there is a chapter about what effect it was fixing in my book because of the really interesting story, how I, how I got introduced to it when I was a teenager.

And then it's really interesting in Israel and, and then somehow I remember what it did to my neighbor was a very, very same as a, citrus, scientist in Israel.

Used to be Israel, used to be very famous in its citrus fruit. Right. And the roots going to neocon were PhD in organic chemistry. And I was 12 years old.

We took a walk to the house and she turned out of the blue stone, the Isaac. One day they would assign it to cancer from the citrus fruit. 24 years later, in 1995, the first paper got published by Abraham Rice, which I collaborate with now.

They call them up to the roots. I don't expect you to remember, but I remember what they told me. Don't ask me how I was 12 years old. And then she put me together with the picture scientist and this is it.

Then this journey started, focused initially on cancer, but then all these other indications that, my observation again, not being locked, I started to see how people's memories are getting better.

Blood pressure, joint pain. And I realized that certain inflammation and heavy metals. So I made all of these discoveries over the years. And now it's much bigger than now is a big university studying this.

There's a paper coming out every week or two from some kind of a big, university medical center, which of course makes me really happy because it's really I know I'm contributing to people's health in life, and it's it's, you know, it's a it's a gift.

You can't ask the bigger gift in making an impact in helping other people. It's are a lot of people at the same time. Yeah. I want to surprise for you.

Yeah. We've I've never done this before. Doctor Elias decided he wants to do two visits with us. Yes, we're going to. We're not going to tell you when, but we're going to have another visit scheduled. We're going to another discussion.

And this way you open this discussion is fantastic because that really opens the door to the next level. Right? And next time I want to go more into the detoxify education, how do you prepare your tissue for change?

And for example, which is electromagnetic field? How can you make ourselves more receptive to it, make it more effective and have it stay with us? So this can be a great topic to answer.

This is the teaser teaser for next time, so thank you very much. We'll talk to you very soon. Hopefully we'll talk to everybody else very soon as well.

Thank you. Thank Doctor Life. Thank you.